#### WHAT'S THE POINT

#### **OCTOBER 2018**

October Is Pumpkin Time, The Nicest Time Of Year. When All The Pumpkins Light Their Eyes, And Grin From Ear To Ear. Because They Know At Halloween, They'll have lots of Fun. Peeking Through The Window Panes And Watching People Run!

# HALLOWEEN

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.



Thursday October 4th



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

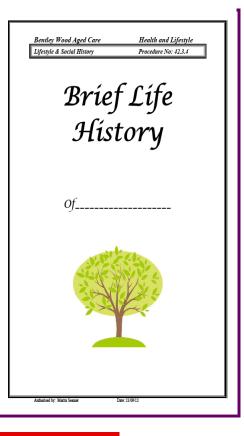
October 4E

## Is international Taco Day

## Hair Appointments

Mondays, Wednesdays and Thursdays Appointments can be made directly with Kylie or by leaving your name with reception.

We would appreciate if families could complete and return life history books as soon as possible so that activities staff can develop a care plan. If you are unsure about whether your Life History has been handed in please check with Activities Staff.





3.

4.

Collingwood

Jack Dyer

## <u>Wi-Fi</u>

Woods Point Aged Care does not have general access to WiFi.

The WiFi is used solely by our

computer technician so that he may keep our computer systems running smoothly. Staff at Woods Point do not know the password.



The cost of providing free WiFi to the

numerous residents, their families and staff is prohibitive.

Residents who require internet access on such items as tablets, laptops etc must arrange for their own internet access.

We do have a resident computer that has internet access, which you may access at any time—Wing 4 sitting room.

Quiz Answers			
1.	Brian Taylor	5.	Sydney
2.	Footscray	6.	John Schultz

- 7. 40
- 8. Neil Balme

#### **Diabetes Educator**

Jan Tregenza has been a registered nurse for over thirty years and in 2005 became a Certified Diabetes Educator.

Jan can often be seen at Woods Point assessing and maintaining appropriate glycaemic control for residents with diabetes.

Jan chose to become a diabetes educator when she foresaw a growing need for this area of expertise in country Victoria.

Jan believes that the best part of her job is helping people to obtain best outcomes and preventing

complications associated with this chronic disease.

Jan has commented that it's very hard to watch people throw their lives away by not attempting to make changes and take care of themselves when they have diabetes.

Jan is more than happy to answer residents and staff questions and assist them to maintain control over their diabetes rather than diabetes controlling them.





#### **October Birthday's**

ee,

Francis Huggins ~ 5th Chris Bromley ~ 7th Bev Orr ~ 9th Ross Stone ~ 10th Wilbur Clough ~ 13th Joe Tierney ~ 22nd Shirley Chamberlain ~ 23rd Verna Humphrys ~27th Dorothy Wilson ~31st



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



Claire Davis Shirley Evans Kath Kelly

Nev Stewart

Colin Yeoman Dorothy Crothers

May they Rest in Peace.



#### AFL Trivia Questions

- 1.) I played 43 games for Richmond FC then moved to Collingwood, where I won the Coleman Medal. Who am I?
- 2.) Two players tied for the Brownlow Medal from different clubs in 1981, yet prior to this achievement they had been teammates at another VFL club with both of them playing over 100 games each for this club. Which club did they previously play with as teammates?
- **3.**) Which team won four consecutive Premierships from 1927-1930?
- 4.) In 2002 and 2005, the Richmond captain wore the number 17 guernsey. This is in honour of which legend?
- **5.)** In 2003 the Brownlow Medal was won by three separate people, Nathan Buckley, Mark Riccuto, and a player from which team?
- 6.) Who was Footscray's Ruckman in the 1961 Grand Final?
- 7.) How many goals did Troy Wilson (West Coast) kick in 2001?
- 8.) Who began the season and coached Melbourne to the 1997 wooden spoon?

#### Lyndon Hart Physiotherapist

This month we feature our Physiotherapist Lyndon Hart and ask him a few questions. Lyndon's has been a physiotherapist for 18 years and he sees his role at Woods Point as providing physiotherapy assessment to all residents once a year looking at range of movement and strength, balance posture and mobility.

Lyndon originally chose the profession to assist clients with recovery from injury and

to see them resume those

activities which they enjoy, he is however very much enjoying his participation in aiding our residents to maintain their mobility levels.

The variety of conditions which Lyndon sees coming into his clinic often makes the role of physiotherapy most



enjoyable, however it's disappointing for Lyndon when

clients do not complete their home program thereby undoing all the good work that he puts in with them. Each month we are profiling some of the expected outcomes of the Accreditation Standards. This month we focus on Expected Outcome:

#### **STANDARD 4.6 – FIRE, SECURITY AND EMERGENCIES**

This expected outcome requires that:

### Management and staff are actively working to provide an environment and safe systems of work that minimise fire, security and emergency risks.

This is some of the ways we actively seek to comply with this standard:

Emergency management includes identifying potential internal and external emergency risks, prevention strategies, emergency preparedness, emergency response, business continuity and recovery response. The overall objective of emergency management is to minimise injury to staff, residents, and visitors and damage to property during an emergency event.

Emergency Management Plans for specific emergency events are developed with key stakeholder input, evaluated for effectiveness and annually reviewed for ongoing relevance. This includes floods, bushfires and severe storms with information on business continuity during these events

These plans incorporate fire detecting and acting upon a fire risk, breaches of security and other emergencies.

Woods Point fire alarm system is designed to detect heat or smoke and provide an automatic notification of a fire and its location. The fire detectors are wired to the fire indicator panel and fire bell.

Once a detector is activated:

- its location is shown on the fire indicator panel
- the fire bell commences to ring continuously
- a signal is sent automatically to the fire brigade
- the emergency warning system is activated to the ALERT mode. The system provides a loud signal throughout the building to warn staff of a potential fire.
- As each sprinkler is activated independently, when the designated temperature is reached, the number of sprinklers that become operational is limited to those close to the fire.





The entire facility is compartmentalized to reduce the need for external evacuation.

This will be at the direction of the staff member in charge.

Regular checks by an external contractor of the fire panel, smoke doors and fire detection system are completed as well as the sound system for emergency procedures, sprinkler system and fire hydrant mains.

Emergency Procedure action plan are distributed around facility – at all phone points.

All facility and resident's electrical equipment must be tagged and tested every 2 years so can you please advise maintenance or reception if you bring in new electrical equipment.

Fire and emergencies training scheduled regularly to ensure all staff attends an annual update. This ensures staff know what to do in the event of an emergency.

Staff are trained to remember R-A-C-E when responding to a fire emergency:

- **RESCUE** remove anyone from immediate danger, if safe to do so, stay low and do not block corridors or exits
- ALARM break fire alarm glass and ring 000 and ask for the Fire Brigade, notify staff in the area



- CONTAIN close windows and doors behind you, if safe to do so
- EXTINGUISH attempt to extinguish the fire if trained and it is safe to do so.

Prepare to Evacuate – await instruction by staff before evacuating.

Resident evacuation lists are maintained with photographs of residents and mobility status. This is utilized in the event of an emergency evacuation.

Regular inspection checklists are conducted for every area.

A summary of the inspection checklist is tabled at staff and OH&S committee meeting.

The inspection checklists identify potential and actual hazards related to the physical environment.

Inspection checklist involves checking of all emergency exits to ensure free from obstruction.

All emergencies that occur are reviewed with actions implemented to prevent further occurrences.

If you any questions, please do not hesitate to ask staff about emergency management. We will also discuss at residents meetings.

Marita Seamer Director of Nursing

Dear Resident/Representative

Woods Point is de-cluttering all areas as there is a limit on available space for items. There are a number of residents furniture items in the storage sheds at Woods Point – we are unable to continue storing these items and request you come and view the items and



determine if you want them discarded or arrange to come and collect.

No longer are we able to store excess items. If these items are not collected we will contact local providers to collect or dispose of appropriately.

Your cooperation is appreciated

#### We're Expecting



We are very excited to announce that Betty is waiting patiently for her little chicks to arrive.

We will keep you all updated on Betty and her little ones.!

#### Photos of the month



#### **Podiatrist Brothers**



Brothers and Podiatrists Dan and Rod Foord have been visiting Woods Point residents since October 2014.

This month we asked them a bit more about themselves:

Rod, the eldest of the siblings has been a practising podiatrist for 5 years and became interested in podiatry after suffering from foot and ankle issues growing up as a kid. A natural interest in foot related issues was sparked, leading me to apply for a position at La Trobe University.

Dan, to some degree fell into podiatry. Having always had an interest in health and improving the wellbeing of others, but not exactly sure which field he wanted to pursue with the health industry. Having an older brother studying and enjoying podiatry, influenced Dan a great deal in his choice. And he says that he hasn't looked back in the 4 years since obtaining his qualification! The role of a podiatrist at Woods Point entails the

prevention, diagnosis and treatment of conditions of the feet and lower limbs.

The primary role at Woods Point is to maintain the health of all the residents' feet.

Some of the conditions they can help you with are skin and nail disorders, corns, calluses and ingrown toenails.

## We asked them both what the best thing about being a podiatrist was:

Dan said that being able to chat with and get to know his patients was one of the best things. "Everyone has a story to tell and I love to hear them".

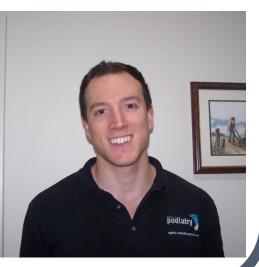
Rod said that being able to reduce his clients pain was one of the best things, but "making them smile with a bad foot joke" was also a favourite thing.

And of course, you can't have the good without the bad, so what's the worst thing?

Rod said that it would be "people showing you their

feet in pubs, parties, social events, on holiday or on the bus."

And Dan claims that the occasional smelly foot was on his list. He said "I've become somewhat 'desensitised' to the smelly feet, so if I can smell it, you know it's bad!"



#### Special Events on the October Calendar

- 1st ~ Frank & Jenny
- 3rd ~ Bundalong Cafe
- 4th ~ Resident/Representative
- 10th ~ Monthly Birthdays
- 11th ~ Deck on the lake
- 12th ~ Blooms
- 17th ~ Spring Dance
- 24th ~ Shopping
- 29th ~ Jo McGrath

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.