

THE WEEK THAT WAS 18<sup>th</sup> – 24<sup>th</sup> November 2023

CONSUMER ADVISORY COMMITTEE

To Residents and Representatives

I am writing to advise you about a new initiative Yackandandah Health proposed to establish to enable us to engage and communicate with residents and representatives more effectively.

We propose to establish a **Consumer Advisory Committee**, and I invite you to nominate to be part of the Committee [you can nominate by contacting Lifestyle to obtain and then complete the nomination form]. The purpose of the Committee is to provide a forum for residents and representatives to discuss and raise issues that are important to them in a relatively independent forum.

Any issues raised by the Committee will be considered by the Yackandandah Health Board of Directors. Importantly, the Committee will receive a response from the Yackandandah Health Board about any issues it raises.

The establishment of a **Consumer Advisory Committee** will meet a requirement under the Aged Care Act 1997 for approved providers of residential aged care to seek to establish a consumer advisory Body [this requirement comes into effect on 1/12/2023].

The **Consumer Advisory Committee** will not replace our existing Resident & Families meetings – but will be a supplement to it by providing an additional forum where issues can be raised directly with the Yackandandah Health Board of Directors.

Our aim is to establish a committee that represents our resident profile, including residents living with Dementia, NDIS participants, Aboriginal and Torres Strait Islander residents and residents from culturally and linguistic backgrounds.

Please contact me at any time if you would like further information about the committee.

Yours Sincerely  
*A O'Neill*  
Andrea O'Neill  
Community General Manager.

**RESIDENT, RELATIVE & FRIENDS MEETING – Tuesday 12<sup>th</sup> December 9.30am in the Activities Room.**

The resident Relative and Friends meeting is a chance for you to become an advocate for your loved one, ensuring that the voices of each individual are heard and respected. The meeting fosters open communication, it aims to address concerns, share insights and work collaboratively with Yack Health community to enhance the wellbeing of all residents. The committee aspires to create a supportive environment where every resident's needs and preferences are prioritized. Remember, together, we can build a stronger living space for all.



**And we are out of lockdown.**

Top L-R – the 500 club has returned with residents enjoying a game of 500 on Tuesday.  
Middle L-R – Residents are enjoyed exercise program daily and reminiscing group.  
Bottom L-R – Out in the fresh air and sunshine, walking groups enjoyed a walk and talk in the park.

**REMEMBER, PLEASE BE KIND.**

In a world where you can be anything, choose to be kind: because kindness is a language that breaks barriers and fosters genuine connections. Kindness and compassion are the key that unlocks the door to a more harmonious and understanding world.

Remember a smile is contagious why not spread it around.

## JOKE OF THE WEEK!

### Speeding Motorist

Late one night this [guy is speeding](#) down the empty road. [A cop](#) sees him go flying past so chases him and pulls him over. The cop goes up to the car and when the man rolls down the window, he asks, "Are you aware of how fast you were going, sir?"

The man replies, "Yes, I am. I'm trying to escape a robbery I got involved in."

The cop looks at him disbelievingly and asks him, "Were you the one being robbed, sir?"

The man casually replies, "Oh no, I was the one who committed the robbery. I was escaping."

The cop is shocked and surprised that the man has admitted this so freely. He says, "So you're telling me you were speeding...AND committed a robbery?"

"Oh yes," replies the man calmly. "I have all the loot in the back."

The cop is now starting to get angry and says, "Sir, I'm afraid you have to come with me," as he reaches into the window to take the car keys out of the ignition.

The man shouts, "Don't do that! I'm afraid that you'll find the gun in my glove compartment!" At this the cop pulls his hand out of the window and says, "Wait here" as he returns to his car and calls for backup.

Soon there are [cars](#), cops and helicopters all over, everywhere you look. The man is quickly dragged out of his car, handcuffed, and taken towards a cop car.

However, just before he is put in the car and taken away a cop walks up to him and says, while pointing at the cop that pulled him over, "Sir, this officer tells us that you had committed a robbery, had stolen loot in the trunk of your car, and had a loaded gun in your glove compartment. However, we didn't find any of these things in your car."

The man replies, "Yeah, and I bet that liar said I was speeding too!"

## Types of Food

K	A	E	T	S	B	A	E	C	U	T	T	E	L
R	T	A	E	A	U	L	A	E	R	E	C	S	S
V	E	L	I	T	T	E	H	G	A	P	S	A	H
E	N	N	A	H	T	O	F	D	N	B	A	L	A
G	A	A	T	U	E	G	A	A	L	U	E	A	M
E	D	T	N	P	R	E	S	E	A	R	A	D	I
T	I	U	R	F	A	E	T	R	I	G	O	N	H
A	O	N	I	O	N	B	F	B	T	E	O	G	O
B	O	T	A	V	K	R	O	P	D	R	D	R	T
L	L	S	E	L	D	O	O	N	A	S	S	A	D
E	F	N	T	U	N	A	D	C	A	T	H	V	O
S	L	E	U	E	M	T	A	L	G	N	A	Y	G
R	O	L	L	S	P	M	R	V	G	A	M	M	S
R	A	D	I	S	H	T	V	D	I	N	N	E	R

ONION  
PORK  
BURGERS  
FAST FOOD  
RADISH  
MACARONI  
LETTUCE  
VEGETABLES  
NOODLES  
BREAD  
CEREAL  
HAM  
FRUIT  
TUNA  
SALAD  
SPAGHETTI  
BUTTER  
ROLLS  
TV DINNER  
HOTDOGS  
STEAK  
GRAVY



### RESIDENT & RELATIVE CHRISTMAS PARTY

The resident Christmas party will be held on

**Wednesday 20<sup>th</sup> December at 12.00pm.**

Come join us for a BBQ lunch and entertainment.

RSVP is by return email –

[lifestylecoordinator@yackhealth.com.au](mailto:lifestylecoordinator@yackhealth.com.au) or by phone – 02-60280100.

**ENTERTAINMENT – 2.00PM**

**PETE DENAHY**

LIVE in CONCERT in the Courtyard at Yack Health



### Commercial Club Albury

Some of our ladies enjoyed lunch out at the Commercial Club on Wednesday. We also had a drive around Sumsion Gardens in Wodonga planning our next bus trip – a picnic in the park.



### Monday 27<sup>th</sup> November

9.30 – Gentle chair exercises

News and Discussion

10.30 – Book club with Tracey

2.00 - Bingo

### Tuesday 28<sup>th</sup> November

9.30 – Walk & talk

News and Discussion

10.30 – Garden Club – Christmas Pots

2.00 – Knit and Natter

### Wednesday 29<sup>th</sup> November

#### COOKED BREAKFAST

9.30 – Cooking with Tracey

2.00 – Movement to music

News & Discussion

### Thursday 30<sup>th</sup> November

#### HAIRDRESSER

#### CHRISTMAS DECORATING

### Friday 1<sup>st</sup> December

#### CAFÉ & SHOP OPEN

10.00 – Musical Memories

1.30 – Carpet Bowls

### Saturday 2<sup>nd</sup> December

#### Wattle – Tracey

10.00 – Garden Walks

1.30 – Ice cream Run

#### Poppy – Jennifer

10.00 – Balloon Tennis

2.00 – Reading Circle

### Sunday 3<sup>rd</sup> December

#### Wattle – Tracey

10.00 – TAI CHI

1.30 – Pub Trivia

#### Poppy – Jennifer

10.00 - Aqua Painting

1.30 – Milkshake Sunday

