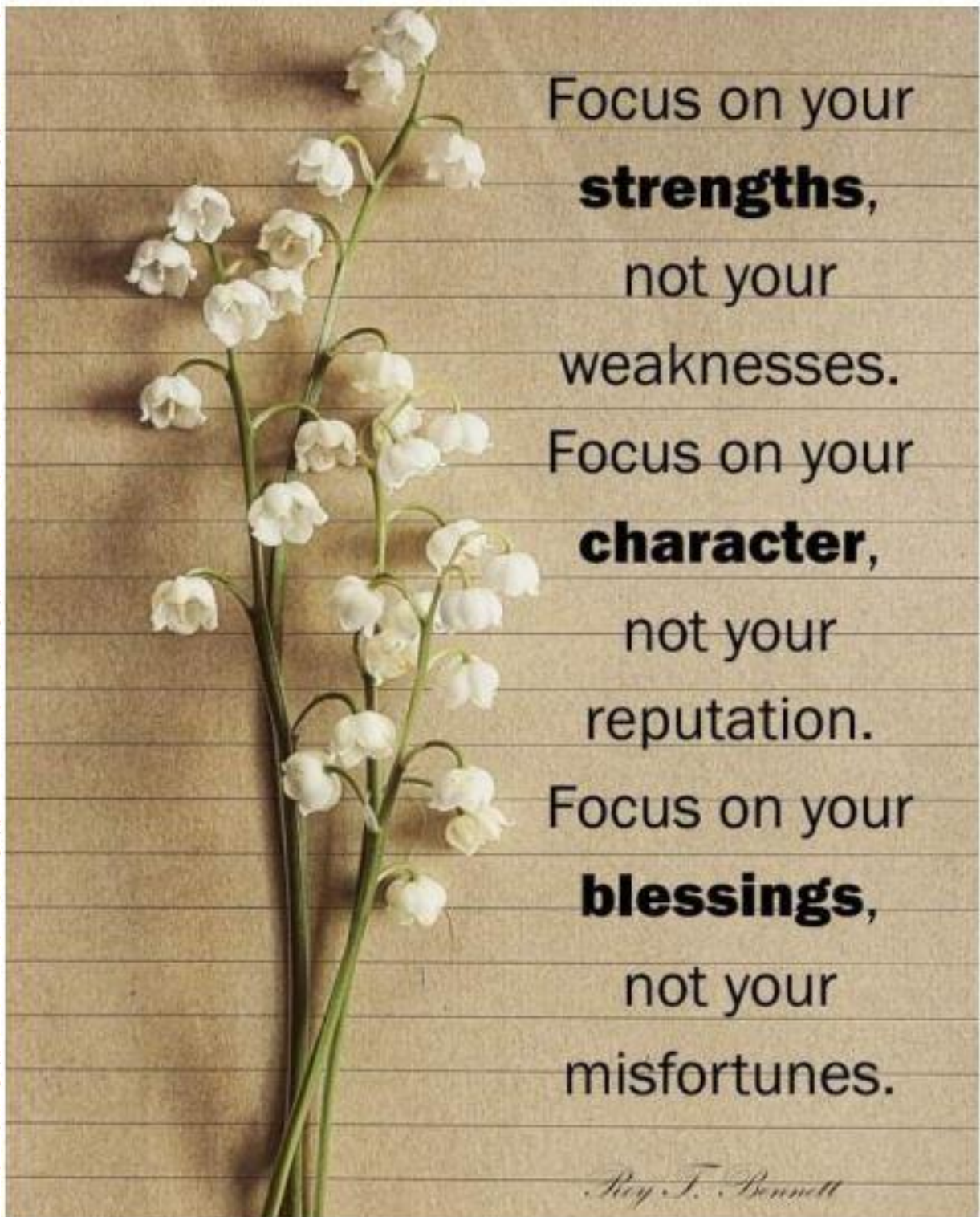


# Woods Point Newsletter

## July 2021



The next resident rep meeting will be held  
Thursday 1st July @10.30am in the main low care lounge.

Everyone is most welcome to attend. This is a great forum  
to discuss any ideas suggestions or complaints.

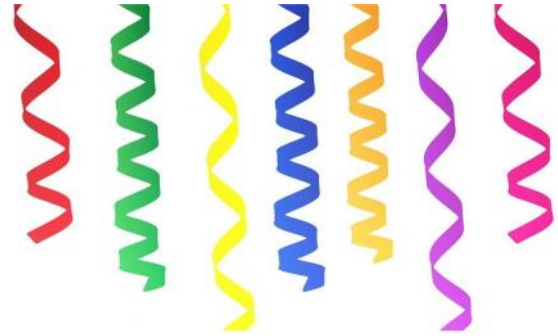
To all residents using scooters inside – please slow down  
and do not block any thoroughfares.

Please be patient when leaving the dining room and take  
time to consider each other when accessing walkers. It is  
not a race and could cause an injury if residents are rushing  
to be first out of dining room.





Come and join us every Wednesday at 10.30am for some crafting fun ! In the main dining room, All Welcome





Everyone enjoyed having yummy  
pancakes





IN LOVING MEMORY OF:

# Alan Foster

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

May they rest in eternal peace.

## The 5 senses – Vision, Hearing, Smell, Taste, Touch

Vision and Hearing are assessed on admission and regularly during day to day interactions with Residents. All staff use their observation skills – sometimes without being aware of it.

Smell, Taste and Touch are harder to assess.

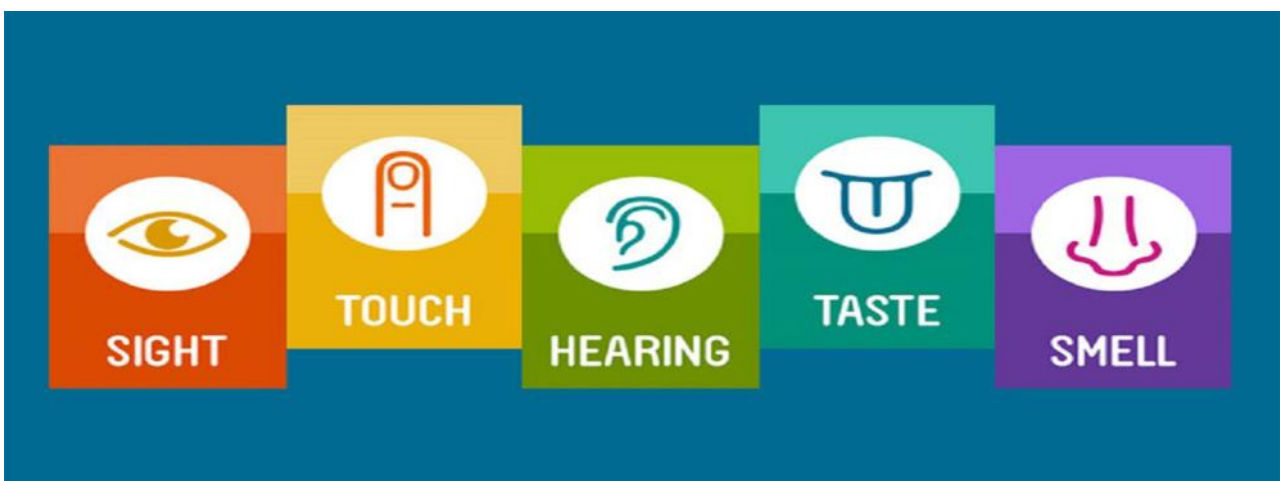
Smell and Taste: The most likely changes for Residents are that they lose interest in food – and then lose weight. Weight loss is a significant cause of ill health and loss of interest in usual daily activities in the aged. This is monitored every day by staff and by regular weights.

Touch: Residents may lose the ability to feel that something is too hot or too cold, or they may knock their limbs causing injury without sensing it has happened. This is also monitored day to day by staff using their usual delivery of care and observation skills.

### Interesting info:

Taste is important because it tells you basic qualities about what's going into your mouth. For instance, it helps you recognize when food is spoiled, or when it contains something your body needs. Flavour, however, is a combination of many factors: taste, smell, texture, spice, temperature, setting, and memory.

Because our abilities to smell and taste change as we age, the flavours we discern will change, too, as well as what we find pleasing. Some medical conditions can also affect how and what we taste.



## How Taste Works

When you put something in your mouth, whether it's a slice of pie, a sip of OJ, a stalk of asparagus, or a spoonful of stew, the 10,000 tiny taste buds lining your tongue and the roof of your mouth spring into action. Chemicals in the food activate receptors on your taste buds, which send messages to the gustatory center of your brain, the "taste center." Your brain labels whatever you're eating or drinking with five possible flavours: salty, sweet, sour, bitter, or umami (a meaty, savoury taste).

But that's only the beginning. Your nose is a huge contributor to your sense of taste, too. (Remember how bland food tastes when your nose is stuffed up?) That's because your nose is also lined with special cells that send messages to your brain when you eat. While our taste buds sense five different tastes, our nose can pick up thousands, even millions, of different scents!

Your brain combines the smells coming from your nose with the tastes and textures coming from your mouth to arrive at your over-all perception of flavour.

## Like It, or Not

But why do you like one flavour more than another? In part, it's a matter of evolutionary survival. Cavemen used their sense of taste to help determine whether something was safe to eat or not. Bitter was often a warning -- "This food could be poisonous!" Sweet things, on the other hand, provided energy -- and that was a very good thing. Most people still really like sweet foods.

The rest of your flavour preference is something you learn and develop. We associate "good" smells and tastes with pleasant experiences. A good meal may taste even better when shared with good company, while a bad date at a new restaurant can turn you off to a food you might otherwise enjoy. We learn to like what's around and easy to get, what we're used to, what our family and friends are eating.

## Taste Changes

Both our preferences and our ability to perceive flavour change over time. Children strongly prefer sweet and are more sensitive to bitter. As adults, our perception of flavour is more nuanced.





Ladies enjoying  
a spot of sun-  
shine, taking the  
time to smell and  
pick the flowers for a bit of  
headwear







Residents having a ball with the parachute during morning exercise class, with one of our RN's Melvin looking on





## Telephones

Please be advised that Woods Point encourages residents to use their own telephones for making and receiving all calls. We suggest a cordless, a mobile or a phone where a message can be left in the event the resident is not in their room.

**The DECT phones that are used by the staff are for call bells, emergency care and communication between staff and can no longer be used for residents personal telephone calls.**

We want to ensure resident safety at all times by ensuring the DECT phones are available for staff use at all times.

Once your phone has been installed please advise reception of the number so that we can pass it on to any callers.

Vision Australia has a number of phones available for purchase directly from them; including phones for vision and hearing impaired, cordless phones and mobile phones. Contact Vision Australia on 1300 84 74 66 or visit their website to view their available products [www.visionaustralia.org.au](http://www.visionaustralia.org.au)







Wing 5 Residents learning how to make flower printing onto paper. They also learnt how to make soap with hand cream and water.



Then it was time to have a relax in the arm chair.





## **July's Birthday's**

Charles Herbert 1st

June Willett 1st

Joyce Hayes 13th

Muriel Richards 17th

Eddie Harris 20th

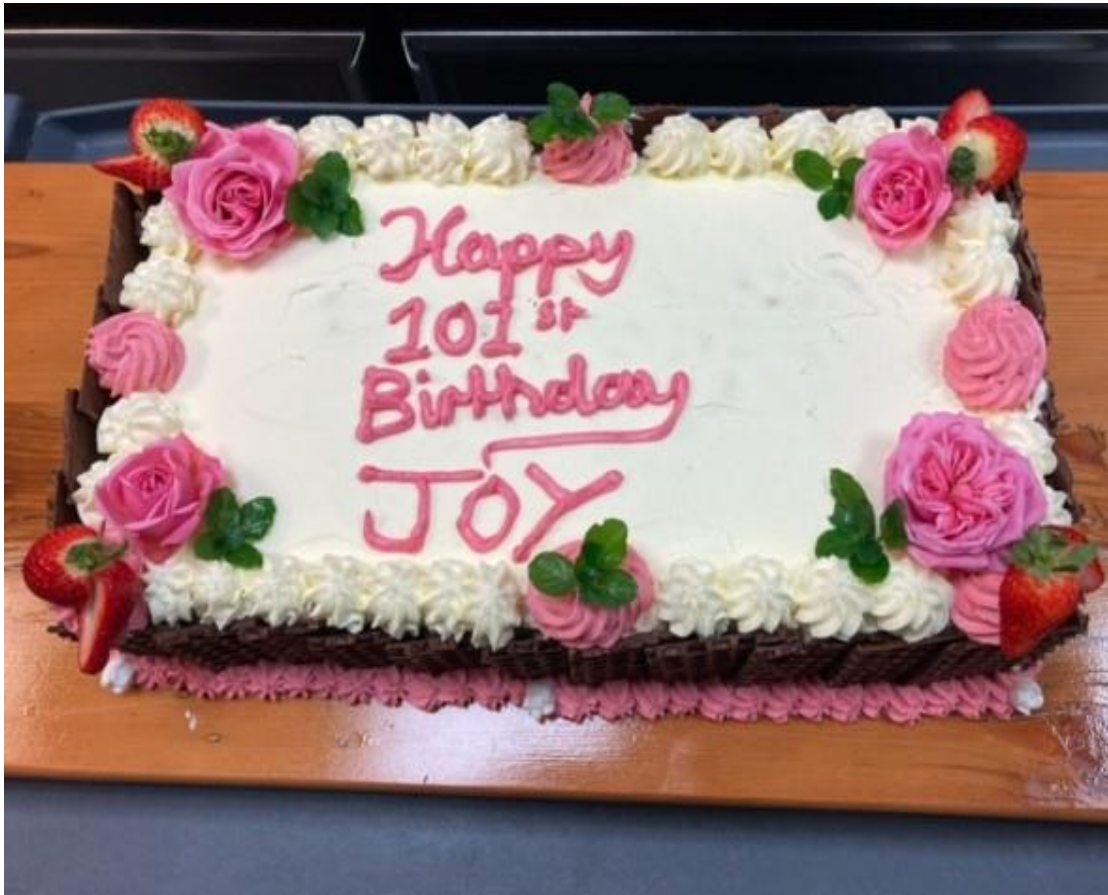
Isa Ireland 24th



What a beautiful surprise for Elieen Keatley returning from lunch to see her Birthday wishes waiting for her. from her family.







**Joy celebrating her 101st birthday on Sunday with a cake made by Mel, also had a lovely outing with family on Saturday**



## Baking Day at Woods Point

With Lemon Slice and Rum Balls on the menu the ladies had a great time chatting and discuss all the family recipes and different ingredients





Afternoon smoko celebrating July birthday's  
With Brian wearing his fancy head ware



# For Sale

Electric Recliner Chair

Please contact

Sharon Foster




0400923358

\$500





# GOULBURN & OVENS JULY 2021

MON	TUES	WED	THUR	FRI	SAT	SUN
			1. 9.30-Exercise <b>10.30-Res/Rep/Meet</b> 11.30-Quiz 1.30- BINGO	2. 9.30-Exercise 10.30-Men's Retreat 11.15-Word Challenge 1.30-Kiosk/Quiz <b>2.30-Happy Hour</b>	3 Saturday Afternoon Movie	4 NO ACTIVITY STAFF
5. 9.30-Exercise 10.30-Nails/Beauty 2.00-Word Challenge 3.15- Quiz	6. 9.30-Exercise <b>10.00-Catholic Church</b> 10.30-Carpet Bowls 1.30- BINGO	7. 9.30-Exercise 10.30-Craft/ Gardening <b>2.00-Anglican Church</b> 1.30-Baking Muffins/ Decorating 3.00-Afternoon Tea	8. 9.30-Exercise 10.30-White Board Hangman 1.30- BINGO	9. 9.30-Exercise 10.30-Men's Retreat 11.15-Word Challenge 1.30-Kiosk/Quiz <b>2.30-HAPPY HOUR</b>	10 Saturday Afternoon Movie	11 NO ACTIVITY STAFF
12. 9.30- Exercise 10.30-Painting/Craft <b>2.00-Word Challenge</b> 3.30-Nails/Massage	13. 9.30-Exercise <b>10.00-Catholic Church</b> 10.30-Carpet Bowls 1.30 - BINGO	14. 9.30-Exercise 10.30-Craft <b>1.45-JOHN PORTER</b> <b>2.00-Anglican Church</b> <b>3.00-MONTHLY BIRTHDAY</b>	15. 9.30-Exercise <b>10.30-Scenic Drive</b> 11.30-1.1- Chats 1.30-BINGO	16. 9.30-Exercise 10.30-Men's Retreat 11.15-Word Challenge 1.30-Kiosk/Quiz <b>2.30-HAPPY HOUR</b>	17 Saturday Afternoon Movie	18 NO ACTIVITY STAFF
19. 9.30-Exercise 10.30-Beauty Day 11.30-Sensory 1.30-Scenic Drive 3.15-Quiz	20 9.30-Exercise <b>10.00-Catholic Church</b> 10.30-Carpet Bowls 1.30 -BINGO	21. 9.30-Exercise 10.30-Craft <b>2.00-Anglican Church</b> 2.00-Bobs 3.15-Nails	22. 9.30-Exercise 10.30-Bobs 1.30-BINGO	23. <b>PYJAMA DAY</b> 9.30-Exercise 10.30-Gardening 11.30-Word Game 1.30-Movie /Kiosk <b>2.30-HAPPY HOUR</b>	24 Saturday Afternoon Movie	25 NO ACTIVITY STAFF
26. 9.30-Exercise <b>10.30-MULWALA MUSEUM \$5.00</b> <b>2.00-COL WATSON</b>	27. 9.30-Exercise <b>10.00-Catholic Church</b> 10.30-Carpet Bowls 1.30--BINGO	28. 9.30-Exercise 10.30-Craft 1.30-Scenic Drive <b>2.00-Anglican Church</b>	29 9.30-Exercise 10.30-Word Challenge 1.30-BINGO	30. 9.30-Exercise 10.30-Men's Retreat 11.15-Word Challenge 1.30-Kiosk/Quiz <b>2.30-Happy Hour</b>	31 Saturday Afternoon Movie	<b>PROGRAM SUBJECT TO CHANGE.</b>