

THE WEEK THAT WAS

Lockdown Update



Residents are now able to go out with the following conditions as per Victorian Government.

- Masks must be worn at all times when out of the facility.
- Not to visit NSW, and must remain locally.
- Not to attend any homes of family or friends.
- QR code check in where applicable.
- They must comply with the same public health directions that all Victorians are required to comply with.

If you are going to take your relative out please inform staff so they can have them ready and will bring them to the front entrance. For those residents unable to go down the street:

- Visits in the garden are now available. Please let staff know times and we can have your relative ready.
- Social distancing is to be undertaken.
- Masks are to be worn at all times.



Thursday saw splashes of yellow around Yack Health, what was this all about you ask? Thursday was RUOK? Day, which was designed to be a reminder to check on your family and friends who may be struggling with life, by starting a conversation that could potentially change their lives by asking "Are you okay?" There are many different ways to ask "are you OK?". It is important to be genuine in your approach and ready to support them through whatever they're facing, big or small. Learn how to ask, and what to say if someone says they aren't OK. You don't need to be an expert to reach out - just a good friend and a great listener.

- Use these four steps and have a conversation that could change a life:
1. Ask R U OK?
  2. Listen
  3. Encourage action
  4. Check in

If you're feeling overwhelmed, you may feel you can't cope. It's okay to not feel okay and there are lots of ways of dealing with these feelings. It is important to reach out to staff, family or friends to receive the support that you may need to get you through, particularly during periods of isolation, such as lockdowns. We are here to help.



**Above:** Bev & Leanne making trifle  
**Below:** Gladys whips up a carrot cake



**Above:** Dave offers to share his fertiliser with Chris to help her grow  
**Below:** Eileen & Norma enjoy a game of scrabble



**Left:** Bob concentrating hard on his painting  
**Right:** Hazel may be 106 but that doesn't stop her playing cards on the computer each afternoon, Amazing!!



## Meet the Yack Health Family



### Andrea O'Neill CEO

#### What do you like most about working at YH?

The People. Everyone is so kind and friendly. Nothing is a trouble, everyone goes out of their way to be helpful to the residents, children and patients, as well as each other.

#### What is your favourite meal?

Spaghetti Bolognese

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

I love spending time with my family and friends.

There are always people at our home, dropping by for a cuppa and cake or a BBQ and a few drinks. Everyone is welcome, the more the merrier!

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

##### Why?

Berrigan It is where I grew up. It's small, quiet and everyone knows and looks after each other.

That's why I like Yackandandah so much it's just like home, small, quiet and everyone knows and looks after each other.

#### What are you looking forward to?

Christmas/Summer my favourite time of the year.

I love hot weather, summer holidays, presents, family and all things Christmas.

## This week's laugh!

Why did the robber take a bath?  
Because he wanted to make a clean get away

An elderly gentleman had serious hearing problems for a number of years. He went to the doctor and the doctor was able to have him fitted with a set of hearing aids that allowed the gentleman to hear 100 per cent.

A month later, the elderly gentleman went back to the doctor for a check-up.

The doctor said, "Your hearing is perfect, your family must be really pleased that you can hear again".

The gentleman replied "Oh, I haven't told my family yet, I just sit around and listen to the conversations - I HAVE CHANGED MY WILL THREE TIMES!

Don't let aging get you down.  
It's too hard to get back up.

A woman was trying hard to get tomato sauce out of a jar. During her struggle the phone rang, so she asked her 4-year-old daughter to answer it. She heard her say "Mummy can't come to the phone to talk to you right now, she is hitting the bottle!"



## WHATS ON THIS WEEK Poppy Place Activities

### Monday 13<sup>th</sup>

Art & Craft

**10:30** Book Exchange

Exercises

Group Discussions

**2:00** Ladies High Tea

### Tuesday 14<sup>th</sup>

Newspaper Reading in the Garden

Musical Quiz (Name that tune)

Foot Spas

Group Knitting

### Wednesday 15<sup>th</sup>

Reminiscing Books

Cooking Pancakes

Flower Arrangement

Group Exercises

Music Therapy

### Thursday 16<sup>th</sup>

**9:30** Celebration of life service

Garden Walks

Hand Care

Reminiscing Books

Hand Massage

**2:00** Tai Chi

### Friday 17<sup>th</sup>

**10-12** Café & Shop

**12:00** Men's chinwag lunch

Art & Craft

Music - Old Records

Spinning Wheel Toss

### Saturday 18<sup>th</sup>

**1:30** Pub Trivia

**2:45** Movie Afternoon

### Sunday 19<sup>th</sup>

11:30 Songs of Praise (ABC)

## WHATS ON THIS WEEK

### Monday 13<sup>th</sup>

9:15 Gentle Chair Exercises & Walk

10:00 Newspaper Reading

10:30 Book Exchange

11:00 Men's Magazine Drop

2:00 Ladies High Tea

### Tuesday 14<sup>th</sup>

9:15 Gentle Chair Exercises

10:00 Newspaper Reading

11:00 Quoits

2:00 Knit, Natter & Craft

### Wednesday 15<sup>th</sup>

9:30 Cooking in Big Ben Kitchen

11:30 Reminiscing Books

2:00 Gentle Chair Exercises

2:30 Newspaper Reading

3:00 Catholic Mass

### Thursday 16<sup>th</sup>

9:30 Celebration of Life Service

11:30 Resident Choice Individual Activities

2:00 Tai Chi (Library)

2:45 Tovertafel Fun

### Friday 17<sup>th</sup> Today is John Ward's Birthday

9:30 Musical Memories

10:00-11:30 Café & Shop open

12:00 Men's Chinwag with

Fish 'n' Chips for lunch

2:00 Carpet Bowls

3:00 Individual visits

### Saturday 18<sup>th</sup>

10:00 Yack Shops

1:30 Pub Trivia

3:00 Movie Afternoon

### Sunday 19<sup>th</sup>

11.30 Songs of Praise