



Lawrence Garvey
12/10/1943 – 10/10/2023



May Laurie Rest in Eternal Peace



yackandandah
health

**Residents
Weekly**

THE WEEK THAT WAS 14th Oct – 20th October 2023

*HAPPY HAPPY 108th
BIRTHDAY EDITH DRYDEN*



The Ukuandandah Club
Pictured Left-Right. Janet, Geraldine, Phil, Mitzy, Chris and Lesley entertained the residents of Yack health on Wednesday. They will be appearing on the 3rd Wednesday of each month to play and sing, why not come in and join us for a sing-along?



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Edith Dryden born 16th October 1915 in Rosebud Victoria.

Edith has 6 children, 19 grandchildren. 49 great grandchildren and ??, Great great grandchildren Edith celebrated her 108th birthday on Monday surrounded by some of her family and many friends. Here she is pictured above being interviewed by Rochelle from Channel 7 news, with her family and surrounded by flowers, roses were freshly picked by the children from Yack Primary School.

Exercises

With Tracey on holidays Richard took the reins this week for the exercise programs which are offered daily here at Yack Health.

Exercise in our facility brings numerous gains to our residents, improving strength, reducing ached and pains, enhancing mobility and maintaining independence.



HAPPY HOUR

Happy hour is held on the second Friday of every month. Residents enjoy the chance to get together and have a chat.



This is an actual extract taken from an Education Textbook for girls, printed in the early 1960's.

When retiring to the bedroom, prepare yourself for bed as promptly as possible. Whilst feminine hygiene is of the utmost importance, your tired husband does not want to queue for the bathroom, as he would have had to do for his train.

Remember to look your best when going to bed. Try to achieve a look that is welcoming without being obvious. If you need to apply face cream and hair rollers wait until he is asleep as this can be shocking to a man last thing at night.

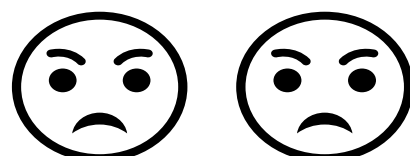
When it comes to the possibility of intimate relations with your husband it is important to remember your marriage vows and in particular your commitment to obey him. If he feels that he needs to sleep immediately then so be it. In all things be led by your husband's wishes: do not pressure him in any way about anything.

Should your husband suggest any of the more unusual practices be obedient and uncomplaining and always remain silent with a smile on your face.

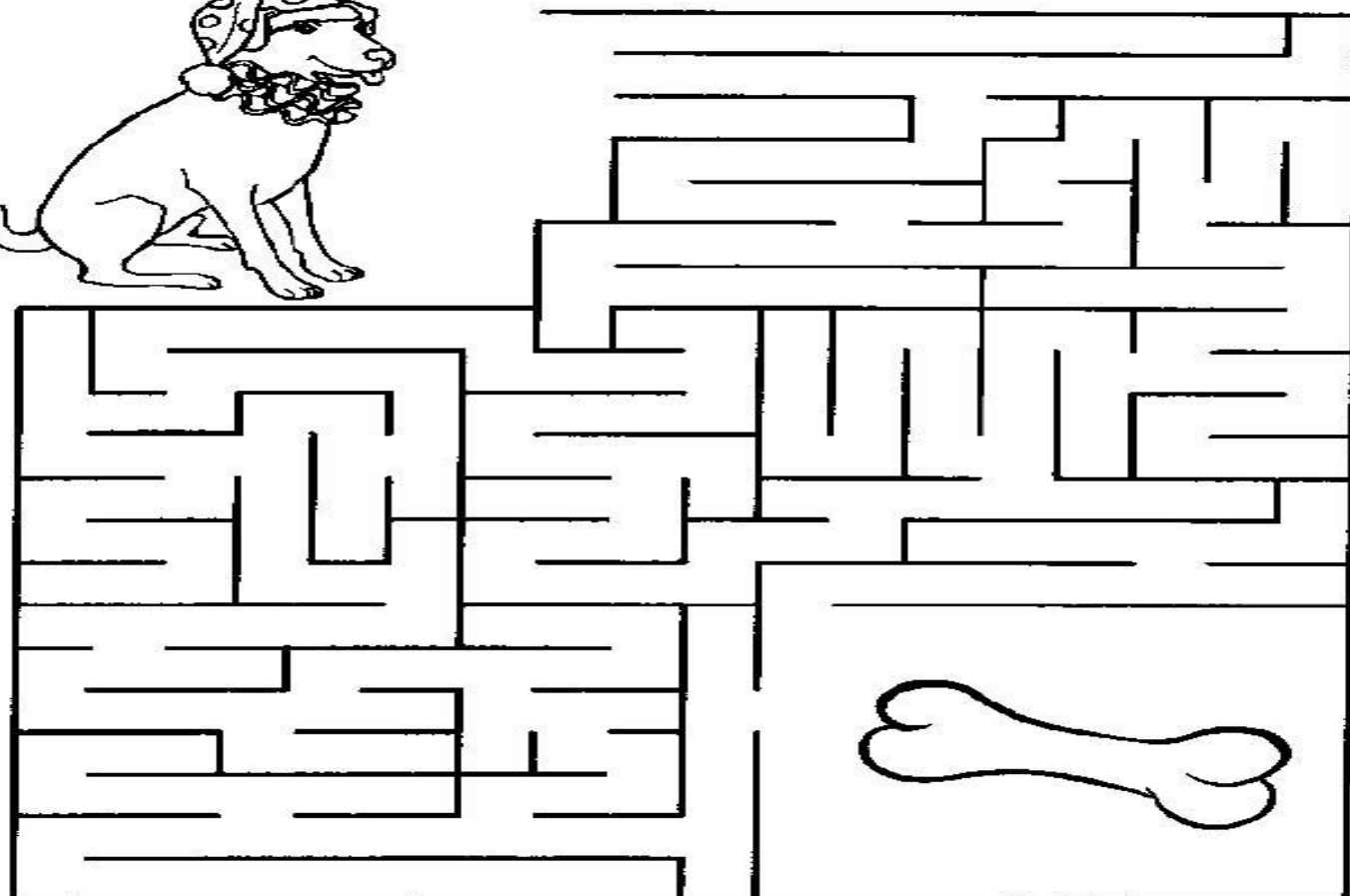
When your husband does fall asleep you then get up and apply your nighttime face and hair care products.

Your may then set the alarm so that you can arise before him in the morning to remove face and hair products and get yourself presentable. This will then enable you to have his morning cup of tea ready when he awakes.

YEAH RIGHT !!



Sparky can't find his bone. Will you show him the way?



INTERGENERATIONAL PADSIP PROGRAM

GALA PRESENTATION

Tuesday 24th October – 6.00pm

Students from Yackandandah, Wooragee and Osborn Flats Primary school will be hosting a presentation of their stories which are written about some of our residents, if you would like to be a part of this celebration, please join us on Tuesday evening at 6.00pm to celebrate the stories of your loved ones.

CARE PLANS

When you first enter Yackandandah Health the staff will carry out assessments and develop a care plan, this is an essential tool to ensure your well-being and quality of life. These documents are written to comprehensively evaluate your individual needs, health conditions, and your personal preferences.

These care plans address your physical health, emotional, social and psychological aspects of your life and this assists us to offer a holistic approach to your care and lifestyle. This approach ensure that you will receive personalised support and attention necessary to maintain your dignity, independence, and overall happiness in a safe and homelike environment.

We like to gain input to developing these plans from you and from your family or friends, this assists us to ensure all your needs and requirements are met. These documents are changed and updated as required, changes will happen when you, your family or staff notice a change in you. When the care plans are developed you and your family are entitled to ask for a copy of the care plan. So please feel free to chat to the RN in charge and request a copy at any time.

Photo Session

Have you visited Linda's website and made your booking yet?

Don't forget to log onto the address below and book your photo opportunity.

Time is fast running out, if we don't get enough numbers the session will have to be cancelled, and Linda assures me that the photo's will be absolutely treasurable.

You may like one of just your loved one or you may like a family portrait for Christmas. Linda does a fantastic job; I have seen her prints from Little Yacks photo day, and they are tremendous.

So, don't forget to log on and get organized, it promises to be a lot of fun for everyone.

<https://yackandandah.eventbrite.com.au>

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Monday 23rd October

- 9.15 – Gentle exercises and walk
- News & Discussion
- 10.00 – Book Exchange
- 10.45 – Book Club
- 11.00 – 1:1 Walks
- 2.00 – Bingo

Tuesday 24th October

- 9.15 – Walk and Talk
- 2.00 – Knit & Natter
- 3.00 – Cards
- 3.00 – lifestyle team meeting
- 6.00 – Gala presentation from the Intergenerational program.

Wednesday 25th October

COOKED BREAKFAST

- 9.30 – with Tracey and the Chef
- Volunteer – 1:1/ small group walks
- 2.00 – Movement to Music
- News & Discussion

Thursday 26th October

HAIRDRESSER TODAY

- 10.30 – Bus outing
- Hand and nail care before and after church
- 2.00 – TAI CHI & Quiz – Library
- 3.00 – Cards

Friday 27th October

COFFEE SHOP OPEN 9.30-11.30

- 9.30 - Musical Memories
- 2.00 – Carpet Bowls

Saturday 28th October

Wattle – Tracey

- 10.00 – Musical Bingo
- 1.30 – Quiz
- Poppy – Jennifer
- 10.00 – Box Bowls
- 1.30 – Milkshake

Sunday 29th October

Wattle – Jennifer

- 10.00 – Box Bowls
- 1.30 – How many words
- Poppy – Tracey
- 10.00 – Poetry Circle
- 1.30 – Balloon Volleyball