



Above: Beth wishes her husband Wally a happy birthday
Below: Ken likes to keep busy



Len (above) was happy to receive a book in the mail from his daughter Karen, all the way from QLD. His smile says it all...



Hazel gives Dave a hand in the garden



Above: Lots of individual projects taking place



yackandandah
health

Residents
Weekly

The Week That Was

Pamper Time at Yack Health



There is nothing quite like having your nails done to lift your spirits and make you feel fresh. There were smiles on the faces of residents as they enjoyed being pampered, having their nails done and enjoying a foot spa – ahhhhh how relaxing.



Top: Pepita shows off her beautiful nails
Above: Leanne gives Bob a hand massage
Below: Nancy enjoys a foot spa.



Chris (above) has her nails manicured by Tracey, while Bev (below) has hers done by Leanne.



COVID UPDATE



As you are all aware, the covid situation in our community is changing daily. There are a number of positive cases in Yackandandah and our surrounding suburbs and here at Yack Health we are doing everything we can to keep our residents and our staff safe and well. Part of this strategy is performing Rapid Antigen Tests on our staff every 72 hours and on any visitors prior to entry into the facility. Through this testing we have been able to identify a few positive cases now and these have been notified to the Public Health Unit. That unit then guides us on how to proceed. This meant that last week we had to stop all visitors coming into the facility and we had to separately lock down Poppy Place and the Ben & Jack wings. The residents there had a Rapid Antigen Test every day for 5 days and on the last day we undertook testing of every resident here at Yack Health. I am very pleased to report that every resident tested was negative. I would like to commend all of our staff who have worked so hard, many of them doing double shifts in uncomfortable PPE. We will do our best to keep you updated as and when the situation changes.

Emma Atkin
Operations Manager

This Weeks Laugh

Ron, a 67-year-old man from Yackandandah, would ride his bicycle to his brother's house every weekend. It usually took him 2 hours, and he always made it there by 2pm. One day he was feeling athletic and decided he'd try to make the ride in just 1 hour. With a determined grin, he put on his helmet and started pedaling. 30 minutes later, he collapsed from exhaustion while going up a hill. While sitting there, a Corvette pulls up and asks him if he needs a ride. Ron looks at his watch and sees that he would be late otherwise, but there is already a passenger in the car. Ron says, "Thanks for the offer, but how am I supposed to get a ride if there's no seat left in the car?" "No problem," says the man in the Corvette, "I've got a rope in the back. We'll tie your bike to the back bumper, and you can ride. It'll be a bit windy for you but I'm sure we can make it work." Ron thinks that this doesn't exactly sound safe, but he doesn't want to be late, so he agrees to the solution. They take off and the driver yells back, "Just yell 'beep beep' if I'm going too fast." Ron gives a thumbs up and off they go. For the first 5 kilometers, everything goes fine. Suddenly, a Ferrari blows past them. Not to be outdone, the Corvette takes off to race him, pedal to the metal. A short distance down the road, both cars – by now going well over 180 kph – blow past a police speed trap. With wide eyes, the police officer notes the speeds from his radar gun and radios his colleagues. "Hey guys, the weirdest thing just happened to me. A Ferrari and a Corvette just blew past me at over 180 kph on Main Street." "What's so weird about that?" asks the other cop. The cop replies, "There was this old guy on a bike behind them screaming 'BEEP BEEP' and trying to pass!"

What's On This Week

POPPY PLACE ACTIVITIES

MONDAY 17TH

Facetime calls
Hand Massages
Walks in the Garden
Balloon Play

TUESDAY 18TH

Hand & Nail Care
Reading in the Garden
Monthly Birthday Party
Tovertafel
Seated Soccer

WEDNESDAY 19TH

Today is Bob Denahy & Phyllis Heiner's Birthday

Facetime calls
Exercises
Musical Memories
Garden Walks
Cooking Pancakes

THURSDAY 20TH

Balloon Play
Men's Choir and luncheon
2:00 Tai Chi
Sensory Games

FRIDAY 21ST

10-12 Café & Shop
Balloon play
Group Puzzles
Music – Old Records

SATURDAY 22ND

10:00 Tai Chi
1:30 Musical Bingo (in WG Activity Room)
2:45 Movie Afternoon

SUNDAY 23RD

Today is Pauline Henderson's Birthday
11:30 Songs of Praise

MONDAY 17TH

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

TUESDAY 18TH

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

WEDNESDAY 19TH

Today is Bob Denahy & Phyllis Heiner's Birthday

9:30 Cooking in the Activities Room
Reminiscing Books
2:00 Gentle Chair Exercises & Stretching
3:00 Catholic Mass on the big TV

THURSDAY 20TH

9:15 Gentle Chair Exercises
10:00 Newspaper Reading
10:30 Hand & Nail Care
11:30 Emotional & Spiritual Support Visits
2:00 Tai Chi in the Library
Quick Quiz following Tai Chi

FRIDAY 21ST

9:30 Musical Memories
10 12 Café & Shop Open
2:00 Carpet Bowls
3:00 Individual Visits

SATURDAY 22ND

10:00 Tai Chi
1:30 Musical Bingo
3:00 Movie Afternoon

SUNDAY 23RD

Today is Pauline Henderson's Birthday
11:30 Songs of Praise