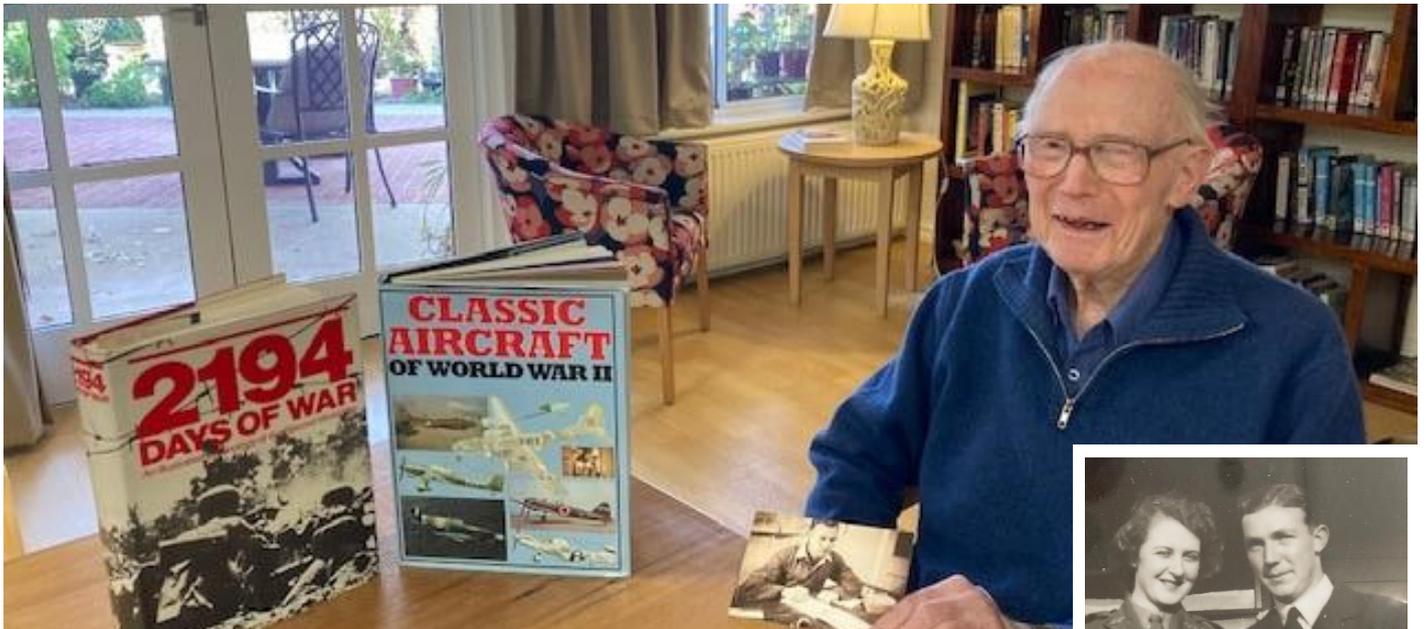


THE WEEKLY



Above, Max remembering history, and as a Leading Aircraftsman with Sergeant Jean. (Max admits that a Sergeant does in fact outrank a leading aircraftsman!)

It was a mixture of relief, tinged with a fleeting disappointment that Max learned of the end of the War in the Pacific, 75 years ago.

A Leading Aircraftsman, Max was in Sydney at the time preparing to embark to an Air Force posting in Borneo when the war ended.

It was relief that it was all over and that he could reconnect with Jean, his sweetheart, now an Australian Army Women's Service Sargeant based in Melbourne. His disappointment was that he'd not seen overseas service,

but he says planning a future life together with Jean more than compensated.

Max had enlisted at 18 after some training in electrics and radio, so the Air Force was an obvious destination.

In 1942, enlisting was a matter of doing what had to be done. Max's father had served in France on the western front in WW1.

Now married, Max and Jean had three children, and a career in the electrical industry in Tasmania and Victoria.

What's new

Staying safe together

Keeping vulnerable people safe from the pandemic is a constant and ever-present community concern and one of the utmost priorities at Yackandandah Health.

At an early stage, we asked all of the staff, particularly the care staff, to elect to only work at one site.

This is now in place so that our care staff only work for Yackandandah Health.

For the past week, our care staff have also been decked out in space helmets as well as face masks as further protection for our residents.

A welcome and a farewell

The Yackandandah Health Medical Centre continues to be busy taking both face to face and telephone appointments and welcoming Dr Emma Polkinghorne.

Emma joined the centre in July and is now working Tuesday afternoons and all day Fridays.

A locally based GP, Emma has an interest

in paediatrics and women's health and welcomes new patient bookings.

The centre also farewelled Dr Alex Maslen last week. Alex has completed her locum tenure with Yackandandah Health and now returns to her post at Defence Health.

She has been a wonderful asset to the team and will be sadly missed.

Residents' competitive streak was on show at last Friday's carpet bowls session.

Find our schedule of activities for this week on page 4.



Get to know Suman

Having already trained as a nurse at home in Nepal, Suman Dhakal arrived in Australia six years ago and set about upgrading her qualifications.

She completed the nursing degree at Australian Catholic University in Sydney.

After some time, she was joined by Udaye, her husband and after working in Sydney and Cowra, Suman and Udaye came to Yackandandah and joined Yack Health four months ago.

Suman is a registered nurse and Udaye works in the Yackandandah Health kitchen.

Already, her lovely smile and skilled hands have made her a valued member of the care team.

When she's not caring for our residents, Suman and Udaye like to socialise with the Nepalese community in Albury Wodonga.



Suman enjoys working at Yackandandah Health and getting to know the residents — it's so different from working in a hospital.

Welcome, Suman and Udaye!



2020
INTERNATIONAL YEAR
OF THE NURSE AND
THE MIDWIFE

The World Health Organization (WHO) has designated 2020 as the “International Year of the Nurse and the Midwife,” in honor of the 200th anniversary of the birth of visionary nurse and leader Florence Nightingale. The Year of the Nurse designation by the WHO highlights the push to increase the global nursing workforce. Nurses and midwives make up more than half the healthcare workforce worldwide.

A true green thumb

There's a wealth of knowledge at Yackandandah Health. This week we spoke with resident green thumb, Hazel Fox, to learn her secrets about growing daphne from a cutting.

Getting her daphne to strike is a skill that Hazel remembers her mother teaching her when she was a young girl.

"You split the daphne stem and insert a bit of wheat (less husk) and plant it... and it grows," Hazel explained.

Judging by her thriving garden, Hazel's onto a winner!

Hazel Fox will be 106 later this year.



Why not send Hazel a message?

Visit

www.yackandandahhealth.com.au/message-a-resident.html, type your message and share your own gardening stories with Hazel!

This week at Yackandandah Health

Monday, August 31	Tuesday, Sept 1	Wednesday, Sept 2	Thursday, Sept 3	Friday, Sept 4	Saturday, Sept 5
9:30 Visits	9:30 Active game	9:30 Cooking group and morning tea	9:30 Thoughts and prayers	9:15 Musical Memory	Family video calls
10:30 Exercises	10:30 Quiz	1:30 Exercises	10:30 Hand care	10 - 11:00 Shop only	
1:30 Bingo	1:30 Knit and Natter	3:00 Movie	1:30 Tai chi	1:30 Carpet Bowls	
3:00 Book exchange			2:30 Cards		