

**WHAT'S THE POINT
FEBRUARY 2020**



**HAPPY VALENTINE'S DAY
14TH FEBRUARY**

Residents & Representatives Meeting

The next resident rep meeting will be held
Thursday 6th February @10.30 in the main lounge.

Everyone is most welcome to attend.

This is a great forum to discuss any ideas suggestions or concerns.

Last meeting's Agenda

Heat Policy - This policy will mean that in the event of the temperature reaching 32°C the facility will restrict access of all exit doors to prevent any resident leaving the facility unaccompanied. Signage will be placed on all external doors to alert residents and visitors when the policy has been implemented and an announcement is made over the PA system.

Entry can be made by pressing either the doorbell (during office hours) or the buzzer. When using the buzzer please speak to the staff member who answers your call.

Exit will require a staff member to accompany you to the doors to open them for you.

We ask our visitors to be patient when visiting during these times and respect that the health and safety of our residents is paramount at all times.

Fires In Victoria/NSW

Let's take some time to think about the devastating fires in Victoria and NSW. Loss of lives and property is tragic.

Our thoughts are with them all.



Bowls



Carpet Bowls played every Tuesday at 10.30—Competition is fierce with many tips on how to improve the form on hand. Come along and join in and have a roll!



KIOSK NEWS

A fantastic effort from Jo last month raising \$3030 in sales from the pop up Kiosk Stall held every Friday from 1.45pm.

Items on offer from chocolate to cards for all occasions and fresh fruit from our local orchards.

Come along and have a look and see what might be tempting!



Woods Point Veggie patch & Garden



Woods Point veggie garden is attended by residents, with watering and planting of seedlings, so the kitchen can have fresh veggies for the residents meals.

Thank you to all those that participate in this activity.



Big month of Birthday celebrations for January

February Birthday List

John McColl

Jenny Stuttard

(90 Years Young)

Unis Boak

Colin Brines

Jean Mathieson



Residents will celebrate
their birthdays with
afternoon tea hosted on
12th February 2020



In Loving memory of:

James (Bill) Louden

Joan Webster

Helen Robertson

Doug Robinson

Woods Point Residents, Management and Staff extend sincere condolences to the families and friends.

May they rest in eternal peace.

Happy Hour Friday



What a way to spend a Friday afternoon!

At 3 O'clock every Friday the trolley is loaded, music is playing and happy hour is offered to all residents.

Come and join in the social occasion whilst sharing a wine, beer or soft drink as well as nibbles. It is a great catch up with other residents and representatives and a fitting end to a busy week.

Good sleep habits

Set your body clock

You can help to set your body clock by going to bed and getting up at the same time every day, regardless of how well you slept the previous night.

Sunlight helps to set your body clock, so try to get some sunshine every day.

Be active

Doing some physical activity during the day makes it easier to fall asleep and improves the quality of your sleep. However, don't exercise too late in the day as this can make it harder to get to sleep.

Avoid naps

Avoid having a nap during the day. If you do nap, restrict your nap to no more than 20 minutes, before 3 pm.

Avoid alcohol

Alcohol before bedtime may help you to doze off. However, it will also disturb your normal sleep rhythm, so you won't tend to sleep as well.



Have a bedtime routine

Get your body into 'going to sleep' mode by having a regular 'going to bed' routine in the hour or so before bedtime. Your routine might include things like having a light bedtime snack, reading a book, or listening to the radio.

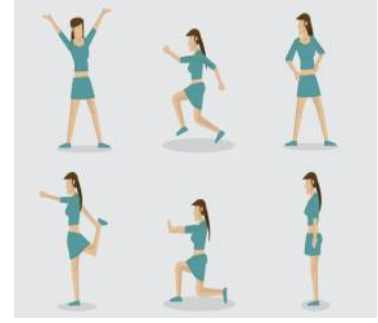
Seek help

If you're practicing good sleep habits and still not getting a good night's sleep, talk to your doctor. You may need another type of treatment, or you may have an underlying condition that's causing your sleep problem.

However as we age we do not need as much sleep as we once did!



EXERCISE TIME



Exercise is a vital part of life to keep our body's moving, each day in low care at 9.30am residents at their own pace will be guided by the physiotherapists to move and stretch muscles as well as maintain function. So come along and join in this very valuable start to the day.

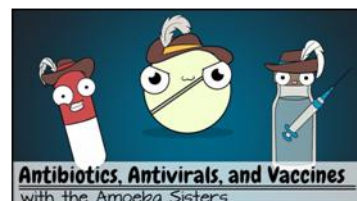


Antimicrobial Stewardship program

What it means for you:

1. A resident with a life-threatening condition due to a suspected bacterial infection receives prompt antibiotic treatment without waiting for the results of investigations.
2. A resident with a suspected bacterial infection has samples taken for microbiology testing as clinically indicated, preferably before starting antibiotic treatment.

3. A resident with a suspected infection, and/or their carer, receives information on their health condition and treatment options in a format and language that they can understand.
4. When a resident is prescribed antibiotics, whether empirical or directed, this is done in accordance with the current version of the *Therapeutic Guidelines*. This is also guided by the resident's clinical condition and/or the results of microbiology testing.
5. When a resident is prescribed antibiotics, information about when, how and for how long to take them, as well as potential side effects and a review plan, is discussed with the resident and/or their carer.
6. When a resident is prescribed antibiotics, the reason, drug name, dose, route of administration, intended duration and review plan is documented in the resident's health record.
7. A resident who is treated with broad-spectrum antibiotics has the treatment reviewed and, if indicated, switched to treatment with a narrow-spectrum antibiotic. This is guided by the resident's clinical condition and the results of microbiology tests.
8. If investigations are conducted for a suspected bacterial infection, the responsible clinician reviews these results in a timely manner (within 24 hours of results being available) and antibiotic therapy is adjusted taking into account the resident's clinical condition and investigation results.
9. If a patient having surgery requires prophylactic antibiotics, the prescription is made in accordance with the current *Therapeutic Guidelines*¹ and takes into consideration the residents clinical condition.





2020
RESIDENTS' FOOT-
BALL TIPPING COM-
PETITION



The 2020 AFL Season starts on THURSDAY 19th March 2020

There are 9 Games per Round and there are 23 Rounds in the Season
Entry Fee is \$20-00 per resident (that's the same as last year). **Entry Fee is to be paid to ACTIVITIES STAFF on or before FRIDAY 13TH MARCH 2020).**

Each Tipster will be given a Fixture showing all games for the 2020 Season.
Each week's Tips or Selections are to be marked on your Fixture by crossing out the names of the teams you think will LOSE for that Round.

For example, if you wanted to pick Carlton to win the first game in Round 1 you would mark your Fixture like this:

Richmond vs Carlton

Tips for each Round are to be given to Activities Staff or put in the Footy Tipping Box near the TV in the Main Lounge **BY 3:00PM ON THE DAY OF THE 1ST GAME OF EACH ROUND.** This means

Tips for Round 1 are to be "in" by 3:00PM on THURSDAY 19TH March 2020.
If your Tips are not in by the 3:00PM deadline, you will be given the **AWAY** teams (i.e. the SECOND listed teams) for that Round.

Weekly Prize

There will be a Weekly Prize of \$4.00

The Weekly Prize will be paid to anyone who picks 9 winners for the round, or it will be split if 2 tipsters pick 9 winners.

If more than 2 tipsters pick 9 winners in a Round the Weekly Prize will Jackpot to the next Round.

If nobody picks 9 winners, the Weekly Prize will Jackpot.

End of Season Prize

First Prize: 50% of the Net Prize Pool (after deducting any Weekly Jackpot payouts)

– paid to the Tipster (or equally split between all Tipsters) with the highest number of Correct Tips for the Season.

Second Prize: 30% of the Net Prize Pool (after deducting any Weekly Jackpot payouts) – paid to the Tipster (or equally split between all Tipsters) with the 2nd highest number of Correct Tips for the Season.

Third Prize: 20% of the Net Prize Pool (after deducting any Weekly Jackpot payouts) – paid to the Tipster (or equally split between all Tipsters) with the 3rd highest number of Correct Tips for the Season.

GOOD LUCK



DOUBLE CELEBRATION FOR THE HOLDER FAMILY



A double celebration for the Holder family. Celebrating their 61st wedding anniversary and Nancy's birthday on the 24th January as well as a surprise visit from their daughter !



Happy Birthday
Nancy and
Happy Wedding
anniversary to
Nancy and Eric.

MON	TUES	WED	THUR	FRI	SAT	SUN
			Program subject to change		MOVIE & ICE CREAM	NO ACTIVITY STAFF
9.30-Exercise. 10.30-Frank/Jenni. 11.30- Word Challenge 12.30-SMOKO SHED LUNCH 2.30-Trivia 3.30-Quiz.	9.30-Exercise 10.00-Catholic Church. 10.30-Carpet Bowls. 2.00 BINGO	9.30-Exercise. 10.30-CRAFT 1.45-Tables Games. 2.00-Anglican Church. 3.30-Quiz.	9.30-Exercise. 10.30-R/Rep Meeting. 11.30-Word Game. 1.45-BINGO	9.30-Exercise. 10.00-Men's Shed. 11.15-Word Challenge 1.45-Kiosk/Quiz. 2.30-Story Reading 3.00-HAPPY HOUR	MOVIE & ICE CREAM	NO ACTIVITY STAFF
9.30-Exercise. 10.30-Frank/Jenni 11.30-Bobs 1.30-Bean Bag Throw. 2.30-Trivia. 3.30-The Bridge.	9.30-Exercise. 10.00-Catholic Church 10.30-Carpet Bowls. 2.00-BINGO	9.30-Exercise. 10.30-CRAFT 1.45-Floors Games 2.00-Anglican Church 3.00 Monthly Birthday.	9.30-Exercise. 10.30-Word Jumble. 2.00-Young One Sing Along 3.30-Discussion Group	ST VALENTINES 9.30-Exercise. 10.00-Men's Shed. 11.15-Word Challenge. 1.45-Kiosk/Quiz. 2.30-Story Reading 3.00-HAPPY HOUR.	MOVIE & ICE CREAM	NO ACTIVITY STAFF
9.30-Exercise. 10.30-Frank/Jenni. 11.30-Fun with Words 1.30-Cards. 3.30-Interesting Facts.	9.30-Exercise. 10.00-Catholic Church 10.30-Carpet Bowls. 2.00-BINGO	9.30-Exercise. 10.30-CRAFT. 1.30-Word Game. 2.00-Anglican Church 2.30-Trivia. 3.30-The Bridge	9.30-Exercise. 10.30-Bobs. 11.00-Uniting Church. 1.45-BINGO.	9.30-Exercise. 10.00-Men' Shed. 11.15-Word Challenge 1.45-Kiosk/Quiz. 2.30-Story Reading 3.00-HAPPY HOUR	MOVIE & ICE CREAM	NO ACTIVITY STAFF
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