WHAT'S THE POINT

MAY 2018

Welcome to the May Edition of; "What's the Point" The Woods Point Aged Care Residents/Representatives Monthly Newsletter



Residents meeting summary:

Minutes of the April meeting:

Dangerous to have 4WW at Dining tables: Staff are concerned for other Residents and themselves. All agreed at meeting will comply with safety message regarding 4WW's.

Flu Vax : Both medical clinics are planning on attending Woods Point to provide Flu Vax injections to residents and staff mid to late April. Advised residents not to get them too early or they will not be effective. Date to be advised

Telephones for resident use : Please be advised that Woods Point requires 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 are not available to 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.

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

Happy hour attendance: Residents have the choice to attend activities as per program.

Zippo tap at tea/coffee areas :Please do not twist the tap as it damages the unit. Sign to be in bigger print and visual for all to see.

Heaters/coolers :Hard to get it right at this time of year due to changing temperature. If you would like it adjusted please let maintenance know

Request for Bocce set: Are sourcing a set for residents to use on grass or courtyard area.

Next resident/representative meeting will be held in the main lounge on Thursday 3rd May @10.45

WRAP WITH LOVE" KNITTING PROJECT

For several years over the Autumn and Winter months many Woods Point Residents have been busy knitting squares for the "Wrap With Love" project. The squares are then sewn into colourful blankets and delivered to a collection centre in Wangaratta for on forwarding to "Wrap With Love" – a charitable organisation which supplies knitted blankets to needy people both within Australia and around the world.

Residents interested in knitting squares for this year's effort can obtain, 8 ply Wool, No 4 Needles (8 in the old) and the very simple "plain stitch" Pattern from any one of our Activities Staff. Extra wool will be available from the "Wrap With Love" basket in the main lounge.

As this is an "internal" project intended to keep Woods Point residents busy, family and friends are asked not to knit squares – however any donations of 8-ply wool would be very much appreciated.

We look forward to the busy sound of many clicking needles over the next few months.



Activities/ Entertainment

Colin was hard it helping the activities staff with the quiz of the day





The ladies of Woods Point get together on a Tuesday to do their craft, knitting, sewing, or just having a chat with one another. All the articles made are sold to the residents and their families to help raise money for new equipment. So if you would like to join come along on Tuesdays.

Lorne is enjoying his lunch that was prepared by the kitchen



Activities/ Entertainment

Our residents were treated to a mini performance by Jo's granddaughters. The girls are performers and showed off their talents. Paige attends the fruit fly circus learning all sorts of acrobatic moves. Dakota enjoyed singing for the residents.



TAKING A REST or WAITING FOR A BUS ?



Many of our residents enjoy a daily stroll around the Woods Point precinct –especially given the beautiful "indian-summer" conditions we have been experiencing this autumn. During one recent outing Norma, Jean, and Bill were snapped resting on one of the many bench seats dotted around our grounds while enjoying a quiet chat in the sunshine (or maybe they were waiting for an overdue bus?).



Piano Magic

Bill & Jean having a dance while David Evans plays his piano magic for the residents

SCRABBLE ENTHUSIASTS

One of the more thought provoking activities enjoyed by many Woods Point residents – either as keen participants, or as interested observers still learning the game - is the weekly game of Scrabble. Played by two competing teams of 3-4 residents on an oversize metallic board using large magnetic letters and an up-to-date Scrabble Dictionary to authenticate some of the more obscure words suggested by some, this mind stimulating activity usually takes up about 90 minutes of most Thursday mornings. Pictured below after yet another exciting game we have Janet, Eileen, Pat, Joan and Rose. Games are usually fairly closely contested with no side really dominating the other. The 31 point margin in favour of Team "A" in this photo is a little higher than normal – this could be attributed to the fact that Team "B" was slightly short-handed.



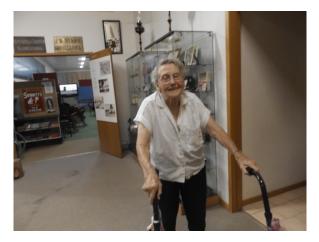
We are always looking for new Scrabble players, so if you're a lapsed player interested in sharpening your skills, or if you haven't played Scrabble before but are interested in learning to play, please make this known to our Activities staff and we will accommodate you.

Pioneer Museum

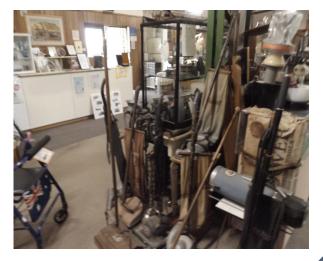


A group of residents enjoyed a lovely afternoon out and about at the Pioneer Museum in Mulwala. There were fabulous stories from the residents reminiscing about their past. We saw everything from horse drawn carts, clothing, train sets, farm machinery and our brave locals that went to war.









Craft & Gardening



With the sun shinning and not as hot as last month. Our residents in Wing 5 have been busy gardening and creating some beautiful artworks and even some furry little friends.















Tungamah Silos



With a bus full of residents we took a trip out to the small town of Tungamah to see the now completed silo's. The silo's have been painted with 3 large brolga's, and on a smaller silo a beautiful kookaburra. This art work was completed by a lady artist all the way from Queensland, and is the only female artist travelling the country towns to do these giant art works, all the other artists are men. We then went down to the creek which flows through Tungamah to see a lovely shady picnic area, with B.B.Q's installed for a lovely lunch. On the way home one of our residents gave us a running commentary on all the local history – apparently Tungamah once had 7 pubs!! and we saw a farm on a bend, that used to be called Stinking Goat Corner. An ice cream on the way home topped off a very lovely afternoon for all.

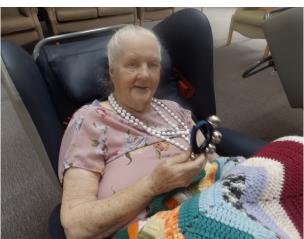


Old Fogies



Our resident band 'The Old Fogies' once again entertained our residents. This time our residents accompanied the "Boys" with fantastic percussion instruments, tambourines, bells and clackers enthusiastically played by one and all, including Merv ringing his bell.











May Birthday's Eddie Kirby < 5th 90 years young Joan Webster < 6th Marie Suckling < 7th Margaret Preer < 9th Alan Atkinson < 16th 90 years young Joan Jewell < 17th 90 years young Jacqueline Roddy < 18th Shirley Cartwright < 22nd Colin Romeo < 24th Bev Williams < 24th 80 years young





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

Bruce Overell Les Stacey Flo Foster

Denis Ryan



May they Rost in Peace.



April 90th birthday celebrations









This month two of our residents reached an amazing milestone......Both Ladies turning 90 years young. Every-one joined together to celebrate this fantastic occasion.



Anzac Day









Yarrawonga-Mulwala RSL Sub-Branch hosted the Anzac

Service ceremony on the 24th April for our residents.

We were joined by Sacred Heart children who lead us in the

National Anthem.

Many family members joined us for this special occasion.



Yarrawonga Health & Moira Palliative Care Service

INVITE YOU TO ATTEND



on: Wednesday 30th May 2018

from: 10.30am to 12.30pm

at: Yarrawonga Anglican Church

corner of Piper and Lynch Streets, Yarrawonga

RSVP For catering: by: Friday 25th May 2018 - 5862 0558

Topics presented by Guest Speakers:-

- Advance Care Planning
- Medical & Financial Power of Attorney,
- Wills etc.
- Funerals,
- Expenses etc.
 - Questions and Answers





Advanced Care Planning – What do these terms mean: May 2018

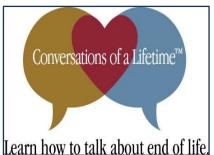
Each year half a million Australians experience the impact of terminal illness and the capacity of our health services to respond is often limited. Appropriate End of life care, treatment and communication are vital skills for all health professionals. Increasingly, patients and residents are expressing the wish to be care for and to die at home.

A recent article by Australian authors in the BMJ states:

There has been an increasing awareness of the inadequacy of end of life care and of the poor knowledge of residents wishes about their medical treatment at a time when they lose the capacity to make decisions, resulting in residents being cared for in a way they would not have chosen.

Advanced care planning is an essential form of resident centered care that helps residents to reflect on what is important to then, on their beliefs, values, goals and preferences in life and leading to an agreement -

ideally reached with their families as well as health care providers – about how residents want to be care for if they reach a point where they can no longer communicate their wishes about medical care.



Enabling residents to choose how they would like

to be cared for near life's end is important because 85% of patients dies after a chronic illness: 50% are not in a position to make a decision about treatment near the end of life: patients relatives frequently don't know what their loved ones want: and doctors may provide aggressive treatment for patients who would not want it.

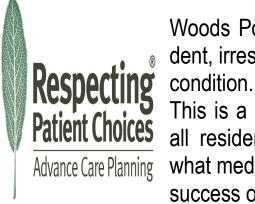
Above all many residents are kept alive in circumstances they would not choose.

Advanced care planning must include

- Clarifying a residents understanding of their illness and treatment options
- Understanding their values , beliefs and goals of care
- Identifying their wishes.
- Systems and processes are in place to ensure everyone is aware and follows the individual's wishes.

Research has shown that good advance care planning with residents in Residential Aged Care facilities has reported:

- 20% fewer acute hospital admission from patients with advance care plans
- No increased mortality associated with staying in the Residential Aged Care facility compared with transfer to acute care
- 90% residents wanted to die in the aged care home and 88% of residents with advanced care plans did so.
- 70% of residents without plans died in acute care hospitals in unfamiliar surroundings with unfamiliar staff.



Woods Point staff respect the dignity of every resident, irrespective of their physical or mental condition.

This is a difficult topic to discuss however we need all residents and their representatives to consider what medical treatment is appropriate and the likely success of the interventions you decide.

As per the Medical Treatment Act 1988: In Victoria, any legally competent adult may refuse treatment for any current condition. A properly appointed Medical Power of Attorney may refuse treatment on the patient's behalf, but only if the patient is legally incompetent.

What treatment can I refuse?

You can refuse almost any medical treatment. Medical treatment means the carrying out of an operation; or the administration of a drug or other like substance; or any other medical procedure; but does not include palliative care. You can refuse life-sustaining treatments, including resuscitation, being put onto a breathing machine and being fed through a tube.

What can't I refuse?

A refusal of treatment certificate specifically excludes refusing palliative care, namely reasonable medical procedures for relieving pain, suffering and discomfort.

These palliative measures, including medications, are just to control symptoms and provide comfort. What do I have to do?

You or your representative must have enough information about your condition to be able to make a decision about whether or not to refuse treatment in general, or to refuse a particular treatment.

How is refusal notified?

When you are satisfied that you understand both your condition and the treatment, complete a Limitations of Medical treatment form (available from Woods Point) with your medical practitioner and the Registered Nurse. Your specific instructions about palliative care can be included in the certificate.



Can I change my mind?

A refusal of treatment can be withdrawn at any time, provided that you are legally competent. You can communicate the withdrawal by any means. The withdrawal does not have to be written.

We have had a number of resident's state they would like to have full active resuscitation but do not want to be left with brain damage or residual deficits. Unfortunately we cannot guarantee this and needs to be taken into consideration when you are completing the form. Cardiopulmonary resuscitation is rarely effective for elderly patients due to the number of co morbidities, they have, health status and age which can result in poor health outcomes for the resident.

I encourage all residents and representatives to discuss the treatment you would like to be

implemented in the event of serious deterioration in health or disease condition with either myself and/or your local doctor. Please be aware that when making these decisions we cannot guarantee an outcome.

Advanced care plans get people thinking and talking – to their families and to their doctors. They give residents a voice, and provide health professionals with clear indications about choices at the end of life.

Whatever our age may be, we all have values and preferences - and it's important to think about them, discuss them, and write them down in an Advance Care Directive.

If you would like to discuss further please do not hesitate to speak with your doctor, Registered Nurse, Deputy Director of Nursing or Director of Nursing at Woods Point Aged Care.

We are currently reviewing our documentation in line with recent changes and may at some point discuss an Advanced Care Plan with you and your representative.

Thank you Marita Seamer Director of Nursing Special Events on the May Calendar

2nd May ~ Jackie Lee

3rd May ~ Resi/Rep meeting

4th May ~ Boronia Singer & Happy Hour

9th May ~ Monthly Birthdays

10th May ~ Bus to Belmore St

11th May ~ Blooms fashion, Bocce & Happy hour with Frank & Jenny

13th May ~ Mothers day

17th May~ Lake walks

18th May ~ Happy Hour

21st May ~ David Evans

23rd May~ Rich Glen

24th May ~ Bus to Belmore St

25th May ~ Happy hour with Frank & Jenny

30th May ~ Burkes

Thursday Nights from 7-8pm there will be Bingo with Noel

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.

