



Newsletter January 2023

HAPPY NEW YEAR

Year of the Rabbit



Welcome to a brand-New Year, and what an amazing year 2023 will be. I feel it in my bones. And with a brand-new year, comes a brand-new program. Our team are working hard behind the scenes to put together a mixed program of activities for you to enjoy this month.

We have a couple of dates for you to put in your diary. The first being our Remembrance Tree Ceremony on Thursday 19th January in the AGW garden, which is where we will perform our burial of our letters to our loved ones near our Remembrance Tree. We know it may be warming up by mid-January, but we will be protected out in the garden by our large shade sail and lots of hats, followed by morning tea.

Our second date to remember will be Wednesday 25th January for our special Coinda Australian Day award ceremony, which will be held a day early due to the public holiday on the 26th. Our celebration of Australia Day will be held in the Hostel quadrangle at 10am. Before this day happens, we will be calling everyone to put in their nominations of whom they think should be nominated as our Coinda Australia Day recipient. We will have a special box set up near the front reception for nominations for Coinda Resident, Volunteer, Care Staff and management, so please help, by choosing whom you would like to be seen being presented with this year's Australia Day Award.

Lastly. As I said before, January is usually a month of sun and heat, so remember to 'Slip, Slop and Slap', Slip on a hat, slop on a shirt and slap on some sunscreen, but most of importantly drink lots of fluid, to keep hydrated.

We hope you all enjoy the start of a brand-new year and a brand-new programs
HAPPY NEW YEAR.

Debra McCabe
Health & Wellbeing Coordinator



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January Events



Happy Hour

Happy Hour is back on our program, every Friday afternoon from 2pm onward 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 31st January at 2pm in the AGW Activity room with entertainers 'The Guitar Club'

Australia Day Celebrations

An Australia Day Service and Award Ceremony will be held on Wednesday 25th starting at 10am with the raising of the flag and the announcing of the Coinda Australia Day awards after which we will have a special BBQ luncheon and then we will have a Australian Movie and special treat.

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 Wednesday 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 Ceremony

Thursday 19th 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 cannot wait for them to all return in February 2023

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

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 able to help you.

Bus Outings

Bus outings are arranged each month for all residents to enjoy. Dates for these trips can be found on 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 31st at 2pm
in AGW Activity Room**



Winners of December Christmas Raffle 2022

- 1st Prize – Geoff Slaughter**
- 2nd Prize – Lynn Youngman**
- 3rd Prize – Ruby Daw**
- 4th Prize – Laurin Konik**
- 5th prize – Angus Howell**
- 6th prize – Beryl Stapelton – SH**
- 7th Prize – Kevin – Evelyn Kippings son in law**
- 8th Prize – Phyllis Cooke**
- 9th Prize – Nicole**
- 10th Prize – Judy Cakebread**
- 11th Prize – Cath O'Connor**
- 12th Prize - Dawn Brettner**

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

Smarter

A young boy enters a barber shop and the barber whispers to his customer, "This is the dumbest kid in the world. Watch while I prove it to you."

The barber puts a dollar bill in one hand and two quarters in the other, then calls the boy over and asks, "Which do you want, son?" The boy takes the quarters and leaves.

"What did I tell you?" said the barber. "That kid never learns!"

Later, when the customer leaves, he sees the same young boy coming out of the ice cream parlor.

"Hey, son! May I ask you a question? Why did you take the quarters instead of the dollar bill?"

The boy licked his cone and replied:

Kangaroo Kids

"Because the day I take the dollar the game is over!" After a prolonged drought when the rain came, all the animals in the forest were happy except the Kangaroo. When the others asked him what the reason was for such sadness, the Kangaroo revealed that the rain meant that all its kids would now be playing inside.



Pray

man is walking through the woods when he sees a bear charging at him. He books it, but he knows he can't outrun a bear for long, so he starts praying, "Dear Lord, I beseech thee. Please, o Lord, please let this bear be a Christian!" The bear catches up to him, knocks him down on the ground, then gets on its knees and says, "Dear Lord, thank you for this food I am about to receive..."

Buried forever

My nagging wife died suddenly on a trip to Jerusalem. Funeral director, "Sir, it would cost about \$45,000 if we send her home back to the states or \$500 if we bury her here in Jerusalem."

Me: "Ship her home."

Funeral director: "But sir, why don't you bury her here in the Holy Land and you can save money."

Me: "A long time ago a man was buried here and 3 days later he rose from the dead, I can't take that chance."

Blond Password

During a recent password audit, it was found that a blonde was using the following password: "MickeyMinniePlutoHueyLouieDeweyDonaldGoofySacramento"

When asked why such a long password, she said she was told that it had to be at least 8 characters long and include at least one capital.

World Cup or Funeral

It's the World Cup Final, and a man makes his way to his seat right next to the pitch. He sits down, noticing that the seat next to him is empty. He leans over and asks his neighbor if someone will be sitting there.

"No", says the neighbor. "The seat is empty."

"This is incredible", said the man. "Who in their right mind would have a seat like this for the Final and not use it?"

The neighbor says, "Well actually the seat belongs to me. I was supposed to come with my wife, but she passed away. This is the first World Cup Final we have not been to together since we got married."

"Oh, I'm so sorry to hear that. That is terrible... But couldn't you find someone else, a friend, relative or even a neighbor to take her seat?"

The man shakes his head. "No", he says. "They're all at the funeral."

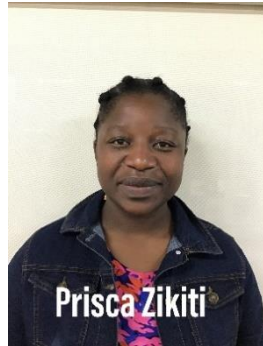
Staff Movements

Meet the Newbies



Joby Joseph

PCA



Prisca Zikiti

PCA



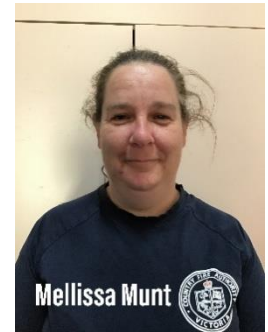
Grace Pastuszka

PCA



Maike O'Brien

Community Services



Melissa Munt

FSA/Environmental

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



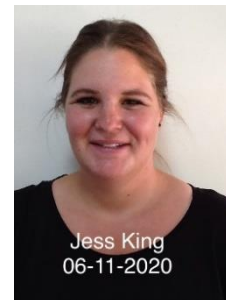
Aman Bring

PCA



Lyn Youngman

Environmental



Jess King

PCA



Mani Kaur

PCA



Beno French

**Moving to casual



Philippa Garrett

FSA

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 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 be 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, Wendy,
Lauren, and all our wonderful
Volunteers.



HAPPY NEW YEAR
2023!