



THE WEEKLY



Eileen and gardening helpers Dave and Paul laying out plants in the Yackandandah Health garden.

Spring has sprung!

The arrival of spring certainly brings out the gardeners and this edition of The Weekly is dedicated to Yackandandah Health's resident gardeners and flower-lovers!

Eileen Collins has a passion for Australian flora that was kindled by her friendship with the pioneer Australian botanist, Jean Galbraith, at Tyers in Gippsland.

When Eileen and her family moved to Chiltern 60 years ago, Jean challenged Eileen to record all the native flora in the Chiltern forest. ***The Flora of Chiltern Mt Pilot National Park*** catalogue is now complete.

Eileen is putting this extensive knowledge towards planning a native garden, with a particular interest in encouraging small birds.



At home in the garden

Leo Meehan (*pictured*) has a real knack at growing things from seed.

Already, he's got tomatoes and lettuce struck from seed in his vegie patch.

Leo plants pyrethrum daisies as companion planting with the tomatoes to deter the bugs.

Along with farming, Leo has always had a passion for propagating from seed.

Many years ago, Leo set up Mr Ed's Farm out at Allan's Flat, which had a nursery, farm animals, and a café that became a weekend destination for family outings and a sideline for the Meehan family.

Leo developed a particular skill in propagating eucalypts from locally collected seed and in this way, provided most of the seedlings for the mass eucalypt planting around Albury Wodonga and the Hume Highway reservation.

Daffodils bring smiles all round

Daffodils in large buckets arrived at Yackandandah Health last week grown, harvested and delivered by Mim and Penny who attend "Little Yacks" childcare, with some help from Emma Furphy, their mum (pictured below).

The daffodils complete with messages were able to be distributed by Yackandandah Health's activities people to delighted residents.



Pictured, from top right: Olive Reed, Bonnie Nielsen and Betty Hughes with their daffodil deliveries from the Yackandandah Health activities team

A day in the life

A warm welcome

Residents enjoyed another delightful surprise this week with the delivery of 18 quilts for our residents by Creative Learners Wodonga members, Paula and Judy (pictured, top, with Trish from Yackandandah Health).

The quilts are beautifully made by these volunteers and shared with new residents at Yackandandah Health as a welcome gift on arrival. The Creative Learners have been making and donating these to Yackandandah Health for nearly 12 years.



This week at Yackandandah Health

Monday, Sept 7	Tuesday, Sept 8	Wednesday, Sept 9	Thursday, Sept 10	Friday, Sept 11	Saturday, Sept 12
10.30am Gentle Chair Exercises and Walk	8.30am One on One room visits from Jenny and Tracey	Cooked breakfast	Hairdresser in today	Reminiscin g Books One on One	Facetime calls throughout the day
3pm Book Exchange	9.30am Golf Practice	Cooked lunch with Wendy	9.30am RUOK? Day Thoughts and feelings discussions	9.30am Musical Memories	Sunday, Sept 13
		3pm Catholic Mass live streamed	10.30am Hand & Nail Care	10am Café and shop open	11.30am Songs of Praise - TV
			1.30pm Tai Chi		