



HAPPY HAPPY BIRTHDAY

BETTY THOMAS 96

OLIVE REED 95



Intense reading sessions with the Little Yacks
Norma with Alfie Flo with Fred

Masterpieces done with Kirsten at Art
Joan and Grace with Kirsten

Happy Hour on Friday

High Tea on Monday



yackandandah
health

RESIDENTS
WEEKLY

10th February – 17th February 2023

Every Resident at Yackandandah Health has a care plan

Care Plan?

When you come to stay with us the staff gather information about you from your health assessments and what you and your family tell us. This information identifies all your health and care needs, as well as your personal preferences to ensure that you receive the best possible care.

All the information then goes into developing your individual care plan.

A care plan is extremely important, especially for people who may have difficulty communicating, as a care plan identifies that all the care that you receive is in line with your own personal preferences.



It is with great sadness that we lost
Bill [William] Jansen on the 11/02/2023
And
Wendy Johnson on the 09/02/2023

What happens when things change?

At Yackandandah Health all Resident Care Plans are reviewed on a monthly schedule (or earlier if changes happen). We call this Resident of the Day (ROD) when the Registered Nurse looks at what has happened for the resident over the past month, speaks with the resident and has a family consultation, discussing the care plans and any issues or concerns. Remember you can speak with us about your care plan at any time not just when you are the ROD!



In summary, your personal care plan identifies:

- All your physical, health and care requirements
- Your preferences, and lifestyle choices.
- What staff need to do to meet your requirements.

Leisure & Lifestyle

Lifestyle will also carry out an assessment on every resident to assist in developing a care plan that is related to leisure and lifestyle programs.

Leisure and lifestyle programs are developed around the care plans to ensure that the resident is having their needs and requirements met through activity programs that provide social interaction, emotional support and reassurance, physical and mental stimulation, and religious practices.

I cried when you
passed away, I still cry
today. Although I loved you
dearly, I couldn't make you
stay. A golden heart stopped
beating, hard working hands
at rest. God broke my heart
to prove to me He only
takes the best.



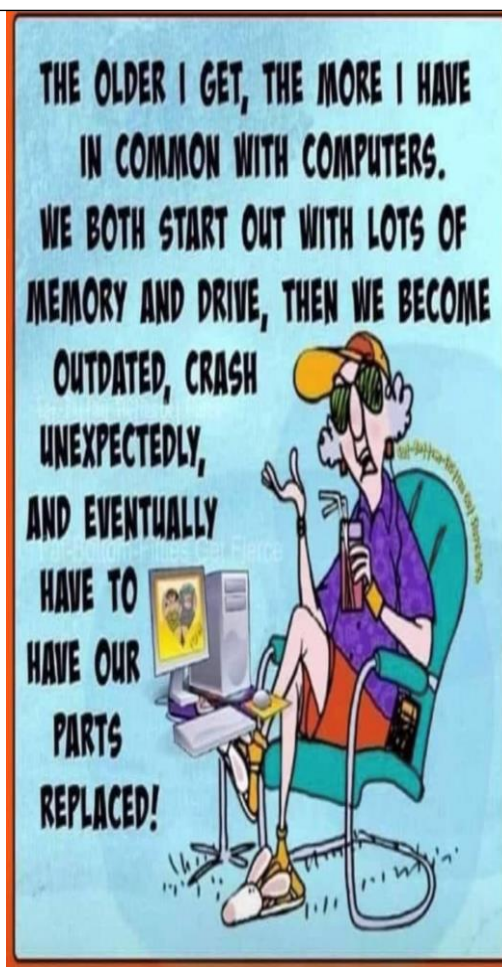
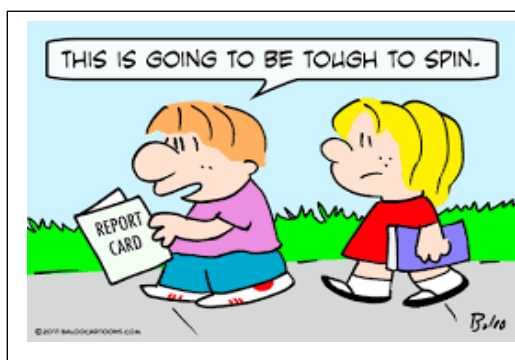
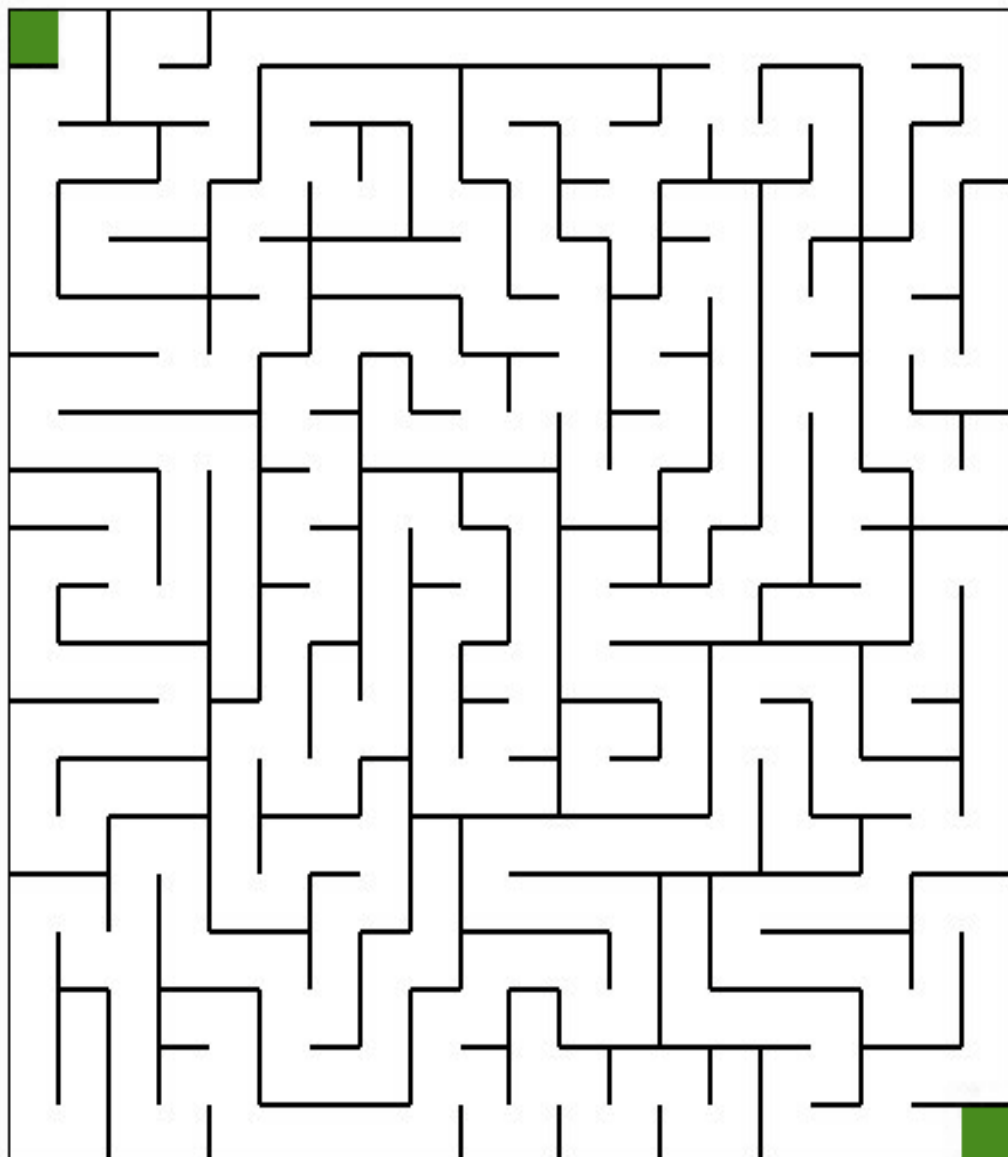
JOKE OF THE WEEK

A father passing his son's bedroom, was astonished to see the bed was nicely made, and everything was picked up. Then, he saw an envelope, propped up prominently on the pillow. It was addressed, "Dad." With the worst premonition, he opened the envelope and read the letter with trembling hands... "Dear Dad, it is with great regret and sorrow that I'm writing to you. I had to elope with my new girlfriend, because I wanted to avoid a scene with Mum and you. I've been finding real passion with Stacy, and she is so nice, but I know you would not approve of her because of her piercings, tattoos, tight motorcycle clothes, and because she is so much older than I am. But it's not only the passion Dad. She's pregnant. Stacy said that we would be very happy. She owns a trailer in the woods, and has a stack of firewood for the whole winter. We share a dream of having many more children. Stacy has opened my eyes to the fact that marijuana doesn't really hurt anyone. We'll be growing it for ourselves, and trading it with the other people in the commune, for all the cocaine and ecstasy we want. In the meantime, we'll pray that science will find a cure for AIDS, so Stacy can get better. She sure deserves it! Don't worry Dad. I'm 15 and I know how to take care of myself and I'm sure one day we'll come back to visit so you can get to know your grandchildren,

Love your son Joshua.

P.S. None of the above is true, I'm over at Jason's house, I just wanted to remind you that there are worse things in life than the school report that's on the kitchen table.

Please call when it is safe for me to come home,



Coffee Shop

We are getting more families coming to enjoy our outdoor areas for a morning coffee and scones with their loved ones.

A great excuse for a great coffee, a great catch up, a great chat and most of all a fabulous homemade scone with jam and cream

Friday mornings 9.30 – 11.30.

Consider planning ahead as we will be open on Good Friday for your easter catch ups. Looking forward to seeing you there

WEEKLY ACTIVITY PROGRAM

MONDAY 20th February

- 9.15 – Move in 2023 Exercise group in Big Ben
- 9.15 – Exercises – in Wattle
- 10.00 – Little Yacks
- 10.30 – Book exchange with Tracey
- 11.00 – Book Club with Judy
- 1.30 – BINGO

TUESDAY 21st February

- 9.15am – Wheelchair Flora & Fauna Walks
- 10.00am – News and Discussion
- 10.30 – Sam & Raffi
- 2.00 – Art with Kirsten
- 2.00 – Happy Hour Poppy

WEDNESDAY 22nd February

- 9.15am – Move in 2023 Exercise group **Big Ben**
- 9.15am – Cooking – with Tracey
- 2.00pm – Movement to music
- News reading and discussion

THURSDAY 23rd February

- HAIRDRESSER TODAY
- 9.30am – Prayer Service
- 10.30 – Hand and Nail care
- 2.00 – TAI-CHI & Quiz

FRIDAY 24th February

- 9.15 – Move in 2023 Exercise group in Big Ben
- 9.30am – Musical Memories
- 10.00am – Café & Coffee Shop Open
- 12.00 – Mens Fish & Chips Lunch
- 1.30 - Carpet bowls

SATURDAY 25th February

- Activities in Poppy place
- 3.00pm – MOVIE in activities room

SUNDAY 26th 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.