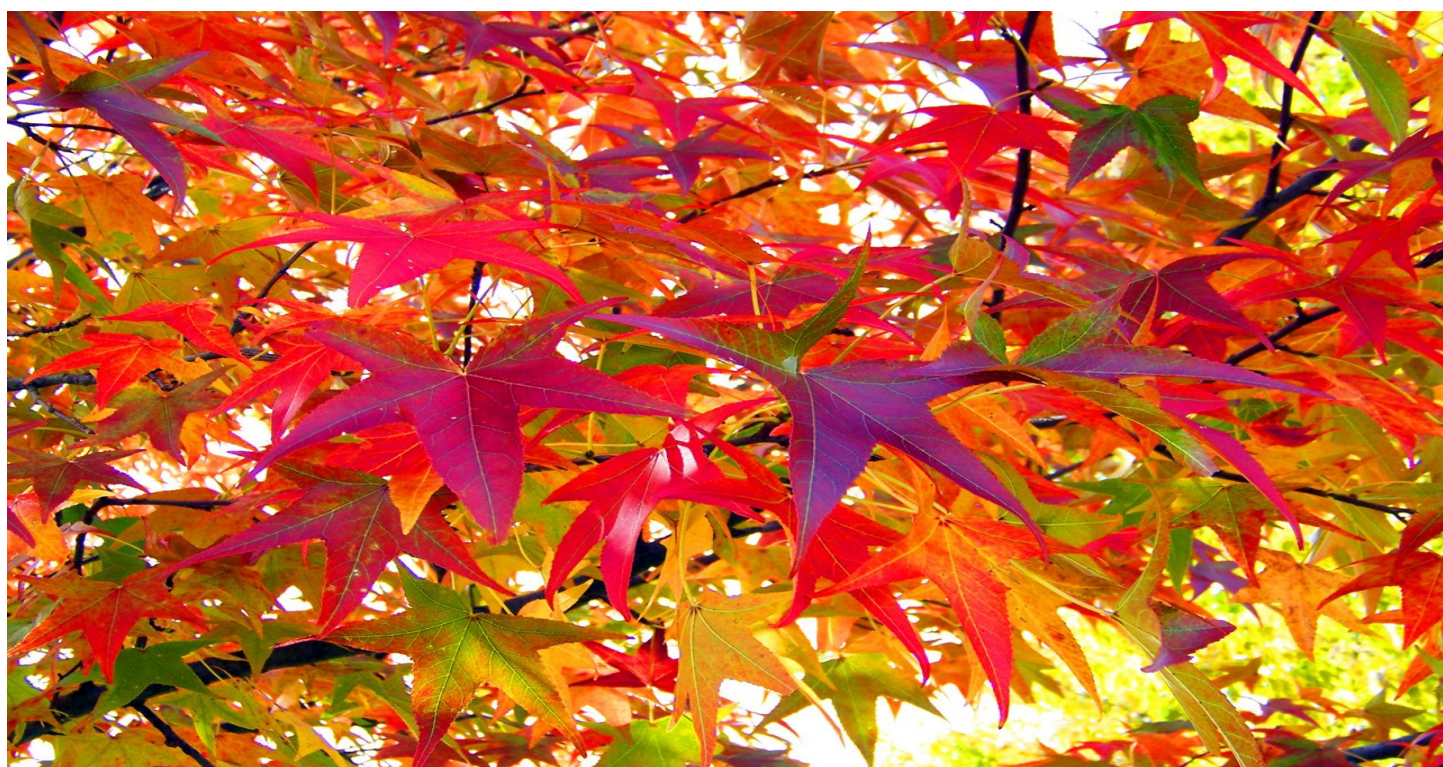


# WOODS POINT NEWSLETTER

MARCH 2021



THE COLOURS OF AUTUMN  
ARE HERE !



## Resident & Representative Meeting Minutes February 2021

***Menu/ Food: All present reported they are enjoying the meals and variety and know if they do not like the main option, can ask for available alternatives.***

***COVID update: Visiting system remains the same. Bookings are essential to ensure compliance with social distancing and screening of all visitors.***

***Weekends are restricted to essential only and must be prearranged during business hours.***

***Residents can go out on weekends with families/representatives***

***Covid vaccination : When we receive further advice with regards to this we will forward this information to all residents.***

***Time away from facility: You are welcome to stay overnight with families/friends and just let us know so we can ensure you have your medications with you.***



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 & representatives are invited to attend these meetings.

Thank you  
for visiting!

**Visiting update -**

**there are no limits on the purpose of visits, the number of visitors, or the length of the visit to care facilities. No visitors to communal areas.**

**To resident's rooms only and only visit your relative Declaration is still required upon entry. This will be set up at the front where you can fill out yourself without needing staff.**

**Exclud-**

**ed from visiting including people who have COVID symptoms, close contacts and people who are required to isolate.**

**Do not visit if you are unwell with anything!**

**All visitors MUST still wear face masks. Visitors please: Enter, sign in and fill out declaration, do your own temperature, go straight to room and then leave again.**

**You are not allowed to wander throughout facility.**

**Thank you for your cooperation.**

**We must continue to work together to keep our resident safe from illness and infections' - there are no limits on the purpose of visits, the number of visitors, or the length of the visit to care facilities. No visitors to communal areas. To resident's rooms only and only visit your relative Declaration is still to be completed**

# Monthly Reminders

## WOODS POINT HAPPY HOUR!

FRIDAY FROM 3PM



We host 'Happy Hour' in the main lounge every Friday at 3pm. We invite all to come and socialise, enjoy your beverage of choice and some music.

### **Swinburne University wellbeing for Older adults:**

National Telehealth Counselling and support service available for aged care residents and their families.

Free of charge:

Refer yourself or others today

[swin.edu.au/telehealthcounselling](http://swin.edu.au/telehealthcounselling).

Please ask if you would like staff to contact them



## Hair Salon Appointments

Mondays, Wednesdays & Thursdays appointments can be made directly with Kylie or by leaving your name with reception



# INFORMATION FROM AGED CARE QUALITY & SAFETY COMMISSION (ACQ&SC)

## HOW TO KEEP IN TOUCH WITH LOVED ONES DURING COVID-19

It's important to stay in touch with the people you love, even if COVID-19 restrictions mean they can't visit you as easily or as often.

Aged care providers and consumer advocacy organisations have developed a set of strategies called the 'Industry Code for Visiting Residential Aged Care Homes during COVID-19'.

This balances your need to stay safe from COVID-19 with your need to stay in touch with family and friends. Here are some ways you can stay in touch.



### PHONE CALLS AND VIDEO CHAT

- Phone your loved ones to catch up
- Video call your friends or family so you can see them while you talk
- Talk to several people in the same call if you like.



### WRITE A LETTER OR EMAIL

- Write to someone you miss
- Send your message instantly by email
- Attach photos or documents you'd like to share.



### SEE THEM IN PERSON

- See your family outside while staying 1.5m apart
- Ask your carers to take you to a window where it is safe for your family to gather outside.



### SOCIAL MEDIA OR GROUP CHAT

- Connect with family and friends all over the world using Facebook or Instagram
- Use social media to reconnect with people you haven't seen in a long time
- Use a group chat to send one message or photo to a group of people.

We all need relationships. No matter where you live, it is important to see your family and friends as often as you want to.

Ask for help to stay in touch – your family and carers can help organise visits, access to devices or access to the Community Visitors Scheme.

At the end of the day, it doesn't really matter how you stay in touch, just that you do.

Re "SEE THEM IN PERSON" section: If a positive case of COVID-19 was identified at the facility we will be locked down, but you could still see your loved ones through the window.

Otherwise: Woods Point Aged Care COVID SAFE plan for visitors includes;

- ◇ - Must make an appointment via Reception which is to ensure that numbers do not become unsafe.
- ◇ - Must stay only in the designated visiting area, and no more than 2 people at a time. Must not walk around the facility unless entering or exiting.
- ◇ - Must wear a mask and practice social distancing.
- ◇ - Must complete the Statutory Declaration and be temperature checked at Reception before every visit, which ensures visitors have practiced COVID Safety, which is to protect all Residents.

## HOW TO STAY SAFE FROM COVID-19

COVID-19 is a new infection that's more serious in some older people. You've probably seen a lot about it on the news and noticed things changing around you because of it. No matter where you live, you want to see your family and friends as often as you can. You might be worried about COVID-19 but there are ways you can connect with your loved ones while protecting yourself and others from the virus.



### GOOD HYGIENE STOPS GERMS ENTERING YOUR BODY

- Wash your hands often and thoroughly with soap and water or alcohol gel.
- Use your elbow or a tissue to cover your cough or sneeze.
- Disinfect things you touch often like handles, rails, keys, remote controls and your phone.
- Stop touching your face to prevent germs on your hands getting into your body.



### PHYSICAL DISTANCING STOPS THE VIRUS TRAVELLING TO YOU

- Keep at least 1.5m away from other people
- See fewer people, less often and for a shorter time. Reducing the frequency of visits and the number of visitors helps reduce the risk of getting COVID-19.
- When you do have visitors, you shouldn't hug, kiss or shake hands with them, no matter how much you want to. You need to stay 1.5m away, even though it's very hard.



### THE FLU SHOT HELPS YOU STAY HEALTHY

It doesn't stop you getting COVID-19 but it helps you avoid the flu, which is also a serious illness. Staying as healthy as you can puts you in a better position with COVID-19.



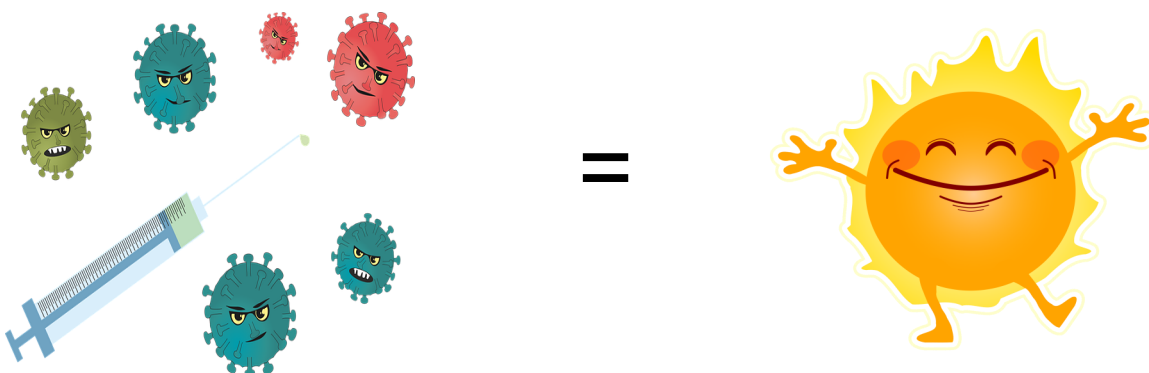
### REPORTING ANY SYMPTOMS IMMEDIATELY PROTECTS OTHERS

Tell your doctor or carer if you have a fever, cough, sore throat, difficulty breathing or any other symptoms. A test will be conducted and you will need to isolate to help stop the virus spreading to other people.

Some of these changes are hard. You may miss people you love or you may feel worried about the virus. This isn't how we'd choose to live, but it's how we will have to live for a time to stay safe. Let's support each other as we adjust to a new way of life.

**Making some changes now can help you stay safe and healthy** so that, together, we can slow the spread of COVID-19.

WOODS POINT AGED CARE will keep you informed of vaccination plans when the information is available. Plans are that Aged Care Residents and Staff will have early access to vaccinations.





## Surprise visit from Muriel's twin sister



Remembering the good old days,  
Denis showing us how things worked  
back then.

Doreen enjoyed the demonstration







Jenny enjoys her birthday with lovely flowers and chocolates from her family

Margaret celebrating her 90th Birthday with balloons



**Game of Connect 4 with Jean**



**Mavis loving her new hair style**





## March Birthdays

Patricia Crothers	1st	Phyllis Landers	20th
Peter Hann	3rd	Coral Robinson	20th
Don O'Rafferty	3rd	Terry Megarrity	21st
Kaye Haebich	6th	Bill Curtis	26th
Jean Morgan	6th	Heinz Baytala	29th
William Fitton	7th		
Colin Brettner	8th		
Pam Gibbons	13th		
Norman Looby	13th		
Ernest Ives	13th		



Management and staff would like to  
express their sympathies to the  
Representatives on the passing of :



*Joe Tierney*

*Colin Brines*

# COLOUR IN COMPETI-

We have been challenged to a Colour in Competition by Bentley Wood at Myrtleford, below are our busy little bees having fun in all of their creativity, stay tuned for the winner.





# BINGO

Having lots of laughs but still a serious game, who will be the first to yell BINGO.

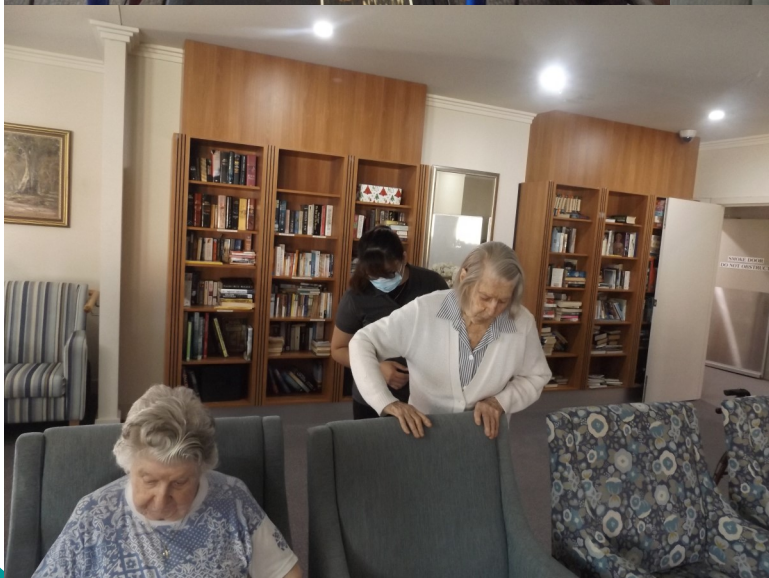








Busy morning with exercises involving hand co-ordination skills and side stepping for hip movement





# Happy 103rd Birthday to Jean









## 2021 RESIDENTS' FOOTBALL TIPPING COMPETITION



- **THE 2021 AFL SEASON STARTS ON THURSDAY 18<sup>TH</sup> MARCH 2021**
- 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 OR TO THE GIRLS AT RECEPTION ON OR BEFORE FRIDAY 12<sup>TH</sup> MARCH 2021).**
- Each Tipster will be given a Fixture showing all games for the 2021 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 Richmond 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 in the Main Lounge **BY 3:00PM ON THE DAY OF THE 1<sup>ST</sup> GAME OF EACH ROUND.** This means, **Tips for Round 1 are to be "in" by 3:00PM on THURSDAY 18/03/2021.**
- 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 or more tipsters pick 9 winners.
- If nobody picks 9 winners, the Weekly Prize will Jackpot.

### End of Season Prizes

- 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 2<sup>nd</sup> 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 3<sup>rd</sup> highest number of Correct Tips for the Season

**PLEASE NOTE: If the 2021 AFL Season is adversely effected by COVID-19 restrictions causing the AFL to amend its fixture during the season the Residents' Footy Tipping Competition may have to be discontinued. Should that happen entry fees will be refunded.**



## **This month, I thought I would provide you with information regarding the Covid Vaccine roll out plan:**

Covid 19 is a very contagious virus that can cause serious respiratory infection, particularly in older people. Immunisation is a safe and effective way to help protect residents and staff.

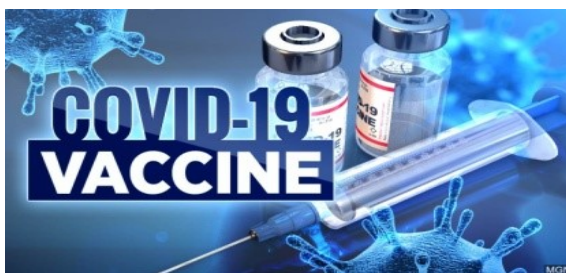
People who have a COVID 19 vaccination have a much lower chance of getting sick from the disease called Covid 19.

Residential aged care workers and residents will be among the first people who can choose to receive the vaccine in the first roll-out phase.

Bentley Wood has not been provided with a date for the vaccinations to occur, however in preparation we require signed consent to be completed by residents/representatives to be completed within the next 2 weeks. Decisions by substitute decision makers should take into account the individuals wishes and preference around vaccination. Residents should be engaged in the decision to have the vaccine.

Contact will have been made with you and if you have not completed consent,

facility to ensure Covid 19 vaccine however the Protection Prin-



please contact the this is done.

cine is voluntary; Australian Health  
Municipal Committee

(AHPPC) strongly encourages Covid 19 vaccination.

All vaccines are thoroughly tested for safety before they are approved for use in Australia.

You can talk to your GP or a health care professional about the Covid 19 vaccine and why vaccination is an important part of keeping the community safe and healthy.

Administration of the vaccine to our facilities will be done through an in-reach Commonwealth vaccination workforce. Workers and residents in residential aged care facilities will receive their vaccination on site.

Most side effects are mild and do not last for long. If any resident has side effects, these will be managed by the staff at the facility as required.

If you are a resident in a residential aged care facility, your decision to have or not have the Covid 19 vaccination will not affect your care or your rights.

***Can I have both the Covid 19 vaccine and the annual influenza vaccine?***

The AHPPC agrees that all steps should be taken to maximise influenza vaccine coverage amongst the aged care workforce, residents and their carers.

Routine scheduling and administering an influenza vaccine with a Covid 19 vaccine on the same day is not currently recommended.

The preferred minimum interval between administration of the Covid 19 vaccine and any influenza vaccine is 14 days. This is the currently precautionary advice.

If you require any further information you can access this on the Department of Health's website.

There is a document on Department of Health website titled 'Frequently asked questions - Covid 19 vaccination' that may assist with any questions you have.

[health.gov.au/covid19-vaccines](https://www.health.gov.au/covid19-vaccines)

*For visitors at Woods Point:*

*The booking system will continue for all visits at Woods Point and we encourage social connections with families. Skype, face time and zoom continues to be offered.*

*Weekend visits remain restricted unless prior approval authorised.*

*Social leave continues providing this is prearranged. This needs to be booked during business hours so after hours staff can be informed.*

*This system will be in place for months to come and we will continue to remain vigilant by minimising the risk to residents and staff.*

*Screening will continue and be reminded that masks need to be worn at all times by visitors to Woods Point and social distancing strictly adhered.*

*Just a reminder there are no reception staff after hours so please restrict your phone calls to essential only.*

*If you need to be contacted in the event your resident condition has changed - the Registered Nurse will call you. This will ensure staff are available to provide care that is needed by the resident after hours. We thank you for your cooperation and if you have any concerns please contact Woods Point.*

Marita Seamer - Director of Nursing

# GOULBURN & OVENS March 2021

MON	TUES	WED	THUR	FRI	SAT	SUN
<b>1</b> 9.30-Exercise 10.30-Bobs 1.30-Garden Walks 2.00-Putting 3.00-Sensory/Nails	2 9.30-Exercise 10.30-Carpet Bowl 1.30-Garden Walks 2.00-BINGO	3 9.30-Exercise <b>10.30-Craft</b> 1.30-Board Game <b>2.00-Anglican Church</b> 3.15-Hangman	4 9.30-Exercise <a href="#">10.30-Res/Rep Meeting</a> 11.30-Hangman <b>2.00-BINGO</b>	5 9.30-Exercise 10.10-Men's Retreat 11.15-Word Challenge 1.30-Kiosk/Quiz <b>3.00-HAPPY HOUR</b>	<b>6</b> <b>Saturday Afternoon Movie</b>	<b>7</b> NO <b>ACTIVITY STAFF</b>
<b>8 LabourDay</b> <b>2.00-Reading Words</b>	<b>9</b> 9.30-Exercise 10.30-Carpet Bowls 1.30-Garden Walks 2.00-BINGO	<b>10</b> 9.30-Exercise <b>10.30-Craft</b> 1.30-Garden Walks <b>2.00-Anglican Church</b> <b>3.00-Monthly Birthday</b>	<b>11</b> 9.30-Exercise 10.30-Cards Board Game 2.00-BINGO	<b>12</b> 9.30-Exercise <b>10.10-Men's Retreat</b> <b>11.15-Word Challenge</b> 1.30-Kiosk/Quiz <b>3.00-HAPPY HOUR</b>	<b>13</b> <b>Saturday Afternoon Movie</b>	<b>14</b> NO <b>ACTIVITY STAFF</b>
<b>15</b> 9.30-Exercise 10.30-Bobs <b>2.00-Col Watson</b> 3.30- 1.1-Chats	<b>16</b> 9.30-Exercise 10.30-Carpet Bowls 1.30-Garden Walks 2.00-BINGO	<b>17 ST PATS DAY</b> 9.30-Exercise 10.30-CRAFT- <b>1.30-Who was St Pats</b> <b>2.00-Anglican Church</b> <b>3.15-Questions/Answer Reading</b>	<b>18</b> 9.30-Exercise 10.30-Bobs 2.00-BINGO	<b>19</b> 9.30-Exercise 10.10-Men's Retreat 11.15-Word Challenge 1.30-Kiosk/Quiz <b>3.00-HAPPY HOUR</b>	<b>20</b> <b>Saturday Afternoon Movie</b>	<b>21</b> NO <b>ACTIVITY STAFF</b>
<b>22</b> 9.30-Exercise <b>10.30-Board Games</b> 1.30-Garden Walks 2.30-Reading in the Courtyard	<b>23</b> 9.30-Exercise 10.30-Carpet Bowls 1.30-Garden Walks 2.00-BINGO	<b>24</b> 9.30-Exercise <b>10.30-Craft Stall</b> 1.30-Hands/Nails <b>2.00-Anglican Church</b> 3.15-Word Challenge	<b>25</b> 9.30-Exercise 10.30-Board Games <b>2.00-BINGO</b>	<b>26</b> 9.30-Exercise 10.10-Men's Retreat 11.15-Word Challenge 1.30-Kiosk <b>3.00-Happy Hour</b>	<b>27 Saturday Afternoon Movie</b>	<b>28</b> NO <b>ACTIVITY STAFF</b>
29 9.30-Exercise 10.30-Bean Bag/Quoits 1.30-Brownie Making 3.15-Hands/Nails	30 9.30-Exercise 10.30-Carpet Bowls 1.30-Garden Walks 2.00-BINGO	31 9.30-Exercise 10.30-CRAFT 2.00-Ian Porter Sing-along <b>2.00-Anglican Church</b>			<b>Saturday Afternoon Movie</b>	<b>PROGRAM SUBJECT TO CHANGE.</b>