



November Newsletter 2021

Hello everyone for the month of November. I have just returned from a couple of weeks off at home, which was quite refreshing, even though I spent those two weeks painting walls inside our house, I felt relieved, I had ticked off a couple of those jobs we all have on our to do list. Coming back to work at Cooinda, I found a few more changes had been implemented on our daily work process, which isn't unusual these days as constant change is something we have become used to in our everyday lives, in the past 20 months, but in saying that I want to give out a huge thank you to our Pink team who dealt with all those changes magnificently while I was away. Well done everyone from the Health and Wellbeing team, I couldn't ask for a better team. So, on that note, what exciting news can we bring you this month? We have our Melbourne Cup Day at the start of the month, with a cup sweep thrown in for everyone to enjoy. A few days later, we have our Oaks Day "fashions on the field", so all our ladies Glam up a little bit, showcase their hats and Jewellery, whilst the men can dust off their best suits and enjoy the fun and laughter of the day.

November also brings us Remembrance day which we will celebrate on the 11th out in the quadrangle. The RSL have dropped off a box of badges and assorted extras for Remembrance day for everyone to purchase, just talk to one of the pink girls or front office if you want to have a look.

It's that time of the year as well when we start to practice for our Christmas skits, which we have scheduled on our program, so get your thinking caps on for the 4th November when we will have a special meeting in regards to how we are going to perform our skits and what great ideas you will all come up with.

Congratulations go to all our wonderful residents who placed their entries into this year's Benalla Agricultural Virtual Show. We managed to bring home 3 x 1st prizes, 5 x 2nd Prizes and 2 x 3rd Prizes. Lastly we will be celebrating a very special birthday with Jean Fuleky who turns 100 this month on the 7th. We will hold a morning tea for Jean on the day before her birthday in the AGW activity room to help her celebrate this special event in her life.

Enjoy the spring weather and all the activities for the month and remember smile and have a laugh a day to help keep the doctor away.

Debra McCabe
Health & Wellbeing Coordinator



Up Coming Events

Melbourne Cup Public Holiday Due to Tuesday being a Public Holiday we will be holding Melbourne cup celebrations on Monday 1st November at 2pm in the AGW Activity room. Cup sweep and an assortment of Racing Activities with lots of prizes can be had on the day. See Activity staff if you would like to be in one of the sweeps; we are running a \$5.00, \$2.00 and \$1.00 sweep and horses will be drawn on our activity afternoon of the 1st.

Oaks Day A special afternoon of “Fashions on the Field” and afternoon tea and activities will be held in the AGW activity room on Thursday 4th at 2pm.

100th Birthday Celebrations Celebrate Jean Fuleky’s 100th birthday with us on Friday 6th for a morning tea at 10.30am in the AGW Activity Room.

Remembrance Day This special day will be celebrated with the flag ceremony on Thursday 11th November at 11am at the Rec Room Quadrangle. The RSL have left a box of badges for purchase at the front office. Please feel free to ask the Pink team to help out in obtaining these badges.



Xmas Skits We will have a special meeting of residents with the pink team on Thursday 4th, at 10.30am in the LW activity room, to discuss upcoming Christmas skits Rehearsals. We have scheduled into the program ongoing meetings for the rehearsals, which we hope residents come and enjoy all the fun and laughter.

Monthly Birthday Party to be held Tuesday 23rd November at 2pm in the AGW Activity room.

Large Print Calendar

REMINDER Vision Australia Calendars for 2022

Last call for anyone wanting to purchase a large print calendar. Please see front office, as we will be placing orders very soon.

Achievers Club

Thank you to all who cooked and purchased goodies from our stall, your support is greatly appreciated.

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, 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 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 newest 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 rejoin 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 November



Monthly Birthday Party will be on Tuesday 23rd at 2pm in AGW Activity Room

Caulfield Cup Sweep Winners

1st Prize winners: \$1.00 Sweep – Norm Linehan
\$2.00 Sweep – Bev Carter and Beryl Stapleton
\$5.00 Sweep - Elaine Watson

2nd Prize Winners: \$1.00 Sweep – Betty O'Donnell
\$2.00 Sweep - Spike Jones and Jean & Les Walker
\$5.00 Sweep - Doreen Hillier

3rd Prize Winners \$1.00 Sweep - Marj Geeson
\$2.00 Sweep - Bev Carter and Marg Elliot
\$5.00 Sweep - Les Bain

Well done to all our winners for the Caulfield Cup Day Sweep

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 Cooida Reception, at each entrance to all areas, the Health & Wellbeing Office and on the Cooida website. 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.

PLEASE Help Our Wool Winders

Once again we are looking for woolen jumpers; if you are having a clean out before spring and have any hand knitted woolen jumpers that you no longer require, our group would be happy to receive them as it would help keep our wool winding activity going here at Cooida. Please drop any unwanted items into reception or to activity staff.

Debs Jokes

Praying does it

A priest dies and is waiting in line at the Pearly Gates. Ahead of him is a guy who's dressed in sunglasses, a loud shirt, leather jacket, and jeans. Saint Peter addresses this cool guy, "Who are you, so that I may know whether or not to admit you to the Kingdom of Heaven?"

The guy replies, "I'm Jack, retired airline pilot from Houston." Saint Peter consults his list. He smiles and says to the pilot, "Take this silken robe and golden staff and enter the Kingdom." "The pilot goes into Heaven with his robe and staff.

Next, it's the priest's turn. He stands erect and booms out, "I am Father Bob, pastor of Saint Mary's for the last 43 years." Saint Peter consults his list. He says to the priest, "Take this cotton robe and wooden staff and enter the Kingdom." "Just a minute," says the good father. "That man was a pilot and he gets a silken robe and golden staff and I get only cotton and wood. How can this be?"

"Up here – we go by results," says Saint Peter.

"When you preached – people slept. When he flew, people prayed."

Who's father is it

Elsa, a 97-year-old midwife, finally passed away after a long and happy life. When she arrived at the Pearly Gates, St Peter was standing there waiting for her.

He said, "Welcome, Elsa. Do you have a last wish before you enter paradise?"

"I do," Elsa replied

"I would like to return to Earth for a few minutes and for once in my life witness a birth where the father is the one who has to endure the pain of having a baby."

StPeter thought this was a reasonable request, so Elsa was sent back to Earth for a short while.

She found herself standing in the home of a woman who was just having a baby. While giving birth, the mother seemed to be in no pain whatsoever.

The midwife was curious to see how her husband was doing, but was surprised to see him calmly sitting on a chair by an open window, smoking his pipe.

"How are you feeling? Aren't you in pain?" the midwife asked him.

"Oh no, I'm feeling great," the husband replied

"But I think we have to call for an ambulance. Our neighbor John is lying out there on the lawn screaming his head off!"

Keep the Curtains

After 37 years of marriage. Jake dumped his wife for his young secretary. His new girlfriend demanded that they live in Jake and Edith's multimillion dollar home. Since the man's lawyers were a little better, he prevailed.

He gave Edith, his now ex-wife, just 3 days to move out.

She spent the 1st day packing her belongings into boxes crates and suitcases.

On the 2nd day, she had the movers come and collect her things.

On the 3rd day, she sat down for the last time at their beautiful dining room table with candlelight, put on some soft background music and feasted on a pound of shrimp, a jar of caviar and a bottle of Chardonnay.

When she had finished, she went into each and every room and stuffed half-eaten shrimp shells dipped in caviar into the hollow of all of the curtain rods. She then cleaned up the kitchen and left.

When the husband returned with his new girlfriend, all was bliss for the first few days. Then slowly the house began to smell. They tried everything – cleaning, mopping and airing the place out.

Vents were checked for dead rodents and carpets were cleaned. Air fresheners were hung everywhere.

Exterminators were brought in to set off gas canisters during which they had to move out for a few days. In the end, they even replaced the expensive wool carpeting. NOTHING WORKED.

People stopped coming over to visit. Repairman refused to work in the house. The Maid quit. Finally, they could not take the stench any longer and decided to move.

A month later, even though they had cut their price in half they could not find a buyer for their stinky house.

Word got out and eventually even the local realtors refused to return their calls. Finally, they had to borrow a huge sum of money from the bank to purchase a new place.

The ex-wife called the man and asked how things were going. He told her the saga of the rotting house. She listened politely and said that she missed her old home terribly and would be willing to reduce her divorce settlement in exchange for getting the house back.

Knowing his ex-wife had no idea how bad the smell was, he agreed on a price that was about 1/10th of what the house had been worth, but only if she were to sign the papers that very day. She agreed and within the hour his lawyers delivered the paperwork.

A week later the man and his girlfriend stood smiling as they watched the moving company pack everything to take to their new home.

Including the curtain rods...

SPIKE

Wanda's dishwasher quit working so she called in a repairman.

Since she had to go to work the next day, she told the repairman, "I'll leave the key under the mat. Fix the dishwasher, leave the bill on the counter, and I'll mail you a cheque.

"Oh, by the way don't worry about my dog Spike. He won't bother you. But, whatever you do, do NOT, under ANY circumstances, talk to my parrot!

"I MUST STRESS TO YOU: DO NOT TALK TO MY PARROT!!!"

When the repairman arrived at Wanda's apartment the following day, he discovered the biggest, meanest looking dog he has ever seen.

But, just as she had said, the dog just lay there on the carpet watching the repairman go about his work.

The parrot, however, drove him nuts the whole time with his incessant yelling, cursing and name calling.

Finally, the repairman couldn't contain himself any longer and yelled, "Shut up, you stupid, ugly bird!"

To which the parrot replied, "Get him Spike!"

See – Men just don't listen!



**Did you know on
the Canary
Islands there is
not one canary?
And on the
Virgin Isles?
Same thing - not
one canary there
either!**

Congratulations to all our winners at this year's Benalla Virtual Show 2021

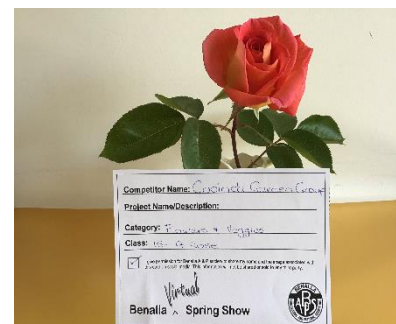
3 x 1st Prizes



5 x 2nd Prizes



2 x 3rd Prizes



Remembrance Day Word Search

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

Liberty
Patriot
Battle
Ceremony
Veterans

Freedom
Remember
Victory
Eleventh
Soldiers

Heroes
Peace
Flanders
History
Sacrifice

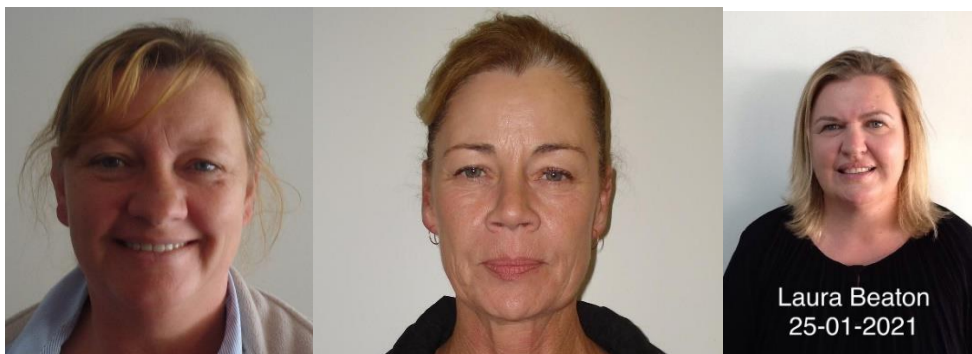
Poppy
Memorial
Bugle
Armistice
Silence

Staff Movements

Meet our Newbies



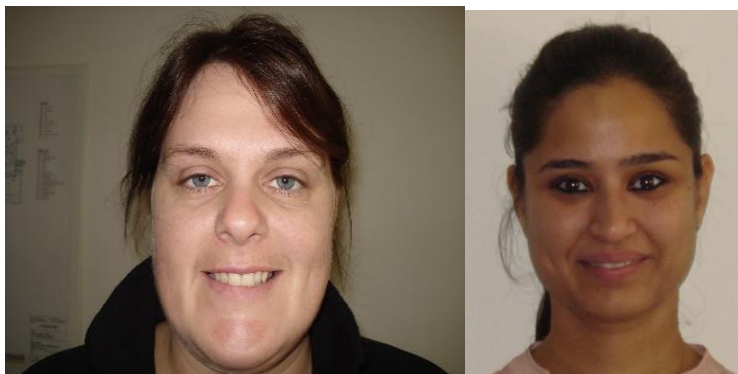
Say Goodbye to



Nina Morrison

Pam Hurley

Laura Beaton



Chrissy Murray

Sheenham Goyle



Sadly, we say goodbye to Betty O'Donnell who passed away during the month of October. 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 October, 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!

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.

