

THE WEEK THAT WAS 22nd February ~ 28th February 2025



Pictured left: Lorna enjoys a cuddle with "Polly".

Baby doll therapy in aged care has proven to be a compassionate and effective way to provide comfort and emotional support to elderly individuals, particularly those with dementia or cognitive impairments. This therapy involves the use of realistic baby dolls to help stimulate nurturing instincts, reduce anxiety, and promote emotional well-being. For many seniors, caring for a doll can offer a sense of purpose, alleviate feelings of loneliness, and evoke positive memories of parenthood. Additionally, it can foster social interaction and connection, improve mood, and reduce agitation or aggression. Overall, baby doll therapy is a gentle, non-invasive approach that enhances quality of life for individuals in aged care, offering both therapeutic and emotional benefits.

HELPING HANDS
GARDEN CLUB

This week we welcomed back the wonderful crew from the Yackandandah Garden Club who visit the last Tuesday of each month to assist our residents with their gardens.

Pictured: Planning for 2025



CANS FOR SUDAN

This week marks the end of this tour of Sudan for Jordan. Jordan will return to us on Monday 3rd March and I'm sure there will be lots of interesting stories and memorabilia from Sudan.

Below is a picture of the finished building and also one of Jordan trying to get another feed in prior to the long journey home.



20 Years
22/02/2004
22/02/2024

Congratulations to Tracey on an incredible 20 years of dedicated service to Yackandandah Health! Your hard work, compassion, and commitment have made a lasting impact on so many. We're lucky to have you as part of the team. And of course, when you're not busy making a difference in healthcare, you're out there on the farm—looking just as at home with a calf as you do with a clipboard! Maybe the real secret to your success is balancing both worlds so effortlessly. Here's to 20 years and many more!

Pictured Left: Tracey and 'George' an abandoned calf who Tracey has fostered as her own.

Picture below: Two of our newer residents Owen and Ros, spend time with Margaret in the Coffee Shop.



The Little Shop Coffee Stop at Yack Health is open every Friday morning, offering a welcoming space for families to come together, enjoy a warm beverage, and socialize. It's more than just a coffee stop—it's a chance for community members to connect, share experiences, and build relationships. Whether you're catching up with loved ones or meeting new people, the Coffee Stop creates a supportive environment where families can find encouragement and friendship. This regular gathering fosters a sense of belonging and provides a valuable support network, ensuring that no one has to navigate life's challenges alone.



Autumn

WORD SEARCH

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

- ACORN
- BONFIRE
- CANDLE
- HALLOWEEN
- APPLE PIE
- CHESTNUT
- HARVEST
- SWEATER
- CORN
- RAKE
- SCARF
- PUMPKIN
- CIDER
- PUDDLE
- SCARECROW

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Yackandandah Health
Medical Centre

RESIDENTS FLU CLINIC 2025

Dr Jane Gardener's Patients:
April 15th from 1 to 3pm

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

Dr David Oliver's Patients:
April 17th from 9.30 to 11.30am

Dr Tess Goodwin's Patients:
April 17th 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.

JOKE OF THE WEEK

One day my mother was out, and Dad was in charge.

I was maybe two and a half at the time. Someone had given me a little 'tea set' as a gift and it was one of my favourite toys. Daddy was in the living room engrossed in the evening news when I bought Daddy a little cup of 'tea', which was just water.

After several cups of 'tea' and lots of praise for such yummy tea, my Mum came home. My Dad made her wait in the living room to watch me bring him a 'cup of tea', because it was just the cutest thing.

My Mum waited, and sure enough, I walked down the hall with a cup of tea for Daddy and she watched him drink it all up.

Mum was battling to keep the smile off her face when she says, "Did it ever occur to you that the only place your 2 ½ year old can reach to get water is the toilet?"

I don't think Dad ever drank water again.

Monday 3rd March

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

Tuesday 4th March

HAIRDRESSER

- 9.30 – Walk & Talk
- 10.30 – Musical Bingo
- 2.00 – Knit & Natter
- 2.00 – Cards & Board games

Wednesday 5th March

COOKED BREAKFAST

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

Thursday 6th March

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

Friday 7th March

- 9.30 – The Little Shop Coffee Stop open.
- 2.00 – Happy Hour

Saturday 8th March

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

Sunday 9th March

Poppy Place ONLY

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

They say you learn from your mistakes. That's why I'm making as many as possible. Soon, I'll be a genius!