

THE WEEKLY

Welcome to the second edition of *The Weekly*, bringing you news of the Yackandandah Health community during these constrained and challenging times. We hope you enjoy sharing our stories. As always, we welcome your feedback.

Yack Health needs you

Yackandandah Health originated as a bush nursing hospital back in the very different world of 1926 at a time when small and not-so-small communities had to look after themselves when it came to basics such as health care.

The same spirit lives on to this day. Yackandandah Health is still a community-owned and -operated health and wellbeing service. Our purpose is to meet the gaps in the health and wellbeing needs of our community.

Membership is open to anyone at an annual subscription of \$10 and provides a formal link between the community and the service committee of management.

Go to yackandandahhealth.com.au for more information.

You can help by:

- joining Yackandandah Health if not already a member
- considering a role on the committee of management
- considering a donation or bequest.

We are an independent community governed and operated service so by responding you are directly helping our community.

Our name

Members will have received an email from CEO John Parkes AM tidying up some paperwork relating to our legal identity (Yackandandah Bush Nursing Hospital) and our trading name of Yackandandah Health. Please read and we would very much appreciate your response as indicated.

Introducing Olive

Olive came to Yackandandah Health in 2015, coming from the Mornington Peninsula where she had retired with her husband.

Yackandandah was closer to her daughter, Jenny, who lives at Murrumungee.

Her other daughter, Barbara, lives in Sydney and until the COVID-19 outbreak was a regular visitor.

At 92 years young, Olive enjoys the social activities including making things and watching documentaries, but her favourite past-time is being out and about socialising, chatting and meeting people. Needless to say, Olive is missing her outings terribly.

But that just means that she has more time to knit and join other residents in the regular craft activities at Yackandandah Health.

Olive has her own iPad and keeps up to date with family on messages.



Olive really enjoys making things and she is showing us her dreamcatcher.

**Why not send Olive
a message to say hi?**

Visit
[www.yackandandahhealth.com.au/
message-a-resident.html](http://www.yackandandahhealth.com.au/message-a-resident.html), type your
message and tell Olive what you
think of her dreamcatcher!

A friendly face

Dennis Zahra

Dennis (*pictured, at right*) has been at Yackandandah Health for nine and a half years initially as a personal care assistant after training at Wodonga TAFE.

Dennis went on to complete a Diploma in Nursing and is a valued member of the care team.

Prior to that, Dennis and Pam tree-changed to Yackandandah about 20 years ago from Melbourne where Dennis was supply manager at Freemason's Hospital.

But most Yackandandah residents remember Dennis and Pam running the milk bar that is now Seventh Pocket.

Dennis had a formidable reputation for his pizzas and his fish and chips, and the milk bar gave both Dennis and Pam a terrific introduction to the Yackandandah community.



Lately, Dennis, an enrolled nurse, has been concentrating on maintaining our supply of personal protective equipment and Pam has been keeping Poppy Place clean and fresh.

"Working at Yackandandah Health has been a rewarding experience for me over the last nine and a half years," Dennis said.

"I enjoy working as a team member whilst tackling the constant challenges that each day brings, providing the necessary care to our residents.



2020
INTERNATIONAL YEAR
OF THE NURSE AND
THE MIDWIFE

Brydee brings a smile to the front desk

Quite possibly our youngest team member and a familiar smile often on the front desk, Brydee Smith joined Yackandandah Health earlier in the year after completing year 12 at Victory College in Wodonga.

Her traineeship involves Certificate 3 Business Studies but her ultimate goal is find a career in nursing or paramedics.

Brydee has a passionate interest in music which is apparent in the delightful way she answers the phone and interacts with visitors at the front desk.



She took on the challenge earlier in the month of very successfully organising the functions for Aged Care Worker’s Week.

This week at Yackandandah Health

Monday, August 24	Tuesday, August 25	Wednesday, August 26	Thursday, August 27	Friday, August 28	Saturday, August 29
9:30 Visits	10:00 Gardening group	9:30 Cooking group and morning tea	9:30 Garden walks	9:15 Musical Memory	Family video calls
10:30 Exercises	1:30 Knit and Natter	1:30 Exercises	10:30 Hand care	10 - 11:00 Shop only	
1:30 Bingo		3:00 Movie	1:30 Tai chi	11:30 Men's chinwag lunch	
3:00 Book exchange			2:30 Cards	1:30 Carpet Bowls	