

Bentley Wood Newsletter

Woods Point - Yarrawonga

November 2024



Resident & Representative Meeting Minutes

A Resident & Representative Meeting was held on the 3rd of October 2024. A summary of those minutes follows:

Resident Falls - A report outlining the number of resident falls, causes and actions taken was provided. Overall, the number of residents with multiple falls decreased and single falls increased. The contributors to these falls were progression of disease, advancement of dementia, failure to ask and wait for assistance, overreaching, tripping and not using mobility aids.

Strategies and measures taken to reduce preventable causes include staff education, encouragement by staff to residents to ask for assistance. Residents see Doctors and Physiotherapists post falls.

No obvious work practice issues were identified.

Call Bells – Upon initiation of a call bell, it is expected that staff respond within 10 minutes. If this does not happen, residents are encouraged to report to management to investigate why. A reminder will go to staff regarding this expectation.

Overnight checks – the Policy for checking residents overnight was explained. Staff to be reminded not to shine torch in eyes and only speak if resident is awake. If any resident does not wish to be checked, they are to advise management. A dignity of risk form in this instance is required and the risk of not being checked was explained to residents. Overall residents at the meeting appreciated being checked and requested for it to continue.

Thank you to staff - Emma Orme for her work with activities and Olivia Ford with assisting with resident scooters.

Accreditation Visit – A recent accreditation visit from the Department of Health and Aged Care occurred in October, to review food and nutrition policies and practices. Only issue was a triangle piece of cake served in the main dining room and Wings 3 and 5 were served a square piece of the same cake. Also, cream was on the bottom of the cake in Wings 3 and 5 and on the top in low care.

Thank you to Residents – thank you to Nick and Julie for their gardening efforts, to Iris for table setting and all the residents who assist with folding and doing extra tasks around the facility to assist staff. This is most appreciated and great that we all work together.

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.

November 2024



6th Patricia Sayers

7th Jean Cowan

10th Doug King

30th Joyce Blake



We hope you can find comfort in the memories and celebration of their life.

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

Marjorie Beattie

Irene Ferguson

Vincent Drake

June Willett

James Brooks

Patricia Burns

Noel Fahey

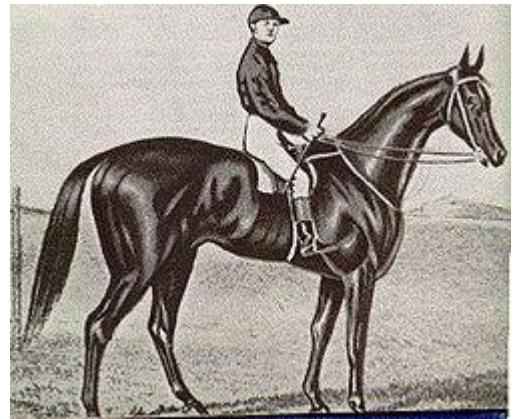
Norman Looby

The Melbourne Cup

The **Melbourne Cup** is an annual Group 1 Thoroughbred horse race held annually in Melbourne at the Flemington Racecourse. It is a 3200-metre race for three-year-olds and older, and forms part of the Melbourne Spring Racing Carnival. It is the richest two-mile handicap in the world and one of the richest turf races. The event starts at 3:00 pm on the first Tuesday of November and is known locally as "the race that stops the nation".

The Melbourne Cup has cemented itself as a part of Melbourne and Australian culture, having been run every year since 1861 (except for an intermission during World Wars I and II). The day of the race has been a public holiday for much of Victoria since 1876. It was originally run over two mile (3.219 km) but was shortened to 3,200 m (1 mile 1,740 yd) in 1972 when Australia adopted the metric system. The distances was reduced by 18.688 m (61 ft 3+3/4 in), and Rain Lover's 1968 race record of 3:19.1 at the time was accordingly adjusted to 3:17.9. The present record holder is the 1990 winner Kingston Rule with a time of 3:16.3.

The inaugural winner of the Melbourne Cup in 1861 was Archer – Archer competed against 17 other horses and took out the win. Prize at that time was 710 gold sovereigns (\$1400 in today's money) and a hand-beaten gold watch.



There have been multiple winners of this race:

Archer won twice in 1861 and 1862; Peter Pan twice in (1932 & 1934); Rain Lover (1968 & 1969); Think Big (1974 and 1975); and one of the most famous and popular horses, **Makybe Diva** who won three consecutive races (2003, 2004 & 2005).



Makybe Diva (above) winning one of her Melbourne Cups and (right) in retirement with one of her recent foals in the Hunter Valley.



Happy 103rd Birthday Harold



On the 15th of October our long-term resident, Harold Wignell turned 103.

Harold celebrated this extraordinary milestone with friends at the RSL club in the morning and later with his fellow residents at Woods Point.

Harold was born and raised in Murchison, he had 5 brothers and two sisters and only has one surviving sister.

Harold enjoyed fishing and hunting rabbits as a youngster and loved playing football, cricket and tennis.

Harold joined the air-force during WW2 and was employed as a morse code and radar operator and navigator. Harold was in Darwin during the 1942 bombing.

After the war, Harold met his first wife Catherine and they were married in Bendigo in 1949. During his time in Bendigo, Harold continued to play sport and was introduced to playing bowls. Sadly, during his time in Bendigo, his wife Catherine passed away.

Harold met his second wife Jeanie and they married in 1978 and moved to Yarrawonga in 1979. Sadly, Jeanie passed away in 2001.

Harold has done some travelling and has visited Hong Kong, America and New Zealand.

Harold came to Woods Point in 2019 and is very popular among the residents and staff. Harold always greets everyone with a huge smile.

Resident Activities

In late September the singing group known as **The Lakeside Voices** paid a visit and entertained all of our residents in the main lounge.



Resident Activities







Jan, Billie, Ailsa and Dot, Clarice and Joan enjoying morning tea in the courtyard.



Shirley enjoying a beading activity.

ACTIVITY PROGRAM NOVEMBER 2024

MON	TUES	WED	THUR	FRI	SAT	SUN
				01. 9.30-Exercises. 10.45-Word Challenge. 1.30-Kiosk. 2.30-HAPPY HOUR With FRANK.	02. 2.00-Carpet Bowls. 3.00-Quiz.	03. 2.00-Trivia. 3.00-Afternoon Tea.
04. 9.30-Exercises. 10.30-Mini Golf. 2.00-Scrabble. 3.00-Dominoes.	05. MELBOURNE CUP DAY	06. 9.30-Exercises. 10.30-Carpet Bowls. 2.00-Anglican Church. 2.00-Hands & Nails.	07. OAKS DAY	08. 9.30-Exercises. 10.45-Word Challenge. 1.30-Kiosk. 2.30-HAPPY HOUR With FRANK.	09. 2.00-Carpet Bowls.	10. 2.00-Trivia. 3.00-Afternoon Tea.
11. 9.30-Exercises. 10.30-Mini Golf. 2.00-Scrabble. 3.00-Dominoes.	12. 9.30-Exercises. 10.00-Catholic Church. 10.45-Scenic Drive. 2.00-BINGO.	13. 9.30-Exercises. 10.30-Carpet Bowls. 2.00-Anglican Church. 2.00-Hands & Nails. 3.00-Monthly Birthday's	14. 9.30-Exercises. 10.30-Trikki Kids. 2.00-BINGO.	15. 9.30-Exercises. 10.45-Word Challenge. 1.30-Kiosk. 2.30-HAPPY HOUR With FRANK.	16. 2.00-Carpet Bowls. 3.00-Quiz.	17. 2.00-Trivia. 3.00-Afternoon Tea.
18. 9.30-Exercises. 10.30-Mini Golf. 2.00-Scrabble. 3.00-Dominoes.	19. 9.30-Exercises. 10.00-Catholic Church. 10.45-Scenic Drive. 2.00-BINGO.	20. 9.30-Exercises. 10.30-Carpet Bowls. 2.00-Anglican Church. 2.00-Hands & Nails. 2.00-COL WATSON.	21. 9.30-Exercises. 10.30-Bob's. 11.00-Uniting Church. 2.00-BINGO.	22. 9.30-Exercises. 10.45-Word Challenge. 1.30-Kiosk. 2.30-HAPPY HOUR With FRANK.	23. 2.00-Carpet Bowls.	24. 2.00-Trivia. 3.00-Afternoon Tea.
25. 9.30-Exercises. 10.30-Mini Golf. 2.00-Scrabble. 3.00-Dominoes.	26. 9.30-Exercises. 10.00-Catholic Church. 10.45-Scenic Drive. 2.00-BINGO.	27. 9.30-Exercises. 10.30-PIANO LADY. 2.00-Anglican Church. 2.00-Hands & Nails.	28. 9.30-Exercises. 10.30-Bob's. 2.00-BINGO.	29. 9.30-Exercises. 10.45-Word Challenge. 1.30-Kiosk. 2.30-HAPPY HOUR WITH FRANK.	30.	PROGRAM SUBJECT TO CHANGE.