

WHAT'S THE POINT

SEPTEMBER 2017

Welcome to the September Edition of;
“What’s the Point”

The Woods Point Aged Care
Residents/Representatives Monthly
Newsletter



Residents meeting summary:

Minutes of the August meeting:

Commend kitchen staff : Afternoon tea is delicious and varied. Warm cakes, scones, slices.

Thank you to the kitchen staff for their efforts.

Volunteers: Donated a new Blu ray video and IPODs for Wing 5. Thank you to all the volunteers that raise the money to spend on such items

Theme days: Buy lunch from bakery, smorgasbord, Chinese, Italian days. Will be posted on next calendar.

September activities : Spring dance and Grand final scheduled for September

Raffle : 3 hampers at front reception for the raffle. Will be drawn at the Spring dance.

Garden and flowers : For all to enjoy so please do not pick or cut off to take to your room.

Clocks for all sitting rooms :Marita to purchase and these have placed in all sitting rooms.

Opal aged care and media reports : Bentley Wood's organisational structure has no affiliation with a retirement village or Opal aged care.

Discussed service provision, mission statement; high standards expected and continuous improvement at Bentley Wood to ensure residents care needs are met.

Next resident/representative meeting will be held in the main lounge on Thursday 7th September @10.45

This month I thought it most topical to discuss our recent Gastroenteritis outbreak which falls under the expected outcome 4.7: Infection Control

Infectious gastroenteritis is an illness that can be caused by different types of pathogens (germs), such as;

Viruses, commonly the norovirus and rotavirus. Norovirus is highly infectious and is the most common cause of gastroenteritis outbreak in residential aged care.

Bacteria in contaminated food such as, salmonella in raw or under cooked eggs, or clostridium perfringens often found in soups, gravies, casseroles and roasts or Listeria found in soft cheeses, under cooked fish and lettuce.

Antibiotic-associated diarrhoea can also result when the balance of bacteria such as; Clostridium difficile is altered in the gut during or following antibiotic therapy.

Parasites such as, Giardia or Cryptosporidium in contaminated water. Water can also be contaminated by bacteria or by viruses.

The gastro outbreak we just experienced was related to **Norovirus** as detected through specimens sent to the laboratory.

As many of the residents and staff know symptoms may include:

Diarrhoea

Nausea and vomiting

Abdominal pains

Fever

Headache

General weakness.



It can take a number of hours to several days for a person to experience symptoms following infection.

Symptoms can last for hours, days or weeks. However, no treatment is recommended as the illness is self-limiting.

The focus of outbreak management measures is therefore to reduce the spread of the infection.

The causative organism cannot usually be identified by a person's symptoms however knowledge of the features of an outbreak can help, particularly the number of cases who vomit. For example;

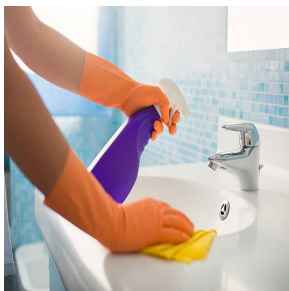
Norovirus: 50% of those affected will vomit, staff will become affected and the illness usually lasts less than 2 days.

Incubation of norovirus is around 10-50 hours and cases tend to occur over several days as the virus is passed from person to person.

Enhanced infection control measures were the main focus and this was certainly evidenced at Woods Point during the week in August.

Vigilant hand washing is essential to control the spread of "gastro".

Wherever possible Woods Point isolated all residents and locked the facility to restrict visitors. This also assists with managing the spread of the infection. We understand the challenges of isolating residents for the 48 hours after the last symptom, and appreciate



the patience and understanding of all residents and representatives.

Increased cleaning is required where the cause of an outbreak is unknown or is suspected to be viral.

The rooms occupied by affected residents were cleaned daily.

This includes toilet and bathroom facilities used by these residents.

Surfaces and objects were cleaned with hot water and detergent. Then apply a sanitiser of 1,000ppm and leave for 10 minutes, then rinse with cold water.

Continue the cleaning as above until there have been no symptomatic cases for 48 hours.

All infection control measures are continued until 48 hours after symptoms have ceased in the last case.

Only then are staff, residents/representatives, visitors and health professionals informed by the Outbreak Coordinator that the outbreak is declared to have ended and to resume standard precautions.

We would also like to acknowledge the fantastic effort that all staff went to ensure your care needs were met in such challenging circumstances. Many staff were also unwell which placed pressure on all staff, however they attended to residents care needs to the best of their ability and according to many residents this was appreciated by all.

We request all residents and representatives be extra vigilant with infection control and hand hygiene at all times. Use the hand sanitiser around the facility and if you experience any nausea, vomiting or diarrhoea stay in your room and report it to the care staff.

Well done to everyone for managing this challenging week so well and let's hope we can keep the bugs and viruses away!!

Marita Seamer
Director of Nursing



Bingo

Bingo residents enjoy their weekly game of bingo every Tuesday at 2.00pm .

Heads down waiting for their numbers to be called, with the excitement of yelling 'bingo' and the prizes won.



If you would like to join in the fun come along each Tuesday at 2pm, in the main dining room.



Entertainment/Outings

Jackie Lee.

Woods Point had the pleasure of welcoming Jackie Lee back for another morning of entertainment this month.



Jackie has a mixture of her own choice of different music, mixed with a little sense of fun and laughs. All residents that attended were well and truly

entertained by Jackie, with many singing along and clapping to the beat. Jackie will be back again soon!

Mulwala Bakery.

We had such a lovely sunny day today, so what better way to spend it - a little drive, then a stop off at the Mulwala Bakery. There was not a thought of the



waistline as we ordered cappuc-

cino's all round, with apple slice, jelly slice, cream buns and cream kisses. An enjoyable outing for all that attended.



Country Buddies.

The Country Buddies visited Woods Point this week, bringing with them lots of smiles and fun. The children sang 3 songs, all with corresponding dances to go with them. Residents and staff still managed to get another little Ipsey



Wisey Spider song from the children. After a cool drink all the children then lined up and with a big good bye, they were off until the next visit.



September is Dementia Awareness month

For information and assistance:

National Dementia Helpline 1800 100 500 Mon – Fri 9am to 5pm

www.fightdementia.org.au

Includes:

Counselling and Support Services

Family Information and Support sessions

Education and Resources

And more information on how Alzheimer's Australia can help

The website has a vast array of resources, is a terrific source of information, and has simple and effective tools that anyone can use.

They want to hear from anyone who wants to discuss family member/ friend – or their own – life with dementia. They really can help.



**UNDERSTAND ALZHEIMER'S
SUPPORT AUSTRALIA**
FIGHTDEMENTIA.ORG.AU

Making Memories variety concert

Everyone loves a variety concert, so come along to Making Memories, this September. There's something for everyone, especially the young at heart!

Yarrawonga is the place to be 'Making Memories' this Dementia Awareness Month.

Local artists, including school children, will be performing at the concert. Club Mulwala is generously supporting the event and will be providing a delicious morning tea.

The variety concert will be open to people living with dementia, their families, carers and the general community.

WHEN

**WEDNESDAY
13 SEPTEMBER 2017**

Doors open 9:30am

10.00am -12:00pm

WHERE

Club Mulwala

271 Melbourne Street,

MULWALA

COST

Gold coin donation

You are not alone

For information, support and advice

CALL 1800 100 500



VIA AN INTERPRETER

131 450

BOOKINGS ESSENTIAL

Register online:

mulwala2017.eventbrite.com.au

For more information call **03 9816 5784** or

email **dementiaawareness.vic@alzheimers.org.au**

BentleyWood
Health & Aged Care Group

ClubMulwala

Valley Sport

YNH
Live Learn Local
YARRAWONGA

**YARRAWONGA
HEALTH**

Resident's daily exercises

Here is our group of exercise ladies and gentlemen. These wonderful people arrive in the lounge each morning to do their exercises with our Physiotherapist Harshill. Woods Point is very proud to be taking these residents to the R.S.L. Club on the 13th September to celebrate Alzheimer Week. They will be performing their exercise routines accompanied by music, with a little bit of fun as well. They will be first up to perform their routine and later will enjoy a lovely morning tea provided by the R.S.L. Club.



Dental Visits

Woods Point has been able to secure the services of a visiting dental van for residents to have dental checkups on site. Residents wishing to book an appointment, please see reception. Payment of \$75 is to be made on the day directly to the dental services and can be paid by cash or cheque.



Date: 23rd, 24th and 25th October 2017.

The Dentist requires a completed consent and medical history before you can be put on the list.

Residents and/or their NOK/POA are responsible for completing the form. Please hand the form to Reception when making your appointment.

Hip Protectors

Hip Protectors are an effective way to significantly reduce the risk of hip fractures from a fall.

Hip Protectors are Pants with pads over the hips. They are worn when up and about.

As people become increasingly unsteady on their feet – Hip Protectors are recommended.

Hip Protectors are recommended for anyone needing a 4WW.

Please don't wait for a fall – Think about buying Hip Protectors beforehand.



2017 WOODS POINT FOOTY TIPPING RESULTS

The 2017 AFL 'Home and Away' Season has been played out and the Finals are now looming. This means the 2017 Woods Point Footy Tipping Competition has also been played out. We started the season 26 Tipsters and a Total Prize Pool of \$520-00, and after paying out \$72-00 in Jackpot Prizes during the season we finished with a Nett Prize Pool of \$448-00

The lucky winners (or should we say "experts"?) for this year are:

FIRST PRIZE \$224-00 (50% of NET Prize Pool)

Won by **COL & GWEN STEVENSON** with 134 correct tips

SECOND PRIZE \$134-40 (30% of NET Prize Pool)

Won by **ANNE LEATHAM** with 128 correct tips

THIRD PRIZE \$89-60 (20% of NET Prize Pool)

Won by **JOAN ANDERSON** with 125 correct tips

Congratulations to each prize winner, and thank you to everyone who entered this year's competition.





**\$2.00 ea
or
3 for \$5.00**



Spring

Time

Raffle

*Raffle operates from
1/08/17 to 7/09/17*

WOODS POINT AGED CARE ANNUAL SPRING DANCE

SEPTEMBER
7TH

6PM TO 8PM
COME ALONG
AND JOIN IN
THE FUN.



Chocolate Factory

The residents travelled to Corowa to visit the famous chocolate/ Whisky factory. With so much history and the aroma of fresh chocolate in the air the residents had a lovely Devonshire tea and a wonderful afternoon .



Upcoming Events

10.30 Wednesday 4th October At Woods Point

Troppo Magic ✧

Amazing & Mystifying Comedy Magical Entertainment ✧

Troppo Bob presents ...
LAUGHTER FROM A MAGIC BOX



Laughter From a Magic Box is a one hour comedy magical performance which is very funny, colourful and engaging for all Seniors. The show reminds us that no matter your age or ability -we can all grow, learn, laugh and be inspired.

SEPTEMBER BIRTHDAYS:

Birthday celebrations will be held on 13th September at 2.30pm in main dining room for the following:

Rod Zass	2nd
Frank Preston	3rd
Clarence Davis	7th
Joyce Hodgkinson	13th
Norma Woods	14th
Mona Atkin	15th
Carmel Nunn	17th
Helen Robertson	22nd
Mary Stanley	24th
Betty Aldous	25th
Lorraine Myers	29th



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

Reginald Crook






Michael Wood

Harry Fynmore

Tim Crossin

Mary Zass

May they Rest in Peace.

Gouldburn & Ovens September 2017						
MON	TUES	WED	THUR	FRI	SAT	SUN
				9.30- Exercises. 9.45-Men's Shed. 11.15-Word Challenge. 1.45-Kiosk & Quiz 2:15 Meet The Kids 3.00-Happy Hour -Sing Along.	ACTIVITY STAFF IN WING 5.	ACTIVITY STAFF IN WING 5.
9.30-Exercises. 10.30-Bruce McCullum. 1.30-Whiteboard Games 2.00-Anglican Church. 3.00-Target Master.	9.30-Exercises. 10.00-Catholic Mass. 10.30-Carpet Bowls. 1.30-Trivia. 2.00-BINGO.	9.30-Exercises. 10.30-Bob's. 10.30-Jackie Lee. 12.30-Lunch Bundalong Café. 2.30-Trivia Quiz	9.30-Exercises. 10.30-Res/Rep Meeting. 11.00-Trivia Quiz. 1.30-Letter Game. 6.00 - SPRING DANCE.	9.30- Exercises. 9.45-Men's Shed. 11.15-Word Challenge. 1.45-Kiosk & Quiz. 2:15 Meet The Kids 3.00-Happy Hour	ACTIVITY STAFF IN WING 5.	ACTIVITY STAFF IN WING 5.
9.30-Exercises. 10.30-Remember When. 1.30-Quiz. 2.00-Anglican Church. 3.00-Target Master.	9.30-Exercises. 10.00-Catholic Church. 10.30-Carpet Bowls. 1.30-David Evans. 3.00-Memory Cards.	9.30-Exercises. 10.30-Piano Lady. 10.30-R.S.L Club- Alzheimer Week. 2.30-Monthly Birthday.	9.30-Exercises. 10.00-Bus to Belmore. 10.15-Scrabble. 12.00-Bus from Belmore 3.00-Story. 1.45-Scenic drive	9.30- Exercises. 9.45-Men's Shed. 11.15-Word Challenge. 1.45-Kiosk, Quiz. & Word Games 3.00-Happy Hour -Sing Along.	ACTIVITY STAFF IN WING 5.	ACTIVITY STAFF IN WING 5.
9.30-Exercises. 10.30-Reading. 1.30-BLOOMS 2.00-Anglican Church. 3.00-Target Master.	9.30-Exercises. 10.00-Catholic Church. 10.30-Carpet Bowls. 1.30-Trivia. 2.00-BINGO.	9.30-Exercises. 10.30-Bob's 2.00-Mulwala Bakery 3.30-Trivia.	9.30-Exercises. 10.30-Bean Bag Throw. 11.00-Unting Church. 2.00-Rich Glen. 3.15-Quoits.	9.30- Exercises. 9.45-Men's Shed. 11.15-Word Challenge. 1.30-Boronia Singers. 1.45-Kiosk. 3.00-Happy Hour	ACTIVITY STAFF IN WING 5.	ACTIVITY STAFF IN WING 5.
9.30-Exercises. 10.30-Reminiscence. 1.30-Bob's. 2.00-Anglican Church. 3.00-Target Master.	9.30-Exercises. 10.00-Catholic Church. 10.30-Carpet Bowls. 1.30-Who Am I ?? 2.00-BINGO.	9.30-Exercises. 10.30-Piano Lady. 12.30-Chinese Lunch 1.45-Bean Bag Throw. 2.45-Trivia Quiz.	9.30-Exercises. 10.00-Bus to Belmore 10.15-Scrabble. 12.00-Bus from Belmore 1.45-Scenic Drive. 3.30-Story.	9.30- Exercises. 9.45-Men's Shed. 11.15-Word Challenge. 1.45-Kiosk , Quiz 3.00-Happy Hour -Sing Along	 GRAND FINAL DAY	