

What's the Point

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



Happy Easter



Residents meeting summary:

Minutes of the March meeting:

- Corona virus Covid 19- Update: Letter received from Chief Medical officer

Factsheets and resources specifically for aged care staff, residents and families that provide advice on measures to limit transmission of the virus are available on the Department's website - www.health.gov.au/resources/collections/novel-coronavirus-2019-ncov-resources.

A 24-hour National Corona virus Health Information Line available on 1800 020 080. The line provides health and situation information on the COVID-19 outbreak

Fire drill : A fire drill which will be conducted in the next few weeks. Staff are trained on what to do in the event of a fire but we will also conduct a mock evacuation and fire drill for residents.

Air conditioning : Please do not alter the main living air conditioners. Guards will be placed back on the controllers to prevent the constant changing. The balance is between resident and staff comfort. Residents are encouraged to wear a cardigan/jumper as staff are working and need to have cooler air.

Linen use : Please restrict the linen use – not required to change clean linen every day. Some days we launder over 200 towels and many of them are not soiled. Think about the environment.

To advise night staff not to replace all the linen every night as it is a waste.

Next Resident/ Representative meeting to held:
Thursday 2nd April 2020

Covid 19:

Bentley Wood is adhering to all the guidelines and advice provided by Government and the Department of Health. (*Coronavirus Disease 2019 (COVID-19) Outbreaks in Residential Care Facilities guidelines*).

Managing a COVID-19 outbreak (suspected or confirmed) effectively requires a number of required actions. The guidelines are designed to assist Residential Aged Care facilities (RACF) to plan, prepare, detect and respond to COVID-19 outbreaks in their facility.

While all respiratory viruses can cause outbreaks and significant morbidity and mortality, COVID-19 is acknowledged as a significant health risk, particularly for the elderly and individuals with co-morbidities or low immunity.

The guidelines are assisting us to manage all types of respiratory outbreaks, but the focus is predominantly on COVID-19.

The primary responsibility of managing COVID-19 outbreaks lies with the aged care facility, within their responsibilities for resident care and infection control. Bentley Wood has access to infection control expertise, and an outbreak management plan in place.

COVID-19 is a contagious viral infection that generally causes respiratory illness in humans. Presentation can range from no symptoms (asymptomatic) to severe illness with potentially life-threatening complications, including pneumonia. COVID-19 is spread by contact with respiratory secretions.

The safety and well-being of clients and community members is always our priority.

Due to the highly contagious nature of the COVID-19 virus and the increased vulnerability of our consumers, we've decided to take firm measures to try and stop it from entering our facilities and harming clients.

From 18th March 2020 Bentley Wood Aged Care facilities will be in 'preventative lockdown'.

This means:

Bentley Wood residences will not be allowing casual and non-essential access (which includes families, friends, school groups etc).

Visits from essential services such as GPs and allied health providers will continue (we are planning to provide 'telehealth' services with clinicians wherever possible and clinically supported).

All internal lifestyle programs in each residence will continue whilst those residences remain free of the Coronavirus pandemic.

We remain compliant with the Australian Government Quality and Aged Care Standards on infection control and review Department of Health and WHO advice regularly.

Education for staff, residents and their families has been vital to inform them of the importance of preventing an outbreak and to manage the potential occurrence for ongoing transmission.

Prompt and clear information has been provided to residents and families regarding the outbreak including respiratory hygiene and cough etiquette, hand hygiene and restrictions on visitation.

Correspondence has been delivered through signage, phone calls, letters and SMS messages to try and keep you all well informed.

Staff have been informed, and supported, to exclude themselves from work when they have any kind of respiratory illness and to notify the facility if they were confirmed to have COVID-19.

Topics that have been covered in the education program are:

- Symptoms and signs of COVID-19

- Exposure risk for COVID-19, including international travel

- Personal hygiene, particularly hand hygiene, sneeze and cough etiquette

- Appropriate use of PPE such as gloves, gowns, eye protection and masks

- Actions on experiencing symptoms of COVID-19 (do not work)

- Environmental cleaning

There is currently no vaccination to prevent COVID-19. Avoidance of exposure is the single most important measure for preventing COVID-19 in RCF.

Bentley Wood is being vigilant in implementing, an effective infection control program and outbreak management plan.

We are also working at ensuring you have access to contacting your resident through a number of social media platforms. Details are provided in the newsletter.

If you have any concerns or questions, do not hesitate to contact us or should you require further information regarding COVID-19, please refer to the Commonwealth Department of Health website:

<https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert>

We will continue to communicate with you regularly as the situation unfolds and thank you for your patience during these challenging times. Stay safe.

Marita Seamer
Director of Nursing

RESTRICTIONS ON ENTRY INTO AGED CARE FACILITIES – INFLUENZA VACCINATIONS

All states and territories have released directions that set out specific requirements with regard to entry into and visitors to residential aged care facilities. The directions set out specific requirements in relation to influenza vaccinations.

Specifically, the requirements set out that individuals must not enter or remain on the premises of a residential aged care facility if the person does not have an up-to-date (i.e. 2020) vaccination against influenza. Residential aged care providers should work to have all staff vaccinated prior to 1 May 2020.

Aged care providers are required to take all reasonable steps to ensure that a person does not enter or remain on the premises if they do not meet the influenza vaccination (and other) requirements set out in the relevant state and territory directions. This applies to staff, visitors, health practitioners, volunteers and others.

Approved providers may need to seek appropriate evidence of immunisation status from individuals seeking to enter the service.



The Easter Bunny is a folkloric figure and symbol of Easter, depicted as a rabbit bringing Easter eggs. Originating among German Lutherans, the "Easter Hare" originally played the role of a judge, evaluating whether children were good or disobedient in behaviour at the start of the season of Eastertide.



Easter eggs, also called **Paschal eggs**, are decorated eggs that are usually used as gifts on the occasion of Easter. As such, Easter eggs are common during the season of Eastertide (Easter season). The oldest tradition is to use dyed and painted chicken eggs, but a modern custom is to substitute chocolate eggs wrapped in colored foil, hand-carved wooden eggs, or plastic eggs filled with confectionery such as chocolate. However, real eggs continue to be used in Central and Eastern European tradition. Although eggs, in general, were a traditional symbol of fertility and rebirth,^[2] in Christianity, for the celebration of Eastertide, Easter eggs symbolize the empty tomb of Jesus, from which Jesus resurrected. In addition, one ancient tradition was the staining of Easter eggs with the colour red "in memory of the blood of Christ, shed as at that time of his crucifixion." This custom of the Easter egg can be traced to early Christians of Mesopotamia, and from there it spread into Russia and Siberia through the Orthodox Churches, and later into Europe through the Catholic and Protestant Churches. This Christian use of eggs may have been influenced by practices in "pre-dynastic period in Egypt, as well as amid the early cultures of Mesopotamia and Crete".

Easter Calendar

- April 10 - Good Friday
- April 11 - Easter Saturday
- April 12 - Easter Sunday
- April 13—Easter Monday



ANZAC DAY

Anzac Day

Is a national day of remembrance in Australia and New Zealand that broadly commemorates all Australians and New Zealanders "who served and died in all wars, conflicts, and peace-keeping operations" and "the contribution and suffering of all those who have served". Observed on 25 April each year, Anzac Day was originally devised to honour the members of the Australian and New Zealand Army Corps (ANZAC) who served in the Gallipoli Campaign, their first engagement in the Great War (1914–1918).



Wood's Point Anzac Service

Anzac Service

Held at Woods Point

Date: 23rd April

Time: 2 pm

Where: Main Lounge

*Lest we
forget"*



Cake Decorating Class



A huge thankyou to Cam for showing our residents her skills of over 30 years - Cake Decorating. Cam showed all how to make a rose bud.





Clothing Labels:

Staff are not able to ensure the return of laundered clothing if not labelled.

See reception or laundry staff to arrange for your clothing items to be labelled.



should be sent directly to the laundry so they can be labelled immediately.

Unlabelled clothing is placed in lost property, displayed for resident perusal, and discarded after a month.

Please ensure every item in your wardrobe is labelled.



Day Light Savings end this Sunday April 5th. Turn your clocks back 1 hour!



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

**Gloria O'Loughlin
Nancy Holder
June Lydford**



April Birthdays

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

- April Quirk - April 1**
- Beverley Moulday - April 2**
- Vera Anderson - April 3**
- Bob Blackburn - April 3**
- Kathleen Jenkins - April 7**
- Raymond Brewer - April 12**
- Alfred Churchill - April 13**
- Judith Swann - April 15**
- Valda Becroft - April 18**
- Brain Layton - April 20**

Sacred Heart



The Sacred Heart children were visiting Woods Point on Fridays, prior to lock-down.

The children bring their work over to show the residents what they are working on at school.

The residents enjoy talking to the children and learning about the study's of today's learning.

The students also enjoy listening to the residents as they reminisce on their school day's and tell the children about their adventures.



ARE YOUR DETAILS UP TO DATE
 Have you received a new Medicare Card or Pension Card. Please advise reception of new expiry dates.



Bentley Wood Access to residents:

Access to SKYPE. Commencing 2/4/2020

3 computers have been set up for residents use and we have signed up to 3 skype accounts.

Computer 1: The skype contact name is: woods.point

Computer 2: wp-e550-07@outlook.com

Computer 3: wp-lt15eac@outlook.com



We are also setting up face time for you to access on the IPAD but encourage you all to continue calling the residents on their individual phones to maintain contact.

We are unable to tie up the dect phones we use for emergencies and call bells and therefore cannot transfer calls through to residents unless it is deemed essential by the Director of Nursing—Marita Seamer/ Deputy Director of Nursing—Sam Toms.

Obviously the staff are extremely busy providing care but we will make time from 1pm to 3pm Monday to Friday for you to access skype and face time. Can you please call ahead to schedule a time so we can have the resident ready. Calls will be limited to 10 minutes only so all have access and can only be limited to weekly per resident.

We are allowing very restricted visits to residents, however you are not permitted to enter the facility, these will be held outside and you must maintain social distancing rules and other rules as dictated by the Government, which is to stay at home. If you would like to arrange a visit this needs to be approved by the Marita or Sam only and will be approved on a case by case basis during business hours.

Please be assured, on compassionate grounds you will be able to visit your loved one and this will be coordinated by Marita /Sam.

As you can appreciate we are extremely busy ensuring residents and staff are safe and all their care needs are being attended to, so we ask you to be patient and we will endeavour to ensure you maintain some contact during this difficult time.

If you have any concerns please contact Marita – Director of Nursing or Sam – Deputy Director of Nursing to discuss.

Please continue to access government and Department of Health advice to stay informed.

Marita Seamer

Family







It is nice to see Phyllis receive a visit by her son, whilst adhering to all the strict guidelines set by the government and Woods Point Aged Care during this Covid 19 pandemic.

It certainly gave Phyllis a welcomed boost.

Restrictions and limits on visits will remain in place and prior approval must be obtained.



GOULBURN & OVENS APRIL 2020

MON	TUES	WED	THUR	FRI	SAT	SUN
<p>Happy Easter</p>  <p>6 9.30-Exercise 10.30-Bean Bag Toss 1.30-Golf Putting 3.30-Trivia Quiz</p>	 <p>7 9.30-Exercise 10.30-Carpet Bowls 2.00-BINGO</p>	<p>1 9.30-Exercise 10.30-Craft 1.30-Board Games 3.00-Trivia Quiz</p> <p>8 9.30-Exercise 10.30-Craft 1.30-Who am I 3.00-Monthly Birthday</p> <p>15 8.30-Special Breakfast 9.30-Exercise 10.30-Craft 1.30-Bobs 3.15-Quiz</p> <p>22 9.30-Exercise 10.30-Craft 1.30-Bobs 3.00-The Bridge 4.00-Trivia</p> <p>29 9.30-Exercise 10.30-Craft 1.30-Board Games. 3.15-Trivia Quiz.</p>	<p>2 9.30-Exercise 10.30-R/Rep Meeting 11.00-Quick Quiz 2.00-BINGO</p> <p>9 9.30-Exercise 10.30-Fun with Words 2.00-BINGO</p> <p>16 9.30-Exercise 10.30-Golf Putting 2.00-Bingo</p> <p>23 9.30-Exercise 11.00- Bobs 2.00-Bingo</p> <p>30 9.30-Exercise 10.30-Gardening 2.00-Bingo</p>	<p>3 9.30-Exercise 10.00-Men's Retreat 11.15-Word Challenge 1.30-Quiz 3.00-Happy Hour</p> <p>10 Good Friday 1.30-Quiz 3.00-Happy Hour</p> <p>17 9.30-Exercise 10.00-Men's Retreat 11.15-Word Challenge 1.30 -Quiz 3.00-Happy Hour</p> <p>24 9.30-Exercise 10.00-Men's Retreat 11.15-Word Challenge 1.30-Quiz 3.00-Happy Hour</p>	<p>4 NO ACTIVITY STAFF</p> <p>11 NO ACTIVITY STAFF</p> <p>18 NO ACTIVITY STAFF</p> <p>25 NO ACTIVITY STAFF</p> 	<p>5 NO ACTIVITY STAFF</p> <p>12 NO ACTIVITY STAFF</p> <p>19 NO ACTIVITY STAFF</p> <p>26 NO ACTIVITY STAFF</p> <p>PROGRAM SUBJECT TO CHANGE.</p> 
<p>13 Easter Monday 1.30-Easter Quiz 3.30-Bean Bag Toss</p> <p>20 9.30-Exercise 10.30-Quoits 1.30-Board Games 3.00-Trivia Quiz</p> <p>27 9.30-Exercise 10.30-Balloon Game 1.30-Board Games 3.00-Trivia Quiz</p>	<p>14 9.30-Exercise 10.30-Carpet Bowls 2.00-BINGO</p> <p>21 9.30-Exercise 10.30-Carpet Bowls 2.00-BINGO</p> <p>28 9.30-Exercise 10.30-Carpet Bowls 2.00-BINGO</p>					