

# WHAT'S THE POINT

hello  
spring!



# SEPTEMBER 2020

Welcome to the September edition of  
“What’s the Point”

The Woods Point Aged Care Residents/  
Representatives Monthly Newsletter

## Resident & Representative

### Meeting Minutes

August 2020



Menu/Food ~ Very happy with the lunch meals. Sheet placed on all tables for input into evening meal options. List will be compiled and added to the menu. Many suggestions are already being offered.



Covid Update ~ . Royal Melbourne hospital video on donning and doffing of PPE shown for all staff. Handout provided to all staff. Staff are continually being educated on PPE and Covid updates. Residents do not need to wear masks at this time

Cowboys n Indians day ~ Cowboys and Indians Day on Wednesday 19th August time to dress up once again and see who is the best dressed Cowboy or Indian.



Resident Safety ~ Double adapters are not to be used in the rooms please this is for your safety, please purchase a power board which will be tagged and tested.

Activities ~ Any suggestions you would like to be offered:

Encourage residents to participate in the activity program

Access the outdoor gardens and walking areas.

Residents can weed the garden beds between Wing 1 and 2. It is your garden to enjoy and a potter in.



Next Meeting:

3rd September 2020 at 10.30am in the Main lounge area

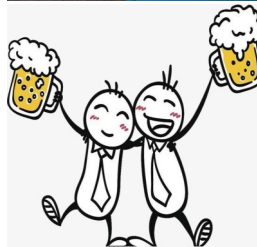


## HAPPY HOUR

On Friday's at 3.00pm residents gather in L/C lounge, pull up a chair to enjoy a drink and a chat about their week, while munching on a plate of finger food, prepared by the kitchen. Come along and enjoy the afternoon. It is a great way to stay connected.



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# September Birthdays

Rod Zass ~ 2nd

Frank Preston ~ 3rd

Margaret Sandford ~ 10th

Ruth Harris ~ 12th

Carmel Nunn ~ 17th

George Hepburn ~ 18th

Betty Jones ~ 18th

Peter Quinn ~ 20th

Marlene Luscombe

Jean Knights

Eve McPherson

April Quirk

Shirley Ralston

Keith McKenzie

*Deepest sympathy*

**May they Rest in Peace**

## CELEBRATING AUGUST BIRTHDAYS



Rose Lister cutting the cake for the August Birthdays. Rose had just celebrated her birthday on Saturday 9th receiving lots of birthday cards and presents!



It was birthday time for Joan this month, but nobody expected the cake to be such a surprise for everyone. With our COVID restrictions in force, Joan's family were not able to visit but they more than made up for that with a cake so big, it would not even fit onto the catering trolley! It was definitely the biggest cake we have ever seen.

Joan was overwhelmed with happiness and had a fabulous celebration.



Dawn also celebrated her 97th birthday last month.

Happy Birthday was sung during the Friday Happy hour.



## WOODS POINT BUS TRIPS



With the warm sunny days last week in July the bus trips have been on the cards for our residents. Dropping off to Stinking Goats Hill, around the town of Yarrawonga, Cobram and also enjoying a soft serve ice cream from Macca's whilst been driven around and checking out the sites.

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### Golfing at Woods Point



Bob likes to keep his game on track with regular practice on our golf putting range.

Bob loves his golf and has been club champion more than once.





## AUSTRALIAN TRIVIA - Questions Sport



1. Which horse won the Melbourne Cup in 2002?
2. What was Sir Donald Bradman's batting average?
3. Who is Australia's only Formula One driver?
4. Who won the Brownlow Medal in 2003?
5. Who was the most recent Australian to win the men's singles title at Wimbledon?
6. Which Australian was named the most valuable player in the US's WNBA?
7. Which Australian has won the FIM World Motorcycle Championship 5 times?
8. How many gold medals did Australians win at the 2002 Winter Olympic Games?
9. Of our Australian male swimmers, who has won the most Olympic gold medals?
10. What Australian company is the largest surf wear manufacturer?



Spring Dance  
16TH SEPTEMBER  
Come dressed in your  
party best



## PEN PALS FROM YARRAWONGA P-12

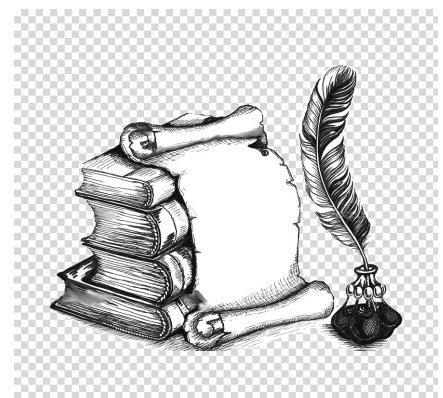
Dear Bentley Wood,


We are five year 9 students from Yarrawonga College P-12, where we participate in a subject called Personal Project Learning (PPL). This semester we have to do a community impact project, and we chose to focus on the mental health of our elderly community, we decided the best way to improve their mental health would be to write letters to an isolated resident, and become PenPals with them.

About 3 weeks ago we made contact with a receptionist, who informed us that we simply had to post the letters and that your activity staff would assign each letter to a resident. At the time we intended to have a much larger group from our school writing letters, however unfortunately due to COVID-19 restrictions that is no longer possible, but we hope that you have five willing residents that we can write to over the coming weeks.

We have assigned each letter to a "Bentley Wood Resident" and written some things about ourselves as well as some questions for the resident and hopefully over the next few weeks we can learn some things about them.

Woods Point received a phone call from Harshil and his wife, Abha wanting to catch up and say hi to all the Residents and staff. They are well, in total lock down in Melbourne and wanting to wish us all the very best and stay safe.



  
I do not have wings, but I  
can fly. I don't have eyes,  
but I will cry! What am I?

A CLOUD.

Riddles for Adults at Greeting Card Post



# Cowboys n Indians

On a cold winters day at Woods Point, residents stayed warm inside and celebrated with a Cowboys & Indians theme day. Lots of dress ups and laughs, plus a variety of games to choose from. All of the activities had chocolate treats for prizes, just to make the games extra fun. Lassoing horses was the favorite. Our catering staff did an amazing job with the menu for the day, pork, lamb, and turkey slow cooked with beans, corn on the cob and oven baked potatoes with sour cream. For dessert they served peach cobbler. Afternoon tea was damper bread with jam & cream. Thank you to all those that participated.









## **Director of Nursing article:**

As the pandemic continues and the negative media of residential aged care seems to be the focus on television – you will be pleased to know staff are working hard to stay upbeat and ensure resident's needs are being met.

We have discussed the many activities that are keeping residents busy and the contact residents continue to have with families through technology in previous newsletters.

A few tips to help residents during this time that you can do:

Supply a phone, Ipad or computer so you can have contact with the resident at any day or time. We are very happy to assist with the set up. They will then be able to see and hear you.

Send care packages to let them know you are thinking of them

Write letters to the resident sharing stories.

Send photos

Send flowers – everyone loves receiving flowers

Visiting is still occurring for those that live within the area through the booking system. Any changes to visiting will be sent through our SMS system. We hope to relax the visiting over the next few months; however we will be guided by case numbers and guidelines to maintain the safety of our most vulnerable.

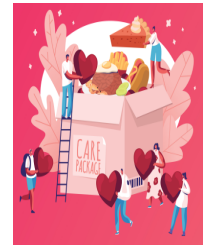
We do ask that you maintain the 1.5 metre social distancing rules as well as adherence to the wearing of masks and infection control standards.

We thank you for your cooperation and patience during this most challenging year we have all faced and happy to continue to work with you to ensure you have contact and connections with your loved one.

If you have any concerns, please do not hesitate to contact during office hours and we will be happy to discuss.

On weekends, we do not have any administration staff working so we ask that you only telephone for urgent matters after hours.

**For non urgent matters, please call during business hours.**



This ensures the clinical and care staff has the time to attend to residents needs.

This is also the case for delivering items after hours. Please only deliver during business hours.

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.

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

Once again the best way to achieve this standard is through effective communication between residents/representatives and staff so we can ensure the residents care needs and wishes are expressed and provided.

Receiving safe and effective services and supports for daily living can help consumers to be as independent as possible and maintain a sense of well-being. When these are tailored to their needs, goals and preferences, this helps to improve the consumer's quality of life. The level and number of

services and supports for daily living a consumer uses will vary and is all based on assessments undertaken and communication between residents, representatives and staff.



We require feedback from you to say if you are satisfied that the services and supports for daily living you receive and the help enables you to do the things you want to. We want you to feel connected and engaged in meaningful activities that are satisfying to you.



We are constantly assessing, reviewing, meeting, discussing and requesting feedback on all aspects of services we provide including meals, activity program, and services. This provides us with the information to enable staff to meet these needs. Please continue to provide this information.



If you have any concerns about your care and services being offered that are not as you wish, please discuss with a staff member or arrange to meet the Director of Nursing, Deputy Director of Nursing, or Registered Nurse in charge to discuss your concerns.

Thank you once again to all those that have passed on the supportive comments – we have received many from residents and representatives which is appreciated and keeps us all motivated.

Please continue to adhere to the rules so we can all be safe.

Marita Seamer  
Director of Nursing

## Fish feeding frenzy

Elaine enjoys her mornings feeding Woods Point gold fish in our fountain. Thank you Elaine for keeping them fed!



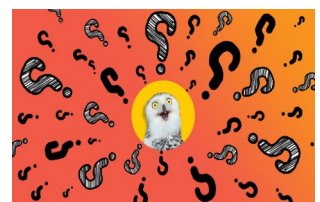
## PAINTING IN WING 5

Staff had a very busy time with residents, painting hands and self portraits. A few budding artists!





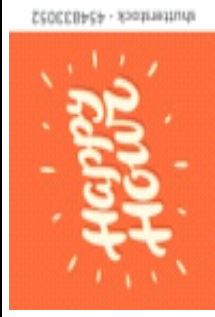
### Answers To Quiz

- |   |  |
|---|--|
| 1. Media Puzzle                               | 7. Michael Doohan                        |
| 2. 99.94                                      | 8. 2 – Steven Bradbury and Alisa Camplin |
| 3. Mark Webber                                | 9. Murray Rose 1                         |
| 4. Mark Ricciuto, Nathan Buckley, Adam Goodes |  |
| 5. Lleyton Hewitt                             | 10. Quicksilver                          |
| 6. Lauren Jackson                             |  |





# GOULBURN & OVENS SEPTEMBER 2020

MON	TUES	WED	THUR	FRI	SAT	SUN
<div>Spring is Coming! </div>	1 9.30-Exercise 10.30-Carpet Bowls 2.00--BINGO	2 9.30-Exercises 10.30-Bobs 1.45-MemoryCards 3.30-Word Game.	3 9.30-Exercises <u>10.30-Res/Rep Meeting</u> 11.45-Quoits 2.00-BINGO	4 9.30-Exercise 10.30-Men'Retreat 11.15-Word Challenge 1.30-Kiosk/Quiz 2.30-Story Reading 3.00-HAPPY HOUR	5 MOVIE ICE CREAM	6 <div>HAPPY FATHER'S DAY</div>
7 9.30-Exercises 10.30-Garden Walks 11.00-Fun With Words 1.30-Bobs 3.30-What's That Word	8 9.30-Exercise 10.30-Carpet Bowls 2.00--BINGO	9 9.30-Exercises 10.45-Bobs 1.45-Memory Cards 3.00-MONTHLY BIRTHDAY	10 9.30-Exercises 10.30-Scenic Drive 11.45-Quoits 2.00-BINGO	11 9.30-Exercise 10.30-Men'Retreat 11.15-Word Challenge 1.30-Kiosk/Quiz 2.30-Story Reading 3.00-HAPPY HOUR	12 MOVIE ICE CREAM	13 NO ACTIV- ITY STAFF
14 9.30-Exercises 10.30-Garden Walks 11.00-Hangman 1.45-Scenic Drive 3.00-Memory Cards	15 9.30-Exercise 10.30-Carpet Bowls 2.00-BINGO	16 9.30-Exercise 10.45-Quoits SPRING DANCE	17 9.30-Exercises 10.30-Garden Walks 11.00-Quoits 2.00-BINGO	18 9.30-Exercise 10.30-Men'Retreat 11.15-Word Challenge 1.30-Kiosk/Quiz 2.30-Story Reading 3.00-HAPPY HOUR	19 MOVIE ICE CREAM	20 NO ACTIVITY STAFF
21 9.30-Exercises 10.30-Bobs 1.45-Scenic drive 2.45-Trivia	22 9.30-Exercise 10.30-Carpet Bowls 2.00-BINGO	23 9.30-Exercises 10.30- Quoits 1.45-Hangman 3.30-Reading.	24 9.30-Exercises 10.30-Bobs 2.00-BINGO	25 9.30-Exercise 10.30-Men'Retreat 11.15-Word Challenge 1.30-Kiosk/Quiz 2.30-Story Reading 3.00-HAPPY HOUR	26 MOVIE ICE CREAM	27 NO ACTIVITY STAFF
28 9.30-Exercise 10.30-Board Game 1.45-Scenic Drive 2.45-Trivia	23 9.30-Exercise 10.30-CarpetBowls 2.00--BINGO	30 9.30-Exercise 10.30-Craft 1.45-BUS OUTING 2.45-Bean Bag			SPRING DANCE	PROGRAM SUBJECT TO CHANGE.