



**INTRODUCING MINDFULNESS**  
 Richard will be running Mindfulness sessions as group and individual programs  
 Valda and Phyllis enjoying their first session

Mindfulness at Yackandandah Health will offer significant benefits, promoting mental, emotional, and physical well-being for older adults. By practicing mindfulness, seniors can become more aware of the present moment, reducing feelings of anxiety, depression, and stress that can often accompany aging. It encourages relaxation and a sense of calm, which can lead to improved sleep and better management of chronic pain. Mindfulness also enhances cognitive function and emotional regulation, supporting better social connections and overall quality of life. In aged care settings, mindfulness provides a valuable tool for helping individuals cope with the challenges of aging while fostering a sense of purpose and self-awareness.



[middle left] – Nancy and Margaret while away some hours doing jigsaw puzzles together.

[above] - Alan with daughter Cheryl, granddaughter Sally and great-granddaughter who joined Alan for Men's fish & chip lunch last Friday.

[left] – Residents join together to enjoy Happy Hour on Friday afternoon once a month.

If you wish to join your family for happy hour [or any program] please feel free to come on in and join us.



# Yackandandah Health

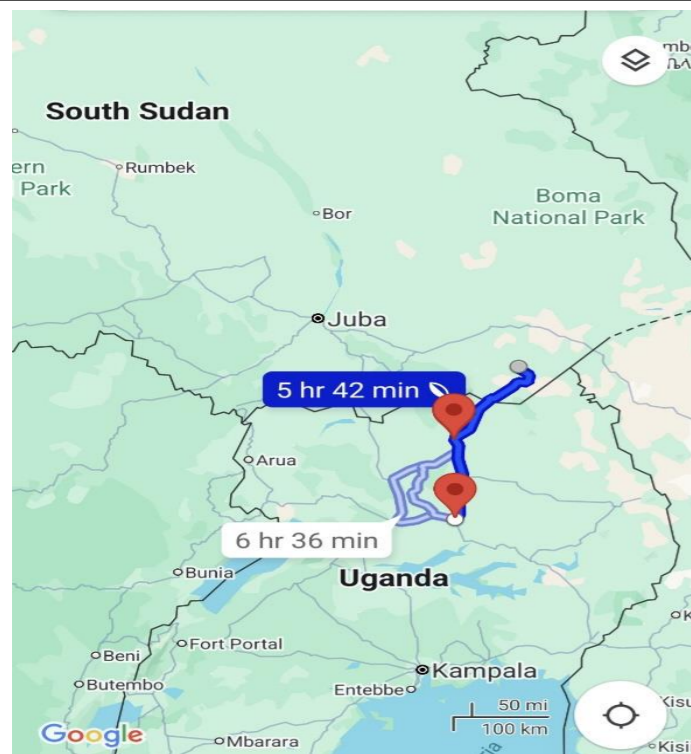
Weekly

THE WEEK THAT WAS 7<sup>th</sup> February ~ 14<sup>th</sup> February 2025

## CANS FOR SUDAN



Pictured: [top left] – The truck loaded with supplies that the crew are hoping gets to the destination  
 [top right] – Pineapples anyone?? Pineapple supplies going to Sudan  
 [bottom left] – Market stalls where food is purchased to take with the crew to Sudan  
 [bottom right] – The roads less travelled – these are the roads they will make the 620km trip on.

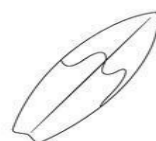


## CANS FOR SUDAN cont'd

The residents, staff, and friends have been involved in collecting cans to assist in raising funds to help Jordan and his team build an orphanage in Sudan. Every can donated assists to purchase materials to build a safe and loving home for vulnerable children in need.

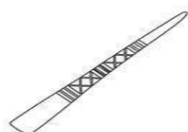
The Cans for Sudan crew raised over \$2000.00 towards the project.

Jordan and the crew are currently on route from Uganda to South Sudan across 620km in a truck that is held together by a prayer and lots of faith. Progress updates will be available next week.



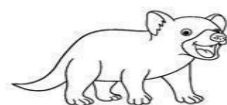
## Australia Word Hunt

Find the hidden words in the grid



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

- Reef
- Sydney
- Sheep
- Boab
- Outback
- Koala
- Wine
- Beach
- Emu
- Bondi



Yackandandah Health  
Medical Centre

### RESIDENTS FLU CLINIC 2025

Dr Jane Gardener's Patients:  
April 15<sup>th</sup> from 1 to 3pm

Dr Richard Barkas's Patients:  
April 16<sup>th</sup> from 9 to 10am TBC

Dr David Oliver's Patients:  
April 17<sup>th</sup> from 9.30 to 11.30am

Dr Tess Goodwin's Patients:  
April 17<sup>th</sup> from 1 to 2pm

### FROM THE LAUNDRY

If you are bringing in new clothing for your family members, please ensure that they are named clearly, if you require us to name the articles please ensure they are handed to reception for marking prior to going into any wardrobes. The cost for this is \$1.00 per article.

## A poem about life as it was

"We met and married a long time ago. We worked long hours when wages were low. No telly, no bath, for times were hard. Just a cold water tap and a walk in the yard.

"No holidays abroad, no carpets on floors, We'd coal on the fire and didn't lock doors. Our children arrived ( no Pill in those days). We brought them up without any state aid.

"They were safe going out to play in the park. And old folk could go for a walk in the dark. No Valium, drugs and no LSD. We cured most of our ill with a good cup of tea.

"No vandals, no muggings (not much to rob). We felt we were rich with a couple of bob. People seemed happier in those far off days. Kinder and caring in so many ways.

"Milkmen and paperboys would whistle and sing. A night at the pictures was quite a mad fling. We got our share of troubles and strife. But we had to face it - the Pattern of Life".

### Monday 17<sup>th</sup> February

- 9.30 – Exercise News and Discussion
- 10.00 – Book Exchange
- 10.45 – Book Club
- 1.00 - Bible Study E Wing
- 2.00 – High Tea

### Tuesday 18<sup>th</sup> February

#### HAIRDRESSER

- 9.30 – Walk & Talk
- 10.30 – Table Bowls
- 2.00 – Knit & Natter
- 2.00 – Cards & Board games

### Wednesday 19<sup>th</sup> February

#### COOKED BREAKFAST

- 9.30 - Cooking with Tracey
- 2.00 – Uku-andandah Sing-along

### Thursday 20<sup>th</sup> February

- Hand & Nail Care
- 10.30 – Prayer Service Father Chris
- 2.00 – Dave on the Ukulele
- 2.00 – Tai-Chi & Quiz

### Friday 21<sup>st</sup> February

- 9.30 – The Little Shop Coffee Stop open.
- 1.30 – Carpet Bowls

### Saturday 22<sup>nd</sup> February

- 10.00 – Walk and talk in the sunshine
- 2.00 – Listen to the music

### Sunday 23<sup>rd</sup> February

#### Poppy Place ONLY

- 10.00 – Sunshine Walk
- 1.30 – Milkshake Sunday and videos.

