



yackandandah
health

Residents
Weekly

THE WEEK THAT WAS 6th August – 11th August 2023



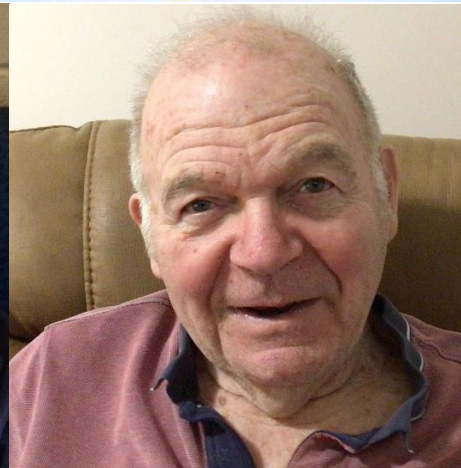
Joan celebrated her 95th Birthday on Sunday surrounded by her three children Diane, Joy, Ian and her family.



Ken
Bev

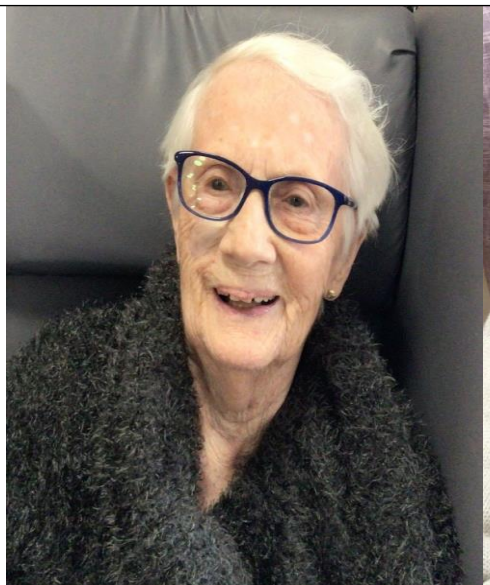


Betty
Jean



Peter
Ken

All joining in and getting a bit of a laugh from the Poetry Circle



Left: Margo Northey [Board member] shares a laugh with Di at the café
Right: Phyllis shares morning tea with her niece Lauren. Lauren is currently visiting from Yeppoon.



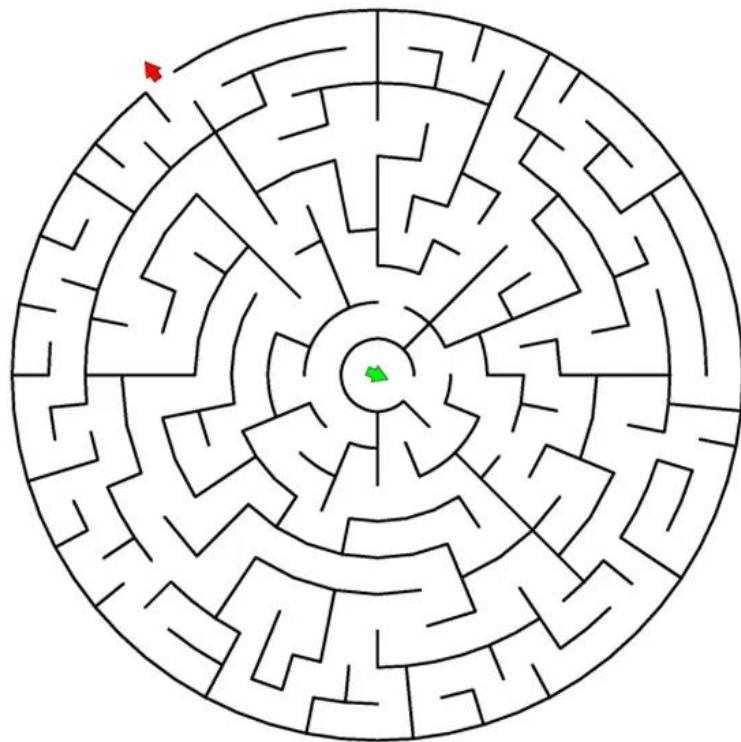
Not all Aged Care Staff wear Capes or Scrubs – Staff appreciation Day was held on Monday 7th August. Staff and residents shared a beautiful afternoon tea and the messages received on our Tree of Appreciation were read. Thanks to everyone who participated in sharing the appreciation.

Name:

Date:

MAZE

Find The Way Out



THE GENERATION THAT WILL NOT RETURN.

- A generation that went to school and came back on foot.
- A generation that did the homework alone to go out as soon as possible to play in the street.
- A generation that played hide and seek when it got dark.
- A generation that made mud cakes.
- A generation that collected marbles.
- A generation that loved sweets.
- A generation that played ballerina, yoyo, twister, marbles.
- A generation that made paper toys with their own hands.
- A generation that collected photos and scrapbooks.
- A Generation That Laughed Shortly Before Sleeping, So Parents Wouldn't Know We Were Still Awake.
- A generation that's passing and unfortunately will never return.

The Middle Wife

I've been teaching now for about fifteen years. I have two kids myself, but the best birth story I know is the one I saw in my own second grade classroom a few years back.

When I was a kid, I loved show-and-tell. So, I always have a few sessions with my students. It helps them get over shyness and usually, show-and-tell is pretty tame. Kids bring in pet turtles, model airplanes, pictures of fish they catch, stuff like that. And I never, ever place any boundaries or limitations on them. If they want to lug it in to school and talk about it, they're welcome.

Well, one day this little girl, Erica, a very bright, very outgoing kid, takes her turn and waddles up to the front of the class with a pillow stuffed under her sweater.

She holds up a snapshot of an infant. "This is Luke, my aby brother, and I'm going to tell you about his birthday. 'First, Mum and Dad made him as a symbol of their love, and then Dad put a seed in my Mum's stomach, and Luke grew in there. He ate for nine months through an umbrella cord.'

She's standing there with her hands on the pillow, and I'm trying not to laugh and wishing I had my video recorder with me. The kids are watching her in amazement.

'Then, about two Saturdays ago, my Mum starts going, "Oh,Oh,Oh,Oh!' Erica puts a hand behind her back and groans.

'She walked around the house for, like an hour, "OH, OH, OH, OH!

'Now this kid is doing a hysterical duck waddle and groaning.] 'My Dad called the middle wife. She delivers babies, but she doesn't have a sign on the car like the Domino's man. They got my Mum to lie down in bed like this.'

[then Erica lies down with her back against the wall.]

'And then, POP! My Mum had this bag of water she kept in there in case he got thirsty, and it just blew up and spilled all over the bed, like Pssshheew!'

[this kid has her legs spread with her little hands miming water flower away,] 'Then, the middle wife starts saying 'push, push,' and 'breath, breath.' They started counting, but never even got past ten. Then, all of a sudden, out comes my brother. He was covered in yucky stuff that they all said it was from Mum's play centre, so there must be a lot of toys inside there. When he got out, the middle wife slapped him for crawling up in there in the first place.'

Then Erica stood up, took a big theatrical bow, and returned to her seat.

A FRIENDLY REMINDER FOR THE FANTABULOUS LADIES IN THE LAUNDRY.

Could you please ensure that any new clothes purchased for your loved ones is labelled clearly with their names.

It is a tad challenging for these ladies to identify who belongs to clothes if they are not named.

If you can't label them yourself, please by all means put them in a separate plastic bag marked with their name and send to laundry for labelling.

DONATIONS PLEASE

The Lifestyle department are in desperate need of any stones, rocks, pebbles, glass or whatever you use for a Mosaic project. We are working on a project with Little Yacks and we have run out of things to complete the project. Kirsten is assisting us with the project and we would really appreciate anything you can donate.

VOLUNTEERS

Enriching Lives and Building Connections:

The benefits of volunteering at Yackandandah Health.

Volunteering at Yack health brings forth a multitude of benefits, fostering a sense of community, compassion, and personal growth. Volunteers are a vital thread that weaves together the generations of the Yack community. It provides an avenue for building meaningful connections. Here at Yack health, we offer the space for volunteers to engage in genuine conversations, sharing stories, experiences, and laughter with residents. These interactions bridge the generations gap offering the residents a chance to stay connected to the community and volunteers an invaluable opportunity to learn from the wisdom of our seniors.

Volunteering offers personal growth and a sense of fulfillment. Being a volunteer at Yack Health you are contributing to enhancing the quality of life for our residents, providing companionship, and participating in recreational activities that bring joy to all involved.

If you are interested in becoming a volunteer, please feel free to contact Becky Hyde on 0438 789 071 or email lifestylecoordinator@yackhealth.com.au

We would like to take the opportunity to welcome Richard Morgan to our Lifestyle Team. Richard will be working on Tuesday's and Fridays at this stage.

Monday 14th August

- 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 15th August

- 9.15 – Walk & Talk
- News & Discussion
- 10.30 - Reminiscing
- 2.00 – Knit & Natter – with Kirsten

Wednesday 16th August

COOKED BREAKFAST

- 9.15 – Cooking with Tracey
- 2.00 – Movement to music
- News & discussion

Thursday 17th August

HAIRDRESSER TODAY

- 10.30 – Prayer Service
- 12.45 – Mark and Sam's group
- 11.00 – Hand and Nail Care
- 2.00 – Tai Chi & Quiz

Friday 18th August

9.30 – 11.30 SHOP and COFFEE TODAY

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

Saturday 19th August

POPPY PLACE – Belinda

- Wattle Grove - Jennifer
- 2.30 – Saturday afternoon Movie

Sunday 20th August

POPPY PLACE – Jennifer

- Wattle Grove - Belinda
- 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 and Richard.