

What's the Point Newsletter

July 2017

Winter Solstice

The winter solstice (or hibernal solstice), also known as midwinter, is an astronomical phenomenon marking the day with the shortest period of daylight and the longest night of the year.

As the Earth follows its orbit around the Sun, the polar hemisphere that faced away from the Sun, experiencing winter, will, in half a year, face towards the Sun and experience summer. This is because the two hemispheres face opposite directions along Earth's axis, and so as one polar hemisphere experiences winter, the other experiences summer.

So for those of us who are feeling the cold, winter solstice has passed on June 21st, so we are edging closer to some warmer days.



The next resident rep meeting will be held
Thursday 6th July @10.30 in the main low care lounge.

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

July's fun facts

July is the month for Ruby's and water lily's.

Fun and interesting fact about the water lily:

The Water Lily seed can survive and be planted for up to
2000 years.

The July Birthstone, Ruby is considered one of the four
precious stones, along with emerald, diamond and sapphire. It is
believed the quality of the Ruby is of Passion, Power, Courage
and Love.



**The only natural gemstone that is
harder than a ruby is a diamond.**



1698– Thomas Savery patented the first steam engine

1874– The Sholes & Glidden typewriter, the first commercially
successful typewriter went on sale

1903– First Tour De France bicycle race began

1954– BBC broadcasted it's first television news broadcast

This month we remind residents and staff on the Charter of Care Recipients' Rights and Responsibilities - Residential Care.

1. Each care recipient has the following rights:

- to full and effective use of his or her personal, civil, legal and consumer rights;
- to quality care appropriate to his or her needs;
- to full information about his or her own state of health and about available treatments;
- to be treated with dignity and respect, and to live without exploitation, abuse or neglect;
- to live without discrimination or victimisation, and without being obliged to feel grateful to those providing his or her care and accommodation;
- to personal privacy;
- to live in a safe, secure and homelike environment, and to move freely both within and outside the residential care service without undue restriction;
- to be treated and accepted as an individual, and to have his or her individual preferences taken into account and treated with respect;
- to continue his or her cultural and religious practices, and to keep the language of his or her choice, without discrimination;



- to select and maintain social and personal relationships with anyone else without fear, criticism or restriction;
- to freedom of speech;
- to maintain his or her personal independence
- to accept personal responsibility for his or her own actions and choices, even though these may involve an element of risk, because the care recipient has the right to accept the risk and not to have the risk used as a ground for preventing or restricting his or her actions and choices;
- to maintain control over, and to continue making decisions about, the personal aspects of his or her daily life, financial affairs and possessions;
- to be involved in the activities, associations and friendships of his or her choice, both within and outside the residential care service;
- to have access to services and activities available generally in the community;
- to be consulted on, and to choose to have input into, decisions about the living arrangements of the residential care service;
- to have access to information about his or her rights, care, accommodation and any other information that relates to the care recipient personally;
- to complain and to take action to resolve disputes;



- to have access to advocates and other avenues of redress;
- to be free from reprisal, or a well founded fear of reprisal, in any form for taking action to enforce his or her rights.

2. Care recipients' responsibilities - residential care : Each care recipient has the following responsibilities:

- to respect the rights and needs of other people within the residential care service, and to respect the needs of the residential care service community as a whole;
- to respect the rights of staff to work in an environment free from harassment;
- to care for his or her own health and well being, as far as he or she is capable;
- to inform his or her medical practitioner, as far as he or she is able, about his or her relevant medical history and current state of health.

From: Aged Care Act 1997, Schedule 1 User Rights Principles 2014.

The staff work very hard at ensuring the resident's rights are met if you have any concerns related to these please ensure you speak to Marita Seamer or Sam Toms (Deputy Director of Nursing).

Marita Seamer

Director of Nursing



Telephones

Please be advised that Woods Point encourages residents to use their own telephones for making and receiving all calls. We suggest a cordless, a mobile or a phone where a message can be left in the event the resident is not in their room.

The DECT phones that are used by the staff are for call bells, emergency care and communication between staff and can no longer be used for residents personal telephone calls.

We want to ensure resident safety at all times by ensuring the DECT phones are available for staff use at all times.

A public phone is installed in the sitting room near the book shelves. Outgoing local calls are charged at a rate of 50 cents per call.

Once your phone has been installed please advise reception of the number so that we can pass it on to any callers.

Vision Australia has a number of phones available for purchase directly from them; including phones for vision and hearing impaired, cordless phones and mobile phones. Contact Vision Australia on 1300 84 74 66 or visit their website to view their available products

www.visionaustralia.org.au





2017 RESIDENTS' FOOTY TIPPING UPDATE



We are now 14 Rounds into the 2017 AFL Season and what a hard time tipsters have had trying to pick winners. Favourite teams at or near the top of the AFL Ladder have often been knocked off unexpectedly by lesser-lights on or near the bottom of the ladder, and many games have been won and lost by the narrowest of margins – sometimes after the final siren has sounded.

Nevertheless our tipsters are soldiering on in the hope of – if not winning the overall competition – at least picking up one of the Weekly Jackpots for selecting all of the winners in a single round. To date, the Jackpot has eluded most tipsters because picking winners has proven to be very difficult. Jackpot winners to date have been:

Round 2 Jackpot \$8-00 shared equally between Janet Drinnan, Don O'Rafferty, Violet Dowsey and Bob Silvester

Round 4 Jackpot \$8-00 won outright by Kevin Robinson

Round 13 Jackpot \$36-00 won outright by Ron Phillips

Rivalry for the honour of becoming our Top Tipster for 2017 is certainly hotting up. We now have seven tipsters showing the way, namely:

- Colin Stevenson currently sitting in 1st place with 75 correct tips;
- Kevin Robinson, Violet Dowsey, Ruth Miller and Anne Leatham in equal 2nd place with 72 correct tips;
- Ernie Ryan (last year's winner making a late run) in 6th place on 71,
- Tim Crossin (another previous year's winner) in 7th place on 70.

With nine rounds still to be played ALL TIPSTERS have a fighting chance

of picking up a Jackpot and/or knocking off the current leaders ...

GOOD LUCK TO YOU ALL

July's Birthday's

Peter Lawrence - 2nd

Nancy Beswick - 7th

May Worrell - 7th

Nan Burke - 12th

Ruth Miller - 13th

Jean Knights - 22nd

Mary Hamm - 22nd

Joan Parish - 22nd

Jenny O'Day - 26th

Peter Dalton 27th



There was certainly a buzz at Woods Point during the visit of the preschool children. Many of our residents enjoyed the interaction

IN LOVING MEMORY OF:

- Pat Piper
- Ron Hayes
- Robert Meyers





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

May they rest in eternal peace.



The delight on the children and residents faces was a sight to enjoy. The age gap up to over 90 years of age !
Pictured is Tim Crossin and Elizabetta Alberti enjoying the interactions.



WING 5					July 2017					
MON	TUE	WED	THUR	FRI	SAT	SUN				
31. 9.30-N/Views. 10.30-Sing Along. 11.00-Exercises. 1.30-Bean Bag Throw 2.30-Movie-1:1.	 9.30-N/Views. 10.00-Catholic Mass. 11.00-Exercises. 1.30-Bingo/Music. 3.00-Movie-1:1.	 9.30-N/Views. 10.30-Quiz. 11.00-Exercises. 1.30-Sing Along. 3.00-Movie-1:1.	 9.30-N/Views. 10.30-Remember When. 11.00-Exercises. 1.30-Board Games. 3.00-Movie-1:1.	 9.30-N/Views. 10.00-Quiz. 11.00-Exercises. 1.30-Soccer. 2.30-Movie-1:1.	1. 9.30-N/Views. 10.00-Quiz. 11.00-Exercises. 1.30-Noodle Game. 2.30-Movie-1:1.	2. 9.30-N/Views. 10.00-Quiz. 11.00-Exercises. 1.30-Soccer. 2.30-Movie-1:1.				
3. 9.30-N/Views. 10.30 Sing Along. 11.30-Exercises. 1.30-Bean Bag Throw 2.30-Movie-1:1.	4. 9.30-N/Views. 10.00-Catholic Mass. 11.00-Exercises. 1.30-Bingo/Music. 3.00-Movie-1:1.	5. 9.30-N/Views. 10.30-Quiz. 11.00-Exercises. 1.30-Sing Along. 3.00-Movie-1:1.	6. 9.30-N/Views. 10.30-Remember When. 11.00-Exercises. 1.30-Board Games. 3.00-Movie-1:1.	7. 9.30-N/Views. 10.00-Quiz. 11.00-Exercises. 1.30-Soccer. 2.30-Movie-1:1.	8. 9.30-N/Views. 10.00-Noodle Game. 11.00-Exercises. 1.30-Hand Ball. 2.30-Movie-1:1. 2.30-Movie-1:1.	9. 9.30-N/Views. 10.00-Quiz. 11.00-Exercises. 1.30-Bingo/Music. 2.30-Movie-1:1.				
10. 9.30-N/Views. 10.30-Sing Along. 11.30-Exercises. 1.30-Noodle Game. 2.30-Movie-1:1.	11. 9.30-N/Views. 10.00-Catholic Chur. 11.00-Exercises. 1.45-Scenic Drive. 3.00-Movie-1:1.11.	12. 9.30-N/Views. 10.00-Hand Ball. 11.00-Exercises. 1.30-Sensory. 2.30-Movie-1:1.	13. 9.30-N/Views. 10.30-Remember When. 11.00-Exercises. 1.45-Scenic Drive. 3.00-Movie-1:1.	14. 9.30-N/Views. 10.00-Noodle Game. 11.00-Exercises. 1.30-Letter Game. 2.30-Movie-1:1.	15. 9.30-N/Views. 10.00-Quiz. 11.00-Exercises. 1.300-Short Story. 2.30-Movie-1:1.	16. 9.30-N/Views. 10.00-Boared Games. 11.00-Exercises. 1.30-Art/Craft. 2.30-Movie-1:1.				
17. 9.30-N/Views. 10.30-Sing Along. 11.30-Exercises. 1.30-Noodle Game. 2.30-Movie-1:1.	18. 9.30-N/Views. 10.00-Catholic Chur. 11.00-Exercises. 1.30-Bingo/Music. 3.00-Movie-1:1.	19. 9.30-N/Views. 10.30-Remember When. 11.00-Exercises. 1.30-Table Bobs. 3.00-Movie-1:1.	20. 9.30-N/Views. 10.30-Remember When. 11.00-Exercises. 1.30-Hangman. 3.00-Movie-1:1.	21. 9.30-N/Views. 10.00-Soccer. 11.00-Exercises. 1.30-Short story. 2.30-Movie-1:1.	22. 9.30-N/Views. 10.00-Memory Cards. 11.00-Exercises. 1.30-Bean Bags. 2.30-Movie-1:1.	23. 9.30-N/Views. 10.00-Quiz. 11.00-Exercises. 1.30-Hand Ball. 2.30-Movie-1:1.				
24. 9.30-N/Views. 10.30-Sing Along. 11.30-Exercises. 1.30-Short Stories. 2.30-Movie-1:1.	4. 9.30-N/Views. 10.00-Catholic Chur. 11.00-Exercises. 1.45-Scenic Drive. 3.00-Movie-1:1.	26. 9.30-N/Views. 10.00-Bean Bags. 11.00-Exercises. 1.30-Bingo/Music. 2.30-Movie.	27. 9.30-N/Views. 11.00-Exercises. 1.45-Scenic Drive. 3.00-Movie-1:1.	28. 9.30-N/Views. 10.00-Soccer. 11.00-Exercises. 1.30-Short Story. 2.30-Movie-1:1.	29. 9.30-N/Views. 10.00-Remember When. 11.00-Exercises. 1.30-Bingo/Music.	30. 9.30-N/Views. 10.00-Quiz. 11.00-Exercises. 1.30-Noodle Game. 2.30-Movie-1:1.				