



Resident Newsletter

January 2021 - HAPPY NEW YEAR

Welcome to the year 2021. What can we expect from this year, after 12 months of crazy, challenging and unpredictable world mayhem? I'm sure of one thing and that is we will never go back to the everyday normal, with all the changes we made last year, we found several that were here to stay.

One of those was a radical change in how we planned our activities and how we looked at different ways of media coverage to bring more of the world into Cooinda for all residents. Facetime, What's App, Messenger, Video Calls and Zoom meetings. Streaming became very popular, with streaming of musicals, arm chair travel, orchestras, exercises, church services and memorials, which will all continue to be available. We also became very mobile with the introduction of a Kiosk and Library Trolley. This has proven to be most successful and will continue on into the year as well.

Please note that the monthly program is subject to change, please check the whiteboards each day for any changes.

Another challenge to overcome was not being able to utilize the full capacity of our wonderful volunteers. We became very creative in spreading our available volunteers around to accommodate weekly changes to the COVID-19 health regulations. We will still bring about different duties for our volunteers as we slowly reintroduce and welcome them back into Cooinda.

What hasn't changed is the Australia Day Awards, which means we would like all and sundry to nominate someone from Cooinda Residents, Staff, and Volunteers for their Australia Day choice for 2021. This event will be held on Monday 25th January 2021 in the Hostel Quadrangle with a flag ceremony and the announcing of the Cooinda Australia Day nominees, followed by a good old fashioned B.B.Q and musical entertainment.

We will also have our special Remembrance Tree Service, where we remember all our loved ones and friends with a special note or letter residents and staff have written and put in a closed envelope, which we will bury under our very own Remembrance tree located in the front garden of Rossmore House.

Please remember to stay cool and out of the heat "Slip Slop Slap", and drink plenty of fluids. Stay safe.

Debra McCabe
Health & Wellbeing Coordinator

Up Coming Events

Happy Hour

Happy Hour is back on our program, every Friday afternoon from 2pm onwards in the AGW Activity room for all residents. Unfortunately, at this stage we still do not have the go ahead for families and friends to attend.

Monthly Birthday party

To be held Monday 18th January at 2pm in the AGW Activity room.

Australia Day Celebrations

Australia Day Service will be celebrated a day earlier on 25th January at Coinda this year.

An Australia Day Service and Award Ceremony will be held on Monday 25th at 11am at the flagpole followed by a BBQ lunch with entertainment. Please come along and join us to celebrate our National Day.

Please have a think: We would like you to nominate a resident, volunteer or staff member for a special award, which will be presented at **the Australia Day celebrations** here at Coinda on Monday 25th. There will be a flier coming out soon with more information. Nomination Forms are available at the front office or the pink girls.

Remembrance Tree Service

This is our Ceremony to remember those dear to us where place our special notes, letters and messages from our Remembrance tree under our living Camilla bush during the service.

This will go ahead when possible in the coming weeks. If you would like to attend please see a Pink team member. All welcome

Volunteer Groups

January is usually the time for all our wonderful volunteers to have a well-earned break with their families and friends and as you are all aware we are still in the grip of COVID-19 and have only been utilising the most essential volunteers.

Monthly Noticeboard

Kiosk Trolley/Library

Once again we have adapted our kiosk to every changing times with a mobile trolley which is taken around to every resident weekly, laden with delectable goodies and handy bits and pieces for their personal use. We have also incorporated a weekly Library Trolley for residents enjoyment.

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.

December Trading Table raised \$200.00

Hairdresser

With the retirement of both Hairdressers Chris Gallenti and Terri McHugh, we are very pleased to introduce our newest Hairdresser, Deon Costantino.

Deon will be available Tuesday, Wednesday and Thursday. We will also be welcoming Donna Ward back on the 8th January every Friday.

Spiritual

We have welcomed back Father VJ for Mass every third Wednesday of the month. Community Church is held every Friday morning with Jo Henderson.

Morning Mass is available to all Residents Most Wednesday with the Pink Team.

1.1 Communion with Residents will be available most Sundays with Marg Daw

There is also Spiritual/ Meditation sessions throughout our monthly program. Sunday TV programs are also selected for Church services to be shown throughout the day.

Regular Church services will recommence early in the new year, please keep an eye on the program or ask pink team member.

**Monthly Birthday Party will be on Monday 18th at 2pm in AG
Activity Room**

Winners of Christmas Raffle

- 1st Prize – Large Basket of Goodies - Dawn O'Donnell
- 2nd Prize – Medium Box of Goodies - Richard Bright
- 3rd Prize – Iced Xmas Cake - Vicki Armstrong
- 4th Prize - Fruit Cake – Richard
- 5th Prize - Bottle White Wine – Bev Sangster
- 6th Prize - Large tin of Chocolates - Jean Fuleky

Congratulations to all our Winners

Continuous Improvement

Residents, families and friends are reminded that there are a number of 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 welcome.

Debs Jokes

Wooded Ravine

One fine day, Jim and Bob are out golfing. Jim slices his ball deep into a wooded ravine. He grabs his 8-iron and proceeds down the embankment into the ravine in search of his ball. The brush is quite thick, but Jim searches diligently and suddenly he spots something shiny. As he gets closer, he realizes that the shiny object is in fact an 8-iron in the hands of a skeleton lying near an old golf ball.

Jim calls out to his golfing partner in an agitated voice, "Hey Bob, come here, I got trouble down here."

Bob comes running over to the edge of the ravine and calls out, "What's the matter Jim?"

Jim shouts back, "Throw me my 7-iron! You can't get out of here with an 8-iron."

Not Their Day

A policeman pulled a car over and told the driver he had won \$5,000 dollars in the seatbelt competition. "What are you going to do with the money?" asked the policeman.

"Well, I guess I'm going to get a drivers license", he answered.

"Oh, don't listen to him," said a woman in the passenger seat, "He's a smart aleck when he's drunk."

Then the guy in the backseat said, "I knew we wouldn't get far in a stolen car."

At that moment there was a knock from the trunk and a voice said, "Are we over the border yet?"

Naming the Twins

pregnant Irish woman from Dublin is involved in a car accident and falls into a deep coma. Asleep for nearly 6 months, when she wakes up she sees that she is no longer pregnant and frantically asks the doctor about her baby.

The doctor replies, "Ma'am you had twins! a boy and a girl. Your Uncle from Cork came in and named them."

The woman thinks to herself, "Oh No, not my Uncle... he's an idiot!"

She asks the doctor, "Well, what's the girl's name?"

"Denise."

"Wow, that's not a bad name, I like it! What's the boy's name?"

"Denephew."

Lobsters

In a small fishing village, a Newfoundlander was walking up the wharf carrying two - at least three pound live lobsters - one in each hand. It was three weeks after the season closed!

Whom should he meet at the end of the wharf but the Fisheries Officer who, upon viewing the live and wiggling lobsters, says, "Well me laddie, I got you this time - with two live lobsters three weeks after the season closed!"

The Newfie says, "No my son, you are wrong! These are two trained lobsters that I caught two weeks before the season ended."

The Fisheries Officer says, "Trained... like how?"

"Well my son, each day I takes these two from my house down to the wharf and puts them in the water for a swim. While they swim I sits on the wharf and has me a smoke, or two. After about 15 minutes I whistles and up comes me two lobsters, and I takes them home!"

"Likely story", the Fisheries Officer says! "Lets take them on down the wharf and see if it's true." So, the Newfie goes ahead of the Fisheries Officer to the end of the wharf where, under supervision, he gently lowers both lobsters into the water. The Newfie sits on a wharf piling and lights up a smoke, then another!

After about 15 minutes the Fisheries Officer says to the Newfie, "How about whistling?" The Newfie says, "What For?"

The Fisheries Officer says, "To call in the lobsters."

The Newfie says, "What lobsters?"

The Master Samurai

Back in the time of the Samurai there was a powerful emperor who needed a new head Samurai so he sent out a declaration throughout the country that he was searching for one. A year passed and only 3 people showed up: a Japanese Samurai, a Chinese Samurai and a Jewish Samurai.

The emperor asked the Japanese Samurai to come in and demonstrate why he should be head Samurai.

The Japanese Samurai opened a match box and out pops a little fly. Whoosh goes his sword and the fly drops dead on the ground in 2 pieces.

The emperor exclaimed: "That is very impressive!" The emperor then asked the Chinese Samurai to come in and demonstrate.

The Chinese Samurai also opened a match box and out pops a fly. Whoosh, whoosh goes his sword. The fly drops dead on the ground in 4 pieces.

The emperor exclaimed: "That is really very impressive!" The emperor then had the Jewish Samurai demonstrate why he should be the head Samurai.

The Jewish Samurai also opened a match box and out pops a fly. His flashing sword goes whoooooooooosshhh whoooooooooosshhh whoooooooooosshhh whoooooooooosshhh whoooooooooosshhh. A gust of wind fills the room, but the fly is still alive and buzzing around.

The emperor, obviously disappointed, asks: "After all of that, why is the fly not dead?"

The Jewish Samurai smiled, "Well, circumcision is not intended to kill"

Smell the Bacon?

Two Mexicans are stuck in the desert, wandering aimlessly and close to death they are close to just lying down and waiting for the inevitable, when all of a sudden...

"Hey Pepe, do you smell what I smell. Ees bacon, I is sure of eet".

"Si, Luis, eet smells like bacon to meee".

So, with renewed strength, they struggle off up the next sand dune, and there, in the distance, is a tree, just loaded with bacon. There's raw bacon, dripping with moisture, there's fried bacon, back bacon, double smoked bacon... every imaginable kind of cured pig meat you can imagine!

"Pepe, Pepe, we ees saved. Eees a bacon tree".

"Luis, are sure ees not a meerage? We'ees in the desert, don't forget".

"Pepe, when deed you ever hear of a meerage that smell of bacon...ees no meerage, ees a bacon tree".

And with that... Luis races towards the tree. He gets to within 5 metres, Pepe following closely behind, when all of a sudden, a machine gun opens up, and Luis is cut down in his tracks. It is clear he is mortally wounded but, true friend that he is, he manages to warn Pepe with his dying breath.

"Pepe... go back man, you was right, ees not a bacon tree!"

"Luis, Luis mi amigo... what ees eet?"

"Pepe... ees not a bacon tree... ees a Ham Bush!"

Word Search

SUMMER FUN WORDS



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

Parades
Watermelon
Mosquitoes
Weed eater

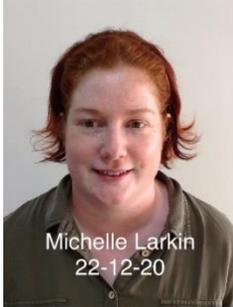
Swimming
Cornfield
Hammock
Baseball

Fans
Festivals
Badminton
Begonias

Petunias
Garden
Vacation
Camping

Staff Movements

Meet the Newbies



Michelle Larkin
EN



Kylie Evans
RN



Bruce Fenwick
CIHC



Chloe Ludvigh
PCA

Say Goodbye



Deb Williams
RN



Sharon Vinyard
PCA



Georgia Thomson
PCA



Kim Feltham
EN



Marian Duffy
PCA



Amy Oting
PCA



Sadly, we say goodbye to Joan Shallue, Joyce Lakeman and Brian Morrison who passed away during the month of December R.I.P.

WELCOME

We would like to welcome anyone visiting for respite and having a holiday with us. We hope you enjoy your stay and we look forward to seeing you around the village.

We hope you enjoy January's activities and always remember our motto **"We don't stop playing because we get old; we get old because we stop playing"**

Keep on smiling from the Health & Wellbeing Team
Deb, Val, Karen, Maree, Lu, Michelle
and all our Wonderful Volunteers.

