



**STAFF APPRECIATION DAY 7/8/23**

In Honour of Aged Care staff on this special day,  
 We celebrate their love, compassion, and dedication.  
 With hearts so kind and hands that care,  
 They bring joy and comfort to those in their care.  
 On August 7<sup>th</sup>, let our gratitude shine through.  
 For all our staff, our beacons of light.  
 In every touch and act of selfless grace.  
 Let us shout out to our staff at Yack Health.  
**You will notice a "Staff appreciation Tree."**

In the reception area at front office and also in the dining room of Wattle Grove.  
 Please feel free to grab a leaf, write your thoughts or your appreciation to individuals, groups or of the facility  
 and stick in on a branch of the tree.  
 We look forward to seeing lots of leaves on the trees.

**ON THE FIRST DAY GOD CREATED THE DOG:**

On the first day, God created the dog and said: "sit all day by the door of your house and bark at anyone who comes in or walks past. For this I will give you a life span of twenty years." The dog said: "That's a long time to be barking, how about only ten years and I'll give you back the other ten?" So, God agreed.  
 On the second day, God created the monkey and said: "Entertain people, do tricks, and make them laugh. For this, I will give you a twenty-year life span." The monkey said: "Monkey tricks for twenty years? That's a pretty long time to perform. How about I give you back ten like the dog did?" And God agreed.  
 On the third day, God created the cow and said: "you must go into the field with the farmer all day long and suffer under the hot sun, have calves, and give milk to support the farmer's family. For this, I will give you a life span of sixty years." The cow said: "That's kind of a tough life you want me to live for sixty years. How about twenty and I'll give you back the other forty?" And God Agreed again.  
 On the fourth day, God created man and said: "Eat, sleep, play, marry, and enjoy your life. For this, I'll give your twenty years." But the man said: "twenty years? Could you possibly give me my twenty, the forty that the cow gave back, the ten that the monkey gave back, and the ten that the dog gave back, that makes eighty."  
 "Okay," said God "You asked for it."  
 So that is why the first twenty years of our lives we eat, sleep, play, and enjoy ourselves. For the next forty years, we spend our time slaving under the hot sun to support our family. Then the next ten years we do monkey tricks to entertain the grandchildren. And for the last ten years or our life, we sit on the front porch and bark at everyone.



**PYJAMA DAY 2023**



And the  
**WINNER  
 IS  
 PEPITA  
 HODGETTS**

In her stunning pyjama's supplied by Sandra [Pepita's long-standing stylist] and the glittery slippers that adorned her feet on the day have been part of her private collection for many years.

Right: Andrea in her classic selection. & Emma with her designer slippers & gown.



“Pretty in pink” Estella



“Beautiful in Blue” Karen



“Struttin her stuff” Cheryl



EXERCISES COMPLETE NOW FOR THE TREAT



Don't forget to join us at the coffee shop each Friday to enjoy a social gathering and of course the infamous Scones with Jam and Cream [prepared in house by our remarkable team.] and of course we can't forget the lovely hot cappuccino.



REMINDER – Resident Relative and Friends meeting.

Tuesday 8<sup>th</sup> 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.

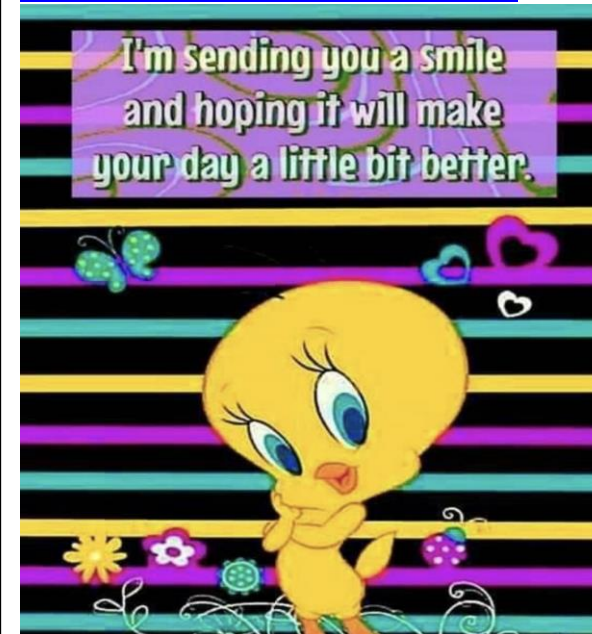
As a resident/consumer advocate, you will have the opportunity to share your expertise, insights, and ideas on how to improve the long-term care system. You will also have the chance to connect with other advocates and work together to make a real difference in the lives of residents.

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](mailto:maddockheather@gmail.com) or Becky Hyde [lifestylecoordinator@yackhealth.com.au](mailto:lifestylecoordinator@yackhealth.com.au)



**Monday 31<sup>st</sup> July**

- 9.15 – Gentle exercise and walk in the garden
- 10.30 – Footy tipping
- 11.00 – Book Club with Judy
- 2.00 – Bingo

**Tuesday 1<sup>st</sup> August**

- 9.15 – Walk & Talk News and Discussion
- 10.30 – Yackandandah State School Intergenerational program With Garden Club
- 2.00 – Knit & Natter – with Kirsten

**Wednesday 2<sup>nd</sup> August**

**COOKED BREAKFAST**

- 9.15 – Cooking with Tracey
- 12.45 – Mark and Sam group in the library
- 2.00 – Movement to music News & discussion

**Thursday 3<sup>rd</sup> August**

**HAIRDRESSER TODAY**

- 10.30 – Prayer Service Rev. Heather Matthews
- 11.00 – Hand and Nail Care
- 2.00 – Tai Chi & Quiz

**Friday 4<sup>th</sup> 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 5<sup>th</sup> August**

POPPY PLACE – Tracey  
Wattle Grove - Jennifer

2.30 – Saturday afternoon Movie

**Sunday 6<sup>th</sup> August**

POPPY PLACE – Jennifer  
Wattle Grove - 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*

