

Woods Point Newsletter

October 2021





October Birthday's

Sheila Dove 4th

Beverley Orr 9th

Mervin Wignall 15th

Graeme Gibbons 16th

Robert Mackinnon 24th

Lorraine Magill 25th

Dorothy Louden 26th

Verse of the Month



Birthdays of the Month



6 Health Benefits of Drinking Water

1. Relieves Fatigue

Did you know that fatigue is one of the first signs of dehydration? If you feel sluggish and tired half way through the day, you might not be consuming enough water. With an inadequate amount of water in the body, your blood volume level drops. In turn, your heart works harder to pump oxygenated blood into the bloodstream. Other organs also work less efficiently, but drinking more water can help the body function better. Instead of reaching for an afternoon snack of candy or a cup of tea, opt for lemon water

2. Improves Mood

Not only can dehydration lead to fatigue, but it also might affect your mood. Lessen mood swings by increasing your water intake. The hue of your urine is a key indicator if you are consuming enough water: the lighter the color, the better the hydration (and vice versa). If you seem irritable or annoyed, you might need to skip the soda and grab a bottle of water. Tension headaches also may be caused by dehydration - and these *do* affect your mood.

3. Helps With Headaches and Migraines

Just like the other conditions listed, headaches and migraines can be triggered by dehydration. Consuming plenty of water can even provide relief if you already have a headache. According to a study that was published by the European Journal of Neurology, drinking more water can help reduce the intensity and length of headaches. When you become slightly dehydrated, your brain shrinks slightly - it's a fatty organ that needs a lot of water to function. This, in turn, can lead to a headache. Instead of popping an aspirin, try drinking a large glass of water and resting your eyes. You might find this remedy helps more than over the counter medication.

4. Aids in Digestion and Constipation

To prevent constipation, you can drink more water. If your body does not have enough of it, the colon pulls water from the stools to maintain hydration. This, in turn, makes solid waste harder to pass. It improves the function of your gastrointestinal tract by helping break down food properly and promote regular bowel movements. When you eat large meals, your gut needs twice as much water to digest and process - so if you struggle with constipation, consider smaller meals and larger glasses of water.

5. Flushes Out Toxins

Drinking water can help detoxify your body because you get rid of waste through sweat and urine. Increasing the amount of water you consume can also reduce the occurrence of kidney stones and promote kidney function in general. The water dilutes salts and minerals in the urine that cause these painful stones. Most residents do not drink enough water so aim for at least 6 glasses of water per day unless on medical advice you are restricted.

6. Boosts Immune System

The more water you drink, the less likely you are to deal with common ailments like a cold or the flu.

Drinking water will make you feel healthier in general, as it helps each organ system function at an optimum level. When your system has plenty of water, it's better able to fend off bacteria and viruses.

Activities at Woods Point



Cooking Day at Woods Point with what I like to call page 27's

“Jam Drops”



REPRESENTATIVE SURVEY RESULTS: 99% Satisfaction. Fantastic results!

There was a response rate of 36% which is a similar rate to previous years and provides some confidence that the survey reflects the views of Representatives, and the satisfaction rate of 99% indicates that the vast majority of needs are met.

Satisfaction rates are high, however Woods Point will continue trying to address any identified areas for improvement if at all possible. We hope that the information in the evaluation has helped with any noted concerns or comments. As the pandemic limits visits to the facility—Results were distributed to Representatives originally provided the opportunity to participate, some via email and some with billing, to enable everyone to read the details and evaluation. A copy of the results is in lounge and both staff rooms, and information has been added to both Resident and Staff meeting agendas, and both Resident and Staff newsletters.

We receive great feedback about staff, care and service from residents, representatives and visitors – and thank you again for the wonderful comments, and the great result of this survey. We do endeavour to please, and we work hard to deliver care and service of a high standard.

Results of the survey will be passed on to staff to let them know of the appreciation for their hard work and great attitude.

Please continue to speak with Woods Point staff about any reasonable concern you may have – Your input is welcomed – and we will endeavour to address any reasonable concern if at all possible.

The newsletter is available on our website: www.bentleywoodpl.com.au

**Thank You to Everyone who
Participated in the Survey**

Betty, Lily and Beverley showing us their painting skills.



RESIDENT SURVEY RESULTS. 99% SATISFACTION. GREAT RESULT!!

Copies of results are in lounge and staff rooms. Information in Resident and Staff meetings and newsletters.

Satisfaction rates are high, however Woods Point will continue trying to address any identified areas for improvement if at all possible. Please let staff know asap if you have a concern, as it allows us to investigate at the time. There is then the possibility of finding out what has occurred and addressing it for the best outcomes.

Woods Point staff welcome feedback and enjoy finding solutions to help in any way they can, and will find a reasonable solution if given the opportunity. Please let us know.

The only 2 issues identified in the survey relate to meals that are too big, for 3 of the 30 respondents, and 5 of the 30 respondents noted that food sometimes cold.

At admission, Residents are able to choose small, medium or large meal sizes, and are encouraged to let kitchen know if the meals are too small or too large for them at anytime. We can change the assessment so that everyone knows what size meal you want, and also provide information about what the sizing means e.g. medium for some is large for others. Also the Dietitian has input into sizes of meals related to sufficient protein and nutrition. Please talk to us about it.

Food temperature is monitored at service, so the food is at appropriate temperatures before it leaves the kitchen. Staff in W3 & W5 are reminded not to remove meals from hotboxes until ready to serve, and food service is monitored in the low care area to ensure no plate sits for time that will cool it, including food to be delivered to rooms. Kitchen staff, Catering Manager, DON and DDON, have been monitoring work practices to try to ensure food is never too cool for Resident preferences. We understand that you may have informed kitchen staff previously, but could we please ask that you continue to inform kitchen staff and Catering manager of any food or soup that is too cool, at the time. This is the way that gives us the best chance of determining the causative problem. Also, if you do prefer your food and soup hotter than normal, please inform kitchen staff at the time, and please taste the food for temperature as occasionally the bowl/plate feels cool but the food is hot. Catering staff can heat your food and drinks further if you let them know.

Staff in Care/Health delivery services are usually quite busy – Due to the nature of the work, available funding, and maintaining a viable facility. Woods Point staff to resident ratios are some of the highest in the industry. We receive great feedback about staff, care and service from Residents, Representatives and Visitors – and thank you again for the wonderful comments, and the great result of this survey. We do endeavour to please, and we work to deliver care and service of a high standard. Results of the Survey will be passed on to staff to let them know of the appreciation for their hard work and great attitude.

Please continue to speak with Woods Point staff about any reasonable concern you may have – Your input is welcomed – and we will endeavour to address any reasonable concern if at all possible.

Thank you to all who contributed.

A good response rate ensures confidence that the results reflect the majority. Overall satisfaction of 99% is a fantastic result and is a strong indication that the organisation is meeting the vast majority of needs and expectations. An amazing result!

For Residents who were unable to complete a survey – The Primary Contact person for Residents was given the opportunity to participate in the Resident Representative Survey which was distributed in August. This allows everyone the opportunity to have a say.



Come to the Movies

Resi's enjoy Father's Day with a
Day at the Movies

A Star is Born was on the agenda
With teevee snacks and lots of
chocolates & pop-top ice creams
all round





Another one of Kim's exercise class going down like a treat, balance a balloon between pool noodles, how good is your concentration ?






Phyllis Landers

Lorraine Magill

Mary Hann

Deepest sympathy

GOULBURN & OVENS OCTOBER 2021

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25 9.30-Exercise 10.30-Mini Golf 1.45-Col Watson 3.15- Hands/Massage	26 10.00-Exercise 10.00-Catholic Church 10.30-Carpet Bowls 2.00-Bingo	27 9.30-Exercise 10.30-Baking 1.45 –Bobs 3.00-Afternoon Tea 3.30-Nails	28 10.00-Exercise 10.30-Scenic Drive 2.00-BINGO	29 10.00-Exercise 10.30-Bobs 1.1.30-Kiosk/Quiz 2.30-Happy Hour	30 Saturday Afternoon Movie	31 PROGRAM SUBJECT TO CHANGE.																																																	