

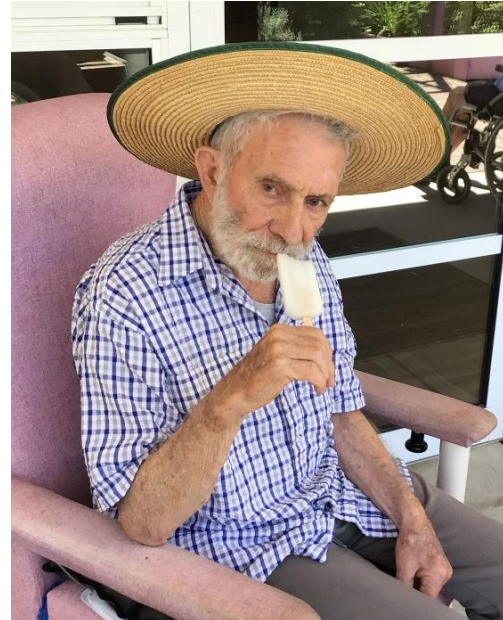
PHOTO GALLERY



Robert



Jean



Joseph

A great day to chill out in the shade with an Ice block.



Left: Zina and Elsie spend some time rustling through the "Button Box" and comparing some of the treasures.

Right: Joan spending some time with "Henry"



Friday afternoons done right here at Yack Health. Shannon serving the residents a cold beverage, beer, wine or soft drink – take your pic. And nothing without a few [a lot] of nibbles to accompany at little tipple.



A huge Shout out to Fritz and the kitchen staff who have been working hard to keep our residents hydrated over these last few hot days – and every day I have to say, with a choice of hot drinks, cold drinks, fresh fruit, or ice blocks, or all of the above.



yackandandah
health

**Residents
Weekly**

THE WEEK THAT WAS 17th Feb – 23rd February 2024

We are implementing a new initiative which is an "about me" information sheet to be placed in each residents' rooms. This sheet fosters personalized care by providing valuable insights into their preferences, interests, and background. It also enhances communication and connection between caregivers and residents, leading to more tailored and meaningful interactions. Ultimately, this will promote a sense of dignity, respect, and understanding within the caregiving environment.

We are asking families to contribute to the "About Me" information sheets, to add depth and accuracy to the residents' profiles, ensuring a holistic understanding of their needs and personality. Ultimately this will cultivate a supportive atmosphere where our residents feel valued and understood on a deeper level.

To contribute to your families "about me" sheet please feel free to email lifestylecoordinator@yackhealth.com.au or give me a call 02 60280100, Becky

About me

This is me

My name

Date of Birth

Identify as

Preferred bed time

Preferred foods and drinks

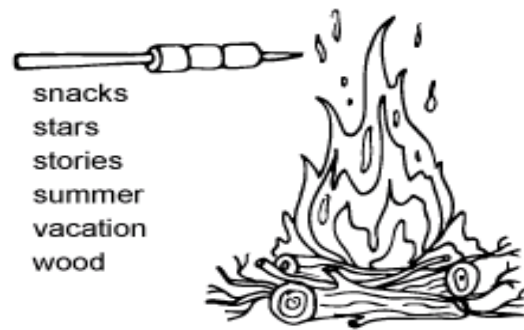
Preferred shower time

Likes & dislikes

Campfire

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

- | | | | |
|-----------|--------------|-----------------|----------|
| blanket | guitar | night | snacks |
| bug spray | hot dogs | outdoor cooking | stars |
| campfire | log | roasting sticks | stories |
| chairs | marshmallows | s'mores | summer |
| flame | matches | sing alongs | vacation |
| forest | nature | smoke | wood |



Tree Valley Academy

HOW TO GET TO HEAVEN FROM IRELAND

A true story from an Irish Sunday School Teacher.

I was testing my children in my Dublin Sunday School class to see if they understood the concept of getting to heaven.

I asked them, "if I sold my house and my car, had a big garage sale and gave all my money to the church, would that get me into heaven?" "NO!" the children answered.

"If I cleaned the church every day, mowed the garden, and kept everything, tidy, would that get me into heaven?" Again, the answer was "NO!"

"If I gave sweets to all the children, and loved my husband, would that get me into heaven?" Again, they all answered "NO!" I was just bursting with pride for them I continued,

"Then how can I get into Heaven?"

A little boy shouted,

"YUV GOTTA BE DARN WELL DEAD!"

Hairdresser TASH'S HAIR SALON

Tash will now open the hairdressing salon on a Tuesday.
 All requests for appointments can be made through Lifestyle.



COVID UPDATE

We are still COVID free, congratulations to everyone for maintaining all the precautions and keeping us healthy.

2024 COVID Vaccinations – The Pharmacist will be on site on Wednesday 21st February to administer 2024 Covid booster to residents. Consent forms are available from Karen.

Remember, hand hygiene, wear your N95 mask and a negative RAT prior to entry

If you are unwell, please delay your visit until you are feeling better.

The little shop Coffee stop

OPENING HOURS

Friday mornings 9.30 – 11.15am

Why not bring your friends and drop in for a coffee with your friends and family.

Furry friends also welcome.



Monday 19th February

10.00 – Exercises

News & Discussion

2.00 – Bingo

Tuesday 20th February

HAIRDRESSER

9.30 – Walk & Talk News & Discussion

10.30 – Never Have I ever! Or Have I?

2.00 – Cards & Games

Wednesday 21st February

COOKED BREAKFAST

VALENTINES DAY

9.30 - Cooking with Becky

2.00 – Movement to music

News & discussion

Thursday 22nd February

10.30 – Prayer Service

Heather Maddock

2.00 – TAI CHI & Quiz

Friday 23rd February

The Little Shop & Coffee Stop open

9.30 – Musical Memories

2.00 –

Saturday 24th February

Shannon

10.30 – Walk & talk

1.30 – Short Stories

Sunday 25th February

Shannon

10.30 – Walk & Talk – news and discussion

1.30 – Sunday Arvo Movies

