

WHAT'S THE POINT

DECEMBER 2018



WOODS POINT WOULD LIKE TO WISH ALL
RESIDENTS AND THEIR FAMILIES A
MERRY CHRISTMAS AND A HAPPY NEW
YEAR!



Residents and Representatives Meeting Summary:

November Minutes:

Meeting held on Thursday 1st November 2018 @ 10:45am

Temperature of rooms: if your room is not at a comfortable temperature setting, please see staff at reception and we will adjust for you

Movie access at golf club: any resident can access movies at the Gold Club and activity staff will determine interest and program this

Gym equipment: free trial of gym equipment has been arranged. If you would like to trial, please see Harshill or Marita to arrange

Next Meeting: 6th December 2018 @ 10.45am

Residents & Representatives meetings are a great forum to share ideas, concerns or queries so that they may be discussed. Your ideas are always welcome.



Spirituality is an expression of seeking meaning in our lives, and finding a sense of purpose for being in this world. It is how we connect to ourselves, to others and God or the sacred. It is experienced through relationships, in nature, music, and our religious traditions.

“In generous listening, it doesn’t even matter why the other person feels the way they do. What matters is what is true for this person. And you simply receive and respect it. In that safe interaction, something can happen which is larger than before”

-Dr Rachel Naomi Remen – ‘On Being’ Podcast

‘The Art of Spiritual Care’

When you pause in the doorway, unsure of where to go, I see you
When you grimace in pain, I see you
When you cannot contain your excitement and delight, I see you
When tragedy strikes and your world collapses, I see you
When the beauty of the music moves you to tears, I see you
When your body and mind is so weary that taking the next step feels impossible, I see you
When the smallest action brings the biggest smile, I see you
When anger and confusion spill from your mouth, I see you
When you sit together in the stillness, I see you
When birth brings life and death brings grief, I see you
In the ordinariness of each day, I see you
In the wonder and mystery, I see you.

This month I thought it very timely to discuss the Heatwave Policy and Heat Stress:

People aged 65 years and over are at increased risk of heat-related illnesses and need special care in hot weather. Risk factors include chronic medical problems and certain medications.

We need to collectively take steps to prevent heat stress on days when the temperature is predicted to rise above 32°C.

Heat stress occurs when the body can't cool itself and maintain a healthy temperature. The body normally cools itself by sweating, but sometimes sweating isn't enough and the body temperature keeps rising. Heat stress is also known as hyperthermia. Heat-related illnesses range from mild conditions such as a rash or cramps to serious and potentially life-threatening conditions such as heatstroke.

Symptoms of heat stress

The symptoms depend on the heat-related illness, but may include:

- hot and dry skin
- paleness
- rapid heart rate
- muscle cramps
- nausea and vomiting
- disorientation and confusion
- delirium
- fainting or coma
- worsening of pre-existing medical conditions.



Risk factors for heat stress in the elderly

Factors that increase the risk of heat stress in elderly people include:

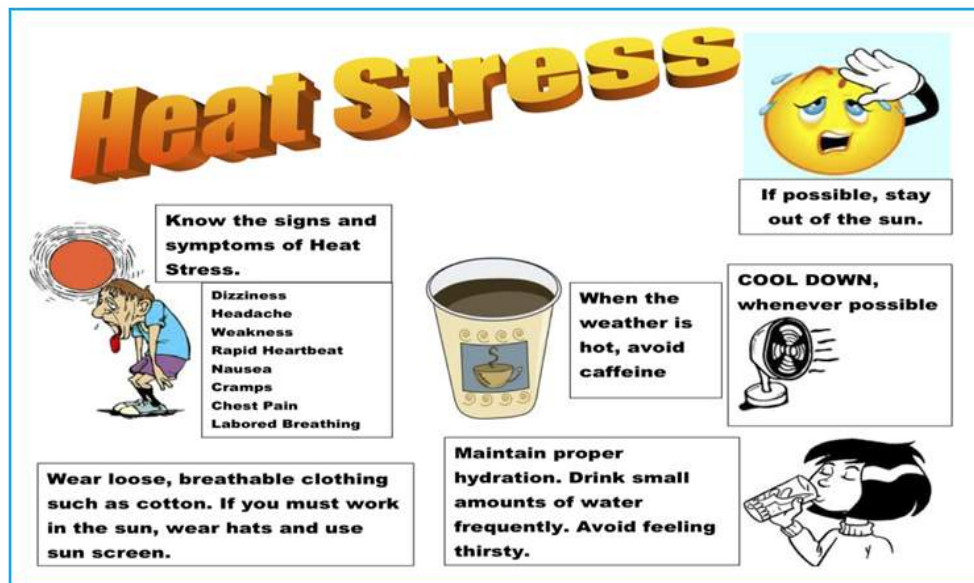
- **Self-care problems** – some older people are frail or have reduced mobility or mental illness. These factors make it difficult for the person to take adequate care in hot weather.
- **Physical changes** – the ageing body doesn't cope with sudden stresses as quickly as a younger body. For example, on hot days, elderly skin is not able to produce sweat and cool the body as efficiently as younger skin.
- **Chronic medical problems** – older people are more likely to have chronic medical problems. Certain conditions make the body more vulnerable to heat stress.
- **Medications** – older people with chronic medical problems usually take medications on a regular basis. Some medications can hinder the body's ability to regulate temperature.

Suggestions for the elderly to avoid heat stress

It's important to be sensible in hot weather, for example, stay indoors, avoid strenuous activity, wear lightweight clothing, and drink cool water regularly throughout the day.

Pay attention to weather reports – temperatures above 37 °C are particularly dangerous. Act to prevent heat stress on days when the temperature is predicted to rise above 32 °C. Take note of humidity levels too, because sweating is not as effective at cooling you down when the weather is very humid.

- **Reduce caffeine and alcohol** – caffeinated and alcoholic drinks have a mild diuretic action. Limit tea, coffee and alcohol in hot weather.
- **Take note of the colour of your urine** – brown or dark yellow urine suggests dehydration.
- **Stay cool** – draw your blinds and curtains, and turn on your air conditioner and set it to 'cool'.



The heat health threshold is the temperature where illness and death increases once the temperature is exceeded.

In regional Victoria (except Mildura) the heat watch is triggered when a maximum temperature of 36°C or above is forecast.

Bentley Wood will enforce the heat stress policy at 32°C.

- 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.

Staff must ensure they follow residents' care plans for care in hotter weather and the Heat Wave Management Plan during a heat wave, particularly the following practices;

- Close windows and blinds until the outside temperature is cooler than the inside temperature. OR
- Keep the windows and blinds close to enable the air conditioning system to work effectively. OR
- Ensure resident are dressed in light clothing during the day and at night
- Encourage/take residents to cooler parts of the building throughout the day.
- Encourage additional fluids throughout the day and night when awake, including those using fans. Discourage caffeinated and alcoholic drinks.
- Commence a Fluid Balance Chart to monitor input and output of high risk residents.
- Activity program staff need to review and adjust the activity program to reduce physical exercise and or outdoor activities that would increase the risk of heat related illness.
- Monitor where residents are throughout the day, particularly those with loss of cognition.
- Closely monitor those who are unwell.
- All resident/ representatives will be notified that residents that cannot leave the facility unaccompanied during a heat wave through newsletters and signage.
- Monitor residents for signs of dehydration and heat related illness and take appropriate action if they become unwell.

In the event of a power failure the generator will provide backup electricity to ensure common areas remain cool.



Bentley Wood staff will take all necessary steps to ensure residents are not placed at risk during extreme temperature days.

We appreciate your cooperation and understanding during these challenging days and understand restricting residents to indoors is frustrating, however we need to ensure the residents are not exposed to heat wave conditions and limit any heat stress symptoms.

If you have any concerns, please do not hesitate to contact the facility for further information.

Marita Seamer
Director of Nursing



WINNERS OF PRE-CHRISTMAS RAFFLE:

1ST: Heather McPherson

2ND: Marg Duffy

3RD: Joan Anderson

Congratulations to our winners!

RESIDENT ACTIVITIES



This beautiful weather has brought us all outdoors recently. Residents in wing 5 enjoyed sitting outside amongst the flowers and fresh air

Other activities residents have enjoyed



Our 'fisherman' Joe takes great pride and pleasure in setting up and maintaining the fish tank. You will find Joe by the fish tank on any given day! Joe also enjoys golfing and pictured below is him about to hit the winning shot.



Margie, our head gardener loves being involved and takes care of the daily watering. She enjoys assisting staff with reporting daily on the progress of our projects



WOODS POINT REMEMBRANCE DAY 2018

Lest We Forget.





December Birthdays:

2nd– Shirley Poll
3rd– Joyce Mifka
10th– Ronald Duncan
15th– Patricia Murray
16th– Doreen Pallot
17th– Phyllis Novotny
27th– Maureen Pinder
28th– Anne Leatham
30th– Helen Gaulke

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



Joyce Hodgkinson
Dennis Bailey

May they Rest in Peace



SPRING RACING CARNIVAL

On Wednesday the 7th of November the residents awoke to a Spring Carnival Festival. The gazebo was set up in the main lounge, adorned with garlands of flowers, lot's of colourful balloon's and pretty flower lights.....along with our "Melbourne Cup". The residents enjoyed their own Melbourne Cup and Oakes Day.....there was fun and frivolity had by all.

There was fashions on the field, best dressed walker, fascinators galore. Residents were dressed up in all of their finery, ladies and gentlemen alike.

For the best decorated wheelie walker we had difficulty deciding, so we had to call upon an independent adjudicator, Miss Georgia from reception. First prize went Violet Dowsey, Second prize went to Shirley Chamberlain AND Mary Phillips, Third prize went to Phyllis Novotny.

The stakes were high this fine day, there were "PROTESTS" in the 4x4 wheelie walker races, the stewards had to be notified. The all clear was given by the stewards, there was no interference between the day's jockey's/racers.

Catering department supplied a beautiful array of delicious finger food and fruit punch.

Thanks to one and all for making this day so successful.













A great day had by all!

MELBOURNE CUP 2018

The Spring Racing Carnival Melbourne Cup for 2018 has been run and won, as has the 2018 Woods Point Melbourne Cup Sweep. This year we managed to sell 144 entries to interested residents and staff, which allowed us to conduct Six (6) separate Sweeps.

All six sweeps were drawn on the Monday before the Cup and the names of the drawers of the 24 horses in each sweep were displayed in the Main Lounge in Low Care for all to see.

As most readers would now be aware, this year's Melbourne Cup was won by Number 23 CROSS COUNTER, with Number 9 MARMELO running second and Number 17 A PRINCE OF ARAN finishing in third place.

The names of each of the lucky subscribers to this year's Six (6) Melbourne Cup Sweeps are listed in the table below:

Sweep No.	1st Prize \$24-00 Won By:	2nd Prize \$16-00 Won By:	3rd Prize \$8-00 Won By:
1	JOAN CONDICK	MARGARET PREER	CHRISTINE HARGREAVES
2	SHEILA ABNETT	PAT ROWE	HEINZ BAYTALA
3	HELEN GAULKE	PADDY WHITE	JOAN DAVIS
4	DOREEN PALLOT	SHIRLEY CHAMBERLAIN	MARGOT GILHAM
5	KEITH GREEN	JUNE LYDFORD	EILEEN CURRIE
6	MARGARET PREER	SHARON McCABE	MONA ATKIN

The Process of Dying

What to expect and how to help



PalliativeCare
VICTORIA
Living, dying & grieving well

About dying

Dying is a natural part of life. All of us will die one day. As with birth, it helps to prepare for the experiences of dying and death. The following information may be useful for the person who is dying, their family and carers.

Prepare

Preparation enables the dying person to receive the best care possible. It also reduces fear and helps with grief.

It is helpful to consider:

- what matters most to the person who is dying and their end-of-life care preferences, including their emotional, psychological, spiritual and cultural needs
- how they would like to be supported by family, carers, friends and others, including pets, as their life ends
- the physical changes in the body during the dying process and the relief and support available.

It helps us all to prepare for dying and death.

When death is near

With good care, the time before death is generally peaceful. There are changes that often occur in subtle ways over several days. The body starts to “let go” of life. There are changes you can expect when a body starts to wind down. These changes are a normal part of dying.

It is not easy to predict the time of death. This becomes easier in the last week or days of life.



Responding to changes in the dying person

Social withdrawal

It is common and natural for people to withdraw from social interaction as death approaches. They may speak very little, even to loved ones. This is due to a loss of energy to stay alert and to communicate.

Continue to express your love and care in simple ways.

Confusion

The person may become confused with time, places and people around them.

It helps to identify yourself before speaking. Speak normally and clearly. There is no need to "correct" the person unless the confusion causes distress.

Senses decline

Eyesight may decline. Soft lights in the room may help.

Hearing is the last of the five senses to be lost. An unconscious person may still be able to hear you speaking to them and other people in the room.

Appetite and thirst

The person's appetite and thirst may decrease and they may not want to eat or drink. This is a natural process and is not painful for the person.

Sips of water, chips of ice or frozen juice to suck, or a moist mouth swab will help. Trying to feed someone who is unable to swallow may cause distress.



Sleep and alertness

The person may spend a lot of time sleeping or feeling sleepy.

Allow them to sleep when they want to. There is no need to shake the person. When the person seems most alert, speak to them softly and naturally.

Body temperature

The person's temperature may rise and fall. Their hands, feet and legs may sometimes be cool to touch and, at other times, may feel hot and sweaty. Parts of the body may become spotty and darker in colour. This is due to the slowing down of blood flow and is a normal part of the dying process.

If the person feels cold, use light bedding to keep them warm. A fan and cool damp towels can help if the person seems hot.

Loss of bladder control

If the person drinks less, less urine is produced. The urine may become stronger and darker in colour as a result. The person may lose control of their bladder and bowels. This does not happen to everyone.

There are pads and special absorbent sheets available for hygiene and comfort. A rubber sheet placed under the sheets will protect the mattress.

OTHER ACTIVITIES



VOTING

Voting can sometimes cause anxiety for some residents who have started to forget. Reception at Woods Point has the forms to remove a person from the electoral roll.

There is a risk of fines if this is not done and residents have not voted.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6 XMAS Party	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25 XMAS	26	27	28	29
30	31					