

Residents Newsletter

March 2024

Welcome everyone to the official start to Autumn.

This time last year we introduced you to two new team members 'Tracey' and 'Daniella', who have now officially completed 12 months with our pink team at Cooinda, well done to both Tracey and Daniella who have introduced their own unique programs to our activities. This month is turning into a very busy time, with World Prayer Day, the start of AFL Football season, St Patrick's Day, Harmony Day, Easter and the return of some well-loved faces to our entertainment program.

This month we will be introducing some new activities to our program. Karen will introduce you to the drumming group which we will start small and hopefully grow into a favorite for our residents to enjoy. Lu will be gathering a group to help her put together the Welcome Care Bags and (Volunteer) Joyce is in the early stages of a Bible group held once a month, so many new programs to look forward to, as well as the start of the "AFL Footy season" of which we will soon be starting our annual Football Tipping Group, which our team will gladly take all names of people wanting to be involved.

As we enter Autumn, the temperatures are still in the 30's, so just a reminder that we will still have the need to drink plenty of water or fluids of your choice, as well as put on our hats and slap on some sunscreen when out and about. Sounds silly, I know, but our hot Australian sun can be quite damaging to our skin as well as our health, so take care when out and about. We hope you enjoy our very busy month of activities.

Debra McCabe
Health & Wellbeing Coordinator





Up Coming Events

Happy Hour

Happy Hour - every Friday afternoon from 2pm onward for all residents. Unfortunately, at this stage, we still cannot invite families and friends to attend just yet, but we are ever hopeful for the near future.

World Day of Prayer

This year's theme is "I beg you, bear with one another in love". World Day of Prayer is an international, inter-church organisation, led by women, which enables us to hear the thoughts of those women from all parts of the world: their hopes, concerns, and prayers.

Labour Day

Monday 11th has been declared a Public Holiday, which means the likelihood of less Pink Staff working on this day, but we encourage you to enjoy time with the staff of the day.

AFL Season to begin

It is that time of the year again with the AFL men's football season round one officially beginning on Thursday 14th March with Footy Tipping to be held every Monday afternoon. Keep a look out on our program for updates. We will be starting our footy tipping board at the start of march so once again if you need help to put your name down, please ask the activity staff or maybe one of the other residents. Good luck to you all.

St Patricks Day THEMED DAY - Green day

St Patrick 's Day will be celebrated on Friday 15th with lots of Green and Orange. We hope you all get on board with dressing up for the day. If you do not have any green, orange or Irish then speak to the pink team have a collection of Irish hats and paraphernalia for anyone to search through and wear for the day.

Harmony Day

Harmony day on the 21st of March is the celebration that recognizes our diversity and brings together Australians from all different backgrounds. It is about inclusiveness, respect and a sense of belonging for everyone. Wear the colour orange today in recognition of a very important day for Australia.

U3A Choir Visiting

U3A Choir will be visiting Coinda on Thursday 21st for a morning get together of signing with our residents at 10.30am at the AGW activity room.

Monthly Birthday party

To be held Wednesday 27th of March at 2pm in the Alice Golding Activity room.

Easter

Easter this year begins with good Friday on 29th March and as it is a public holiday, we will have a special celebration on Thursday 28th with musical entertainment, raffles and a special afternoon tea made by our wonderful catering team.



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. **Please remind your visitors they must continue to wear a mask when in your room visiting you.**

Kiosk/Library Trolley

Our portable Kiosk Trolley continues to move 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

Our Trading Tables have replaced the monthly cake stall and we have had a great response from residents and staff alike. The tables are set up in all areas of Cooinda selling different types of goodies. All proceeds continue to go to our Cooinda Achievers Club.

Hairdresser

Deb McGuffie will be available every Tuesday, Wednesday, and Thursday of every week. Appointments can be made via Deb herself in her salon, Ledger Wing or if all else fails find a pink team member who will be able to help you.

Bus Outings

Bus outings will be arranged each month for you 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 - in your area. 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 March

HOSTEL	AGW	NMW	LW
28 th Brian Feeley	9 th Andy McClure		2 nd Phyllis Cooke 5 th Allan Marquand 12 th Joan Wilson 20 th Mavis Whipps

Monthly Birthday Party will be on Wednesday 27th March at 2pm in Alice Goulding Wing Activity Room

Congratulations to all our winners of the St Valentine's Day Raffle.

Margaret Elliott, June Besset, Judy Cowan, Allan (Spike) Jones, Marjorie Geeson, & Don Hampshire.



*Happy
Valentine's
Day*



Residents Ramblings

Our wonderful residents always love to tell our team their stories and we felt it was time to showcase some of those short but favorite memories as spoken by the resident for all to see. We hope you enjoy.

A favourite memory by Joan Joans

When I was eleven years old, that was in 1938, we moved to Benalla from Camper-down. My dad loved Fox Terriers, so we always had one after the other. When we moved to Benalla, we had a black and white fox terrier named Toby. Toby lived with a black and white Magpie bird in his kennel. They were always together, and Toby would let Maggie pick his teeth. Dad loaded the wooden kennel on the back of his trailer for the move and Maggie traveled with him all the way to our new home in Benalla. They were a fond memory.

Joan Joans is 96 years old.

A Christmas to Remember by Ross Jones

When I was about five or six years old, I asked Santa Claus for a toy tip truck and a loader. We used to play in the dust under the front verandah and I wanted it so I could load the dirt into the truck. My cousins, who lived up the hill and were ten years older than me, got a proper metal Lego set (Mechano) that you could bolt together but we never had the money for toys like that. We had to just take what we were given.

We lived on a hobby farm at Hollands Creek on the river and dad was a general farm labourer. Mum cooked the Christmas dinner, which was a leg of Lamb, on the wood stove. My two brothers and I had to go down to the Lagoon near the river and pick the mint for Mum to go on the Lamb.

When our presents came, I got a tip truck with the loader stuck on the front of it! Not what I wanted. I really would have liked the two separate pieces so I could load one with the other. So, I have never forgotten Santa Claus's mistake.

Ross Jones is one day older than Princess Anne.



May the wind at your back
not be the result
of the corned beef and cabbage
you had for lunch.



Joking Around with Deb

IT'S AN URGENT EMAIL FROM A
NIGERIAN LEPRECHAUN... HE NEEDS
A SAFE PLACE TO KEEP HIS POT OF
GOLD AND WANTS TO KNOW THE
LOCATION OF MY MINE...



Parking

An Irishman was flustered about not being able to find a parking space. "Lord," he prayed, "I cannot stand this. If you open a space up for me, I swear I will give up drinking me whiskey, and I promise to go to church every Sunday." Suddenly, the clouds parted and the sun shone on an empty parking spot. Without hesitation, the man said, "Never mind, I found one."

Irish Tree Planting

Two Irish lads were working for the Dublin public works department. One would dig a hole and the other would follow behind him and fill the hole in. They worked up one side of the street, then down the other, then moved on to the next street, working furiously all day without rest, one man digging a hole, the other filling it in again.

An onlooker was amazed at their hard work, but could not understand what they were doing. So he asked the hole digger, "I'm impressed by the effort you two are putting into your work, but I don't get it – why do you dig a hole, only to have your partner follow behind and fill it up again?"

The hole digger wiped his brow and sighed, "Well, I suppose it probably looks odd because we're normally a three-person team. But today the lad who plants the trees called in sick."



Irish Winking Problem

An Irish man with a winking problem is applying for a position as a sales representative for a large firm. The interviewer looks over his papers and says, "This is phenomenal. You have graduated from the best schools; your recommendations are wonderful, and your experience is unparalleled.

"Normally, we would hire you without a second thought. However, a sales representative has a highly visible position, and we are afraid that your constant winking will scare off potential customers. I am sorry.... we cannot hire you."

"But wait," he said. "If I take two aspirin, I'll stop winking!"

"Really? Great! Show me!"

the applicant reaches into his jacket pocket and begins pulling out all sorts of condoms: red condoms, blue condoms, ribbed condoms, flavored condoms; finally, at the bottom, he finds a packet of aspirin. He tears it open, swallows the pills, and stops winking.

"Well," said the interviewer, "that is all well and good, but this is a respectable company, and we will NOT have our employees womanising all over the country!"

"Womanising? What do you mean? I am a happily married man!"

"Well then, how do you explain all these condoms?"

"Oh," he sighed. "Have you ever walked into a pharmacy, winking, and asked for aspirin?"



Obituary

Mrs. Pete Monaghan came into the newspaper office to pay for her husband's death notice. She was told by the kindly newsman that it was a dollar per word, and he remembered Pete and was not it too bad about him passing away. She thanked him for his kind words and bemoaned the fact that she only had two dollars. So, she wrote out the obituary, "Pete died." The newsman looked and said he thought old Pete deserved more and he would give her three more words at no charge.

Mrs. Pete Monaghan thanked him and changed it to: "Pete died. Boat for sale".

Irish Ironing

Paddy walked into a doctor's office with two burnt ears. The Doctor asked him, "What happened to your ear?

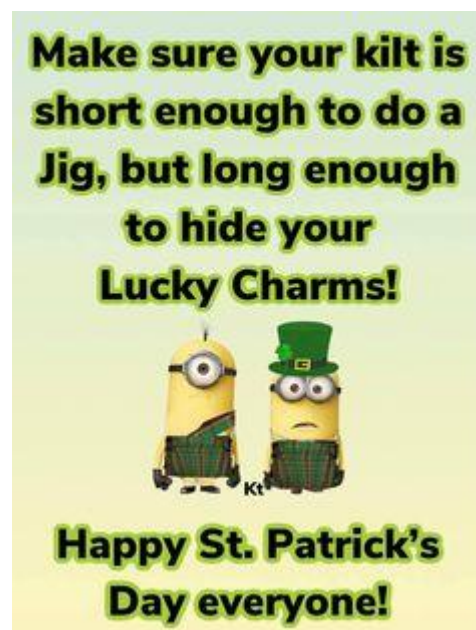
Paddy replied, "I was ironing, and the phone rang, so instead of picking up the phone I picked up the iron and put it to my ear. Still not satisfied, the doctor asked, "well, what happened to the other ear?

"The Idiot called again!"

Irish Holidays

Paddy says to Mick, "I am ready for a holiday, only this year I'm going to do it a bit different. 3 years ago, I went to Spain and Mary got pregnant. Two years ago, I went to Italy and Mary got pregnant. Last year I went to Majorca and Mary got pregnant. Mick asks, "so what are you going to do this year?"

Paddy replies I'll take Mary with me!



Death bed

Kathleen Murphy was standing vigil over her husband's death bed. As she held his hand, her warm tears ran silently down her face, splashed onto his face, and roused him from his slumber. He looked up and his pale lips began to move slightly.

"My darling Kathleen," he whispered.

"Hush, my love," she said. "Go back to sleep. Shhh, do not talk."

But he was insistent. "Kathleen," he said in his tired voice. "I must talk. I have something I must confess to you."

"There's nothing to confess," replied the weeping, Kathleen. "It is all right. Everything is all right, go to sleep now."

"No, no. I must die in peace, Kathleen. I slept with your sister, your best friend, and your mother."

Kathleen mustered a pained smile and stroked his hand. "Hush now Patrick, do not torment yourself. I know all about it," she said. "Why do you think I poisoned you



Society to Prove the Existence of Leprechauns suffers yet another setback.

Cooinda Volunteers

This month on the birthday list we must say a Happy Birthday to Kerryn Dobson and Rod Hearn. We would like to send your many best wishes on your special day. January has been here and gone, how quickly time flies. Volunteer meeting was attended well, and minutes of the meeting have been emailed and there is also a copy posted on the volunteer Notice board.

As I mentioned at the volunteer meeting, we are looking at expanding our volunteer pool as we introduce some new tasks to complement our already busy activity program.

I have sent through a list of new tasks we will be looking at and have also posted a flyer in reception and on the notice board for everyone to have a look at and if you know of anyone that may be interested in assisting can you please let me know.

Australia day awards were conducted on Thursday 25th with a wonderful crowd witnessing our own Joyce Wilson being honored with the Australia day award for this year. Joyce not only puts in every day for breakfast and lunch, but she is always looking at ways she can assist and will be taking up bible reading in the coming months.

Thankyou Joyce in all that you do and a big congratulations on this year's Australia day award for 2024.

Training opportunities this year will involve all our volunteers attending a revised orientation session which will cover off a certain amount of compulsory training.

This will be held on the last week of every month, and you will be rostered to attend one session each. Once Program has been finalized I will be sending roster through so everyone can work around the session they are allocated

Some photos of the team enjoying Christmas lunch at the Royal Hotel



Jeanette Harris
Volunteer coordinator

Meet the Newbies



Ella Woods PCA



Manuel Santos
Building Service Assistant



Nicola Pilkington
Registered Nurse



Sorry to see you Go



Lana Spencer CITH

Stewart Coutts March Quiz 2024

1. Port Pirie is in (Tas, SA, WA, NSW)
2. What Sea separates Australia and New Zealand?
3. Piccadilly Circus is in the city of _ _ _ _ _
4. Who led the Norman Conquest in 1066? W _ _ _ _ _
5. M _ _ _ _ _ is said to have died at age 969
6. Name the apostle originally known as Simon
7. Krishna is a god of which religion? _ _ _ _ _
8. In the U.S Girl Guides are called G _ _ _ _ _
9. A person in charge of a diocese is a _ _ _ _ _
10. What is the colour of the cape in bullfighting?
11. Name the 3 sports in a Triathlon
12. Steve Elkington plays (Polo, Golf, Soccer, Poker)
13. We call an adult female pig a
14. Rag doll, Burmese and Siamese are breeds of
15. Cataracts affect the (eyelids, iris, lens, cornea)
16. Penny Lane was a hit song for
17. Complete: Tom Tom the Piper's son stole a
18. The nickname of Andrew Barton Patterson is _ _ _ _ _
19. The nickname for our \$20.00 note is _ _ _ _ _
20. The hammer and sickle are symbols of _ _ _ _ _
21. The Mustang car is made by (VW, Ford, Toyota, BMW)
22. HB on a lead pencil stands for _ _ _ _ _

Answers for Stewarts Quiz will be found on following pages.

Notices

Unnamed Laundry

Over the past year, our very industrious laundry team have accumulated a few racks of unnamed and unclaimed clothes, which need to be returned to their owners. One way of helping us do this was to bring them into the areas for viewing for our residents, whom we hope will recognise their much-loved clothing. The first week of March, we will again circulate the trolley to each area by our Pink Team for you to view.

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 Cooida 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

Answers to Stewarts Quiz

- | | |
|--------------------------------|-----------------|
| 1. SA | 12. Golf |
| 2. Tasman Sea | 13. Sow |
| 3. London | 14. Cats |
| 4. William The Conqueror | 15. Lens |
| 5. Methuselah | 16. The Beatles |
| 6. St Peter | 17. Pig |
| 7. Hinduism | 18. Banjo |
| 8. Girl Scouts | 19. Lobster |
| 9. Bishop | 20. Communism |
| 10. Red | 21. Ford |
| 11. Running, Swimming, Cycling | 22. Hard Black |

Bus Trip to the Moyhu area: By Stewart Coutts

On a warm and sunny day, and Ted on board, Chris took us along Kilfeera Road. For late January there was so much green- river flats, sown summer pastures and only hill tops appeared dry. After a left turn, there was the Greta Valley School and then a sign to the Greta sports ground and hall. Daniella, a 'horse person' identified the horses with distinctive markings and from where she obtains hay. At Greta we noted the three disused churches, the cemetery, and the school site where I spent four years as a teacher but the post office was gone. At Moyhu was the sportsground, hall, school, bowls club, tennis courts, the store, the pub surrounded by greenery, a church and a row of neat housing. Before reaching the freeway there was the Oxley school and McNulty's Horse Stud. Back in Benalla Chris took us across town to see the for-sale sign at the front of my home and extensive building activity for a special school in Clarke Street. Finally, spike moved a vote of thanks to Chris and Daniella, to which we expressed our appreciation with applause.

Men's Group finishing off their latest projects, rocking horse and letter box in AGW garden



St. Patrick's Day

Word Search Puzzle

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

POT	CLOVER	CELEBRATE	HORSESHOE
PIPE	MARCH	GOOD LUCK	GOLD
LEPRECHAUN	HAT	COINS	RAINBOW
PATRICK	MAGIC	GREEN	IRELAND



Welcome







We welcome all people visiting for respite, who are having a holiday with us during March and a big welcome to those who have just made Cooinda 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 live 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, Lu, Karen, Tracey, Daniella,
Lauren, Sharlene and all our wonderful
Volunteers.



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Monthly Birthday Party Wednesday 27th at 2pm in the AGW activity Room with entertainer.	Walking Groups Check White Boards and program for walks (Only when weather permits)	 St. Patrick's Day	NMW Norm Mathews Wing AGW Alice Goulding Wing SH Samaria House LW Ledger Wing RR Rec Room	Hairdresser Deb -Tuesday, Wednesday, and Thursday's 	Hand Therapy with Kathy every Tuesday Mornings all areas	
Footy Tipping 2024 			First Day of Autumn 	1st World Prayer Day 10am Rumikub Quiet Area LW 10.30am Activities in NMW Stretching & Meditation AGW Footy Decorating LW 2pm Happy Hour and entertainment with Billy Arnold First Day Autumn	2nd Pink Team helping with visits 2pm Movie all areas or find a good book, chat with a friend, or enjoy the Gardens 3pm Afternoon Tea	3rd Pink Team helping with visits 11.30am Songs of Praise ABC TV 2pm Movie all areas, find a good book, chat with a friend, or enjoy the gardens 3pm Afternoon Tea
4th 10am Rumikub AGW 10.30am Activities in NMW AFL Craft LW	5th 10.30am Kiosk Trolley visiting All areas Exercises to Music and meditation AGW Hand Therapy with Kathy 2pm Cooking Group LW White Board Quiz AGW 3pm Afternoon tea	6th 10am Bus Outing to Benalla Dog trials - Bookings essential meet AGW 10.30am Paint by Numbers LW Activities in NMW 11am Uniting church service with Glynis LW 2pm Table Bobs LW Bagging & Tagging AGW 3pm Afternoon tea 6.30pm Movie Night LW	7th 10am Anglican Church Service LW 10.30am Mini Golf AGW 2pm Bingo AGW Opening Round AFL footy starts tonight 3pm Afternoon tea	8th 10am Rumikub Quiet Area LW 10.30am Activities in NMW Stretching & Meditation AGW 2pm Happy Hour and entertainment with Trish & Troops AGW 3pm Afternoon Tea	9th Pink Team helping with visits 2pm Movie all areas 3pm Afternoon Tea	10th Pink Team helping with visits 11.30am Songs of Praise ABC T.V 2pm Sunday Arvo Movie all areas 3pm Afternoon Tea

Monday Cooinda	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11 th <u>Labour Day</u> <u>Public Holiday</u> <u>Pink Team helping with visits</u> 10am Rumikub AGW 2pm Movie afternoon all areas	12 th 10am Catholic Service LW 10.30am Kiosk Trolley visiting All areas New - Drum Circle AGW 2pm Footy Tipping Chat LW 3pm Table Bobs AGW 3pm Afternoon Tea	13 th 10.30am Paint by Numbers Group LW Activities in NMW Men's Group with Rod AGW 2pm Remember when Quiz AG Care Bags LW Footy Tips in Box <u>6.30pm Movie Night LW</u>	14 th Library Trolley 10am Anglican Church Service LW 10.30am Gardening with Deb LW Whats cooking Quiz AGW 2pm Bingo AGW <u>AFL Round 1 Footy Starts tonight</u>	15 th St Pats - Dress up day 10am Rumikub Quiet area LW 10.30am Activities in NMW Stretching Exercises & Meditation AGW 2pm St Pats day celebrations with entertainer Bill McCabe AGW	16 th Pink Team helping with visits 2pm Quiz with Stewart AGW Footy televised 3pm Afternoon Tea	17 th St Patricks Day 11.30am Songs of Praise on ABC T.V 2pm Salvation Army Visit AGW 3pm Afternoon Tea
18 th 10am Rumikub AGW 10.30am Activities in NMW Set up for Op-Shop 2pm Round 1 Footy results & Chat LW Pop up Op-Shop AGW	19 th 10.30am Kiosk Trolley visiting all areas Hand Therapy with Kathy Exercises & Meditation AGW 2pm Indigenous Art AGW Cooking afternoon LW 3pm Afternoon tea	20 th 10.30am Paint by Numbers LW Activities in NMW Men's Group with Rod Bagging & Tagging LW 2pm Table Bobs AGW Bus Outing -Bookings essential -Meet at AGW Footy Tips in box <u>6.30pm Movie Night LW</u>	21 st Harmony Day 10am Anglican Church Service LW 10.30am U3A singers AGW 2pm Bingo AGW 3pm Afternoon tea	22 nd 10am Rumikub Quiet area LW 10.30am Activities in NMW Stretching Exercises & Meditation AGW 2pm Happy Hour and entertainment with Judy and Dale AGW	23 rd Pink Team helping with visits 2pm Footy televised Movie all areas 3pm Afternoon Tea	24 th Pink Team helping with visits 11.30am Songs of Praise on ABC T.V 2pm Movie all areas, find a good book, chat with a friend, or enjoy the Gardens
25 th 10am Rumikub AGW 10.30am Activities in NMW Bible study with Joyce Quiet Area LW 2pm Round 2 Footy Results & Chat LW Card Making AGW	26 th 10.30am Kiosk Trolley visiting All areas Drumming Circle AGW Hand Therapy with Kathy 2pm Musical afternoon with the Guitar Group AGW 3pm Afternoon tea	27 th 10.30am Paint by Numbers LW Activities in NMW Wool Winders -Knit & natter Group LW Men's Group with Rod AGW 2pm Monthly Birthday Party with Clare AGW Footy Tips in box <u>6.30pm Movie Night LW</u>	28 th 10am Anglican Church Service LW 10.30am 'About Me' Sunflower Charts LW 2pm Easter celebrations with Raffle Drawn and entertainment with Billy Arnold AGW 3pm Afternoon tea	29 th Easter Friday Good Friday Public Holiday Pink Team helping with visitors	30 th Easter Saturday Pink Team helping with visits 2pm Footy televised Movie all areas 3pm Afternoon Tea	31 st Easter Sunday Pink Team helping with visits 11.30am Songs of Praise on ABC T.V 2pm Sunday Arvo Movie all areas 3pm Afternoon Tea