

BENTLEY WOOD NEWSLETTER

INCORPORATING
YARRAWONGA AND MYRTLEFORD FACILITIES

AUGUST 2023



Why is the 1st of August the horse's birthday?

The 1st of August each year is the date all horses in the Southern Hemisphere are judged to turn one year older, no matter their actual foaling date. This is implemented to achieve a uniform date for all equestrian pursuits and was introduced because of the historical lack of records of actual foaling dates.

Resident & Representative Meeting Minutes

Yarrowonga

A Resident & Representative Meeting was held on the 6th of July. A summary of those minutes follows:

Facility Improvements – Improvement of outdoor courtyard area. Landscape plans completed and work expected to commence shortly. Re-painting to commence on some rooms and the kitchen floor will shortly be replaced.

Consumer information – the Consumer information booklet is available in the lounge.

Clothing and laundering - Laundering is available at no extra cost, however, all clothing must be labelled clearly and discretely and is the responsibility of the resident/family. Items requiring special laundering is the responsibility of family members.

Valuables and cash –valuables and large amounts of cash is discouraged and reiterated that no responsibility will be taken for the loss of valuables or money despite all endeavours to maintain and promote a secure environment. If residents or family have valuables in the room, it is at their own risk.

Spending money – Residents are provided the opportunity to utilise a “pocket money” service which is managed by Reception for the purchase of small items or services such as hairdressing and outings.

Radio/Television – Your own appliances can be brought into the facility, however, these must be labelled with names and tested and tagged by a qualified electrician prior. These items will be tested biannually by our maintenance staff for a small fee. Residents reminded to utilise headsets to ensure disturbance to other residents is minimised.

Privacy and Confidentiality – Residential rights and guidelines were outlined to residents.

Meals – Residents are consulted at this meeting to provide feedback on meals they have been provided. Overall, the residents are satisfied with the quality and quantity of food provided and those instances where there has been dissatisfaction, are followed up with kitchen staff to ensure improvements made. Residents are happy with trial nights and are enjoying the variety.

Residents were reminded that visitors during mealtimes can be disruptive to other residents and visitations should occur before or after mealtimes.

Good sleep habits

Set your body clock

You can help to set your body clock by going to bed and getting up at the same time every day, regardless of how well you slept the previous night.

Sunlight helps to set your body clock, so try to get some sunshine every day.

Be active

Doing some physical activity during the day makes it easier to fall asleep and improves the quality of your sleep. However, don't exercise too late in the day as this can make it harder to get to sleep.

Avoid naps

Avoid having a nap during the day. If you do nap, restrict your nap to no more than 20 minutes, before 3 pm.

Avoid alcohol

Alcohol before bedtime may help you to doze off. However, it will also disturb your normal sleep rhythm, so you won't tend to sleep as well.

Have a bedtime routine

Get your body into 'going to sleep' mode by having a regular 'going to bed' routine in the hour or so before bedtime. Your routine might include things like having a light bedtime snack, reading a book, or listening to the radio.

Seek help

If you're practicing good sleep habits and still not getting a good night's sleep, talk to your doctor. You may need another type of treatment, or you may have an underlying condition that's causing your sleep problem.

However, as we age, we do not need as much sleep as we once did!

Is it the cold or flu?



Colds are very common and can be caused by one of 200 viruses. There is no vaccine for colds.



The flu is a highly contagious viral infection that is more severe than the common cold. A vaccine is available for the flu.

Understand the symptoms

	Colds	Flu
Fever	Rare	Common
Cough	Common	Common
Sore throat	Common	Sometimes
Fatigue	Sometimes	Common
Loss of taste and/or smell	Sometimes	Sometimes
Body aches/pain	No	Common
Headache	Common	Common
Stuffy/runny nose	Common	Sometimes
Diarrhoea	No	Sometimes (in children)
Sneezing	Common	No
Vomiting	Rare	Common in children / Rare in adults

Colds and flu treatments



Lots of rest



Avoid cigarette smoke



Plenty of water



Keep warm



Eat a healthy diet



Steam inhalation



Paracetamol or ibuprofen for fever, aches and pains



Saline nasal sprays or decongestants for a blocked or runny nose



Throat lozenges for a sore throat



Do not use cough medicines for children younger than 6 years old

Colds and flu myths debunked

Myth: The flu is not a serious illness

Fact: The flu is highly contagious and potentially life-threatening

Myth: Vitamin C supplements can prevent colds and flu

Fact: There is no evidence to support vitamin C supplements preventing colds or flu

Myth: You can catch colds and flu from cold weather or getting caught in the rain

Fact: Colds and flu are caused by viruses, not by wet climates or being exposed to cold air

Myth: Colds and flu can be treated with antibiotics

Fact: Antibiotics only work against bacteria, not viral infections

Myth: Healthy people don't need to be vaccinated

Fact: Everyone over the age of 6 months should be vaccinated every year

Myth: Having the flu vaccine during pregnancy will harm the baby

Fact: The flu shot is safe for pregnant women at all stages of pregnancy

Groups at high risk of catching the flu



Elderly



Pregnant women



Aboriginal and Torres Strait Islander people

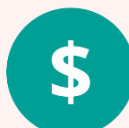


People with existing medical conditions

Flu vaccination



Annual vaccination is your best protection against the flu and any associated illness



The flu vaccine is **FREE** under the National Immunisation Program (NIP) Schedule for people at **high risk**



Visit your doctor, pharmacist or other vaccination provider



Experiencing symptoms?

Use healthdirect's Symptom Checker to get advice on what to do next

[healthdirect.gov.au/symptom-checker](https://www.healthdirect.gov.au/symptom-checker)

**HAPPY
BIRTHDAY**



August 2023

1st Margaret Reeves

8th Rose Lister

11th Marion Cameron

13th James Brooks

15th Beverley Francis

20th Kathleen Campbell

27th Betty Hutchinson



Management and staff of Bentley Wood wish to pass on their condolences to family and friends of residents who have sadly passed.

Emily (June) McCabe

Noel Pallot

Annie Watson

Dorothy Louden



Resident Activities



Residents at our Woods Point aged care facility regularly participate in activities that provide both physical and mental stimulation.

Mental exercises help keep the brain active which is particularly important as you get older. Mental exercises can slow down the brain from aging, delaying cognitive decline, keeping you mentally sharp for longer. Mental stimulation can also help reduce stress as well as reduce the feelings of anxiety and depression.

Physical activity is also important for the older adult and is one of the most important things you can do for your health. It can prevent or delay many of the health problems that seem to come with age. It also helps your muscles grow stronger so you can keep doing your day-to-day activities without becoming dependent on others.



Resident Activities

The Big Morning Tea

On the 13th of July, our residents and family members were treated to a Big Morning Tea. We had a coffee machine so that our residents were able to have a cappuccino coffee or latte. The spread of culinary delights included: Scones jam and cream, yo yo's, rum balls, sponge kisses, caramel slice, chocolate cake was a sight to behold and tasted as good as it looked. All as well as a very tasty one. The residents and those family members able to come along had a very enjoyable time.



The Big Morning Tea



Resident Activities

Let's have a putt



Some big Birthday Milestones!

During the past couple of months, we have seen a number big birthday milestones. We had Des Jones turn 100 in May, Joyce Duus turned 103 in June, Isa Ireland turned 102 in July. Coming up we have Marion Cameron turning 101 in August and Clarice Burt joins the centenarian club in September when she turns 100. Harold Wignell turns 102 in October. These big milestones are celebrated with a special cake for our centenarians.



Joyce cutting her cake celebrating her 103rd Birthday



Isa and her daughter Margaret on Isa's 102nd Birthday

