

PHOTO GALLERY

INTERGENERATIONAL PROGRAM 2024

A very busy Wednesday morning with residents and students participating in a fishing competition.



yackandandah
health

Residents
Weekly

THE WEEK THAT WAS 22nd June – 28th June 2024

Department of Health and Aged Care Council of Elders

Today we had a visit from Dr. John Davis from the Elders Council under the Department of Health and Aged care, he was joined by Ross Roberts and Chris Tyris from the Department of Health and Aged Care.

Dr Davis's visit was to meet and greet our residents and to inform them of the role of the Elders Council within Aged Care. During his visit, Dr Davis emphasized the importance of enhancing the quality of life for older Australians by prioritizing person-centred care. He spoke of several key initiatives aimed fostering an inclusive and supportive environment for residents. Dr Davis's visit highlighted the council's dedication to ensuring that aged care facilities like Yackandandah Health are well-equipped to meet the evolving needs of the elderly population.



WINTER



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



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|----------|---------------|-------------|-----------|
| boots | hot chocolate | shovel | snowboard |
| flurries | icicle | skates | snowman |
| frozen | igloo | skiing | snowsuit |
| gloves | mittens | sledding | sweater |
| hockey | penguin | snow angels | toboggan |
| holidays | scarf | snowball | winter |

Tree Valley Academy

*Not pictured: Julie Rankin

Let's change aged care together

The Aged Care Council of Elders are a group of older people from diverse backgrounds with lived experiences of ageing and aged care. We help to improve the aged care system by informing older people about the changes to aged care, and providing advice to the government about aged care reform and ageing well.

We talk to older people about changes being made to aged care and listen to their experiences.

We use this information to give independent advice to government about the aged care system and ageing well. When providing our advice, we consider the views of older people across Australia.

Our goal is for all older people to feel confident about accessing high quality and safe aged care, where and when they need it.

To contact us:

CouncilOfElders@health.gov.au

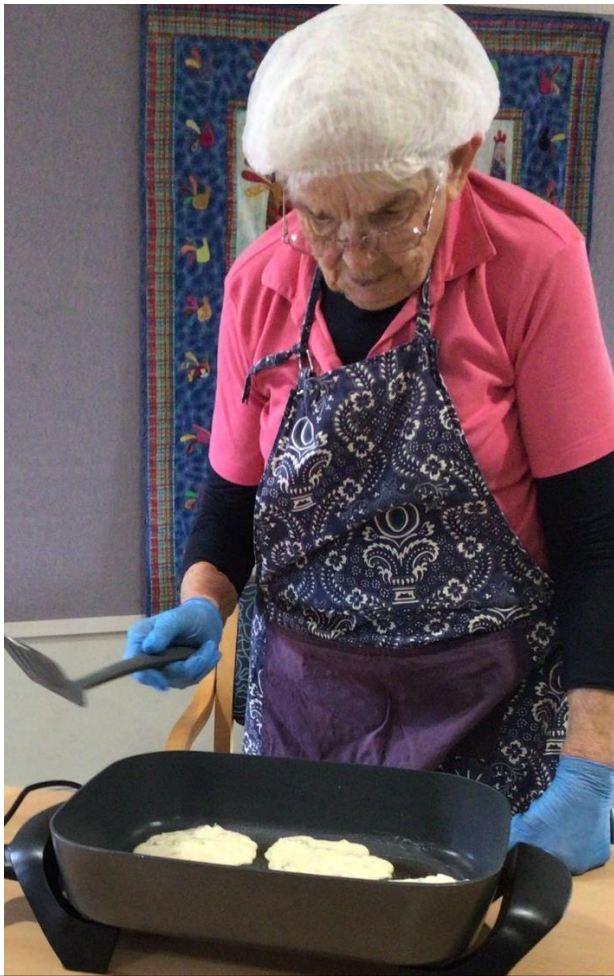
02 6289 8769

facebook.com/groups/AgedCareCouncilOfElders

Have your say

There are plenty of opportunities for you to have your say about the changes to aged care:

- Sign up to receive *EngAged*, the monthly newsletter for older people: health.gov.au/aged-care-newsletter-subscribe
- Visit the Aged Care Engagement Hub to find out about the latest consultation opportunities and outcomes: AgedCareEngagement.health.gov.au/get-involved



Above – Barb Clark made this quilt in 2003 it is called 'CRAZY CHOOKS IN GUMBOOTS' And here she is cooking up a storm in Wednesday's cooking program.



Jeannette Pockley, known to many as Blue, [pictured left with two of her paintings] was one of the founding members of Albury Wodonga Artist Society (AWAS) when she migrated to Australia in 1988 with her husband Brian. They lived at Upper Sandy Creek and each week drove into school for seniors in Albury.



Hairdresser TASH'S HAIR SALON

Tash has the hairdressing salon open on a Tuesday.

All requests for appointments can be made through Lifestyle.



JOKE OF THE WEEK



There is no way you can't laugh at this one! Two elderly women were out driving in a large car, neither one could hardly see over the dashboard. As they were cruising along, they came to an intersection. The stoplight was red but they went on through. The woman in the passenger seat thought to herself, "I must be losing it. I could have sworn we just went through a red light!" After a few more minutes they came to another intersection, the light was red, and again they went right through. This time, the passenger was almost sure that the light had been red, but was also concerned that she might be seeing things. She was getting nervous and decided to pay very close attention. At the next intersection, sure enough, the light was definitely red and they went right through it. She turned to the other woman and said, "Mildred! Did you know we just ran through three red lights in a row? You could have killed us!" Mildred turned to her and said, "Oh My Gosh!! Am I driving!!?"

Monday 1st July PUBLIC HOLIDAY

- 9.15 – Exercises Walk News
- 10.45 – Book Club
- 11.00 – Footy Tipping
- 1.30 – Bingo

Tuesday 2nd July HAIRDRESSER

- 9.30 – Walk & Talk News & Discussion
- 10.30 – How Many words
- 2.00 – Knit & Natter
- 2.00 – Cards & Boardgames

Wednesday 3rd July COOKED BREAKFAST

- 9.30 - Cooking with Tracey
- 2.00 – Movement to music News & discussion

Thursday 4th July

- 10.30 – Prayer Service Discovery Church
- Hand and Nail care
- 2.00 – Tai Chi & Quiz

Friday 5th July

- The Little Shop & Coffee shop open
- 1.30 – Carpet Bowls

Saturday 6th July

- Poppy Only**
- 10.00 – News & Discussion in the Sunshine
- 1.30 – Movie

Sunday 7th July

- Poppy Only**
- 10.00 – Sunday garden walks
- 1.30 – Quiz & Trivia

