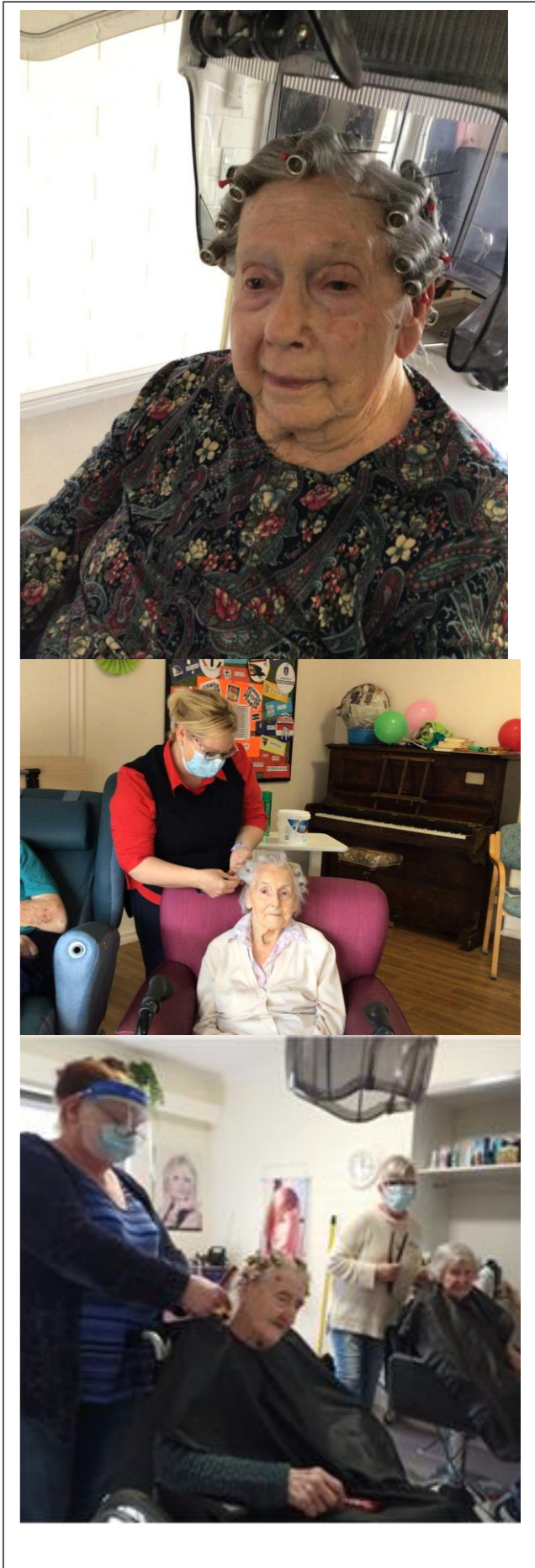


THE WEEK THAT WAS



**Hairdressers to the rescue**  
 There's no denying that lockdown restrictions effect us all. We miss our families and the freedom of our everyday lives.  
 Knowing we could never fill the void of your families, the staff of Yack Health have gone above and beyond to try and fill in some of the gaps..... such as the hairdresser.  
 Residents have enjoyed being pampered in the salon by staff, volunteering their time to bring a smile to the faces of residents.

This is exactly what we needed to look and feel like our old selves again.  
 Staff also implemented bright coloured shirt days, where a colour was selected for each day of the week which both staff and several residents participated in.  
 We are extremely lucky to have such extraordinary, caring staff at Yack Health, well done, we appreciate your efforts!



**Above:** Roger was surprised by a group facetime call with his children on Sunday.  
**Below:** Happy Birthday Thelma, from all your friends at Yack Health.



**Above:** Len enjoyed a facetime call with his daughter Karen for Father's Day  
**Below:** Eileen setting up for bingo.



**Left:** Eiril setting up for bingo  
**Right:** June was delighted to see her daughters, even if it was through the window!



## Meet the Yack Health Family



**Ann Jarvis**

### Tell us a little about yourself:

I grew up in the Indigo Valley on a farm, I was introduced to my husband Lindsey by mutual friends on Valentine's Day at the Wodonga Show. We were married on 27<sup>th</sup> May 1967. We worked on our dairy farm, milking 200 cows. My job was feeding the poddy calves, which suited me as I absolutely adore animals.

I have been an active volunteer throughout my life, volunteering for CWA, Uniting Church, CFA and the Red Cross, where I was always quick to roll up my sleeves and assist catering for functions around town. I was recently awarded 50-year lifetime awards for my work in CWA & CFA.

I was also highly involved in influencing education policy at many levels, as well as becoming the first woman chair of Australia's Farm Management Society and as an inaugural and active member of "Australian Women in Agriculture."

I have seen many changes in the recognition of the value women provide on farms.

### What town have you enjoyed living in most? Why?

Indigo Valley, where I grew up and the farm at Kergunyah.

What do you like about living at YH?  
Being looked after and not having to cook!

### What is your favourite meal?

Steak and Chips

### What do you like to do for fun?

I loved singing and dancing. I sang in the Wangaratta High School Choir, the Murray Conservatorium and most recently the Yackandandah Choir.

## This week's laugh!

Late one night Jack takes a shortcut through a cemetery. Hearing a tapping sound, he becomes scared out of his wits.

Then he notices a man chiselling a tombstone.

"Thank goodness!" Jack says to the man. "You gave me the fright of my life. Why are you working so late?"

"They spelt my name wrong" he says.

A lady was walking past a pet store when a parrot said, "Hey, lady! You're really ugly!" The lady was furious, but she continued on her way. On the way home, she passed by the pet store again, and the parrot once more said, "Hey, lady! You're really ugly!" She was incredibly outraged, so she went into the store to complain. The store manager apologized greatly and promised he would make sure the parrot didn't say it again.

The next day, she deliberately passed by the store to test the parrot.

"Hey, lady!" it said.

"Yes?"

"You know."

## WHATS ON THIS WEEK

### Poppy Place Activities

#### Monday 6<sup>th</sup>

Rummy – Cards

Musical Quiz

Hot towels & Pamper

Emotional & Spiritual Support

#### Tuesday 7<sup>th</sup>

Walks in the Garden

Exercises and Stretching

Sensory Activities

Art & Craft

Reminiscing Books

#### Wednesday 8<sup>th</sup>

Facetime calls

Catholic Mass

Cooking – Resident's choice

Hand and Nail Care

Individual Music Playlist

#### Thursday 9<sup>th</sup> **RUOK? DAY**

9:30 Anglican Service

High Tea

Life Stories

2:00 Tai Chi

Pool Noodle Hockey

#### Friday 10<sup>th</sup>

10-12 Café & Shop

Balloon play

Musical Memories

Hot towels & Pamper

Group Discussions

#### Saturday 11<sup>th</sup>

10:00 Bingo

1:30 Happy Hour with snacks

2:45 Movie Afternoon

#### Sunday 12<sup>th</sup>

11:30 Songs of Praise (ABC)

## WHATS ON THIS WEEK

### Monday 6<sup>th</sup>

9:15 Gentle Chair Exercises & Walk

10:00 Newspaper Reading

11:00 The Price is Right

2:00 Bingo

3:00 Individual visits

### Tuesday 7<sup>th</sup>

9:15 Gentle Chair Exercises

10:00 Newspaper Reading

11:00 Pool Noodle Hockey

11:30 Quick Quiz

2:00 Knit, Natter & Craft

### Wednesday 8<sup>th</sup>

9:30 Cooking in Big Ben Kitchen

2:00 Gentle Chair Exercises

2:30 Newspaper Reading

3:00 Emotional & Spiritual Support Visits

### Thursday 9<sup>th</sup> **RUOK? DAY**

9:30 Anglican Service

10:30 Hand & Nail Care

11:30 Resident Choice Individual Activities

2:00 Tai Chi (Library)

2:45 Tovertafel Fun

### Friday 10<sup>th</sup>

9:30 Musical Memories

10:00-11:30 Café & Shop open

2:00 Carpet Bowls

3:00 Individual visits

### Saturday 11<sup>th</sup>

10:00 Bingo

1:30 Happy Hour

3:00 Movie Afternoon

### Sunday 12<sup>th</sup>

11.30 Songs of Praise