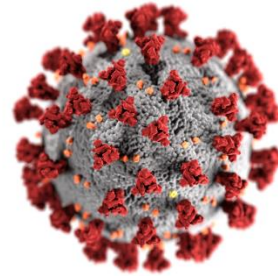


# Woods Point Newsletter

**April 2022**



# COVID-19



The Covid risk is still present and a reminder on adherence to our policy to reduce exposure is **crucial**;

All people who enter a facility need to consider their likelihood of introduction of infection. The principles are that:

- Staff and visitors should not enter if they have respiratory symptoms, irrespective of their vaccination status
- People should stay home if they have been required to quarantine
- People should comply with any state or territory requirements, including for COVID 19 and influenza vaccination
- People can spread COVID-19 even if they do not have symptoms and as such, they:
  - Must comply with RCF requirements, this includes the wearing masks at all times and undertaking a test if required.
  - Need to be more careful when there is a high local community transmission
  - Need to understand that outdoor visitors are less risky for transmission than indoor
  - Should minimise social contacts to reduce risk.
  - Should always use COVID safe behaviours including hand hygiene and respiratory hygiene and physical distancing where possible.
  - Sign in and complete the declaration every time you visit our facilities and ensure information is accurate

If you have any questions, please speak to a staff member.

Warm regards,

Marita Seamer  
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Bentley Wood Health and Aged Care  
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Myrtleford 3737  
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# High Tea and some Pampering



Our Lady residents were treated to some real pampering with the opening of "Holly's Nail Parlor" in March. Whilst the ladies were having a manicure or pedicure, they also enjoyed a high tea.



Dolly enjoying being pampered



Dolly, Ruby, Wanda, Teresa and Rita enjoy the full treatment



Carmel loving the attention



## Tips for carers, families and friends of people living with dementia

### For everyone

- Be mindful of the symptoms of coronavirus COVID-19 such as fever, a cough, sore throat, tiredness, and shortness of breath. If you display any of these symptoms, contact your doctor for advice or call the Coronavirus Health Information Line for advice on 1800 020 080.
- Practice proper hygiene:
  - Tips on proper hand washing can be found on the World Health Organisation website here:  
<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>
  - If you cannot get to a sink to wash your hands, hand sanitiser or anti-bacterial hand wipes may be a quick alternative.
  - Try to cough or sneeze into your elbow or a tissue, instead of your hands, and ensure the tissue is discarded in the bin.
  - Make sure that any visitors wash their hands or use hand sanitiser.
  - When cleaning pay attention to things that are handled often, such as remote controls, door handles, taps and phones.
- This is a stressful time for many people in our community. For tips to reduce your stress visit: <https://www.beyondblue.org.au/the-facts/%20looking-after-your-mental-health-during-the-coronavirusoutbreak>
- For the most up to date information and advice about coronavirus visit the Department of Health website: <https://www.health.gov.au/>
- If you live alone during this time you may need to put in place additional strategies so you can manage day-to-day tasks, continue to be safe, independent and in touch with your networks.

## **For primary carers**

- It is important to stay connected as much as possible at this time. You may not be able to have visitors but keeping in touch with friends and family over the phone or on Facetime may help.
- We are aware that many social activities and respite programs have been cancelled or limited during this time. Unless you or the person you care for are required to self-isolate you might find it helpful to structure your day and include activities that you and the person you care for enjoy. You may schedule time for a walk, or spending time in the garden, calling a friend or family member, listening to music, reading or watching a television show or movie. The Dementia Australia Library also has a number of e-books and audiobooks available online [www.dementia.org.au/library](http://www.dementia.org.au/library)
- If you are required to self-isolate but the person you care for is not living with you, there are some things you can do to continue to support them.
  - It can be helpful to write out an activities care plan if different people are sharing the caring responsibilities. This will ensure that activities are consistent and are suited to the individual.  
<https://www.dementia.org.au/information/about-dementia>
  - Staying in touch via phone, Facetime or Skype can be a good way to show the person living with dementia that you care.
- Contact **the National Dementia Helpline** on **1800 100 500** and encourage other carers to do the same.

## **For family, friends or neighbours**

- Do not visit if you have any signs or symptoms of illness.
- Ask how you can help. If you know someone living with dementia who is self-isolating, you may be able to help with tasks such as grocery shopping, collecting medications or dropping off library books or jigsaw puzzles.
- Many aged care facilities may go into lockdown and restrict visitors in response to coronavirus. These procedures are in place to protect residents from visitors who may be carrying the virus, but as a family member it can be difficult if you are unable to see your loved one.

If you are in this situation you might find it helpful to:

- If you can visit, engage in social distancing of 1.5 metres.
- Bring activities that can be done indoors, such as colouring-in, magazines, folding, sock matching, movies and books.
- If you have children, bring in drawings or artworks from them to show that you are thinking of them.
- Keep in touch. If you can't visit the person, then stay in contact by phone, post, email, FaceTime or Skype. Let the person know that you're thinking of them and encourage others to do so as well.
- Ask staff if they can keep in touch with regular updates if your loved one with dementia isn't able to engage with phone calls.
- If you are concerned about the response to coronavirus of your service provider, speak to them in the first instance. If you are not satisfied with their response, please contact the Aged Care Quality and Safety Commission [www.agedcarequality.gov.au](http://www.agedcarequality.gov.au)

## **Where can I get advice about dementia?**

**Dementia Australia's National Dementia Helpline 1800 100 500** is available to provide information about dementia. We can also give you tips if you find it difficult to follow the Department of Health advice about coronavirus.

We do not offer personalised medical advice, however we can direct you towards other services and provide support.

## **Ideas for ways to pass the time in self-isolation**

- Staying as active as possible is important. Try some gentle exercises either in a chair or around the house.
- Put plans in place to connect with others, during this difficult time it may need to be over the phone or via video links.
- Participating in activities at home such as reading books and magazines, doing jigsaws, listening to music, knitting, watching tv and listening to the radio may help.
- Consider sensory experiences such as hand, neck and foot massages, hair brushing, smelling flowers from your garden, or a rummage box that contains things that the person has been interested in.
- Why not try some artistic expression? For tips on art at home visit our help sheet <https://www.dementia.org.au/resources/help-sheets#tips-to-assist-social-engagement>
- If you have an iPad or Android tablet you can download **A Better Visit**. The **A Better Visit** app features a range of two-player games such as Tic Tac Tango, Marble Maze and Gone Fishing designed to enhance communication and facilitate positive social interactions between people with dementia, their carers and families.



## Coronavirus COVID-19 Help sheet 1

- The Dementia Australia Library has a number of e-books and audiobooks available online. Browse our online collection today:  
<https://www.dementia.org.au/library>
- There are also ways to explore the world without leaving the couch. Many museums, theme parks and zoos are available to explore virtually. Some of the many to choose from are:
  - Art and culture lovers can peruse the Guggenheim museum, take a (virtual) walk through national parks or visit the Taj Mahal thanks to Google Arts & Culture <https://artsandculture.google.com/>
  - The Metropolitan Opera in New York City is streaming full performances online for free. You can watch on their website:  
<https://www.metopera.org/season/radio/free-live-audio-streams/>
  - Talk a walk around Disney World and Disneyland using Google Maps.
    - Visit Disney World in Orlando, Florida here:  
<https://disneyparks.disney.go.com/blog/2018/03/disney-parks-launches-first-ever-360-degree-panoramas-on-google-street-view/>



# Can you Guess the words and the expressions?

M1Y L1I1F1E

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Get it  
Get it  
Get it

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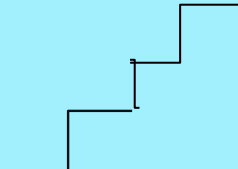
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# April Birthday's

3<sup>rd</sup> Vera Anderson

4<sup>th</sup> Alex Boak

7<sup>th</sup> Kathleen Jenkins

12<sup>th</sup> Kathleen Bates

15<sup>th</sup> Judith Swann

27<sup>th</sup> Lesley Paterson

# HAPPY BIRTHDAY

# Now for Some Golf fun!



Now how the dickens did Olive get all those hole in ones?!!



Ron Bruce and Ernie Ives trying their hand at putting.



Olive Ryan showing her prowess – Olive has had 7 Holes In One over the years playing Golf at Yarrowonga Mulwala Golf Club Resort. I believe that is a record yet to be broken!





# Golf fun cont....



Doreen and Elaine getting some putting tips



Ernie is going for that hole in one!



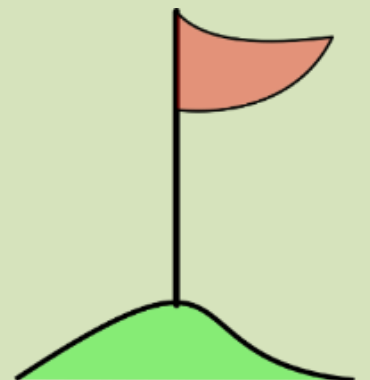
Phyllis watching on



Peter trying his hand at putting



Rae having a quiet chuckle..





# Some Sunday fun and games

**Ron and Jean  
making sunflowers  
out of bottle tops**



**Shirley solving a jigsaw and Ron playing snakes and ladders.**





# Enjoying time in the sun...



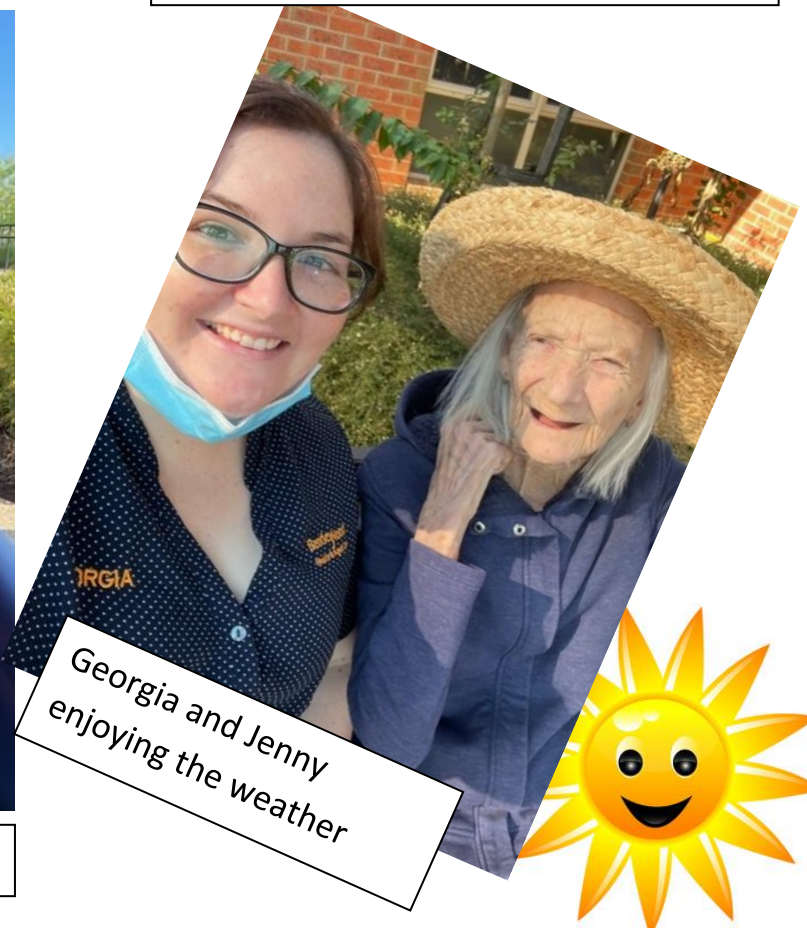
*One of the joys of this time of the year is spending some time in the sun. With the hot summer days appearing to have passed for the time being, Autumn brings about the opportunity to get out and enjoy some of the beautiful weather this time the year provides. Our residents from Wing 5 took that opportunity and appeared to relish the experience.*



Sheila having a snooze in the sunshine



John soaking up some sun rays



Georgia and Jenny enjoying the weather



# Enjoying time in the sun cont..

Joyce



Mavis



Doreen and Pam



## Word expressions answers

1. Once in my life
2. Forget it
3. Try to understand
4. Travel Overseas
5. Top Secret
6. Down Town
7. Step Father
8. 3 D movie
9. Once Upon a Time