

What's the Point

April 2017

Happy Easter

**From all the
staff at
Woods Point Aged Care**



Fun Facts of April

In the initial Roman calendar April was the second month of the year until January and February were added in 700 BC. It is thought that the name April comes from the Latin word "to open" and describes the trees opening at springtime. It could also be that the name comes from the Greek goddess Aphrodite.

Symbols of April

- Birthstone: Diamond
- Flower: Daisy and the sweet pea
- Zodiac signs: Aries and Taurus



Easter Fun Facts

- The tallest Easter egg chocolate was made in Italy in 2011.
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- The art of painting eggs is called pysanka, which originated in Ukraine.
- The term Easter gets its name from Eastre, the Anglo-Saxon goddess who symbolizes the hare and the egg.



Hello again, I thought this month I would discuss the following accreditation standard:

Expected outcome: 1.2 Regulatory compliance

Regulatory compliance is an organisation's adherence to laws, regulations, guidelines and specifications relevant to its business.

This expected outcome requires that: The organisation's management has systems in place to identify and ensure compliance with all relevant legislation, regulatory requirements, professional standards and guidelines.

The focus of this expected outcome is 'processes and systems'.

Woods Point has a system for identifying relevant legislation, regulations and guidelines, and for monitoring compliance with these in relation to the Accreditation Standards.

Systems are in place to identify what documents we need and include;

An annual subscription to ANSTAT who provide an aged Care package of core acts and regulations.



Updates of any changes to legislation are provided

During the year through a myriad of aged care and relevant agencies. These include legislation, regulations, core standards, guide lines and professional literature that guides practice and is available to staff.

Work practices are guided by documented policies, processes and procedures which reflect contemporary practice and regulatory requirements.

Policies, processes and procedures are referenced to the relevant regulatory requirements and professional literature.



Internal assessment (audits) assess overall work practice compliance to documented policy and procedure and therefore regulatory compliance.

Where gaps in practice are identified these are followed up using an Improvement Form and discussed at relevant meetings and or education sessions.

When there is a change to legislation, regulations, standards and or guidelines that indicate changes are required to work practices the relevant manager reviews the information and identifies the need to change and whether it will affect the whole of the organisation or a specific department.

When changes to legislation indicate changes are required to work practices, this is documented and the relevant information is raised on the relevant committee agenda for discussion and follow up.

Changes to policies, processes, procedures and staff education as required occurs to implement the necessary changes. In some cases action maybe required immediately prior to the next meeting. In which case action is taken and then information and or education provided to staff and residents/representatives as relevant.

As required by the Aged Care Act, Quality of Care Principles ongoing accreditation is required to provide residential aged care. A self-assessment of all Aged Care Accreditation standards and expected outcomes is conducted within 12 months of the re-accreditation site audit. Where gaps are identified these are documented and actioned.



There are other obligations to report such as; to Work Safe following certain types of work place injuries, reportable deaths and adverse drug reactions.

An example of a regulation we have meet; is a system in place to ensure all relevant individuals whether supervised or unsupervised have a current criminal record check which they have passed. This is done electronically for every staff member, contractor every 3 years and ensures residents, representatives and staff safety.

What it means is lots of checking and paperwork!

Marita Seamer

Director of Nursing

Anzac Day Service

**Remember our
Diggers**



Yarrowonga– Mulwala
RSL Sub-branch
Anzac Service
Held at Woods Point
Date: 21st April
Time:2pm
Where: Main Lounge

About Anzac Day

When is Anzac Day?

Anzac Day falls on the 25th of April each year. The 25th of April was officially named Anzac Day in 1916.

What does 'ANZAC' stand for?

'ANZAC' stands for Australian and New Zealand Army Corps. On the 25th of April 1915, Australian and New Zealand soldiers formed part of the allied expedition that set out to capture the Gallipoli peninsula. These became known as Anzacs and the pride they took in that name continues to this day.



Why is this day special to Australians?

On the morning of 25 April 1915, the Anzacs set out to capture the Gallipoli Peninsula in order to open the Dardanelles to the allied navies. The objective was to capture Constantinople (now Istanbul in Turkey), the capital of the Ottoman Empire, and an ally of Germany. The Anzacs landed on Gallipoli and met fierce resistance from the Ottoman Turkish defenders. Their plan to knock Turkey out of the war quickly became a stalemate, and the campaign dragged on for eight months.

At the end of 1915, the allied forces were evacuated. Both sides suffered heavy casualties and endured great hardships. Over 8,000 Australian soldiers were killed. News of the landing on Gallipoli and the events that followed had a profound impact on Australians at home. The 25th of April soon became the day on which Australians remember the sacrifice of those who had died in the war.

The Anzacs were courageous and although the Gallipoli campaign failed in its military objectives, the Australian and New Zealand actions during the campaign left us all a powerful legacy.

What does Anzac Day mean today?

With the coming of the Second World War, Anzac Day also served to commemorate the lives of Australians who died in that war. The meaning of Anzac Day today includes the remembrance of all Australians killed in military operations.



Helpful hints on staying hydrated



As summer rolls on, so too are warmer days. Heat-related illnesses, particularly dehydration, can affect anyone—no matter age or medical history.

Dehydration is more prevalent in warm weather, due to the loss of water and salt from the body. Dehydration occurs when a person's body temperature rises and the body tries to cool itself down by sweating.

Why do we need to drink water?

Our bodies comprise of 70 to 75 per cent of water, which is responsible for maintaining blood circulation as well as supplying our bodies with essential nutrients and removing waste.

Drinking water also maintains blood volume and ensures our blood pressure is maintained.

How do I know if I'm dehydrated?

The most common symptoms of dehydration are a dry mouth and feeling thirsty.

Other symptoms include:

- headache
- dry skin
- passing less urine than normal
- tiredness
- dizziness
- cramping in the arms and legs
- If these symptoms worsen or last for more than an hour, immediate medical attention is highly advised.



Helpful hints to stay hydrated

Ensure your staying hydrated during the warmer months by following these tips:

- Pay attention to the colour of your urine as this is a good way to monitor fluid loss. Your urine should be pale yellow and not dark yellow, too smelly or cloudy
- Consuming fruits and vegetables (at least five cups) counts towards your fluid levels, as they contain water and potassium.
- Fluids found in foods (icy poles, custard, jelly, ice cream, yoghurt, fruit and soup) as well as fruit juice, milk, tea, coffee and cordial all contribute to the daily intake.
- Tea and coffee, while being a good source of fluid, should not be the only fluid a person drinks because they contain caffeine
- Avoid fizzy drinks or caffeine-based drinks, which can trigger urge incontinence in some people with bladder dysfunction.
- Sip on water before, during and after exercise for low to moderate activity (less than 60 minutes)
- Do exercise or outdoor activities in the early morning or evening to avoid excessive exposure to the midday sun
- Wear sunscreen and a hat to protect your head, neck, ears and face to avoid getting sunburn which stops your body from cooling itself down properly
- Wear thin, loose clothing to help sweat evaporate. Avoid wearing dark clothes which absorb more heat than light clothing.



Project for residents and families

During the cooler months of autumn and winter, our residents will be involved in knitting coloured squares for 'wrap with love Inc' – a not profit foundation incorporated with the Department of fair trading NSW. The project involves our residents knitting woolen squares which will then be sent away to wrap with love to be sown together into blankets for distribution overseas to those in greatest need. How can you help? You can see the activity staff and collect a pattern and start knitting.

In Loving memory of:

Marion Morris
Ken White
Anne McPherson
Nola Edis

Woods Point Residents, Staff & Management extend sincere condolences to the families and friends.

May they rest in eternal peace.

Happy Birthday April



- Joan Anderson 3rd
- Bob Nevin 4th
- Harry Fynmore 7th
- David Edwards 17th

Frank Monk

Frank Monk entertained residents with his guitar , singing songs, 'I am in heaven', 'Suzy Q' and 'Mustang Sally'.

Residents enjoyed the upbeat music and singing along to the tunes.



Pioneer Museum

Yarrawonga Mulwala Pioneer Museum features one of the largest and most comprehensive exhibits of the early pioneering days of Australia.

Housed in a spacious and modern facility, exhibits include: sport and leisure, early aviation, vintage cars, dental surgery, community quilt, blacksmith's

A highlight of the museum's collection is a biplane built by local pioneer aviator Douglas Sloane in 1913. It is one of very few designs from the early period of aviation in Australia to have survived to the present day. The wing design was based on Sloane's observations of the flight and wing structures of local wedge-tailed eagles. This was a pioneering innovation, rendered with considerable skill by a young man untrained in fine carpentry.

Douglas Sloane built his biplane in the family's Mulwala woolshed, linking pioneer aviation to pioneer agriculture in the district, where the Mulwala Stud developed the Merino breed to new levels of excellence.

Sloane's death while serving during World War I also links him to another of the museum's major themes, the involvement of people from the region in Australia's wars,




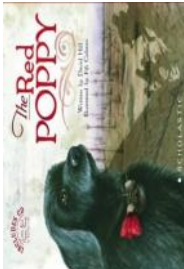


and to the beginnings of the Royal Australian Air Force in the Australian Flying Corps.

Our Residents were lucky enough to attend this wonderful attraction.

They all enjoyed the history of the place with many stories being shared of their memories.



MON	TUES	WED	THUR	FRI	SAT	SUN
 9.30-Walks. 10.30-Bobs Game. 2.00-Anglican Church 2.00-Shopping. 3.30-Stories.	 NO STAFF	 Lest We Forget. 9.30-Walks. 10.00-News/Views. 10.30-Piano Lady. 1.30- Quick Quiz. 2.00-Bingo.	 9.45-Exercise/Walks. 10.30.Resident Meetin 11.15-Word Games. 1.45-Scrabble Games. 3.30-Story Reading. Reminiscing.	 9.45-Mens Shed. 11.15-Word Challeng 1.45-Kiosk/Quiz. 2.15-Word Games. 3.00-Happy Hour.	NO STAFF	NO STAFF
9.30-News/Views. 10.30-Walks. 2.00-Anglican Church 2.30-Target Master. 3.30-Quiz.	9.30-Walks 10.00-Catholic Mass. 10.30. Carpet Bowls. 2.00-Lake Walks. 3.30-Triva/Quiz.	9.30-Walks 10.30-Piano Lady. 1.45-Bobs Game. 3.00-Monthly-Birthday.	9.45-Exercise/Walks. 10.00-Bus to Belmore 10.15.Scrabble Game. 12.00-Belmore P/U 1.45-Scenic Drive 3.30-Story Reading.	GOOD FRIDAY NO STAFF	EASTER SATURDAY NO STAFF	EASTER SUNDAY NO STAFF
EASTER MONDAY NO STAFF	9.30-Walks/Lake. 10.00-Catholic Church. 10.30-Carpet Bowls. 2.00-Mulwala Bakery. 3.30- Monster Quiz.	9.30-Lake Walks 10.00-Catholic Church 10.30-Master Quiz. 2.00-BINGO	9.45-Exercise/Walks 10.00-Bus to Belmore 10.15-Scrabble 12.00-Belmore P/U 1.45-Scenic Drive. 3.00 Story Reading.	9.45-Mens Shed 11.15-Word Challeng 1.45-Kiosk/Quiz. 2.00 Anzac Service 3.00-Happy Hour.	NO STAFF	NO STAFF
9.30-Walks. 10.00-News/Views. 10.30-Bobs. 2.00-Anglican Church 2.00- Quiz/ Trivia.	ANZAC DAY 25 9.30-Walks/Exercise.. 10.00-Catholic Church 10.30-Carpet Bowls. 2.00-Lake Walks. 3.30- Trivia Quiz.	9.30-Walk/Exercise. 10.30-Bobs. 1.30-Trivia. 2.00-BINGO	9.45-Exercise/Walks. 10.00-Bus to Belmore. 10.15-Scrabble. 12.00-Belmore P/U 1.45-Scenic Drive. 3.30-Story Reading	9.45-Mens Shed. 11.15-Word Challeng 1.45-Kiosk/Quiz 2.15-Meet the Kids. 3.00-Happy Hour.	NO STAFF	NO STAFF