

WHAT'S THE POINT

DECEMBER 2019



Woods Point Management and Staff wish all of our residents, Representatives, Visitors and Volunteers a very Merry and safe Christmas. We thank you for your ongoing support and kindness throughout the year and look forward to working alongside you all in 2020

Resident & Representative



Meeting Minutes

November 2019



Menu/Food:

- All feedback to be communicated to kitchen staff
- Will review menu and practices to ensure all meals served hot. If a meal is not served hot enough - please return to kitchen to have reheated.
- Any suggestions for meal ideas - please forward to Marita
- Purchased Weber to be used for more BBQ's



Other

- Rock 'n' Roll dance request—To have local rock 'n' roll group visit Woods Point to host an event.

Activity staff to attempt to make contact and see if they are able to attend.

Next Meeting 5th December 2019 at 10.30am

Christmas Planning;

Thankyou to the many residents and families that have returned the " Christmas Planning " form that was sent out during November. This questionnaire will assist us to gather important information to send to our pharmacies for residents requiring additional Webster packs for any social leave along with assisting our care staff to ensure that residents are ready to attend family celebrations.

December Birthdays

Joyce Mifka 3rd

Elaine Wilkins 6th

Ron Duncan 10th

Patricia Murray 15th

Doreen Pallot 16th

Veronica Attwood 17th

Phyllis Novotny 17th

Helen Gaulke 30th

Ron Mathews 31st

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

Liv Heath
Mandy Dodds
Lorraine Myers

Gone But Not Forgotten, Forever In Our Hearts



OAKS DAY 2019: FASCINATORS AND TOP HATS



Dentist for Residents

MP Dental. Phone: 57433699

The dentist has agreed to waive the callout and examination fee.

An oral therapist will attend initially, or will come with dentist.

They will bring the consent form and medical history form.

Legal medical decision maker will need to sign consent if a Resident does not have capacity to do so.

Treatment (if any) and cost will then be negotiated between the Resident, or their legal medical POA, and the dentist.



REMEMBERANCE DAY 2019

LAYING OF THE WREATH BY ERNIE IVES AND JEAN KNIGHTS



New Aged Care Standards.

Victoria State Government Health and Human Services information “Participating with consumers”

Improving health literacy in residential aged care

Older people using aged care services should be involved in decision making about their healthcare and treatment. There is growing recognition and evidence that people have better health outcomes when they receive quality information and are actively involved in decisions.

Access to good health information helps involve residents, families and carers in decisions about their care to support person centred care and quality of life for individuals.

The resident information sheets have been designed to improve health literacy in residential aged care services. They were developed in consultation with public sector services, consumers and representatives, a range of health and aged care experts and academics, and relevant peak bodies in Victoria.

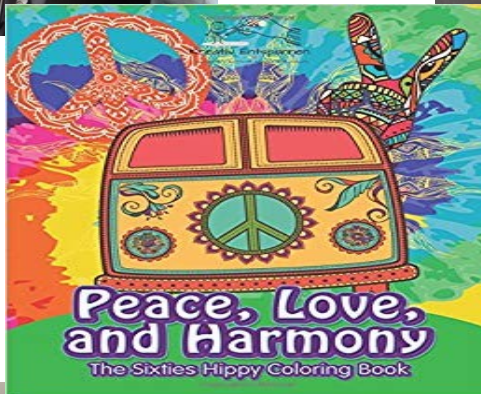
<https://www2.health.vic.gov.au/ageing-and-aged-care/residential-aged-care/safety-and-quality/participating-with-consumers>

Please read through the information provided and discuss with staff. You and your family are important members of the care team. You know what is normal for you.

A copy of the 18 fact sheets are located in the low care lounge for all to read./ The website to access the sheets is noted above. The fact sheet topics are listed below:

- Changed behavior: anger and aggression
- Changed behavior: loss of inhibition
- Changed behavior: noisy,
- Changed behavior: wandering.
- Physical restraint
- Unplanned weight loss
- Sleep
- Constipation
- Falls
- Dehydration
- Delirium
- Depression
- Medicines
- Pressure injuries
- Skin care
- Skin tears
- Swallowing
- Teeth and Mouth Care

Residents enjoyed going back down memory lane to remember the days of the Hippie's. They all enjoyed the reminiscence, quizzes and costumes worn by staff. One resident went all out on her costume to revive the good old days of the Hippie. Afternoon tea was also served and it was a treat for all.



REFLECTIONS CEREMONY 2019

On 14th November 2019 a Reflections Ceremony was conducted in the main lounge to honour and reflect upon each of the 42 Woods Point Residents (listed below) who passed away during the past 12 months.

Marita Seamer opened proceedings by welcoming the residents who chose to attend, and inviting any who wished to do so, to come forward and personally pin a leaf on our Reflections Tree.

A meditative poem entitled "Miss Me But Let Me Go" was then read by Gavin Borwick, after which Marita spoke warmly and wistfully about each past resident, whilst residents and staff pinned their personalised leaves on our Reflections Tree.

The tree (depicted below) will be displayed in the Dining Room for the next 12 months

Joyce Hodgkinson
Denis Bailey
Shirley Poll
Jessie Mantell
Jean Worrell
Phyllis Pinder
Nancy Beswick
Carmen Lyons
Mona Atkin
Brian Willett
Margaret Cannon
Aileen 'Joy' Mulder
Christine Hargreaves
Barrie May
Colin Romeo
William Talbot
Joan Jewell
Anne Leatham
Valetta King
Stirling Jones
Lois Garland

Ian Douglas
Betty Hargreaves
Kevin O'Shaughnessy
Frances Huggins
Doug Chamberlain
Harry Irving
Margot Gilham
Robert Ward
Margaret Crockett
Doug Lincoln
Verna Humphrys
Esme Stamp
Tony Milton
Desmond Nunan
Joan Parish
Jessie Allen
Heather Smith
Barry Hanley
Patricia Rowe
Olivia Heath
Desma Caldwell



A photograph of a tree with vibrant green leaves and a dark brown trunk, set against a transparent checkerboard background. The tree is positioned on the right side of the image, with its branches extending towards the left.

Miss Me But Let Me Go

*When I come to the end of the road
And the sun has set for me,
I want no rites in a gloom-filled room;
Why cry for a soul set free?
Miss me a little - but not too long
And not with your head bowed low.
Remember the love that we once shared.
Miss me - but let me go.
For this is a journey that we all must take
And each must go alone.
It's all a part of the Master's plan,
A step on the road to home.
When you are lonely and sick of heart,
Go to the friends we know
And bury your sorrows in doing good deeds.
Miss me - but let me go*



We had a visit from the kindergarten children, much to the residents delight. They sang and danced to the songs, then spent quality time with the residents.

This will be their last visit for the year. Thank you for visiting the residents. It is great to have the generations





Woods Point Resident Christmas Party

Thursday 5th December

Wing 5

11.30am Country Buddy's preschool visit

12.30pm Christmas Luncheon

All other areas:

4.30pm Ray McCartney—entertainment

5.30pm—finger food





Woods Point celebrated all things French this month. Residents enjoyed games related to France, and had a laugh at staff dress ups. The French food was a hit! Our kitchen provided the most wonderful menu from French toast for breakfast to the amazing sweets served for afternoon tea. Everyone really enjoyed the dishes served, it was a real treat for all. C'était un jour magnifique!!!



TELEPHONES

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.

Vision Australia has a number of phones available for purchase directly from them; including phones for vision and hearing impaired, cordless phones and mobile phones. Contact Vision Australia on 1300 84 74 66 or visit their website to view their available products www.visionaustralia.org.au



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.

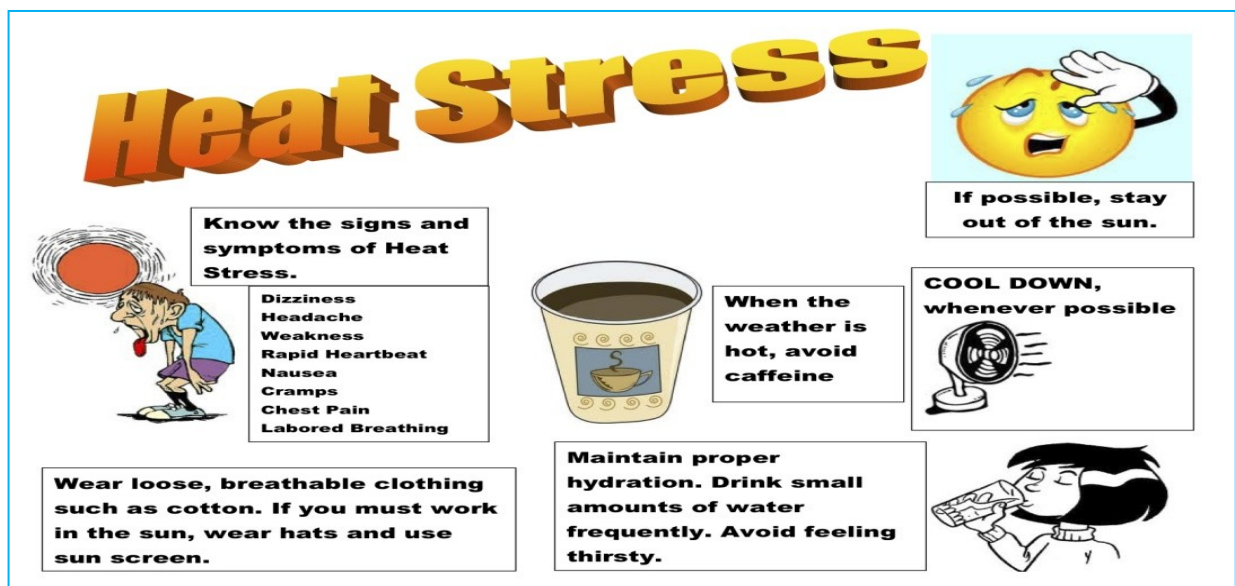
Heat stress is also known as hyperthermia.

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.

Marita Seamer
Director of Nursing




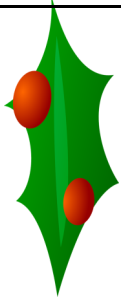



GEARING UP FOR CHRISTMAS

Woods Point Craft ladies have started Christmas decorations already. Here are some of the Christmas photo frames all ready to be hung on the walls. Well done ladies.



GOULBURN & OVENS December 2019

MON	TUES	WED	THUR	FRI	SAT	SUN
30 9.30-Exercises 11.00-Frank & Jenny 11.30-Garden Walks 1.30-Bobs 3.15-Word Game	31 9.30-Exercises 10.00-Catholic Church 10.30-Carpet Bowls 2.00-Bingo	 4 9.30-Exercises 10.30-Craft 12.00-Fish & Chips 2.00-Anglican Church 3.00-The Bridge	 5 9.30-Exercises 10.30-Christmas Word Game 4.00-Residents Christmas Party	PROGRAM SUBJECT TO CHANGE.	 1 NO ACTIVITY STAFF	
2 9.30-Exercises 11.00-Frank & Jenny 11.30-Garden Walks 1.30-Bobs 3.15-Word Game	3 9.30-Exercises 10.00-Catholic Church 10.30-Carpet Bowls 2.00-Bingo	4 9.30-Exercises 10.30-Craft 12.00-Fish & Chips 2.00-Anglican Church 3.00-The Bridge	5 9.30-Exercises 10.30-Christmas Word Game 4.00-Residents Christmas Party	6 9.30-Exercises 10.00-Mens Shed 11.15-Word Challenge 1.45-Kiosk/Kids/Kids 3.00-Happy Hour	7 MOVIE ICE CREAMS	8 NO ACTIVITY STAFF
9 9.30-Exercises 11.00-Frank & Jenny 11.30-Garden Walks 1.30-Bobs 3.15-Word Game	10 9.30-Exercises 10.00-Catholic Church 10.30-Carpet Bowls 2.00-Bingo	11 9.30-Exercises 10.00-Craft-Valerie 1.30-Trivia 2.00-Anglican Church 3.00-Monthly Birthdays	12 9.30-Exercises 10.30-Bean Bag Toss 2.00-Bundalong Café. 3.30-Trivia	13 9.30-Exercises 10.00-Mens Shed 11.15-Word Challenge 1.45-Kiosk/Kids/Kids 3.00-Happy Hour	14 MOVIE ICE CREAMS	15 NO ACTIVITY STAFF
16 9.30-Exercises 11.00-Frank & Jenny 11.30-Garden Walks 1.30-Boronia Singers 3.30-The Bridge	17 9.30-Exercises 10.00-Catholic Church 10.30-Carpet Bowls 2.00-Bingo	18 9.30-Exercises 10.30-Craft 1.30-Bean Bag Toss 2.00-Anglican Church 3.00-Trivia	19 9.30-Exercises 10.30-Fun With Words 11.00-Uniting Church 1.30-Bobs 3.15-Trivia	20 9.30-Exercises 10.00-Mens Shed 11.15-Word Challenge 2.15-Story/Reminisce 3.00-Happy Hour	21 MOVIE ICE CREAMS	22 NO ACTIVITY STAFF
23 9.30-Exercises 11.00-Frank & Jenny 11.30-Garden Walks 2.00-Mul Bakery 3.30-The Bridge	24 9.30-Exercises 10.00-Catholic Church 10.30-Carpet Bowls 2.00-Bingo	25 CHRISTMAS DAY 	26 BOXING DAY 	27 9.30-Exercises 10.00-Mens Shed 11.15-Word Challenge 2.15-Story/Reminisce 3.00-Happy Hour	28 MOVIE ICE CREAMS	29 NO ACTIVITY STAFF