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Time to celebrate our community

As we mark the completion of our new building, we felt it was time to acknowledge the importance and contribution of lots of community groups and individuals in getting to this stage.

Our vision is to provide intergenerational care, so we have put together a celebration with something for everyone. On the next two pages of this newsletter you can read more about what's planned for Friday, 9 November and Saturday 10 November.

There has been a lot of interest in our \$6million development of 16 residential aged care rooms and 10 apartments. The building work is complete. We are now furnishing the rooms and completing the gardening and landscaping works. We are creating a lovely, bright space.

The north wing will be known as Big Ben and the south wing as Mt Jack, as these describe the view from each building.

We are really looking forward to Big Ben and Mt Jack becoming people's homes and residents enjoying the community and new facilities.

The building will be officially opened at 10am on Saturday, 10 Nov. You are invited to the opening. Then join in the Community Celebration which runs until 2.30pm.



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On Friday 9th November We Start the Conversation on Ageing

Yackandandah Health has invited Dr Jane Barratt, Secretary General of the International Federation on Ageing, to join us as we take the lead in improving how we age in our communities. This is a unique opportunity to hear an international spokesperson share her experiences and knowledge on a global scale.



The Yackandandah Model of Care that we are implementing is of a world class standard. Jane shares our vision and is looking forward to the discussion that will include global developments, technology and brain health lessons we can all apply to improve our cognitive reserves.

Afterwards, we invite you to join the discussion with the Q&A panel. We are delighted to have Jackie French author and 2015 Senior Australian of the Year share her personal take on ageing. Jackie and Jane will be joined by Dr Helen Haines, Senior Research Fellow and Director, Rural Health Academic Network; Cr Jenny O'Connor, Indigo Shire Mayor and Annette Nuck, our CEO.

You will then have the opportunity to personally meet and talk with our guests as you enjoy Yackandandah hospitality – afternoon tea and a glass of bubbly.

Tickets are still available for members at the member's rate of \$60. You can buy tickets by phoning us on (02) 6028 0100 or online at <https://www.trybooking.com/XRMO>

Community Celebration: Sat Nov 10, 9am – 2:30pm

Bring the family and have some fun with our celebrity guests, **Jackie French**, author and **Costa Georgiadis**, host of Gardening Australia and all the community groups hosting activities.

The official opening of our new building will be at 10:00am. Tours of the building will be available.

For the kids: The Scouts are offering old fashioned games, there's a colouring-in competition, a bike decorating competition, Hay Ho Animal Nursery, the Yack circus and make a toy with the Men's Shed

For families: Health and wellbeing talks, steam engines, Men's Shed demonstrations, electric cars and bikes

Other: Music, market stalls, food, Indigo FM

The events are supported by WAW Credit Union, Joss Construction, YCD Co and Indigo Shire Council.



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Don't miss Living Memory

Saturday 10 Nov – 8pm

What can we learn from our elders? A lot, as it turns out.

Local writer and producer, Brendan Hogan, spent several months last year talking with some of our residents as part of the research for Living Memory. You may recall the monologues of the residents' life stories were staged last November.

This encore performance is for one night only.

The show is about resilience through a long life – acknowledging the bad times, celebrating the good, and knowing that each bit of darkness is followed by light.

“A key theme to come from all of the residents is that worrying is a waste of time. Don't worry about what has happened or what might happen. Don't focus on what you can't do anymore – focus on what you can,” Brendan said.

Tickets are available at

<https://www.trybooking.com/book/event?eid=424679>

What is the Care Sanctuary?

We were delighted to partner with Tijana Simic on her Care Sanctuary in the recent state government Pick My Project initiative. We were even more delighted when the project received \$200,000 in funding.

In part, this success was because Tijana helped our residents to access the community voting process which otherwise took place mostly online.

The Care Sanctuary is a therapeutic space including a barn, paddocks and productive garden for use by our residents and the whole community. It will contribute to people's wellbeing as numerous studies have shown that human-animal contact can improve physical, social and mental health. Visitors can spend time with a range of animals including goats, chickens and guinea pigs.

As many of our residents are from farming backgrounds, leaving farms and animals behind to move to residential facilities can be associated with trauma, loss and grief. It is expected that the new Childcare Centre and community members and groups will use the Sanctuary.

Tijana will provide an update on the project at our AGM on 29 November.



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Little Yacks Childcare Centre Update

In conjunction with our parent group, we recently decided on a name for the Childcare Centre which will open here in January – it will be known as Little Yacks.

We are also pleased to welcome Michaela Rouch, Childcare Centre Manager to our team. Michaela is an experienced child educator with a pre-school management background and qualifications in early childhood development. She will be working through the requirements to open the centre in January.

We have received an expression of interest from over 30 local families so far. If you wish to join us in 2019, please let us know by emailing info@yackhealth.com.au. We will soon have enrolment forms ready.

In recent news, the operators of the current child care centre gave notice to parents that they will cease operating from 7 December.

Our Centre is not due to open until 14 January, so we are working with Indigo Shire Council to understand what interim arrangements can be offered to Yackandandah families.



New AGM date – 29 November

We have had to move our Annual General Meeting. It will now be held on Thursday, 29 November, not in October as previously advised.

Archier Architects will present an overview of our revised Master Plan and Tijana Simic will update us on the Care Sanctuary project.

In accordance with our Rules, three positions on the Committee of Management are due for election this year - Margaret Hewson, Ben Gilbert and Shirley Kirk-Sheen. Shirley has indicated she will not be re-nominating. These are three-year terms. A casual vacancy also remains open for 12 months, to the 2019 AGM.

We welcome and encourage nominations to join our progressive committee. We are looking for a skills-mix that will equip our organisation to manage the growth in our operations; across aged care, childcare, the Care Sanctuary and development of our Community Hub.

Nomination forms are available from the administration office and must be received seven days prior to the meeting date of 29 November.

The meeting will start at 6pm in the Senior Citizens' Hall, Wellsford Street, Yackandandah. All current financial members are invited to attend.



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