

# Woods Point Newsletter

May 2024



## Resident & Representative Meeting Minutes

A Resident & Representative Meeting was held on the 11<sup>th</sup> of April 2024. A summary of those minutes follows:

Marita provided an update on the number of falls and near miss incidents for the month of March. Overall, across the facility, the number of incidents has decreased from the previous month. The primary cause of falls relates to a decline in strength and balance of residents. Staff continue to encourage residents to ask and wait for assistance, whilst ensuring dignity of risk and safety is balanced and considered.

**Mural:** Mural painting has been completed – very happy with the result. A celebratory morning tea will be held with gifts to be provided to those who were involved in the instigation and implementation of this fabulous initiative.

**Facility Upgrade:** High traffic areas of carpet were replaced with vinyl floor tiles to improve appearance and enable easier cleaning.

**Call bell wing 1 and 2** – Currently awaiting installation.

**Fire Alarm** – Mock evacuations to be undertaken during April.

**Meals** – Overall residents expressed satisfaction with current menu and choices. A few additional requests to be considered including spring rolls during happy hour, less chicken dishes etc. Clarified that raisin toast is always available but residents need to request it.

**Dignified Respectful Decisions – Palliative Care** – “Being prepared as a family decision-maker. Information and support for people caring for a loved one in residential aged care”. Booklet available for all to access.

**Soft drinks/Alcohol** – Woods Point provides for Happy Hour and special occasions. Residents who have their own preference for beverages outside this are asked to provide their own.

**Scooters** – Additional power-points have been installed outside Wing 2 for easy access. Residents asked not to bring scooters inside the facility as this marks the carpet. Indoor scooters only allowed inside.

**Activities** – Happy with current activity Program

**Newsletter** – Residents enjoying the newsletter content and information.

**Outdoor Furniture** – Additional furniture for outside Wing 1 and Wing 2 has been ordered.

**Television** – Additional unit has been purchased and will be installed in the Wing 2 lounge for residents to access, particularly for live streaming funerals. A sign will be placed on the door for privacy during this time.

**Website** – Website is being updated and new photographs taken. Should occur in the next couple of weeks.

**ANZAC Day Service** – Will be held in the Main Lounge on 23 April 2024 at 2:00 pm.

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.

## COVID 19

Yes it is still about and we are still taking precautions!

Visitors are reminded that Rapid Antigen Testing for Covid (RAT) is still required prior to entrance into the facility. Please do not be offended if our staff question you on this matter – they are doing their job to keep your loved ones safe.





*Management and staff wish  
all Mothers a very  
Happy Mother's Day.*



# HAPPY Birthdays

**May 2024**

<b>2<sup>nd</sup></b>	<b>Helen Mann</b>
<b>6<sup>th</sup></b>	<b>Elizabeth Blick</b>
<b>9<sup>th</sup></b>	<b>Margaret Preer</b>
<b>10<sup>th</sup></b>	<b>Billie Duncan</b>
<b>13<sup>th</sup></b>	<b>Marjorie Beattie</b>
<b>14<sup>th</sup></b>	<b>Alan Wevers</b>
<b>18<sup>th</sup></b>	<b>Beryl Kirby</b>
<b>20<sup>th</sup></b>	<b>Reginald Brown</b>
<b>22<sup>nd</sup></b>	<b>Shirley Cartwright</b>
<b>23<sup>rd</sup></b>	<b>Alma Lucas</b>





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

**RIP - April 2024**

**Shirley McGregor**

**Carmel Dowling**

**Phyllis Fahey**

**Camellia Blackley**

**Mavis Dillon**



# Dry and Itchy skin in older people – causes and management options.

As people age, skin becomes more fragile because of epidermal and dermal atrophy, decreased collagen content and reduced lipid and water content.

Reduced vascular supply and vessel damage, cellular turnover and immunity also contribute to slower healing and increase the risk of infection.

Extrinsic factors such as UV damage from cumulative sun exposure, environmental pollution, smoking and poor diet may accelerate the changes of ageing.


Central and peripheral neuronal changes, increase the risk of itching and neuropathic pain.

This therapeutic brief reinforces the importance of educating older adults to use emollients to maintain skin integrity, reduce itch and skin tears. An Australian study found that application of an appropriate emollient twice a day to the older person's arms and legs, reduced the incidence of skin tears by almost 50%. Outlined on the following pages are some treatment options.

## Key Points

- As people get older their skin is more likely to become dry and itchy.
- Chronic itch can cause significant distressed and skin trauma.
- Use an emollient daily to maintain skin integrity, reduce skin tear risk and reduce itch.
- Avoid soap products and prolonged bathing or showering in hot water to reduce dryness and itch.
- Some topical and oral medicines may ease itch but require cautious use in older people.

## Apply emollient morning and night:

- **The most important intervention is moisturising using emollients.** 
- Emollients are available in a range of different formulations, including creams, ointments and lotions. They act to moisturise the skin by either drawing water from the dermis to the epidermis or preventing water loss from the skin. They improve the barrier function of the skin.
- Use as soon as possible after showering or bathing to prevent moisture loss from the skin.
- Refrigeration may increase the cooling effect of emollient.
- Patients may need to try different products before finding one that suits them best.
- Do not use an emollient that contains sodium laureth sulfate (eg: some aqueous creams and emulsifying ointments ) as they may worsen the irritation.

## Maintain adequate hydration:



## Regular exercise improves blood flow (helping skin integrity and wound healing) and balance (reducing falls risk).



## Do not smoke:



## Eat a balanced diet try to have fruit and vegetables daily:



## Avoid soaps, shower gels and bubble baths:



- They may strip skin of natural oils. Use soap free products such as Alpha Keri<sup>®</sup>, Hamilton<sup>®</sup>, QV<sup>®</sup> which are less likely to cause skin irritation and are available on the RPBS (Repatriation Pharmaceutical Benefits Scheme).

## Reduce the time spent in the shower or bath:



- And avoid hot water which can cause lipid loss from the skin and skin irritation. Short tepid showers or baths are preferred.

## Aim to maintain a healthy weight range.



People who are either obese or underweight are at increased risk of skin problems. Obesity is more associated with pressure ulcers and impaired wound healing. Underweight increases the risk of skin tears.

## Apply Cold Packs:



These may help reduce the discomfort of itch.



### Minimise or avoid UV exposure:



- Wear sun-protective clothing (eg: broad-brimmed hat, long sleeves and trousers).
- Apply very high sun-protection factor (SPF) broad-spectrum sunscreen to exposed skin. SPF 50+ is available on the RPBS.

Keep fingernails short  
and smooth to avoid  
damaging skin and developing  
secondary infection.



Elevate legs and use compression  
garments as prescribed if  
there is a history of  
venous insufficiency.



## Repatriation Schedule of Pharmaceutical Benefits (RPBS)

The Department of Veteran's affairs provide pharmaceutical benefits for beneficiaries holding the following cards:

**GOLD CARD** - Repatriation Health Card for All Conditions.

This card is issued to those veterans of Australia's defence force, their widows/widowers and dependants entitled to treatment for all medical conditions.

**WHITE CARD** – Repatriation Health Card for Specific Conditions.

A white card is used to Australian veterans or mariners under the Veterans' Entitlements Act 1986 with:

- An accepted war or service-caused injury of disease;
- Malignant cancer (neoplasia) whether war-caused or not;
- Pulmonary tuberculosis whether war-caused or not;
- Post-traumatic stress disorder whether war-caused or not; or
- Anxiety and/or depression whether war-caused or not.

**ORANGE CARD** – Repatriation Pharmaceutical Benefits Card

An orange repatriation pharmaceutical benefits card is issued to Commonwealth and allied veterans and mariners who:

- Have qualifying service from World War 1 or 2 and
- Are aged 70 years or over and
- Have been a resident in Australia for 10 years or more.

For more information go to the [Department of Veterans' Affairs](#)

## Resident Activities

### Easter Egg Competition



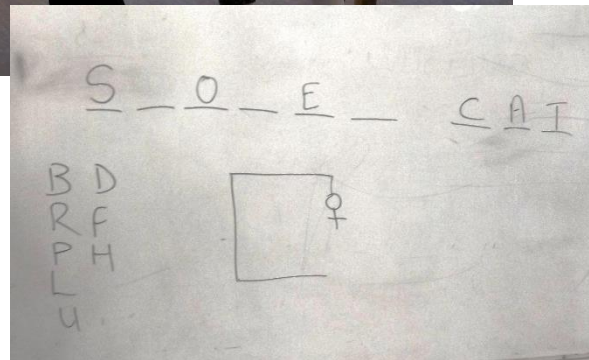
**Leading up to Easter we held a competition to guess the number of Easter Eggs contained in a Jar.**

**Ailsa Whinray was the winner of the competition. There were 134 eggs in the jar and Ailsa guessed the closest with 133. “Congratulations Ailsa”. Ailsa enjoyed sharing her good fortune with fellow residents, staff and family.**

# Resident Activities



Marg, Jan, Muriel and Elaine – playing Hangman. This one had them stumped for a while!



Alan watering the Wing 5 garden.



Brian busily working on another jigsaw puzzle.

# Ship's Ahoy!

The 16<sup>th</sup> of April saw a beautiful Autumn afternoon, and some of our residents took the opportunity to go out onto Lake Mulwala with Mal (our Catering Manager/Captain) on his BBQ Boat.

A wonderful afternoon was had with each of the participants having a go at driving the Barby Boat including Clarice who is 100 years old! Clarice actually said *"this was the best day of my life!"*

There was much excitement about this activity leading up to the event, and you should have seen the smiles on their faces. What a truly terrific experience for them – on behalf of the Residents **"thank you"** to Mal and our Activities staff for this opportunity.



"Captain" Clarice at the wheel



“Captain”: Laurie with Clarice, Julie and Gladys keeping a close eye on him – “Eyes on the water Laurie!!”



“Captain” Julie



Pam, Jeanette, Heather, Julie and Graham

## Things are not always what they seem.....



During the recent boat trip on Lake Mulwala, this picture was taken of Pam with what looks like a seagull sitting on her head.....

However, if you stand at a different angle, you can see the seagull is perched upon something within the boat and not Pam's head!



# April Birthday Celebrations



Another beautiful Birthday Cake baked and decorated by our Catering Team for our 6 Residents who celebrated their Birthday during April.

## Resident Activities





During April, we had an unusual visitor. A Tawny Frogmouth was watching over the activities in our Courtyard. Usually, these birds strategically perch themselves on low tree branches during daylight hours, cleverly assimilating with the tree itself. I'm not too sure this one camouflaged himself too well against the white posts, but here is an example of what they can do in the wild. Can you pick out four Birds in this picture?





# ACTIVITY PROGRAM May 2024

MON	TUES	WED	THUR	FRI	SAT	SUN
		<b>1</b> 9.30-Exercises. 10.30-Carpet Bowls. <b>2.00-Anglican Church.</b> <b>2.00-Hands &amp; Nails.</b>	<b>2</b> 9.30-Exercises. <b>10.30-Res/Rep Meeting.</b> 11.30-Quick Quiz. 2.00-BINGO.	<b>3</b> 9.30-Exercises. 10.45-Word Challenge. 1.30-Kiosk. 2.30-HAPPY HOUR.	<b>4</b> <b>2.00-Cards.</b> <b>3.00-Quiz.</b>	<b>5</b> <b>2.00-Trivia.</b> <b>3.00-Afternoon Tea.</b>
<b>6</b> 9.30-Exercises. 10.30-Bus Outing. 2.00-Quoits. 3.00- Footy Tipping.	<b>7</b> 9.30-Exercises. <b>10.00-Catholic Church.</b> 10.30-Mini Golf. 2.00-BINGO.	<b>8</b> 9.30-Exercises. 10.30-Carpet Bowls <b>2.00-Anglican Church.</b> <b>3.00-Monthly Birthday.</b>	<b>9</b> 9.30-Exercises. <b>10.30-HIGH Tea For Mothers Day</b> 2.00-Bingo	<b>10</b> 9.30-Exercises. 10.45-Word Challenge. 1.30-Kiosk. 2.30-HAPPY HOUR.	<b>11</b> <b>2.00-Baking.</b>	<b>12</b> <b>MOTHER'S DAY</b> <b>Afternoon Tea</b>
<b>13</b> 9.30-Exercises. 10.30-Bus Outing. 2.00-Quoits. 3.00- Footy Tipping.	<b>14</b> 9.30-Exercises. <b>10.00-Catholic Church.</b> 10.30-Mini Golf. 2.00-BINGO.	<b>15</b> 9.30-Exercises. 10.30-Carpet Bowls. <b>2.00-Anglican Church.</b> <b>2.00-Hands &amp; Nails.</b>	<b>16</b> 9.30-Exercises. 10.30-Parachute Game. <b>11.00-Uniting Church.</b> 2.00-BINGO.	<b>17</b> 9.30-Exercises. 10.45-Word Challenge. 1.30-Kiosk. 2.30-HAPPY HOUR.	<b>18</b> <b>2.00-Cards.</b> <b>3.00-Quiz.</b>	<b>19</b> <b>2.00-Trivia.</b> <b>3.00-Afternoon Tea.</b>
<b>20</b> 9.30-Exercises. 10.30-Bus Outing. 2.00-Quoits. 3.00- Footy Tipping.	<b>21</b> 9.30-Exercises. <b>10.00-Catholic Church.</b> 10.30-Mini Golf. <b>2.00-COL WATSON.</b>	<b>22</b> 9.30-Exercises. 10.30-Carpet Bowls. <b>2.00-Anglican Church.</b> <b>2.00-Hands &amp; Nails.</b>	<b>23</b> 9.30-Exercises. 10.30-Bob's. 11.30-Balloon Game. 2.00-BINGO.	<b>24</b> 9.30-Exercises. 10.45-Word Challenge. 1.30-Kiosk. 2.30-HAPPY HOUR.	<b>25</b> <b>2.00-Carpet Bowls.</b>	<b>26</b> <b>2.00-Men's Shed.</b>
<b>27</b> 9.30-Exercises. 10.30-Bus Outing. 2.00-Quoits. 3.00- Footy Tipping.	<b>29</b> 9.30-Exercises. <b>10.00-Catholic Church.</b> 10.30-Mini Golf. 2.00-BINGO.	<b>30</b> 9.30-Exercises. <b>10.30-PIANO LADY.</b> <b>2.00-Anglican Church.</b> <b>2.00-Hands &amp; Nails.</b>	<b>31</b> 9.30-Exercises. 10.30-Parachute Game. 11.30-Balloon Game. 2.00-BINGO.	9.30-Exercises. 10.45-Word Challenge. 1.30-Kiosk. 2.30-HAPPY HOUR.	<b>2.00-Cards.</b> <b>3.00-Quiz.</b>	<b>PROGRAM SUBJECT TO CHANGE.</b>