



# YALLAMBEE BUZZ

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



THERE ARE SHORTCUTS TO HAPPINESS, AND DANCING IS ONE OF THEM.

VICKI BAUM



## INSIDE THE HIVE: LAST MONTH'S RECAP

### THROUGH THE DECADES – MID YEAR WINTER CONCERT

On Wednesday 26 August, residents were taken on a journey through the decades at our annual Winter Concert.

The afternoon featured an incredible lineup of performances celebrating music from different eras, with residents enjoying appearances from Gene Kelly, The Monkees, Cher and her sailors, the Backstreet Boys, Taylor Swift, and a special tribute to Dolly Parton to close the show. There was also a lively Rock 'n' Roll performance to Footloose and a fun dance to Lambada, keeping the audience entertained from beginning to end. Throughout the afternoon, residents were treated to a mix of favourite classics and new discoveries.

Adding to the occasion, pianist Shirley Kirkpatrick provided beautiful live music, setting the perfect mood and delighting the audience with her performance.

A huge thank you goes to all of our performers, who dazzled in their costumes and brought each decade to life. We would also like to acknowledge our maintenance team for their assistance with props and set-up, helping to make the event such a success. Special thanks to Fitzpatrick's Entertainment for generously donating the lighting hire, which added a spectacular finishing touch to the concert and helped create an unforgettable experience for everyone who attended.





















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## RESIDENT LED ACTIVITIES

At Yallambee this month we have begun our resident led program. This program is designed to support residents who prefer to stay in their rooms implementing one on one visit dedicating individual attention to each person on top of their regular 1:1's. This time is specifically focus on that individuals unique needs. Activities provided can be jigsaw puzzles, word searches, crossword puzzles, sudoku, manicures, hand massages, wheelchair walks, Adult colouring, painting, knitting, books and even a chat. Many of our residents will benefit from smaller group activities rather than the large gatherings. In this case we are providing micro groups with 2 to 5 residents. Activities such as card club, movie club, Scrabble club, chess club, board games, social catch ups, jigsaw puzzles, art and craft groups, knitter natters, gardening and pool. There is also Puzzle boards set up for residents to contribute to different puzzles displayed around the facility. We wish to continue to ensure our resident lead program continues to meet individual needs goals and interest so if you would like to be involved or have a suggestion for an activity please contact your lifestyle activities assistant.

## VANILLA SLICE DAY

On Monday, 17 August, we celebrated Vanilla Slice Day in the only appropriate way possible, by making vanilla slices! Arie, our newest resident, was made to feel right at home. Having previously owned his own bakery in Traralgon, Arie brought plenty of experience and enthusiasm to the activity.

Everyone enjoyed reminiscing about the times they had made vanilla slices, whether with their grandchildren or as part of a fundraising event. Residents also shared stories about where they had enjoyed their most memorable vanilla slice, with locations ranging from the Dandenongs to Darwin.

It seemed that everyone had a story to tell, making for a wonderful afternoon of conversation, coffee or tea, and delicious homemade vanilla slice.





COMMUNITY CONNECTIONS

This month at Yallambee we have started our community connections program. Our weekly bus outings are much more than a change of scenery. They are a vital way for residents to stay connected, boost their mental well-being, and share meaningful social experiences outside our facility. Every Thursday residents from Yallambee can go out into the community on our 9 person bus. We attend places like Spotlight to purchase some material, wool or home-

wares, Vinnies op shop, The Latrobe Hospital Op Shop and get a bargain or two, Mystery Drive to somewhere, Bunnings for plants, pots and gift ideas, Morwell club and Morwell bowls club for morning melodies. If any residents and any suggestions of places to go, please let us know. Seats fill up quickly. Please speak to your lifestyle assistant and join our next adventure.





DAFFODIL DAY

Congratulations to our winners of the daffodil growing competition.

- 1 1 st place Fay
- 2 2nd place Ken
- 3 3rd place Frank





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# CHAIRO SCHOOL VISIT

Residents in Banksia North and Laurel recently welcomed students from Chairo Christian School, who visited to help plant new additions to the garden.

The project gave residents and students the opportunity to work together, with residents sharing their gardening experience and practical planting tips throughout the day.

The students also built and donated two bench seats, which have been placed in the garden for residents to enjoy.

Thank you to Bunnings Traralgon and Jayde from Bunnings for generously donating the plants and materials for the bench seats. Their support helped make the project possible.

It was a great opportunity for residents and students to connect while improving the garden for everyone to enjoy.





BEER DAY

What a fantastic afternoon celebrating International Beer Day with our residents at Good Land Brewery in Traralgon!

The team at Good Land Brewery went above and beyond, opening their doors early especially for our group and giving our residents a wonderful opportunity to enjoy a fun, social and informative afternoon.

We were warmly welcomed by Jimmy, who shared the story behind Good Land Brewery and talked us through the range of beers they produce and distribute across Australia — everywhere except the Northern Territory, even some overseas. Jimmy also shared a lovely personal insight into the brewery, explaining that his sister creates all of the unique artwork featured on their beer cans, adding an extra special and personal touch to each brew.

Our residents enjoyed learning about Good Land’s core beer range, as well as hearing about their exciting special batch blends. These limited brews are made just once, making each batch truly unique and something special to discover.

A huge thank you to Jimmy and the entire Good Land Brewery team for taking the time to welcome us, show us around and make our afternoon so enjoyable. We truly appreciated your wonderful hospitality, generosity and the sneaky free beer for everyone to take home and enjoy!

It was a fantastic afternoon filled with laughter, learning, good company and, of course, a little bit of beer appreciation. Cheers to Good Land Brewery for helping us celebrate International Beer Day in style!





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## FAREWELL TO ANNA & PHIL

After more than 10 years of bringing music, laughter and plenty of sparkle to Yallambee, Anna and Phil have decided it is time to hang up the microphones and the sequin dresses and enjoy a very well-earned retirement.

Over the years, Anna and Phil have provided countless hours of much-loved entertainment for our residents. Their performances have brought plenty of singing along and created many happy memories along the way.

They have become familiar and much-loved faces at Yallambee, and their visits will certainly be missed by our residents.

We would like to thank Anna and Phil for the entertainment they have shared with our residents over so many years.

We wish them both every happiness for the future and hope retirement brings plenty of time to relax, enjoy themselves and perhaps keep just a little bit of sparkle in reserve.

Thank you, Anna and Phil, and all the very best for your retirement.



## FAMILY HEALTH NURSE PRACTITIONER

Nurse Practitioner Sarah is no longer working with Family Health Traralgon and, as a result, will no longer be treating residents at Margery Cole.

We'd like to thank Sarah for the care and support she has provided to our residents and wish her all the very best for her next endeavours.



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## CELEBRATING OUR TEAM – GIPPSLAND BUSINESS AWARDS WINNER!

Yallambee Traralgon Village for the Aged – Margery Cole achieved an outstanding result at the 2026 Gippsland Business Awards, winning the Wellness & Personal Care Services category before going on to be named overall Gippsland Business of the Year.

The awards were presented on Friday 28 August at Federation University, Churchill, recognising Yallambee’s commitment to high-quality aged care, progressive service development and strong connection to the Gippsland community.

The judges highlighted Yallambee’s strategic approach to growth, innovation in meeting the needs of residents, focus on employee satisfaction and clear vision for the future.

Accepting the award on behalf of Yallambee, CEO Alison Snell spoke about the significance of the achievement and the people behind it.

“Aged care has faced many challenges in recent years. It has been a sector under intense scrutiny, significant reform, workforce pressures and increasing expectations. Yet through all of this, our teams have continued to turn up every day with compassion, commitment and professionalism.”

Alison acknowledged that the award belongs not only to the organisation, but to the staff, volunteers, Board of Directors, residents, clients and families who make Yallambee what it is.

She also reflected on what the recognition means for aged care more broadly, particularly for a stand-alone, not-for-profit provider serving regional Gippsland.

“Aged care is not just a service, it is a profession, a community and a privilege.”

Being named overall Business of the Year is a significant achievement for Yallambee and an opportunity to shine a positive light on the aged care sector and the dedicated people who work within it.

The award recognises the compassion, professionalism and resilience demonstrated across every area of Yallambee —





from nursing and care through to hospitality, lifestyle, maintenance, administration, Village services and support teams.

As Alison said on the night:

“We accept this award not as a finish line, but as encouragement to continue improving, growing and advocating for older Australians.”

Congratulations to the entire Yallambee team. This award belongs to all of you.



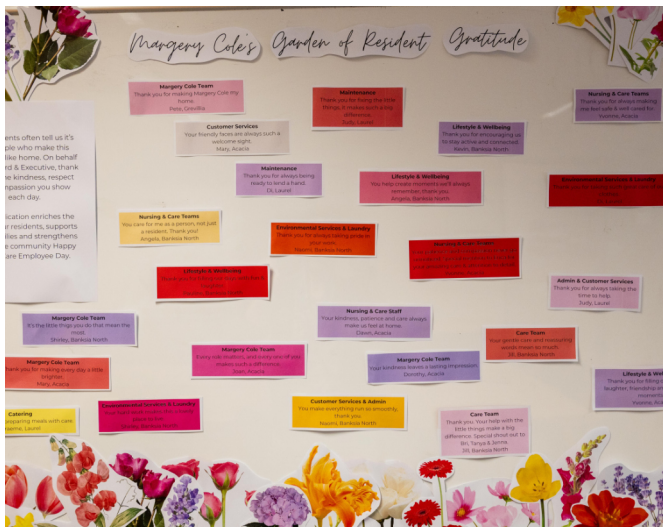


## AGED CARE EMPLOYEE DAY

On Aged Care Employee Day, 7 August, we took the opportunity to recognise and thank our incredible Yallambee team for their dedication, compassion, and hard work.

Staff enjoyed a special breakfast prepared by our catering team, and lucky draw prizes were awarded as part of the celebrations. Every staff member plays an important role in creating a caring, welcoming, and supportive home for our residents, and we are grateful for the difference they make each and every day.

Thank you to all of our amazing staff for everything you do. We are proud to celebrate and appreciate you not only on Aged Care Employee Day, but all year round.





# CAREERS EXPO

## Exploring Careers in Aged Care

Yallambee was delighted to be invited to attend the Careers Expo at Lavalla Catholic College on the 11th August where we had the opportunity to speak with students about the rewarding and diverse career opportunities available in aged care.

Our team shared insights into what it is like to work at Yallambee and discussed the many pathways available to students considering a career in the aged care sector.

We highlighted that a career in aged care can begin with an entry-level role, with opportunities to gain experience, develop skills, complete further training and progress into a range of different careers. From Personal Care Workers and nurses to lifestyle, hospitality, administration, maintenance and management, there are many options to explore.

It was fantastic to meet with enthusiastic students and showcase aged care as a rewarding career where you can make a genuine difference in the lives of older people in our community.

Thank you to Lavalla for inviting Yallambee to be part of the Careers Expo. We look forward to continuing to encourage and support the next generation to consider a career in aged care.

## Supporting the Next Generation

Yallambee continues to support VCE students from local secondary schools by providing work experience opportunities that allow students to gain valuable insight into the aged care sector and explore potential career pathways.

Through work experience, students have the opportunity to learn about the diverse roles available at Yallambee, develop workplace skills and gain an understanding of the rewarding nature of working with older people.

We are proud to support local students as they explore their future career options and encourage young people to consider the many opportunities available within aged care. It is wonderful to see students who complete work experience at Yallambee later return and reapply for a position as a valued member of our team, continuing their career journey with us in aged care.



## Website

Did you know Yallambee has a dedicated Careers page on our website? It features information about the wide range of roles available across the organisation, from care and lifestyle positions through to administration, catering, maintenance and more.

If you know someone who may be looking for a new opportunity, encourage them to take a look. They might be surprised by the variety of roles available at Yallambee.

Visit the Careers page or contact our team via the careers email for more information.

[careers@yallambee.com.au](mailto:careers@yallambee.com.au)



WE'VE BEEN NOMINATED!

We're pleased to once again be nominated in the Latrobe City Business Chamber 2026 People's Choice Awards in the Most Popular Aged Care & Disability Support Service category.

Thanks to the incredible support of our residents, families, staff and wider community, Yallambee has proudly taken home this award for the past two years.

We'd love your support again this year as we aim for a third consecutive win. If Yallambee has made a positive impact on you or your loved ones, please consider voting for us!

Scan the QR code or visit this link: <https://lcb-taawards.ymedia.com.au>

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LATROBE CITY COUNCIL

We've been Nominated

PEOPLE'S CHOICE AWARDS

LATROBE CITY BUSINESS CHAMBER

SCAN TO VOTE

YALLAMBEE VILLAGE NEWS

VILLAGE RED CARPET AWARDS

It was wonderful to see such a great turnout for the Village Red Carpet Awards. The afternoon was filled with excitement, laughter, and a real sense of celebration as everyone came together to recognise and enjoy the special occasion. The awards ceremony was a highlight of the day, with each presentation warmly received and celebrated by those in attendance. There was a lovely sense of pride as nominees and recipients were acknowledged, with plenty of applause, smiles, and shared appreciation for their contributions. It was wonderful to see residents taking part, sharing conversations, and creating such a warm and memorable atmosphere













# YALLAMBEE STAFF NEWS

## SEPTEMBER STAR OF THE MONTH



**TRESSA THOMAS**  
**REGISTERED NURSE**

"I would like to compliment RN Tressa as a very supporting and helpful towards all staff, tries her best to ensure staff are supported, helps nurses in their areas when they are having difficult shifts."

## STAR OF THE MONTH SPECIAL MENTIONS & NEW STAFF

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

- Nacinda Cunningham
- Doney Green
- Veronica Macreadie
- Yazmin Herrera

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

### New Yallambee Staff

- Ewina Nicholas – Personla Care Worker  
Amali Adams – Personal Care Worker  
Bibek Khadka – Personal Care Woker

A very big welcome to all our new staff!

### MEET JOHN ROCHSTAD-LIM EXECUTIVE BUSINESS SERVICES MANAGER

John joined Yallambee in August 2026 and leads the Business Services Department. He is an experienced senior executive with extensive expertise in finance, strategy, governance, and organisational performance across both the not-for-profit and commercial sectors.

John specialises in financial management, business transformation, risk management, treasury, governance, and strategic planning. Throughout his career, he has held senior leadership roles across a diverse range of industries, including aged care, health, insurance, and the public sector. He is passionate about strengthening organisational sustainability, driving strategic growth, and delivering positive outcomes for residents, clients, em-

ployees, and the broader community.

Outside of work, John enjoys travelling and spending time with family and friends. He also has a keen interest in leadership, organisational culture, and continuous improvement.





# THE BUZZLINE: UPCOMING EVENTS & NOTICES

## OUTINGS

### COLES

Monday, 14 September at 1:15 pm in the Foyer

### MIDVALLEY SHOPPING TRIP

Monday, 28 September at 1:15 pm in the Foyer

### BOWLS CLUB LUNCHEON

Monday, 21 September at 11:30 am in the Laurel Lounge

### BUNNINGS

Thursday, 3 September at 10:15 am in the Foyer

### OP SHOP

Thursday, 24 September at 10:15 am in the Foyer

### MORNING MELODIES

Thursday, 27 September at 9:45 in the Foyer  
(\$10.00 fee, booking required)

### MYSTERY BUS DRIVES

Thursday, 3 & 17 September at 1:30 in the Foyer  
(Please see lifestyle staff to book (limited spots, subject to availability and weather dependent)

SEE LIFESTYLE TO BOOK YOUR SPOT ON ANY OUTING TO ENSURE YOU DO NOT MISS OUT!

## ENTERTAINMENT – ALL AT 1:30PM

### MEMORY LANE

Thursday, 10 September 1:30 pm Grevillia Lounge

### SINGING WITH TESS

Friday, 11 September 1:30 pm Atrium Lounge

### GLENN LEVER

Thursday, 17 September 1:30 pm Grevillia Lounge

### VALLEY CROONERS

Friday, 4 September 1:30 pm Grevillia Lounge

### SONGS OF PRAISE

Saturday, 19 September 1:30 pm Grevillia Lounge

### BILL BISHOP

Thursday, 3 September 1:30 pm Grevillia Lounge

### BILL, DAVE & FRIENDS

Friday, 18 September 1:30 pm Grevillia Lounge



MONTHLY CHURCH SERVICES

AUGUST CHURCHES

Anglican:

Friday, 4 September 10:45 am Grevillia Lounge

Community Church

Wednesday, 9 September 10:45 am  
Grevillia Lounge

Communion

Friday, 11 September 10:30 am Atrium Lounge

Catholic

Tuesday, 15 September 10:45 am  
Grevillia Lounge

Bible Study

Every Thursday, 4:00 pm in the Grevillia Lounge

Songs of Praise

Saturday, 19 September 1:30 pm Grevillia Lounge

CULTURAL/SPECIAL DAYS

CHAIRO SCHOOL VISITS

Wednesday, 9 September 9:15 in Grevillia lounge

FLOWER ARRANGING: FLOWERS BY BELL

Wednesday, 2 September at 1:30 in the Grevillia Lounge

FATHERS DAY

Sunday, 6 September at 1:30pm in the Atrium

THE GREAT CHASE

Monday, 7 September in the Foyer at 11:45

ARMCHAIR TRAVEL

To Japan on Tuesday, 15 September at 1:30 pm in the Atrium

2027 CALENDAR PHOTO SHOOT

Friday, 4 September. 10:15 Margery Cole and 1:00pm Village

AFL DAY & FOOTY TIPPING COMPETITION

Thursday, 24 September at 1:30 in the Grevillia Lounge

AFL GRANDFINAL

Saturday, 26 September at 1:30 pm in the Grevillia Lounge

MEETING CALENDAR

RESIDENT & RELATIVE

Wednesday, 23 September 3 pm-4 pm  
Training Room

HOUSE MEETINGS

Every Monday in each house at 10:15 AM

VILLAGE RESIDENTS WELCOME TO MARGERY COLE ACTIVITIES



# BIRTHDAYS AROUND THE HIVE: SEPTEMBER



## MARGERY COLE BIRTHDAYS

Maureen Jones | September 7

Lance Guttridge | September 26

John Furness | September 1

Doreen Dunstan | September 24

Pauline Warren | September 3

Michael Farrell | September 11

## VILLAGE BIRTHDAYS

Naomi Robin | September 4

Julie Vincent | September 26

Valerie Lawrence | September 30

Jan Anderson | September 19

Mark Richmond | September 26

Ray Robinson | September 20

Joyce Burney | September 26

## STAFF BIRTHDAYS

Dennis Hicks | September 28

Debbie McKenney | September 2

Cindy Widowati | September 23

Fleur Jones | September 8

Tanya Sheen | September 14



# RESIDENT & STAFF SPOTLIGHT

## VALDA NORTON

MARGERY COLE RESIDENT



### LENGTH OF TIME AT YALLAMBEE:

1 year

### THE BEST THING ABOUT LIVING AT YALLAMBEE

Having company

### THE WORST THING ABOUT LIVING AT YALLAMBEE:

It's not home, but if I have to be anywhere, Yallambree is a good spot

### ONE THING YOU DON'T KNOW ABOUT ME:

I enjoyed sewing. I made 3 wedding dresses, 7 bridesmaids and 2 flower girl dresses

### MY FAVOURITE FOOD:

Good home cooked food

### MY FAVOURITE LIFESTYLE & WELLBEING ACTIVITY:

Jigsaw puzzles and brain teasers

### MY FAVOURITE ANIMAL:

Ring tail possum

### WHAT JOB OR CAREER DID YOU HAVE BEFORE RETIREMENT?

Bank receptionist and a farmer with my husband

### MORNING PERSON OR NIGHT OWL?

Morning person

### WHAT IS SOMETHING YOU LEARNED LATER IN LIFE?

How good grandchildren and great grandchildren are

## NATASHA STEPHENSON

YALLAMBEE STAFF MEMBER



### ROLE AT YALLAMBEE:

Personal Care Worker

### LENGTH OF TIME AT YALLAMBEE:

3 years

**JOBS PREVIOUS TO YALLAMBEE:** Support Worker and a Veterinary Nurse

### ONE THING YOU DON'T KNOW ABOUT ME:

I'm originally from Western Australia

### FAVOURITE PASTIMES:

Going on an adventure, spending time with friends or just chilling at home with a good book in front of the fire

### FAVOURITE FOOD:

Anything that has great flavours

### ADVICE TO NEW STAFF:

Don't be afraid to ask questions, be yourself and just have fun

### FAVOURITE MOVIE OR TV SHOW:

Pirates of the Caribbean

### MORNING PERSON OR NIGHT OWL:

I am both when I need to be!

### WHAT'S SOMETHING THAT ALWAYS MAKES YOU SMILE:

My cats doing silly things or even just really good jokes or banter

## PAT JONES

YALLAMBEE VILLAGE RESIDENT



### LENGTH OF TIME AT YALLMABEE VILLAGE:

19 and 3/4 years

### THE BEST THING ABOUT BEING AT YALLMABEE:

Friendships

### THE WORST THING ABOUT BEING AT YALLMABEE:

Nothing

### ONE THING YOU DON'T KNOW ABOUT ME:

When I was young I would get my lunch from the Moore Street Milkbar

### FAVOURITE FOOD:

Roast lamb

### ADVICE TO NEW RESIDENTS:

Get out and mix with people

### MORNING OR NIGHT OWL:

Morning

### FAVOURITE MOVIE OR TV SHOW:

AFL

### WHAT'S ONE THING THAT MAKES YOU SMILE:

My daughter Susan



# MONTHLY PUZZLES

## AUGUST SOLUTIONS

|   |   |   |   |   |   |   |   |   |   |   |   |   |
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Keyword: LIVESTOCK

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# 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**

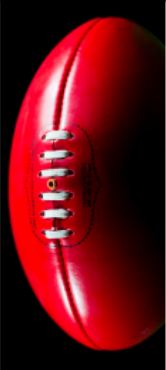
info@yallambee.com.au



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



# YALLAMBEE LIFESTYLE & WELLBEING ACTIVITY CALENDAR    September 2026

| MONDAY                                                                                                                                                                                                                                                                                     | TUESDAY                                                                                                                                                                                                                                                                                                                                          | WEDNESDAY                                                                                                                                                                                                                                                                                                                                   | THURSDAY                                                                                                                                                                                                                                                                      | FRIDAY                                                                                                                                                                                                                                                                                          | SATURDAY                                                                                                                                                                                                             | SUNDAY                                                                                                                                                                      |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>07 THE GREAT CHASE</b><br/>10:15 House Meeting <b>H</b><br/>10:30 Exercises <b>H</b><br/>11:00 Brain Teasers <b>H</b><br/>11:45 The Great Chase <b>F</b><br/>1:30 Wheel of Fortune <b>G</b></p>  | <p><b>01</b><br/>09:45 Morning Chats <b>H</b><br/>10:15 Resident led Activity <b>H</b><br/>10:15 Exercises <b>G</b><br/>10:45 Brain Teasers<br/>1:30 Bingo <b>G</b><br/>2:30 Coffee Club <b>Cafe</b><br/>3:40 Individual Time <b>H</b></p>                                                                                                       | <p><b>02 FLOWER ARRANGING</b><br/>09:45 Morning Chats <b>H</b><br/>10:15 Exercises <b>H</b><br/>10:45 Brain Teasers <b>H</b><br/>1:30 Flowers by Bell<br/>Flower Arranging <b>G</b><br/>3:00 Movie Club <b>AT</b><br/>3:40 Individual Time <b>H</b></p>  | <p><b>03</b><br/>10:15 Community Connections <b>F</b><br/>10:15 Exercises <b>G</b><br/>10:45 Brain Teasers <b>G</b><br/>1:15 Mystery Drive <b>F</b><br/>1:30 Bill Bishop <b>G</b><br/>3:40 Individual Time <b>H</b><br/>4:00 Bible Study <b>G</b></p>                         | <p><b>04 CALENDAR PHOTO SHOOT</b><br/>10:00 Margery Cole Photo Shoot <b>G</b><br/>10:45 Anglican Church <b>A</b><br/>1:00 Village Photo Shoot <b>G</b><br/>1:30 Happy Hour with Valley Crooners <b>A</b></p>  | <p><b>05</b><br/>09:45 Morning Chats <b>H</b><br/>10:15 Exercises <b>G</b><br/>10:45 Brain Teasers <b>G</b><br/>1:30 Hoy <b>G</b><br/>3:40 Individual Time <b>H</b></p>                                              | <p><b>06 FATHER'S DAY</b><br/>10:15 Exercises <b>AT</b><br/>10:45 Brain Teasers <b>AT</b><br/>1:30 Father's Day Event <b>A</b></p> <p><b>HAPPY FATHER'S DAY</b></p>         |
| <p><b>14</b><br/>09:45 Morning Chats <b>H</b><br/>10:15 House Meeting <b>H</b><br/>10:30 Exercises <b>H</b><br/>11:00 Brain Teasers <b>H</b><br/>1:15 Coles <b>F</b><br/>1:30 Knitter Natter <b>G</b><br/>3:40 Individual Time <b>H</b></p>                                                | <p><b>08</b><br/>09:45 Morning Chats <b>H</b><br/>10:15 Resident led Activity <b>H</b><br/>10:15 Exercises <b>G</b><br/>10:45 Brain Teasers <b>G</b><br/>1:30 Carpet Bowls <b>G</b><br/>2:30 Coffee Club <b>Cafe</b><br/>3:40 Individual Time <b>H</b></p>  | <p><b>09</b><br/>09:15 Chairo School Visit <b>G</b><br/>10:45 Community Church <b>A</b><br/>1:30 Bingo <b>G</b><br/>3:00 Movie Club <b>AT</b></p>                                                                                                       | <p><b>10</b><br/>10:15 Exercises <b>G</b><br/>10:45 Brain Teasers <b>G</b><br/>10:45 Community Connections <b>F</b><br/>1:30 Memory Lane <b>G</b><br/>4:00 Bible Study <b>G</b></p>                                                                                           | <p><b>11</b><br/>10:15 Walking <b>H</b><br/>10:30 Communion <b>A</b><br/>1:30 Happy Hour with Singing with Tess <b>A</b><br/>3:40 Individual Time <b>H</b></p>                                                                                                                                  | <p><b>12</b><br/>09:45 Morning Chats <b>H</b><br/>10:15 Exercises <b>G</b><br/>10:45 Brain Teasers <b>G</b><br/>1:30 Active Games <b>G</b><br/>3:40 Individual Time <b>H</b></p>                                     | <p><b>13</b><br/>09:45 Morning Chats <b>H</b><br/>10:15 Exercises <b>AT</b><br/>10:45 Brain Teasers <b>AT</b><br/>1:30 Bingo <b>G</b><br/>3:40 Individual Time <b>H</b></p> |
| <p><b>21</b><br/>10:15 House Meeting <b>H</b><br/>10:30 Exercises <b>H</b><br/>11:00 Brain Teasers <b>H</b><br/>11:30 Luncheon <b>L</b><br/>1:30 Cooking <b>G</b><br/>3:40 Individual Time <b>H</b></p>                                                                                    | <p><b>15</b><br/>10:15 Resident led Activity <b>H</b><br/>10:15 Exercises <b>G</b><br/>10:45 Brain Teasers <b>G</b><br/>10:45 Catholic Mass <b>A</b><br/>1:30 Armchair Travel <b>G</b><br/>2:30 Coffee Club <b>Cafe</b></p>                                 | <p><b>16</b><br/>09:45 Morning Chats <b>H</b><br/>10:15 Exercises <b>H</b><br/>10:45 Brain Teasers <b>H</b><br/>1:30 Bingo <b>G</b><br/>3:00 Movie Club <b>AT</b></p>                                                                                                                                                                       | <p><b>17</b><br/>09:45 Community Connections <b>H</b><br/>10:15 Exercises <b>G</b><br/>10:45 Brain Teasers <b>G</b><br/>1:15 Mystery Drive <b>F</b><br/>1:30 Glenn Lever <b>A</b><br/>4:00 Bible Study <b>G</b></p>                                                           | <p><b>18</b><br/>09:45 Morning Chats <b>H</b><br/>10:15 Walking <b>H</b><br/>1:30 Happy Hour with Dave, Bill &amp; friends <b>G</b><br/>3:40 Individual Time <b>H</b></p>                                                                                                                       | <p><b>19</b><br/>09:15 Morning Chats <b>H</b><br/>10:15 Exercises <b>G</b><br/>10:45 Brain Teasers <b>G</b><br/>1:30 Songs of Praise <b>G</b><br/>3:40 Individual Time <b>H</b></p>                                  | <p><b>20</b><br/>09:45 Morning Chats <b>H</b><br/>10:15 Exercises <b>AT</b><br/>10:45 Brain Teasers <b>AT</b><br/>1:30 Bingo <b>G</b><br/>3:40 Individual Time <b>H</b></p> |
| <p><b>28</b><br/>10:15 House meeting <b>H</b><br/>10:30 Exercises <b>H</b><br/>11:00 Brain Teasers <b>H</b><br/>1:15 Midvalley <b>F</b><br/>1:30 Paint &amp; Sip <b>G</b></p>                         | <p><b>22</b><br/>10:15 Resident led Activity <b>H</b><br/>10:15 Exercises <b>G</b><br/>10:45 Brain Teasers <b>G</b><br/>1:30 Golf <b>G</b><br/>2:30 Coffee Club <b>Cafe</b><br/>3:40 Individual Time <b>H</b></p>                                                                                                                                | <p><b>23</b><br/>09:45 Morning Chats <b>H</b><br/>10:15 Exercises <b>H</b><br/>10:45 Brain Teasers <b>H</b><br/>1:30 Bingo <b>G</b><br/>3:00 Movie Club <b>AT</b><br/>3:00 R &amp; R Meeting <b>T</b></p>                                                                                                                                   | <p><b>24 AFL DAY</b><br/>10:15 Community Connections <b>H</b><br/>10:15 Exercises <b>G</b><br/>10:45 Brain Teasers <b>G</b><br/>1:30 AFL Day <b>G</b><br/>4:00 Bible Study <b>G</b></p>  | <p><b>25</b><br/>09:45 Morning Chats <b>H</b><br/>10:15 Exercises <b>G</b><br/>10:45 Brain Teasers <b>G</b><br/>1:30 Happy Hour <b>A</b><br/>3:40 Individual Time <b>H</b></p>                                                                                                                  | <p><b>26 AFL GRAND FINAL</b><br/>10:15 Exercises <b>G</b><br/>10:45 Brain Teasers <b>G</b><br/>1:30 AFL Grand Final <b>A</b></p>  | <p><b>27</b><br/>09:45 Morning Chats <b>H</b><br/>10:15 Exercises <b>AT</b><br/>10:45 Brain Teasers <b>AT</b><br/>1:30 Bingo <b>G</b><br/>3:40 Individual Time <b>H</b></p> |
| <p><b>28</b><br/>10:15 House meeting <b>H</b><br/>10:30 Exercises <b>H</b><br/>11:00 Brain Teasers <b>H</b><br/>1:15 Midvalley <b>F</b><br/>1:30 Paint &amp; Sip <b>G</b></p>                         | <p><b>29</b><br/>09:45 Morning Chats <b>H</b><br/>10:15 Resident led Activity <b>H</b><br/>10:15 Exercises <b>G</b><br/>10:45 Brain Teasers <b>G</b><br/>1:30 Carpet Bowls <b>G</b><br/>2:30 Coffee Club <b>Cafe</b><br/>3:40 Individual Time <b>H</b></p>                                                                                       | <p><b>30</b><br/>09:45 Morning Chats <b>G</b><br/>10:15 Exercises <b>H</b><br/>10:45 Brain Teasers <b>H</b><br/>1:30 Bingo <b>G</b><br/>3:00 Movie Club <b>AT</b></p>                                                                                                                                                                       |                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                 | <p>AC - ACACIA<br/>AT - ATRIUM<br/>BS - BILLS SHED<br/>F - FOYER<br/>G - GREVILLIA LOUNGE<br/>H - HOUSES<br/>L - LAUREL LOUNGE</p>                                                                                   |                                                                                                                                                                             |



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# In October we wear **PINK**

## BREAST CANCER AWARENESS MONTH



Yallambee is proud to be participating in the Pink Ribbon Breakfast for the third consecutive year. This year, we have set ourselves an ambitious goal of raising \$3,500 to support vital breast cancer research and help make a difference to people affected by breast cancer.

Throughout October, we encourage our team to wear pink as a visual show of solidarity and support for breast cancer awareness. Whether it's a pink shirt, accessory or a touch of pink, every splash of colour helps spark conversation and show our collective support.

There are already ways you can support this important cause. Donations can be made by scanning the QR codes below or by visiting <https://fundraise.nbcf.org.au/fundraisers/yallambeeagedcare/pink-ribbon-breakfast>

Every donation, big or small, will help us get closer to our goal. Thank you to everyone who continues to support this important cause and helps Yallambee make a difference.

Let's make our third year our biggest yet!





# PINK RIBBON BREAKFAST

Supporting breast cancer research  
to save lives.

## SHOW YOUR SUPPORT



Aim your phone camera at the QR code.  
You will be directed to a fundraising  
page where you can make  
a donation.

 National  
Breast Cancer  
Foundation

1300 803 551 [pinkribbonbreakfast@nbcf.org.au](mailto:pinkribbonbreakfast@nbcf.org.au)  
[pinkribbonbreakfast.org.au](http://pinkribbonbreakfast.org.au) #PinkRibbonBreakfast



# OLDER PERSON

*Independence*



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Yallambee is committed to supporting and encouraging the independence of older people. Older people have the right to make choices and decisions about their lives, pursue their goals and take personal risks, including where those choices contribute to quality of life, social participation and relationships.



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## Independence Starts With Choice

Older people are presumed to have decision-making capacity unless assessed otherwise. Wherever possible, they must be supported to make their own decisions and remain involved in planning their care and services.

## Person-Centred Support

Supporting independence means recognising each person's individual needs, preferences, strengths and abilities. Care should focus on the older person's own goals and priorities and support them to maintain or improve their capacity to live as independently as possible.

## Assessment & Care Planning

When assessing and planning care, staff should:

- identify the older person's preferences, strengths and abilities
- use whole-person assessments
- adopt a wellness and reablement approach
- document strategies that promote independence in the Care and Services Plan.

## Supporting Everyday Independence

Staff should take reasonable steps to help older people make informed and independent decisions and maintain or improve their ability to live in the way they choose.

Where appropriate, this may include access to allied health services, mobility or technological aids, communication devices, translation services, cultural supports and community connections.

## Community & Relationships Matter

Independence extends beyond personal care. Older people should be supported to maintain relationships with family and friends, access the community and participate in groups, programs and activities that reflect their individual preferences and circumstances.

## Dignity of Risk

Independence includes the right to make choices that involve personal risk. The strengthened Aged Care Quality Standards require providers to support older people to exercise dignity of risk in pursuing their goals, independence and quality of life.

## Restrictions Must Be Justified

Any restriction placed on an older person's independence must be lawful and proportionate and consistent with relevant legislation and Yallambee's Restrictive Practices Prevention and Management Policy and Procedures.

## Listen, Review & Improve

Processes supporting independence are monitored through Yallambee's Quality Improvement Program. Older people and other stakeholders should also be encouraged to provide ongoing feedback so that practices can continue to improve.

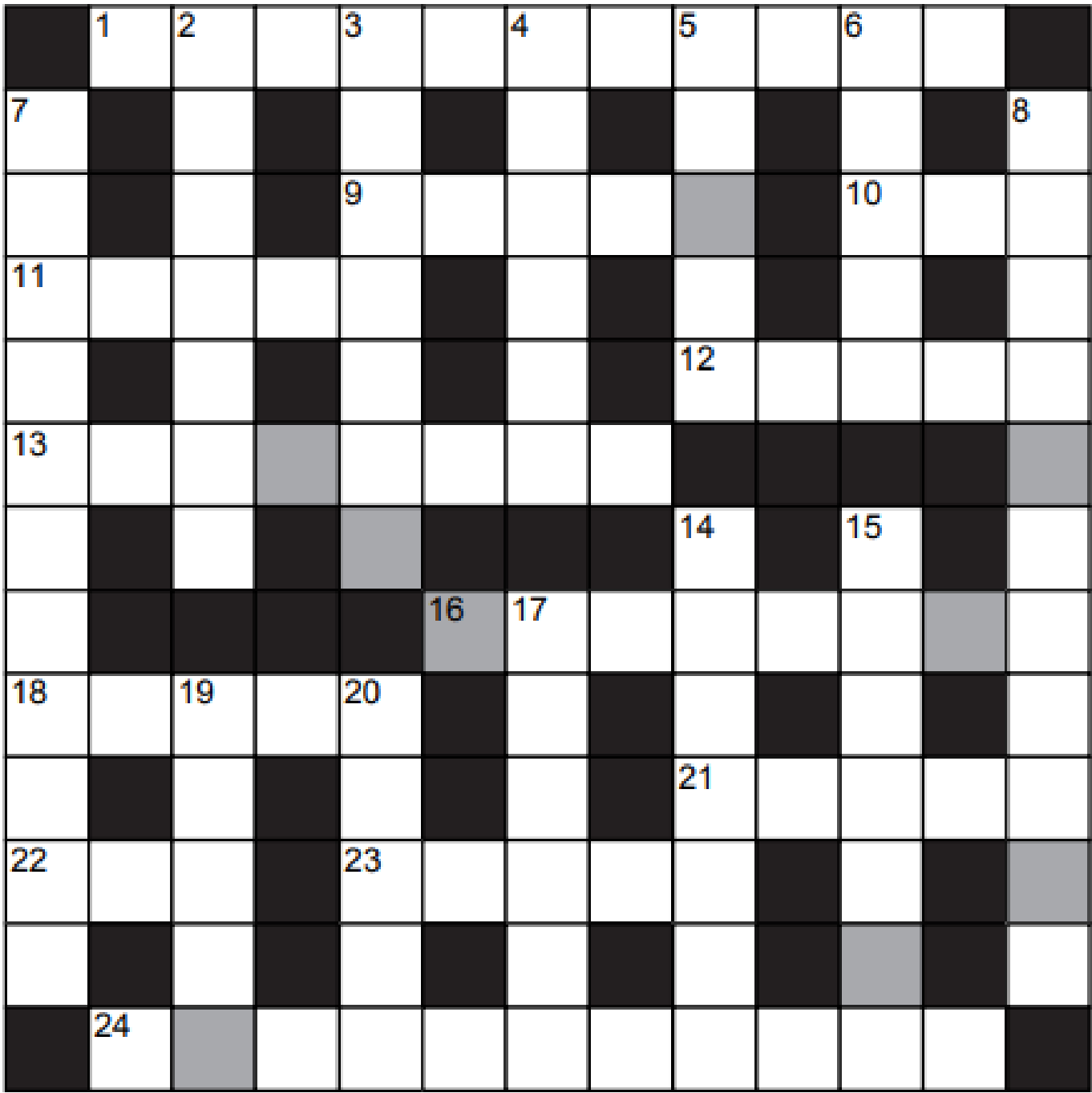
## Why It Matters

Supporting independence is not about doing everything for an older person. It is about providing the right level of support so they can continue making choices, using their abilities and living in a way that reflects what matters to them.



# THE FUN SECTION - MONTHLY PUZZLES

## CROSSWORD - WORLD EMOJI DAY



### Across

- 1 Alignment of planets (11)
- 9 Largest moon of Saturn (5)
- 10 Consume a meal (3)
- 11 Suggest (5)
- 12 Showing a willingness to achieve results (3-2)
- 13 Went along to an event (8)
- 16 In spite of the fact (8)
- 18 Extremely small (prefix) (5)
- 21 Possessor (5)
- 22 Quick sleep (3)
- 23 Sprites (5)
- 24 Founded (11)

### Down

- 2 Corpulence (7)
- 3 A brief note (7)
- 4 Character of a person (6)
- 5 Cloak (5)
- 6 Eg Pacific or Atlantic (5)
- 7 Substitute (11)
- 8 Creating an evocative mood (11)
- 14 Selects (7)
- 15 Eg Jones or Smith (7)
- 17 Immature of its kind (of insects) (6)
- 19 Manages (5)
- 20 Last Greek letter (5)

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

|  |  |  |  |  |  |  |  |  |
|--|--|--|--|--|--|--|--|--|
|  |  |  |  |  |  |  |  |  |
|--|--|--|--|--|--|--|--|--|



**WORDSEARCH – WORLD EMOJI DAY**

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

|            |              |           |
|------------|--------------|-----------|
| CRY        | JEREMY BURGE | SMILEY    |
| EMOJIPEDIA | JULY         | SYMBOLS   |
| EMOTION    | KEYBOARD     | THUMBS UP |
| HAPPY      | LAUGH        | UPDATES   |
| HEART      | SAD          | WINK      |





THANK YOU FOR BUZZING THROUGH THIS MONTH'S ISSUE!

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