


February Activities Calendar

MON	TUES	WED	THUR	FRI	SAT	SUN
				1 9:30 Exercises 10:00 Mens Shed 11:15 Word Challenge 1:45 Kiosk & Quiz 3:00 Happy Hour	2 ACTIVITY IN WING 5	3 ACTIVITY IN WING 5
4 9:30 Exercises 10:30 Frank/Jenny 11:30 Hangman 1:30 Trivia 3:15 Quiz	5 9:30-Exercise. 10:00-Catholic Church 10:30-Carpet Bowls. 1:30-Chats. 2:00-Bingo.	6 9:30-Exercise 10:30-Bobs. 1:45-Bundelung Café. 2:00-Anglican Church 3:15-Board Game.	7 9:30-Exercise. 10:30-R/Rep Meeting. 1:30-Board Game. 2:30-Trivia Quiz. 3:30-Reading Y Bridge	8 9:30-Exercise. 10:00-Mens Shed. 11:15-Word Challenge 1:45-Kiosk & Quiz. 2:15-Meet the Kids. 3:00-Happy Hour.	9 ACTIVITY IN WING 5	10 ACTIVITY IN WING 5
11 9:30-Exercise. 11:00-Frank/Jenny. 11:30-Hangman. 1:30-Word Challenge. 3:15-Trivia.	12 9:30-Exercise. 10:00-Catholic Church 10:30-Carpet Bowls. 1:30-Chats. 2:00-Bingo.	13 9:30-Exercise. 10:30-Bobs. 1:30-Trivia. Dice. 2:00-Anglican Church. 3:00-Monthly Birth-day	14 9:30-Exercise 11:00-Uniting Church Valentine's Day Activities Quiz/ Trivia/Reading.	15 9:30-Exercise. 10:00-Mens Shed. 11:15-Word Challenge 1:45-Kiosk & Quiz. 2:15-Meet the Kids. 3:00-Happy Hour	16 ACTIVITY IN WING 5	17 ACTIVITY IN WING 5
18 9:30-Exercise. 10:30-Frank/Jenny. 1:30-Find a Word. 2:30-Trivia Dice. 3:30-Reading Y Bridge.	19 9:30-Exercise. 10:00-Catholic Church 10:30-Carpet Bowls. 1:30-Chats. 2:00-Bingo.	20 9:30-Exercise. 10:30-Bobs. 1:30-Words with G. 2:30-What am I. 3:30-Reading	21 9:30-Exercise. 10:30-Bobs. 1:30-Words with G. 2:30-What am I. 3:30-Reading	22 9:30-Exercise 10:00-Men's Shed. 11:00-Word Challenge 1:30-Kiosk?Kids/Quiz. 3:00-Happy Hour.	23 ACTIVITY IN WING 5	24 ACTIVITY IN WING 5
25 9:30-Exercise. 10:30-Frank/Jenny. 11:30-Word Challenge. 1:30-Spell a Word. 3:15-Quiz	26 9:30-Exercise. 10:00-Catholic Church 10:30-Carpet Bowls. 1:30-Chats. 2:00-Bingo.	27 9:30-Exercise. 10:30-Bobs. 1:30-Fun with Letters. 2:30-Trivia Dice. 3:30-Reading.	28 9:30-Exercise. 10:30-Trivia Dice. 1:30-Word Challenge. 3:15-Board Games.			

WHAT'S THE POINT

FEBRUARY 2019

Welcome to the February Edition of;
 “What’s the Point”
 The Woods Point Aged Care
 Residents/Representatives Monthly
 Newsletter


 HAPPY
 VALENTINE'S
 DAY 

CoverMyTir

Residents & Representatives Meeting

The Resident & 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, their family and representatives are invited to attend.

Next meeting: 7th February

Summary of January's Meeting:

Accreditation report received for unannounced visit conducted 18th and 19th December 2018. Thank you to every resident for your positive feedback and great result

- Aged Care Quality and Safety Commission (read more on page 3), Accreditation standards changing from July 2019
- Menu/food: Lighter soups to be offered on the menu as some soups are too thick. Onion to be put in some meatballs for those who like it. Christmas lunch was superb – better than any club or restaurant in the area.
- Review survey: introduced 2017 for Representative and Staff surveys; initial reaction in both surveys was a drop in response rate, however representative numbers are back to usual and staff numbers climb back to usual. Will continue to use as saves time and resources and is easy to use.
- When oxygen is in use, specific guidelines must be followed that are more extensively outlined in the full minutes
- All residents reported that they are happy with Director of Nursing – Marita Seamer to attend meeting
- A knitting group to be added to the activity program along with craft days
- All residents are welcomed to tend to the garden if they would like. Resident's individual choice as to what activities they engage in
- Residents may have pots outside their windows however it is not for Don or Joe to look after
- Thank you to Don and Joe for their gardening efforts – if anyone would like some tomatoes, please see Don!

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

Mona Atkin

May she Rest in Peace

February Birthdays

We would like to wish the following residents a very happy birthday!

John McColl – 1st February (90!!)

Jenny Stuttard – 15th February

Brian Willett – 21st February

Esme Stamp – 22nd February

Tony Milton – 27th February

Other Activities



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

Podiatrist Visits for 2019

- February 4th
- February 25th
- March 18th
- April 8th
- April 29th



Aged Care Quality and Safety Commission:

People receiving aged care have the right to be properly looked after, treated well and given high quality care and services.

If you receive aged care, you have the right to:

- Personal privacy
- Be involved in the decisions that affect you
- Be treated with dignity and respect
- Good quality care that meets your needs
- Full and effective use of your personal, civil, legal and consumer rights
- Complain and take steps to sort out any problems
- Advocacy support

Raising concerns you have about the quality of care you or someone you know is receiving isn't 'being difficult.' It's a normal part of service delivery. Raising concerns provides an opportunity for aged care services to become aware of issues, find solutions and improve their care.

A new Aged Care Quality and Safety Commission has been established. How can the Aged Care Quality and Safety commission help me?

They can assist with concerns about the quality for care or services you received from aged care providers funded by the Australian Government.

You can also give them feedback about your care to help them when they check a service against quality standards.

Aged Care Quality and Safety Commission

This is a free service for anyone to raise a concern about the quality of Australian Government funded aged care services.

Tollfree: 1800 951 822

Address: GPO Box 9818

Australia Day Celebrations



Thank you to all for making this such an enjoyable day that included Happy Hour, reading, cupcakes, lamingtons and yabby races.

Australia Day Celebrations



Elder Rights Advocacy (Victoria)

This is a free and confidential service promoting the rights of people receiving aged care services

Telephone: (03) 9602 3066

Tollfree: 1800 700 600

Email: era@era.asn.au

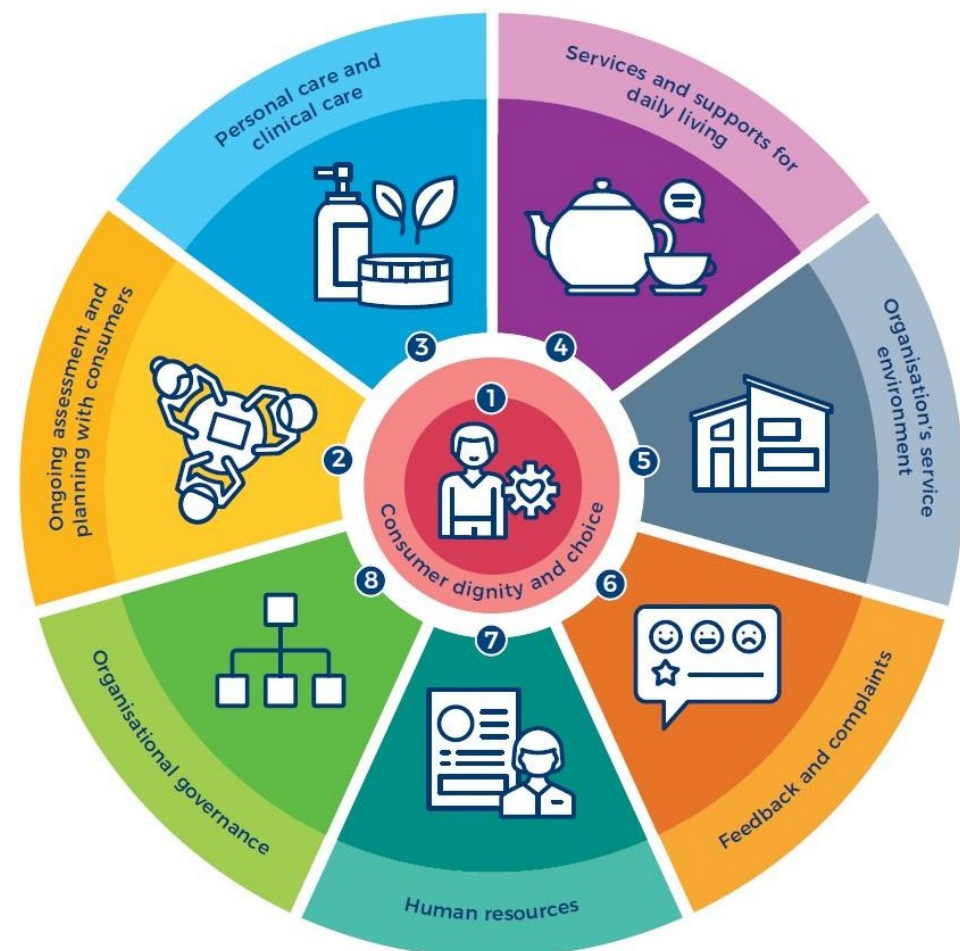
There are brochures available at front reception and available on the website: www.agedcarequality.gov.au.

Below is a diagrammatic summary of the new standards

Regards,

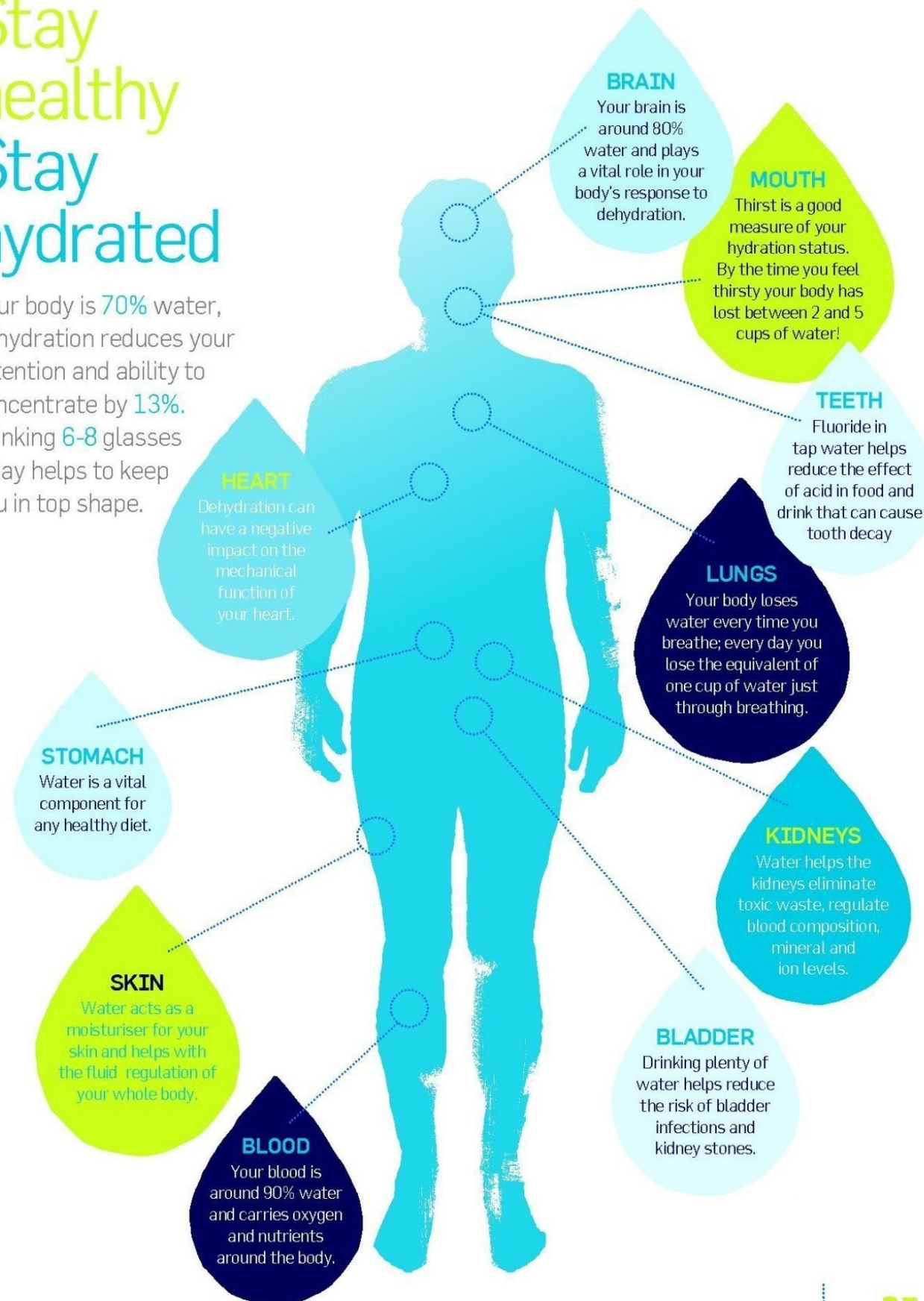
Marita Seamer

Director of Nursing



Stay healthy Stay hydrated

Your body is 70% water, dehydration reduces your attention and ability to concentrate by 13%. Drinking 6-8 glasses a day helps to keep you in top shape.



For more facts about how you can stay healthy and stay hydrated visit our website
www.egwater.vic.gov.au/choose-tap/



BE
SMART
CHOOSE
TAP

Have you had enough water to drink? Check your wee to see!



Well done, you're drinking enough water!



Good work, have a sip of water



Have a drink of water



Have a big drink of water



You haven't had enough water today.
Have a big drink of water now and more over the next hour



Water is vital to your health,
70%
of our body is made of the stuff!



Please Note: This information is provided for education and information purposes only. It is not a substitute for professional medical advice and is not to be relied upon as constituting advice.

For more facts about how you can stay healthy and hydrated visit our website www.egwater.vic.gov.au/choose-tap/



BE
SMART
CHOOSE
TAP