



Supporting your
right to quality care
for over 30 years



Invitation to all Residents and Representatives

Elder Rights Advocacy
will be here on:

Wednesday 17th May 2023
10:30am

To speak on:

**Understanding your rights in aged care, how to
raise any concerns and feel safe.**

Yackandandah Health has extended an invitation to Elder Rights Advocacy to visit their facility and address the residents and families about the forthcoming changes. Maria, a representative of Elder Rights Advocacy, will attend a public meeting on Wednesday 10th May as an impartial third party. She will provide information to the residents, families, and representatives in a non-partisan manner and answer any questions they may have. This is intended to help alleviate any concerns or fears associated with the changes. The meeting is scheduled to take place on May 17th in the Activities room, and we encourage family members attend to support their loved ones.



**Residents
Weekly**

THE WEEK THAT WAS 1st May – 5th May 2023

Public Information Meeting

The future of Yackandandah Health was outlined at the AGM and the recent Yackity Yak Special edition.

This is an Open Invitation to the Yackandandah Community to attend the Public Information Meeting: -

Wednesday 10 May - 7pm

@

Yackandandah Senior Citizens Hall in Wellsford Street Yackandandah.

This is an information only meeting.

A Special General Meeting of members will be held at a later date in accordance with the constitution to consider and vote on any changes required by the constitution.

Doug Westland, Chair
Board of Directors of
Yackandandah Health Ltd

Are you looking for a way to advocate for the needs and rights of your loved ones at Yackandandah health. Why not join us at the Resident Relative and Friends meeting?

Our group is dedicated to supporting and empowering residents, families, and friends. We provide a safe forum for discussion, information sharing, and advocacy, with our main goal of improving the quality of care and quality of life for residents.

As a resident/consumer advocate, you will have the opportunity to share your expertise, insights, and ideas on how to improve the long-term care system. You will also have the chance to connect with other advocates and work together to make a real difference in the lives of residents.

We invite you to join us at our next meeting held on the second Tuesday of every second month - next meeting is 13th June 2023, commencing 9.30am in the Activities room.

Together we can ensure that our loved ones in care receive the care and attention they deserve.

For further information you can contact Heather Maddock Chair of the meeting

maddockheather@gmail.com or Becky Hyde lifestylecoordinator@yackhealth.com.au

JOKE OF THE WEEK

A couple were Christmas shopping at the mall on Christmas Eve and the mall was packed full of shoppers buying their loved ones gifts.

Walking through the mall, the surprised wife looked and notices her husband was no where around and she was very upset because it was meant to be a special time shopping together.

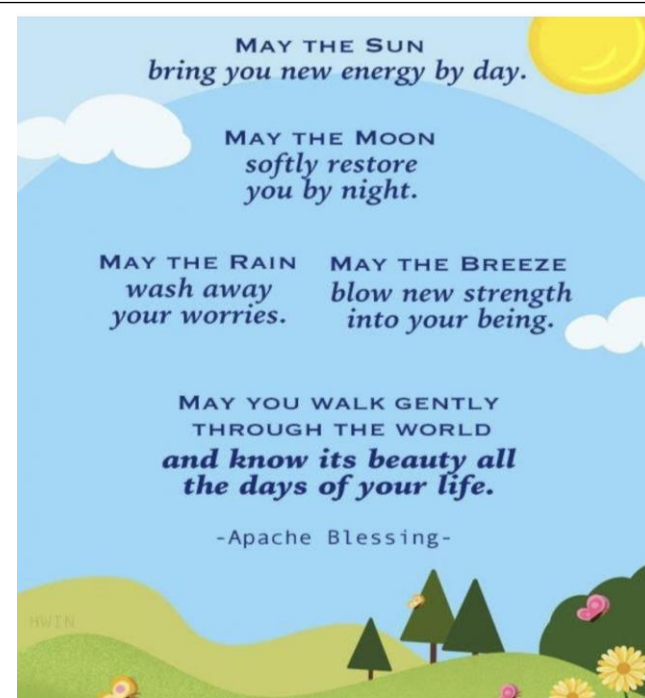
She took her phone out of her handbag and called her husband, "Where are you honey"? She enquired.

The husband, in a calm voice said, "baby girl, remember the jewelry store we went into 5 years ago? Where you fell in love with that diamond necklace that we couldn't afford, and I told you that I would get it for you one day"? His wife started to cry with joy and said "yes, I remember that necklace and the store".

He said, "well, I'm in the bar right next to it."



Helen enjoying the sunshine and the camellias while Jean admired the rosemary.



PRIMP AND PAMPER THURSDAY
 HAIR BY Paper Scissors Rock extraordinaire
 hairdressers Elisha and Tash
 NAILS BY The magnifique Tracey



TOP: Pat
 MIDDLE: Dorothy
 BELOW: Betty

Monday 8th May

- 10.00 – Gentle exercise and walk in the garden
- 10.00 – Book Exchange
- 11.00 – Book Club with Judy
- 11.00 – Footy Tipping
- 1.30 – BINGO

Tuesday 9th May

- 9.30 – Wheelchair Walks
- 10.00 – Visit to Yackandandah State School
- 10.30 – Box Bowls
- 2.00 – Knit & Natter

Wednesday 10th May

COOKED BREAKFAST

- 9.15 – Cooking – with Tracey
- 2.00 – News reading/Discussion Exercises and Walk

Thursday 11th May

HAIRDRESSER TODAY

- 10.00 – Trivia & Quiz morning
- 2.30 – TAI CHI & Quiz

Friday 12th May

SHOP and COFFEE TODAY

- 9.15 – Musical memories
- 1.30 – Indoor Bowls

Saturday 13th May

KING CHARLES'S CORONATION

Sunday 14th May

- 11.30 – Songs of Praise ABC
- 2.00 – Movie

If you have any suggestions for Lifestyle program, please feel free to talk to the Lifestyle team at any time, this program is for you so let's do what you want to do!

Becky, Tracey, Bee, Belinda and Shannon



Food and Nutrition

GFZYADAEVIFCHEESE
 AESELPPOVTAFXOBS
 NGCDAERBNEKCIHCGE
 JGLJNHBOHNIETORPT
 CSFZDXXCOPQDFOGEA
 BANANASLRJKRWEWER
 LUKAKCEDDCALCIUMD
 FTDBJMPSTNEIRTUNY
 SEV VSHNAJFRRBELHH
 NSGIDCAISLMESHTSO
 IHLDAIRYRTWHLCFIB
 MDUAQLJBVEATAZBFR
 ARTHEHZDYO GURT XGA
 TDEUHRSELBATEGEVC
 IONAKLERAGUSNSLEK
 VOEQQAXCNUTRITION
 ZFLXJQERTFTEMDLVE

CHEESE	YOGURT	CEREALS	MELON
FISH	PASTA	RICE	BREAD
BANANAS	APPLES	CHICKEN	EGGS
GLUTEN	CALCIUM	DAIRY	FIVE A DAY
VEGETABLES	MINERALS	VITAMINS	PROTEIN
CARBOHYDRATES	SUGAR	FAT	NUTRIENTS
NUTRITION	FOOD		