



Above: Ken enjoys a walk in the garden  
Below: Flo and Pepita drew the short straw to cut onions for the Relish



Above: Chris, Eril & Kay chopping the tomatoes



Above: Olive tries out the new walking path.



Above: Geoff McCracken entertains at the Cafe

The Week That Was

## Luck of the Irish



Above: Bev enjoys a green cupcake that she helped to make to celebrate St Patrick's Day

Below: Diann gets ready to put the cupcakes into the oven



We do love a celebration here at Yack Health, so St Patrick's Day on March 17<sup>th</sup> was always going to be celebrated in style. We had Irish music and dancing, cooking, along with Irish quizzes to test our Irish knowledge, because as you know.... Everyone is Irish on St Patrick's Day!

### St. Patrick's Day Anagram Rearrange the letters of each word reveal the answers!

- KARCHSOM Clover-like plant
- ODLG What Leprechauns keep in their pot
- REGEN Colour of envy
- ELAPUNCHER Mischievous elf
- IDLERAN St. Patrick is from here
- ELBRYAN This stone wants a kiss
- RHAP National emblem of Ireland
- SEBFLAT Capital of Northern Island
- KANESS Slender Reptiles
- CHARM Third month of the year
- TRACKPI Patron saint of Ireland
- SKIWHEY A popular liquor in Ireland
- RICEMILK Humorous verse
- OTTSU Type of dark beer
- BUND IL Capital of the Irish Republic
- GLENN DA St. Patrick was a missionary here
- SINGESNU A type of bitter stout
- RSHII From Ireland
- TAPE Fuel from boggy land
- BAWINOR Colourful arc in the sky

Answers:

Shamrock, Gold, Green, Leprechaun, Ireland, Blarney, Harp, Belfast, Snakes, March, Patrick, Whiskey, Limerick, Stout, Dublin, England, Guinness, Irish, Peat, Rainbow



## ADVANCE CARE PLAN WEEK

Have the conversation  
about end of life care



### ADVANCE CARE PLANNING WEEK 21-27 March 2022

Advance care planning is the process of planning for your future health care. It relates to health care you would or would not like to receive if you were to become seriously ill or injured and are unable to communicate your preferences or make decisions. This often relates to the care you receive at the end of your life. National Advance Care Planning Week is an annual initiative by Advance Care Planning Australia. It encourages all Australians, regardless of their age or health status, to make their future health care preferences known. The initiative challenges people to discuss what living well means to them and to consider who they would want to speak for them if they were too sick to speak for themselves.

Many residents of Yack Health have Advanced Care plans in place, which offers the best chance to live life on your own terms. If you would like information on Advance Care Planning, please speak with our friendly RN's for more information. It would be fantastic to see all residents at YH have current Advance Care Plans by the end of March.

## This Weeks Laugh

One morning, a rabbit walks into a butcher shop and says, 'Hello, sir. Do you have any carrots?'

The butcher responds, 'Carrots? This is a butcher's shop. We don't sell carrots here.'

'Oh', responds the rabbit, 'My apologies', and he hops out of the store.

The next day, the rabbit comes back.

'Helloooo. Do you have any carrots?'

'You're that rabbit from yesterday, aren't you? I already told you. This is a butcher shop. We don't sell carrots.'

'Ahh. Right.' The rabbit hops out again.

Day three comes around, and again the rabbit appears. 'Hi, do you have any carrots?'

'Look, mate, I've told you. This is a butcher's shop. If you come back asking for more bleeding carrots, I'll nail your ears to the floor!'

'My ears, you say? Hmm, okay, thanks anyway.' The rabbit hops out.

Day four passes, and there's no rabbit.

Day five and day six pass without any sign of the rabbit, either.

Day seven comes around, and suddenly, the rabbit reappears. 'Hey. Do you have any nails?'

'Nails? Of course I don't, you imbecile!'

This is a butcher's shop!'

'Right. Got any carrots, then?'



There's two windmills in a paddock just doing their thing & one says to the other "what sort of music do you like?" to which the other replies "Oh I'm a huge metal fan"

## What's On This Week

### POPPY PLACE ACTIVITIES

#### MONDAY 21<sup>ST</sup>

Facetime calls  
Harmony Day  
Walks in the Garden  
Balloon Play  
Footy Tipping

#### TUESDAY 22<sup>ND</sup>

Hand & Nail Care  
Reading in the Garden  
Tovertafel  
Board Games

#### WEDNESDAY 23<sup>RD</sup>

Facetime calls  
Exercises  
Musical Memories  
Garden Walks  
Cooking "Residents Choice"

#### THURSDAY 24<sup>TH</sup>

Hairdresser in today

9:30 Anglican Service  
Balloon Play  
2:00 Tai Chi  
Sensory Games  
Milkshake Trolley

#### FRIDAY 25<sup>TH</sup>

10-12 Café & Shop  
Chair Zumba  
Group Puzzles  
Music – Old Records

#### SATURDAY 26<sup>TH</sup>

10:00 Bingo  
1:30 Cocktail Afternoon (Poppy Place Courtyard)  
2:45 Movie Afternoon

#### SUNDAY 27<sup>TH</sup>

10:00 Hand & Nails  
11:30 Songs of Praise  
1:30 Tai Chi  
2:30 Wheelchair Walks in the Garden

#### MONDAY 21<sup>ST</sup>

9:15 Gentle Chair Exercises  
10:00 Newspaper Reading  
11:00 Harmony Day Celebrations  
2:00 Bingo

#### TUESDAY 22<sup>ND</sup>

9:15 Gentle Chair Exercises  
10:00 Newspaper Reading  
10:00 Men's Shed  
11:00 Quiz  
11:30 Footy Tipping  
2:00 Knit, Natter & Craft

#### WEDNESDAY 23<sup>RD</sup>

9:30 Cooking in the Activities Room  
11:30 Reminiscing Books  
2:00 Gentle Chair Exercises & Stretching  
3:00 Emotional & Spiritual Support Visits

#### THURSDAY 24<sup>TH</sup>

Hairdresser in today

9:30 Anglican Service  
10:30 Hand & Nail Care  
2:00 Tai Chi in the Library  
3:00 Wheel Chair Walks in the Garden  
3:30 Individual Visits

#### FRIDAY 25<sup>TH</sup>

9:30 Musical Memories  
10-12 Café & Shop Open  
2:00 Lawn Bowls (Café Courtyard)  
3:00 Individual Visits

#### SATURDAY 26<sup>TH</sup>

10:00 Bingo  
1:30 Cocktail Afternoon  
3:00 Movie Afternoon

#### SUNDAY 27<sup>TH</sup>

10:00 Hand & Nails  
11:30 Songs of Praise  
1:30 Tai Chi  
2:30 Wheelchair Walks in the Garden