



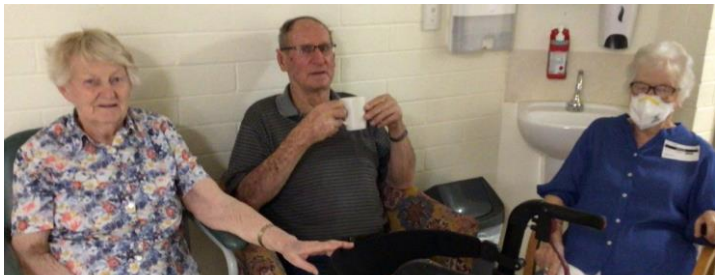
*VISITORS THIS WEEK*

We enjoyed lots of visitors this weekend and it proves very beneficial to the social and emotional wellbeing of our residents here at Yackandandah Health.

Visits contribute significantly to the mental and emotional wellbeing of residents and also reduces the feelings of social isolation from family and friends. Meaningful interactions and conversations provide a sense of connection and stimulates cognitive function. In addition, the presence of loved ones fosters a positive environment that can positively impact the overall mood of residents, promoting a sense of purpose and fulfilment.

In essence, the benefits of visiting your loved ones here at Yack Health extend beyond the immediate joy of the interaction, it positively impacts the overall well-being of our residents.

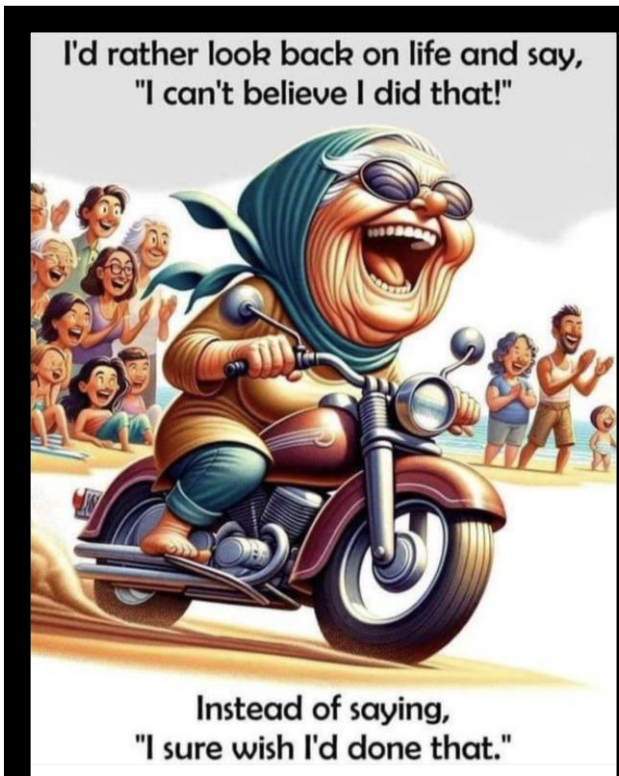
**Top – Bottom:**  
**Laurie** was visited by his daughter and son-in-law with their fur baby.  
**Elsie** had a visit from her daughter.  
**Nancy** enjoyed fish and chips with the family in the garden.  
**Ken** spent time with his wife and **Frances** enjoyed chatting to them both.  
**Betty** enjoyed time in the fresh air with her daughter.  
**Edith** had a late birthday celebration and cake with her grandson and his wife.



The beautiful belated birthday cake made by Edith's grand daughter-in-law Robyn.  
 Coconut and lime cake  
**YUMMO**



THE WEEK THAT WAS 20<sup>th</sup> Jan – 26<sup>th</sup> January 2024



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Melanie Rachel & Maree



Belinda, Richard and Shannon

*Staff bring the fun-to-Fun Scrubs Australia Day Friday*

# AUSTRALIA

## Word Search Puzzle



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



- |              |             |                 |
|--------------|-------------|-----------------|
| ABORIGINAL   | EUCALYPTUS  | QUEENSLAND      |
| BARRIER REEF | JAMES COOK  | SYDNEY          |
| BOOMERANG    | KANGAROO    | TASMANIA        |
| CANBERRA     | KOALA       | VICTORIA        |
| COMMONWEALTH | OUTBACK     | WALKABOUT       |
| CONTINENT    | PACIFIC RIM | WALLABY         |
| DINGO        | PERTH       | WILLIAM DAMPIER |
| DOWN UNDER   | PLATYPUS    | WOMBAT          |

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## JOKES OF THE WEEK

A man feared his wife was not hearing as well as she used to, and he thought she might need a hearing aid. Not quite sure how to approach her, he called the family doctor to discuss the problem. The doctor told him there is a simple informal test the husband could perform to give the doctor a better idea about her hearing loss. "Here's what you do," said the doctor. "Stand about 40 feet away from her and in a normal conversational speaking tone see if she hears you. If not, go to 30 feet, then 20 feet, and so on until you get a response."

That evening, the wife is in the kitchen cooking dinner, and he was in the den. He says to himself, "I'm about 40 feet away. Let's see what happens."

In a normal tone he asks, "Honey, what's for dinner?"  
 No response.

So the husband moves to closer to the kitchen, about 30 feet from his wife, and repeats, "Honey, what's for dinner?"  
 Still, no response.

Next he moves into the dining room where he is about 20 feet from his wife and asks, "Honey, What's for dinner?"  
 Again, no response.

So, he walks up to the kitchen door, about 10 feet away. "Honey, what's for dinner?"

Again, there is no response.

So he walks right up behind her. "Honey, what's for dinner?"  
 (I just love this.)

"Earl, for the 5th time, CHICKEN!"

Sister Mary, who worked for a home health agency, was out making her rounds visiting homebound patients when she ran out of gas. As luck would have it a gas station was just a block away. She walked to the station to borrow a gas can and buy some gas. The attendant told her the only gas can he owned had been loaned out but she could wait until it was returned. Since the nun was on the way to see a patient, she decided not to wait and walked back to her car.

She looked for something in her car that she could fill with gas and spotted the bedpan she was taking to the patient. Always resourceful she carried the bedpan to the station, filled it with gas, and carried the full bedpan back to her car. As she was pouring the gas into her tank two men watched from across the street.

One of them turned to the other and said, "If it starts, I'm turning Catholic."

### Monday 29<sup>th</sup> January

- 9.15 – Chair Exercises
- News & Discussion
- 10.30 – Book exchange
- 11.00 – Book Club
- 2.00 – Bingo

### Tuesday 30<sup>th</sup> January

- 9.30 – Walk & Talk
- News & Discussion
- 10.30 – Quiz – words starting with 'J'
- 2.00 – Knit & Natter

### Wednesday 31<sup>st</sup> January

- COOKED BREAKFAST**
- 9.30 - Cooking with Tracey
- 2.00 – Movement to Music
- News & Discussion

### Thursday 1<sup>st</sup> February

- HAIRDRESSER**
- 10.30 – Prayer Service
- Discovery Church
- Hand and Nail care
- 2.00 – David on the Ukulele
- 2.00 – Tai Chi & Quiz

### Friday 2<sup>nd</sup> February

- The Little Shop & Coffee shop open
- 9.30 – Musical Memories
- 2.00 – Carpet Bowls

### Saturday 3<sup>rd</sup> February

- Belinda**
- 10.30 – Skittles
- 1.30 – Proverbs

### Sunday 4<sup>th</sup> February

- Belinda**
- 10.30 – Walk & Talk – news and discussion
- 1.30 – Make & Shake Milkshakes

