



Wayne Knapp [right] speaks with our Residents about Apollo Care.



4 beautiful arrangements donated to Yack Health from Pam Crosthwaite's funeral held this week. [left] Jean playing some tunes on the piano with Peter enjoying the musical interlude. [right]



Naomi – supervisor/teacher for our student Isabelle visited on Wednesday and Diann did not miss an opportunity to dance up a storm.

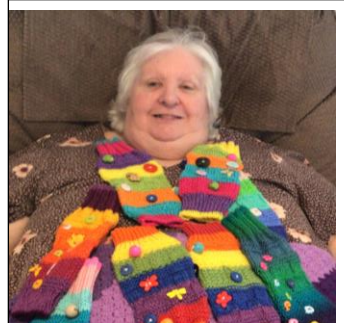
The Knit and Natter group enjoyed the preparation of decorations for Hawaiian Day held today.



Jeanette, Betty, Flo and Frances were just a few who enjoyed some pampering from our student Issabelle.



Jean [left] working on her knitting squares to make a nice warm blanket. Di [right] has been busy making Fiddle Muffs to keep arms warm and hands busy.



THE WEEK THAT WAS 11th June – 16th June 2023



PAM CROSTHWAITE

Pam spent 16 years as the Director of nursing at Yackandandah Health. When she commenced her term here at Yack Health it was then known as the Yackandandah Bush Nursing Hospital, she saw it grow from a 17-bed hospital to an 85-bed facility. Mrs. Crosthwaite retired from Yackandandah Health in August of 2008 after spending 24 years with the service. Pam received an Order of Australian Medal for her service to nursing and to Yackandandah.

The words of Doug Westland
"Our meetings were always productive with Pam dispensing warmth and good humour when needed and certainly made her views known and didn't tolerate any nonsense from the architects (that is from me!). Pam has been a dear friend ever since."

Yackandandah Health honours the passing of a much loved and respected former Director of Yackandandah Bush Nursing Hospital who was passionate about aged care, health, and wellbeing in our community. Our thoughts and prayers are with Don and the family at this very sad time. From Current and Former Staff and Board Members at Yackandandah Health. **Andrea O'Neill CEO**

REMINDER – Resident Relative and Friends meeting.

Tuesday 8th August 2023 @9.30am in the Activities Room

Or we will establish a Zoom link if you wish to attend virtually.

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.

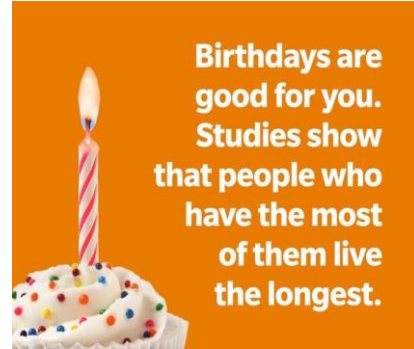
As a resident/consumer advocate, you will have the opportunity to share your expertise, insights, and ideas on how to improve the long-term care system. You will also have the chance to connect with other advocates and work together to make a real difference in the lives of residents.

We invite you to join us at our next meeting held on the second Tuesday of every second month. 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

A young man shopping in a supermarket noticed a little old lady following him around. If he stopped, she stopped. Furthermore, she kept staring at him. She finally overtook him at the checkout, she turned to him and said, "I hope I haven't made you feel ill at ease, it's just that you look so much like my late son".

He answered, "that's okay". "I know it's silly, but if you'd call out Goodbye Mum, as I leave the store, it will make me feel so happy".

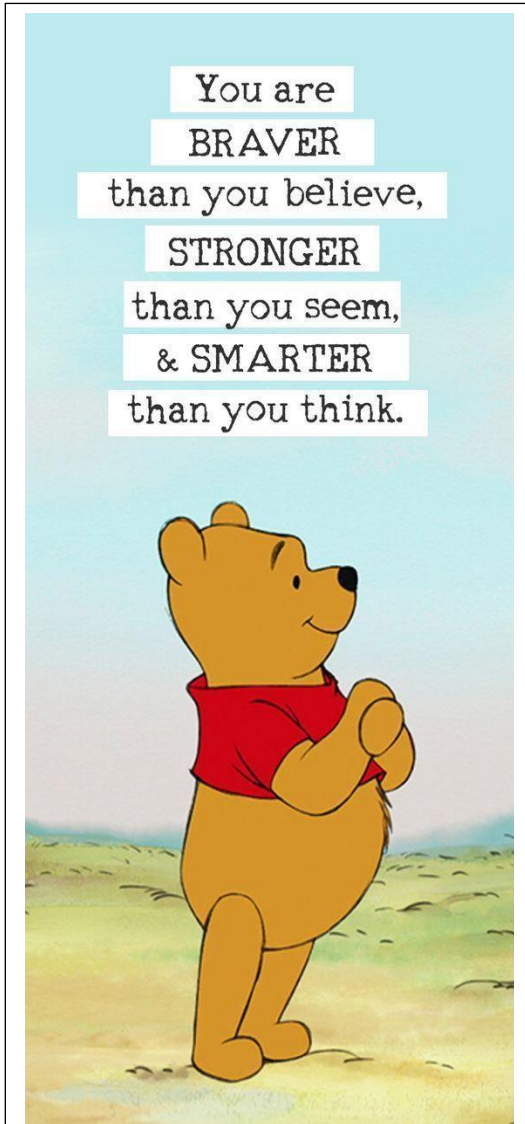
She then went through the checkout, and as she was on her way out of the store, The man called out, "Goodbye Mum". The little old lady waved and smiled back at him. Please that he had brought a little sunshine into someone's day, he went to pay for his Shopping. "That comes to \$121.85," said the assistant. "How come so much? I only bought 3 items!" The clerk replied, "Yeah, your mother said you'd be paying for her things too".



Hawaii Vacation Word Search

- Pineapple
- Coconut
- Surfing
- Mango
- Ocean
- Beach
- Cruise
- Papaw
- Waves
- Island
- Shark
- Aloha
- Kauai
- Davis
- Lanai
- Sand
- Luau
- Maui
- Sun
- Lei

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



You are never too old to set another goal, or to dream a new dream.
C.S Lewis



Isabelle Cash of Yackandandah who attends school at Victory Lutheran College in Wodonga has spent this week with us at Yack Health doing work experience. Isabelle is in Year 10 and thinks perhaps she might like to forge a career in the medical field. Isabelle has worked with the Residents in the Lifestyle team this week.
Thanks so much Issy we will miss you.

- Monday 26th June**
 9.15 – Gentle exercise and walk in the garden
 10.00 – Book Exchange
 10.30 – Footy tipping
 11.00 – Book Club with Judy
 2.00 – Bingo
- Tuesday 27th June**
 9.30 – Resident Meeting
 10.30 – Garden Club
 2.00 – Knit & Natter
- Wednesday 28th June**
COOKED BREAKFAST
 9.15 – Cooking with Tracey
 2.00 – Movement to Music News & Discussion
- Thursday 29th June**
HAIRDRESSER TODAY
 9.30 – Prayer Service
 2.00 – Tai Chi & Quiz
- Friday 30th June**
9.30 – 11.30 SHOP and COFFEE TODAY
 9.15 – Exercises with Becky in Big Ben
 9.15 – Musical memories
 12.00 – Men's Fish & Chips
 2.00 – "Suspicious" Guest speaker Gerry Endwarda
- Saturday 1st July**
 ACTIVITIES IN POPPY PLACE – Tracey
 2.30 – Saturday afternoon Movie
- Sunday 2nd July**
 ACTIVITIES IN POPPY PLACE – Tracey
 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, Bee, Belinda, Shannon, Jennifer

