

BENTLEY WOOD NEWSLETTER

WOODS POINT - YARRAWONGA

SEPTEMBER 2023



Resident & Representative Meeting Minutes

Yarrowonga

A Resident & Representative Meeting was held on the 3rd of August 2023. A summary of those minutes follows:

Facility Improvements – New flooring to be installed in kitchen during late August. Works expected to take a week and a portable kitchen will be utilised during this time to limit disruption.

Meals – Residents are consulted at this meeting to provide feedback on meals they have been provided. This month it was reported that the French Day was enjoyed by all. No significant issues raised. Overall residents are very satisfied with the meals they are receiving.

Activities – Residents are enjoying the activities, particularly visits with school children. These will resume once the cold and flu season passes. Men's Shed/Activity shed – may restart activities if enough interest from Residents. Residents would like to see more participation from other residents.

Microphone – Residents requested use of microphone at meetings to assist with communication. To be trialled at next meeting.

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 and representatives are invited to attend these meetings.



September 2023

2nd Pamela Draper and Rodney Zass

6th Julie Palmer

10th Maurice Harwood

12th Ruth Harris

13th Trevor Lewin

14th Clarice Burt – 100 years

18th Betty Jones

19th Gwen Watkins and Melva McKee

21st Ailsa Whinray

22nd Janice Corboy

Hay fever (allergic rhinitis)

Unfortunately for some people, the start of the commencement of Spring can mean a miserable time with seasonal allergies such as Hay Fever (Allergic Rhinitis).



Outlined below is some information which may be of use to sufferers.

Key facts

- Hay fever (allergic rhinitis) is an allergic response from your immune system that causes sneezing, runny nose, and watery, itchy eyes.
- Hay fever can be triggered by seasonal allergens like pollens and grass or year-round triggers like dust mites, and animal fur.
- See your doctor if your hay fever symptoms are ongoing and affect your day-to-day living.
- Most people manage hay fever by avoiding allergens in their daily life, and with medicines such as antihistamines and nasal sprays.
- Allergy testing can help to identify potential triggers for hay fever but should be considered together with your history and other symptoms.

What is hay fever?

Hay fever is the common name for allergic rhinitis. Hay fever describes a reaction that occurs when your nose or eyes come in contact with allergens, which are substances to which you are sensitive. Allergens can include pollens, dust mites, moulds, animal dander, or other substances. For some people, exposure to these allergens can trigger an immune response (your body's natural defence system), which leads to swelling and inflammation in the inner lining of the nose (known as rhinitis).

Hay fever is common — it affects 1 in 5 people in Australia. Despite its name, it's not caused by hay and doesn't cause a fever.

What are the symptoms of hay fever?

Common symptoms of hay fever include:

- an itchy, runny, or blocked nose;
- itchy or watery eyes;
- frequent sneezing;
- needing to breathe from your mouth;
- frequently needing to clear your throat;
- feeling like you have a **cold** that won't go away; and
- snoring during sleep.

Less common symptoms of hay fever may include:

- interrupted sleep, that may lead to feeling tired during the day;
- difficulty concentrating;
- frequent headaches and/or facial pain;
- recurring sore throats;
- a reduced sense of smell;
- frequent sinus infections in adults; and,
- recurring ear infections (otitis) in children.

You might only experience some of these symptoms, and still have hay fever or allergic rhinitis. Some of these symptoms can be caused by other diseases too.

What causes hay fever?

Common allergens that may trigger hay fever symptoms include:

- grass, weeds and tree pollens;
- dust mites and dust;
- animal fur or skin flakes;
- moulds and fungal spores;
- air pollutants; and,
- latex.

You may experience hay fever symptoms only at certain times of the year (such as in spring or summer), depending on the allergens to which you are sensitive. Hay fever and other allergies can also be affected by your genes. You may have the same or different triggers to your family members.

When should I see my doctor?

Most people can manage or relieve hay fever on their own. However, you should speak with your doctor about treatment options if your symptoms are:

- persistent — meaning that you experience symptoms at least 4 days in a week, for at least 4 weeks or more.
- moderate to severe — meaning that your symptoms affect your sleep and daily activities such as work, school, sport and leisure.

Your doctor can help you by asking you in detail about your symptoms. They will review your home and work environment for possible triggers, assess how intense your hay fever symptoms are and how much hay fever affects your day-to-day life. They can then organise further tests to investigate possible causes and help you find ways to manage or avoid hay fever in the future.

If your symptoms are mild or occasional, you can [ask your pharmacist](#) for advice.

How is hay fever diagnosed?

History

Your doctor can diagnose hay fever from a description of your symptoms and when they occur. They may also ask what over-the-counter or prescribed medicines you already take for hay fever. It's also a good idea to record and tell your doctor about any triggers you have noticed in your work or home environment, and how hay fever affects your quality of life.

Physical examination

To rule out other causes of your symptoms, your doctor may:

- examine your face (especially your nose and eyes) for signs of hay fever;
- ask you to breathe through your nose; and,
- examine your nostrils with a special scope (a tiny camera attached to a long, thin tube)
- examine your throat.

Allergy testing

Allergy testing (for example, using a blood test or skin prick test) is the main way to learn whether your hay fever symptoms are caused by a particular allergen. You may be referred to a clinical immunologist or allergy clinic for this test.

If you have skin prick testing, a tiny amount of a suspected allergen will be dropped onto your skin (usually on the forearm, upper arm or back). The doctor or nurse doing the test will then prick your skin where the allergen was placed. If you are allergic to this specific allergen, the place where you were pricked will become swollen and itchy. This generally goes away within 2 hours. Although skin prick testing can be uncomfortable, most people find it tolerable. The results are available within 20 minutes.

Any allergy testing needs to be considered alongside your history and symptoms of hay fever. A positive test result doesn't prove that the allergen is causing your symptoms, only that your body is sensitive to the allergen.

Taking too many allergy tests may sometimes cause confusion and cause you unnecessary lifestyle changes to avoid many types of allergens that may not actually be causing your symptoms. Speak with your doctor about what the results of your allergy test mean, and whether you need to make changes to your lifestyle.

How is hay fever treated?

Hay fever can be treated in 4 main ways, depending on what you are allergic to and how severe your symptoms are:

- Minimise exposure to allergens
- Nasal irrigation
- Medicines
- Immunotherapy

Minimise exposure to allergens

If you know which allergens trigger your hay fever, reducing your exposure to them may reduce symptoms.

If pollens are causing your hay fever, these tips may help:

- Stay indoors until after midday, especially when the pollen count is high, it's windy or after thunderstorms (you can check today's pollen count at the Pollen Forecast Network website).
- Wear sunglasses, carry tissues, shower when you arrive home and rinse your eyes with water.
- If your trigger is grass, avoid mowing, playing or walking in grassy areas and don't go camping on grass.
- Keep your windows closed at home and in the car and use recirculating air conditioning in the car.
- Avoid outdoor picnics during pollen season.
- Try to plan holidays out of the pollen season, or holiday at the seaside.
- If you're gardening at home, research which plants are less likely to trigger hay fever. Remove any weeds or vegetation outside your bedroom window that might trigger symptoms.

Nasal irrigation

For some people, saltwater nasal sprays or douches (a stream of water sprayed into the nose) will provide substantial relief from hay fever. These non-medicated approaches are safe and can often help relieve symptoms.

Medicines

While medicines can't cure hay fever, they can reduce your symptoms effectively.

Their side effects are generally well tolerated. Ask your doctor or pharmacist about the following medicines:

- **Intranasal corticosteroids:** These are nasal sprays that effectively reduce inflammation in the lining of the nose caused by hay fever or other conditions. Corticosteroid nasal sprays must be used regularly and correctly to be effective. Different brands are available, so ask your doctor which one is right for you. Ask your pharmacist on how to use your nasal spray, to be sure you are using it correctly.
- **Antihistamines:** These medicines manage symptoms of hay fever by blocking the action of histamine, which the body releases in response to exposure to an allergen. In this way, antihistamines reduce the symptoms of the allergic reaction. They are available as tablets, syrups, nasal sprays and eye drops to offer localised relief where you are experiencing hay fever symptoms. For example, use eye drops for itchy or watery eyes.

- **Combination medicines:** These contain an antihistamine and an intranasal corticosteroid. They offer the advantages of both medicines.
- **Decongestant sprays:** These unblock and dry the nose, but they should not be used for more than a few days at a time. This is because they can cause problems such as 'rebound congestion'. This is when your symptoms become worse after you stop using the decongestant.
- **Decongestant tablets:** These also unblock and dry the nose, but they can have stimulant side effects such as tremors, difficulty sleeping, anxiety or increased blood pressure. Speak with your pharmacist to check if decongestant tablets are suitable for you, especially if you have high blood pressure.

Immunotherapy

Allergen-specific immunotherapy, also known as 'desensitisation', is a therapy designed to reduce the intensity of the body's reaction to an allergen. Immunotherapy works by gradually exposing someone to increasing doses of allergen extracts, either by injection or orally. This is a long-term treatment option and should only be started by a medical specialist such as a clinical immunologist.

What are the complications of hay fever?

Complications of hay fever may include:

- disturbed sleep
- tiredness during the day
- headaches
- poor concentration
-

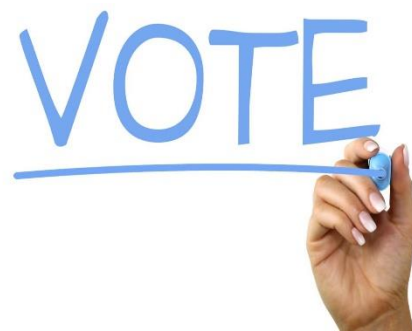
Hay fever may also trigger frequent ear infections, such as [otitis media](#) in children, and [sinus infections \(sinusitis\)](#) in adults.

Untreated hay fever may also increase the risk of developing [asthma](#) or make asthma harder to control, so it's especially important to treat your nasal symptoms if you have asthma. This is because asthma and hay fever are both associated with airway inflammation. About 4 in every 5 people with asthma also have hay fever.

Article courtesy of:



2023 Australian Indigenous Voice referendum



The **2023 Australian Indigenous Voice referendum** will be held on 14 October 2023. Voters will be asked to approve an alteration to the Australian Constitution, creating a body called the Aboriginal and Torres Strait Islander Voice that "may make representations to the Parliament and the Executive Government ... on matters relating to Aboriginal and Torres Strait Islander peoples".

The referendum question and proposed alteration were announced on 23 March 2023 by Prime Minister Anthony Albanese. The Bill which will trigger a referendum is the Constitution Alteration (Aboriginal and Torres Strait Islander Voice) 2023 and was tabled in federal parliament on 30 March 2023 by Attorney-General Mark Dreyfus. On 31 May 2023 the Bill passed the House of Representatives, and it passed the Senate on 19 June 2023. The referendum date was announced by Albanese on 30 August 2023

Woods Point Aged care advise family members that if your loved one is not able to vote in this referendum and they are still appearing on the electoral roll, you will need arrange for them to be removed from the roll. Failure to vote may result in fines, so it is important that you make these adjustments before the election.

To remove someone from the electoral roll if they can no longer vote.

Please go to www.vec.vic.gov.au/enrolment/remove-someone-from-the-roll for the form.

Woods Point can provide a hard copy of the form if you are unable to access the internet – but it must be completed by NOK/POA.

NOK/POA completes the form.

Woods Point will pass completed forms on to the Doctor to sign.

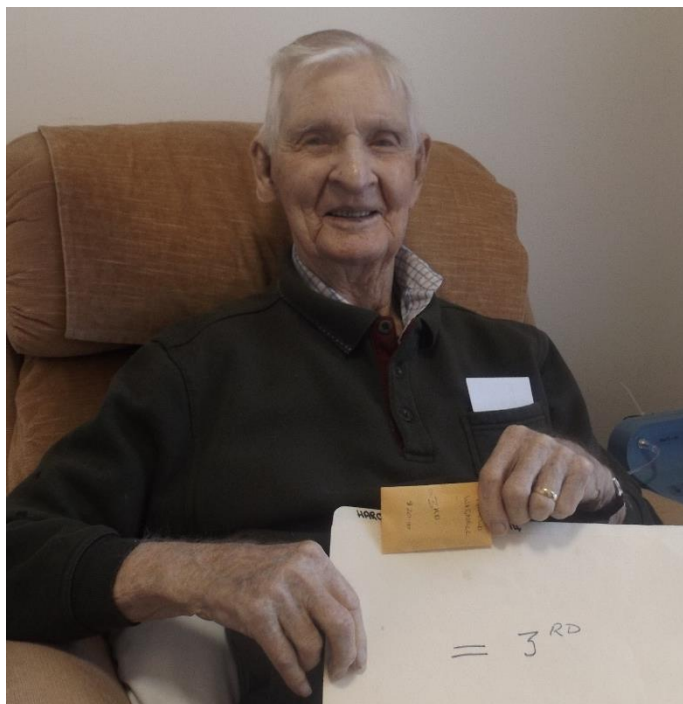
This will potentially save you a lot of time in future and possibly fines.

2023 FOOTY TIPPING RESULTS

This year's Footing Tipping Competition at Woods Point was another fun activity undertaken by our residents with fierce rivalry throughout the football season between the residents and staff participating.

1st	Cam Blackley	143
2nd	Wanda Drake	137
3rd	Harold Wignell	134
3rd	Narelle Parker	134

Congratulations to everyone who participated and well done to the winners.



Resident Activities

Vive La France

On the 26th of July Woods Point residents and staff celebrated all things French when our Activities and Kitchen staff held a "Vive La France" day. The residents and staff had a great day and a big thank you to Mal and his wonderful kitchen staff for putting on such a wonderful spread of French food!

Not sure what happened to the snails and frog legs – maybe that's a bit too French for our residents!!



FRENCH DAY MENU



BREAKFAST - CROISSANTS
MORNING TEA - COFFEE SCROLLS
LUNCH - CHICKEN PROVENCAL & PROFITEROLES WITH CHOCOLATE SAUCE
AFTERNOON TEA - MADELEINE COOKIES
TEA - FRENCH ONION SOUP WITH TOASTED CHEESY BREAD & MINI FRUIT FLANS



Resident Activities

One of our regular activities that our residents enjoy is “word games”. Wendy our volunteer comes on a weekly basis in to facilitate this activity. These activities help with memory and our residents eagerly participate. Word games provide good entertainment and may improve short-term memory and the cognitive abilities of people of all ages. Activities such as these boosts feel-good substances. When a person is happy, the body releases endorphins, which are feel-good hormones and neurotransmitters. Healthline indicates an “endorphin rush” often occurs after engaging in a fun activity. Endorphins are released by the hypothalamus and pituitary gland.



Resident Activities

Bubbles of fun!

Recently our residents were treated to another visit from Students from both our secondary and primary schools. From the photos below, Isa, Elaine and Noreen seemed to really enjoy the bubbles.



Resident Activities





Happy Hour is always a fun time for everyone and last month was no exception. Our residents all seemed to have a wonderful time mingling with one another over drinks and savouries.



Birthday celebrations

During August, seven of our Residents celebrated Birthday's with one resident celebrating her 101st Birthday – Congratulations to Marion. Below is a photo gallery of some of these celebrations.

