



Newsletter January 2022

HAPPY NEW YEAR

The year of the Tiger



Welcome everyone to 2022. I would like to start this newsletter, with finishing last year's business. (sounds Irish). I wanted to mention our Residents Christmas party, for which our residents, staff and volunteers put so much work into finalising their skits and producing an afternoon full of fun and laughter. Our "Pink Team" are to be congratulated for all their hard work leading up to the Christmas party. Coinda looked amazing with all the lights and trees and decorations carefully put up by the team to make Coinda bright and cheery for all who entered the building, as well as taking a million photos for families and friends to peruse on our Facebook page. Unfortunately, all the Christmas decorations will soon be packed away for another year to be replaced by an Australian theme for Australia Day. Life never stops at Coinda, with the team continuing to come up with creative ideas to brighten our residents lives with more colour and fun for another year.

With Australia Day looming, we will be asking everyone to help nominate Coinda's Australia Day recipient for 2022. We will be sending out flyers within the next few days on how to nominate residents, staff members, Coinda teams and volunteers. We need your input to ensure these people are appreciated for all their hard work and involvement in and around Coinda and for their care and compassion in support of all.

Our team take time in January to prepare for the upcoming busy season, by cleaning out the old and placing the new on the shelves and generally giving everything a lick and polish, including our programs which are reviewed for improvement. This means we will be sending out a program survey for all our residents to tick away on their likes and dislikes, from which we will select what you enjoy and try and improve on the programs you haven't always participated in or enjoyed 100%. This will ensure we develop new and improved programs for all to enjoy for the year 2022.

Debra McCabe
Health & Wellbeing Coordinator



January 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 Tuesday 18th January at 2pm in the AGW Activity room with Don Dunnachie.

Australia Day Celebrations

An Australia Day Service and Award Ceremony will be held on Tuesday 25th starting at 10am with the raising of the flag and the announcing of the Coinda Australia Day awards. This year we will be having our BBQ luncheon in our own dining room areas and then we will have a special afternoon of entertainment.

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

Remembrance Tree Service

Friday 14th January in the Alice Golding Garden area at 10.30am.

This is a special ceremony to remember those people in our lives who have passed on. We take our written notes, letters and messages from our Remembrance tree and bury them under our special Remembrance tree in the Alice Golding Wing garden, where we have made a lovely contemplative area for you to sit in peace and quiet for you to remember your loved one in the coming months and years. If you would like to attend please see a “Pink Team” member - all welcome.

Volunteer Groups

January is usually the time for quite a few of our wonderful volunteers to have a well-earned break with their families and friends. We value and appreciate our volunteers and their daily input, as we could never fully perform our programs without their help. Which means we can't wait for them to all return in February 2022

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 taken 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 on or see any of the Pink Team to help with your inquiries.

Cooinda Achievers Trading Tables

Trading Tables have 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

We are very pleased to tell you our Hairdressing Salon is back up and running with hair dresser Deb McGuffie, as well as our regular Hair Dresser Donna Ward. Deb will be available every Tuesday and Wednesday. Donna will be able to re-join our team at a later date.

Bus Outings

Bus outings are arranged each month for all residents to enjoy. Dates for these trips can be found on our monthly activity program.

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 January**

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

Winners of December Christmas Raffle 2021

- | | | | |
|-----------------|------------------|------------------|-----------------------|
| 1 st | - Brionney | 2 nd | - Poppy Reynolds |
| 3 rd | - Jackie O'Brien | 4 th | - Maureen Mathews |
| 5 th | - Lyn Youngman | 6 th | - Dawn Brettner |
| 7 th | - Lois Stafford | 8 th | - Bonnie Jones |
| 9 th | - Lauren Konik | 10 th | - Shirley Chamberlain |



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



Pull Buddy

An out-of-towner drove his car into a ditch in a desolated area. Luckily, a local farmer came to help with his big strong horse named Buddy. He hitched Buddy up to the car and yelled, "Pull, Nellie, pull!" Buddy didn't move. Then the farmer hollered, "Pull, Buster, pull!" Buddy didn't respond.

Once more the farmer commanded, "Pull, Coco, pull!" Nothing. Then the farmer nonchalantly said, "Pull, Buddy, pull!" And the horse easily dragged the car out of the ditch. The motorist was most appreciative and very curious. He asked the farmer why he called his horse by the wrong name three times. The farmer said, "Oh, Buddy is blind and if he thought he was the only one pulling, he wouldn't even try!"

Scripture

An elderly woman had just returned to her home from an evening at church service when she was startled by an intruder. As she caught the man in the act of robbing her home of its valuables, she yelled, "STOP! ACTS 2:38!" (Repent and be baptized, in the name of the lord, so that your sins may be forgiven.)

The burglar stopped in his tracks. The woman calmly called the police and explained what she had done. As the officer cuffed the man to take him in, he asked the burglar, "Why did you just stand there? All the old lady did was yell scripture at you." "SCRIPTURE?!" replied the burglar, "She said she had an AXE and TWO 38's!"

50th Wedding Anniversary

The church held a "Marriage Seminar" and the Priest asked Luigi, as his 50th wedding anniversary approached, to share some insight into how he managed to stay married to the same woman all these years. Luigi replied to his audience, "Well, I tried to treat her well and spend money on her. But the best thing I did was take her to Italy for our 20th anniversary."

The Priest said "Luigi, you are an inspiration to all husbands here today. Please tell the audience what you plan for your wife for your 50th anniversary." Luigi proudly replied "I'm gonna go and get her."

The eye has it

A man is dining in a fancy restaurant and there is a gorgeous redhead sitting at the next table. He has been checking her out since he sat down, but lacks the nerve to talk with her. Suddenly she sneezes, and her glass eye comes flying out of its socket towards the man. He reflexively reaches out, grabs it out of the air, and hands it back.

Oh my, I am so sorry, " the woman says as she pops her eye back in place. "Let me buy your dinner to make it up to you, " she says.

They enjoy a wonderful dinner together, and afterwards they go to the theater followed by drinks. They talk, they laugh, she shares her deepest dreams and he shares his. She listens.

After paying for everything, she asks him if he would like to come to her place for a nightcap and stay for breakfast. They had a wonderful, wonderful time.

The next morning, she cooks a gourmet meal with all the trimmings. The guy is amazed!! Everything had been SO incredible!!!! "You know, " he said, "you are the perfect woman. Are you this nice to every guy you meet? "

"No, " she replies... ""You just happened to catch my eye."

"The Pond"

An elderly man in Louisiana had owned a large farm for several years. He had a large pond in the back. It was properly shaped for swimming, so he fixed it up nice with picnic tables, horseshoe courts, and some apple, and peach trees.

One evening the old farmer decided to go down to the pond, as he hadn't been there for a while, and look it over. He grabbed a five-gallon bucket to bring back some fruit. As he neared the pond, he heard voices shouting and laughing with glee.

As he came closer, he saw it was a bunch of young women skinny-dipping in his pond. He made the women aware of his presence and they all went to the deep end. One of the women shouted to him, "We're not coming out until you leave!"

The old man frowned, "I didn't come down here to watch you ladies swim naked or make you get out of the pond naked."

Holding up the bucket he said, "I'm just here to feed the alligator."

Some old men can still think fast.



SENIOR PERSONAL ADS

Male, 1932, high mileage, good condition, some hair, many new parts including hip, knee, cornea, valves. Not in running condition but walks well.

Recent widow who has just buried fourth husband looking for someone to round out a six-unit plot. Dizziness, fainting, shortness of breath not a problem.

Active grandmother with original teeth seeking a dedicated flosser to share rare steaks, corn on the cob, and caramel candy.

Sexy, fashion-conscious, blue-haired beauty, 80's, slim, 5'4 (used to be 5'6) searching for sharp-looking, sharp-dressing companion. Matching white shoes and belt a plus.

I usually remember Monday through Thursday. If you can remember Friday, Saturday, and Sunday, let's put our two heads together.

I still like to rock, still like to cruise in my Camaro on Saturday nights, and still like to play the guitar. If you were a groovy chick, or are now a groovy hen, let's get together and listen to my eight-track tapes.

A New Year's message from Alex McKenna, Chief Executive Officer

Hello everyone and welcome to 2022.

What a year we have had filled with highs and lows, ups and downs, with a few curve balls thrown in for good effect.

I commend you for your resolve as we have navigated through this together.

Let's hope the next 12 months bring us all some happiness and joy as we put 2021 into the history books.

Warmest regards,

A handwritten signature in black ink, appearing to read 'Alex McKenna', with a stylized flourish at the end.

Alex

Word Search

AUSTRALIAN EXPLORERS



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

James Cook
Matthew Flinders
Abel Tasman
Allan Cunningham
George Bass

Hamilton Hume
Arthur Phillip
Edmund Lockyer
Ernest Giles
Gregory Blaxland

John Oxley
Charles Sturt
John Murray
William Dampier
James Grant

Staff Movements

Meet the Newbies



FSA

PCA PCA

PCA Assist



FSA

FSA

PCA

CICH

Look who's leaving – sorry to see you go.





Sadly, we say goodbye to, Jill McKenzie who passed away during the month of December. We have set up several memorial areas around Coinda 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 January, and a big welcome to those who have just made Coinda their home. Could everyone please introduce yourself and help make them feel at home so they enjoy their stay with us.

It's 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's to living a longer, healthier, and happier life!

The Health & Wellbeing Team would like to wish everyone a very Happy New Year. 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, Maree,
Lauren, and all our wonderful
Volunteers.

