

Woods Point Newsletter



2024

Resident & Representative Meeting Minutes

A Resident & Representative Meeting was held on 4th of July 2024. A summary of those minutes follow:

Bus Repairs – both buses booked in for servicing. One bus is still awaiting sign off on safety check after recent repair.

Falls - Marita provided a summary of the number of falls and the investigations as a result. Overall falls were down compared to April; however, wing 3 residents had the highest number of falls in May. During that month we had an outbreak of COVID in that wing, so many of the falls were mainly due to their infection.

Food and Menu – Residents advised they were very satisfied with the current menu selections. Requested some hot desserts be included over the winter months.

Complaints Management – Marita outlined that we are committed to creating a positive, blame-free, resolution-focussed culture where concerns are encouraged and viewed as a learning opportunity. The residents were encouraged to raise any concerns they may have with relevant staff or at consumer meetings or focus groups. Throughout the year, surveys are conducted seeking feedback about aspects of the care and services provided and residents and representatives are encouraged to complete an Improvement Form to let us know what we are doing well or to raise any concerns. These forms are available in the main lounge.

All concerns are treated confidentially, promptly and fairly.

The Aged Care Quality and Safety Commission is also available for anyone to raise concerns.

Tollfree: 1800 951 822 – general complaints

Tollfree: 1800 844 044 for food, nutrition and dining related complaints.

Online: <https://agedcarequality.gov.au/making-complaint/lodge-complaint>

Resident and Representatives meeting is scheduled monthly.

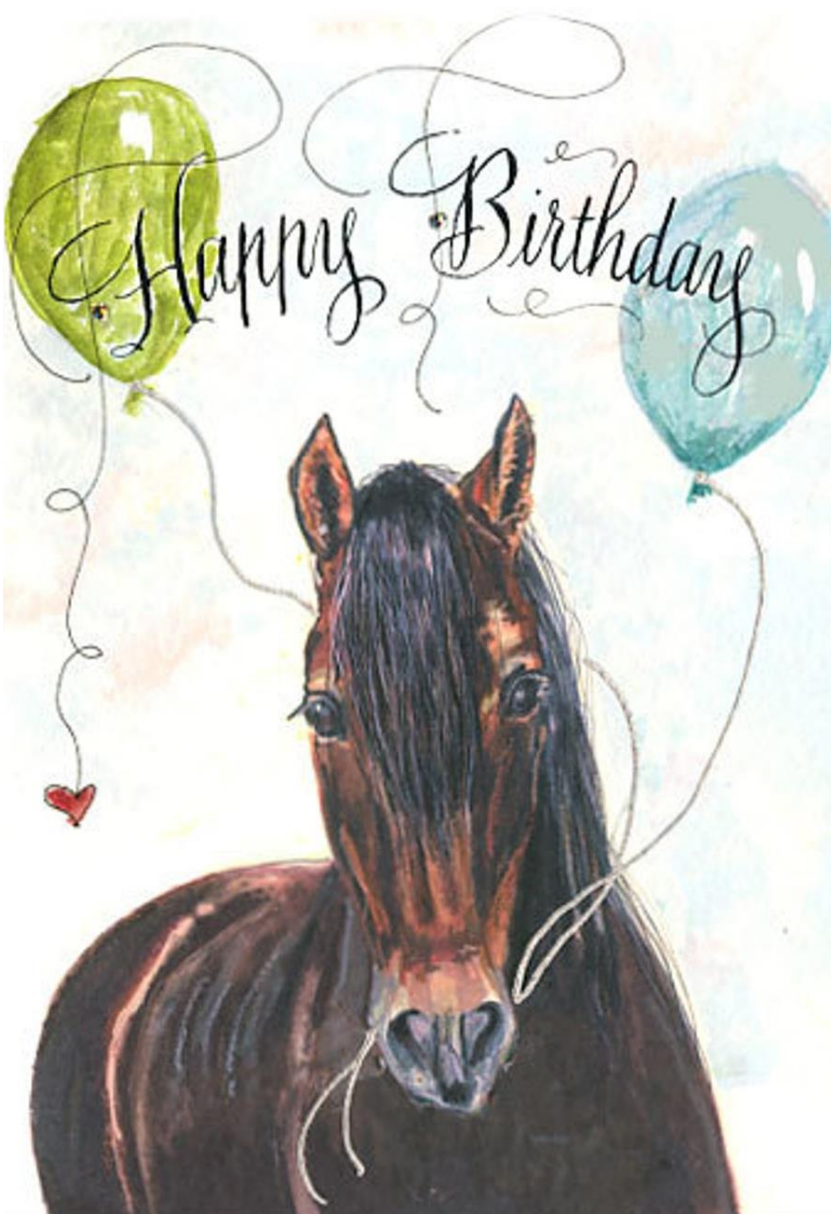
The meetings are held on the **first Thursday of the month at 10.30 in the main dining room**. All residents and representatives are invited to attend these meetings.

Cruise – Theme Day – Big thanks to all staff for such a fabulous day. The set up, food and activities was enjoyed by all.

Overall feedback - Residents advised they are very happy with:

- * current activity program
- * staff and care provision
- * cleaning of rooms
- * variety and quality of meals
- * support by staff to the residents.

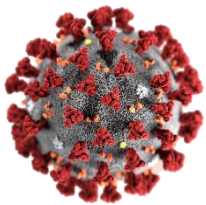
Residents reported they feel safe, respected and well cared for.



Did you know?

"Horses' Birthday" is celebrated by nearly all breeds on the first day of August. The reason for the selection of the first day of August in the southern hemisphere, as opposed to say the first day of January, May or November is that historically, the weather at the commencement of September is just beginning to warm up, prompting mares to commence their oestrus cycle, or 'come into season'.

A mare's oestrus cycle is stimulated by the presence of extended daylight, nature intending that foals be born eleven months later through spring and summer when feed is plentiful so that mares can produce good supplies of nutritious milk.



Covid-19 and Flu Outbreak information for families and carers of aged care residents

The Australian Government Department of Health and Aged care advised in a recent letter about the rise of COVID-19 and flu cases in aged care and the need for older people to get regular COVID-19 and flu vaccinations.

Vaccinations are the best way to protect people from serious illness and having to go into hospital.

They advise, whilst the emergency stage of the pandemic is behind us, there is a need to be careful and respond to increasing risks.

COVID-19 Vaccinations are free for everyone, and flu vaccines are free for people over 65 years of age.

It is recommended that a COVID-19 vaccination be undertaken every 12 months for people over 65 and every 6 months for those over 75 or who have weaker immune systems. There is no longer a need to wait 6 months after a COVID-19 illness to have a COVID-19 vaccination.

More information is available by contacting 1800 020 103 or online at www.health.gov.au/our-work/covid-19-vaccines/is-it-true

At **Woods Point**, through our local medical clinics, we arrange vaccinations for our residents and staff on a regular basis. Family members of residents are contacted to seek approval before administering any vaccinations.

Oral antiviral treatments for COVID-19

At **Woods Point** if any of our resident's contract COVID-19 they are treated with oral antiviral medication. This helps stop someone from becoming very sick and reduces the risk of having to go to hospital.

More information is available at:

<https://www.agedcarequality.gov.au/resource-library/oral-antiviral-treatments-covid-19-and-influenza-viruses-residential-aged-care-services>

Also at **Woods Point**, the staff wear masks during the high-risk months of winter to attempt to mitigate the risk of transfer of viruses. As well as this, to further mitigate the spread of virus, we are required to test all visitors and staff prior to coming into the facility.



August 2024

- 5th Janette Blight**
- 11th Marion Cameron – 102 yrs!**
- 13th James Brooks**
- 15th Beverley Francis**
- 17th Graeme Carter**



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

July 2024

**Philip Keenan
Kathleen Campbell
Margaret Reeves**



Let's go Cruising.....



On the 25th of June our staff in the kitchen and activities areas got together and held a theme day for our residents – **“Cruise Ship”**. Our Catering Manager, Mal crafted and brought the cardboard ship **SS Woods Point** in to complete the setting. It was a mighty fine-looking cruiser, complete with its three funnels. Fortunately, it didn't end up the same way as the Titanic on its maiden voyage!

The kitchen prepared a buffet lunch and the residents got dressed up. There were plenty of lei's to be seen along with several well-dressed naval officers!

Apart from the wonderful food prepared and enjoyed, our residents also played some “deck” games. From all accounts, the day went well with the residents enjoying the day.



Our “Cruisers” and the “Cruise Staff”



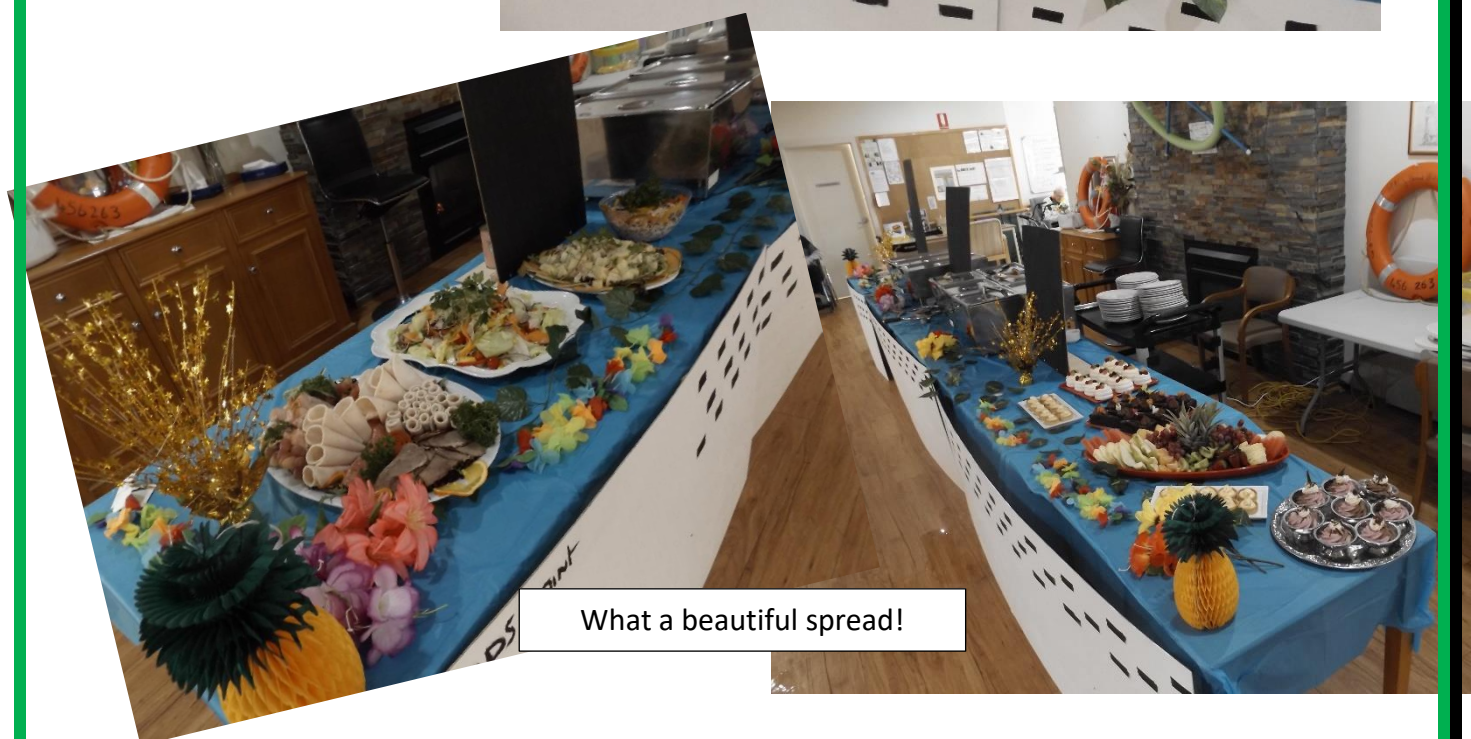
“Cruise Dining”



"SS Woods Point"



"SS Woods Point – Catering staff" Kasun, Malcolm and Dan

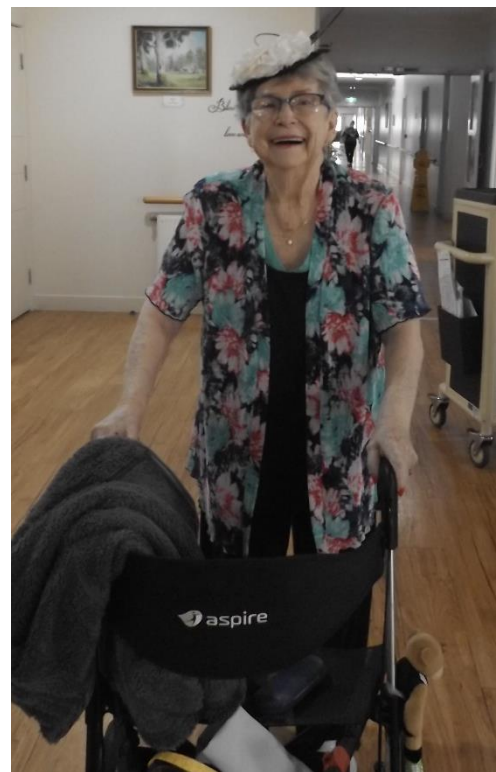


What a beautiful spread!

Resident Activities



Teresa enjoying one of the "cruising activities"



Jeanette is all dressed up for the Cruise Lunch



Janette having a "red hot go" at one of the activities



Dot and Ailsa watching over the activities.

Resident Activities



Recently a few of our residents took part in the Biggest Morning Tea held at Devenish Bakery.

Dot, Janette, Betty, Graeme, Gladys, Ailsa and Jan all had a lovely morning.



Resident Activities

Early July saw a group of ukelele playing ladies come along to Woods Point. The group aptly named the "Ukaladies" entertained our residents with songs from ABBA and Johnny Cash to name a few. There was much toe tapping and everyone said how wonderful they were and would like to see them back again.



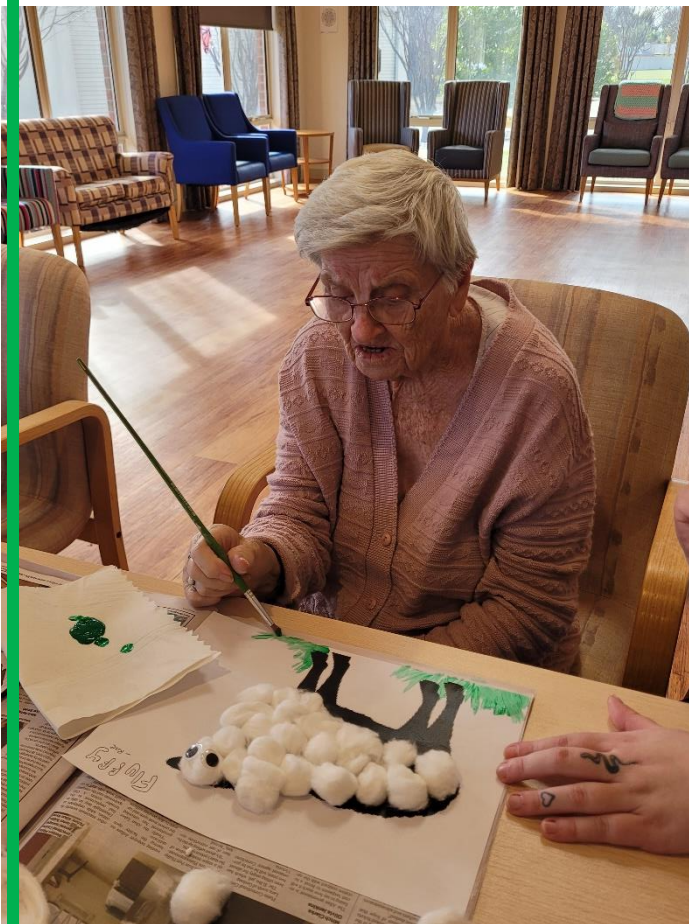
Resident Activities



Myra loves nothing more than finding a sunny or warm spot to sit and relax.

This day she was enjoying the heat from the gas fire, but often on sunny days she can be found sitting in a chair enjoying the sun. She sometimes has a little nap, but she won't admit to that!

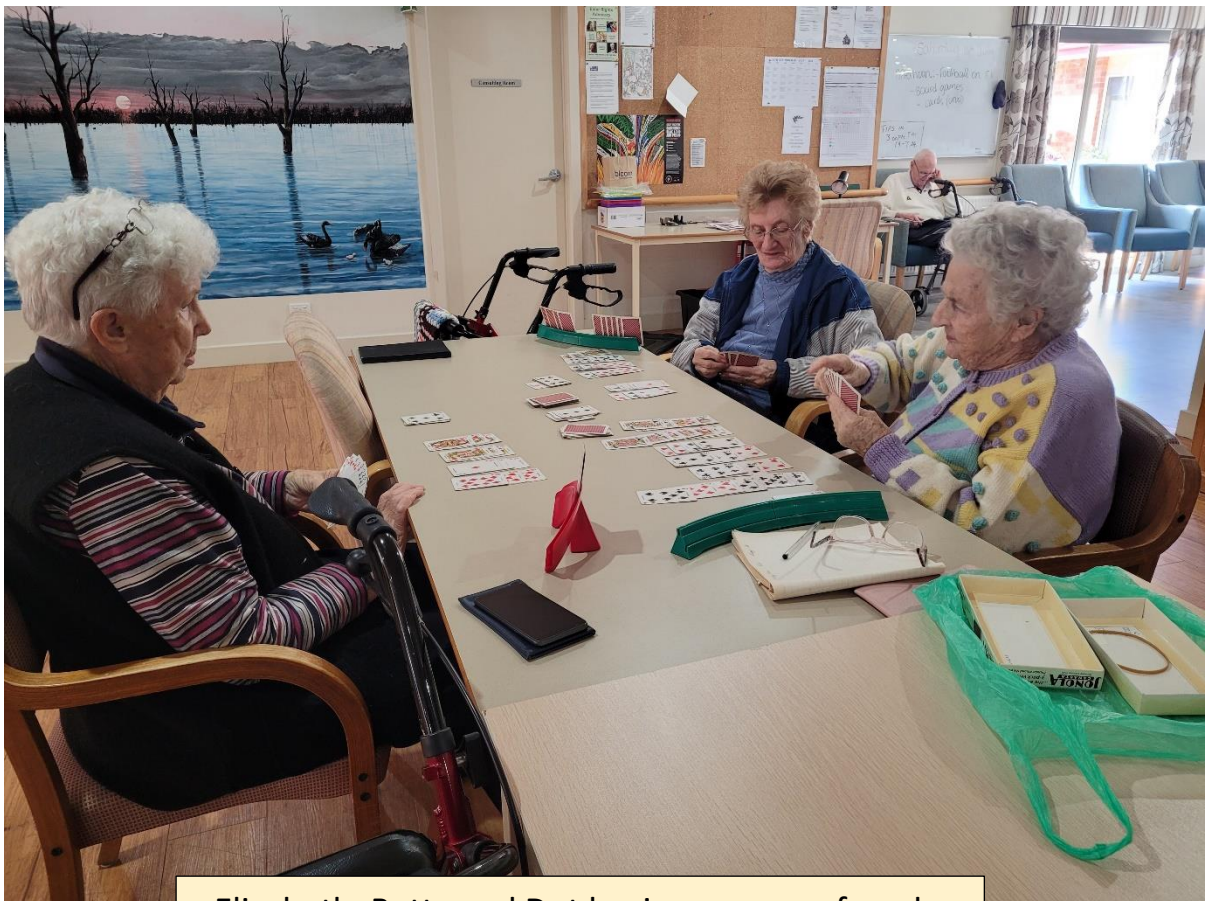
Our residents regularly take part in craft activities. Here is Rae who was crafting a picture – as you can see, she is absolutely chuffed with her picture of a sheep she has called “fluffy”



Resident Activities







Pat and Elaine also took part in the same activity, and they are also happy with their efforts.



Elizabeth, Betty and Dot having a game of cards.

ACTIVITY PROGRAM AUGUST 2024

MON	TUES	WED	THUR	FRI	SAT	SUN
			1 9.30-Exercises. 10.30-Res/Rep Meeting. 11.30-Quick Quiz. 2.00-BINGO.	2 9.30-Exercises. 10.45-Word Challenge. 1.30-Kiosk 2.30-Happy Hour.	3 2.00-Carpet Bowls. 3.00-Quiz.	4 2.00-Trivia. 3.00-Afternoon Tea.
5 9.30-Exercises. 10.30-Bus Outing. 2.00-Board Games. 3.00-Footy Tipping.	6 9.30-Exercises. 10.00-Catholic Church. 10.30-Mini Golf. 2.00-BINGO.	7 9.30-Exercises. 10.30-Carpet Bowls. 2.00-Anglican Church. 2.00-Hands & Nails.	8 9.30-Exercises. 10.30-Parachute Game. 11.30-Quick Quiz. 2.00-BINGO.	9 9.30-Exercises. 10.45-Word Challenge. 1.30-Kiosk 2.30-Happy Hour.	10 2.00-Carpet Bowls.	11 2.00-Men's Shed.
12 9.30-Exercises. 10.30-Bus Outing. 2.00-Board Games. 3.00-Footy Tipping.	13 9.30-Exercises. 10.00-Catholic Church. 10.30-Mini Golf. 2.00-BINGO.	14 9.30-Exercises. 10.30-Carpet Bowls. 2.00-Anglican Church. 2.00-Hands & Nails. 3.00-MONTHLY BIRTHDAY.	15 9.30-Exercises. 10.30-Bob's. 11.00-Uniting Church. 11.30-Quick Quiz. 2.00-BINGO.	16 9.30-Exercises. 10.45-Word Challenge. 1.30-Kiosk 2.30-Happy Hour.	17 2.00-Carpet Bowls. 3.00-Quiz.	18 2.00-Trivia. 3.00-Afternoon Tea.
19 9.30-Exercises. 10.30-Bus Outing. 2.00-COL WATSON.	20 9.30-Exercises. 10.00-Catholic Church. 10.30-Mini Golf. 2.00-BINGO.	21 9.30-Exercises. 10.30-Carpet Bowls. 2.00-Anglican Church. 2.00-Hands & Nails.	22 9.30-Exercises. 10.30-Parachute Game. 11.30-Quick Quiz. 2.00-BINGO.	23 9.30-Exercises. 10.45-Word Challenge. 1.30-Kiosk 2.30-Happy Hour.	24 2.00-Carpet Bowls.	25 2.00-Men's Shed.
26 9.30-Exercises. 10.30-Bus Outing. 2.00-Board Games. 3.00-Footy Tipping. 6	27 9.30-Exercises. 10.00-Catholic Church. 10.30-Mini Golf. 2.00-BINGO.	28 9.30-Exercises. 10.30-PIANO LADY. 2.00-Anglican Church. 2.00-Hands & Nails.	29 9.30-Exercises. 10.30-Bob's. 11.30-Quick Quiz. 2.00-BINGO.	30 9.30-Exercises. 10.45-Word Challenge. 1.30-Kiosk 2.30-Happy Hour.		31 PROGRAM SUBJECT TO CHANGE.