



We welcomed Kirsten Coates to our Yack Health this week, Kirsten is an art therapist and has volunteered to come in weekly to work with our residents through arts and crafts. Painting was Tuesday's genre and we seen some beautiful creations. We had residents from Poppy, Wattle, Big Ben and Mt. Jack.



Food was the flavour of the week!

Men's lunch on Friday with Fish and Chips with a nice cold beer or soft drink.

Cooking Lunch with Tracey and the Chef Rabbit Stew with mashed potato and purple cabbage. Residents chose this menu and with the help of Andrea who sourced the rabbits the meal was prepared, served and very much enjoyed by all.



If you're visiting on a Friday Don't forget to drop into the Coffee Shop bring your loved ones in and enjoy a coffee with scones and jam & cream.



The competition was fierce between Jim, Jean M and Jean B from Poppy in a game of dominoes at the weekend



yackandandah
health

RESIDENTS
WEEKLY

DOLL /BABY THERAPY.

Let us introduce you to Charlie, Charlie is a Reborn doll who we are currently using with our residents with dementia. You may also catch a snippet of some of our staff getting to know Charlie and a lot of our residents sneaking a cuddle as well.



Below is an exert from Dementia Australia explaining the benefits of this therapy

- Dolls may provide an opportunity for the person with dementia to express their feelings and emotions.
- People with dementia may feel a sense of validation, role, and purpose by taking care of the baby doll.
- It may allow people with dementia to reminisce about when they had young children of their own.
- The tactile and sensory experiences provided by the doll may bring a sense of comfort and security.

27th January – 3rd February 2023



CELEBRATION OF LIFE

You are invited to the Celebration of Life to be held in the Activities Room on Thursday 9th February at 10.00am.

This is a service to honour and celebrate the lives of those we have lost in the last four months.

If you are attending you will need to arrive in time to complete an RAtest prior to entry and you must wear the face mask provided.

RSVP via return email.

Looking forward to seeing you all here.



JOKE OF THE WEEK

Apparently in a small town somewhere in the USA there is a large factory that will only recruit married men. One of the local women, one Brenda Davy, a feisty young lady, was angry about this and demanded to speak to the manager to find out why.

Brenda demanded to know, 'Why is it you limit your employees to married men? Is it because you think women are weak, dumb, cantankerous.....or what?'

'Not at all, Ma'am,' the Factory Manager replied. 'It is because our employees are used to obeying orders, are accustomed to being shoved around, know how to keep their mouths shut and don't pout when I yell at them.'



"This is my wish for you:

Comfort on difficult days,

smiles when sadness intrudes,

rainbows to follow the clouds,

laughter to kiss your lips,

sunsets to warm your heart,

hugs when spirits sag,

beauty for your eyes to see,

friendships to brighten your being,

faith so that you can believe,

confidence for when you doubt,

courage to know yourself,

patience to accept the truth,

Love to complete your life."



THE WEEK THAT WAS

As always, we have been pretty busy here at Yack Health.

We are really enjoying the exercise program held every day, three times a week we have a workout and the other two are gentle exercises and garden walks.

On Tuesday we met Kirsten Coates for the first time, and she will be joining us each Tuesday afternoon to work on art and craft, Kirsten volunteers her time and the supplies required, so a Huge shout out to her. Thanks Kirsten.

We managed a bus trip on Tuesday afternoon, which was supposed to be to the Berry Farm at Stanley. The farm was closed but thanks to the ingenious lifestyle team we ended up at Lake Sambil for an ice cream by the lake, which was just divine.

Wednesday, we enjoyed a cooked breakfast which as always was beautiful, follow by lunch cooked by the residents, Tracey and Chef Ann. I must admit I did not have any say in their choice of menu – the residents choose each month, so this month was rabbit pie and I have to say was thoroughly enjoyed by all [including myself].

Thursday, we welcomed back the Anglican Church for our weekly prayer services. Anglican is the 1st and 3rd Thursday of each month and Catholic is the 2nd Thursday. The services are run as multi-denominational services, so all residents can have their spiritual and religious needs met.

Thursday afternoon we also welcomed back David on his Ukulele for our "arvo sing-along."

Friday of course we are always flat out with the Coffee shop, we are having more and more families joining us each week to share a cappuccino with scones and jam & cream all for just \$4.00.

And Friday afternoon brings the local carpet bowls competition to our activities room.

Happy Week Everyone

WEEKLY ACTIVITY PROGRAM

MONDAY 6th February

9.15 – Move in 2023 Exercise group in Big Ben
9.15 – Exercises – in Wattle
10.30 – BOOK EXCHANGE
11.00 – Book Club with Tracey
1.30 – BINGO

TUESDAY 7th February

9.15am – Wheelchair Flora & Fauna Walks
10.00am – News and Discussion
10.30 – Reminiscing with Sam and Raffy
10.30 – Balloon tennis
2.00pm – Art & Craft with Kirsten

WEDNESDAY 8th February

9.15 – Exercises group in Big Ben
9.30 – Cooking with Tracey
2.00 – Movement to Music

THURSDAY 9th February

10.00 – CELEBRATION OF LIFE
2.00 – TAI-CHI & Quiz

FRIDAY 10th February

9.15 – Move in 2023 Exercise group in Big Ben
9.30am – Musical Memories
10.00am – Café & Coffee Shop Open
Come in and have a coffee and scones with your loved ones.
2.00 – HAPPY HOUR

SATURDAY 11th February

Activities in Poppy place
3.00pm – MOVIE in activities room

SUNDAY 12th February

Activities in Poppy place
3.00pm – MOVIE in activities room

Your Lifestyle Team Becky, Tracey, Belinda, Bee and Shannon – please feel free to contact us at any time to discuss your ideas.

Countries of the World

Word Search Puzzle



I M E J Y A A M T T U R K E Y Q N
K O G E R M A N Y L W O Q S P X S
U N I T E D S T A T E S W N F K E
C B R A Z I L G K J T S W E D E N
L A R L O Q U Q S Q A D N A A F X
B A N D L T B Z M P V P N K N M I
T X U A R O C B X A A I A N M O T
R D M O D S F E N A H I R N D T A
C T P Y F A Q I N C P A N A M A L
J Z E P C E T N J Y P I S L K I Y
U U I T C N D D C B W R G D E W R
L Z N E E N O I N G E O N C N A U
Q W E G A C D A O D U L N K Y N S
A R R L I N W U R X S A G F A C S
G A G X B R G I W O R I M I I G I
C N E U T E A K A F L F F B U T A
E M U E O Q X N Y C I O Y M J M R



ARGENTINA	GREECE	PANAMA
BELGIUM	INDIA	PORTUGAL
BRAZIL	IRAN	RUSSIA
CANADA	ITALY	SPAIN
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