

WHAT'S THE POINT

AUGUST 2020

*"I love a sun burnt country, a land of sweeping plains, of
ragged mountains ranges, of droughts and flooding rains.
I love her far horizons, I love her jewel-sea, her beauty and
her terror the wide brown land for me "*

- Dorothea Mackellar, 'My country' 1908



Monthly Standards Information

This month we will discuss ongoing assessment and planning with consumers - Standard 2:

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.

Consumer outcome

I am a partner in ongoing assessment and planning that helps me get the care and services I need for my health and well-being.



The organisation undertakes initial and ongoing assessment and planning for care and services in partnership with the consumer.

Assessment and planning has a focus on optimising health and well-being in accordance with the consumer's needs, goals and preferences.

Bentley Wood undertakes the following to meet this standard:

- Assessment and planning is undertaken on a regular basis to ensure the consumers health and wellbeing is maintained and promoted.
- Dignity in allowing risk is also considered during these assessments.
- Managers and staff involve, listen to and respect each consumer's views and communicate with them about their choices. Each consumer is supported to exercise choice and independence about their care and services and to live the life they choose.

This includes providing genuine options that support choice;
providing accurate and timely information that is easy for each
consumer to understand and enables them to exercise choice;
respecting who they wish to be involved in their care and;
supporting them to take risks to enable them to live the best
life they can.

- Assessment and planning is based on an ongoing partnership with the consumer and others that the consumer wishes to involve in assessment, planning and review of the consumer's care and services. This also includes referrals to other services as assessed and agreed to.
- The outcomes of assessment are communicated with the consumer and representatives with ongoing reviews and evaluations conducted to ensure the plan of care is reviewed and altered as circumstances change.
- Communication is critical between staff and consumer / representative to ensure the consumer / representatives are well informed of assessments, care needs and requirements to enable the consumer to safe and effective care and services.
- The care plan is readily available to the resident and representative. Monthly resident of the day reviews are conducted which provides you the opportunity to raise any concerns that you would like to be assessed and reviewed/changed. You can also call at any time to discuss any concerns.

- Consumers and their representatives are encouraged to communicate with staff when their needs, preferences and goals change. Staff ensure that they record this information as an exceptional report and care plan changed as required. If we do not know about it then we cannot change it.
- Relevant information is provided to others who share responsibility for care, for example; catering service, physiotherapist, pharmacist, dietician and other health service providers.
- Appropriately skilled and qualified workforce undertakes assessment and care planning and the delivery of care according to their scope of practice and legislative requirements. Continuity of care is supported by a stable workforce, accurate record keeping, good communication and handover of 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 changes you would like to make to your care provision.

It was disappointing to hear the comments the Victorian Premier made on 28/7/20 about aged care. Everyone I know in aged care is working really hard. We are proud of what we do and know every day we make a difference in our residents lives. We do not need that sort of response from one of the country's leaders at a time like this, when we are all under enormous pressure.

We will continue to work hard at ensuring our facilities are safe but we need all visitors to abide by the rules.

Thank you 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 that we are doing a good job.

Marita Seamer—Director of Nursing

Resident Valuables

Resident valuables forms are completed on admission and these need to be updated from time to time to ensure we have a list of the valuables you have in your room.

If you would like to update, please discuss with a staff member and we will ensure the list is updated of your valuable items.

Consumers are discouraged from having valuables or large amounts of cash. We are not able to take responsibility for the loss of valuables or money despite all endeavours to maintain and promote a secure environment. There is a safe located at reception for petty cash to be stored securely and accessed during business hours.

Spending money (petty cash) for the purchase of small items or services such as hairdressing and outings can be managed by the reception staff.



COUNSELLING SERVICES:

Generalist Counsellor Community
Health Centre - 03 57438111

Yarrawonga Mulwala Carer Support
Group 03 57443911

Wangaratta Community Men-
tal Health 03 57225111

Veterans & Veterans Families
Counselling - 1800 011 046

Lifeline 24 hours -131114

Alcohol & Drug Counselling - 1800
888 236

National Dementia Helpline - 1800
100 500



Residents Meeting Summary:

Menu: All agreed to put a slip of paper on each table with the meal served and if enjoyed or not for 2 weeks.

Also a page will be placed on each table with suggestions of meal options for evening meals that residents would like.

Lunch meals are enjoyable.

COVID 19 Update: Will continue to provide visitor access through

booking system. State of emergency remains in place until 19th July 2020. All residents present feel safe and very happy with the limits Woods Point has put in place. Residents appreciative of all the efforts staff are taking to ensure residents are safe. 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.

Thank you from Joy Duus : Thank you to all the staff and residents for the wonderful 100th party - a fabulous day was enjoyed by Joy and all

Activity suggestions: If anyone has any ideas on activities please discuss with activity staff or any staff to forward on to be included in the program.

Changes to Wing 5 : Has been divided into 2 sections to accommodate current resident's needs.

The first section of Wing 5 is now open.

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.

Next Meeting

Thursday August 6th



We hold 'Happy Hour' in the Main Lounge every Friday at 3pm. Come along and listen to some music, enjoy a sherry, beer, wine or a soft drink & have a chat with other residents!

Friday August 7th, 2020 is

International Beer Day.

We thought it a bit weird, but it truly is a day where people around the world celebrate the existence of beer.

You can too, if you come along to happy hour and have a few ales.



WOODS POINT VISITING

All visitors to Woods Point are required to book in by telephoning reception on 0357443400.

Visitors are restricted to time limits and we must accommodate 120 residents during business hours.

Do not come if you have been unwell or have any cold symptoms.

You will be required to wear a mask during the visit and adhere to social distancing. You can purchase single use mask at Woods Point for \$1 or supply your own.

Zoom, Skype, Face time and phone calls are a great way to stay connected minimising the risk to our residents and staff.

Please think about the vulnerability of our sector before you visit.

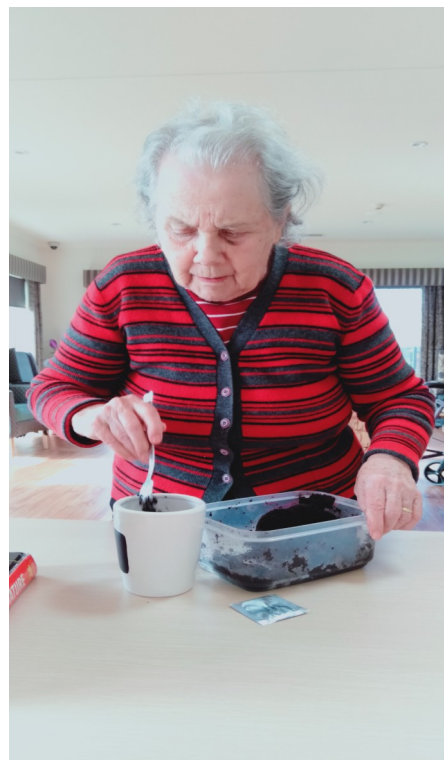


GARDEN UPDATE

Resident Carmel enjoys pottering in our courtyard garden where we grow our fresh veggies



Doreen and Shelia potting up some new herbs



SPECIAL VISITOR



Wing 5 had a very special visitor this week, it was a delight to see the expressions on the Residents faces.





August Birthdays

Merv Simpson < 1st

Rose Lister < 8th

Terry Jellett < 15th

Kathleen Campbell < 20th

Joan Davis < 20th

Marlene Luscombe < 21st

Robert Goldsworthy < 22nd

Rita McDonald < 23rd

Betty Hutchinson < 27th

Phyllis Cooper < 28th

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

Brian Cooper

Sid Dicioccio

Peter Lawrence

Valda Becroft

Rod McPhee

May they Rest in Peace.



A snippet of this month's activities...

Sheila very proud of the puzzle she completed today. Well done Sheila.



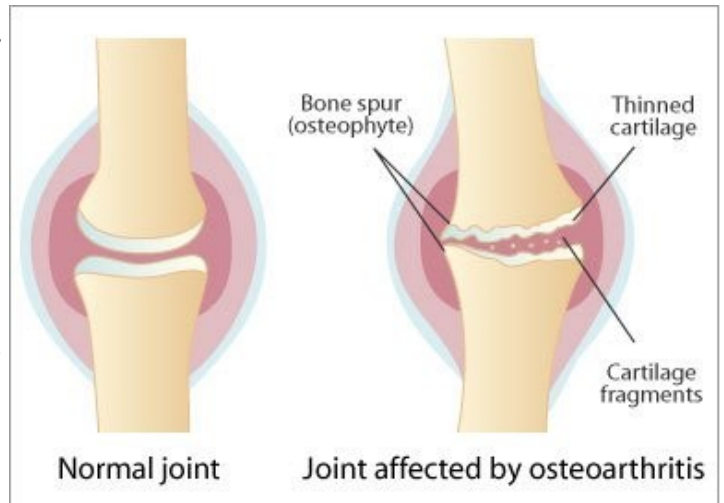
Happy Birthday to Bill Large, Celebrating his 79th Birthday, with a beautiful cake supplied by his friend Peter



Osteoarthritis

Osteoarthritis is one of the most common forms of arthritis. It is most likely to develop in people aged over 45 years.

Osteoarthritis involves the cartilage inside the joint to become brittle and breaks down.



SYMPTOMS: Stiffness, Joint Pain, Muscle Weakness, Joint Instability, Reduce range of movement

JOINTS AFFECTED: All joints can be affected but the most common are weight bearing like Knees, Hips, Spine, Hands.

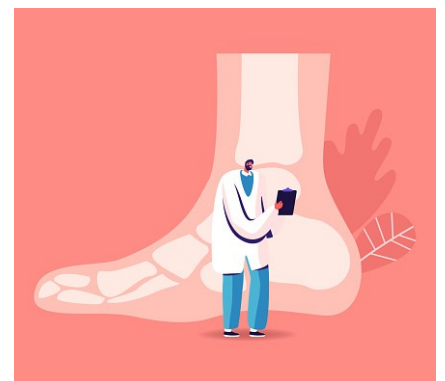
RISK FACTORS: the cause is unclear, but some risk factors have been identified - being overweight, family history of Osteoarthritis, previous injury, significant trauma or overuse of joint.

DIAGNOSIS: It is important to see your Doctor for a diagnosis. Different conditions require different treatment.

MANAGEMENT: There is no cure for osteoarthritis, but the condition can be managed using exercise, weight loss, medication or surgery, if necessary.

Podiatrist Visit **August 10th**





Did you know that your foot contains 26 bones, 33 joints, more than 100 tendons, muscles, and ligaments, and a whopping 250,000 sweat glands?



During these incredibly difficult times we at Woods Point Aged Care acknowledge the struggle placed on residents, staff & representatives mental health.

We urge all to look after their mental health and access any counselling services referenced on page 6 of this newsletter. Look out for one another. If you would like to speak about any concerns you have, however big or small, please speak to staff.



GOULBURN & OVENS AUGUST 2020					
MON	TUES	WED	THUR	FRI	SAT
					SUN
31 9.30-Exercise 10.30-Bobs 1.45-BUS OUTING 2.45-Quiz/Trivia	 4 9.30-Exercise 10.30-Carpet Bowls 2.00-BINGO	 5 9.30-Exercise 10.30-Craft 1.45-BUS OUTING 3.15-Board Games	 6 9.30-Exercise 10.30-R/Rep Meet 11.15-Quick Quiz 2.00-BINGO	 7 9.30-Exercise 10.00-Men's Retreat 11.15-Word Challenge 1.30-Kiosk/Quiz 3.00-HAPPY HOUR	1 MOVIES ICECREAM 2 NO ACTIVITY STAFF
3 9.30-Exercise 10.30-Word Game 1.45-BUS OUTING 2.45 Trivia	4 9.30-Exercise 10.30-Carpet Bowls 2.00-BINGO	5 9.30-Exercise 10.30-Craft 1.45-BUS OUTING 3.15-Board Games	6 9.30-Exercise 10.30-R/Rep Meet 11.15-Quick Quiz 2.00-BINGO	7 9.30-Exercise 10.00-Men's Retreat 11.15-Word Challenge 1.30-Kiosk/Quiz 3.00-HAPPY HOUR	8 MOVIES ICECREAM 9 NO ACTIVITY STAFF
10 9.30-Exercise 10.30-Bobs 1.45-BUS OUTING 2.45-Quiz/Trivia	11 9.30-Exercise 10.30-Carpet Bowls 2.00-BINGO	12 9.30-Exercise 10.30-Craft 1.30-Travel Words 3.00-BIRTHDAY	13 9.30-Exercise 10.30-BUS OUTING 11.30-Board Games 2.00-BINGO	14 9.30-Exercise 10.30-Men's Retreat 11.15-Word Challenge 1.30-Kiosk/Quiz 3.30-HAPPY HOUR	15 MOVIES ICECREAM 16 NO ACTIVITY STAFF
17 9.30-Exercise 10.30-Hangman 1.30-Bobs 3.30-Whats the Answer	18 9.30-Exercise 10.30-Carpet Bowls 2.00-BINGO	19 Cowboys/Indians 9.30-Exercise 10.30-Games 3.00-Afternoon Tea	20 9.30-Exercise 10.30-BUS OUTING 11.30-Board Games 2.00-BINGO	21 9.30-Exercise 10.30-Mens' Retreat 11.15-Word Challenge 1.30-Kiosk/-Quiz 3.00-HAPPY HOUR	22 MOVIES ICECREAM 23 NO ACTIVITY STAFF
24 9.30-Exercise 10.30-Words 1.45-BUS OUTING 2.45-Quiz	25 9.30-Exercise 10.30-Carpet Bowls 2.00-BINGO	26 9.30-Exercise 10.30-Craft 1.45-BUS OUTING 2.45-Bean Bag	27 9.30-Exercise 10.30-B 11.30-Board Game 2.00-BINGO	28 9.30-Exercise 10.30-Mens' Retreat 11.15-Word Challenge 1.30-Kiosk/Quiz 3.00-HAPPY HOUR	29 MOVIES ICECREAM 30 NO ACTIVITY STAFF