

WHAT'S THE POINT

NOVEMBER 2017

Welcome to the November Edition of;
“What's the Point”

The Woods Point Aged Care
Residents/Representatives Monthly
Newsletter



Residents meeting summary:

Minutes of the October meeting:

Thank you to Joe : For his efforts in the garden and with the bowls mat that will be used for evening bowls and BBQ.

Meals in Wing 3: Often not served hot enough. Care staff to be reminded to close hot box during serving.

Fresh flowers: If flowers are triggering symptoms of sinus/hay fever flowers can be placed outside.

Mousse: Lauren will look at and reduce the number of mousse/ blancmange.

Activities in Low care: Wing 3 to be advised of the activities in low care.

Heating /cooling :When weather settled air conditioners will be changed to cool.

Exercises : Harshill is professional and focused which they enjoy.

Christmas party : Booked for 7th December from 5pm to 7pm. Residents would like the staff entertainment, finger food, external entertainment.

External blinds: Facility will not be installing as air conditioners supplied and curtains supplied. Residents can install their own internal blind at their cost if they choose.



Next resident/representative meeting will be held in the main lounge on Thursday 2nd November @10.45

Everyone is most welcome to attend.

Woods Point Aged Care Resident Christmas Party 2017

*Join us in the main
lounge for our
Xmas Evening
On Thursday
7th December 2017*

Between 5 and 7 pm

*Visitors \$10 per adult,
children free*

RSVP:

30th November 2017



2017 MELBOURNE CUP SWEEP

Tuesday 7th November 2017

Prizes:

1st \$24.00

2nd \$16.00

3rd \$8.00



Every Entry Gets A Horse
(Money back if Horse Scratched)



SWEEP TICKETS \$2-00 EACH

ON SALE NOW

from Activities Staff

MAXIMUM 2 ENTRIES PER PERSON

Special Events on the Novmeber Calendar

1st November ~ Sing-a-long with Jackie Lee

2nd November ~ Resident Representative meeting

3rd November ~ Happy hour/meet the kids

6th November ~ Scenic drive with Macca's ice-cream

7th November ~ Melbourne Cup /Happy hour

8th November ~ Sing-a-long with "The Old Fogies"
& lake visit

9th November ~ Bus to Belmore/ Remembrance day

10th November ~ Happy hour with Frank & Jenny

13th November ~ Bundalong Cafe afternoon tea.

15th November ~ Trip to the OP Shop

20th November ~ Mulwala Bakery afternoon tea.

22nd November ~ Sing-a-long "The Old Fogies"
& Target/Reject shopping

23rd November ~ Bus to Belmore

24th November ~ Happy hour with Frank & Jenny

27th November ~ Picnic Lunch.

29th November ~ Piano lady / Yarrawonga Tappers.

Daily exercises, Room visits, card games, knitting, gardening, garden walks, bus drives, entertainment and many more activities are included on the daily calendar displayed in the dining room.

If you have any ideas for activities, come along to the Residents/ Representatives meetings and share your ideas, we would love to hear them.

Outings/Entertainment

Tropo Magic

This month our residents were treated to a wonderful morning of magic. Woods Point had a visit from Tropo Magic. The morning was full of fun and laughter, with all residents enjoying the fun and of course the magic. There was floppy flowers, many coloured hankies, dissecting of ropes, and of course the wonderful coloured dice, that just kept on coming out of the box. One of the favourites of the show was the cute pink balloon dog, everyone fell in love with his cute red lips and cheeky bark. Such a fun morning, worth every minute.



Outings/Entertainment

Strawberry fun



On the 12th of October the residents went to visit The Big Strawberry @ Koonoomoo.

The bus was filled with lots of singing, frivolity and fun.



The residents enjoyed a stunning afternoon tea of pancakes with

strawberry cream and strawberry ice cream. There was lots of products that are made from strawberry's.....everything from jam to wines and much more in between. A lovely day had by one and all.



Outings/Entertainment

Lunch on the lake

On the 25th of October the residents had requested to have fish and chips down the lake. The amenities have im-

proved so much its amazing,. We no sooner sat down to have lunch and we had a “friendly” pelican come to join us.....He was very bold and was being fed by residents. He became too friendly when he decided that he would take Lyn’s pineapple fritter clean out of her hand! We were all laughing and



have a great memory for our first fish and chips on the lake. Many more to come.



Anzac Service for Woods Point
9th November 2017

Yarrawonga - Mulwala RSL Sub-Branch
2017 Woods Point Service

Assemble approximately **13.45pm**

Introduction by sub-branch President
Address by guest speaker

2pm Last Post

Minute Silence
Reveille

ODE to the fallen “ They Shall Grow not Old”
Lest We Forget

Laying of the wreaths.
National Anthem

Thank you and close by Sub-Branch President



Grand Final Day



This year's Grand Final Day was celebrated well here at Woods Point. We had the big screen T.V. in the lounge to enjoy all the action of the game. Residents got in early to get their seats up front, just to make sure they didn't miss anything. At half time we rolled out the drinks trolley and all attending enjoyed a little shandy or wine, with of course pies and sauce. It was a great afternoon for everyone, just relaxing and watching the big game.



GO TIGERS !!!



Donations greatly appreciated
for the courtyard garden —
Please leave donations at
reception.



Last month the residents sent the 'hat around' and raised \$21. Thank you to those that contributed.

**Thank
you!**

NOVEMBER BIRTHDAYS:

Lyn Rainsford >1st

Joan Condick > 4th

John Ryder & Eve McPherson >12th

Carmen Lyons & Mary Flynn >13th

Mary Hammersley >15th

Edna Gemmill >17th

Kevin O'Shaughnessy >23rd

Joan Jellett >27th



*Management and staff would like to express
their sympathies to the Representatives on
the passing of:*

Betty Aldous

Keith Phalp

Dorothy Yeoman

Dorothy Hocking

Keith Hanson

May they Rest in Peace.





This month we focus on Expected Outcome:

2.12 Continence Management

Embarrassment and a misconception that bladder and bowel control problems are a normal part of ageing prevent Australian's getting effective treatment.

More than 4.8 million Australians have continence problems and urinary incontinence affects up to 37 per cent of women, compared to 13 per cent of men. About one in 20 people have poor bowel control due to constipation, diarrhoea or through weak back passage muscles as a result of childbirth or some types of surgery.

Around 70 per cent of people don't seek medical help – although most continence issues can be treated, better managed or cured.

"Women are often embarrassed so they don't talk about it, or they think it's normal to leak a little or to have to rush to the toilet. Women don't have to put up with this but the problem won't improve on its own,"

The Continence Foundation of Australia is advising Australians to 'improve their bottom line' by eating well, drinking well, exercising regularly, keeping their pelvic floor toned and practising good toilet habits.

The expected outcome of 2.12 Continence Management requires that:

Residents' continence is managed effectively.

The focus of this expected outcome is 'results for residents' and staff and as follows:

Management demonstrate its practices in continence management are effective in meeting residents' needs



Residents/representatives confirm their continence needs are being met.

Woods Point conducts regular continence assessments in consultation with residents/representatives and others about continence needs and preferences.

On admission a detailed history including symptoms is completed with a review of existing medication to determine if certain drugs precipitate or exacerbate the condition for example, diuretics, analgesics as well as fluid intake.

An assessment of the assistance Residents require as well as the details of required continence aids are recorded.

All the data collected from the assessment is incorporated into individual Resident care plans to ensure your continence needs are met. The care plan includes strategies for maintaining or restoring residents' continence where appropriate.

The staff regularly review continence management to determine its effectiveness in meeting the needs of the residents as well as collecting and review data to monitor urinary tract infections.

Woods Point uses a particular company called Bunzl which provides us with a comprehensive continence range to suit all types of continence issues. Bunzl also provides the staff with ongoing education on the products we use as well as how to manage the continence program effectively.

Continence management also involves the care of catheters and the Nursing staff has the competency to ensure this specialised nursing task is managed effectively.

Various aspects of health and personal care are assessed to ensure effective management of residents' continence, such as skin care and nutrition and hydration.

Continence Management is managed collaboratively between the staff undertaking the assessment, the provision of care needs as well as communicating with you any concerns. You have a right to independence, privacy and dignity as well as the choice as to what products are effective for you.

If you have any questions regarding the range of products available and continence management please do not hesitate to speak to the care staff so we can provide you with a product that is suitable to your needs.

Marita Seamer

Director of Nursing