



Newsletter April 2023

Happy Easter

Welcome everyone for a jam-packed month. We begin our activities with April Fool's Day on Saturday 1st of April, which will be quickly followed by Good Friday on 7th, and Easter Sunday on the 9th. - and do not forget to turn your clocks back one hour on Saturday 2nd April, which means the finish of day light savings, and that extra hours sleep in. Yeah!!

The Easter raffle is now together and will initially be on display in Coinda's reception. Our reception and Pink Team will be able to assist you with raffle tickets, then the prizes will head to Benalla Amcal Chemist who for the past few years have very generously supported our raffle. All monies come to Coinda and are used for the resident's needs. We also have a special jar of easter goodies and chocolates put together by Pauline from the kitchen for everyone to guess how many in the jar. This will also be with the Easter baskets at front office. And just so you all know, Pauline is the only one with the answer.

Anzac Day is usually a day for all Coinda to get together and celebrate with the raising of the flag on the morning of Tuesday 25th April at the Hostel Quadrangle. This will begin at 10.30 with the raising of the flag and followed by the laying of the wreaths and the last post.

We have some interesting articles this month for all to read and enjoy. Stewart Coutts has once again put his quiz in for everyone to get the brain matter moving as well as a short story about the men's groups trip around the Art Silos. There is also a briefing about the councils proposed new aircraft sculpture in dedication to Arthur Baird which could be of interest to you. We are also introducing two new programs to the activities, the first being Borrow box from the local library, which entails borrowing through their online service, all for free. We will also introduce a Care Bag program which will be run by Lu & Daniella. More of this information will be forthcoming in their first meeting with all the residents on the 21st.

We know you will all enjoy our April program to the fullest and all of autumns glory while it last – we hope you are ready for some fun!

Debra McCabe
Health & Wellbeing Coordinator



Upcoming Events

Day Light Savings ends Sunday 2nd April, turn your clocks 1 hour before going to bed Saturday.



back

April Fool's Day Saturday 1st



April Fools Day

April

Easter Celebrations

A special Easter afternoon of activities will be held for residents on Thursday 6th April in the AGW and entertainment with ????? and the drawing of the Easter Raffle.

Happy Hour

Happy Hour is back on our program, every Friday afternoon from 2pm onward for all residents. As we are unable to invite families and friends to attend enjoy the day and we are ever hopeful they can attend in the near future.

Monthly Birthday Party

To be held Wednesday 26th April at 2pm in the AGW Activity room with entertainer Glenda.

AFL Footy Tippings

Footy Tipping will be held every Monday with the pink team and helpers, as well as a chat around the table. If you need help to fill in the sheet, please ask the activity staff or maybe one of the other residents. Good luck to you all.

Anzac Day

A flag raising ceremony will go ahead on the morning of Tuesday 25th at the Hostel Quadrangle. Please watch on upcoming white board notices for further information. Attendance details to come!

U3A choir

U3A will be once again making an appearance at Cooina with their amazing choir. We are still working on a day, so keep an eye on our white boards for this upcoming event



Monthly Noticeboard

Resident Visitors to Room

Regular Updates are emailed to all your loved ones to let them know what the latest government directives are for visiting aged care and how they can safely visit you.

Kiosk/Library Trolley

Our kiosk continues to be a portable trolley for the moment, which is usually wheeled around to everyone weekly, laden with delectable goodies and handy bits and pieces for your personal use. We have also incorporated a weekly Library Trolley for your enjoyment.

Spiritual

Please refer to our monthly program to see when all church services will be, or see any of the Pink Team to help with your enquiries.

Cooinda Achievers Trading Table

The Trading Table has replaced the cake stall for the time being until we return to normal practices. We have had a great response from Residents and Staff alike with the setting up of our tables in different areas of Cooinda selling different types of goodies. All proceeds go to our Achievers Club.

Hairdresser

Deb McGuffie will be available every Tuesday, Wednesday and Thursday of every week. Appointments can be made via Booking sheet found in Rossmore/Hostel corridor or directly through Deb herself in her salon, or if all else fails find a pink team member who will be blew to help you.

Bus Outings

Please refer to our monthly programs for when our Bus outings will continue.

Exercises

The Pink team are always finding different ways to make our exercise program more fun and interesting. Come along and join in. Once again, you can find the dates for the exercises on our monthly program.

Happy Birthday to our Residents having a birthday for the month of April



Hostel	AGW	LW	NMW
25 th Betty Stevens	5 th Spike Jones 14 th Sr Ben Quinlan 14 th Jennifer Hunkin 29 th Rodney Evens	14 th Lois Heylbut 19 th Joan Robins 29 th Jim Clements	27 th Averil Gill 7 th Bob Weir Smith

**Monthly Birthday Party will be on Wednesday 26th at 2pm in
AGW Activity Room**

Continuous Improvement

Residents, families, and friends are reminded that there are several avenues available for you to express your views, suggestions, and complaints. The Blue and Pink feedback forms are available at Coinda Reception and at each entrance to all areas as well as Health & Wellbeing Office. We are happy to receive feedback at any time and strongly encourage everyone to contribute so that we can ensure that we continue to do the BEST we can.

Can you Contribute?

Contributions to our newsletter are encouraged and appreciated!
Articles, photos, reports on community outings, staff news, trivia, poems, and amusing stories relating to residents and staff are most

Out and about in the Benalla Community

Have Your Say – proposed aircraft sculpture in dedication to Arthur Baird

This project presents a proposed sculpture dedicated to Arthur Baird, the first chief engineer for Qantas and inductee to the Australian Aviation Hall of Fame. Arthur Baird was born in Benalla in 1889 and was raised and schooled here before moving to Melbourne in 1905 to study engineering.

Council is seeking community input around the proposed installation of a commissioned sculpture by Victorian artist Alex Sanson.

About the Project

In 2019 Barry O'Connor and Beverley 'Chick' Walker formed a working group after their discovery of Arthur Baird and his significance in establishing Australia's aviation industry.

The group comprised family members, two councillors and community members. The group resolved to recognise Arthur through contemporary and engaging art, which would complement Benalla Rural City's arts and culture offering.

In January 2020, the group released an expression of interest for a sculpture design. Three submissions were received with the design by artist Alex Sanson chosen as it best represented Arthur's engineering and aviation achievements.

In November 2020, Council was successful at securing \$150,000, as part of the \$2.5M Building Works Package, this funding was secured to deliver an art sculpture trail on the shores of Lake Benalla.

The proposed Arthur Baird project fits within the larger concept of delivering an art sculpture trail to the lakeside precinct.

A note from Alex McKenna, Chief Executive Officer

Dear residents,

Wow, let me start by saying how has the weather changed.

A bit of a cold front has certainly starting coming through with the back up of the rain as well. The down pours come a little unexpectedly, however I am sure our gardens will appreciate the rain.

Remember to wrap up warm and stay safe in the unpredictable weather. Just as the seasons have progressed, we too have also progressed with the development plans for Cooinda.

We are still working through the administrative components of the new build and anticipate that we will be commencing in the coming weeks.

We will of course endeavour to keep any disruptions to a minimum.

If you have any questions in the meantime please feel free to contact me directly.

Warm regards

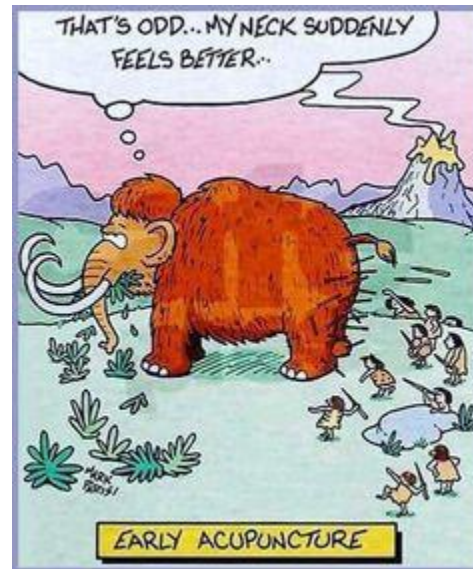
Alex McKenna
Chief Executive Officer



Debs Jokes



**Wife texts husband on a cold winter morning:
"Windows frozen, won't open."
Husband texts back: "Gently pour some lukewarm water over it and then gently tap edges with hammer."
Wife texts back 10 minutes later: "Computer really messed up now."**



Church Secret Service

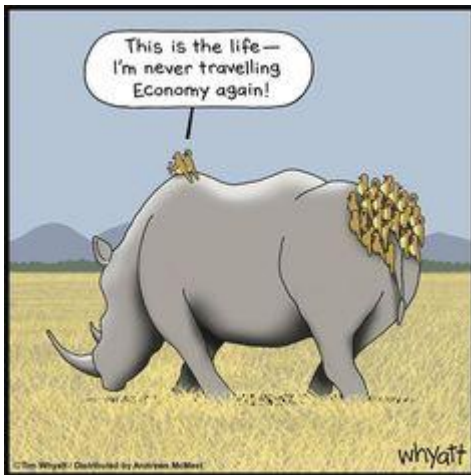
A parishioner was in front of me coming out of church one day, and the preacher was standing at the door as he always is to shake hands. He grabbed the parishioner by the hand and pulled him aside. The Pastor said to him, "You need to join the Army of the Lord!" The parishioner replied, "I'm already in the Army of the Lord, Pastor." Pastor questioned, "How come I don't see you except at Christmas and Easter?" He whispered back, "I'm in the secret service."

Yesterday my husband thought he saw a cockroach in the kitchen. He sprayed everything down and cleaned thoroughly. Today I'm putting the cockroach in the bathroom.



‘A Hares Breath’

One Easter, a father was teaching his son to drive when out of nowhere a rabbit jumped on the road. Slamming on the brakes, the son said, "I nearly ruined Easter! I almost ran over the Easter Bunny." His father replied, "It's okay son—you missed it by a hare."



Sunday School

Mrs. Lewis, a Sunday school teacher asked her little children one Easter Sunday, as they were on the way to the church service, 'And why is it necessary to be quiet in church?'

Rebecca, a bright little girl piped up, 'Because people are sleeping?'

The Priest & The Taxi Driver

A priest and a taxi driver both died and went to heaven. St. Peter was at the Pearly gates waiting for them.

'Come with me,' said St. Peter to the taxi driver.

The taxi driver did as he was told and followed St Peter to a mansion. It had everything you could imagine from a bowling alley to an Olympic size pool.

'Oh, my word, thank you,' said the taxi driver.

Next, St. Peter led the priest to a rough old shack with a bunk bed and a little old television set.

'Wait, I think you are a little mixed up,' said the priest. 'Shouldn't I be the one who gets the mansion? After all, I was a priest, went to church every day, and preached God's word.'

yes, that is true.’ St Peter rejoined, ‘But during your Easter sermons people slept. When the taxi driver drove, everyone prayed.’

The end is near

Every time a little boy went to a playmate’s house, he found the friend’s grandmother deeply engrossed in her Bible. Finally, his curiosity got the better of him. “Why do you suppose your grandmother reads the Bible so much?” he asked. “I’m not sure,” said his friend, “but I think she’s cramming for her finals.”

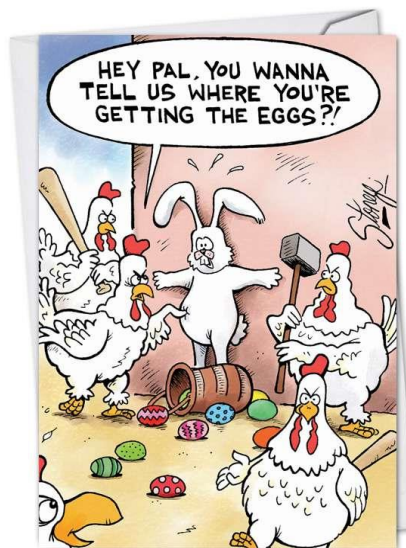
Hunting camp

Two hunters are out in the woods when one of them collapses. He is not breathing, and his eyes are glazed. The other guy whips out his cell phone and calls 911.

“I think my friend is dead!” he yells. “What can I do?”

The operator says, “Calm down. First, let us make sure he is dead.”

There is a silence, then a shot. Back on the phone, the guy says, “Okay, now What?”



Volunteer Coordinator Newsletter March 2023

Cooinda Volunteers

March has been another busy month with lots of work going on around Cooinda and some long-term staff leaving us, notably Cam Gray who has gone onto greener pastures to look after his farm. Good luck Cam, thanks for all you have done for us at Cooinda and may your cattle be forever fat.

On the volunteer front. Liz is back from her overseas holiday and is full of stories about the fun she had. Eni has also returned after heading home to visit family, good to have her back. Also, good to see Jennie and Kaye back in action helping in NMW, thanks girls, good to have you back as well.

We have lost one of our bus drivers, Ray is volunteering 4 days a week at Benalla Health driving their bus on outings and time does not allow him to drive for us as well. Thanks, Ray, for all the times you helped us out and drove our bus on outings.

Joyce is recovering from her illness and knowing her she will be anxious to get back into "work" up in NMW. Look after yourself Joyce and we hope to see you soon.

Our men's group is really taking off and every Wednesday afternoon we have a large group working hard on wooden projects. They have put together a wooden rocking chair, look out for the pictures. They also have several other projects they are working on. Thank you, Rod, for being the volunteer coordinator of this project.

Birthdays for March. Congratulations to Judy Perry, Ian Roscoe, and Brendan Rettke. We all hope you have a wonderful time celebrating your special day.

This month's volunteer Spotlight is Cath O'Connor.

Cath has been coming into Cooinda as a volunteer for several years now and spends her time one on one talking to residents and helping them with their day-to-day activities. She is also our Librarian and brings the library trolley around to all so we can get a good selection of books. Cath also donates her time on the weekend to help with the quiz, you will also see her watering the garden. Cath has recently moved into an ILU and has become treasurer of the

HUB; she is not one to be idle. Thanks, Cath, for all you do at Coinda



Welcome to Stewart Coutts April Quiz

1. Who rode naked through the city of Coventry? - - - - -
2. Which Victorian bridge collapsed in 1970? - - - - -
3. How many attended the last supper? (10, 11, 12 or 13)
4. Joseph Smith founded which religion? - - - - -
5. The first name of the founder of the Ford Motor Company is - - - - -
6. Ned Kelly was first arrested at the age of (13, 14, 15, or 16)
7. What country is associated with Edelweiss? - - - - -
8. Where was Auschwitz concentration camp? - - - - -
9. What English County gives its name to a sauce? - - - - -
10. Who had a hit song 'Blue Suede Shoes'? - - - - -
11. Lisa Minnelli is the daughter of entertainer - - - - -
12. Which jazz legend was nicknamed 'Satchmo'? - - - - -
13. Shuttlecocks are used in which court sport? - - - - -
14. Which sport takes its name from a UK school? - - - - -
15. Blinky Bill is a what kind of animal? - - - - -
16. This word is a chessboard piece and a clergyman? - - - - -
17. 'Fee-Fi-Fo-Fum', is a chant from which fairy tale? - - - - -
18. The common name for our body's clavicle is - - - - -
19. Claustrophobia is a fear of (cracks, enclosed spaces, heights, or school.)
20. Tulips originated in (Spain, Turkey, Netherlands, or France)
21. The orange originated in (Iran, Iraq, China, or Spain.)
22. Colloquially, what is a 'Rock College'? - - - - -

Answers to Quiz can be found on following page.

Answers to Stewarts April Quiz

- | | |
|---------------------|----------------------------|
| 1. Lady Godiva | 12. Louis Armstrong |
| 2. West Gate Bridge | 13. Badminton |
| 3. 13 | 14. Rugby |
| 4. Mormonism | 15. Koala |
| 5. Henry | 16. Bishop |
| 6. 14 | 17. Jack and the Beanstalk |
| 7. Switzerland | 18. Collar Bone |
| 8. Poland | 19. Enclosed spaces |
| 9. Worcestershire | 20. Turkey |
| 10. Elvis Presley | 21. China |
| 11. Judy Garland | 22. Prison/Jail |

Bus Outing – Silo art trail

Back in January, just after that tornado type storm, we could see branches strewn along the roadside. Chris, our bus driver, took us via Carrier Street for us to view the John Cooper Hall. Huge tarps were covering the roof. I forgot to check whether the iron was still in the funeral home's property. Next along Mair street, there was the enormous tree that had smashed onto a unit. Once on the Midland Highway, there were no signs of any damage. All this time the gorgeous Teddy sat obediently beside Chris and always ready to welcome some attention. On a shed at Goorambat we noted a recent addition to the art trail – a bird. The street scape had been spruced up and close by was the hall and the store where Merle Nolan had worked. Further on we passed the Uniting Church which features the painting of Sophia. Some of our travelers were helpful in pointing out landmarks or where notable citizens lived. Of course, there was a little gossip – some of which to be disputed by Spike. On the Devenish silos, the impressive art saluted personnel from the military services. So sad to see the signs of decline-closed business, buildings in need of repair and the understaffed school. With frequent rain showers, some cereal crops still awaited harvesting – In one paddock were some 'sausage – type bags containing grain and a header. At St James, the magnificent silo art is a tribute to Sir George Coles, and where once was one of his stores. By the pub, Betty pointed out the tennis courts where she had competed, while Spike gave the thumbs up to the condition of the adjoining bowling green. Returning to Benalla, Chris negotiated a heavy shower that reduced visibility. Finally, we expressed our gratitude to Chris for her driving skills. Unfortunately, not all the passengers were able to hear the commentary from our resident histories and their chatter – some fact and perhaps some fictional.

Written By Stewart Coutts

Staff Movements

Welcome the newbies



Sharlene Lowe

Sharlene Lowe
FSA



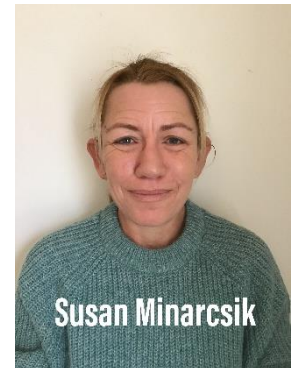
Bailey Bickerdike

Bailey Bickerdike
FSA



Tanya Walls

Tanya Walls
Cleaner



Susan Minarcsik

Susan Minarcsik
PCA

Look whos leaving – Sorry to see you go.



Euna Onwumere

Euna Onwumere
Grad RN

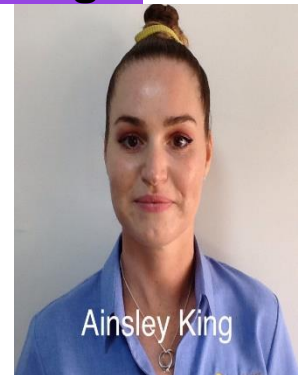


Roshna Koju

Roshna Koju
Grad RN



Michael Skilbeck
CIH



Ainsley King

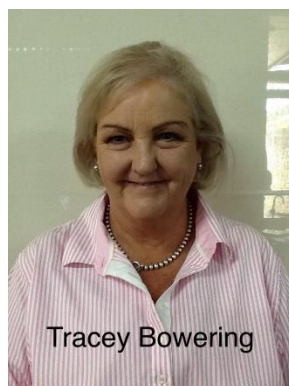
Ainsley King
PCA

TRANSITIONING TO CASUAL



Linda Webb

Linda Webb



Tracey Bowering

Tracey Bowering





Sadly, we say goodbye to, Ella Willcock, who passed away during the month of March. We have set up several memorial areas around Cooina with a message box for anyone wanting to send a message to the families. If unsure where these are situated, please ask the pink team. RIP



WELCOME

We welcome all people visiting for respite, who are having a holiday with us during the month of April, and a big welcome to those who have just made Cooina their home. Could everyone please introduce yourself and help make them feel at home, so they enjoy their stay with us.

It has been said that '**Laughter Is the Best Medicine.**' Nothing works faster or is more dependable to bring your mind and body back into balance than a good laugh. Humor lightens your burdens, inspires hopes, connects you to others, and keeps you grounded, focused, and alert. Here is to living a longer, healthier, and happier life!

Once again stay safe and healthy and remember to laugh and smile once a day to help keep the doctor away. We hope you enjoy your activities on the program this month. Keep on smiling from the Pink Team.

Health and Wellbeing Team
Debra, Val, Lu, Karen,
Lauren, Wendy, Tracey, Daniella and all
our wonderful
Volunteers.

