



Norma (above) and Helen (below) sure know how to cook!



Above: Wally wishes his wife Beth a happy birthday

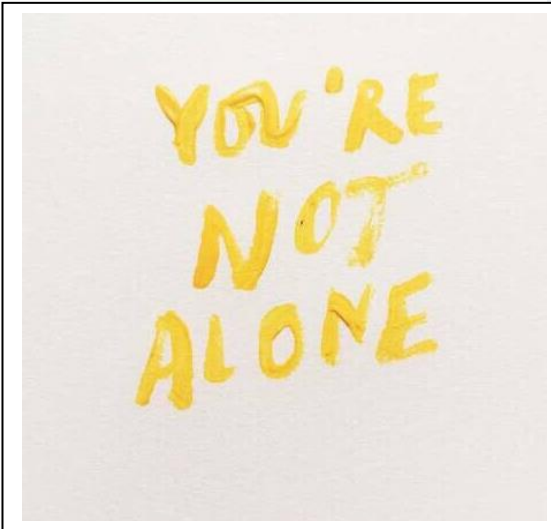


Above: Bob catches the balloon during a game of balloon tennis



Above: Pool Noodle Hockey is so much fun!

The Week That Was Emotional Support Service



An exciting new service is being piloted at Yack Health to provide emotional support for residents, their families, and staff. We have begun to explore a partnership with the Swinburne University Wellbeing Clinic for Older Adults. This clinic has been providing a free counselling and support service over the past 11 years for older adults who live in an aged care facility (RACF). Counselling services have traditionally been face-to-face but due to COVID it has also been by phone or video. The clinic has also been committed to training postgraduate students in learning how best to support and engage with older adults. The service is tailored to suit the individual's unique needs and emphasises the importance of a strong, authentic relationship and the involvement of family members/carers and facility staff. Referrals for counselling can come from the individual, a family member, or professional staff. You can also refer yourself to the service. The Swinburne Wellbeing Clinic for Older Adults depends on donations from philanthropic trusts, and we are indebted to them for embracing and generously supporting our service. We would like to thank the Arcare Family Foundation, The Aged Persons Welfare Foundation, The Barbara Dicker Brain Science Foundation, and the Helen Macpherson Smith Trust for supporting the Clinic. Mark Silver is a social worker who coordinates the Wellbeing Clinic and has recently moved into Yackandandah. If you have any enquiries please speak with the RN, lifestyle staff or directly with Mark. Referrals to the telehealth service can be made online by following this link [online referral form](#).

Mark can be contacted at: msilver@swin.edu.au, or [0414898330](tel:0414898330)

ONLINE SOCIAL GROUP



Do you have access to a computer, iPad, or smart phone? Do you like chatting with others in an online setting? If so, this could be the group for you.

We are looking to set up an online group that can correspond via emails to share knowledge from the past and shared interests with other residents. This idea provides the opportunity to electronically discuss your interests with those who have similar interests, while honing the electronic skills of all who participate. If this is of interest to you, please see lifestyle staff for further information.

FOOTY TIPPING



Footy Tipping has kicked off for the season and the usual footy banter has well and truly started at YH as residents and staff battle it out each week for the sought-after bragging rights. Currently we have Max, Kay and Bill tied out in the top spot on 13 whilst Marcus, Steff and Genelle are leading the staff competition on 12 points. Good Luck everyone!

This Weeks Laugh

A frog walks into a bank and approaches the teller, whose name plate says Patricia Whack.

"Miss Whack, I'd like to get a \$50,000 loan to take a holiday."

Patty looks at the frog in disbelief and asks his name.

"Kermit Jagger. My father is Mick Jagger. It will be fine to authorise the loan, I know your manager."

Patty explains that he will need to secure the loan with some collateral.

"Sure, how about this," said Kermit as he produces a tiny porcelain elephant, about an inch tall, bright pink and perfectly formed. Very confused, Patty explains that she'll have to consult with the bank manager and disappears into a back office.

Patty walks into the manager's office and proceeds to tell her, "There's a frog called Kermit Jagger out there who claims to know you and wants to borrow \$50,000, and he wants to use this as collateral." Patty holds up the tiny pink elephant. "I mean, what in the world is this?"

The bank manager looks back at her and says..."It's a knickknack, Patty Whack. Give the frog a loan. His old man's a Rolling Stone."



What's On This Week

POPPY PLACE ACTIVITIES

MONDAY 28TH

Facetime calls
Move to Music
Book Exchange
Footy Tipping

TUESDAY 29TH

Hand & Nail Care
Reading in the Garden
Tovertafel
Board Games

WEDNESDAY 30TH

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

THURSDAY 31ST

Hairdresser in today

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

FRIDAY 1ST

April Fool's Day – Watch out!

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

SATURDAY 2ND

Daylight Saving ends
Put your clocks back 1 Hour

10:00 Bingo
1:30 Happy Hour Drinks & Snacks
2:45 Movie Afternoon

SUNDAY 3RD

10:00 Spinning Wheel Target Practice
11:30 Songs of Praise
1:30 Make our own Banana Splits in the Poppy Place Kitchen

MONDAY 28TH

9:15 Gentle Chair Exercises
10:00 Newspaper Reading
10:30 Book Exchange
11:00 Book Club with Judy
11:15 Footy Tips
2:00 Bingo

TUESDAY 29TH

9:15 Gentle Chair Exercises
10:00 Newspaper Reading
10:00 Men's Shed
11:00 10 Pin Bowling
2:00 Knit, Natter & Craft

WEDNESDAY 30TH

Cooked Breakfast

9:30 Cooked Lunch with Anne (Lamb shanks with vegetables followed by Apple Pie)

2:00 Gentle Chair Exercises & Walk
2:30 Newspaper Reading

THURSDAY 31ST

Hairdresser in today

9:15 Gentle Chair Exercises
10:00 Newspaper Reading
10:30 Hand & Nail Care
2:00 Tai Chi in the Library
3:00 Wheelchair Walks in the Garden
3:30 Individual Visits

FRIDAY 1ST

April Fool's Day – Watch out!

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

SATURDAY 2ND

Daylight Saving ends
Put your clocks back 1 Hour

10:00 Bingo
1:30 Happy Hour Drinks & Snacks
3:00 Movie Afternoon

SUNDAY 3RD

10:00 Spinning Wheel Target Practice
11:30 Songs of Praise
1:30 Make our own Banana Splits in the Poppy Place Kitchen