

# Bentley Wood Newsletter

**Woods Point - Yarrawonga**

## **April 2024**



*They shall grow not old, as we that are left grow old:  
Age shall not weary them, nor the years condemn.  
At the going down of the sun and in the morning  
We will remember them.*

## **Resident & Representative Meeting Minutes - Yarrawonga**

A Resident & Representative Meeting was held on the 14 March 2024. A summary of those minutes follows:

**Facility Improvements - Mural Art** – Commenced 14 March 2024. Painting is a beautiful landscape of Lake Mulwala.

**Menu/Food Services** – Catering staff are currently sourcing options for sauces over vegetables and other food items, as per residents' request. Changes to the menu have been implemented including chef specials, variations to the type of fish, bruschetta added to the menu and more variety to the salads and items removed to better reflect the residents' preferences.

**Food Bought into Woods Point** – Due to food safety requirements, Woods Point cannot be responsible for food that is bought into the facility by any residents or their relatives. Please ensure food is kept at an acceptable temperature and stored in suitable containers. Food bought into the facility by residents also cannot be shared between residents.

**Fire Alarm** – Mock evacuation to be conducted for residents and staff to familiarise everyone with procedures in case of an emergency evacuation.

**Footy Tipping** – Participation in the residents' footy tipping competition this year is \$20, and registration is with the activity staff. Activity staff are available every Monday afternoon to assist with footy tipping cards.

**Student Luncheon** – Monday 18<sup>th</sup> March we have invited year 10 students from P – 12 to join residents for lunch.

**Bus** – The bus is currently awaiting a repair and is out of order until complete.

**Courtyard** – Morning or afternoon tea will now be hosted once a month in the courtyard to encourage residents to spend time in the courtyard area. This will be included on the monthly activity program.

**Happy Hour and Nibbles** – Wing 3 residents are included in this activity every Friday.

**Contractors Onsite** – There are currently contractors around the facility replacing carpet with lino tiles as a more hygienic alternative and improved appearance. A plasterer is also filling gaps and marks on walls.

We have also hired a painter to improve the overall appearance of the facility. All curtains have been replaced with blinds to assist with infection control and provide more natural light for the residents.

**Bingo** – Residents communicated they are enjoying the bingo activity. No other suggestions for the activity program.



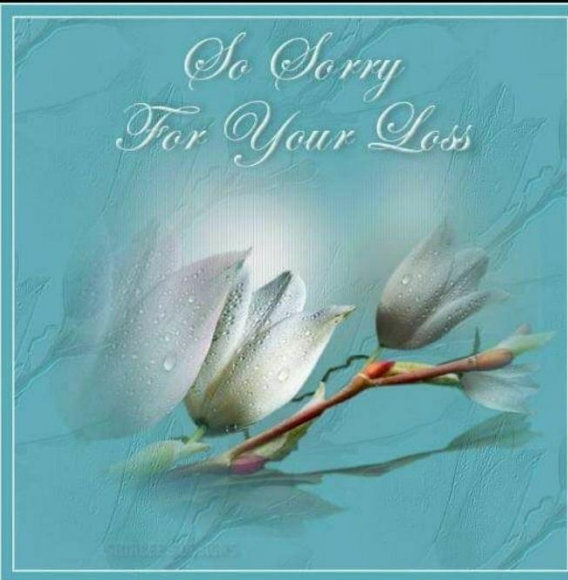
Resident and Representatives meeting is scheduled monthly. The meetings are held on the **first Thursday of the month at 10.30 in the main dining room**. All residents and representatives are invited to attend these meetings.



**April 2024**

- 5<sup>th</sup> Joan Haley**
- 7<sup>th</sup> Kathleen Jenkins**
- 8<sup>th</sup> Noel Fahey**
- 12<sup>th</sup> Kath Bates**
- 12<sup>th</sup> Joan Mortlock**
- 21<sup>st</sup> Myra Nowell**

*So Sorry  
For Your Loss*



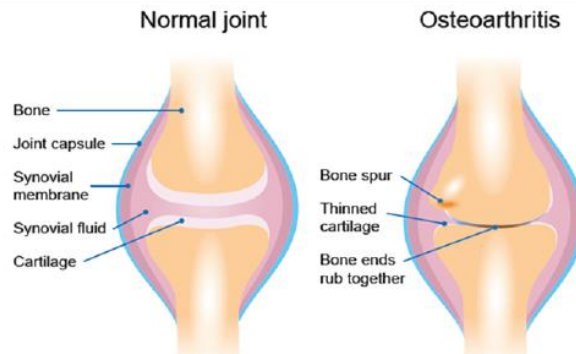
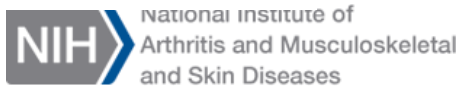
***Management and staff of  
Woods Point wish to  
express their sincerest  
condolences to family and  
friends of residents who  
have sadly passed.***

***Jackie O'Kane***



# OSTEOARTHRITIS

Article courtesy of:



**Osteoarthritis** is one of the most common forms of arthritis and is most likely to develop in people aged over 45 years.

Osteoarthritis is a degenerative joint disease in which the tissues in the joint break down over time. People with osteoarthritis usually have joint pain and after rest or inactivity and/or stiffness for a short period of time. The most commonly affected joints include the:

- Hands (ends of fingers and the base and ends of the thumbs).
- Knees
- Neck
- Lower back

Osteoarthritis affects each person differently. In some, osteoarthritis is relatively mild and does not affect day-to-day activities. For others, it causes significant pain and disability. Joint damage usually develops gradually over years, although it could worsen quickly in some people.

## What happens in osteoarthritis?

Researchers do not know what triggers or starts the breakdown of the tissues in the joint. However, as osteoarthritis begins to develop, it can damage all the areas of the joint, including:

- Cartilage, the tissue that covers the ends where two bones meet to form a joint.
- Tendons and ligaments.
- Synovium, the lining of the joint.
- Bone.
- Meniscus in the knee.

As the damage of soft tissues in the joint progresses, pain, swelling and loss of joint motion develops. If you have joint pain, you may be less active and this can lead to muscle weakness, which may cause more stress on the joint. Over time, the joint may lose its normal shape. Also, small bone growths, called osteophytes or bone spurs, may grow on the edges of the joint. The shape of the bone may also change. Bits of bone or cartilage can also break off and float inside the joint space. This causes more damage. Researchers continue to study the cause of pain in people who have osteoarthritis.

### **Who gets Osteoarthritis?**

Anyone can get osteoarthritis; however, it is more common as people age. Women are more likely than men to have osteoarthritis, especially after age 50. For many women, it develops after menopause.

Younger people can also develop osteoarthritis, usually as the result of:

- Joint Injury
- Abnormal joint structure
- Genetic defect in joint cartilage

### **Symptoms of Osteoarthritis**

The symptoms of osteoarthritis often begin slowly and usually begin with one or a few joints. The common symptoms of osteoarthritis include:

- Pain when using the joint, which may improve with rest. For some people, in the later stages of the disease, the pain may be worse at night. Pain can be localised or widespread.
- Joint stiffness, usually lasting less than 30 minutes, in the morning or after resting for a period of time.
- Joint changes that can limit joint movement.
- Swelling in and around the joint, especially after a lot of activity or use of that area.
- Changes in the ability to move the joint.
- Feeling that the joint is loose or unstable.

Osteoarthritis symptoms can affect joints differently. For example:

- **Hands.** Bony enlargements and shape changes in the finger joints can happen over time.
- **Knees.** When walking or moving, you may hear a grinding or scraping noise. Over time, muscle and ligament weakness can cause the knee to buckle.
- **Hips.** You may feel stiffness in the hip joint or in the groin, inner thigh, or buttocks. Sometimes the pain from arthritis in the hip can radiate to the knees. Over time, you may not be able to move your hips as far as you once did.
- **Spine.** You may feel stiffness and pain in the neck or lower back. As changes in the spine happen, some people develop spinal stenosis, which can lead to other symptoms.
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As your symptoms worsen over time, activities that you could participate in become difficult to do, such as stepping up, getting on or off the toilet or in and out of a chair, gripping a pan, or walking.

Pain and other symptoms of osteoarthritis may lead you to feel tired, have problems sleeping and feel depressed.

### Cause of Osteoarthritis

Osteoarthritis happens when the cartilage and other tissues within the joint break down or have a change in the structure. This does not happen because of simple wear and tear on the joints. Instead, changes in the tissue can trigger the breakdown, which usually happens gradually over time.

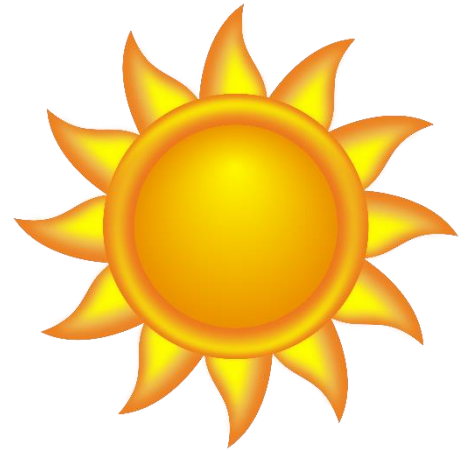
Certain factors may make it more likely for you to develop the disease, including:

- Aging
- Being overweight or obese
- History of injury or surgery to a joint
- Overuse from repetitive movements of the joint
- Joints that do not form correctly
- Family history of osteoarthritis



## Resident Activities

# Fun in the sun!



Our residents in wing 5 recently took advantage of some of the nice weather we have had recently and spent some time outdoors doing various activities.



# Resident Activities

## Sing a long time....

Recently, Barbara paid a visit to Woods Point and tinkled the ivories for the pleasure of residents and staff. There was a good attendance with many of the residents tapping their toes and/or fingers and singing along.

Thank you Barbara!



## Resident Activities

# Balloon Tennis anyone?

These physical activities are very popular with some of our residents. Not only does it help with motor skills, but it also allows them the opportunity to have a little fun whilst exercising. For some it brings out their competitive nature.



## Resident Activities

# HAPPY HOUR

Each Friday afternoon at 2:30pm we have Happy Hour which is always well attended by our residents. Some of them really do enjoy getting together for a chat over a beverage and some snacks.



## P-12 Student Luncheon



Residents at Woods Point were lucky enough to share their lunch hour with twenty year 10 students from P-12 on Monday 18<sup>th</sup> of March. The residents enjoyed the company and conversations whilst sharing a meal specially prepared by our catering staff. A great time was had by all – and the students shared they had made some lovely new friends.



## Harmony Day

With a lovely afternoon of golf and afternoon tea in the courtyard, residents celebrated the diversity of our facility on Harmony Day. It was a great afternoon in the Autumn sun.



## Easter Cards

Woods Point had a lovely surprise visit from the Year 6 kids at Sacred Heart Primary. The students came across to help the residents celebrate Easter, and kindly gave out beautiful handmade cards to all our residents.







## March Birthdays



As always, March's birthdays were celebrated mid-month with a special afternoon birthday cake for all the residents.



# ACTIVITY PROGRAM April 2024

MON	TUES	WED	THUR	FRI	SAT	SUN
1  <b>EASTER MONDAY</b>	2 9.30-Exercises. 10.00-Catholic Church 10.30-Mini Golf. 2.00-BINGO.	3 9.30-Exercises. 10.30-Carpet Bowls. 2.00-Anglican Church. 2.00-Hands & Nails.	4 9.30-Exercises. 10.30 Res/Rep Meeting. 11.30-Quick Quiz. 2.00-BINGO.	5 9.30-Exercises. 10.45-Word Challenge. 1.30-Kiosk. 2.30-HAPPY HOUR.	6  2.00-Carpet Bowls. 3.00-Quiz.	7  2.00-Trivia. 3.00-Afternoon Tea.
8 9.30-Exercises. 10.30-Rock Painting. 2.00-Footy Tipping. 3.00-Reading Group.	9 9.30-Exercises. 10.00-Catholic Church 10.30-Mini Golf. 2.00-BINGO.	10 9.30-Exercises. 10.30-Carpet Bowls. 2.00-Anglican Church. 2.00-Hands & Nails.	11 9.30-Exercises. 10.30-Bobs. 2.00-BINGO.	12 9.30-Exercises. 10.45-Word Challenge. 1.30-Kiosk. 2.30-HAPPY HOUR.	13  2.00-Hangman. 3.00-Quiz.	14  2.00-Who Am I? 3.00-Quiz.
15 9.30-Exercises. 10.30-Adult Coloring. 2.00-Footy Tipping. 2.00-COL WATSON	16 9.30-Exercises. 10.00-Catholic Church 10.30-Mini Golf. 2.00-BINGO.	17 9.30-Exercises. 10.30-Carpet Bowls. 2.00-Anglican Church. 2.00-Hands & Nails. 3.00-Monthly Birthday	18 9.30-Exercises. 10.30-Bobs. 11.00-Uniting Church. 2.00-BINGO.	19 9.30-Exercises. 10.45-Word Challenge. 1.30-Kiosk. 2.30-HAPPY HOUR.	20  2.00-Carpet Bowls. 3.00-Quiz.	21  2.00-Trivia. 3.00-Afternoon Tea.
22 9.30-Exercises. 10.30-Rock Painting. 2.00-Footy Tipping. 3.00-Reading Group.	23 9.30-Exercises. 10.00-Catholic Church 10.30-Mini Golf. 2.00-BINGO.	24 9.30-Exercises. 10.30- PIANO LADY 2.00-Anglican Church. 2.00-Hands & Nails.	25  <b>ANZAC DAY</b>  Public Holiday	26 9.30-Exercises. 10.45-Word Challenge. 1.30-Kiosk. 2.30-HAPPY HOUR.	27  2.00-Card Games. 3.00-Games.	28  2.00-Trivia. 3.00-Afternoon Tea.
29 9.30-Exercises. 10.30-Rock Painting. 2.00-Footy Tipping. 3.00-Reading Group.	30 9.30-Exercises. 10.00-Catholic Church 10.30-Mini Golf. 2.00-BINGO.					<b>PROGRAM SUBJECT TO CHANGE.</b>