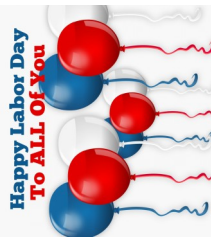
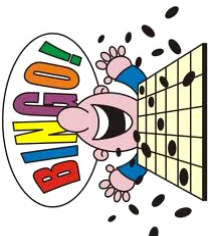




March Activities Calendar

MON	TUES	WED	THUR	FRI	SAT	SUN
 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 2:00-Anglican Church 1:45-Bundelong Café. 2:00-Anglican Church 3:15-Board Games.	 7 9:30-Exercise. 10:30-R/Rep Meeting. 11:30-Quick Quiz. 1:30-Scenic Drive. 3:30-Reading Y Bridge	1 9:30 Exercises 10:00 Mens Shed 11:15 Word Challenge 1:45 Kiosk & Quiz 2:15 Meet the Kids 3:00 Happy Hour	2 MOVIE DAY	3 ACTIVITY IN WING 5
11 LABOUR DAY HOLIDAY NO ACTIVITY STAFF	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 Birthday	14 9:30-Exercise 10:30-Bobs. 11:00-Uniting Church. 1:30-ST.PATS DAY ACTIVITIES.	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 MOVIE DAY	17 ACTIVITY IN WING 5
18 9:30-Exercise. 10:30-Frank/Jenny. 1:45-Trivia/Quiz 3:00-Reading <u>3:30-Reminiscing</u>	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-Bean bag Throw 1:45-Scenic Drive. 3:30-Fun with Letters	22 9:30-Exercise 10:00-Men's Shed. 11:15-Word Challenge 1:30-Kiosk?Kids/Quiz. 3:00-Happy Hour.	23 MOVIE DAY	24 ACTIVITY IN WING 5
25 9:30-Exercise. 11:00-Frank/Jenny. 1:30-Trivia 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-Piano Lady 1:30-Trivia 2:00-Anglican Church 3:15-Quiz	28 9:30-Exercise. 10:30-Bobs. 12:00-PUB LUNCH. 2:30-Board Game. 3:15-Trivia.	29 9:30-Exercise 10:00-Men's Shed. 11:00-Word Challenge 1:45-Kiosk?Kids/Quiz. 3:00-Happy Hour.	30 MOVIE DAY	31 ACTIVITY IN WING 5

NEWSLETTER



Welcome to the March
Edition of;
“What’s the Point”
The Woods Point Aged
Care
Residents/

Representatives Monthly
Newsletter



Beginning Of Autumn...

1st of March is the beginning of our very bright and colourful season Autumn.

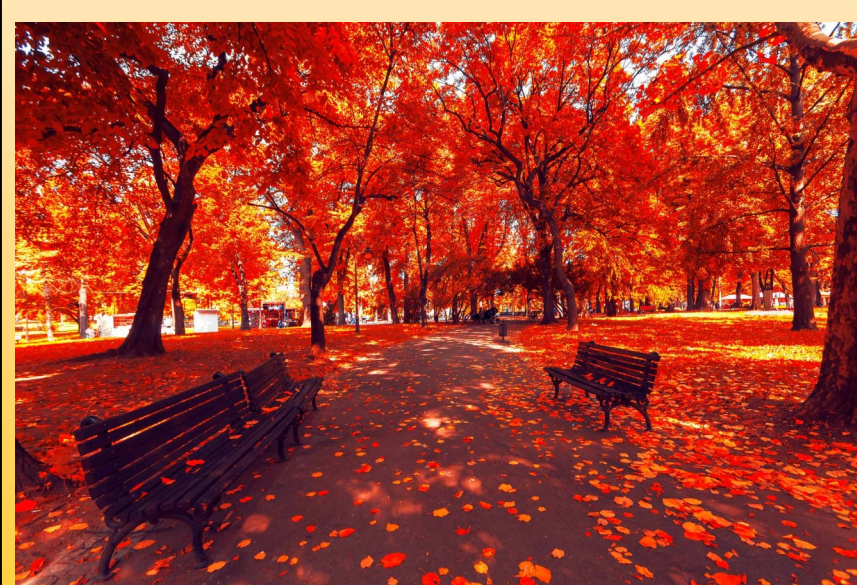
Be sure to go on any outings to see the beautiful range of colours and the leaves off the trees falling in the beautiful breeze.

Autumn is one of the four temperate seasons.

Autumn may also refer to:

Autumn (given name), a feminine given name

"Autumn" (concerto), a concerto from Vivaldi's *The Four Seasons*



Next Resident /
Representative Meeting

Thursday 7th March 2019
at 10.45 am

Location: Main lounge
room

All welcome to attend and
participate

*Management and staff would like
to express their sympathies to
the*

Representatives of the passing of:

Brian Willett

Margaret Cannon

Joy Mulder

Christine Hargreaves

May they Rest in Peace



March Birthdays

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

Don Rafferty - 3rd March

Jean Morgan - 6th March

Norman Looby - 13th March

Ernest Ives - 14th March

Phyllis Landers - 20th March

Coral Robinson - 20th March

William Curtis - 26th March

Heinz Baytala - 29th March

Valentines Day



MARCH 2019



This day is celebrated on the 17th of March each year. Woods Point will be sure to have loads of fun and remember the theme is **GREEN**! Beware of the Leprechaun, he is cheeky and if you do find him he is to grant you three wishes.... Good Luck



BENEFITS OF SUN EXPOSURE

Ultraviolet Radiation

increases endorphins,
which decreases pain
and stress and
increases happiness

Vitamin D

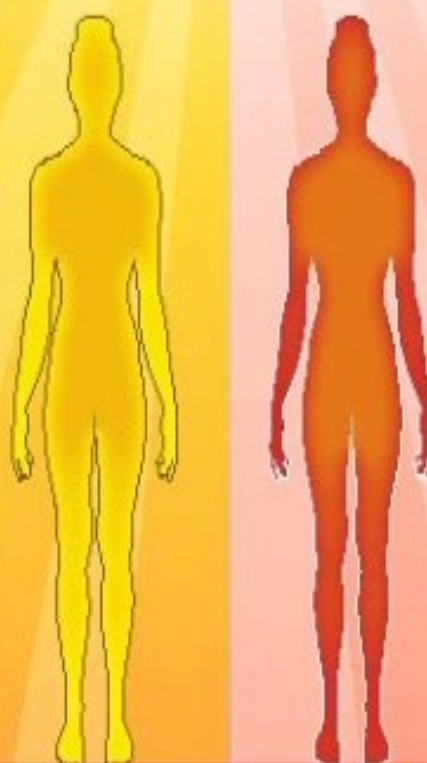
helps build healthy
immune systems
and bone growth

Sunlight

may help
some skin conditions such
as eczema and psoriasis

Daylight

produces
serotonin, resulting in
positive moods and an
increase in melatonin,
which helps sleep at night



RISKS OF SUN EXPOSURE

Skin Cancer

is mainly caused by
ultraviolet radiation from
too much sun exposure or
excessive tanning bed use

Cataracts

are more
often reported in left eyes
due to higher UV-A
protection from windshields
than side car windows

Sunburn

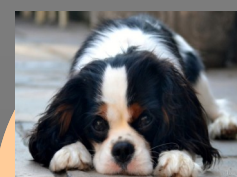
can harm
white blood cells and
damage the immune
system

Premature Aging

is caused by
sun damage that results
in wrinkles and changes in
skin texture

One FineDay

at Woods Point

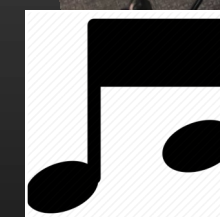


Pet Therapy

**Lucy the king
Charles cavalier
giving some love to
our residents.
She is such a sweet
dog.**

Residents sharing their
talent in music.

Serenading their fellow
residents is the way to
go.



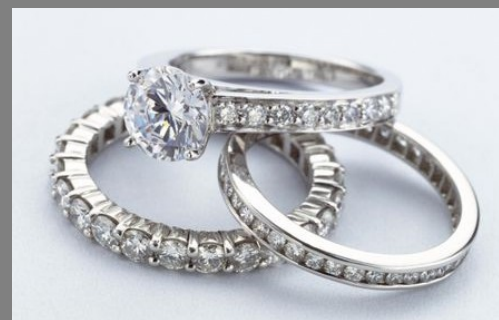
60th Wedding Anniversary of Nancy and Eric Holder



"IF YOU LIVE TO BE A HUNDRED, I WANT TO LIVE TO BE A HUNDRED MINUS ONE DAY SO I NEVER HAVE TO LIVE

without you."

—A. A. MILNE



Tied the knot 60 years ago!
Congratulations to the both of
you!

A **SMILE** is more than a reaction to a positive situation. A big grin can have several physical, social, and psychological benefits, too.

Smiles Relieve Stress

Even if you smile for no apparent reason, this simple act can release mood-changing endorphins.



Smiles Can Reduce Conflict

Smiles put people at ease and diffuse stressful situations (though a fake smile could make the situation worse).

A Smile Uses 5-53 Muscles

It actually takes more muscles (and effort) to frown than it does to smile.



Babies are Born Able to Smile

This is not just mimicking their surroundings, as blind babies also smile.

Smiles Make You Memorable

Most people find it easier to remember a smiling face.



You Can be More Confident

Smiling makes you appear more confident and successful.

Smiles Sound Different

You can tell when someone is smiling by the sound of their voice, even over a telephone.



You Can Get Healthy

Smiling has been shown to improve immune systems and lower your blood pressure.

You Can Get Healthy

Smiling has been shown to improve immune systems and lower your blood pressure.



You Will be More Appealing

A smile says you are fun, attractive, and relaxed, which is much more approachable.

A Smile Creates a "Feedback Loop"

Our brains tell us to smile in a positive situation, but a smile tells the brain we are in a positive situation. In other words, good feelings build on themselves.



Smiles Relieve the Stress of Others

A smile is literally contagious. Studies from Uppsala University say that other people's smiles suppress the control we have over our facial muscles, which makes it hard to frown and compels us to smile.

Palliative Care: March 2019

Death. It's hardly the go-to topic of conversation you would like to read in the newsletter and most of us go to such lengths to avoid talking about it with our loved ones.

Ironically, death is thrust in our faces almost every day and will happen to all of us. Below is an excerpt from the 'Aged Care Carer blog' on the 10 signs end of life is near and what you can do to support this process.

Caring for someone at the end stage of life is one of the hardest things you will ever do. It can be emotionally and physically draining. We all want to feel that we have done everything we possibly can for a family member. When death comes suddenly this isn't always possible.

Dementia is a progressive disease meaning an individual's condition will get worse over time. This can be distressing to watch, sometimes taking years. It can be hard to comprehend that dementia is a terminal illness but the symptoms associated with dementia do contribute to death.

People with later stage Alzheimer's are normally confined to bed, dependent on others for all their care. Everybody is different but there are some signs that indicate death is approaching.

- Profound weakness and fatigue, difficult to rouse
- Bed-bound and loss of strength, dependent on others for repositioning
- Loss of appetite, difficulty swallowing and unable to take fluids
- Weight-loss
- Increased pain, confusion or restlessness
- Changes in level of consciousness, non-communicative, may still be able to hear you
- Incontinent of urine and bowel movements
- Unable to or not interested in showering or eating
- Changes in colour as blood circulation slows, feet can appear blue and cold to touch
- Irregular breathing patterns, breathing can be shallow, gurgle or rattle, it can stop and start

An inability to communicate means many caregivers find it hard to determine a family member's wishes.

When death is close, your main goal is to relieve symptoms and provide comfort. Either at home or in residential aged care, health professionals will make sure they do everything possible to keep your family member free of pain.

This may mean using a number of different medications including morphine. Medications for pain can now be given orally, via a patch or via a subcutaneous infusion or syringe driver.



Weekly Prize

There will be a Weekly Prize of \$4.00

The Weekly Prize will be paid to anyone who picks 9 winners for the round, or it will be split if 2 or more tipsters pick 9 winners. If nobody picks 9 winners, the Weekly Prize will Jackpot.

End of Season Prizes

First Prize: 50% of the Net Prize Pool (after deducting any Weekly Jackpot payouts) – paid to the Tipster (or equally split between all Tipsters) with the highest number of Correct Tips for the Season.

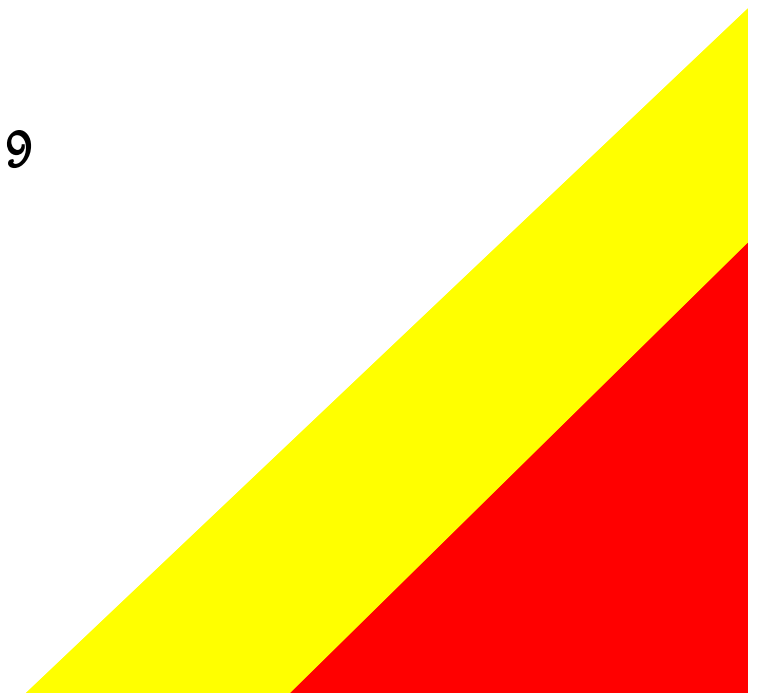
Second Prize: 30% of the Net Prize Pool (after deducting any Weekly Jackpot payouts) – paid to the Tipster (or equally split between all Tipsters) with the 2nd highest number of Correct Tips for the Season.

Third Prize: 20% of the Net Prize Pool (after deducting any Weekly Jackpot payouts) – paid to the Tipster (or equally split between all Tipsters) with the 3rd highest number of Correct Tips for the Season

GOOD LUCK

Podiatrist Visits for 2019

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





THE 2019 AFL SEASON STARTS ON THURSDAY 21ST MARCH 2019

There are 9 Games per Round and there are 23 Rounds in the Season
ENTRY FEE IS \$20-00 PER RESIDENT (that's the same as last year).

ENTRY FEE IS TO BE PAID TO ACTIVITIES STAFF (Heather, Kerry, Lorraine or Gavin) ON OR BEFORE FRIDAY 15TH MARCH 2019).

Each Tipster will be given a Fixture showing all games for the 2019 Season.

Each week's Tips or Selections are to be marked on your Fixture by crossing out the names of the teams you think will LOSE for that Round.

For example, if you wanted to pick Richmond to win the first game in Round 1 you would mark your Fixture like this:

C a r l t o n v s R i c h m o n d

Tips for each Round are to be given to Activities Staff or put in the Footy Tipping Box in the Main Lounge **BY 3:00PM ON THE DAY OF THE 1ST GAME OF EACH ROUND.**

This means, **Tips for Round 1 are to be "in" by 3:00PM on THURSDAY 21/03/2019.**

If your Tips are not in by the 3:00PM deadline, you will be given the **AWAY** teams (i.e. the SECOND listed teams) for that Round.

Towards the end stage of life a person can show signs of agitation and restlessness. This can be very distressing for a dying person and a carer. Calling out, moaning or confused speech can be associated with delirium or discomfort.

Describe these symptoms to your doctor as they can be relieved by medication or could be related to problems with constipation, medication or urinary retention.

Things you can do:

- Allow the person to sleep as much as possible, ensure a quiet environment with soft lighting
- Reposition a person if it makes them comfortable
- Moisten a person's mouth with a damp cloth (lanolin to dry lips)
- Use a cool cloth or fan if a person is too hot, light blankets as opposed to heavy doonas
- Place a fan close by if a person is experiencing breathlessness
- Play a person's favourite music
- Continue to talk to a person, they may be able to hear you. Be reassuring and comforting
- Continue to touch a person, lightly massage or stroke their hands
- Limit visitors and ask if they can identify themselves
- Ask a nursing home to place a bed nearby for you to sleepover
- Write anything down a person says as it may be comforting

Give medication as required and report to a doctor or nurse any signs of pain, anxiety, restlessness and noisy breathing.

Remember to ask questions when you need to and seek out the support of others when you can. A Care staff and specialist palliative care nurses can support you and your family at such an emotional time.

Many family members decide to keep a vigil by remaining at a person's bedside for hours at a time, remember to rest and take turns with friends and family. It's not unusual for a dying person to slip away when family members leave the room.

We want to encourage all residents to:

- make their end of life plans such as wills and health directives
- share these wishes with their families
- get informed about end of life and death care options

be better equipped to support family and friends experiencing death, dying and bereavement.

We hope this information provides you some useful tips to use when the time comes. If you would like to discuss anything related to resident's wishes and the Limitations of Medical Treatment form please see your GP or senior staff at Woods Point Aged Care

Marita Seamer
 Director of Nursing

