

WHAT'S THE POINT

AUGUST 2018

I love a sun smart country
a land where cricket reigns
where green and gold singlets are
adorned with red sauce stains.

I love her sense of mateship
I love her diversity
Her beaches and her bull dust
They all spell home for me.



Resident and Representatives meeting is scheduled monthly.

The meetings are held on the first Thursday of the month at 10.45 in the main dining room.

All residents and their family & representatives are invited to attend these meetings.

Next Meeting

Thursday August 9th



We hold 'Happy Hour' in the Main Lounge every Friday at 3pm. Come along and listen to some music, enjoy a sherry, beer, wine, shandy or a soft drink & have a chat with the other residents!

Friday August 3rd, 2018 is
International Beer Day.

We thought it a bit weird, but it truly is a day where people around the world celebrate the existence of beer.

You can too, if you come along to happy hour and have a few ales.

Cheers!!!



Hair Appointments

Mondays, Wednesdays and Thursdays

Appointments can be made directly with Kylie or by leaving your name with reception.

Podiatrist

Visit

August 13th

September 3rd & 24th



Did you know that your foot contains 26 bones, 33 joints, more than 100 tendons, muscles, and ligaments, and a whopping 250,000 sweat glands?



Walking Residents

Just a reminder to residents to avoid walking at the rear of the building in the staff car park. Please walk on the designated paths and do not walk past the rear dining room doors.

This is a busy area with delivery vehicles and staff cars coming and going, please avoid this area.



Clothing labels

Staff are not able to ensure the return of laundered clothing if not labelled.

See Reception or Laundry staff to arrange for your clothing items to be labelled. New clothing items should be sent directly to the laundry so they can be labelled immediately.

Unlabelled clothing is placed in Lost Property, displayed for resident perusal, and discarded after a month.



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 is yet to be identified through the 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 July.



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.

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

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.

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

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

Only in Australia Quiz

1. What was the name of the cyclone that devastated Darwin on Christmas Day 1974?
2. What is the floral emblem of Australia?
3. What finished second to 'Advance Australia Fair' in the 1977 referendum to choose a national song?
4. In which city did Australia's first legal casino open for business in 1973?
5. What was the name of the overweight father in the 'Life. Be in It' campaign launched in 1975?
6. Which comedy TV show ran from 1973 to 1984 and featured characters known as 'Strop and Hoges'?
7. What was the name of Daryl Somers sidekick on the popular TV show "Hey, Hey it's Saturday"?
8. Bea Smith, Lizzie Birdsworth and Franky Doyle are characters from which TV show?
9. The majority of residents live underground in this South Australian town?
10. Name the passenger train that runs between Adelaide and Darwin
11. What was Tasmania called prior to 1st January, 1856?
12. What is the name of the worlds largest diamond mine located in north/east Western Australia and is particularly well known for it's pink diamonds?

Christmas in July

Woods Point residents were invited to Yarrawonga Mulwala Golf Club for Christmas early July. Morning Melodies was the entertainment with singing and dancing. Lunch was a treat, with management serving the residents a delicious roast meal and dessert. Even Santa popped in to say 'Hello'. Thank you to the Yarrawonga Mulwala Golf Club for your generosity and hospitality.





August Birthday's

Merv Simpson < 1st

Ray Lewin < 5th

80 years young

Rose Lister < 8th

90 years young

Joan Davis < 20th

90 years young

Marlene Luscombe < 21st

Rita McDonald < 23rd

Margot Gilham < 28th

David Kershaw < 31st



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



Mary Stanley

Elisabetta Alberti

Mary Flynn

Bruce Moore

Irena Tratnjek

Ricky Buller



May they Rest in Peace.

Pictures of the month



Resident Survey:

Thank you very much to everyone who participated.

The response rate was 56%, and the result was an amazing

99% satisfaction!

We have tried to address comments and identified areas for improvement, but please continue to ask questions and make comments if there is something you would like to discuss.

There were wonderful comments made about staff – and these have been forwarded on to all staff. Thank you very much for your comments – It really has a huge positive impact!

Thank you from all who work at this terrific facility, and we are very pleased the satisfaction is so high!

So that most people have access to more information: Details of the Survey and Conclusion have been printed and placed in Resident minutes folder in Low Care lounge, and Staff minutes folder in staff room.



Quiz Answers

1. Cyclone Tracy
2. Wattle
3. Waltzing Matilda
4. Hobart
5. Norm
6. The Paul Hogan Show
7. Ossie Ostrich
8. Prisoner
9. Coober Pedy
10. The Ghan
11. Van Diemen's land
12. Argyle Diamond Mine

Fab Day

Wednesday 29th August will bring a little bit of Glamour to Woods Point.

We will be holding a high tea & Fashion parade on the red carpet.

Activities include:

- Fashion parade
- Best dressed resident & staff
- High tea
- Lucky plate prize
- Plus lots of fun filled activities

So please come along and join in for a day of glamour & fun.



Special Events on the August Calendar

- 3rd August ~ Happy Hour & Sing-a-long with Frank
- 6th August ~ Trivia
- 8th August ~ Monthly birthdays
- 9th August ~ Resident/ Representative meeting
- 10th August~ Happy Hour
- 13th August~ Pub Lunch
- 15th August~ Joe's Snags & Bocce
- 16th August~ Bus to Belmore St
- 17th August~ Happy Hour & Sing-a-long with Frank
- 24th August~ Happy Hour
- 29th August~ **FAB DAY**
- 31st August~ Happy Hour & Sing-a-long with Frank

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.