

WOODS POINT NEWSLETTER

NOVEMBER 2020



REMEMBRANCE DAY
Let's We Forget



Resident & Representative Meeting Minutes

October 2020

Menu: If meals are too large please notify the kitchen and they can reduce amount provided. Any suggestions of meals that you would like please let us know.

Fluids: Remember to drink lots of fluids!!!

Resident survey: 97.5% satisfaction- great feedback. Please continue to speak to staff about any concerns.

Smokers: Please make sure odour and smoke is kept away from the , entry & exit doors.

Resident Christmas Party

Thursday 3rd Dec.

Wing 5 - Luncheon 12.30

Low Care - afternoon tea
& music 2.30 pm

Due to COVID-19 restrictions -
we are unable to have family
join us this year.



Resident and Representatives meeting is scheduled monthly.
The meetings are held on the **first Thursday of the month at 10.30 in the main dining room.**

All residents & representatives are
invited to attend these meetings.

Mental Health

It's an expression we use every day. According to the World Health Organisation mental health is 'a state of wellbeing in which every individual realizes his or her potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community'.

Mental health is about wellness rather than illness.

Research shows that high levels of mental health are associated with increased learning, creativity and productivity and more pro-social behavior and positive social relationships, and with improved physical health and life expectancy. In contrast, mental health conditions can cause distress, impact on day-to-day functioning and relationships and are associated with poor physical health.

It is important to remember that mental health is complex. The fact that someone is not experiencing a mental health condition does not mean that their mental health is flourishing. Likewise, it's possible to be diagnosed with a mental health condition while feeling well in many aspects of life.



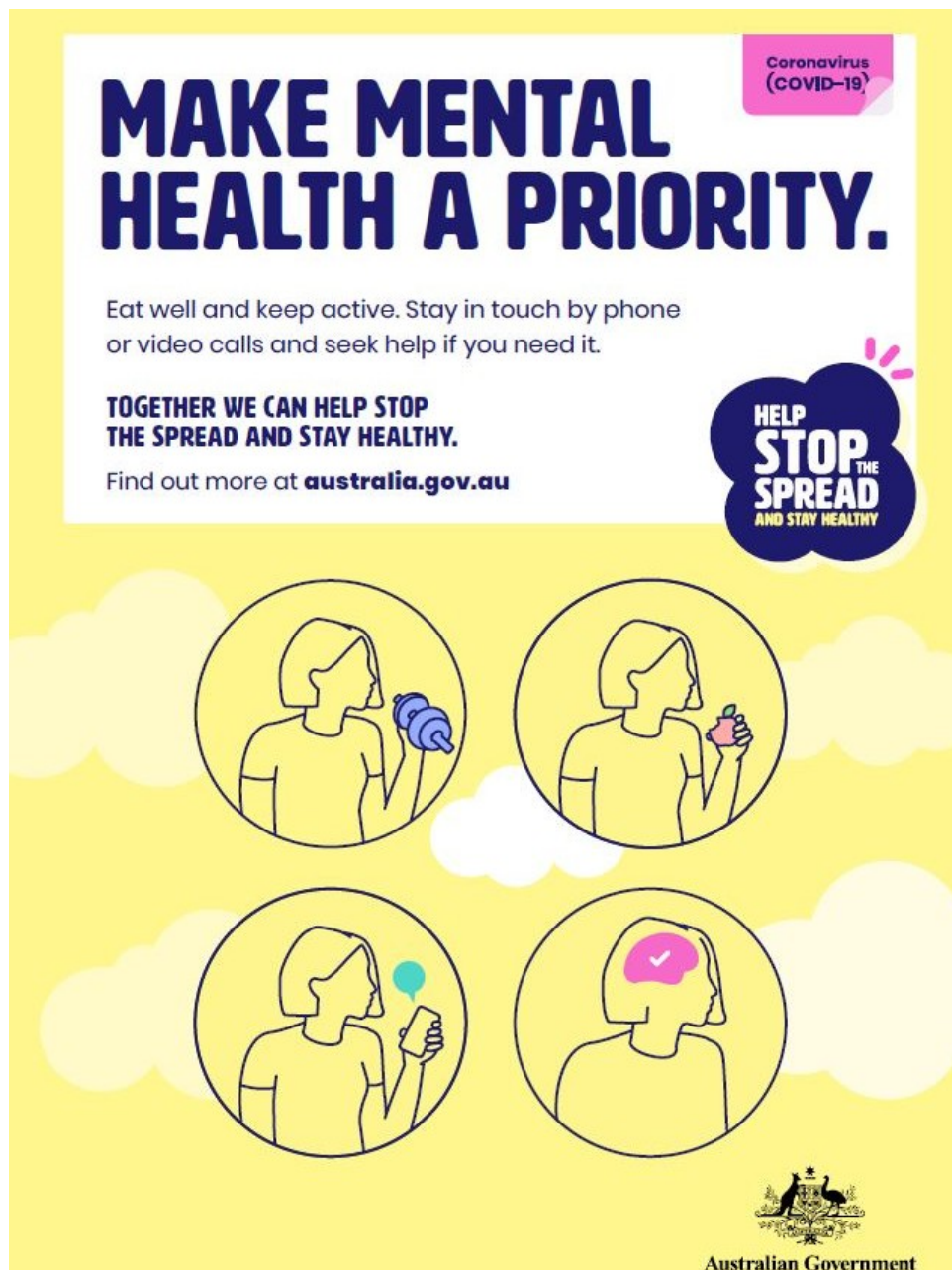
Ultimately, mental health is about being cognitively, emotionally and socially healthy- the way we think, feel and develop relationships- and not merely the absence of a mental health condition. Having good social connections, good personal relationships and being part of a community are vital to maintaining good mental health and contribute to people's recovery should they become unwell.

Strategies to improve your mental health:

- Stay connected with family & friends (via video calls, phone calls or if possible face to face visits)
- Get physical! Join in on daily exercises with Kim or go for a walk through the beautiful gardens.
- Stay calm. Talk to someone if you feel overwhelmed or flat.
- Maintain routine. Try to structure and plan your day- keep busy with activities or have some 'me' time.



- Manage information. It can be difficult at time watching the news, especially during COVID times. Managing our media consumption can help to take your mind off the current pandemic.
- Be social! Join in on activities, chat with people on your table at meal times and join Happy Hour Fridays
- Pamper yourself! Treat yourself with a trip to the hairdresser/ beauty salon right here at Woods Point.



November 2020: This month we will discuss: Standard 4

Services and supports for daily living

Consumer outcome

I get the services and supports for daily living that are important for my health and well-being and that enable me to do the things I want to do.

Organisation statement

The organisation provides safe and effective services and supports for daily living that optimise the consumer's independence, health, well-being and quality of life.

Meaning of - services and supports for daily living:

Services and supports for daily living include, but are not limited to, food services, domestic assistance, home maintenance, transport and recreational and social activities.

A consumer might have some challenges in their health and abilities, but they still have goals they want to achieve. They also have roles that have meaning, and they want to manage their day-to-day life and live as well as they can. Services and supports for daily living cover a wide range of options that aim to support consumers live as independently as possible and enjoy life.

Services and supports for daily living include:

- Domestic help, such as cleaning, laundry, gardening and home maintenance services
- Food services, including meals, food advice, delivery & preparation
- Services to encourage and support consumers to take part in social activities they are interested in, including community life.



Volunteering,
training or
finding a job



Social Support
& new
friendships



Personal
Care



Shopping,
Money &
Budgeting



Cooking &
Cleaning



Accessing
Transport

Delivering services and supports to improve a consumer's well-being and quality of life requires a consumer-centered approach.

This means treating the consumer as a whole person and considering their physical and mental health, and spiritual, emotional and social life.

Their relationships, attitudes, cultural values and the influences of those around them, including family and community are all important.

Socially including consumers isn't just about giving them opportunities to join in on activities that the organisation provides. It's also about making sure that consumers feel socially connected, can have relationships they choose, have control over their lives, have privacy and are able to contribute.



The care and services at Bentley Wood are delivered in a way that enables a person's needs to be met.

This includes making sure that enough time is allocated to allow staff to provide care and treatment in accordance with the person's assessed needs and preferences.

Bentley Wood has policies and procedures in place that support staff to deliver care and treatment in accordance with the requirements detailed in the care and services plan.

Bentley Wood staff undertake regular assessments and consumers/representatives are involved in discussions and decisions about their day-to-day care during care assessment, care planning and care evaluation. If you would like to discuss your care plan see a staff member at any time.

Bentley Wood is required to provide services and supports in line with the consumer's assessed needs, goals and preferences, and any care and services plan, or service agreement in place with the consumer.

We may not directly provide all the services and supports that are important to the consumer's well-being; however we can assist the consumer to access other services or supports, including those that the wider community may provide.

If there are any services and supports that you would like to be reviewed and offered, please ask the staff or discuss with management.

WOODS POINT HAPPY HOUR!

FRIDAY FROM 3PM



Every Friday at 3pm
residents enjoy sharing a
drink, some nibbles and
fantastic company.



Wing 5 ladies Pat & Jenny enjoying a walk in the gorgeous sunshine with Lee.



Photos from October's monthly birthday celebration.
Happy birthday to all October birthdays!



Visitor restriction update:

Movement of visitors into and within the facility should be limited and physical distancing measures maintained. The following **Infection Prevention Control (IPC) precautions** should be implemented.

- Follow, and stay up to date with, relevant advice on outbreak management in high-risk settings¹¹ and restrictions to visitors to Residential Care facilities (RCF)
- IPC precautions are implemented to protect staff and other residents, visiting restrictions may be relaxed in the context of end-of-life palliative care.
- We continue to encourage and facilitate phone or video calls, or visits with physical barrier (e.g. window, balcony or 'see-through' fence) between residents and their friends and family members to maintain social contact while visiting restrictions are in place.

Ensure all visitors, including essential external providers and visitors:

- Visit only one resident
- Go directly to the resident's room or area designated by the RCF, and avoid shared areas.
- Stay 1.5 metres from residents, if possible.
- Use alcohol based hand rub or wash their hands before entering and on leaving the RCF and the resident's room.
- Practise cough etiquette and respiratory hygiene.
- If visiting a resident who is in isolation or quarantine, follow contact and droplet precautions, as directed by RCF staff.
- Visitors will be screened on entry to the facility for epidemiological (recent travel, contact with a COVID-19 case) and clinical risk factors (acute respiratory infection, fever/history of fever or loss of smell or taste). You will be required to complete a declaration every time you visit.



November Birthdays

Joan Condick 4th

Joyce Bavage 5th

Patricia Foster 9th

John Ryder 12th

Christine Lawford 14th

Noreen Lowrie 17th

Lily Walters 26th

**We wish all a very happy
birthday!**

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

Muriel Roscoe

Margaret Sandford

Robert Blackburn


Daniel B. Holman

FOOTY COLOURS DAY

SHOW YOUR TRUE COLOURS!



GOULBURN & OVENS November 2020

| MON | TUES | WED | THUR | FRI | SAT | SUN |
|--|---|--|---|---|---|--|
| 30 9.30-Exercises. 10.30-Bobs. 2.00-Bus Outing. 3.00-Ice Creams. -Reminiscence |  |  |  |  | MOVIES ICECREAM | 1 NO ACTIVITY STAFF |
| 2 9.30-Exercise 10.30-Word Challenge 1.30-Garden Walk 2.00-Bobs 3.30-Quiz | 3 MELBOURNE CUP DAY 1.30-Racing Quiz 3.00-The Big Race | 4 9.30-Exercises. 10.30-CRAFT 1.30- Bus Outing 3.00-Scrabble. | 5 9.30-Exercise 10.30-R/Rep Meeting 11.15-Craft – Hats. 2.30 fashion parade 3.30-BINGO | 6 9.30-Exercise 10.30-Men's Shed 11.30-Word Challenge 1.30-Quiz/Kiosk 3.00-Happy Hour | 7 MOVIES ICECREAM | 8 NO ACTIVITY STAFF |
| 9 9.30-Exercise 10.30-Fun words 1.30-Garden Walk 2.00-Discussions 3.30-Whats that | 10 9.30-Exercise 10.30-Carpet Bowls 2.00-BINGO | 11 9.30-Exercise 10.45 – <u>REMEMBRANCE DAY CEREMONY</u> 1.30-Qoits 2.30-Board Game. 3.30-Reminiscence. | 12 9.30-Exercise 10.30-Scenic Drive 2.00-BINGO | 13 9.30-Exercise 10.30-Men's Shed 11.30-Word Challenge 1.30-Quiz/Kiosk 3.00-Happy Hour | 14 MOVIES ICECREAM | 15 NO ACTIVITY STAFF |
| 16 9.30-Exercise 10.30-Bobs 1.45-Scenic Drive 3.15-Trivia | 17 9.30-Exercise 10.30-Carpet Bowls 2.00-BINGO | 18 9.30-Exercise 10.30-CRAFT 1.30-Scenic Drive 3.15-Quiz | 19 9.30-Exercise 10.30-Scenic Drive 2.00-BINGO | 20 9.30-Exercise 10.30-Men's Shed 11.30-Word Challenge 1.30-Quiz/Kiosk 3.00-Happy Hour | 21 MOVIES ICECREAM | 22 NO ACTIVITY STAFF |
| 23 9.30-Exercise 10.30-Alphabert Words 1.30-Garden Walk 3.30-Whats the Word | 24 9.30-Exercise 10.30-Carpet Bowls 2.00-Bingo | 25 9.30-Exercise 10.30-Qoits 1.30-Scenic Drive 3.30-Snowy River | 26 9.30-Exercise 10.30-Scenic Drive 2.00-BINGO | 27 9.30-Exercise 10.30-Men's Shed 11.30-Word Challenge 1.30-Quiz/Kiosk 3.00-Happy Hour | 28 MOVIES ICECREAM | 29 PROGRAM SUBJECT TO CHANGE. |