



The final get together for the 2023 Intergenerational PADSIP program. The Presentation of this program will be held on the 24th October in the café courtyard of Yack Health commencing at 6.00pm. The students will be sharing the stories of our residents who have travelled this journey with them over the last 10 weeks.

A big shout out of the students and teachers of Yackandandah, Wooragee and Osborne Flats schools who came and visited us over the duration of the program. Also, Thanks to Mark Silver and the band of volunteers who have assisted. If you would like to join us on the night for the presentation, please feel free and BYO chair.

LOVE AT FIRST SIGHT

Written by Charlie for June [pictured right] In loving memory of George

She's a netball champion, She's mischievous. She's a dancer, And it was one dance That changed it all Stepping into the vast hall she sees him The guy she knows she wants to dance with You could tell all the girls were thinking the same But it was she who he chose This was love at first sight Twirling swaying, Time flies when you're having fun Only just years later she was married Married to the man that swept her off her feet George Their dancing career didn't stop there They travelled to schools to Share their beautiful dancing skills.



Residents Relatives and Friends meeting.
Tuesday 10th October 2023 9.30am in the Activities room.

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.

THE WEEK THAT WAS 1st Oct – 6th October 2023



LORRAINE POYNTZ

17/02/1943 – 22/09/2023

When I Go!

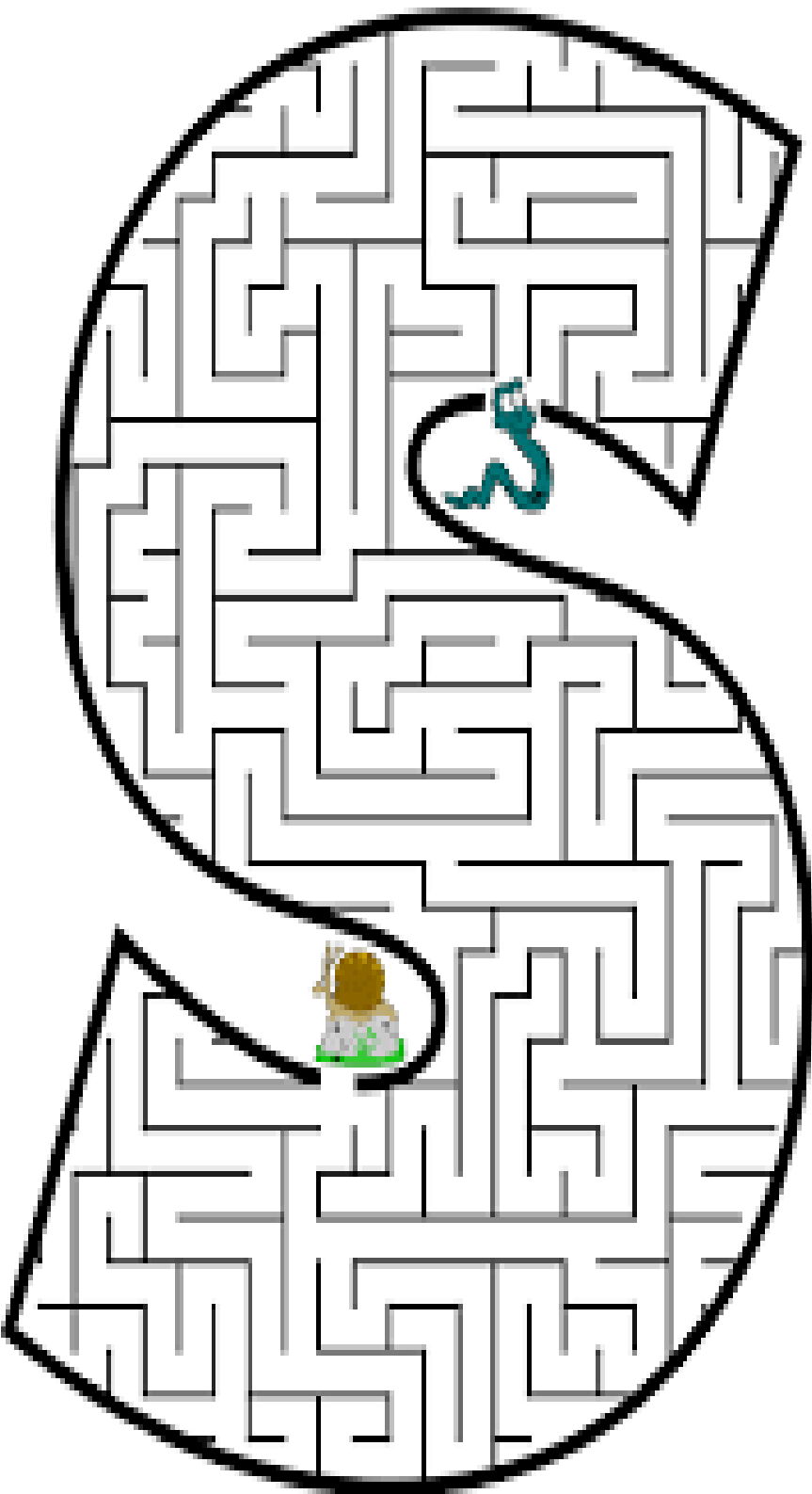
*When I go don't learn to live without me
 Just learn to live with my love
 In a different way.
 And if you need to see me close your eyes
 Or look in your shadow when the sun shines.
 I'm there.
 Sit with me in the quiet and you will know
 that I did not leave.
 There is no leaving when a soul is blended
 with another.
 When I Go, don't learn to live without me
 Just learn to look for me in the moments.*



We would all like to take a moment to show our appreciation and gratitude to Andrea who has gone above and beyond to support the residents and staff, families and children, the patients, and Doctors of Yackandandah Health. Thank you, Andrea.

GRATITUDE

Research has shown that cultivating gratitude can have a powerful impact on our mental and physical well-being. It can help us feel more connected to others, more resilient in the face of challenges, and more satisfied with our lives overall. Maybe it's a manager or colleague who went above and beyond to offer guidance and support. Maybe it's the CEO who challenged you to think in new ways and pushed you to be your best. Or maybe it's a friend or family member who was there for you when you needed them most. Whoever it is, take a moment to think about how they have impacted your life. How have they helped you grow and learn? How have they made your experience more enjoyable or fulfilling? And most importantly, how can you show them your gratitude. One way to turn gratitude into action is to express it directly to the people who have made a difference in your life. Maybe you could write a heartfelt thank-you note or send an email expressing your appreciation. But gratitude doesn't have to be limited to one-time gestures. You can also cultivate a mindset of gratitude in your daily life. This might mean taking time each day to reflect on what you're thankful for, or actively seeking out opportunities to show kindness and appreciation to others. Whatever form your gratitude takes, remember that it's a powerful tool for cultivating compassion and connection. By taking the time to acknowledge and appreciate the people who have helped us along the way, we can create a more supportive and caring community for everyone. And let's commit to showing our gratitude in tangible ways, both now and in the future. Because when we cultivate gratitude and compassion, we create a brighter, more positive world for all.



JOKE OF THE WEEK

A woman awakes in the middle of the night to find her husband not in bed. She puts on her robe and goes downstairs to look for him. She finds him sitting at the kitchen table with a hot cup of coffee in front of him. He appears to be in deep thought, just staring at the wall. She watches as he wipes a tear from his eye and takes a sip of his coffee.

“What’s the matter, dear” she whispers as she steps into the room. “Why are you down here at this time of night?” The husband looks up from his coffee, “it’s the 20th Anniversary of the day we met.”

She can’t believe he has remembered and starts to tear up.

The husband continues, “Do you remember 20 years ago when we started dating, it was 18 and you were only 16?” he says solemnly. Once again, the wife is touched to tears “Yes, I do” she replies. The husband pauses, the words were not coming easily.

“Do you remember when your father caught us in the back seat of my car?” “Yes, I remember” said the wife, lowering herself into the chair beside him.

The husband continued, “Do you remember when he shoved the shotgun in my face and said, “Either you marry my daughter, or I will send you to prison for 20 years?”

“I remember that, too” she replied softly. He wiped another tear from his cheek and said.

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

FOOTY TIPPING 2023 1ST PRIZE



Reg & Mona [Deceased] Saunders pictured above with Belinda collecting the \$120.00 prize money.



Leo Meehan second prize \$60.00 [and a nice cold beer]



Norma Bagley second prize \$30.00

Monday 9th 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 10th October

9.30 – Resident, Relative and Friends Meeting
11.15 – Reminiscing
2.00 – Knit & Natter
3.00 – Cards

Wednesday 11th October

COOKED BREAKFAST

9.00 – Australian Electoral Commission VOTING
2.00 – Movement to Music
News & Discussion

Thursday 12th October

HAIRDRESSER TODAY

10.30 – Prayer Service
Fth Tony Shallue
Hand and nail care before and after church
2.00 – TAI CHI & Quiz - Library
2.00 – David on the Ukulele – Activities room
3.00 – Cards

Friday 13th October

COFFEE SHOP OPEN 9.30-11.30

9.30 - Musical Memories
2.00 – Happy Hour

Saturday 14th October

Wattle – Belinda
10.00 – Musical Bingo
1.30 – Movement to music
Poppy – Jennifer
10.00 – Box Bowls
1.30 – Milkshake

Sunday 15th October

Wattle – Jennifer
10.00 – How many words
1.30 – Quiz
Poppy – Belinda
10.00 – Poetry Circle
1.30 – Balloon Volleyball.