

AUTUMN EDITION 2019

WOODLANDS LODGE BULLETIN

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Newcastle Baths

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PEDRO'S VISITING HOURS
Monday – Wednesday
10.00–12.00
14.00–16.00

Happy Mother Day From All UPA Staff !
Have a Fantastic Day !
Sunday 12 May 19



happy
mother's
Day

PRICES FOR 2019

Men's Cuts	\$15.00
Ladies Shampoo, Dry/Cut ..	\$30.00
Shampoo, Dry/Set	\$20.00
Colour and Dry/Set	\$60.00
Perm Dry/Set	\$60.00
Nor Rinse Perm Dry/Set	\$70.00

Care Managers Minute

By Lindy Read, Care Manager

2019 is certainly full steam ahead already flying ahead hard to believe that it is Autumn already and it is going to be a busy year with lots of changes in the pipeline. The Relative Experience Survey December 2018 results indicated three areas of improvements needed.

Free access to a safe, secure and attractive out door area. This is being investigated, new gardens are being planted and plans are being made to revamp and extend existing areas

Access to suitable transport if your relative wants /needs. This was an issue when the buses were out of action before Christmas however both buses are up and running again and bus trips have been increased and continue.

Access to daily newspapers. There have been daily communal newspapers delivered to Woodlands weekdays. The staff are picking up the newspapers on their way to work each morning as local newsagencies are not able to deliver. However, the Herald has been contacted and communication is in progress to have daily newspapers delivered direct each morning to each area.

Thank you for your feedback and completion of the annual survey as this assists Woodlands to continually improve.

New Standards. The Aged Care Quality and Safety Commission has introduced New Quality Standards for Aged Care commencing July 2019. These exciting eight new standards are very much Consumer focused and puts Consumers in Aged Care Facilities in the driver's seat giving more choice and flexibility of care. To view the new standards- www.agedcarequality.gov.au/providers/standards

UPA is working towards the New Standards implementation and this will be reflected in changes to some practices and procedures in all areas of care and quality.

Consumers are being informed of the New Standards at Resident meetings and the Standards are displayed on the notice board in the Lodge. Families are more than welcome to attend these meetings which are held the last Thursday of each month at 1.30pm come along and have a say. At the last Consumer meeting in February 2019 a Senior Rights Service representative attended the meeting and discussed the service. Senior Rights Service is a community legal centre that protects the rights of older people providing telephone advice advocacy, legal advice and educational services.

www.seniorsrightsservice.org.au/about-us/

Did you know that -

Woodlands has Skype, email and face time available for consumers to use at no charge. Consumers are welcome to use Woodlands phones if needed and staff can assist Consumers to have a private phone fee for service phone in their room .

Woodlands has multiple service providers to support overall well being such as – podiatrist, hair dresser, visiting dentist, visiting optometrist, hearing centre, clergy for all faiths including a Buddhist Monk, Geriatrician, dietician, speech pathologist, GP's, Palliative Care Mater Hospice Team, OT, Physio, RN, pathology, telehealth to connect with specialist and to JHH acute care. I look forward to the new changes and to continually improve our services and care to our wonderful consumers and families.

Regards Lindy Read Care Manager.

Falls Prevention and Balance Training

By John O'Brien- National Culture and People Development Manager,



Unfortunately, people forget how significant falls are to the older adult, the community and our healthcare system. It is all too common that we hear, with a sympathetic tone of resignation “...Ohh no, Mr/s X has fallen again! That’s their third fall this month- we’ve tried everything...” Falls prevention is as complex as it is frustrating, but given the significant risks to the person’s health and the potential impact falls have on quality of life, it is a battle worth fighting for! The statistics around falls and injuries speak for themselves; with 30% of all community dwellers aged over 65 years falling at least once a year, and falls being the main cause of hospitalization (69%) and even death (47%) from injury in older adults in Victoria.

How do we prevent falls?

A Physiotherapist or Occupational Therapist (OT), is able to identify the causes and risk factors of clients which allows a plan to be developed that address the cause of the fall and look to eliminate any extrinsic factors involved such as poor lighting, clutter or inadequate footwear. Furthermore, close assessment or review of the resident’s intrinsic factors will help to identify which of the 3 main systems; musculoskeletal, sensory and/or central processing are contributing most to the falls risk of the resident. Once the primary causes have been established we can work on these specific impairments to improve balance and prevent falls. It is also worth noting that other intrinsic factors include medications, poor eye sight and risk taking behaviours and that these will require GP or specialist reviews as an adjunct to onsite management.

Falls Prevention strategies

- Ensure the lighting in the client’s room is adequate
- Keep the client’s room and house free of clutter
- Eliminate slip hazards on the floor such as mats and rugs
- Ensure well-fitting and enclosed shoes with laces or Velcro done up
Avoid thongs and any shoes with a small heel
- For clients with cognitive, visual and/or hearing impairments give clear, basic verbal/physical/visual cues during mobility and transfers
- Make sure the client uses their mobility aide during ambulation
- Ensure the client’s call bell/Vitacall etc is within reach at all times when unattended
- Ensure regular visual checks during the day and night
- Follow up any symptoms of dizziness through review with GP or nurse to monitor blood pressure
- If the client has frequent falls or you notice their balance deteriorate ensure they are seen by the physiotherapist or occupational therapist who may advise of the need for GP review

Registered Nurse Healthy Corner Dental Health



Poor oral health is linked to increased risk of cardiovascular disease, stroke and aspiration pneumonia. Chronic oral infection can complicate the medical management of health illnesses, such as diabetes, chronic heart failure, and respiratory diseases. Dental problems in older people are a common cause of speech impairment, eating difficulties, pain when eating, and/or signs of mouth discomfort. Tooth loss, poorly fitting dentures and oral infections can result in poor nutrition and persistent mouth pain – they can affect appetite, food enjoyment and ability to chew, which impacts on food intake and food selection. Poor oral hygiene significantly increases the risk of patients with swallowing impairments (dysphagia) developing pneumonia.

Fluoride in tap water helps to strengthen teeth and reduce acid that initiates tooth decay.

Sugar is the source of bacterial energy in causing tooth decay

- Drink tap water daily – in most places in NSW tap water contains fluoride.
- Drink water after meals and snacks, and after taking medications (especially if they have been crushed and mixed with a sweetener).
- Keep the mouth moist by frequently rinsing or sipping with water. • Avoid sugar in tea and coffee and reduce the intake of caffeine drinks.
- Limit the intake of acidic and sugary drinks (like fruit juice, soft drink and cordial).

A healthy mouth is essential for general health and wellbeing, enabling individuals to communicate effectively, and to eat and enjoy a variety of foods. It is important for overall quality of life, self-esteem and social confidence.

Visit a dental professional regularly, even if you wear dentures. Everyone has different needs: talk with your oral health professional about how frequently you need to visit for a check-up.

XEROSTOMIA (DRY MOUTH) – 5 FACTS • Ageing may be associated with reduced saliva and salivary gland hypo-function, and reduced salivary flow. • Use of medications is associated with an increased incidence of dry mouth. • Saliva has antibacterial properties. When the quantity and quality of saliva is reduced oral diseases can develop very quickly. Sugar-free chewing gum may assist in promoting saliva. • Dry mouth is uncomfortable, unpleasant and can impair taste, chewing, swallowing and speech. It is associated with rapid dental decay in those with salivary gland hypo-function. • Dry mouth is linked with increased risk of aspiration pneumonia. Regular mouth care from a dental professional has been shown to reduce pneumonia in older patients.

Dental Advice for Older Adults : <https://www.dhsv.org.au/dental-health/general-dental-advice/older-adults-and-carers>

Oral Health Care for Older People in NSW : <https://www.health.nsw.gov.au/oralhealth/Publications/oral-health-older-people-toolkit.pdf>

Registered Nurse Healthy Corner Dental Health

How to brush



Use a pea-sized amount of toothpaste.



Aim the toothbrush at an angle towards the gum line.



Use a gentle circular motion.



Repeat on the inside surfaces.



Use a light back and forth motion on the chewing surfaces.

Denture care

- Clean dentures with a denture brush or toothbrush, mild soap and water over a soft towel or half filled hand basin.
- Clean all surfaces to remove plaque and food debris.
- Store dentures in a container of water overnight.



Dental Health Services Victoria is the state's leading public oral health agency, promoting oral health, purchasing services and providing care to Victorians.

HP1005-1 July 2008

SERVICE AT WOODLAND

Mobile Dental Services make regular visits to
WOODLANDS

Please see your Care Manager for more information on how to make a booking

perfect teeth total convenience

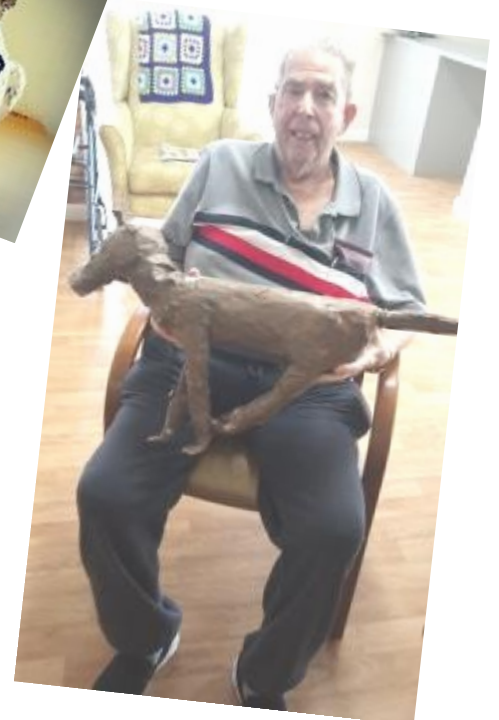
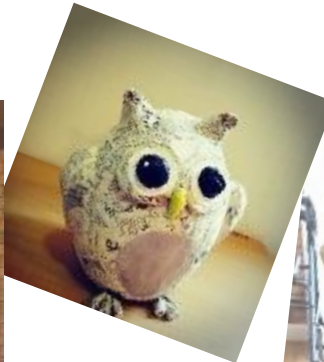
WEB WWW.MOBILEDENTALSERVICES.COM.AU

Men's Shed



Our men have been continuing with our create a creature project. They built a shape of our a Tasmanian Tiger out of chicken wire and then shredded newspaper into strips and glued them onto frame to make our paper mache animal.

The men then have used various shades of paint to mix the correct colour and have started to paint the tiger. We are currently finishing him and making new Aquarium themed animals so that our men can have a creature each to complete.



Working progress with our paper mache Animal For July 2019

LEISURE AND LIFESTYLE REPORT

Our Friend Elliot



By Janine Warne
Leisure and Lifestyle coordinator

Hello again everyone,

I hope you all had a wonderful Christmas and New Year. It has certainly been a very hot summer and I think we are all looking forward to some cooler weather in the next few months. Christmas at Woodlands was full of fun and activity with many concerts and Carol singing. We were also very fortunate to have a visit with Elliot the Alpaca who created much interest and love with his little socks and Santa suit; he was indeed a real treasure. Our consumers and volunteers got into the spirit with their participation in our Nativity Play. I think you will all agree it was lots of fun and our practice sessions also caused much laughter as we prepared for the main performances. With Christmas over we continued our celebrations to ring in the New Year. I know all the activity staff worked hard to make the festive season a time of great joy for all.



Thanks to our wonderful printer Wayne at Inteliprint we were able to publish the second book in the Lucinda Trilogy “ LUCINDA DOWN UNDER “ and I am pleased to inform you that it is now available from the activities desk for \$5.00. The creative writing group continue to work on the final book in the trilogy due out later this year.

Our year continues to press forward as we had more celebrations for Australia Day. Ellis Aldridge entertained us with some great old Aussie tunes. We continued with a great all Australian Menu for lunch and followed with games, quizzes, history and readings from the Dream Time.

Pedro and Buttercup continue to brighten everyone’s day with their visits; however I think the extreme heat has had them a little bit sluggish at times.

Love was all around with Valentine’s Day. A concert with Greg Mason had every one tapping their feet and singing along to some well-known love songs. Hearts adorned the lounge area and hugs were shared spreading the love. Romantic quizzes and stories told.

LEISURE AND LIFESTYLE REPORT



We have much more to look forward to as the months pass by. March will see us enjoying the entertainment of Steve Richards, always a fun morning. A special morning has been arranged with some visiting Acrobats for something a bit different. Of course we will all go green for St Patrick's Day with some fun activities for all.

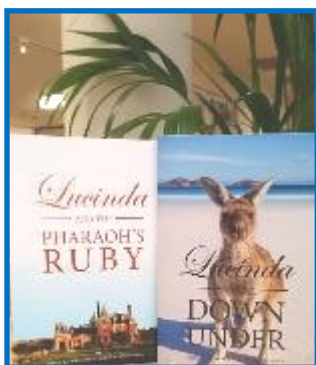
April will be just as busy with Ellis Aldridge returning to entertain and Easter will then be upon us with more celebrations in stall. Anzac Day will bring us all together for our traditional service to be held on Wednesday 24th. Greg Mason will return for our Mother's Day concert in May and a scrumptious Lunch will be on offer for the actual Sunday celebration.

I am pleased to invite all family and friends to participate in our annual regional competition. This year it's called 'Create a Creature '. Help us make an awesome Paper Mache Zoo. Please see the invitation in this bulletin. There will be a separate judging for community and Aged care facilities. All entries welcome.

Kind Regards
Janine

Zoo Creature
Work in progress !

Concert With Steve



2nd book of Trilogy
NOW AVAILABLE
Activities Desk



Christmas Party





LEISURE AND LIFESTYLE REPORT



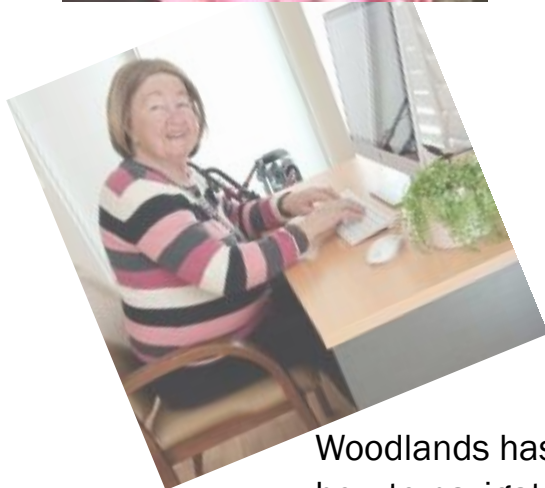
Christmas Party !

Doris
with our beautiful Staff

Lola Peters with new Great Grandson



COMPUTERS IN THE LIVING ROOM FOR RESIDENTS

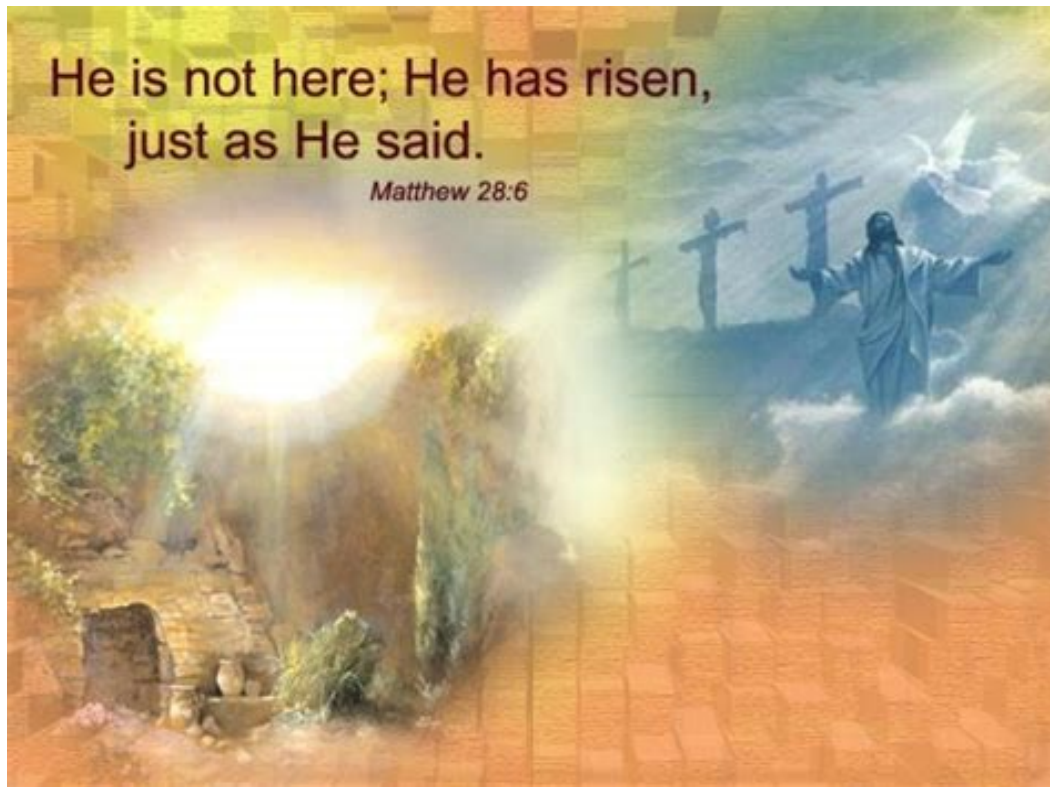


COMPUTER HUB



Woodlands has purchased a new computer area for our residents to learn how to navigate the internet world .

Staff have taught some of our residents how to play games , watch movies/music and also how to use Microsoft office to write letters they can send to friends and families . We are looking to set up skype with family so that residents can video call their loved ones on a regular basis . This is very exciting for those family members that live a distance away and cannot regularly visit



WHAT'S THE DIFFERENCE BETWEEN A PODIATRIST AND A CHIROPODIST?

OK, this is not a foot health topic as I have typically written about but it is a question I'm asked with some frequency.

The name changed in Australia in the 1970's for two primary rea-



sons. The first and main reason was the profession progressed to higher learning and therefore there was a much higher scope of practice. A chiropodist did general foot care (toenails, calluses, corns etc) but not much beyond that. This remains a strong part of what a podiatrist does

but podiatrists also study and treat biomechanics (or human movement) involving a large and complex area of practice including treating sporting injuries, correcting gait abnormalities (including children who don't walk properly), drop foot and multitudes of other problems. Podiatrists can also conduct neurovascular exams including taking Doppler scans of arteries. Chiropodists were not trained in these areas.

The second reason there was a name change was they felt it was too similar to 'chiropractor' which created some confusion among the public.

There are no longer chiropodists in Australia but in some countries like the UK they are still transitioning from chiropodists to podiatrists and many practitioners there advertise themselves as a podiatrist / chiropodist on their windows.

VISITING ANIMALS

The health benefits of visiting Pet

Domesticated horses, dogs, and cats can be seen in ancient culture, literature, and art. It seems humans have kept animals as pets for almost as long as human history stretches back. And when you look at all the health benefits of having a pet companion, it's no wonder why.

From reducing heart disease to improving mood and wellbeing, there are plenty of scientifically proven ways pets add years to your life. Let's take a look at exactly how 'Fido' and 'Fluffy' can positively impact your health.

Pets reduce your risk of heart disease

Exercise, healthy diet and medication are common treatments to keep blood pressure and cholesterol in check. But research has confirmed a link between reduced risk of heart disease and pet ownership.

Baker Medical Research Institution in Melbourne conducted a study of 5,741 people over a three-year period. They discovered lower blood pressure and cholesterol levels in pet owners than in those who do not own pets, even after accounting for personal factors such as diet, weight and smoking status.

You might put this down to the fact pet owners are generally more active, and their improved heart health is owed to their increased exercise. But the research demonstrates pet owners also drank more alcohol and ordered take-out food more regularly than people who did not own pets – and they still had lower cholesterol despite these factors.



Pets improve communication

Pets provide an opportunity for non-verbal communication that can help engage those suffering from Alzheimer's and Dementia.

A recent study conducted in Germany involved dogs visiting 17 nursing home residents suffering from dementia. The study found the participants who took part in the animal assisted therapy sessions had improved verbal communication function and greater attentiveness after the completion of the program.

A separate study at the University of Michigan found pets are capable of generating social responses from those suffering from advanced Alzheimer's disease, even where sufferers did not respond to human interaction.

Pets reduce visits to the doctor

They say an apple a day keeps the doctor away, but did you know pet ownership has been shown to reduce visits to the doctor? Research at the University of California at Los Angeles demonstrated senior pet-owners visit the doctor less regularly than those without pets.

It is unclear whether this is because of overall improvements to health resulting from pet ownership or reduced loneliness, or a combination of both. But regardless of the cause, the

VISITING ANIMALS

Pets improve mood

Changes in personal circumstances, side effects of medication, and lifestyle changes can all result in seniors feeling less connected.⁷ But there are plenty of things you can do to keep the blues at bay, including cuddling up to a cute and cuddly pet.

A study⁸ on the effectiveness of animal-assisted therapy measured wellbeing and mood in nursing home residents. The group who had spent time with animals reported feeling 'enthusiastic', 'interested' and 'inspired' significantly more than those who did not spend time with pets.

Pets help people socialise

Having a pet is a big responsibility and will involve making changes to your daily routine. But many of these changes will be for the better and will create opportunities to socialise. Walking your dog allows you to interact with people in your neighbourhood. Pet clubs and meet-ups are another great way to find people with common interests, and a way to interact with people from younger generations, too.

A study of the effects of dog interaction on sociability of seniors in a hospice found those who spent time with a dog spent less time alone than before the dog was introduced, and the hospice staff reported the dogs gave patients and staff something to talk about.

Pets keep you moving

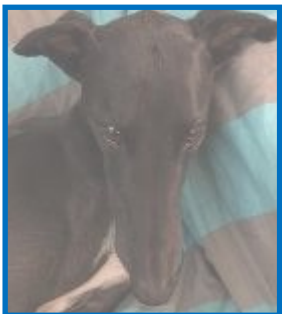
Having a dog that requires walking will obviously increase activity levels, but even house-bound pets such as cats, birds, or fish, require feeding and petting, which helps seniors maintain mobility and mental clarity.

A Canadian study of over 65-year-olds demonstrated pet owners are more likely to maintain 'activities of daily living'.

Pets require care and maintenance, which helps establish a routine, and participants reported having an animal gave them a reason to get up in the morning.

So thank you to Pedro, Buttercup and Snaggy for your ongoing companion ship and fun you bring to Woodlands.

Pedro



Buttercup



Snaggy



Create A Creature Paper Mache

**HUNTER REGION
PAPER MACHE ZOO
HOSTED BY UPA
WOODLANDS
100 LAKE RD
WALLSEND**



- ♦ *CHOOSE YOUR CREATURE*
- ♦ *MAKE IT CLOSE TO LIFE SIZE*
- ♦ *MAKE A SKELETON*
- ♦ *PAPER MACHE*
- ♦ *PAINT*
- ♦ *DECORATE HOW EVER YOU CHOOSE*

***BE A PART OF THIS FUN INTIATIVE
REGISTER YOUR FACILITY TO
ENTER THIS REGIONAL
COMPETITION***

WEDNESDAY 3rd JULY 2019



- ATTEND FOR MORNING TEA
- TROPHIES AWARDED BY OUR SPONSERS
- ENTER AS MAY ANIMALS AS YOU CHOOSE

CONTACT Janine Warne
PHONE 49652200

EMAIL janine@upahunter.org.au
Registration closes

Friday 31st May 2019

BEES

When Spring comes each year and the blossoms come out, so do the bees. There are many different types of bees. Australia has more than 1100 recorded species of Native Bees. Lovely quiet little insects which look more like flies and don't sting. There are African Bees who's venom is deadly and Asian Bees who interfere with other hives raiding foodstocks. Many of the most notable bees we see locally on plants, trees and in the garden are the yellow and black European Honey Bees.

Bees pollinate our flowers and crops which is essential for the plants' life and nature's reproductive cycle. Bees are a measure of the planet's health and some say that without bees the planet dies. Bee numbers are certainly impacted by horticultural spraying of poisonous substances and pesticides.

So bees are good for the garden, good for the planet, and good for us.

The honey that bees make is a purely organic natural sugar which has medically proven qualities to help boost your immune system and a good source of energy.

Honey can also be used in cooking and added to food dishes and drinks as a delicious sweetener. A little bit can go a long way so you don't usually need much to add flavour.

Spring for Bees is their Swarming Season. They are generally a bit inactive during the colder Winter months but once the warmer weather comes they begin to restock their honey, pollen and nectar supplies inside their hives and the



queen lays more eggs. Some of these baby bees are actually new queens. For some reason of nature, the Queen Bee is fiercely possessive of her hive and won't allow another queen in her home territory. So they fight, either to the death, or the loser is driven out by whoever is stronger. The unusual thing is they are mother and daughter fighting for the same realm. It seems all a bit too drastic, but the reason which becomes apparent is it's for the good of the hive, not for the good of the queen because it brings a new healthy queen to the hive. The queen who leaves takes most of the mature bees with her and makes a new home somewhere else. This swarm can be up to 40,000 bees and looks like an airborne cloud. They sometimes stop and rest on trees, letter boxes, buildings, almost anything handy, clinging together with a fine thread like a rope and the size of a basket ball or soccer ball.

Then they may move off until they find their ideal new home.

One such swarm of bees recently decided to make their new ideal home in the double brick wall cavity next to our office kitchen lunchroom upstairs in Woodlands House. This is ideal for bees as they got in through small holes in the wall vent so it's easy for them to defend from other insects and pests, but bees are not meant to be in the walls of people's houses, so we had to get them out.

After one unsuccessful attempt to bribe them out of the wall with new wax frames in a box next them I had to try and smoke them out with my smoker. They seemed to go into the box for a day or so and then for some reason most of them formed the swarm cloud again and they were last seen heading in a Westerly direction and were gone. In order to smoke them out this took several hours about 4 metres up a ladder already resting on the first floor roof of the building, so I was about 2 storeys up, hanging on with one hand and working the bees with the other. Very hot work in my protective bee suit. I then had to return a couple of nights later to collect the box and ladder it back down the 2 storeys back to the ground. Problem solved.

I did get stung 3 times luckily only on my knee when 3 bees crawled up the leg of my overalls and up my leg. Bees love to crawl upwards on things. They say its good for arthritis if you suffer from that. Some people also build up an immunity to the stings. After a while being stung doesn't bother you much at all most of the time. The important thing is to get the venom sack of the sting out of your skin straight away.

Also, a big thanks to Scott from Lodge Maintenance for making sure my ladder didn't slip on the cliplock roof and for staying back to help me. Scott also got stung on his head and his foot when one went down his shoe, of all places. Fortunately he's not allergic to bee stings. You could tell when he got stung because I was up the top of the ladder and the bottom part started to shake pretty badly. At least if a bee stings you they can only sting once. Bees can only sting once in their lives.

Grow Bee Friendly Plants, Eat Honey. Bee Good and Bee Safe.

Hugh





(This poem has been given by B Smith , thank you)

The Indispensable Man

Some time when you 're feeling important ,
Some time when your ego's in bloom,
Some time when you take it for granted,
You're the best qualified in the room.

Some time when you feel that you're going,
Would leave a unfillable hole.
Just follow this simple instruction,
And see how it humbles your soul.

Take a bucket and fill it with water,
Put your hand in it up to the wrist.
Pull it out and the hole that's remaining,
Is a measure of how you'll be missed.

You may splash all you please when you enter,
You can strip up the water galore,
But stop and you'll find in a minute,
That it looks quite the same as before.

The moral of this quaint example, is to do just the
best that you can,
Be proud of yourself, but remember,
There's no indispensable man.

Unknown



TIME TO VOTE

1 PM March 21st

BALLOT BOX AT THE LODGE

If your relative is to be taken of the Electoral
Roll Please Attend to this.



Easter in the World

EASTER TIME ! HAPPY EASTER



The Christian Easter

For Christians, Easter is about the crucifixion and resurrection (*coming back to life*) of Jesus Christ. After his death, Jesus' body was put in a tomb (*a type of grave*). Three days later, the tomb was found to be empty, and people discovered that Jesus had risen.

Easter traditions

Easter is a Christian spring holiday which celebrates new life and rebirth. Many of its symbols, such as rabbits and eggs, come from ancient (*really old*) traditions.

Not everyone celebrates Easter at the same time. For example, the Greek Orthodox Church celebrates at a different time to the Catholic Church. Easter is not on the same date each year. It is usually celebrated somewhere between late March and late April

Religious observances

Many Christians participate in a time called Lent (*the forty days before Easter*). During Lent some people give up simple items such as chocolate while others do not eat meat, fish, eggs or dairy.

The last week of Lent is called Holy Week. Palm Sunday (*the first day of Holy Week*) is the day that Jesus arrived in Jerusalem. Maundy Thursday is the day of the Last Supper and Good Friday is the day of Jesus' crucifixion and death. Easter Sunday comes as a huge celebration at the end of Lent with feasting and treats, commemorating Jesus' resurrection.

Easter in Australia



In Australia we celebrate Easter over a four day long weekend. It starts on Good Friday and ends on Easter Monday. Over the weekend you might attend a church service, have an Easter egg hunt or receive a chocolate egg or bilby.

Bilbies are like rabbits. They have long pointy ears and fine fur. People prefer bilbies in Australia as rabbits can be pests who steal native animals' homes.

Another treat which Australians enjoy eating over Easter is the hot cross bun. These delicious treats are usually made with spices and dried fruit and decorated with a white cross, but you can also buy chocolate or fruitless hot cross buns.

Easter in other countries

Greece



Easter in Greece is a very religious time. Eggs are painted red to represent the blood of Christ. Traditionally, when people meet they knock their eggs together and say 'Christos anesti!' meaning 'Christ is risen!'

Germany



Germany has many Easter traditions. Easter Sunday is known as 'Family Day'. Lots of sweet treats are eaten, including a cake shaped like a lamb, and eggs and cookies are hidden in the garden.

Many Germans also have an 'Easter Fire' where they burn their Christmas tree to show that winter is over and spring is coming. It is also popular in Germany to have an egg tree. Real eggs are painted and then hung from branches in a vase inside the house.

Hungary



In Hungary, Easter is celebrated with the baking of delicious pastries and the painting of hardboiled eggs.

People in northeast Hungary celebrate with girls and boys wearing traditional dress. The girls run down the street while the boys throw buckets of water on them! Afterwards, the girls reward the boys with coins or Easter eggs painted with flowers.

Russia



As in many countries, eggs are decorated at Easter. During the nineteenth century, Russia took this to a whole new level of extravagance.

The Tsar Alexander III asked a jeweller named Peter Carl Fabergé to create an Imperial Easter Egg as a gift for the Empress each Easter. Each egg was made from precious stones and metals such as gold, silver, pearls, rubies and diamonds and took a whole year to make. When the egg was opened it held a surprise such as a beautiful pendant, a portrait or a golden hen.

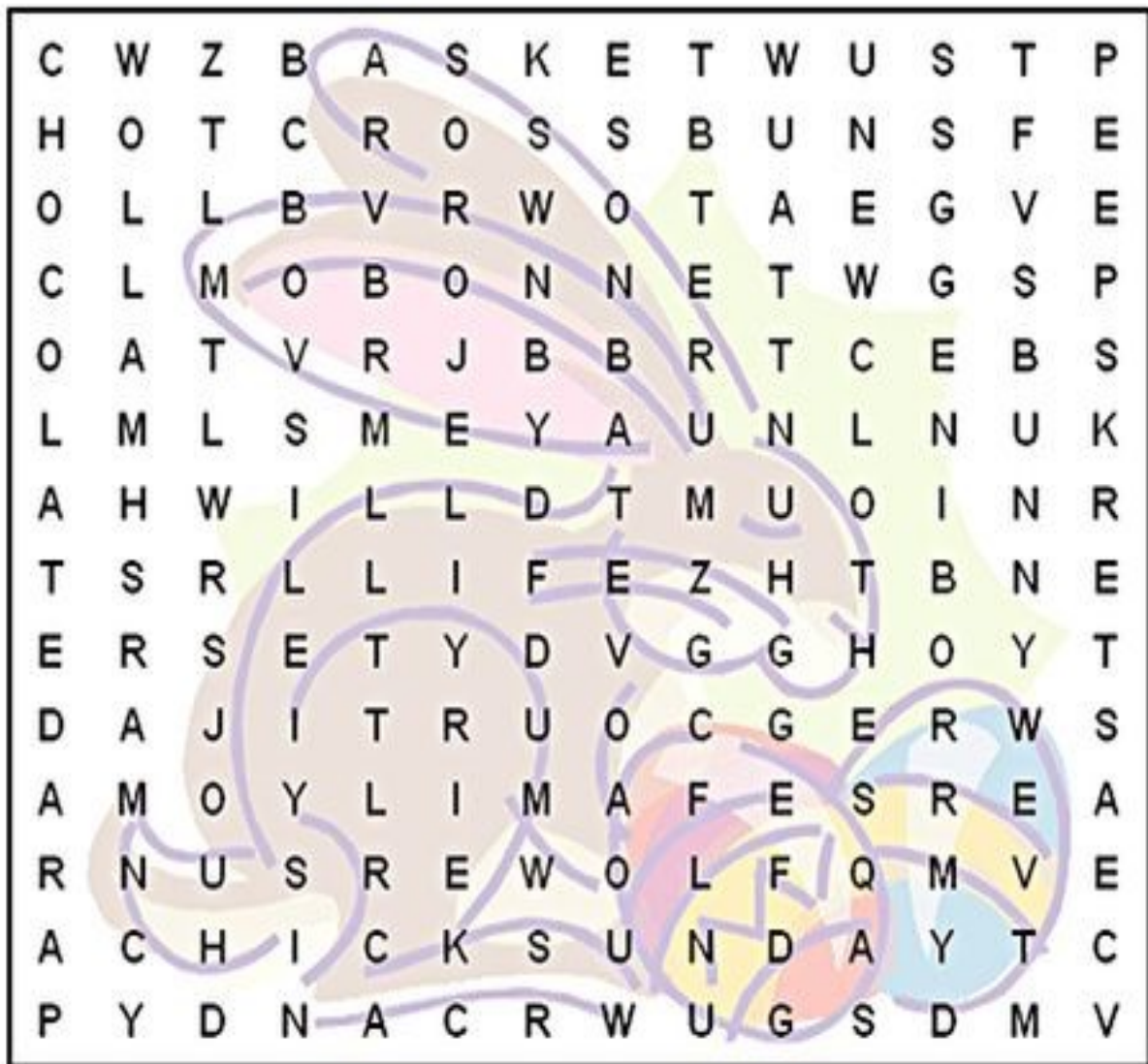
Easter fast facts

- In Norway, it is popular to read a detective or crime novel over the Easter long-weekend.
- Eggs are often 'blown' to empty out the yolk and white before they are painted. Each end of the egg is pricked, and then air is blown into one end so that the yolk and white comes out of the other. The hollow eggshells can then be painted.
- It is believed that the word 'Easter' may come from 'Eostre' (sometimes called 'Eostare'), the Anglo-Saxon goddess of sunrise and spring, who had festivals and feasts held in her honour during April.
- The cross on hot cross buns is there to remind us of Jesus, his crucifixion and resurrection.
- One of the world's largest chocolate Easter eggs measured over 27 feet tall and weighed over 4000kgs.

The day before Lent begins is called Shrove Tuesday or Pancake Day. Traditionally, a feast was held on this day to use up all of the food that people would not be able to eat during Lent. Pancakes were a popular recipe to get rid of eggs and milk.



Easter Word Find



Parade
Tradition
Candy
Chicks
Sunday

Bonnet
Daffodils
Basket
Peeps
Chocolate

Easter
Family
Flowers
Jelly Beans
Egg Hunt

Games
Bells
Bunny
Lamb
Lily

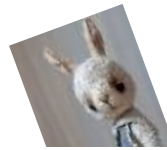
Colored Eggs
Marshmallow
Hot Cross Buns
New Clothes
Robin Eggs

Staff photos

Cambodia By Lyna

Lyna is wearing Khmer (Cambodian) tradition wedding Dress at her uncle's wedding she looks beautiful !

Top of the mountain at Phreah Vihea Ancient Temple , One of the world Kingdom of Wonder

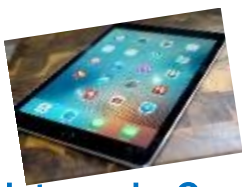


NEWS !

Congratulations to Lindy R For her Beautiful New Grandson Felix James 9lb 90zs or 4.3 Kgs on Valentines Day

Buttercup and Janine Camping for few weeks





INFO : “A Better Visit “ APP

To assist you in Connecting and Communicating with loved ones living with Dementia

A Better Visit is a **free iPad App** which includes a number of games designed to be interactive stimulating and fun.

Gamer, television presenter and Dementia Australia Ambassador Stephanie Bendixsen, says the games in A better Visit allow family members of all ages to be more engaged when they visit a loved one living with dementia.

Playing noughts and crosses with some classic songs key to your moves or using the window washing game to reveal images of iconic Australian locations can't help but prompt further conversations or enjoyment of play as a shared experience.

The games, the sounds and the easy functionality enables people living with dementia to play with you. Anything that helps you bring on a smile is welcome !

Dementia Australia Chief Executive Officer (CEO) Maree McCabe says family members often don't know how to communicate and interact with a loved one who has dementia, especially as their symptoms advance.



It may follow that other family members children and friends start to withdraw and perhaps become less likely to include the person with dementia in everyday activities or schedule in regular visits .

Over time this social isolation can have a profound impact on the person with dementia and the primary carers.

A recent Inclusion and Isolation report by Dementia Australia found that more than 60 percent of people said they didn't know what to say to someone with dementia.

“By playing the games in the app carers and other family members will be inspired to engage with the person with dementia through the interaction, images and sounds enhancing their enjoyment and discussions

After the game play, the resident living with dementia's mood would be more upbeat and often that positive mood would continue on, even after the families had gone home

What's Cooking In The Kitchen, By our Chef Peter

Greeting once again Woodlands Village!

Today I am writing with some good news and some sad news. The good news is that we have been welcoming some new members to our catering team. By now a lot of you will have already met Lee, we are very pleased to have her on board as she comes to us with plenty of cooking experience which she is putting to good use in our kitchen! And we are also bringing on board two new catering assistants, Ebony and Usha, who will be getting to know you all over the next few weeks.

Our sad news is that Sarah has announced she will be leaving us soon. This has been a big shock to all of us and we are going to miss her terribly when she is gone. Sarah has been with us since Catering Industries started at Woodlands and her departure will leave some big boots for us to fill! I am sure you will all join us in wishing her all the best for her future as she moves on to the next chapter of her life.



Finally judging from the feedback we have been receiving from you all I think we have made some steps in the right direction with our summer menu. We won't be resting there however as I am sure that some colder weather will be on its way and we will need to bring some new ideas to the table for the winter season. As usual I will be looking for any ideas or requests that you may have to keep pushing us forward so don't hold back, speak up and let's all make this the best year we have had.



Roast Chicken & Prawns Curry ! Yummy

Food Focus Group

NEXT MEETING



**WHEN: WEDNESDAY
21ST MARCH
2:30PM**



WHERE: LODGE LOUNGE ROOM

**FOR: STAFF, RESIDENTS, FAMILIES,
CATERING STAFF, AND**

A Beautiful Recipes from Joan

JOAN'S SPAGG BOL

INGREDIENTS:

800G GOOD MINCED STEAK
1 LARGE ONION, FINELY CHOPPED
1 TEASPOON MINCED GARLIC (*OPTIONAL*)
1-2 DESERT SPOONS BROWN SUGAR
800G TOMATO SOUP
800G SPAGHETTI TOMATO SAUCE
ANGEL HAIR PASTA



METHOD:

COOK ONION & GARLIC UNTIL SOFT, REMOVE FROM THE PAN
ADD THE MEAT TO PAN & COOK
REMOVE THE LIQUID FROM THE MEAT
ADD ONION & GARLIC MIXTURE
ADD SUGAR & SMALL AMOUNT OF CURRY POWER (*OPTIONAL*)
ADD SOUP & SPAGHETTI TOMATO SAUCE
SIMMER VERY GENTLY (*DO NOT ALLOW TO BOIL*) FOR 45 MINUTES
SERVE ON ANGELS HAIR PASTA

BON APPETIT !





Surfest Newcastle Australia is Australia's biggest festival of surfing and provides a wide array of action in-and-out of the water for both locals and visitors.

The 2019 festival will see 11 different surfing events with more than 800 competitors taking place in the Newcastle, Lake Macquarie and Port Stephens local government area.

History of Surfest

SURFEST Newcastle Australia originated in 1985 when Newcastle's movers and shakers were desperately trying to rid the city of its grime-ridden industrial image and showcase the beauty of Newcastle's beaches and surf breaks to people from outside of the region.

Those visionaries developed the BHP Steel International as Surfest's first incarnation and the richest professional surfing event in the world at that time. Yes, that's right – it was the richest professional surfing competition on the planet.

In more than three decades since those heady days, Surfest has since become Australia's largest surfing festival. The 33rd Surfest (there was no event in 1991 due to the reorganisation of the professional surfing tour) in 2018 will host 12 different surfing events attracting more than 700 surfers from around two dozen countries competing to get their names etched into the record books.

Surfest has always attracted the world's best surfers because of the city's unique hospitality along with a distinct February possibility of north-easterly swells coming in from either cyclonic activity in the Coral Sea or from low depressions sending southerly swells up through 'pinball alley' – the oceanic area between Tasmania and New Zealand.



Benefits of Mindfulness for you

MEDITATION

CLASSES - LODGE

WEDNESDAY

2:30pm-3.15 pm/ Every 2 weeks

MEDITATION

- Relaxation
- Strengthening of the immune system
- May improve sleep
- Activates the 'happy' part of the brain
- Sharpens and focuses the mind



Massage

TUESDAY -Wattle Grove

1.15pm-2.30 pm/ Weekly

THURSDAY—Lodge & Valley View—Individual Rooms-

1.30 pm –2.30pm

MASSAGE

- Help with self esteem
- Improved quality of life
- Better sleeping pattern
- Stress relief
- Help with anxiety issues and depression
- Pain relief
- Promoting illness and injuries to get better much more quickly
- Help with joint mobility and problems



**MOVE TO THE MUSIC
OF TANGO
TUESDAYS 9.30AM-
10.00AM
LODGE
LIVING ROOM**



New Years Eve at Admiralty house.,

By Kim , Village Manager



My Husband and I were lucky enough to be invited along with my brother to spend New Years Eve at Admiralty House (across from the Opera House) with the with the Governor General Sir Peter Cosgrove and Lady Cosgrove as part of the celebration for Athletes that competed in the Invictus Games.

It was quite a surreal evening where we sat and enjoyed a meal at the biggest dining table I had ever seen where Royalty and other distinguished guests had sat in the past, (apparently I sat where Meghan had sat just a few months prior), We chatted with the Governor General (lovely man) where he casually mentioned last time when he was talking to the Queen, Then enjoyed a close up view of the world famous New Years Eve fireworks in Sydney Harbour.

An incredible night I shall never forget.

Lindy New Year view From her 777
Sydney Harbour New Year 2019



Jokes Time



Why do mother kangaroos hate rainy days?

Because their kids have to play inside!



CONSUMER PROFILE

MRS SHIRLEY FORD



Shirley was born 11/5/35 in Wallsend. Shirley has lived all her life in Wallsend and worked at Bradbury Mills where she met Roy her husband. She has two brothers and two sisters. Roy and Shirley had no children but Shirley was devoted to her Corgi Dogs. Shirley has bred and shown Corgi Dogs for about 60 years and they often travelled interstate for shows. The Corgi's became Shirley's children. Shirley stopped work when she married Roy and they bought a house in 1958 where she has lived until moving to Woodlands . Shirley likes to go out for lunch and scenic drives. Shirley has close contact with her niece Kim and joins in on most daily activities at Woodlands and has made many friends in the Wattle Grove unit.



HERE AT WOODLANDS

You Need A Present Come To Our Friendly And Fantastic shop. We can cater to any request for specific stock!
Just let us know what you would like us to have in our shop

Shop News

We have opened our new shop and our Consumers are enjoying selling various items and writing a list for restocking and requests from their customers' needs

The shop is opened three days a week Tuesday Wednesday and Fridays from 10 am - 11am .



OUR OWN SHOP OPENING HOURS

**Monday, Tuesday & Friday
10am to 11am**

**Consumers WELCOME
TO ASSIST WITH THE RUNNING OF
OUR SHOP
PLEASE SEE JANINE**

Newcastle Arts Society

THIS PAINTING IS 1 OF MANY HANGING IN THE FRONT FOYER,
AND IS AVAILABLE FOR PURCHASE



ART CLASS
9.30 am To 10.00
am
Lodge
LODGE LOUNGE

TITLE : Just down the Line
Medium: Watercolour
Artist : Wendy Lesniak
Phone : 0414 651 869



Attention Residents!

When the fire alarm sounds please remain in your room and wait for staff instructions.

If there is a fire in your room leave immediately and close the door behind you.




2019 clinics At Woodlands

Tuesday 21st May

Tuesday 20th August

Tuesday 26th November.



OPSM ❤️ 👁️

**WE'LL
SEE YOU
SOON.**

OUR MOBILE TESTING UNIT IS COMING.

The poster features a close-up of an elderly woman with white hair styled in a bun, smiling warmly. She is wearing a white ruffled collar, a pearl bracelet, and a ring. The background is a light grey. The text 'OPSM' is in a dark grey sans-serif font, followed by a red heart icon and a blue eye icon. The phrase 'WE'LL SEE YOU SOON.' is in large, bold, red and blue letters. At the bottom, the text 'OUR MOBILE TESTING UNIT IS COMING.' is in a smaller, bold, blue sans-serif font.

Our VALUES

Compassion

Respect

Integrity

Kindness

Inclusiveness