



## **October's Newsletter 2021**

Football season has sadly come to an end with the mighty “Demons” coming out on top. Well done to all 48 residents who participated in the Footy Tipping group for 2021. We were so blessed on the day, we were to have our footy tipping presentation afternoon with the opening of the internal doors to all areas, which meant everyone could come to our special footy afternoon. I must admit I did a lot of praying the night before. I have outlined our winners further on in this Newsletter for everyone's perusal.

The advent of Daylight Savings is upon us, when we all put our clocks forward 1 hour at **2am on Sunday 3rd October, so remember to put your clocks forward 1 hour before going to bed on Saturday night.**

October is moving into our warmer days, with more outdoor activities on our program including gardening, men's shed, scrap art and working bee days. We will also be more active with outdoor bowls, golf and other outdoor programs. Even just sitting out in the sunshine catching a few rays of 'Vitamin D', has brought most of us outside.

The Seniors Festival is upon us once more with lots of changes to its viewing due to COVID restrictions. Virtual entertainers come with their own interesting life stories and musical repertoires, which you will find fascinating, so watch out on our program for this special event.

The Odd Sock Day is brought about to remind people that it's good to stand out. By expressing oneself without fear of judgment reaffirms the idea that being who you are is more than enough. If we can appreciate someone else's odd socks, we can also appreciate each individual's differences.

The Caulfield Cup Sweep will be in the program as well as the upcoming Melbourne Cup Sweep later in the month. As you can see there is loads of activities on the program for the month of October, so enjoy and always try to have a laugh a day to help keep the doctor away.

Debra McCabe  
Health & Wellbeing Coordinator





# Up Coming Events



**Daylight savings begins Sunday 3rd October at 2pm. Please turn clocks forward 1 hour.**



## **Mental Moments Show**

The upcoming Mental Moments Show starts on Friday 1<sup>st</sup> October and showcases the importance of mental health in aged care. Throughout the month of October, each show will recognise the valuable work aged care workers do to improve the lives of older people in their care and will include a variety of performances and entertainment from ★ Kamahl ★ Normie Rowe and many more people you will recognise.

**Pink Ribbon Day** as part of the annual Breast Cancer Awareness Month, Pink Ribbon Day, which will be on **Wednesday 20th October** this year, it aims to raise awareness about breast and gynaecological cancers, as well as raise funds for prevention programs, support services and vital cancer research. **Join us today by wearing pink**



## **The Spring Racing Carnival Caulfield Cup** Saturday 16th October.

If you are interested in participating in one of our sweeps, please see activity staff. Money must be paid when you put your name down.

We have \$1.00, \$2.00 and \$5.00 Sweeps available.

Sweeps drawn on Friday the 15th at 2pm in AGW Activity Room. Race will be televised Saturday 16<sup>th</sup>.

**Seniors Festival** This year our Seniors Festival has a whole new look, with it showcasing all entertainment via a televised virtual screening. So we thought we would try out some Virtual Entertainment on October 6th at 2pm in the AGW Activity room.

**Monthly Birthday party** will be held on Tuesday 26<sup>th</sup> October at 2pm in the AGW Activity room. Entertainment will be with Don Dunnachie.

**Upcoming Melbourne Cup** Not to be forgotten the upcoming Melbourne cup celebrations will be held on the first Tuesday in November on the 2<sup>nd</sup>, so we will be planning for a special day of fashions on the field and a sweep with an assortment of activities



# Monthly Noticeboard

## **Resident Visitors to Room**

Regular updates are sent to all your loved ones to let them know what the latest directives are from the Health Department and when and how visiting will be conducted in the forthcoming months.

## **Kiosk/Library Trolley**

Once again we have adapted our kiosk to ever changing times with a portable trolley 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 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 the Cooinda Achievers.

## **Hairdresser**

We are very pleased our Hairdressing Salon continues to run with newest hair dresser Deb McGuffie. Donna Ward will be able to rejoin our team when government directives permit her to enter Cooinda.

## **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 October

Monthly Birthday Party will be on Tuesday 26<sup>th</sup> at 2pm in the AGW Activity  
Room

### Continuous Improvement

Residents, families and friends are reminded that there are a number of avenues available for you to express your compliments, suggestions and complaints. The pink and blue feedback forms are available at Coinda's reception and at each entrance to all areas as well as the 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.

### 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 Coinda. Please drop any unwanted items into reception or to activity staff.



Well done to all our Footy Tipping members. There of course can be only one winner and that went to Bonnie Jones closely followed by Les Bain, and then Spike Jones and Marjorie Geeson, with Phyllis Cooke coming in fourth. We had a lot of prizes going out to our members, who all had a great d ay celebrating the “Demons” win.



Meet the newest addition of the cleaner's team, "Hetty" the pink vacuum cleaner, having a buddy shift with her mates Henry and George. Pictured with Trish and Lynn - who tell us there is also a green coloured vacuum which could be an added addition if needed.



# Deb's Jokes

## The Survey

A worldwide survey was conducted by the UN. The only question asked was: "Would you please give your honest opinion about solutions to the food shortage in the rest of the world?" The survey was a huge failure. In Africa they didn't know what "food" meant. In Eastern Europe they didn't know what "honest" meant. In Western Europe they didn't know what "shortage" meant. In China they didn't know what "opinion" meant. In the Middle East they didn't know what "solution" meant. In South America they didn't know what "please" meant. And in the USA they didn't know what "the rest of the world" meant.

## Two Irishmen

So two Irishmen are traveling to Australia. Before they leave home, one of their dads gives them both a bit of advice: "You watch them Aussie cab drivers. They'll rob you blind. Don't you go paying them what they ask. You haggle." At the Sydney airport, the Irishmen catch a cab to their hotel. When they reach their destination, the cabbie says, "That'll be twenty dollars, lads." "Oh no you don't! My dad warned me about you. You'll only be getting fifteen dollars from me," says one of the men. "And you'll only be getting fifteen from me too," adds the other.

## Israel

A Jewish businessman in America decided to send his son to Israel to absorb some of the culture of the homeland. When the son returned, the father asked him to tell him about his trip.

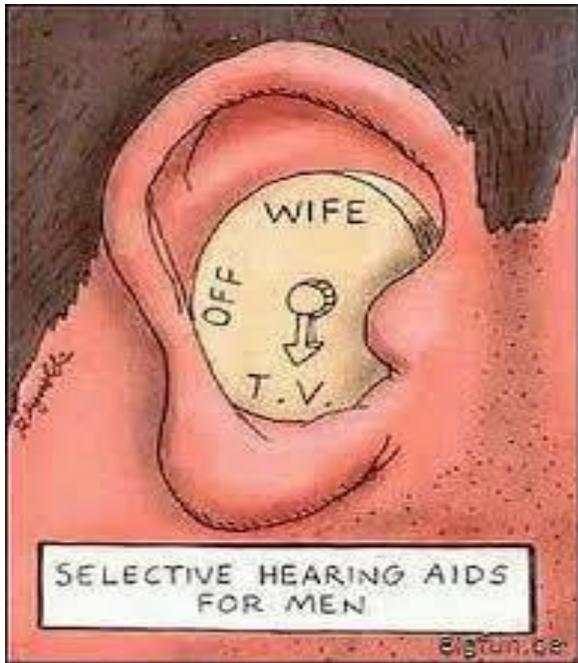
The son said, "Pop, I had a great time in Israel. By the way, I converted to Christianity." "Oy vey," said the father. "What have I done?"

He decided to go ask his friend Jacob what to do. Jacob said, "Funny you should ask. I too sent my son to Israel, and he also came back a Christian. Perhaps we should go see the rabbi and ask him what we should do."

So they went to see the Rabbi. The Rabbi said, "Funny you should ask. I too sent my son to Israel. He also came back a Christian. What is happening to our young people? Perhaps we should go talk to God and ask him what to do."

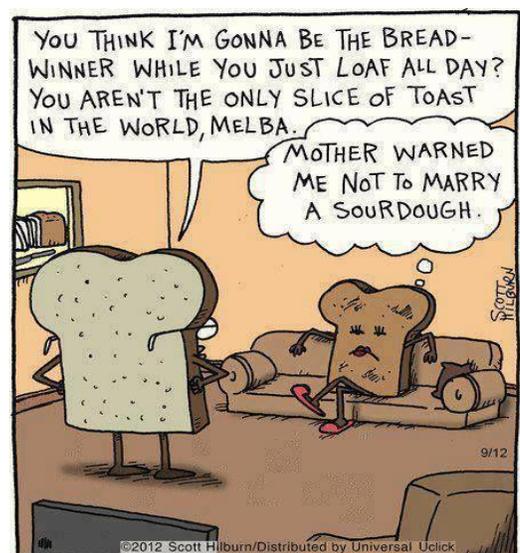
The three of them prayed and explained what had happened to their sons and asked God what to do. Suddenly a voice came loud and clear from Heaven.

The Voice said, "funny you should ask, I too sent my son to Israel..."



### Caramel

Two older gentlemen, Fred and Sam, went to see a movie. Merely minutes into the movie, Sam heard Fred rustling around. It appeared that he was reaching under all of the seats. “What on earth are you doing, Fred?” asked Sam. Fred indignantly responded, “I had a caramel in my mouth and it dropped out. I’m trying to find it!” Annoyed, Sam told him not to worry about it — they could get him another caramel later since that one was ruined by now. “But I’ve got to,” said Fred, exasperated. “My teeth are in it!”





Sadly, we say goodbye to Nancie Mobbs, Irma Grosser, Alf Tharrett, and Keith Wilson who passed away during the month of September. We have set up several memorial photo areas around Cooinda 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 Cooinda 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 Health and Wellbeing Team Debra, Val, Lu, Karen, Maree, Lauren, all our wonderful Volunteers.



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