

**WHAT'S THE POINT
FEBRUARY 2017**



**HAPPY VALENTINE'S DAY
14TH FEBRUARY**

Residents & Representatives Meeting

The next resident rep meeting will be held
Thursday 2nd February @10.30 in the main lounge.

Everyone is most welcome to attend. This is a great forum to discuss any ideas suggestions or complaints.

Last meeting's Agenda

Heat Policy - This policy will mean that in the event of the temperature reaching 32°C the facility will restrict access of all exit doors to prevent any resident leaving the facility unaccompanied. Signage will be placed on all external doors to alert residents and visitors when the policy has been implemented and an announcement is made over the PA system.

Entry can be made by pressing either the doorbell (during office hours) or the buzzer. When using the buzzer please speak to the staff member who answers your call.

Exit will require a staff member to accompany you to the doors to open them for you.

We ask our visitors to be patient when visiting during these times and respect that the health and safety of our residents is paramount at all times.

Garden - Any Resident or staff member are welcome to water pots in the garden



Bobs

Residents enjoy playing bobs each week and is very competitive



amongst residents, trying to beat each other's score. Each resident has their own theory of the best way to win the game. Even staff enjoy the challenge.

All residents wishing to play come along and enjoy the fun.



Bowls



With the weather warming up, so are our residents bowling skills. Competition is fierce with many tips on how to improve the form on hand. Wilbur Clough, Nan Burke receiving coaching from Ernie Ryan. Did it help with the score???? Of course!

Woods Point Veggie patch & Garden



Our resident gardener Don very pleased with this years crop!

Don O'Rafferty and Clarence Davis enjoying the fruits of their labour.

Mary Adams providing some growing tip advice.



Big month of Birthday celebrations for January

The month of January is a very popular month for Woods Point with many of our residents celebrating their birthday's all together.



February Birthday List

Graeme Lamson	2nd
Jessie Mantell	3rd
Kevin Robinson	13th
John Quinn	23rd
Bonnie Green	25th

Residents will
Celebrate their
birthday all together
on the 15th February

In Loving memory of:

Alison Andrews

John Randall

Fred Collins

Ian Miller

Peter Christie

Enid Lonie

Monica Ivers

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

May they rest in eternal peace.

Happy Hour Friday



What a way to spend a Friday afternoon.

At 3 O'clock every Friday our lovely volunteer Linda and Gavin from our DT department walk around with nibbles and beer/wine or soft-drink for our residents.



Good sleep habits

Set your body clock

You can help to set your body clock by going to bed and getting up at the same time every day, regardless of how well you slept the previous night.

Sunlight helps to set your body clock, so try to get some sunshine every day.

Be active

Doing some physical activity during the day makes it easier to fall asleep and improves the quality of your sleep. However, don't exercise too late in the day as this can make it harder to get to sleep.

Avoid naps

Avoid having a nap during the day. If you do nap, restrict your nap to no more than 20 minutes, before 3 pm.

Avoid alcohol

Alcohol before bedtime may help you to doze off. However, it will also disturb your normal sleep rhythm, so you won't tend to sleep as well.



Have a bedtime routine

Get your body into 'going to sleep' mode by having a regular 'going to bed' routine in the hour or so before bedtime. Your routine might include things like having a light bedtime snack, reading a book, or listening to the radio.

Seek help

If you're practising good sleep habits and still not getting a good night's sleep, talk to your doctor. You may need another type of treatment, or you may have an underlying condition that's causing your sleep problem.

However as we age we do not need as much sleep as we once did!

Each month we are profiling some of the expected outcomes of the Accreditation Standards. This month we focus on Expected Outcome:

STANDARD 2.16 – SENSORY LOSS

This expected outcome requires that:

Management demonstrates its approach to care recipients' sensory losses is effective in identifying and managing care recipients' needs.

This is some of the ways we actively seek to comply with this standard:

There are 5 senses that are taken into account when undertaking assessments and developing residents care plans. These include taste, smell, hearing, vision and touch.



Woods Point and Myrtleford Lodge undertakes an initial assessment on admission and then regular as part of the monthly Resident of the Day. These assessments form part of the residents individual care plan which all care staff have access to.

This assessment includes some of the following:

- Consideration of the care recipients' vision, hearing, smell, taste and touch including consideration of other medical conditions and other risk factors.

- Identification of the use and type of any aids

- Identification of the use of any medications which may aid sensory stimulation.

- Consultation with care recipients/representatives about care recipient needs and preferences

- Consultation with relevant health professionals (such as optometrists, audiologists) about the effective management of sensory loss and needs.

The care plan includes information about the use and types of aids as well as their maintenance and storage.

The care plan identifies to staff which ear to insert the hearing aid, assistance required for aids, as well as the personal care practices such as cleaning of ears, eyes, skin and mouth.

Procedures are in place for the care and maintenance of hearing aids, glasses, limb protectors, splints and other aids.



Our facilities ensure the living environment is safe for care recipients with sensory losses, for instance, for visually and hearing impaired, or care recipients with tactile impairments. The environment of our facilities identifies through risk assessments and inspection checklists any safety hazards that may affect care recipients with sensory losses.

Education is provided to staff on sensory loss, how to identify any deficit and how to assist residents in managing these losses to improve quality of life.



Kitchen takes into account taste and ensures all the meals are cooked fresh daily, flavours are enhanced with the use of herbs and spices and mustard and relishes are available to further enhance the tastes for residents with diminished taste.

The activity staff also incorporates sensory into their activity programming such as cooking, tactile activities like gardening, activity blankets, crafts and massage.

Poor and inappropriate management of sensory losses may affect the provision of other care recipients' rights such as independence, ability to participate in activities of interest to them, and ability to make informed choices if unable to read the information.

Negative effects of hearing loss can include depression, social dysfunction, impaired functional ability (to perform activities of daily living), decreased cognitive functioning, loss of independence and reduced quality of life. We all need to work at improving the senses.



If you have any concerns about your vision, hearing, changes in taste, touch or smell please discuss with the care staff, Registered Nurse or your local doctor at the next medical appointment. If you would like assistance with arranging hearing or eye tests please see front reception and we can arrange an appointment for you. If you would like to discuss your care plan please speak to a care staff member or the Registered Nurse.

Marita Seamer

Director of Nursing



We would like to welcome Brendan Phillips who will spending 1 day per fortnight on site at Woods Point/ Myrtleford Lodge.

Brendan is a Financial Adviser who specialises in Aged Care Advice and operates independently of Woods Point / Myrtleford Lodge.

If you'd like to make a time to meet with Brendan to discuss or review your situation, please see reception or telephone

- **Woods Point Aged Care on 0357 443 400 or**
- **Myrtleford Lodge Aged Care on 0357 522 222**