

Woods Point Newsletter

JUNE 2022



FRIGID

And suddenly, the woodland has bared
its branches. The days now cloth the new
season, like a bride. And though cold and
pale, its exquisite beauty — fills my eyes
with such incomparable warmth.

I shall carry this grace with me; in my soul.
Until she—frigid, in the last hours; with
frosted lips, kisses the newly born Spring.

— Clairel Estevez



Resident & Representative Meeting Minutes

A Resident & Representative Meeting was held on the 2nd of June. A summary of those minutes follows:

Accreditation – The 3 year accreditation is due. It was expected to occur sometime in March 2022, however, with the recent COVID-19 outbreak at that time, was temporarily postponed. It is expected to occur sometime in the next 6 months and will be held over 3 days. These visits are unannounced.

Vaccinations: 2022 Influenza – have been completed for all residents.

COVID-19 4th Booster – Finalising timelines with providers.

COVID-19 Monitoring

All Visitors to the facility continue to undergo Rapid Antigen Testing (RAT) prior to entry and can only visit in the rooms. All visitors must always wear a N95 mask during the visit. Staff continue to complete daily RAT tests.

Residents can leave the facility but are reminded to practice social distancing, wear a mask, and hand hygiene when doing so.

Meals – Residents provided feedback on recent menu items. A suggestion was made and agreed to commence with a Menu Planning Committee Meeting. This meeting will be scheduled in coming weeks inviting participation from residents. Residents also requested that menu orders be taken a day prior to reduce changes and wastage. It was agreed to trial this process as many residents change their mind or forget what they have previously ordered or change their mind when they see another resident's selection. Overall, feedback on meals was positive.

Mobility of Residents – All new residents undertake an initial assessment to identify ability to transfer and ambulate by the Physiotherapist. This includes ability to stand, use of prothesis (if required), effectiveness of the aid required (ie: walking stick, frame, walker etc), assistance required to mobilise ie: physical assistance, supervision etc., gait, balance, posture etc. This assessment is documented and an individual therapy program developed and implemented by Care staff.

A Falls Risk Assessment Tool is completed for all new residents, when there is a significant decline in health status, and monthly during Consumer of the Day.

- 1 in 3 Australians >65 years fall annually.
- About 50% of residents in nursing homes fall each year with the most at risk being women >75 years.

Falls prevention is very important to reduce pain and suffering and costs associated. All team members are encouraged to work together to ensure the success of the Falls Prevention Program.

Residents were advised they have the right to take risks and these are documented in the resident's exceptional notes, or if a regular activity, on his/her care plan and where appropriate risk taking is discussed with the resident's representative.

- Strategies/interventions will vary according to the individual need however, independence and safety are important considerations related to mobility.
- There is often a number of factors which cause falls requiring a number of strategies / interventions to prevent / reduce falls and injuries.
- The type and frequency of strategies/interventions will depend also on the assessed level of risk, that is, low, medium or high.
- There are many strategies and interventions to encourage residents to be independently mobile and reduce the risk of falling/injury.
- When new and building upgrades are being considered, management seeks input from OH&S representative, staff and residents / representatives to identify action to reduce the risk of falls for example, low pile carpet, lighting, adequate space for activities and storage.

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**. All residents are invited to attend these meetings.

Infection Control in Residential aged care:

This month we thought it most topical to discuss our recent Covid outbreaks, ongoing Pandemic and the Influenza season that is upon us. The importance of increased adherence to Infection control standards from all those that enter residential aged care facilities is crucial in protecting the most vulnerable.

Implementing standard transmission-based infection and reduces the healthcare-associated



precautions and where required precautions breaks the chain of risk of residents developing a infection.

Standard precautions include; hand hygiene, personal protective equipment, staff and resident health including a vaccination program, respiratory hygiene and cough etiquette, aseptic technique for procedures, management of blood and body substance spills, correct handling and disposing of sharps, correct handling of linen, waste management, pest control, environmental cleaning and a food safety program.

Outbreak control measures are implemented in a timely manner to minimise the spread of infection. Timely and appropriate communication of information to staff, residents, visitors and authorities is a key component of outbreak management.

Providers must:

- Provide quality care and ensure the safety and wellbeing of residents and staff, including by adhering to applicable quality standards and work, health, and safety requirements.
- Follow state/territory government directions and decisions.
- Follow the guidance and/or advice from the relevant local public health unit (LPHU), including complying with public health orders, staff, and infection control requirements in their facility.
- Develop and maintain a facility-specific outbreak management plan.

RACF have responsibilities to:

- detect, declare, and notify cases to the state/territory health departments or LPHU, and the Department of Health and other relevant stakeholders.
- recognise when exposures or outbreaks occur using standard definitions.
- manage the situation or outbreak in accordance with the facility OMP and guidance and/or advice from the relevant commonwealth and state or territory department of health.
- maintain quality care, wellbeing and safety of all residents and staff
- establish and maintain regular communication in appropriate language or modality, with staff, residents, and families regarding the outbreak.



As part of the planning and exposed and at-risk residents develop appropriate of COVID-19/Influenza in case



preparation phase, identify and staff and together mitigations to manage risk of an outbreak or exposure.

- follow jurisdictional directions, guidance, and advice on outbreak management measures, including advice on infection prevention and control (IPC) and appropriate use of Personal Protective Equipment (PPE) and rapid antigen testing for screening and diagnosis:
- implement IPC actions via facility infection prevention and control lead/s
- support adherence to quarantine and isolation requirements
- support adherence to workplace directions by jurisdictional public health authorities

Bentley Wood has controls in place to reduce the risk of COVID-19/Influenza and other viruses entering the facility.

Staff, family members of residents, and other visitors can transmit respiratory viruses to residents.



to visiting hours

All visitors, please note to assist with staff coverage at reception and end of day procedures of our staff and residents, we have had to change our visiting hours.

The new hours are as follows:

9:30 am – 12:00 noon

1:30 pm – 4:00 pm

We kindly ask that you adhere to these new times. If you have any concerns, please speak with Marita or Sam.

Hairdressing at Woods Point

Kylie Anderson our Hairdresser at Wood's Point has advised that there will be a slight increase to fees commencing the 1st of July.





June Birthdays



1st Eileen Keatley

4th Norma Edis

8th Robert Burke

13th Joyce Duus and
Carmel Levett


15th Brian Bennett and
Teresa Mitchell

19th Camellia Blackley and
Annie Watson

23rd Shiela Abnett

28th Janet Drinnan

29th Allan Hargreaves



Recent Birthday Celebrations

During the month our residents got together for afternoon tea and cake to celebrate the birthdays of their fellow residents celebrating birthdays in May.





Ageing and self-compassion

Article courtesy of the

Australian Centre for Grief and Bereavement

253 Wellington Road, Mulgrave 3170

Ph: 03 92652199

Self-compassion is simply giving the same kindness to ourselves that we would give to others' (Christopher Germer).

Dr Kristen Neff identifies 3 elements of self-compassion:

1. Self-kindness versus self-judgement
2. Common humanity versus isolation
3. Mindfulness versus over-identification.

This means consciously extending kindness to self, understanding that there is common humanity in suffering and having the ability to pay attention to the present moment without judgement. People high in self-compassion may be more likely to act proactively, accept assistance from others, adapt to change and take responsibility for their own personal wellbeing.

During the COVID-19 pandemic in Australia, organization's, staff, families, friends, and residents living and working in the Aged Care sector, witnessed and experienced, unprecedented distressing circumstances. The effects of these experiences are likely to be felt well into the future.

Developing skills in self compassion may help to reduce the sense of powerlessness and futility that has occurred in the community at large.

As we age, we are more likely to experience losses and stressors such as the death of a partner or friend, declining mental and physical health, dependency on others or a lowered ability to engage in enjoyable and fulfilling activities.

Given the physical and mental difficulties that accompany ageing, developing or increasing self-compassion may help older people to:

- View their experiences and challenges as part of the human experience.

- Recognise strong emotions and have the ability to “Sit with” or tolerate them.
- Ask for help or clarification such as asking others to report themselves or assist with personal hygiene.
- Be more willing to accept the use of aids such as walking frames hearing aids or using memory tricks.
- Practice gratitude, remember fondly or recognize what they still have.

Strategies to develop self-compassion (From Kristen Neff self-compassion.org).

- **How would you treat a friend?**

Would it be possible to talk to yourself as you would a friend?

- **Self-compassion break**

When you feel emotional discomfort say to yourself, “This is a moment of suffering, suffering is part of life, may I be kind to myself?”

- **Exploring self-compassion through writing**

Writing to yourself compassionately about things you don’t like about yourself or feel shameful about.

- **Supportive touch**

Touch such as; placing a hand on your heart, activates the parasympathetic nervous system and helps us to feel calm.

- **Changing your critical self-talk**

Notice your self-critical voice and try to soften it’s words and tone.

- **Self-Compassion Journal.**

Keep a daily journal and write things down such as any difficult experience that has caused you emotional pain or discomfort.

- **Identifying what we really want**

Think of kind ways to motivate yourself rather than self-criticism.

- **Taking care of the caregiver.**

Make sure you recharge your batteries so that you have enough energy available to give to others.

Download the Australian Centre for Grief and Bereavement’s *MyGrief* App for immediate information about how to receive bereavement support or how to support someone who is grieving. Contact the Australian Centre for Grief and Bereavement’s Aged Care & Covid-19 tollfree number to get support and information on **1800 222 200**.

Woods Point Footy Tipping Competition

Our Residents participating in this year's Footy Tipping competition are enjoying the competition and there is a fierce rivalry to see who will take out the prize pool and honour of "Tipster of the Year".

After round 10, Harold Wignell has shown consistent form in the first part of the season with his lowest tips being 5 in two rounds, however, he has bounced back by successfully picking 8 winners in three of the rounds! Well done Harold. He currently holds the lead over David Starr and Alec Boak. Alec has also managed to pick 8 winners in three rounds and David Starr is so far the only one who has picked all 9 winners. David did this in Round 6. Well done David and good luck to everyone for the remainder of the competition.



Name	Score
Harold Wignell	62
David Starr	60
Alec Boak	60
Edith Walters	58
Wanda Drake	58
Ernie Ives	57
Kath Jenkins	57
Betty Hutchinson	55
Stan Leslie	54
Marg Norrish	54
Helen Gaulke	54
Brian Bennett	54
Ruby Grant	54
Cam Blackley	54
Bev Francis	53
Dolly Cassidy	53
Elaine Wilkins	52
Laurie Fitton	50
Bill Curtis	47
Rodney Zass	47
Phyllis Novotny	42
Janet Drinnan	42
Charles Herbert	42
Noel Pallot	40






Devenish – Biggest Morning Tea

On Friday the 20th of May, a few of our residents had the opportunity to go out for the morning and participate in the Devenish Biggest Morning Tea. Our residents boarded the bus and joined other local community members at the Devenish Sports Pavilion. It was a very successful day for all involved with an amazing \$500 being raised for the Cancer Council by that small community. A couple of our residents were lucky enough to win a raffle prize. Some of our Residents commented on what a great morning it was and how good it was to get out and about.



GOULBURN & OVENS JUNE 2022

MON	TUES	WED	THUR	FRI	SAT	SUN
 6 10.00-Exercise 10.30-Bobs 1.30-Pamper Day 2.30-Movie 13 Public Holiday 10.00-Wing 5 1.30-Low Care Quiz Queen's Birthday	 7 9.30-Exercise 10.00-Catholic Church 10.30-Carpet Bowls 2.00-BINGO 14 9.30-Exercise 10.00-Catholic Church 10.30-Carpet Bowls 2.00-BINGO 21 9.30-Exercise 10.00-Catholic Church 10.30-Carpet Bowls 2.00-BINGO 28 9.30-Exercise 10.00-Catholic Church 10.30-Carpet Bowls 2.00-BINGO 27 9.30-Exercise 10.30-Museum 1.30-Word Challenge Trivia 3.00-Afternoon Tea	1 9.30-Exercise 10.30-Indoor Golf 2.00-Anglican Church 2.00-Men's Shed 8 9.30-Exercise 10.30-Indoor Golf 2.00-Anglican Church 1.30-Quiz 3.00-Monthly Birthday 15 9.30-Exercise 10.30- Bobs 2.00-Anglican Church 2.00-John Porter Sing-along 22 9.30-Exercise 10.30-Scenic Drive 1.30-Word Challenge 2.00-Anglican Church 3.00-Afternoon Tea 29 9.30-Exercise 10.30-Indoor Golf 2.00-Anglican Church 2.00-Ladies Pamper Day or Cooking	2 9.30-Exercise 10.45-Res/Rep/Meeting 11.15-Quick Quiz 2.00-BINGO 9 9.30-Exercise 10.30-Hangman 2.00-BINGO 16 9.30-Exercise 10.30-Bobs 11.00-Uniting Church 2.00-BINGO 23 10.00-Exercise 10.30-Word Challenge 2.00-BINGO 30 10.00-Exercise 10.30-Bobs 2.00-BINGO	3 9.30-Exercise 10.30-Word Challenge 1.30-Kiosk/ Quiz 2.30-Happy Hour 10 10.00-Exercise 10.30-Word Challenge 1.30-Quiz/Kiosk 2.30-Happy Hour 17 10.00-Exercise 10.30-Word Challenge 1.30-Quiz/Kiosk 2.30- Happy Hour 24 10.00-Exercise 10.30-Word Challenge 1.30-Quiz/Kiosk 2.30-Happy Hour	4 NO ACTIVITY STAFF 5 NO ACTIVITY STAFF 11 NO ACTIVITY STAFF 12 NO ACTIVITY STAFF 18 NO ACTIVITY STAFF 19 NO ACTIVITY STAFF 25 NO ACTIVITY STAFF 26 NO ACTIVITY STAFF 24 10.00-Exercise 10.30-Word Challenge 1.30-Quiz/Kiosk 2.30-Happy Hour 	NO ACTIVITY STAFF PROGRAM SUBJECT TO CHANGE.