

THE WEEK THAT WAS



International day of older persons

International Day of Older Persons is an opportunity to highlight the important contributions that older people make to society and raise awareness of the issues and challenges of ageing in today's world. The 2021 theme is digital equity for all ages, bringing awareness of the importance of digital inclusion of older persons, while tackling stereotypes, prejudice and discrimination associated with digitalisation. Many residents of Yack Health have taken the opportunity to become tech savvy over the past 18 months by using video calling and email during periods of visitation restrictions to stay connected to family and friends. Not only is it lovely to see the faces of our loved ones, it helps with feelings of isolation when we are unable to meet face to face. If you have been thinking of giving it a go, don't hesitate - we have all of the equipment ready to go, just let us know as we are happy to help.

To celebrate International day of older persons, the freshest, fluffiest scones with a generous serving of jam and cream were given out in the Café on Friday bringing smiles to the faces of residents of YH.

We took this opportunity to tap into the wisdom of some of our elders for advice for the younger generation:

Pepita Hodgetts:
Keep active, have happy thoughts - don't have bad thoughts. Keep your mind active and love your family.



Chris Black:
Be honest, love one another and be helpful.



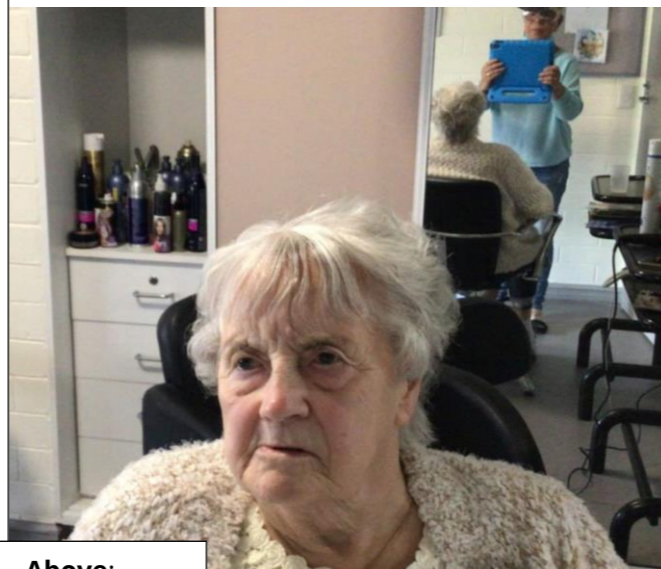
Eril Brown:
Laughter & love are important. Eat & Drink well and always do the best you can.



Flo enjoying a scone whilst reading the newspaper



Above: Norma having her hair done by our human ray of sunshine, Stella



Above: There is plenty of wildlife popping into YH to say hi - it has been lovely weather for ducks this past week
Below: Louise enjoys the Tovertafel in Poppy Place



Above: Flo whipping up a cake in the Big Ben kitchen
Below: Tracey offers Leo a scone to celebrate International day of older persons





This week's laugh! Tongue Twisters

We shall surely see the sunshine soon.

Santa's short suit shrunk!

Six slimy snails sailed silently

Rory's lawn rake rarely rakes really right

Stan the silk sheet slitter slit six silk sheets

Thirty-three thousand feathers on a trusses throat

Freeze breeze made these trees flea's sneeze

Red roses for Ruby, red rubies for Rosie

Irish wristwatch!

Betty Botta bought some butter;
"But," said she, "this butter's bitter!
If I put it in my batter
It will make my batter bitter.
But a bit o' better butter
Will but make my batter better."
Then she bought a bit o' butter
Better than the bitter butter,
Made her bitter batter better.
So 'twas better Betty Botta
Bought a bit o' better butter.

The Yack Health team of walkers are already clocking up their kilometers for their challenge to walk 100kms during October to raise much needed funds and awareness for those living with mental health conditions.

If you would like to get involved, please have a chat with a member of the lifestyle team. You will be issued with a team card which we will use to calculate your personal kilometres walked.

Our goal is to raise \$500, if you would like to donate to the team, please follow the link below.

<https://www.onefootforward.org.au/fundraisers/yackandandahhealth>



Some of the team enjoying some sunshine before the rain hit



WHATS ON THIS WEEK Poppy Place Activities

Monday 4th

Rummy – Cards
10:30 Book Exchange
Hot towels & Pamper
Emotional & Spiritual Support

Tuesday 5th

11:00 Armchair Travel to Egypt
Exercises and Stretching
Sensory Activities
Art & Craft

Wednesday 6th

Facetime calls
Cooking – residents choice
Hand and Nail Care
Individual Music playlist

Thursday 7th

Intergenerational Program
Picnic in the courtyard
Life Stories
2:00 Tai Chi

Pool Noodle Hockey

Friday 8th

10-12 Café & Shop
Balloon play
Musical Memories
Hot towels & Pamper

Gardening

Saturday 9th

10:00 Bingo
1:30 Happy Hour with snacks (in WG Activity Room)

2:45 Movie Afternoon

Sunday 10th

11:30 Songs of Praise (ABC)

WHATS ON THIS WEEK

Monday 4th

9:15 Gentle Chair Exercises & Walk
10:00 Newspaper Reading
10:30 Book Exchange
11:15 The Price is Right
2:00 Bingo

Tuesday 5th

9:15 Gentle Chair Exercises
10:00 Newspaper Reading
11:00 Armchair Travel to Egypt
2:00 Knit, Natter & Craft

Wednesday 6th

9:30 Cook our own Morning Tea
Big Ben Kitchen
2:00 Gentle Chair Exercises & Walk in the Garden

2:30 Newspaper Reading
3:00 Catholic Mass

Thursday 7th

9:15 Gentle Chair Exercises & Walk
10:00 Newspaper Reading
10:30 Hand & Nail Care

11:00 Intergenerational Program
Picnic in the courtyard

2:30 Tai Chi (Library)

Friday 8th

9:30 Musical Memories
10:00-11:30 Café & Shop open
2:00 Carpet Bowls

Saturday 9th

10:00 Bingo
1:30 Happy Hour with snacks
3:00 Movie Afternoon

Sunday 10th

Today is Len Thomas' Birthday
11.30 Songs of Praise