

Woods Point Newsletter July 2022



Nutrition and Hydration

It is only topical to discuss catering, nutrition, and hydration for residents at Bentley Wood given the recent media attention on meal service in aged care. Bentley Woods aim is to ensure residents receive adequate nourishment and hydration. This is some of the ways we meet residents needs at our facilities.

The intention of this requirement is to make sure that consumers have enough nutrition and hydration to maintain life and good health and reduce the risks of malnutrition and dehydration. Meals and the dining experience are a very significant part of day-to-day life They play an important role in connecting consumers socially and supporting a sense of belonging.

Each new resident is assessed for dietary requirements. Residents' dietary requirements are assessed as part of the initial assessment process. Assessment includes documentation of weight, food preferences, allergies, special dietary requirements including diabetic diet and texture modifications, cultural/religious needs, appetite and assistance requirements.

A care plan is developed from dietary requirements form and in partnership with resident/ representative. The nutritional intake care plan is reviewed as part of the monthly care review process or when there are observed changes in eating and drinking.

Cultural and religious customs with respect to food are also identified at the time of admission.

- Monthly weights and urinalysis included on Consumer Of the Day checklist and Health Monitoring chart and significant variances are actioned/reassessed.
- Review of menu by Catering Manager with input from Dietitian and residents/representative regularly.
- Residents have input into the menu through the consumer/representative meeting held monthly and through improvement forms and informal feedback.
- Residents on a modified diet and those who report or are suspected to be experiencing swallowing difficulty are referred to the speech pathologist for assessment.
- The Dietitian conducts regular visits and as required visits as referred by Doctor, Registered Nurse and weight loss audit.
- Diabetic resident management - full review by the Diabetic Educator and GP.
- Diet and Nutrition audits are conducted regularly with issues identified actioned.

- Resident food satisfaction survey as recommended by Dietitian conducted annually.
- Training provided for kitchen and care staff - use of Dietary requirements and change of dietary requirements form.
- Development of placemat for all residents ensuring the dietary needs easily identifiable for staff.
- Quarterly weight / Body Mass Index audit undertaken - Results sent to Dietitian, Registered Nurse. Review undertaken by Dietitian and Registered.

The home supports residents to maintain adequate and appropriate nutrition and hydration by providing:

- Meals cooked fresh every day on site.
- A nutritious and varied menu that has been reviewed by a dietitian.
- Choice of meals offered
- Supplements and food additives to increase nutritional content as required.
- A wide variety of colours, textures, and types of food.



- Availability of snacks at all times.
- Meals that consider individual preferences, likes and dislikes.
- Acknowledging occasions of significance with special menus
- A range of assistive devices
- Additional jellies, fruit crush and icy poles in hot weather or for those with reduced hydration.

If you have any concerns with regards to meals, preferences, and choices, please communicate with care or kitchen staff as we will be sure to meet your needs where possible.

Marita Seamer

Director of Nursing.

July Birthdays



1 July

Stanley Leslie

June Willett

8 July

Stanley Magann

13 July

Joyce Hayes

17 July

Muriel Richards

24 July

Isa Ireland



Resident Activities



A Bus trip to Benalla

Some of our residents spent a lovely morning travelling to Benalla to the Rose Gardens. It was a lovely sunny winters day and they managed to catch the last of the rose blooms before the roses are pruned for winter.

It was then off to McDonalds for a soft cone ice-cream.



Morning Exercise

Some of our Residents taking part in some exercise activities

Colouring in.

Betty and Joan share a moment together colouring in.



What to do when your parents need help but don't want it.



Australians are a stoic lot. We don't like to ask for help and this trait doesn't go away as we get older, if anything, it's exaggerated. When you've managed to care for yourself and remain independent and confident in your own home, the idea of accepting help can seem like a direct attach on this independence.

How can you help your stubborn ageing parents?

The conversation about needing care must be handled carefully and respectfully. Find a time when your loved one is calm and well and you are free of the distractions of mobile devices and children.

Ask your loved one, what are some of the things that they are finding difficult. Ask open questions. Talk calmly and prompt them with some of the things you've observed. Avoid judgement and make sure they know that the decision about care is theirs to make.

Are your parents relying heavily on family and friends for help?

It's easier to accept help from family and friends but at some point this can become too much. You may be the one having to step in and help and time with your loved one may be taken up with cleaning, cooking, and washing rather than spending quality time over a cuppa or looking through old photo albums.

Time is precious; you don't want to resent time with your loved one. Getting help for a cherished family member can also take the pressure off other carers so they can enjoy time with the person needing support, not feel like it's a necessary burden.

Rally supporters and allies

Let's face it families can be challenging and not everyone will agree on one course of action. So, you need to rally objective professionals who can make recommendations for your loved one based on what's right for their needs, not anyone else's interests. There are independent Aged Care experts who can act on the behalf of your loved one, in their interests. A good place to start is with your loved one's GP. Your family doctor will see your loved one's changing care needs and can recommend extra support if needed. Make an appointment with your loved one's GP and share your concerns. The GP may be able to conduct a home visit to see first-hand the extra support your loved one may need.

Getting help early can avoid your loved one going into an Aged Care Home.

If you leave it too late your loved one's health may decline rapidly so that an Aged Care Home is the only option. Or a sudden incident such as a fall may occur, and the right support won't be in place in order for your loved one to return home after hospital. Putting support in place early means there's a greater chance that your loved one can stay safely at home. It also means that they will be familiar with Home Care and can begin to form relationships with carers.

You can start with as little as one hour of care per week and this may simply mean someone to keep them company or to do some of the more physically demanding household tasks such as changing bed linen.

There's a long wait for government subsidies.

The Australian government subsidises some of the costs of aged care. Government subsidies exist for Aged Care Homes as well as Home Care. You can apply to access more than \$50,000 per year of government subsidies to remain living in your own home. Keep in mind there is a wait-list to access government subsidies. In some cases, this can be more than 2 years! You may wish to pay for care in the meantime and this can be a good introduction to the idea of receiving help. You can start slowly and this way your loved one can experience the benefits of getting some extra support to remain safely at home.

Joyce turns 102!



A long time and much-loved resident here at Woods Point is Joyce Duus. Joyce recently celebrated her 102nd Birthday and our Kitchen Staff made a beautiful cake which was enjoyed by her fellow residents during afternoon tea.

Wishing you

Many Happy Returns

Joyce

Hair Dressing at Woods Point – Price Changes

As briefly reported in the last newsletter, Kylie Anderson our Hairdresser at Wood's Point has reviewed her pricelist for her hairdressing services commencing the 1st of July. Outlined below is a list of the new prices.



Ladies

Blow Wave or set	\$30
Cut, Blow Wave or set	\$40
Cut only	\$30
Colour, Cut, Blow Wave or set	\$75
Foils Colour, Cut, Blow Wave or Set	\$85
Perm Cut Blow Wave or set	\$85

Wax

Eyebrow and face	\$30
Eyebrow only	\$20
Face Only	\$20

Mens

Clippers cut	\$15
Cut	\$20
Cut, Beard/Moustache	\$25

With Deepest Sympathy

Management and Staff take this opportunity to pass on our condolences to family and friends of the following residents that have passed.

March 2022

Allison Philips

April 2022

Rita McDonald

Phyllis (Dawn) Cooper

Peter Hann

May 2022

Eddie Harris

Frank Preston

June 2022

Pat Foster

Robert Burke

Margaret Norrish

Charlie Herbert

Joan Clayton

In Loving Memory





More Resident Activities

Our Residents have been participating in several activities during the month. Some of these activities included a High Tea to celebrate the recent Queen's Birthday and Platinum Jubilee.

Some of our Residents also went on another bus trip down to Bundalong, where they participated in morning tea at the Bundalong café. Here are some snapshots of those activities



GOULBURN & OVENS July 2022

MON	TUES	WED	THUR	FRI	SAT	SUN
 4 10.00-Exercise 10.30-Board Games 2.00-Col Watson 3.00-Afternoon Tea	 5 10.00-Exercise 10.00-Catholic Church 10.30-Carpet Bowls 2.00-BINGO	 6 10.00-Exercise 10.30-Indoor Golf 2.00-Anglican Church 2.00-Mens Retreat	 7 10.00-Exercise 10.30-Res/RepMeeting 11.15-Quick Quiz 2.00-BINGO	1 10.00-Exercise 10.30-Word Challenge 1.30-Kiosk/Quiz 2.30-HAPPY HOUR	2 NO ACTIVITY STAFF	3 NO ACTIVITY STAFF
11 10.00-Exercise 10.30-Scenic Drive 2.00-Quiz 3.00-Afternoon Tea Football Tipping	12 10.00-Exercise 10.00-Catholic Church 10.30-Carpet Bowls 2.00-BINGO	13 10.00-Exercise 10.30-Bobs 2.00-Anglican Church 3.00-MONTHLY BIRTHDAY	14 10.00-Exercise 10.30-Hangman 2.00-BINGO [-	15 10.00-Exercise 10.30-Word Challenge 1.30-Kiosk/Quiz 2.30-HAPPY HOUR	16 NO ACTIVITY STAFF	17 NO ACTIVITY STAFF
18 10.00-Exercise 10.30-Scenic Drive 1.30-Pampering 3.00-Afternoon Tea	19 10.00-Exercise 10.00-Catholic Church 10.30-Carpet Bowls 2.00-BINGO	20 10.00-Exercise 10.30-Bobs 2.00-Anglican Church 2.00-Card Games 3.00-Afternoon Tea	21 10.00-Exercise 10.30-Indoor Golf 11.00-Uniting Church 2.00-BINGO	22 10.00-Exercise 10.30-Word Challenge 1.30-Kiosk/Quiz 2.30-HAPPY HOUR	23 NO ACTIVITY STAFF	24 NO ACTIVITY STAFF
25 10.00-Exercise 10.30-Scenic Drive 2.00-Brain Teaser Quiz 3.00-Afternoon Tea	26 10.00-Exercise 10.00-Catholic Church 10.30-Carpet Bowls 2.00-BINGO	27 10.00-Exercise 10.00-Anglican Church 10.30-Bobs 2.00-Cards	28 10.00-Exercise 10.30-Word Challenge 2.00-BINGO	29 10.00-Exercise 10.30-Word Challenge 1.30-Kiosk/Quiz 2.30-HAPPY HOUR	30 NO ACTIVITY STAFF	31 PROGRAM SUBJECT TO CHANGE.