

THE WEEK THAT WAS



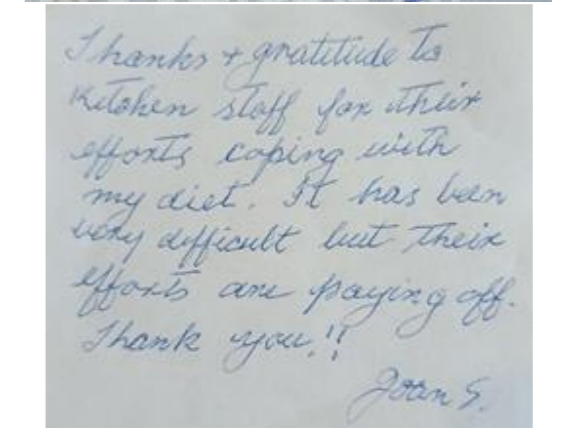
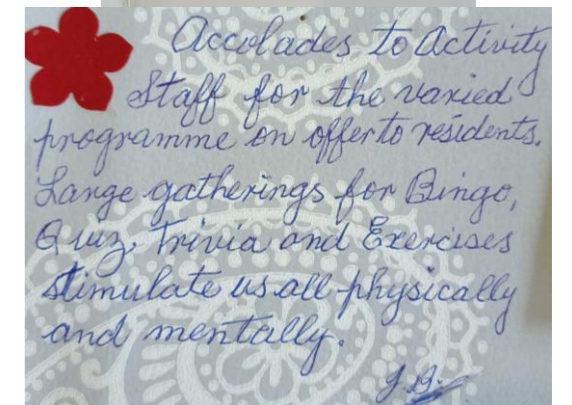
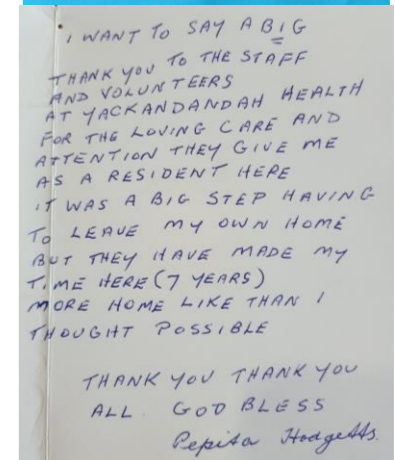
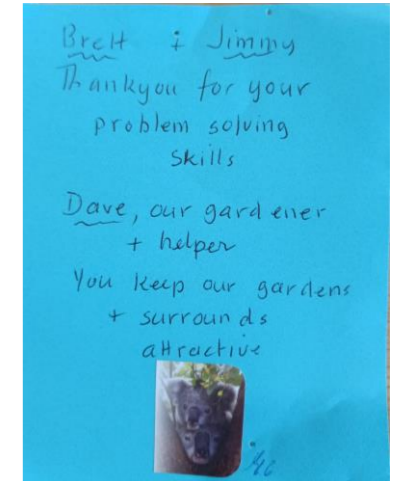
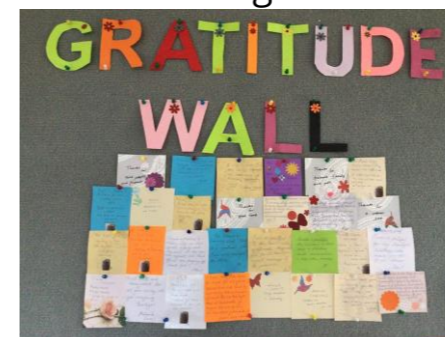
Aged Care Employee Day

“Aged Care Employee Day” recognises each and every team member involved in caring for older Australians receiving home care or residential care services. This includes care managers, nurses and care workers, allied health professionals, hospitality teams, cleaners, volunteers, lifestyle officers, administration staff and many, many others, all working together to make life easier for people who are unable to take care of themselves anymore.

Here at Yack Health we have a team of dedicated staff who work tirelessly, day in and day out to enrich the lives of those who live here – Thank you, we appreciate you and the effort you make.

As a thank you to these amazing staff, YH hosted a lunch, dinner and supper to ensure all workers across all shifts are aware of how appreciated they are.

Many residents got involved by writing cards to display on the gratitude board in the dining room.



Some of the lovely messages received.



Gwen making a delicious cake.



Above: Robyn takes time out to enjoy the garden
Below: Gwen likes to keep active, what a fun way to get your exercise in! 😊



Above: Heather is busy working on her latest knitting project.
Below: Pepita choosing a book at Book Exchange.



Meet the Yack Health Family

Max Norris



What town have you enjoyed living in the most and why?

Having lived in a variety of towns over my 97 years, I found it difficult to decide which one I have enjoyed the most. I selected the suburb of Bentleigh in Melbourne, where my dear wife Jean and I purchased our first home for 950 pounds in 1946, after 4 years of WWII service. Jean was in AWAS and I was in the RAAF. We enjoyed raising three very fine children, one of them being Beverley Lello who lives in Yackandandah. After my service with the RAAF I was able to return to my former employment as an electrical engineer, with a company called Australian General Electric where I worked for approximately 25 years.

What are you looking forward to?

Having spent 6 years at Yackandandah Health, I look ahead to a continuation of the pleasant times as I have enjoyed day by day.

What is the best thing about living at Yackandandah Health?

The best thing about living at Yack Health is the pleasure of friendships made with residents and staff and help with all my daily needs of accommodation, meals and laundry.

The daily activities are also very enjoyable, such as exercises, a variety of games, carpet bowls, quiz sessions, music, men's choir and movies.

This week's laugh!

A Doctors wife complained to her husband about him spending too much time with his doctor buddies, gambling their wealth away, and that he should be spending more time at home with his wife.

The doctor stated "From now on darling, I assure you, I'm only going to go out at night for emergencies.....And only the really serious ones!"

As they sat down for dinner the phone rang.

The doctor calmly answered it and heard the familiar voice of one of his doctor colleagues. "We badly need a fourth for poker," said his doctor friend. "I'll be right over," whispered the doctor.

As he was putting on his coat, his wife asked, "Is it serious?" "Oh yes, really serious" said the doctor gravely. "In fact, three doctors are already there!"

Q: Why did the spotted jungle cat get disqualified from the Olympics?

A: It was a cheetah.

Q: Why couldn't the athlete listen to music?

A: Because she broke the record!

Q: Why is basketball the messiest Olympic sport?

A: Because the players dribble all over the court!



WHATS ON THIS WEEK Poppy Place Activities

Monday 9th

Art & Craft
Footy Tipping
Facetime calls
Exercises

Group Discussions

Tuesday 10th

Newspaper Reading in the Garden
Musical Quiz (Name that tune)
Scenic Drive
Foot Spas

Wednesday 11th

Reminiscing Books
11:15 Men's Choir and luncheon
Cooking Pancakes
Flower Arrangement

Group Exercises

Thursday 12th

9:30 Anglican Service
Garden Walks
Hand Care
Reminiscing Books
Hand Massage
Life Stories

Friday 13th

10-12 Café & Shop
Balloon play
Musical Memories
Art & Craft

Music - Old Records
Spinning Wheel Toss

Saturday 14th

1:30 Musical Bingo (with drinks and Snacks)
(in the WG Activity Room)

2:45 Movie Afternoon

Sunday 15th

11:30 Songs of Praise (ABC)

WHATS ON THIS WEEK

Monday 9th

9:15 Gentle Chair Exercises & Walk
10:00 Newspaper Reading
10:30 Book Exchange
One on One Footy Tipping
throughout the morning
2:00 Ladies High Tea

Tuesday 10th

9:15 Gentle Chair Exercises & Walk
10:00 Newspaper Reading
11:00 Golf
2:00 Knit, Natter & Craft

Wednesday 11th

9:30 Cooking in Big Ben kitchen
11:15 Men's Choir & luncheon
2:00 Gentle Chair Exercises & Walk
3:00 Emotional & Spiritual Support
Individual Visits

Thursday 12th

9:30 Anglican Service
9:30 Wheelchair Walks
10:30 Hand & Nail Care
2:00 Tai Chi (Library)

Friday 13th

9:30 Musical Memories
10:00-11:30 Café & Shop open
Spin the lucky wheel to win a prize with each purchase for Friday the 13th fun. Keep your eye out for witches in the Cafe

2:00 Carpet Bowls

3:00 Individual Visits

Saturday 14th

10:00 Catch the bus into the Yack Shops
1:30 Musical Bingo (with drinks and Snacks)

3:00 Movie Afternoon

Sunday 15th

11.30 Songs of Praise