

Please take a moment to read these beautiful pieces of poetry written by the Year 6 children participating in the Intergenerational program. These poems were written about the resident that they have been working with. There will be more to come in future editions of the weekly newsletter.

The volunteer

By Gabrielle Garguilo for Norma

Cakes pile high upon a dish
coins dropped in the jar
one
by
one
a bake sale.

People gather around
a table full of handmade quilts
ready to be donated
a market stall.

Behind all of this
is one special person
a person who gives and
doesn't receive
a person who cares for others
more than herself.

The volunteer.

A River Full of Fish By Cameron McIntosh for Theo

Birds singing in union
the bush whispering to you to
come
come down to the river full of
fish.

Walking down the track
fish jumping ahead.

The walk breaks into a run.
Running
running to the
river full of fish.

All colours of the rainbow.

Red jumping high
blue dancing around under the
water
green sneaking around
and purple spinning.

And Theo
with a big smile on his face
pulls out a rod and casts into
the river full of fish.

THE BIG FISH By Ed Boddenberg and Fredi Farley for Laurie

Waiting.
Looking at the dark, murky water.

I sit on the sandy bank
Waiting and
Waiting
To catch a HUGE fish.

Mitta River,
Flowing happily,
My favourite thing to do

Family laughing and chatting,
Me watching
Watching the line carefully
Watching for a small vibration

Then

Quick!
Pull!
Reel it in!

It's toooo BIG!!!
I can't reel it in!
You hold the rod
And I'll go in and pull the damn thing out!

SPLASH!!!
I've got it
It is absolutely massive!

The biggest Murray Cod
I've ever seen
And the biggest smile to match it!



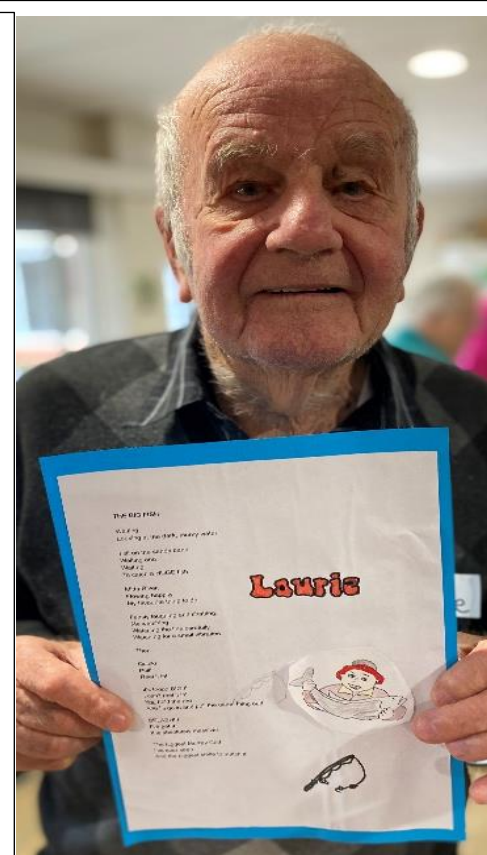
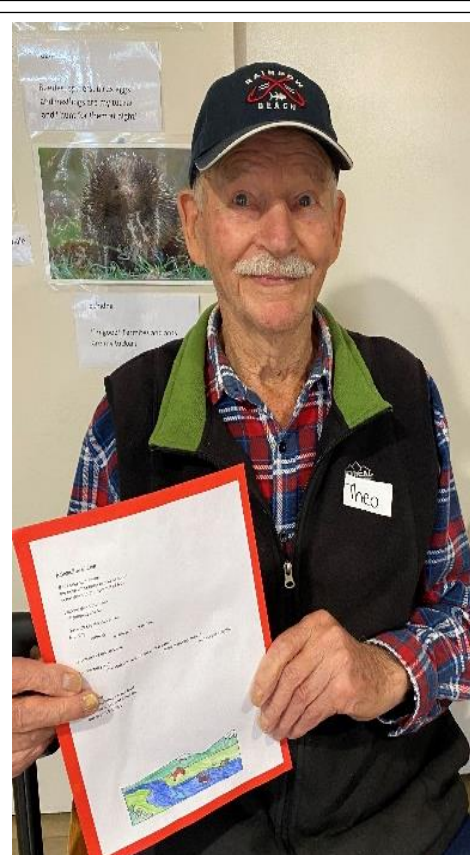
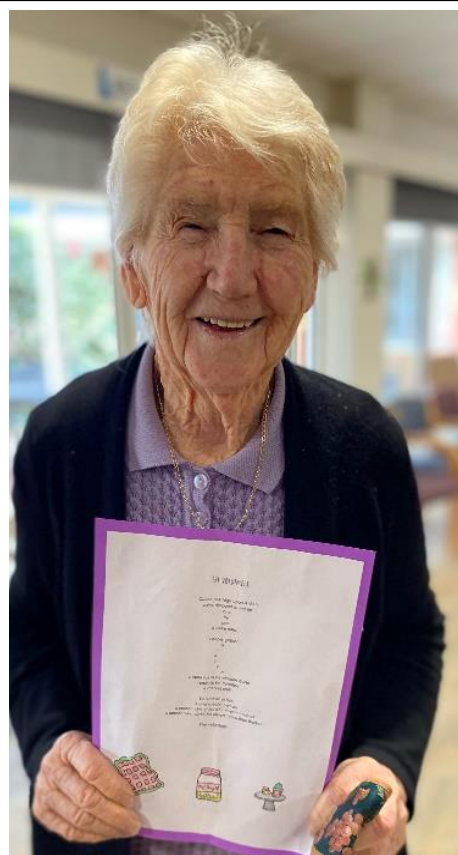
yackandandah
health

Residents
Weekly

THE WEEK THAT WAS 3rd Sept – 8th September 2023



Spring is in the Air! The Wattle tree in full bloom outside Ben and Jack



THE INTERGENERATIONAL PROGRAM.

The Intergenerational program at Yack health offers a multitude of benefits for both our residents and the younger generation who are visiting us.

The program fosters meaningful connections between older people and the children, it promotes social and emotional well-being, and it can reduce the feelings of community isolation among the older population.

Through shared activities and conversations, our residents often experience increased cognitive stimulation, improved mental health, and a sense of purpose. Simultaneously, the younger participants gain valuable life lesson, empathy and a greater understand of aging issues. Overall the intergenerational program enriches the lives of all involved, bridging generation gaps and creating a sense of community that transcends age.

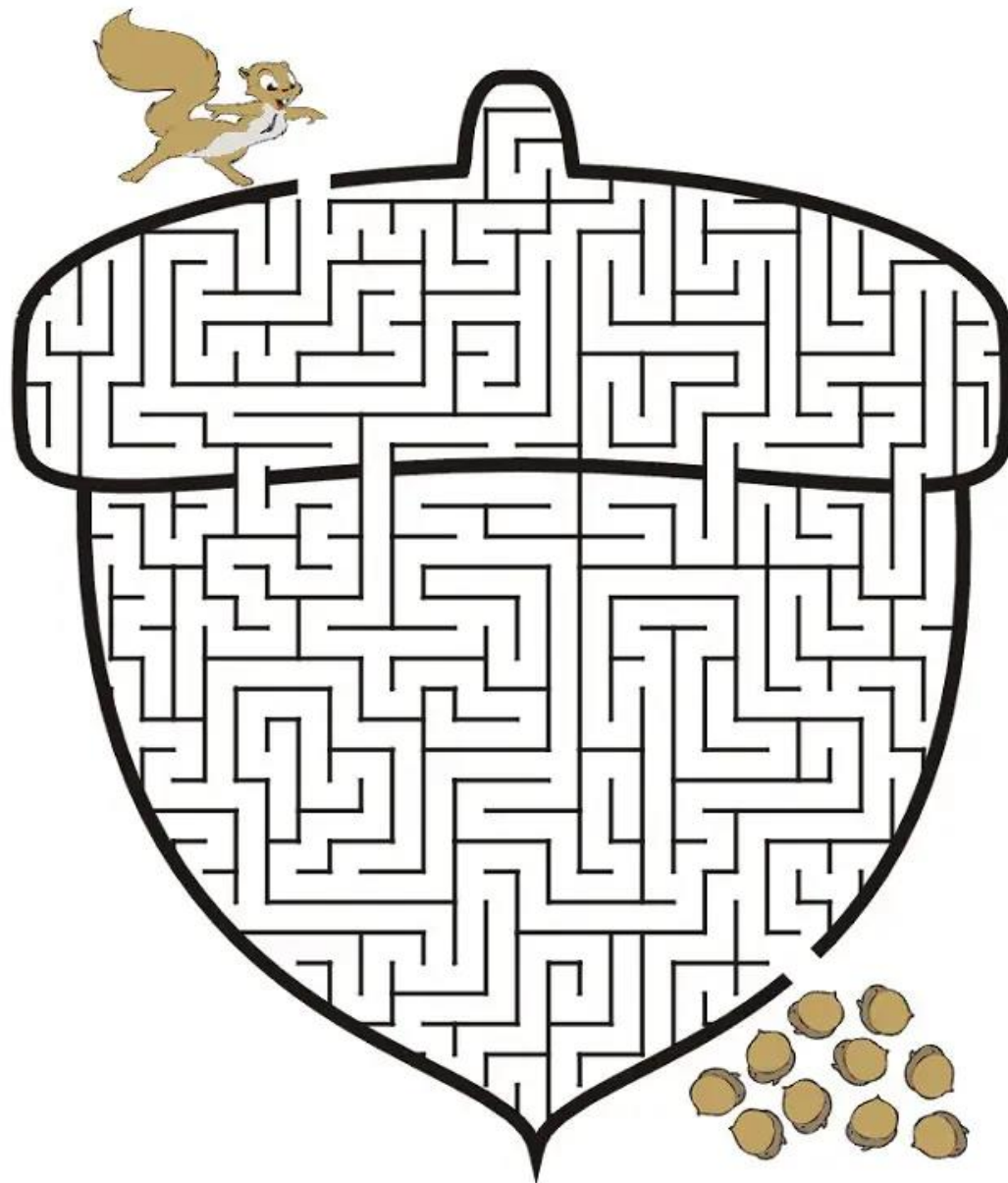
Teacher: How old is your father?
Kid: He is 6 years
Teacher: What? How is this possible?
Kid: He became a father only when I was born.

Teacher: What is the chemical formula for water?
Donald: H I J K L M N O
Teacher: What are you talking about?
Donald: Yesterday you said it's H to O

Teacher: Harold, what do you call a person who keeps on talking when people are no longer interested?
Harold: A teacher



Help the squirrel through the maze to find its acorns



What is your cup filled with???

You are holding a cup of coffee when someone bumps into you or shakes your arm, making you spill your coffee everywhere. Why did you spill the coffee? Because someone bumped into me!!!

WRONG ANSWER!!!

You spilled the coffee because there was coffee in your cup. Had there been tea in the cup, you would have spilt tea. Whatever is inside the cup is what you will spill!!! Therefore, when life comes along and shakes you [which will happen], whatever is inside you will come out. It's easy to fake it, until you get rattled. So, we have to ask ourselves.... "what's in my cup?"

When life get tough, what spills over?

Joy, Gratefulness, peace, and humility?

Anger, bitterness, harsh words, and reactions?

Life provides the cup; YOU choose how to fill it.

Today, let's work towards filling our cups with **GRATITUDE, FORGIVENESS, JOY, WORDS OF AFFIRMATION, AND KINDNESS, GENTLENESS, AND LOVE FOR OTHERS.**

Residents Clothing

Any clothing bought in for residents to be washed in our laundry is to be labelled with the Residents name. The laundry can label, however, the cost of this will be added on to the resident's account.

Message about Yackandandah health.

The special general meeting to put the vote to the Members regarding the transition of Yack Health to Apollo Care is scheduled for Wednesday 27th September 2023 at 6.30pm in the Yackandandah Community Hall. If you are unable to attend, you can make a proxy vote on the form attached to the letter from the Board. These votes can be placed in the locked tin in the reception area. If you are having difficulty understanding the process, please feel free to speak to Lifestyle staff for assistance.

Australian Electoral Commission Referendum.

The referendum for The Voice is scheduled for the 14th of October 2023. The Australian Electoral Commission will establish a polling booth here in the Activities Room at Yack Health. The polling booth will be here on **Wednesday 11th October** with the morning set for people to attend the activities room to vote. In the afternoon the representatives of the AEC will visit residents who are unable to attend the activities room in their rooms. If your family member has been removed from the Electoral Roll please advise the Lifestyle Department prior to this date. Or you can email lifestylecoordinator@yackhealth.com.au.

Monday 11th September

9.15 – Gentle exercise and walk in the garden
 10.00 – News & Discussion
 11.00 – 1:1 walking
 11.00 – Book Club with Judy
 2.00 – **Farewell to 4 of our wonderful Nurses.** Kim Stewart and Vicki Norman [Night Duty] Pam Ward and Estella Harry [Ben and Jack]

Tuesday 12th September

9.15 – Walk & Talk
 News & Discussion
 10.30 – Intergenerational program
 1.00– Knit & Natter – with Kirsten

Wednesday 13th September

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

Thursday 14th September

HAIRDRESSER TODAY
 10.30 – Prayer Service
 Fth. Tony Shallue
 12.45 – Group with Mark and Sam
 2.00 – David on the Ukulele
 2.00 – Tai Chi & Quiz

Friday 15th September

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 16th September

POPPY PLACE – Belinda
 Wattle Grove – Jennifer
 2.30 – Saturday afternoon Movie

Sunday 17th September

POPPY PLACE – Jennifer
 Wattle Grove - Belinda
 11.30 – Songs of Praise ABC
 2.30 – Movie

Becky, Tracey, Belinda, Bea, Shannon, Jennifer and Richard.

