

Bentley Wood Newsletter

Woods Point - Yarrawonga

March 2024

Happy Easter



Resident & Representative Meeting Minutes - Yarrawonga

A Resident & Representative Meeting was held on the 1st of February 2024. A summary of those minutes follows:

Facility Improvements – Mural Art – To commence shortly.

Grant from Eva May Foundation – Residents were asked for suggestions to utilise this money. Suggestions so far:

* Smart TV for small lounge room – for private access to live streaming services

* Coffee Machine

* Bird bath for small garden areas.

Call Bell Wing 1 & 2 – Awaiting installation.

Paddle Steamer outing – Robert Adams in discussion with company to arrange. Pricing to be provided for next meeting.

Meals – New Menu – Most enjoy the changes and main meal offering of an evening. Options for smaller lunch option or larger meal for dinner are available – residents to let kitchen staff know when ordering. Request from residents for offal meals on occasion to be considered.

Injury Prevention / reduction strategies – Hip Protectors discussed.

Personal Calls – Staff will not be permitted to utilise DECT phones for residents going forward. Residents to arrange own phones whether it be land line or mobile phone.

Quality of Life – Consumer Surveys – Quarterly requirement of the Aged Care Quality & Safety Commission. Residents able to complete will be offered the opportunity to participate 8 times a year. Representatives can complete either a Facilitated Interview or Proxy Survey for Residents unable to complete.

Lawnmowing and Garden Maintenance – Concern raised by resident about timing of lawnmowing. Advised that due to heat, time restrictions are implemented resulting in lawns being mown in the morning. Maintenance staff to be advised to complete top end of Wing 4 around 8 am. Watering of Wing 1 & 2 Garden beds to be increased.

Opportunity to improve and Complaints – We are committed to creating a positive, blame-free, resolution – focused culture where concerns are encouraged and viewed as a learning opportunity allowing us to strengthen our relationship with residents and representatives. Residents are encouraged to provide feedback or discuss issues of concern with staff member providing care, the care manager, senior manager or at consumer meetings or focus groups held. The process was outlined to residents and were encouraged to provide feedback.

Funeral Services – We are now able to stream funeral services on main TV, iPads or laptops. If residents wish to participate they need to speak to Reception staff.

Star Rating – Outlined the Star Rating process to residents. All aged care homes receive an overall star rating against 4 sub-categories:

1. Resident's experience – based on survey feedback from at least 10% of residents
2. Compliance – based on regulatory decisions by the Aged Care Quality & Safety Commission
3. Staffing – based on the average care time residents receive from RN's, EN's, PCA's and assistants in nursing.
4. Quality Measures – based on quality of care for pressure injuries, restrictive practices, unplanned weight loss, falls and major injury and medication management.

Aged care standards – All of the 8 standards were outlined to the residents at the 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 lounge sitting room**. All residents and representatives are invited to attend these meetings.



Representatives/Family members please note if you have legally allocated Power of Attorney (ie: Financial, Medical or both) we are required to have a copy of these documents on the resident's file.

If you are in any doubt, please contact our staff on reception who will be happy to verify if we have/have not got these documents.

A Power of Attorney is the person/people chosen by a Resident to make the legal, medical, financial decisions that they, the Resident, would have made, when they can no longer make decisions.

Physiotherapy Services at Woods Point

Exciting News: Woods Point Enhances Wellness Services with Proactive Physiotherapy Partnership!

We are thrilled to announce the commencement of a dynamic collaboration between Woods Point and Proactive Physiotherapy from Cobram! Ben and his team consisting of Leander, Monica and Kevin are all dedicated physiotherapists who officially joined our community on February 6th, and we're delighted to share that we've designated a special room in Wing 1 as our exclusive Physiotherapy space.

Ben and his team are passionate about making a positive impact on the lives of our cherished residents. Through personalized, exercise-based programs, they aim to enhance mobility and reduce the risk of injuries, including falls. We're committed to promoting the well-being of our residents, and this exciting partnership is a significant step in that direction.

Proactive Physiotherapy have undertaken research and in particular looked at the Sunbeam trial. This trial exemplifies the methodology we're employing in our exercise-based programs. The studies focused on participants in aged care facilities, including those with and without dementia. The results are truly remarkable, showcasing the transformative effects of group exercises and maintenance programs.

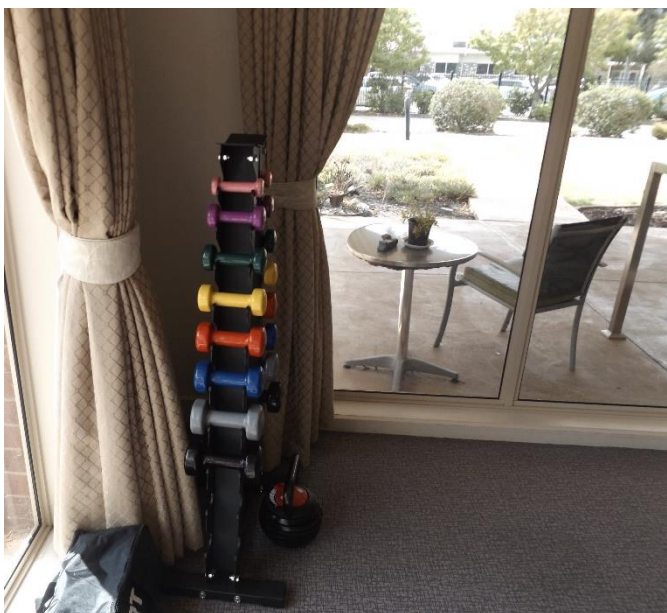
Quick Summary of the Papers:

- The first paper analysed all participants in aged care facilities, both with and without dementia.
- The second paper specifically delved into the impact on residents with dementia.
- Residents engaged in group exercises for 2 hours per week for a minimum of 25 weeks, followed by a maintenance program for 6 months.
- All residents in the second paper had mild to moderate cognitive impairment.
- The treatment group focused on increasing strength and balance, with individually tailored programs for each resident.
- Results from the first paper demonstrated a remarkable 55% reduction in falls rate overall.

- In the second paper, the exercise group experienced significant reductions in the rate of falls (50%), risk of falls (31%), multiple falls (40%), and injurious falls (44%).

- The intervention group exhibited significantly improved balance (static and dynamic) and sit-to-stand ability compared to the control group at 6 months, with continued improvements in dynamic balance at 12 months.

We are enthusiastic about the positive impact this partnership will have on the health and well-being of our residents. Together, let's embrace a future filled with strength, balance, and enhanced quality of life!



Pain and pain management – adults

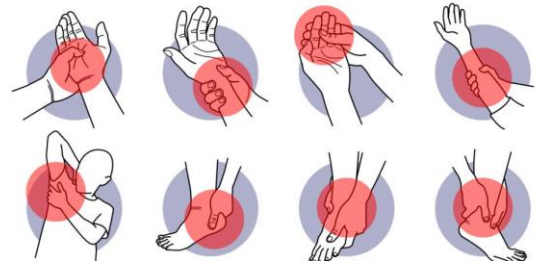
Understanding Pain Management Essentials

Pain is an inevitable aspect of the human experience, but it doesn't have to dictate your life. Let's delve into the fundamentals of pain management with a more neutral tone.

Types of Pain:

Pain comes in various forms, broadly categorized into two types:

1. **Acute Pain:** Typically arises as a response to injury or illness, fading once healing occurs.
2. **Chronic Pain:** Persists beyond the expected recovery period, often enduring for months or even longer.



Pain Management Strategies:

While pain is a universal experience, managing it effectively requires a personalized approach. Strategies may include:

- **Pain Medications:** Offering relief but often accompanied by risks and side effects.
- **Physical Therapies:** Utilizing heat, cold, massage, and exercises to alleviate discomfort.
- **Psychological Therapies:** Addressing the emotional aspects of pain through cognitive techniques and relaxation.
- **Mind and Body Techniques:** Exploring alternative therapies like acupuncture or seeking support from community groups.

Causes of Pain:

From injuries to medical conditions and surgical interventions, pain can stem from various sources, impacting individuals differently.

Understanding Pain's Interaction with the Body:

Pain is a complex phenomenon involving nerve signals and receptors, serving as a vital warning mechanism to protect the body from harm.

Managing Pain Without Medication:

Non-pharmacological approaches such as heat therapy, physical activity, and relaxation techniques offer alternatives to traditional pain relief methods.

Choosing the Right Medication:

Selecting the appropriate pain medication depends on factors like the type, intensity, and duration of pain, as well as individual medical history and preferences.

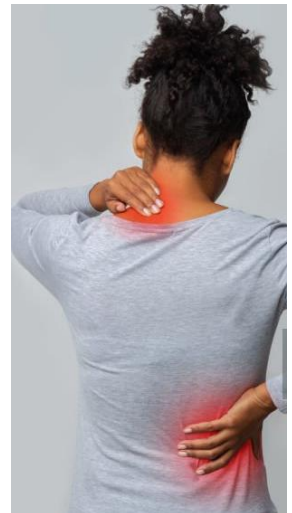
Navigating Side Effects and Precautions:

While medications can provide relief, they also carry risks, requiring careful consideration and monitoring for potential adverse effects.

Living with Persistent Pain:

Persistent pain poses unique challenges, requiring individuals to adapt their daily routines, seek support, and explore coping strategies to maintain quality of life.

In conclusion, while pain may be an unavoidable aspect of life, understanding its nature and adopting effective management strategies can help individuals navigate through discomfort and regain a sense of control.





March 2024

- | | |
|------------------------|--|
| 3rd | Donald O'Rafferty & Alan Foreshew |
| 8th | Dorothy Fisher |
| 9th | Marion Saunders |
| 13th | Gladys Page and Norman Looby |
| 14th | Marguerite Bruton |
| 20th | Joan Thomas |
| 21st | Rae Burns |
| 24th | Phillip Keenan |
| 27th | Jacqueline O'Kane |
| 29th | Heinz Baytala |
| 30th | Andrew Spilva |



Management and staff of Woods Point wish to express their sincerest condolences to family and friends of residents who have sadly passed.

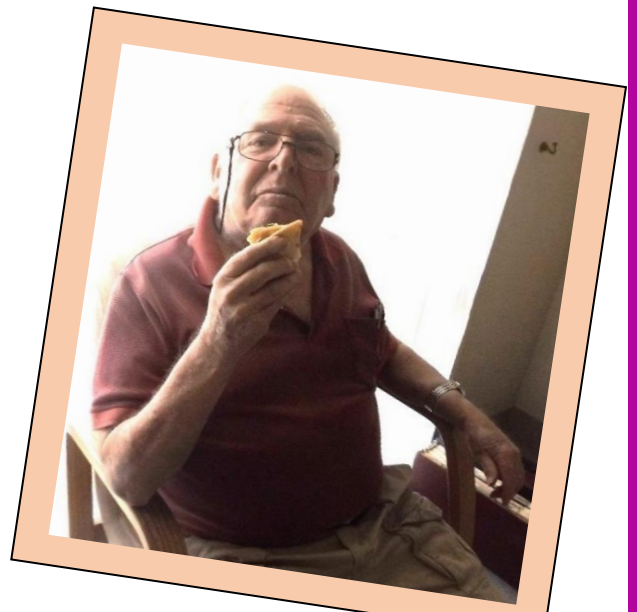
***Isa Ireland
David Starr
David Millar
Gwen Watkins***



Shrove Tuesday "Pancake Day"



On Tuesday 20th of February, Lorraine from Activities was "chef" for the cooking of pancakes to celebrate "Shrove Tuesday". Celebrations were a little late but "better late than never". Those residents who participated enjoyed their pancakes. From the photo below, Trevor was clearly enjoying his pancake!



Jean's 106th Birthday




Jean Mathieson is a much-loved resident at Woods Point who recently celebrated her 106th Birthday. Jean is currently the oldest resident residing here at Woods Point where we currently have 4 other Centenarians. Jean has lived here since April 2019 when she came into care as a spritely 100-year-old!

Jean does not believe there is a key to longevity – she says she has been lucky with what she has been given. Jean spends her time these days reading and doing puzzles. However, when she was younger, she used to do a lot of sewing, knitting and baking – she called herself “a real homebody”.

Jean celebrated her birthday with staff and fellow residents and also had a visit from the local newspaper. We hope you had a wonderful 106th Birthday Jean!!



ACTIVITY PROGRAM MARCH 2024

MON	TUES	WED	THUR	FRI	SAT	SUN
	PROGRAM SUBJECT TO CHANGE.			1 9.30-Exercises. 10.45-Word Challenge. 1.30-Kiosk/Quiz. 2.30-Happy Hour.	2 2.00-Bob's. 3.00-Quiz.	3 2.00-10 Pin Bowling. 3.00-Afternoon Tea.
4 EASTER MONDAY.	5 9.30-Exercises. 10.00-Catholic Church. 10.30-Mini Golf. 2.00-Bingo.	6 9.30-Exercises. 10.30-Carpet Bowls. 2.00-Anglican Church. 2.00-Hands & Nails.	7 9.30-Exercises. 10.30-Res/Rep Meeting. 11.30-Quick Quiz. 2.00-Bingo.	8 9.30-Exercises. 10.45-Word Challenge. 1.30-Kiosk/Quiz. 2.30-Happy Hour.	9 2.00-Hangman. 3.00-Quiz.	10 2.00-Who Am I? 3.00-Quiz.
11 9.30-Exercises. 10.30-Scenic Drive. 2.00-Footy Tipping. 3.00-Reading Group.	12 9.30-Exercises. 10.00-Catholic Church. 10.30-Mini Golf. 2.00-Bingo.	13 9.30-Exercises. 10.30-Carpet Bowls. 2.00-Anglican Church. 2.00-COL WATSON.	14 9.30-Exercises. 10.30-Antarctica Video. Question Time. 2.00-Bingo.	15 9.30-Exercises. 10.45-Word Challenge. 1.30-Kiosk/Quiz. 2.30-Happy Hour.	16 2.00-Bob's. 3.00-Quiz.	17 2.00-10 Pin Bowling. 3.00-Afternoon Tea.
18 9.30-Exercises. 10.30-Scenic Drive. 2.00-Footy Tipping. 3.00-Reading Group.	19 9.30-Exercises. 10.00-Catholic Church. 10.30-Mini Golf. 2.00-Bingo.	20 9.30-Exercises. 10.30-Carpet Bowls. 2.00-Anglican Church. 2.00-Hands & Nails. 3.00-Monthly Birthday.	21 9.30-Exercises. 10.30-Mini Golf. 11.00-Uniting Church. 2.00-Bingo.	22 9.30-Exercises. 10.45-Word Challenge. 1.30-Kiosk/Quiz. 2.30-Happy Hour.	23 2.00-Card Games. 3.00-Games.	24 2.00-Trivia. 3.00-Afternoon Tea.
25 9.30-Exercises. 10.30-Scenic Drive. 2.00-Footy Tipping. 3.00-Reading Group.	26 9.30-Exercises. 10.00-Catholic Church. 10.30-Mini Golf. 2.00-Bingo.	27 9.30-Exercises. 10.30-Piano Lady. 2.00-Anglican Church. 2.00-Ukaladies.	28 9.30-Exercises. 10.30-Hangman. 2.00-Bingo.	29 GOOD FRIDAY.	30 EASTER SATURDAY.	31 EASTER SUNDAY.