



Residents Newsletter May 2023



Who doesn't love autumn, with its splash of vibrant reds and oranges in the trees and landscape. The cooler nights are now coming in and the extra blanket at night is called for to keep us all warm and snug in our beds. This month may see some changes around Cooinda with the start of the Stage 2 Building Redevelopment in full swing. Due to the building works, some outside activities may need to be moved to other areas, but as you all know, the Pinkies always have a plan B up our sleeves, so please keep a close watch on our white boards and activity program for any changes. The month of May is certainly jam packed full, with the first of our special days being "History through Howships eyes" which is a special photo morning held by the Heritage Festival organisers on Thursday 4th May, quickly followed by the Kings Coronation on the 6th. Meg Hearn will celebrate her 100th birthday on Monday 8th with a special morning tea in Alice Golding Wing Activity Room and then it is just a hop skip and a jump to Mother's Day the following Sunday 14th Mother's Day. Before Mother's Day we will have a special day of fun activities and a Mother's Day raffle drawn on Friday 12th. Also on the 12th of May we will celebrate International Nurses Day. I hope you are not tired by now, because we have more activities with the Volunteers Week starting on the 15th of May, with some bus outings in between - and then it's the Biggest Morning Tea on Thursday 25th May gathering in the AGW Activity Room and finishing off with the 1st official day of Winter which is about to commence.

This is the month we celebrate our Volunteers with the annual acknowledgment of the generous contribution of our nation's volunteers. National Volunteer Week is Australia's largest annual celebration of volunteering and will be held on 15- 22 May. Volunteering is widespread and diverse with millions of people volunteering every year to support communities across the country. Join us as we celebrate and recognize the vital work of volunteers and say thank you.

We hope you all enjoy this month's program. Stay safe and warm.

Debra McCabe
Health & Wellbeing Coordinator



Upcoming Events

Heritage Festival

This year the Heritage festival will be showcasing a special photographic presentation of "History through Howships eyes" for all our residents who are keen historians of Benalla on Thursday 4th May in the LW Activity room on the large screen.

Kings Coronation

The coronation of Charles III and his wife, Camilla, as king and queen of the United Kingdom and the other Commonwealth realms is scheduled to take place on Saturday, 6 May 2023, at Westminster Abbey.

We are planning a special Royal dress up day the day prior Friday 5th May in celebration of this occasion.

Meg Hearn's 100th Birthday

The celebration of Meg Hearn's 100th Birthday party will be a special morning tea in the AGW activity room on Monday 8th at 10.30am. Hope you can all come along and join in.

International Nurses Day

international Nurses Day is an international day observed around the world on 12 May each year, to mark the contributions that nurses make to society. Which is also the anniversary of the birth of nursing pioneer Florence Nightingale.

Mothers Day

Sunday 14th is officially Mother's Day this year, but we will have some celebrations beforehand on Friday 12th at 2pm with a special afternoon tea in all areas and a Mother's Day Raffle, as well as music with Trish & Troops.

Volunteers Week

15th-21st Volunteers' Week is about celebrating and thanking those who give up their time to make a difference.

Monthly birthday party

Wednesday 24th at 2pm in the AGW activity room with entertainment with the Line Dancing Group and afternoon tea.

Biggest Morning Tea

Thursday 25th Our annual Biggest Morning Tea party will be held in AGW activity room with a special morning tea to help raise funds for the anti-cancer council program. We hope you come along and help support cancer research with a gold coin donation.

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 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 enquiries.

Cooinda Achievers Trading Table

The Trading Table has replaced the cake stall, for which we have had a great response from residents and staff alike with the setting up of our tables in different areas of Cooinda selling handmade 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

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.

Easter Raffle winners:

Thank you to all who helped make our Easter a fun packed day. Our Easter raffle was drawn with the result of 16 winners from within Coinda and out in the community:

1st prize – Diane Harrison

2nd prize – Cath Dobson

3rd prize – Emily c/o Ross Jones

4th Prize – Betty Laurence

5th Prize – Marjorie Geeson

6th Prize – Shane W

7th Prize – Helen Thomson

8th Prize – Cara Lee

9th Prize – Michelle CorbyAllen

10th Prize – Norma Kelly

11th Prize – Les Bain

12th Prize – Loretta McKean

13th Prize – Judith Cleary

14th Prize – Mellissa Goodwin

We also had the “guess how many lollies and chocolates in the jar”, kindly donated by Pauline in the kitchen, which was won by Lyn Youngman from the Cleaners Team of Coinda. Well done everyone. We hope you all had an amazing Easter.

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

**Monthly Birthday Party will be on Wednesday 24th 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 welcome.

Can you help?

It is that time of the year again, with knitting and wool winding. We hope you can help with our request for any unused knitted articles for our residents to unwind and then recycle into useful articles for the upcoming winter months.

Debs Jokes

Liar

A man goes to Heaven and meets Jesus.

Upon arriving at the pearly gates, Jesus said, "Come on in. I'll show you around. I really think you will like it here."

Walking through the gates, the man noticed that there were clocks everywhere. It appeared that Heaven was nothing more than a giant clock warehouse.

Surprised at how Heaven looked, the man asked Jesus, "What's the deal with all the clocks?"

Jesus replied, "They keep track of everybody on earth. There is one clock for each person. Every time someone tells a lie, their clock moves forward one minute. For instance, this clock belongs to Sam, a used car salesman. If you watch it closely, it will move any second."

Click! The minute hand on Sam's clock moved forward one minute. *Click*! It moved forward another minute.

"Sam must be closing on a deal right now," said Jesus. 'The minute hand on his clock moves all day long.'

The man and Jesus continued walking and soon came across a clock covered with cobwebs. 'Whose clock is this?' asked the man. "That clock belongs to the Widow Audrey. She is one of the finest people on earth. I bet her clock has not moved in a year or two."

They continued walking and touring Heaven. The man enjoyed watching the clocks of all his friends.

When the tour was finally finished, the man said, "I've seen everyone's clock but one! Where is Donald Trump's clock kept?"

Jesus smiled and said, "Look up. We use his for a ceiling fan."

WHEN A WOMAN
STARTS LAUGHING
DURING AN ARGUMENT,
SHE'S FLIPPED HER
PSYCHO SWITCH...
AND YOU SHOULD RUN.

I don't know much about
birds but I can easily
identify the husband in
this picture



Warehouse fire

There was a warehouse that caught fire. It started as a single alarm fire but quickly grew to a 3-alarm blaze. The owner of the warehouse arrived on scene and quickly realized that the fire department was not going to be able to save the building. His biggest concern was the secret formula stored in his office.

He approached the chief and said "Sir, I don't care about the building, but you have to save my secret formula! If you do, I will give you \$500,000."

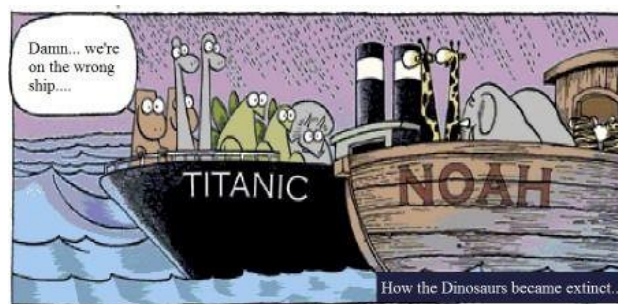
The chief thought about all the fire engines that \$500,000 could buy and decided to send a crew to get the formula. The crew made it halfway there before they had to turn back due to the conditions.

By this time, the blaze had reached 4 alarms and the owner upped his offer to 1 million dollars. The chief decided to take a different approach and send a crew around the back side but again, conditions were too bad, and they had to back out.

While all of this was going on, no one noticed the lone, old, volunteer engine company coming in from the neighboring town. Much to everyone's amazement, the old engine with its crew drove right past all the new and state of the art fire apparatus, into the blaze, and out of the other side of the building with a filing cabinet stuck to the front bumper. The warehouse owner saw that it was the cabinet that contained his secret formula and decided that such an act of heroism and bravery deserved the reward to be doubled again to 2 million dollars.

Upon telling the chief of the old engine company that they were getting such a large sum of money, the owner couldn't help but ask, "What are you going to do with 2 million dollars?"

The old chief's response was, "Well first we are going to fix the damn brakes..."



Death in the
Constantly being
an unhappy

Supermarket
broke and stuck in
marriage, a young

husband decided to solve both problems by taking out a large insurance policy on his wife, with himself as the beneficiary, and then arranging to have her killed.

A 'friend of a friend' put him in touch with a nefarious, dark-side underworld figure who went by the name of 'Artie.' Artie explained to the husband that his going price for snuffing out of a spouse was \$10,000.

The husband said he was willing to pay that amount but that he would not have any cash on hand until he could collect his wife's insurance money. Artie insisted on being paid at least something up front, so the man opened his wallet, displaying the single dollar coin that rested inside.

Artie sighed, rolled his eyes and reluctantly agreed to accept the dollar as down payment for the dirty deed.

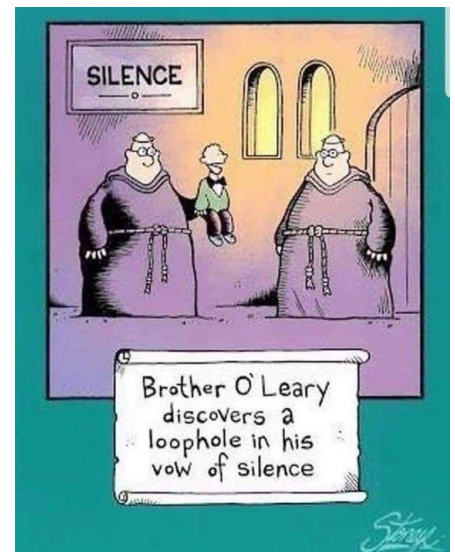
A few days later, Artie followed the man's wife to the local Costco Warehouse. There, he surprised her in the produce department and proceeded to strangle her with his gloved hands. As the poor unsuspecting woman drew her last breath and slumped to the floor, the manager of the produce department stumbled unexpectedly onto the murder scene. Unwilling to leave any living witnesses behind, ol' Artie had no choice but to strangle the produce manager as well.

However, unknown to Artie, the entire proceedings were captured by the hidden security cameras and observed by the shop's security guard, who immediately called the police. Artie was caught and arrested before he could even leave the premises

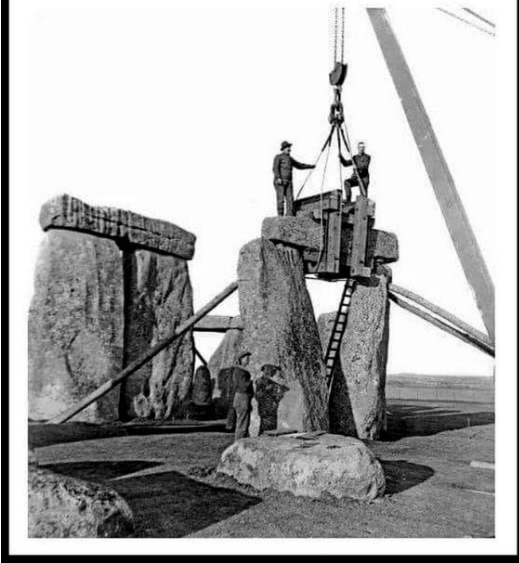
Under intense questioning at the police station, Artie revealed the whole sordid plan, including his unusual financial arrangements with the hapless husband who was also quickly arrested.

The next day in the newspaper, the headline declared.
(You're going to hate me for this...)

"ARTIE CHOKES 2 for \$1.00 @ Costco"



Busy night at Stonehenge as they move the stones back one hour...



Whenever I doubt myself as a parent, I whip out this picture of a 6 yr. old coal miner smoking a pipe in 1910.



Revenge!

A very shy guy goes into a bar and sees a beautiful woman sitting at the bar. After an hour of gathering up his courage he finally goes over to her and asks, tentatively, "Um, would you mind if I chatted with you for a while?"

She responds by yelling, at the top of her lungs, "No, I won't sleep with you tonight!" Everyone in the bar is now staring at them. Naturally, the guy is hopelessly and completely embarrassed and he slinks back to his table.

After a few minutes, the woman walks over to him and apologizes. She smiles at him and says, "I'm sorry if I embarrassed you. You see, I'm a graduate student in psychology and I'm studying how people respond to embarrassing situations." To which he responds, at the top of his lungs, "What do you mean \$200?"



"And, if you fall behind on payments, it drives itself back to the dealership."

Staff Movements

Welcome the newbies



Anna Albon
PCA (Trainee)



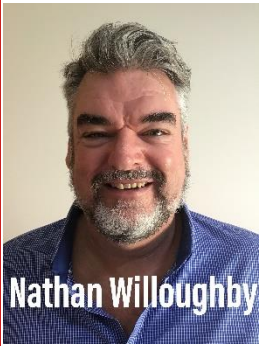
Jess Pryor
PCA (Trainee)



Nicole Butterworth
FSA



Tahlia Williams
PCA



Nathan Willoughby
Senior Management Team

Look whose leaving – Sorry to see you go.



Marg Daw
Executive Manager
Clinical Care



Adrian Daw
Volunteer Coordinator



Fiona Karman
CITH



Ian Karman
Gardener



Wendy Delaney
HWB

Mays Trivia Quiz by Stewart Coutts

1. Anne Kirkpatrick is the daughter of singer _____
2. The title of Prince Harry's memoir is _____
3. The Death Valley, a very hot place, is in which country? (Abbreviated) _____
4. Which N.S.W town is famous for its Ute muster _____
5. In which Australian Capital is Bellerive Oval situated? _____
6. What is the Scottish word for Lake? _____
7. Who or what killed Cleopatra? (TB, An Asp, A Dog, Nero) _____
8. Anne Hathaway was married to W_____ S_____
- 9 Marco Polo was a native of (Florence, Rome, Venice, Milan) _____
10. Rowan Atkinson played _____ in films/TV series
11. In the TV series what breed of dog was Lassie? _____
12. In the TV show Dawn French was the Vicar of _____
13. Plasma is found in which bodily fluid? _____
14. A caterpillar has (6, 8, 10, 12) true legs _____
15. Red sky at night is a _____
16. What is often referred to as "The sport of Kings"? _____
17. Ice-Hockey originated in (Austria, Canada, Russia, Italy) _____
18. "Come in Spinner", is a term used in a game of _____
19. What is the national drink of Russia? _____
20. A 'Four Poster', is a what type of house-hold object? _____
21. Nestle introduced instant coffee in (1918, 1928, 1938, 1948) _____
22. A _____ weaves thread into cloth

Answers to be found on following page

1. Slim Dusty
2. Spare
3. U.S.A
4. Deniliquin
5. Hobart
6. Loch
7. Asp
8. William Shakespeare
9. Venice
10. Mr Bean
11. Collie
12. Dibley
13. Blood
14. 6
15. Shepherds
16. Horse Racing
17. Canada
18. Two Up
19. Vodka
20. Bed
21. 1938
22. Loom

Bus trip to Tatong-Swanpool

On a most pleasant autumn day Tracey (Pink Team), soon had us bursting into song. In Samaria Road on the right, a pile of rubble on the site of the former Chain/Carpet factory is believed to become a 'gated' "residential estate". Certainly, the recent rains had freshened up the countryside. Supplementary feed had been spread out for the numerous Angus cows, while the newly born calves appeared to be resting. Closer to Tatong, a flock of cockatoos were on the ground feeding. Soon there was the former primary school, and then the Tatong Tavern. We slowed out the front but did not stop. Yes, many of us had been there. Passing the hall on the right, and not going unnoticed on the left, was a home surrounded by an enormous array of clutter. A circuit of the Tatong oval revealed the billboards of former sponsors, and a much used modern

alpacas and was there a kangaroo? Ramping up to Easter the Midland Highway was quite busy. Our Botanic gardens appeared to be in great shape for the tourists over Easter, while the lake was motionless. Getting off the bus appeared to be front and center of mind while others personally thanked Chris.

Written by Stewart Coutts

WELCOME

We welcome all people visiting for respite, who are having a holiday with us during the month of May, 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 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, Lu, Karen, Lauren, Tracey, Daniella, and all our wonderful Volunteers.

