

THE WEEKLY



Eileen and Norma settle down for a perfect afternoon of Scrabble.

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Think better, live better

We received a lovely note from a family member recently, and in it were sentiments that we think might do us all a little good!

**You can't control what's happening
in the world around you.**

**The challenge is to control the way
you respond to what's happening.**

**Think better, live better,
Sing, dance and be happy.**

We have taken these words to heart - particularly the bits about singing and dancing! Have a look inside for more.

Celebrating our nurses

Did you know that this year is International Year of the Nurse and The Midwife? It's fitting, really, given the vital role they play in our community, providing health services and care to us all when we need it most.

Let's meet one of Yackandandah Health's nurses recognised for her long service.

Geraldine Miles

From her initial career as a specialist primary school teacher working for five years with remote Indigenous communities in Western Australia and the Northern Territory, Geraldine changed tack and started nurse training at the Alfred Hospital in Melbourne in 1981.

That led to a move to Royal Children's Hospital working in the specialist Burns unit and then in 1990, family connections brought her to the North East.

Geraldine worked nights, then a quick snooze in the old nurses' house before picking up her children from kindergarten at the end of the morning session.

Geraldine has worked at Yackandandah Health ever since in increasingly senior roles providing valuable leadership and mentoring for our care staff.

She leaves each day, happy if she has



received a smile from a resident knowing that she has made a difference.

Geraldine was presented with a 30-year service award last Friday.



2020
INTERNATIONAL YEAR
OF THE NURSE AND
THE MIDWIFE



Staff celebrate Aged Care Employee's Recognition Day in socially distanced style.

Aged care employee day

Yackandandah Health acknowledged 'Aged Care Employee's Recognition Day' on Friday, August 7. This day brought about a chance to celebrate 'social distancing style'.

We recognised each and every team member involved in the journey of caring for people who receive aged care services – from the nurses, care workers, allied health professionals, and catering teams, to the maintenance, cleaners, laundry employees, volunteers, lifestyle officers and administration teams.

The staff here at Yackandandah Health celebrated the day through a service split between morning and afternoon, directed to the long-serving members of our team.



CEO John and Lisa stylishly and safely greeting.

Special milestones were reached, including Jennifer Watkins, who has been working at Yackandandah Health for 37 years, Geraldine Miles and Trevor Anderson who both have reached 30 years of service this year.

A big thank you to all staff involved in organising the event, and to John Parkes (CEO) and Tricia Glass (BOM) who addressed the attendees.

From our families

Caring for our loved ones

"It makes me feel comfortable and pleased that Mum is being cared for so well by you all. It takes a team of dedicated staff to maintain all of these extra responsibilities and to keep up to date with all the constant changes."

"The friendly local staff. You just have a different way about you: a country friendly way. "

"I live in Queensland. Facetime keeps me and Dad sane. It is fantastic to see him in his room and to make or visit together seem as normal as it could be."



Veronica and care staff Allison checking the latest news.

"Thanks to all the great staff for the care and love you give my husband."

"The little things that are done. I know that the carers helped dad put his shoes on for our visit."



Sujata, Nola and Suman showing how you can still smile behind a mask. Nola has been at Yack Health smiling for 25 years.

Gerontology nurse practitioner

Steve Voogt, a gerontology nurse practitioner, is an integral part of the Yackandandah Health care team.

Nurse practitioners are registered nurses with expert knowledge, complex decision-making skills and clinical competence. They have a legislated expanded scope of practice to include diagnosis, prescribing and referral. This is seen to represent best practice in aged care.

Our nurse practitioner Steve assists the wider care team in ensuring optimal outcomes for the residents in our care.

He works in close collaboration with general practitioners, providing:

- specialist nursing expertise supporting both our care team and our families in relation to all geriatric syndromes; and
- timely access to specialist geriatrician support via telemedicine.

Steve attends the site for four sessions per week. He provides 'clinical management' and directs nursing staff in relation to required care. He also provides proactive review of chronic conditions.

Steve's role includes facilitating



teleconferencing with Professor Michael Murray (Geriatrician) in Melbourne on a regular basis as determined by residents' needs. Resident and family members can be directly involved in teleconferencing.

He also provides ongoing education for clinical staff, directed at geriatric syndromes and the use of technical equipment.

Nurse practitioners play a strong role in supporting communication between different parties including clients, their families/carers and other professionals. They become very familiar with their clients and have a primary focus on knowing people's wishes and preferences which facilitates positive experiences with care, both while living and through the passage of death.

We're keeping in touch

There's never been a greater need for us to make use of technology workarounds to keep our community of residents in meaningful contact with families and friends.

There are an additional 10 iPads on their way to Yackandandah Health to help this and the activities team is working on the best way to make use of them.

While this is being set up, families and friends can think ways to make the most of this and make suggestions to activities@yackhealth.com.au



Betty and her daughter, Greta on Facetime with help from Jenny.

This week at Yackandandah Health

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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 - 12:00 Shop only	Yack shops orders
1:30 Bingo	1:30 Knit and Natter	3:00 Movie	1:30 Tai chi	1:30 Carpet Bowls	
3:00 Visits			2:30 Cards		