

OCTOBER 2026

VOL. 10



YALLAMBEE BUZZ

A MONTHLY NEWSLETTER BY YALLAMBEE TRARALGON VILLAGE FOR THE AGED INC.



HOPE FOR A BRIGHTER FUTURE ”

PINK RIBBON INTERNATIONAL

INSIDE THE HIVE: LAST MONTH'S RECAP

2027 CALENDAR PHOTO SHOOT

There was plenty of laughter at Margery Cole this month as residents from both Margery Cole and Yallambee Village took part in the photo shoot for our upcoming annual calendar. Margery Cole residents stepped in front of the camera during the morning, before residents from Yallambee Village joined us in the afternoon.

This year's theme is Dances Through the Decades, with residents dressing up to represent different eras of music, fashion and dance. The Grevillia Lounge was transformed into a makeshift photography studio for the day, with costumes, props and plenty happening behind the scenes. Our Lifestyle & Wellbeing Team helped residents get ready, assisted with outfits and props, and kept everything running smoothly throughout the shoot.

Yallambee photographer Fiona captured each resident throughout the day, while those waiting for their turn cheered each other on and enjoyed seeing the different looks come together.

A big thank you also goes to the staff who generously lent costumes and accessories for the photo shoot. Your contributions helped us create a great mix of looks from across the decades.

We're sharing a little sneak peek of some of the behind-the-scenes moments from the day, but the final photos are staying under wraps for now. You'll get to see the finished Dances Through the Decades calendar later this year.







MYSTERY DRIVE

This month, our mystery drive took us out towards Cowwarr, with a stop in Glengarry to see the metal sculpture of the famous stray dog who once rode the trains through Central Gippsland.

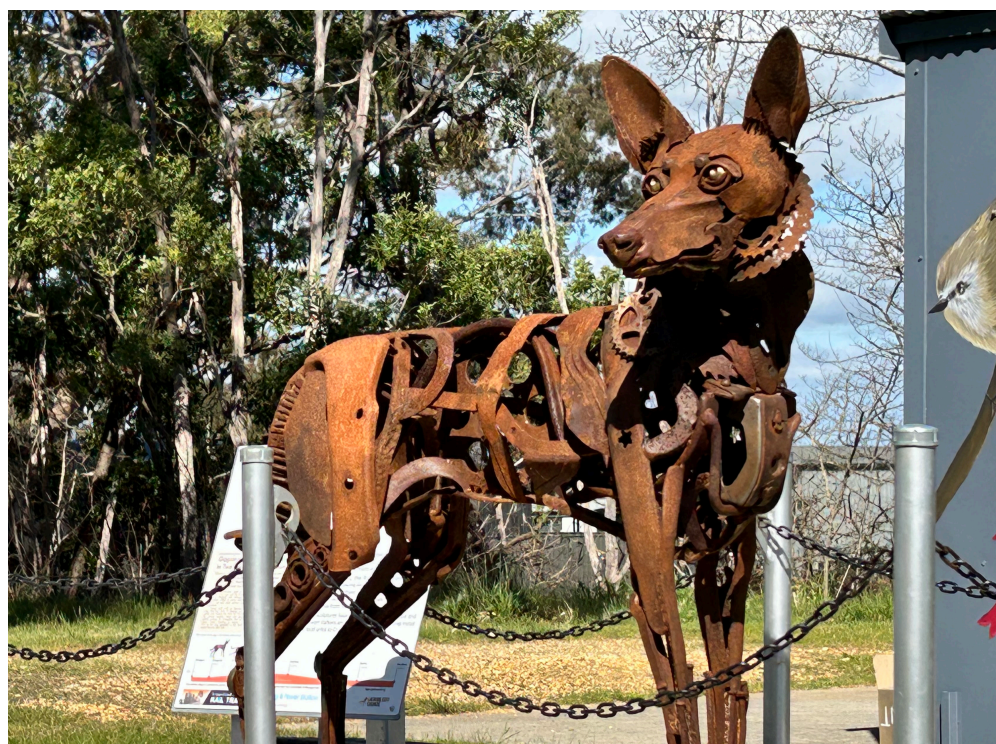
Local legend tells of a female red kelpie who made the Traralgon railway yards her home during the 1930s and became well known for travelling on the trains. In November 1935, she was left behind when a train departed Traralgon and reportedly chased it for around 30 kilometres through Glengarry and Toongabbie before reaching Cowwarr, where she waited on the platform for a ride home.

While in Glengarry, residents also enjoyed seeing how much the town has changed, particularly the growing housing estate and the many new homes appearing in an area they remembered as being much smaller.

From there, we continued along the road, taking in the bright yellow canola fields before stopping in Cowwarr for afternoon tea, with a few curious cows nearby keeping us company.

We were also very pleased to have the newest member of our volunteer team, Kay, join us for the outing. Kay was a wonderful help as our bus assistant, and we look forward to having her along on more trips.

Thank you, Kay!



A GREAT DAY FOR A CHASE

On Monday, 7 September, Yallambee residents enjoyed a day out at The Great Chase, Greyhound Racing Victoria's annual community event.

The Great Chase has been running for more than 20 years and brings community groups together for a social day at the races, while also providing the opportunity to win funds for local care organisations.

Residents enjoyed lunch, cold drinks, show bags and plenty of entertainment throughout the day. Each participating group was also given the chance to draw a number corresponding with a greyhound in one of the races, which gave everyone a reason to cheer as the dogs crossed the finish line.

There were plenty of laughs too, with Balloonatic Bruce entertaining the crowd with comedy, magic and balloon creations.

To top off an already enjoyable day, Yallambee finished second overall and received \$1,000, which will go towards our Lifestyle & Wellbeing program.

A big thank you to Greyhound Racing Victoria for hosting the event and providing such an enjoyable day for our residents. We're already looking forward to next year.



A VISIT TO BUNNINGS

As part of our Community Connections program this month, Yallambee residents enjoyed a visit to Bunnings Traralgon.

Residents spent time browsing the aisles, picking up items for their rooms and the garden, choosing gifts for loved ones and stopping by the café for a snack.

The outing also gave residents the chance to enjoy a famil-

iar local place at their own pace. Walking through the store sparked plenty of conversation, and the chatter continued on the bus trip home.

Trips like this are an important part of staying connected with the local community. They give residents the opportunity to get out and about, make their own choices and enjoy everyday experiences outside Yallambee.



FLOWERS BY BELL

Residents enjoyed a relaxing afternoon of flower arranging this month with Fiona from Flowers by Bell.

There was a beautiful selection of fresh flowers to choose from, including yellow daisies, pink alstroemeria, purple asters, sunflowers and chrysanthemums, along with greenery to finish each arrangement.

Fiona guided residents through the process and shared some helpful tips for keeping cut flowers looking fresh for longer.

The session gave everyone the chance to get creative, try

something different and enjoy working with fresh flowers. It was also a lovely opportunity to sit together, chat and admire each other's arrangements as they came together.

The afternoon finished with a slice of chocolate chip cake and plenty of smiles.

Flower arranging has become a popular activity at Yallambee, and it's easy to see why. It's simple, social and gives residents something beautiful to take back to their rooms and enjoy afterwards.



ARMCHAIR TRAVEL

On Tuesday the 15th, our Residents embarked on an exciting journey around Japan to experience some of the country's most iconic sights, traditions and flavours.

Our first stop was Tokyo, where we visited beautiful temples and shrines, watched an exciting sumo wrestling match and headed to the top of Shibuya Sky Deck to take in breathtaking 360-degree views across the city. We then enjoyed an authentic dining experience at an Izakaya where Chef David prepared a delicious selection of finger foods for everyone to enjoy.

From Tokyo, we travelled to the spectacular Mount Fuji

before continuing on to Kyoto. There, we were treated to a beautiful traditional Geisha dance offering a wonderful glimpse into Japan's rich cultural heritage.

Our final destination was Mount Koya, where we took a peaceful walk through the historic Okunoin Temple and cemetery. We explored the beautiful grounds and visited the mausoleum of Kukai, the founder of Shingon Buddhism.

It was a wonderful day filled with culture, history, delicious food and unforgettable experiences. Our Residents thoroughly enjoyed their journey through Japan!

FATHERS DAY

Father's Day was celebrated at Yallambee on Sunday, 6 September, with a BBQ luncheon and a small gift for each of the men.

The afternoon gave residents a chance to sit together, catch up and share stories from years gone by. Much of the conversation turned to life on the land, with several residents reflecting on their experiences of farming, the challenges involved and the satisfaction that came with rural life.

Football was another popular topic. Residents recalled their own playing days, memorable matches and premier-ships, with a few old rivalries resurfacing along the way.

With a cold beer and a snag from the BBQ, the afternoon was relaxed and social, giving everyone the chance to enjoy good company and mark Father's Day together.



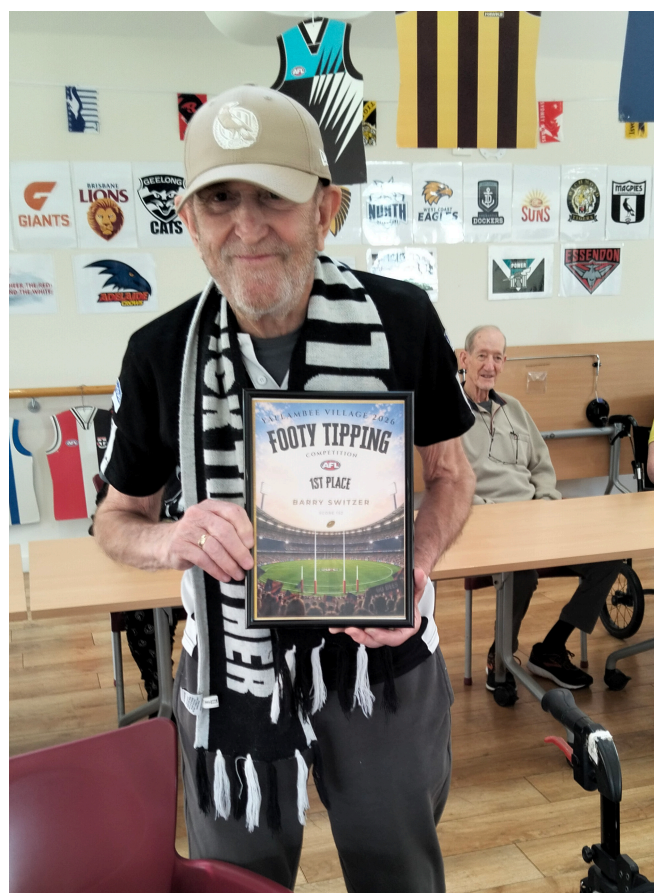
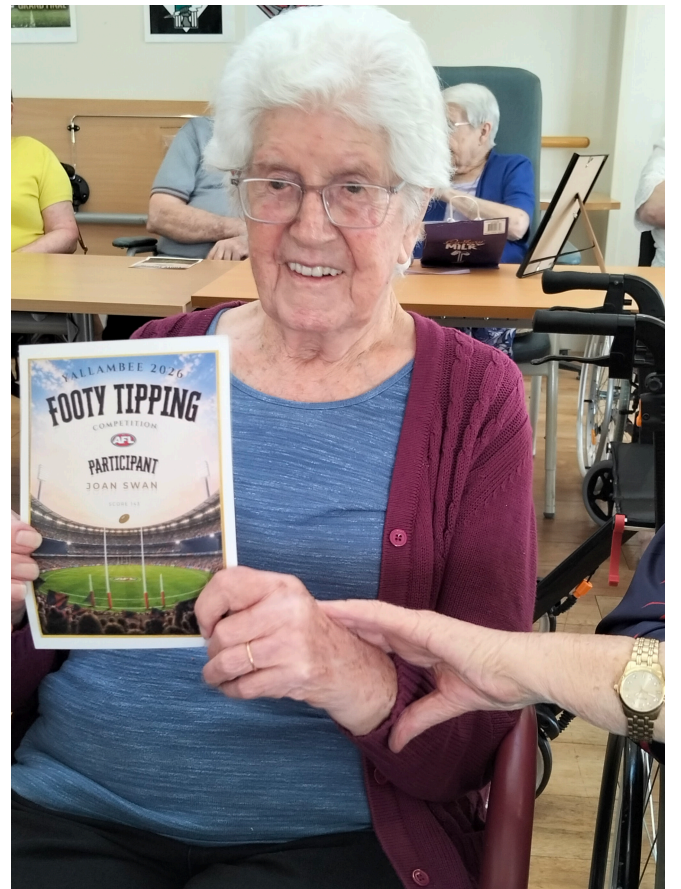
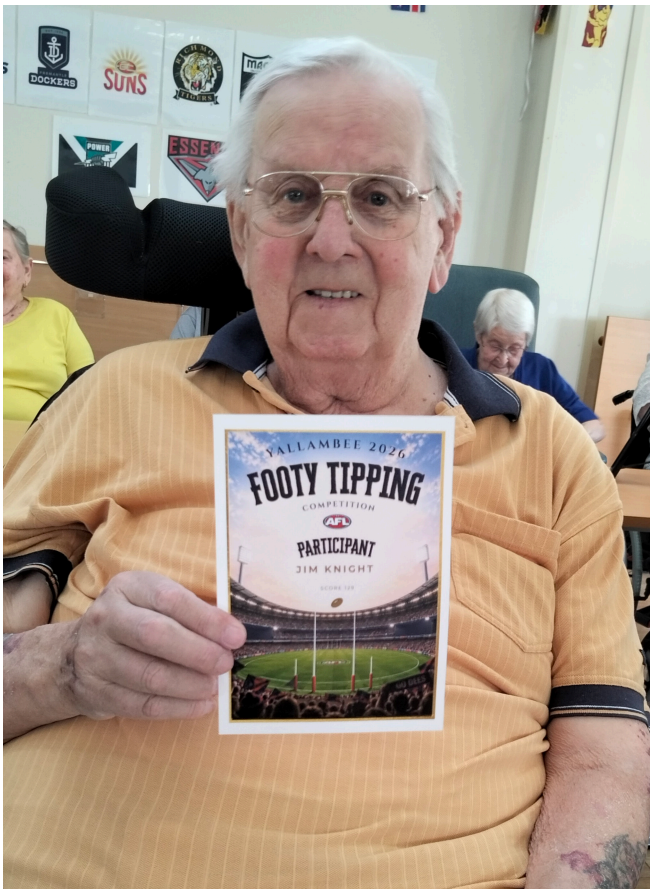
FOOTY DAY

On Thursday 24 October, residents came together to enjoy our much-anticipated annual AFL Day, a fun-filled event celebrating Australia's beloved football tradition and recognising the winners of this year's footy tipping competition.

The highlight of the day was the presentation of awards to our successful tipsters. In the Margery Cole competition, congratulations went to Elaine and Graeme, who shared equal first place after an outstanding season of tipping. Judy secured third place, while the coveted wooden spoon award was presented to John, who accepted the honour with good humour. In the Village competition, Barry was announced as the overall winner, earning well-deserved recognition for his impressive tipping efforts throughout the season.

Residents enjoyed a delicious selection of food and refreshments while sharing stories, laughter and friendly conversation. The festivities also included an entertaining handball competition, which attracted plenty of enthusiastic participants and spectators. The competitive spirit was on full display as residents tested their football skills and cheered each other on.

The day was a wonderful opportunity for residents to come together, celebrate the AFL season, and enjoy some friendly rivalry. Thank you to everyone who participated and helped make the event such a success. We look forward to doing it all again next year!



FROM THE RECIPE BOX

We're introducing a recipe section in The Buzz, and we'd love you to contribute!

Whether it's a family favourite, a treasured recipe passed down through generations or something you simply enjoy making, we'd love to share it with the Yallambee community.

Please include:

- The name of your recipe
- Ingredients and quantities
- The method
- Your name, so we can credit you
- A photo of the finished dish, if possible

If there's a special memory or story behind your recipe, feel free to include that too.

Please send your recipe to Fiona Zaffina, Marketing Design and Digital Communications Officer, by email at fiona.zaffina@yallambee.com, through Acredia (staff), or in person at reception.

We look forward to discovering your favourite dishes!

From the Recipe Box

RECIPIE NAME:

Cornflake Cookies

SUBMITTED BY:

Chef Lisa



Ingredients

Makes 35 | Prep 15 Min | Cook 20 Mins

Butter - 125 g

Caster sugar - 1/3 cup

Egg - 1 lightly beaten

Sultanas - 2/3 cup

Self raising flour - 1 cup

Cornflakes - 1 1/2 cups crushed

Method

1. Heat the oven to 180 C, or 160 c fan forced. Grease your baking trays.
2. Use an electric mixer to blend the butter and sugar until smooth. Mix in the beaten egg.
3. Fold the sultanas and sift flour into the mixture.
4. Scoop rounded teaspoonfuls of dough and coat them in crushed cornflakes. Set them on the trays, leaving 3cm between cookies, and press down gently.
5. Bake for about 20 mins, until pale golden. leave the cookies on their trays to cool.

YALLAMBEE STAFF NEWS

OCTOBER STAR OF THE MONTH

Star of The Month!



MADDIE THOMPSON **CATERING/ENVIRO/PCW**

Maddie Thomson is a new carer who has only recently completed her qualification and finished her buddy shifts. Despite being new to the role, she has already made a very positive impression on both residents and fellow staff. Several staff members who have worked alongside her have provided excellent feedback about her performance and the way she approaches her role. They have particularly highlighted her warm, respectful and compassionate communication with residents, as well as her positive interactions with fellow carers. Maddie demonstrates excellent initiative and requires minimal, if any, direction when it comes to identifying and completing the tasks required when caring for residents. Her attention to detail is exceptional, and she consistently demonstrates a genuine commitment to providing high-quality care. She is described by her colleagues as a hard worker, and it is a pleasure to work alongside her. When she is on shift, everything seems to flow smoothly, and her willingness to contribute, support others and get the job done is greatly appreciated. For someone so new to the role, Maddie has demonstrated an impressive level of confidence, initiative and professionalism. She is a wonderful addition to the team.

STAR OF THE MONTH SPECIAL MENTIONS & NEW STAFF

Special mentions also go out to the following staff who were nominated this month.

- Peter P (PCW)
- Gabby S (Catering)
- David M (Chef Manager)
- Ellen A (RN)
- John C (Catering)
- Erica O (RN)

All nominations received for each month are displayed on the digital frames in the staff rooms.

New Yallambee Staff

Merlita Holden - Personal Care Worker

Mariah Armstrong - Catering/Enviro

Melanie Suniga - Personal Care Worker

A very big welcome to all our new staff!

YALLAMBEE VILLAGE NEWS

VILLAGE REMINDERS

To help keep our village safe, tidy and enjoyable for everyone, we'd like to remind residents and visitors of a few important points.

Please do not feed the birds around the Village. While it may seem harmless, feeding birds can attract large numbers of them to shared areas, create mess, and encourage unwanted pests. Allowing birds to find their own natural food helps keep the environment cleaner and healthier for everyone.

We also ask that all dogs are kept on a leash while in shared Village areas. This helps ensure the safety and comfort of residents, visitors, other pets and our four-legged friends.

Retirement Living Open Day — Wednesday 7 October

A reminder that Yallambee Retirement Village will be welcoming members of the public for an Open Day on Wednesday 7 October to showcase our newly constructed villas.

There may be additional visitors moving through the Village during the event, so we thank residents for their understanding and cooperation as we welcome prospective residents and their families.

YALLAMBEE TRARALOGN VILLAGE FOR THE AGED INC.

Open Day

Newly Constructed Villas



Your community, your retirement, our commitment

The Customer Services Team at Yallambee Traralgon Village for the Aged would like to invite you to attend our Retirement Living Open Day High Tea. Join us on Wednesday, 7 October, from 1–3 pm to enjoy High Tea and view our newly reconstructed villas and renovated units, which are now available for purchase. Please RSVP to Reception on 5132 3500 by Monday, 5 October.



(03) 5132 3500 | VILLAGE@YALLAMBEE.COM.AU | YALLAMBEE.COM.AU

THE BUZZLINE: UPCOMING EVENTS & NOTICES

OUTINGS

COLES

Mon 5 Oct, 1:15 pm, Foyer

OP SHOP

Mon 12 Oct, 1:15 pm, Foyer

LUNCHEON

Mon 19 Oct, 11:30 am, Laurel Lounge

MIDVALLEY

Mon 26 Oct, 1:15 pm, Foyer

COMMUNITY CONNECTIONS OUTINGS

(limited places book with Lifestyle)

SPOTLIGHT

Thurs 1 Oct, 10:15 am, Foyer

LIVE @ 11 GPAC

Thurs 8 Oct, 10:30 am, Foyer, Cost \$10

MIDVALLEY

Thurs 15 Oct, 10:15 am, Foyer

MORNING MELODIES @ MORWELL CLUB

Thurs 22 Oct, 9:45 am, Foyer, \$10

OP SHOP

Thurs 29 Oct, 10:15 am, Foyer

PLEASE SEE LIFESTYLE STAFF TO BOOK

(limited spots, subject to availability and weather dependent).

ENTERTAINMENT – ALL AT 1:30 PM

MEMORY LANE

Thurs 1 Oct, 1:30 pm
Grevillia Lounge

HAPPY HOUR WITH JONA

Fri 23 Oct, 1:30 pm
Atrium

I SING ENTERTAINMENT

Thurs 8 Oct, 1:30 pm
Grevillia Lounge

SONGS OF PRAISE

Sat 24 Oct, 1:30 pm
Grevillia Lounge

UKULELE BAND

Thurs 15 Oct, 1:30 pm
Grevillia Lounge

SINGING WITH TESS

Thurs 29 Oct, 1:30 pm
Grevillia Lounge

BILL, DAVE & FRIENDS

Fri 16 Oct, 1:30 pm
Grevillia Lounge

MONTHLY CHURCH SERVICES

OCTOBER CHURCHES

Anglican

Fri 2 Oct, 10:45 am
Grevillia Lounge

Communion

Fri 9 Oct, 10:30 am, Atrium

Community Church (Uniting)

Wed 14 Oct, 10:45 am, Atrium

Catholic Mass

Tues 20 Oct, 10:45 am, Atrium

CULTURAL/SPECIAL DAYS

OKTOBERFEST

Fri 9 Oct, 1:30 pm
Grevillia Lounge

BATHURST SHOWING ON ATRIUM TV

Sun 11 Oct, 11:30 am

POSITIVE AGEING CONCERT @ GPAC

Tuesday, 13 October , 1:00 pm , Foyer

CHAIRO SCHOOL VISIT

Wed 21 Oct, 9:15 am
Grevillia Lounge

BUCKLE BUNNY LINE DANCING

Thurs 22 Oct, 1:30 pm
Grevillia Lounge

MEETING CALENDAR

RESIDENT & RELATIVE MEETING

Wed 28 Oct, 3:00 pm
Training Room

VILLAGE RESIDENTS WELCOME TO MARGERY COLE ACTIVITIES

BIRTHDAYS AROUND THE HIVE: OCTOBER



MARGERY COLE BIRTHDAYS

Melva Lane | October 4

Elizabeth Kesper | October 11

VILLAGE BIRTHDAYS

Ellen McGinnes | October 22

STAFF BIRTHDAYS

David Mittelmayer | October 10

Olivia Smith | October 20

Lovis Varghese | October 17

Jodelle Pregoner | October 4

Elizabeth Tait | October 26

RESIDENT & STAFF SPOTLIGHT

SUSAN MCIVER

MARGERY COLE RESIDENT



SONIA BYRNE

YALLAMBEE STAFF MEMBER



SANDY MACFARLANE

YALLAMBEE VILLAGE RESIDENT



LENGTH OF TIME AT YALLAMBEE:

4 years

THE BEST THING ABOUT LIVING AT YALLAMBEE

I enjoy delivering Meals on Feet in the Village

THE WORST THING ABOUT LIVING AT YALLAMBEE:

It can get noisy at times

ONE THING YOU DON'T KNOW ABOUT ME:

I used to make pegs

MY FAVOURITE FOOD:

Spaghetti Bolognese

MY FAVOURITE LIFESTYLE & WELLBEING ACTIVITY:

Bingo

MY FAVOURITE ANIMAL:

All animals

WHAT JOB OR CAREER DID YOU HAVE BEFORE RETIREMENT?

Paper round and cleaning at the racecourse

MORNING PERSON OR NIGHT OWL?

Morning person

WHAT IS SOMETHING YOU LEARNED LATER IN LIFE?

Save your money

ROLE AT YALLAMBEE:

Reception

LENGTH OF TIME AT YALLAMBEE:

5 years

JOBS PREVIOUS TO YALLAMBEE: I

worked at Woolworths and did the online shopping

ONE THING YOU DON'T KNOW ABOUT ME:

I have four kids

FAVOURITE PASTIMES:

Shopping and going out for coffee

FAVOURITE FOOD:

Mexican

ADVICE TO NEW STAFF:

Enjoy your new job

FAVOURITE MOVIE OR TV SHOW:

Outlander

MORNING PERSON OR NIGHT OWL:

Neither, I love my sleep

WHAT'S SOMETHING THAT ALWAYS MAKES YOU SMILE:

My pug dogs

LENGTH OF TIME AT YALLMABEE VILAGE:

6 years

THE BEST THING ABOUT BEING AT YALLMABEE:

Everything

THE WORST THING ABOUT BEING AT YALLAMBEE:

Nothing. So grateful to be here

ONE THING YOU DON'T KNOW ABOUT ME:

I believe in climate change. Go greenpeace

FAVOURITE FOOD:

House made fruit bread and berries

ADVICE TO NEW RESIDENTS:

Get in there and enjoy. Just be happy

MORNING OR NIGHT OWL:

Night owl

FAVOURITE MOVIE OR TV SHOW:

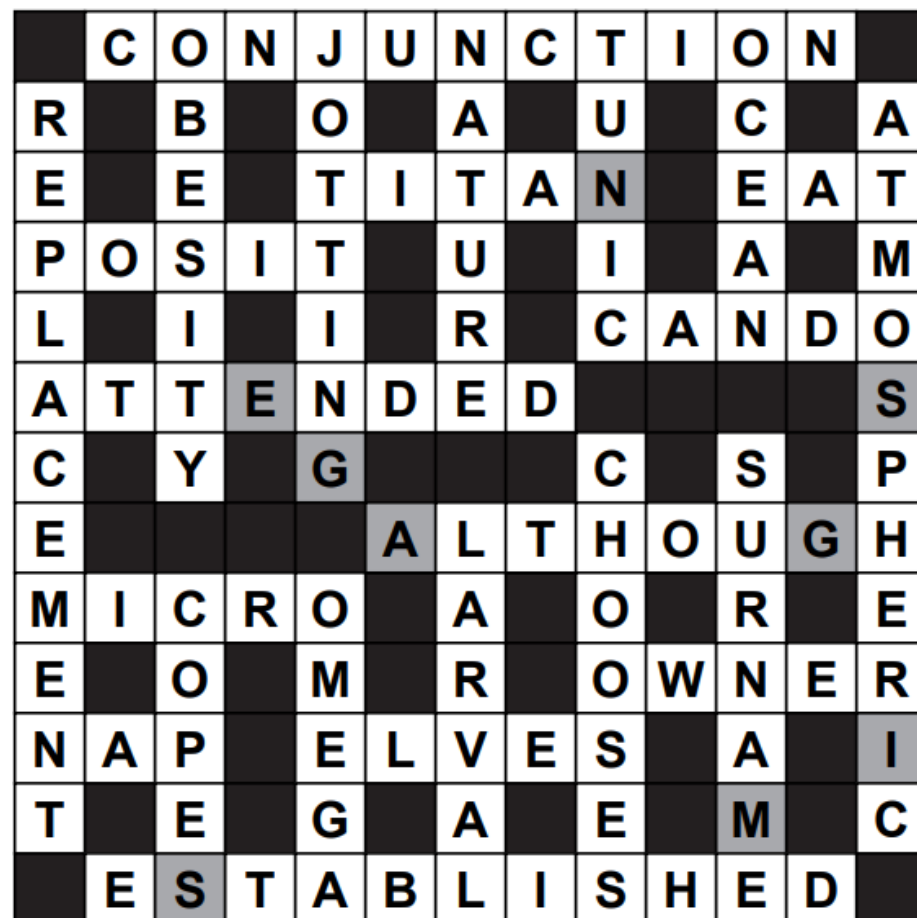
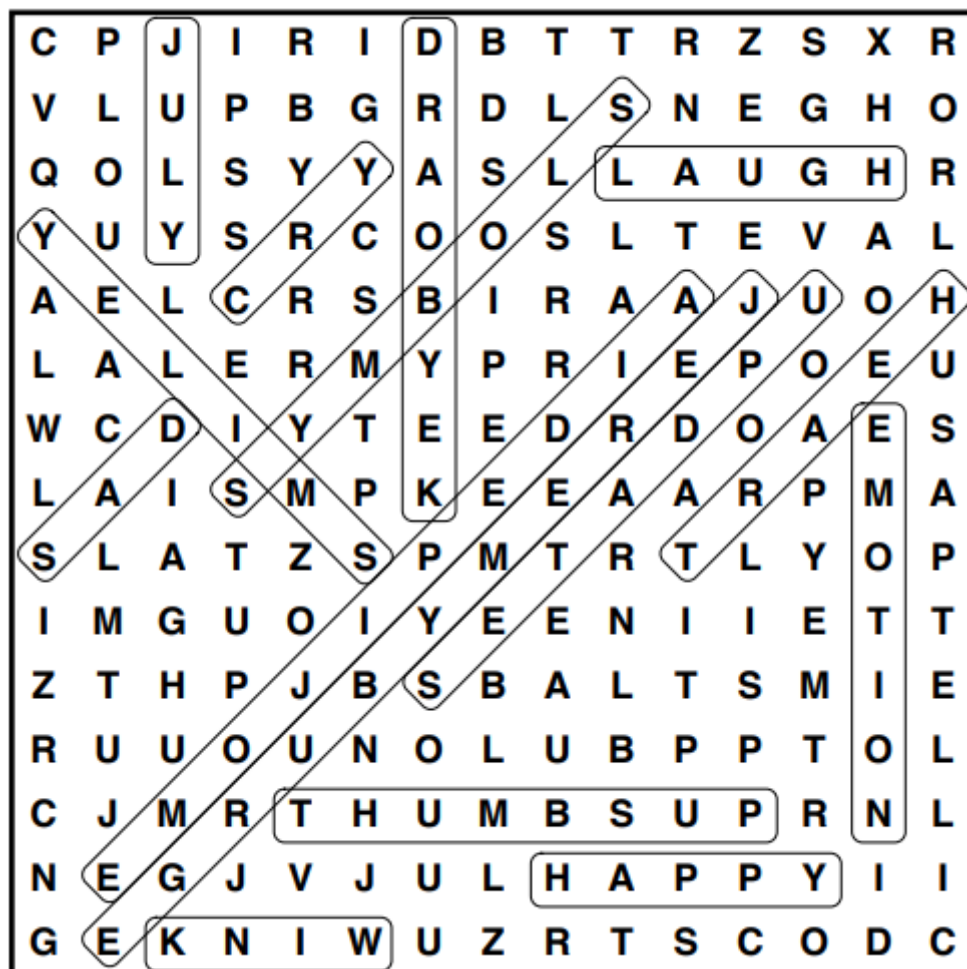
Lingo and Tipping Point Australia

WHAT'S ONE THING THAT MAKES YOU SMILE:

My special friends

MONTHLY PUZZLES

SEPTEMBER SOLUTIONS



Keyword: MESSAGING

POLICY



WHISTLEBLOWER POLICY

A brief overview

01

WHAT IS IT?

A protected way to report actual or suspected wrongdoing in relation to Yallambee.

02

WHAT CAN BE REPORTED?

Misconduct, a reportable incident, or an improper state of affairs.

03

WHO CAN REPORT?

Staff, contractors, volunteers, consumers, and family members or carers may be eligible to make a disclosure.

04

CAN I REPORT ANONYMOUSLY?

Yes. Reports can be made anonymously.

05

PROTECTION

Yallambee is committed to protecting your identity and protecting whistleblowers from retaliation, harassment and victimisation.

REPORT A CONCERN

info@yallambee.com.au

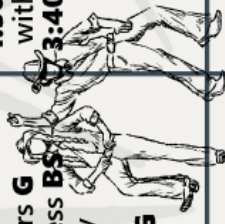


View the full policy:

<https://yallambee.complicare.com.au/module/253/page/a7afb65e-48ff-414a-921a-a16c31b265c7.md>

YALLAMBEE LIFESTYLE & WELLBEING ACTIVITY CALENDAR

October 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AC - Acacia A - Atrium BS - Bills shed F - Foyer G - Grevillia lounge H - Houses L - Laurel lounge			01 10:15 Community Connections. Spotlight F 10:15 Exercises G 10:45 Brain Teasers G 1:30 Mystery Drive F 1:30 Memory Lane G 3:40 Individual Time H 4:00 Bible Study G	02 09:45 Morning Chats H 10:15 Walking H 10:45 Anglican Church G 1:30 Happy Hour A 3:40 Individual Time H	03 09:45 Morning Chats H 10:15 Exercises G 10:45 Brain Teasers G 1:30 Hoy G 3:40 Individual Time H	04 09:45 Morning Chats H 10:15 Exercises AT 10:45 Brain Teasers AT 1:30 Bingo G 3:40 Individual Time H
05 09:45 Morning Chats H 10:15 House Meeting H 10:30 Exercises H 11:00 Brain Teasers H 1:15 Coles F 1:30 Wheel of Fortune G 3:40 Individual Time H	06 09:45 Morning Chats H 10:15 Exercises G 10:45 Brain Teasers G 1:30 Carpet Bowls G 2:30 Coffee Club Cafe 3:40 Individual Time H	07 09:45 Morning Chats H 10:15 Exercises H 10:45 Brain Teasers H 1:30 Bingo G 3:00 Movie Club AT 3:40 Individual Time H	8 10:30 Community Connections. Live @ 11 GPAC F 10:15 Exercises G 10:45 Brain Teasers G 1:30 I Sing Entertainment G 4:00 Bible Study G	9 OKTOBERFEST 09:45 Morning Chats H 10:15 Walking G 10:30 Communion A 1:30 Oktoberfest G 3:40 Individual Time H 	10 09:45 Morning Chats H 10:15 Exercises G 10:45 Brain Teasers G 1:30 Active Games G 3:40 Individual Time H	11 BATHURST 10:15 Exercises AT 10:45 Brain Teasers AT 11:30 Bathurst AT 1:30 Bingo G 
12 09:45 Morning Chats H 10:15 House Meeting H 10:30 Exercises H 11:00 Brain Teasers H 1:15 Op Shop Outing F 1:30 I Remember That G 3:40 Individual Time H	13 POSITIVE AGEING CONCERT 10:15 Resident led Activity H 10:15 Exercises G 10:45 Brain Teasers G 1:00 Swinging 60's Positive Ageing Concert @ GPAC F 1:30 Golf A 	14 09:45 Morning Chats H 10:15 Exercises H 10:45 Brain Teasers H 10:45 Uniting Church AT 1:30 Bingo G 3:00 Movie Club AT 3:45 Individual Time H	15 10:15 Community Connections. Midvalley F 10:15 Exercises G 10:45 Brain Teasers G 1:30 Mystery Drive F 1:30 Ukulele Band G 4:00 Bible Study G	16 09:45 Morning Chats H 10:15 Walking H 1:30 Happy Hour with Dave, Bill & friends G 3:40 Individual Time H	17 09:45 Morning Chats H 10:15 Exercises G 10:45 Brain Teasers G 1:30 Card Games G 3:40 Individual Time H	18 09:45 Morning Chats H 10:15 Exercises AT 10:45 Brain Teasers AT 1:30 Bingo G 3:40 Individual Time H
19 09:45 Morning Chats H 10:15 House Meeting H 10:30 Exercises H 11:00 Brain Teasers H 11:30 Luncheon L 1:30 Cooking G 3:40 Individual Time H	20 10:15 Resident led Activity H 10:15 Exercises G 10:45 Brain Teasers G 10:45 Catholic Mass A 1:30 Carpet Bowls G 2:30 Coffee Club Cafe 3:40 Individual Time H	21 09:15 Chairo School Visit G 1:30 Bingo G 3:00 Movie Club AT 3:40 Individual Time H 	22 10:15 Community. MM @ Morwell Club F 10:15 Exercises G 10:45 Brain Teasers G 1:30 Men's Business BS 1:30 Buckle Bunny line dancing G 4:00 Bible Study G 	23 09:45 Morning Chats H 10:15 Walking Group H 1:30 Happy Hour with Jona A 3:40 Individual Time H	24 09:45 Morning Chats H 10:15 Exercises G 10:45 Brain Teasers G 1:30 Songs of Praise G 3:40 Individual Time H	25 09:45 Morning Chats H 10:15 Exercises AT 10:45 Brain Teasers AT 1:30 Bingo G 3:40 Individual Time H
26 09:45 Morning Chats H 10:15 House meeting H 10:30 Exercises H 11:00 Brain Teasers H 1:15 Midvalley F 1:30 Paint & Sip G	27 09:45 Morning Chats H 10:15 Resident led Activity H 10:15 Exercises G 10:45 Brain Teasers G 1:30 Active Games G 2:30 Coffee Club Cafe 3:40 Individual Time H	28 09:45 Morning Chats H 10:15 Exercises H 10:45 Brain Teasers H 1:30 Bingo G 3:00 R & R Meeting T 3:00 Movie Club AT	29 10:15Community Connections. Op Shop F 10:15 Exercises G 10:45 Brain Teasers G 1:30 Mystery Drive F 1:30 Singing with Tess G 4:00 Bible Study G	30 09:45 Morning Chats H 10:15 Walking H 1:30 Happy Hour A 3:40 Individual Time H	31 HALLOWEEN 10:15 Exercises G 10:45 Brain Teasers G 1:30 Craft G 3:40 Individual Time H 	



Let's Fight Together

Yallambee Traralgon Village for the Aged Inc.
invites you to support breast cancer research.

All donations support the National Breast Cancer Foundation.

Every donation helps fund research,
raise awareness and support a future
free from breast cancer.



SCAN TO DONATE



(03) 5132 3500 | yallambee.com.au | info@yallambee.com.au



Guess the Jelly Beans

How many jelly beans are in the jar?



\$1.00 per guess

Pay at the café

Support breast cancer research

In support of the National Breast Cancer Foundation.

(03) 5132 3500 | yallambee.com.au | info@yallambee.com.au

DIVERSITY & Inclusion



Yallambee is committed to providing care and services that are inclusive, culturally safe and respectful of every older person. Diversity includes the different cultures, languages, beliefs, identities, backgrounds and life experiences that make each person who they are. Our approach is centred on ensuring every older person feels respected, understood and able to participate equally.

Diversity Is Personal

Diversity includes the varied social, cultural, linguistic, religious, spiritual and personal characteristics and life experiences of older people. It also includes diverse gender identities, sexual orientations, abilities and individual care needs.

Cultural Safety Matters

Cultural safety means older people feel respected, understood and safe to express their identity without fear of discrimination. Care should recognise cultural differences and respond respectfully to each person's individual needs.

Each Person Defines Their Identity

Every older person defines what culture, identity and respect mean to them. These preferences help guide decisions about their care and are incorporated into their Care and Services Plan.

Inclusive Communication

Staff should use inclusive language and respect each older person's preferred communication style, language, pronouns and terminology. Communication aids, interpreters and translated information can also be provided where required.

Care Reflects Individual Preferences

Care planning may consider language, cultural traditions, food preferences, religious practices, social and spiritual needs, preferred titles and, where voluntarily disclosed, gender identity or sexual orientation.

Equal Access & Participation

Older people with diverse backgrounds and life experiences should have equitable access to information, care and services that recognise their individual circumstances. Everyone should have opportunities to participate, contribute and make informed choices.

Staying Connected to Culture

Yallambee supports older people to maintain connections with their culture, community, relationships and meaningful activities. Lifestyle programs and meal services should also reflect individual cultural needs and preferences..

Listen, Review & Improve

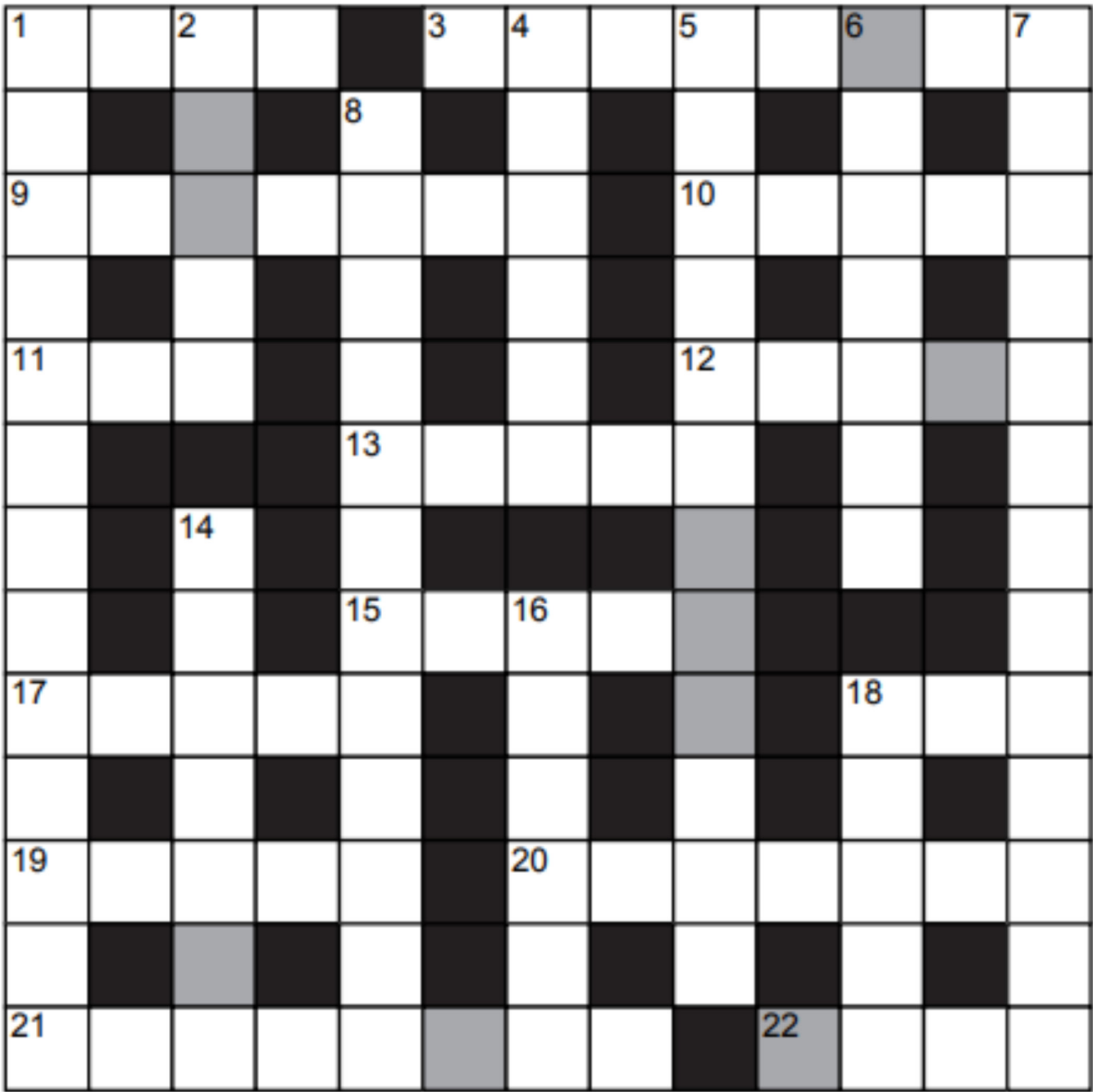
Older people and their supporters are encouraged to raise concerns and provide feedback. Yallambee uses feedback, consultation and ongoing review to improve culturally safe, inclusive care and services.

Why It Matters

Inclusive care is about recognising the whole person. When identity, culture, preferences and life experiences are respected, older people are better supported to maintain dignity, choice, connection and quality of life. This reflects Standard 1 of the Strengthened Aged Care Quality Standards, which requires providers to recognise and embrace the diversity of older people.

THE FUN SECTION - MONTHLY PUZZLES

CROSSWORD - WOMEN'S EQUALITY



Across

- 1 Salvage (4)
- 3 Intensified (8)
- 9 Disavowals; rebuttals (7)
- 10 Peers (5)
- 11 Quantity of money (3)
- 12 Supply with; furnish (5)
- 13 Spiked weapon (5)
- 15 Red-chested bird (5)
- 17 Prohibited by social custom (5)
- 18 Hearing organ (3)
- 19 Nationality of Oscar Wilde (5)
- 20 Eg from Rome (7)
- 21 Inconceivably large (8)
- 22 This place (4)

Down

- 1 Very funny (4-9)
- 2 Snake toxin (5)
- 4 Make certain of (6)
- 5 Advantageous; superior (12)
- 6 Bring up (7)
- 7 Act of vanishing (13)
- 8 Extremely harmful (12)
- 14 One of the archangels (7)
- 16 Minimal bathing suit (6)
- 18 Select group of people (5)

Unscramble the letters in the shaded squares to reveal a themed word:

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WORDSEARCH – WOMEN'S EQUALITY

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

AUGUST	EQUAL RIGHTS	ROSA PARKS
BELLA ABZUG	FEMINISM	SISTERHOOD
DISCRIMINATION	HISTORICAL	SOCIETY
EDUCATION	MOVEMENT	SUFFRAGE
EMPLOYMENT	RIGHT TO VOTE	UNITED STATES



THANK YOU FOR BUZZING THROUGH THIS MONTH'S ISSUE!

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