



Yackandandah Health is hosting
AUSTRALIA'S BIGGEST MORNING TEA
 On the 25th May 2023 commencing 10.00am in the
 Activities room. For a gold coin donation to the Cancer
 Council come and join us for a beautiful morning and
 help support the Cancer Council.

MOTHERS DAY 2023



yackandandah
health

**Residents
 Weekly**

THE WEEK THAT WAS 15th May – 19th May 2023

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



This week we had the opportunity to host Melita and Maria from the Elder Rights Advocacy. Melita spoke to our residents about the Charter of Aged Care Rights and the Aged Care Standards. The Charter of Aged Care Rights is on display in our reception area for your perusal at any time. The standards are set by the Aged Care Quality and Safety Commission, and they are the guidelines for service delivery in Aged Care. You will see in the diagram to the top left the eight standards that have to be met by all facilities to achieve accreditation. Yackandandah Health received full accreditation for 3 years with no unmet needs, based on the eight standards. As yet there are no developments with regards to the situation of Yackandandah Health, however, Heather Maddock [Board Member] was at the meeting and she was able to answer questions and provide information to the residents in regard to their queries.

JOKE OF THE WEEK

Scotsman, Irishman, and Englishman Story

A Scotsman, an Irishman, and an Englishman are each sentenced to a year in solitary confinement; before being locked away, each is to be granted a year's supply of whatever he wants to help him get through the long, long spell alone.

- The Scotsman asks for a year's supply of whisky; it's given to him, and he's locked away.
- The Irishman asks for a year's supply of Guinness so he's locked up with several thousand bottles of it.
- The Englishman asks for a year's supply of cigarettes, and he's given a pile of cartons and the cell door is shut on him.

One year later, their doors are all unlocked.

- The Scotsman staggers out and shouts, 'I'm free!' and then keels over dead from alcohol poisoning.
- The Irishman is dragged out into the light, whereupon he promptly dies of liver failure.
- When the door to the Englishman's cell is opened, everybody watches eagerly to see what sort of a wreck the man has made of himself. To their surprise, he walks right out the door, sidles up to the first person he sees, and asks, 'I say you wouldn't happen to have a match, would you?'

Months of the Year Word Search

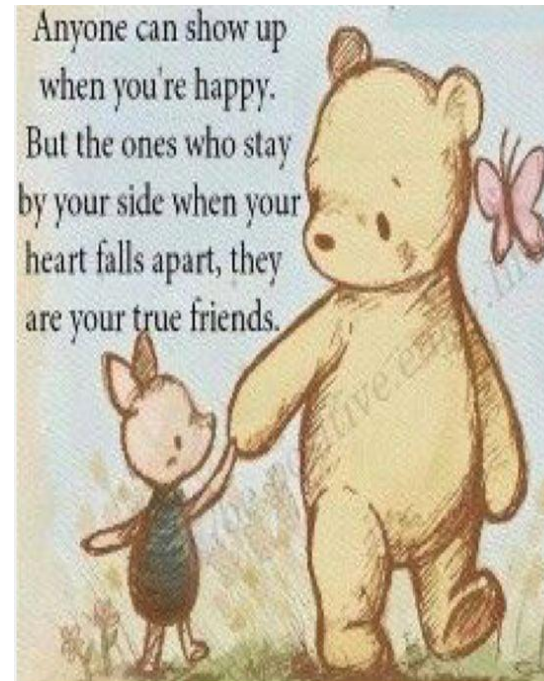
C S A L A N D A Y B E R A U G
 F G E H O C T O B E R I L A R
 E E R P Y E A T M A N M O Y A
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 R U O C T O R B E B E R C V T
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 S C A L E N D A R E U L S R J
 I N G Y S C R A Y O N C R A V



JANUARY	AUGUST
FEBRUARY	SEPTEMBER
MARCH	OCTOBER
APRIL	NOVEMBER
MAY	DECEMBER
JUNE	YEAR
JULY	CALENDAR



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Here at Yackandandah Health we are taking part in

Australia's Biggest Morning Tea

We will be hosting our morning tea on Thursday 25th May at 10.00am in the Activities room.

For the donation of a gold coin, you can expect a beautiful Morning Tea and staff have the option of wearing their happy shirts on the day – also for a gold coin donation. All money raised will be forwarded to the Cancer Council to contribute to their 30-year anniversary of the Biggest Morning Tea.

Yack Coffee Shop and Store

It was fantastic to see so many families join us today in our coffee shop.

We were a little over run, but we made it in the end, thank you all for your patience and we hope you enjoyed your coffee and scones in the sunshine.

I am putting a call out for volunteers who would be interested in assisting us in the coffee shop & store on a Friday Morning from 9.00-11.30am.

If you can make coffee, or serve at front of house, use a cash register [or even if you can't, we can train you], or if you would love a chat with some of our residents, please contact me, Becky Hyde on 0438789071 or at lifestylecoordinator@yackhealth.com.au

Monday 22nd May

9.15 – Gentle exercise and walk in the garden
 News & Discussion
 11.00 – Footy Tipping
 11.00 – Book Club with Judy
 2.00 – BINGO

Tuesday 23rd May

9.15– Wheelchair Walks
 10.30 – 1:1with Raffi
 10.30 – Art & Craft
 2.00 – Cross stitch exhibition

Wednesday 24th May

COOKED BREAKFAST

9.15 – Cooking – Lunch with Tracey and the Chef
 Sausages with Bubble & squeak and Waffles
 2.00 – News reading/Discussion
 Exercises and Walk

Thursday 25th May

HAIRDRESSER TODAY

Uniform Free Day- Gold Coin Donation

10.00– AUSTRALIA'S BIGGEST MORNING TEA
 2.00 – TAI CHI & Quiz

Friday 26th May

9.30 - SHOP and COFFEE TODAY

9.15 – Exercises in Big Ben with Becky
 9.15 – Musical memories
 12.00 - MENS LUNCH
 1.30 – Carpet Bowls

Saturday 27th May

10.00 – Cooking with Jen
 1.30 – Box Bowls
 2.30 – Saturday Arvo Movie

Sunday 28th May

11.30 – Songs of Praise ABC
 2.30 – 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, Belinda, Bee, Shannon and Jen

