WHAT'S THE POINT

JULY 2020

During these challenging times, can we all take the time to be kind to each other, support each other and see the positive effort everyone is making.

Staff are working really hard to ensure the residents stay safe and we appreciate if representatives could be patient and understanding during these challenging times.

We understand your frustrations, however we are working to ensure all residents have contact with families and representatives.

Residents are reporting they feel safe at Woods Point and happy with the arrangements we have implemented.

We are comforted by this and will continue to provide support to all.

Residents meeting summary:

Minutes of the June meeting:

Menu/Food: Pizza for one resident was not presented very well – feedback provided to kitchen.

One resident would like a curry dish and steak and onion pie. Advised kitchen of request.

Most residents reported the meals were mostly enjoyable and had improved significantly over the past 2 months.

Covid 19 Update: Visitor access code – visitors have always been able to attend Woods Point – just limiting access to the resident rooms and public areas. Residents aware of booking system and understand we provide flexibility as required.

Influenza vaccination is not a Woods Point policy – it is a federal government policy and fines are issued for breaches of this policy on individuals and aged care facilities.

We will continue to provide visitor access through the booking system

Testing and tagging due again :Will be completed in the month of June of all your electrical items. \$5 per item or capped at \$30

Cancer afternoon tea : Raised \$750 which was a fantastic result. A generous donation from Bill Curtis family boosted the efforts. A great effort by Bree in the kitchen and kitchen staff for all the delicious treats. What a spread!

Microwave : Placed on table outside kitchen for residents to heat up any meals they have brought in . If you require any assistance, please ask a staff member.

Woods Point Emergency Doctor—After Hours

Woods Point Aged Care in collaboration with Denis Medical clinic, Yarrawonga Medical clinic and the Primary Health care network (PHN) has been working on an afterhours emergency medical services strategy.

We have engaged My Emergency Doctor to provide Emergency Physician support via telehealth, for nursing staff to access at Woods Point Aged Care in the after-hours for a 24 month period. Emergency Physician Support is for patients who would ordinarily be consulted within a general practice or primary care setting and whose health condition is urgent and cannot wait for treatment until regular services are next available.

The after-hours period is weekdays (6pm to 8am); before 8am on Saturdays; after 12 noon on Sat; all day Sunday and all Public Holidays.

There will be no cost to the residents. All residents/representatives will need to sign a consent to access this service.

This is a trial program funded by Murray PHN.

Training has commenced for the staff at Woods Point to ensure the information is current and access is seamless.

If you have any concerns, please do not hesitate to contact Marita or Sam at the Woods Point on 0357443 400 to discuss.

The program will commence on the 1st July 2020

Residents joined together for afternoon tea to celebrate the Queen's birthday. They all enjoyed delicious cup cakes that were delivered from a local cup cake company for afternoon tea. A nice way to spend a winters afternoon!



Jigsaw Puzzle Time

Brian Bennett finished his jigsaw taking him a few months to complete the 1500 pieces. What an Achievement .



BOBS TIME

Eileen Keatley joined in a game of bobs with co residents, scoring 870 points achieving the winners spot.



Covid Update

During the Covid Restrictions, Bentley Wood Aged Care facilities staff have been working hard to ensure all consumers are engaged and connected during the pandemic. All staff have had input into the activities we can offer and come up with innovative ways to ensure consumers are supported to connect with families and representatives as well as engaged whilst restrictions are in place.

Below is a list of some activities we have undertaken recently as a result of Covid 19, however not exhaustive as day to day suggestions are incorporated into the program and it will continue to remain flexible dependent on weather, resident and staff input.

Vegetable patch cleared for consumers to plant anew.

Wing 5 garden redeveloped and encouraging residents to tend to the garden areas.

Scarecrow was made by Residents for the vegetable patch.

Jigsaws set up in the main lounge for all to contribute to.

Special days:

Biggest afternoon tea

Donut day

Cupcake day

Mothers Day celebration afternoon tea

100th Birthday celebration

Extra bingo sessions as requested by the residents.

Daily exercises extended of a morning due to the cold weather and less likely to leave the facility.

Netflix and movie afternoons.

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Men's Retreat has been set up onsite in the large yellow shed for Men to enjoy male specific activities. This is in place of the community Men's Shed as currently we are unable to attend.

Skype, Zoom and Facetime set up, and staff assisting Residents with contact from families and friends. Information has been provided to representatives that this is available.

Staff reading cards and letters to residents.

Pen pals with Sacred Heart High School.

Staff assisting residents with writing cards and letters.

Staff assisting with phone contact – landline access

Staff are shopping for residents, assisting with residents accounts/tattslotto/ etc – anything they would have done themselves prior to lockdown.

Extra kiosk with staff organisation as volunteers excluded during lockdown.

Hairdresser stopped seeing public clients and was able to safely attend to facility residents.

Rest assured the feedback from residents is they are not bored, feel supported, still feel connected to family and friends, and feel as though they haven't missed out by keeping mostly to routine, even though restrictions are in place.

If you have any suggestions, we would welcome your input via phone call, email or in person.

Marita Seamer Director of Nursing

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PANCAKE DAY WING 5

Wing 5 enjoying Pancake Day cooked and served up by Naomi



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Celebrating 100 years— Joy Duus. Woods Point hosted an afternoon tea with residents and staff to share the special occasion.



WHAT'S THE POINT

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Alec catching up on some news with Unis and Doreen interested in the updates.







Dress up for the day for Kathleen Campbell

Enjoying some winter sunshine while listening to Dean Martin



The Benefits of Walking

From a cup of tea to a holiday, sharing something with a friend makes it more enjoyable. It's the same with physical activity - take a friend with you on your next walk , and you'll find you won't even notice you're doing your daily exercise.

Why activity: Not only can physical activity help delay, prevent and manage many conditions, it is also good for our minds. Being physically active promotes mental health and wellbeing and improves self-esteem, mood and sleep quality. Walking is a great way to meet the recommended 30 mins of moderateintensity activity on most, preferably all days of the week.

Walking: Walking can be done almost anywhere, and the pace and intensity can be adjusted to suit. Along with being a great form of exercise, walking can also be a way to socialize with others, have fun and get to know new destinations. Walking in groups helps connect us to others and with our community.

Volunteering: Groups are led by volunteers from the community, called Walk Organisers, who have an interest in improving their own health and fitness. Volunteering as a Walk Organiser helps you and others to stay active while also benefiting from increased self-confidence, learning new skills and meeting new people.





Birthday Time

Sheila Abnett was pleasantly surprised upon receiving a bouquet of flowers for her birthday.

Below Brian Cooper celebrating his 99th Birthday with the residents. Birthday cakes are always enjoyed by all those that partake in the celebrations.











June Willett - 1st Peter Lawrence - 2nd Joyce Hayes - 13th

80 years young Eddie Harris - 20th Jean Knights - 22nd Ron Pepyat - 22nd William Large - 29th



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

Ian Quarrel
Peter Dalton
Alan Atkinson
May they Rest in Peace.





SUN	5	NO ACIVITY	STAFF	12	ON	ACIVITY	STAFF	19	ON	ACIVITY	STAFF		26	ON	ACIVITY	CTAFE			PRO-	GRAM	SUBJEC T	TO	CHANGE.
SAT	4	MOVIES ICE CREAM		11	MOVIES	ICE CREAM		18	MOVIES	ICE CREAM			25	MOVIES	ICE CREAM			C ,			•		
FRI	3 9.30-Exercise 10.00-Men's Retreat	11.15-Word Challenge 1.30-Kiosk/Quiz	2.30-Short Story 3.00-HAPPY HOUR	10 9.30-Exercise	10.00-Men's Retreat	1.30-Kiosk/Quiz	2.30-Short Story 3.00-HAPPY HOUR	17 9.30-Exercise	10.00-Men's Retreat	11.15-Word Challenge	2.30-Short Story	3.00-HAPPY HOUR	24 9.30-Exercise	10.00-Men's Retreat	11.15-Word Challenge	1.30-Kiosk/Quiz	2.30-Short Story\ 3.00-HAPPY HOUR	31 9.30-Exercise	10.00-Men's Retreat	11.15-Word Challenge	1.30-Kiosk/Quiz	2.30-Short Story	3.00-HAPPY HOUR
THUR	2	9.30-Exercise 10.30-R/Rep Meeting 11.30-Reminiscence	2.00-BINGO	6	9.30-Exercise			16	9.30-Exercise	10.30-Bean Bag Throw 2.00-BINGO			23 ITALIAN DAY	9.30-Exercise	10.30-Quoits		3.00-Alernoon lea.	30	9.30-Exercise	10.30-Quoits	2.00-BINGO		
WED	1 9.30-Exercise	10.50-cran 1.30-Bean Bag Toss 3.00-Discussion	Memory Cards	8	9.30-Exercise 10.30-Craft	1.30-Board Game	3.00-MONTHLY BIRTHDAY	15	9.30-Exercise	10.30-Craft	3.30-Question Time		22	9.30-Exercise	10.30-Craft	1.30-Scrabble	3.00-Word Game	29	9.30-Exercise	10.30-Craft	1.30-		
TUES	*)			2	8.30-Special Breaky 9.30-Exercise	10.30-Carpet Bowls	2.00-BINGO	14	8.30-Special Breaky	9.30-Exercise	10.30-Carpet Bowls 2.00-BINGO		21	8.30-Special Breaky	9.30-Exercise	10.30-Carpet Bowls	05NI9-00.2	28	8.30-Special Breaky	9.30-Exercise	10.30-Carpet Bowls	00010-00.7	
NOM		A STATE OF A		6 Milkshake Monday	9.30-Exercise 10.30-Bobs	1.30-Trivia	3.00 <u>-MILKSHAKES</u> 3.30-Quiz	13	9.30-Exercise	10.30-Bobs	1.30-Quoits 3 30-Trivia		20	9.30-Exercise	10.30-Fun with words	1.30-B005 3.30-Whats it Called		27	9.30-Exercise	10.30-Bobs	1.30-Quiz	3.30-Trivia	