



September Newsletter 2020

Welcome Spring

Yay! Spring has sprung. We have blossom on our trees and flowers beginning to bloom with wonderful perfumes filling the air and overall just a good feel around us. We can finally see the back of winter and get on with some outdoor activities. We are at the start of a very busy season, with the beginning of a new gardening project in the Ledger Wing/Samaria House garden with the resurrection of an old planter stand. There will be a whole lot of pot planting going on this month. Val also has her Scrap Art group, busy making creative, and very imaginative objects, which will one day have a place in our garden. Our Men's group are also putting in a sterling job with finding projects of broken and dilapidated objects to fix, mend, paint and bring back to life. These projects have already been showcased on Cooinda's Facebook page.

You will be able to see Karen's Cooinda Crafter group's artistic flair everywhere, from the front fence "Yarn Bombing", to bill boards showcasing Father's Day, right through to Cooinda walls with beautiful paper flowers.

Due to the Covid-19, our Spiritual programs have been changed to fit in with all the community restrictions. Maree has been able to upload weekly Religious Mass Sessions, which are viewed on our large screen in Ledger Wing and Alice Golding Wing. We have also been very fortunate in having another Staff member, "Jo", who is trained to perform weekly Friday Community Church sessions, and to finish off the week we have our very own Marg Daw who comes in on most Sundays to do a 1:1 Mass with Residents.

Maree also has incorporated her wealth of experience with dogs into our Pet Therapy program, but once again with Covid-19 we have had to downsize the program. This hasn't daunted Maree, who has now encouraged everyone to sew and make animal pouches for Animal Rescue programs. Not to be forgotten the Tree of Life begun by Lu, is an ever evolving project with all staff and residents having in input and changing the tree continually, for the circle of life never ends.

Finally, I would like to say very warm welcome to our latest Pink Staff Member "Joyce Clarke", who has joined our team in the last couple of weeks. I hope everyone will say hi and welcome Joyce to Cooinda. Enjoy the beginning of Spring and have a laugh at least once a day, because laughter brings out the best in all of us and helps to "keep the doctor away".

Debra McCabe
Health & Wellbeing Coordinator



UPCOMING EVENTS



Legacy Week

Monday 30th August – Sunday 5th September

Wear a Tie Day in celebration of upcoming Father's Day. Come and join in with the wearing of a tie for a great day of fun.

Fathers Day celebrated on Sunday 6th.

Crazy Hair Day will be held on Friday 18th. This is what it is, a crazy hair day, with Staff and residents having a mad, crazy day just because we can.

Monthly Birthday Party to be held on Monday 21st September in all areas. We celebrate all our monthly birthday participants in party mode.

Spring Tea Party Thursday 24th. This is the perfect time to have a party to celebrate Spring, with a special afternoon Tea.

International Day Of the Older Person 1st October

The International Day of Older Persons is an opportunity to highlight the important contributions that older people make to society and raise awareness of the issues and challenges of ageing in today's world

Christmas Celebration Ideas

Many of you will remember our Christmas party last year where various staff and residents provide the entertainment and fun.

Residents could you please put your thinking caps on and the Pink Team will organise a meeting soon to chat about your thoughts and ideas for this year's party.



Monthly Noticeboard

Footy Tipping

As most of you all know, AFL Football has changed dramatically. This year will see the finals in October and at this stage we are still unsure where the finals will be held, but we will still have our footy tipping with volunteer Bev every Monday afternoon without fail.

Kiosk Trolley/Library

We have adapted our kiosk to change with the times – we have a portable trolley which is taken around to every resident weekly, laden with delectable goodies and handy bits and pieces for their personal use. We have also incorporated a weekly Library Trolley for residents enjoyment.

Resident Shopping

Weekly shopping orders are taken for residents at the local Woolworths Supermarket by the Pink Team and shopping is done every Thursday morning and quarantined 24 hours then distributed every Friday morning.

Spiritual

Morning Mass is available to all Residents every Wednesday morning with Marie from the Pink Team.

Community Church is held every Friday Morning with Jo.

Community Mass is also held as a 1.1 most Sundays with Marg Daws

There is also Spiritual/ Meditation sessions throughout our monthly program.

Sunday TV programs are also selected for Church services to be shown throughout the day.

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.

August Trading Table raised \$200.00

Hair dresser

Terri McHugh will be available throughout September. Please see Pink Team to help put you on Terri's Booking Sheet.





Happy Birthday to our Residents
having a birthday in September

Monthly Birthday Party will be on Monday 21st in all areas at 2pm

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 Coindas Reception and at each entrance to all areas as well as Health & Wellbeing Office. You can also submit a compliment or complaint via our 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.

Thank you!

Time To Shine

This month we would like to put the spotlight on our dedicated Laundry Team Wendy and Val. The team now have a brand new look, with a change of shirt colour, from Teal to Plum. To fully appreciate how hard these girls work, you would need to have a day in their shoes. Not only do you need to be a psychic when the case of the missing sock happens, but you would need the patience of a saint to deal with all the questions thrown at them on a daily basis, so I hope when you see this plum team, you say a huge thank you to them for their service and happy smiles. We also have a picture of Laura with the bright new edition, a teal coloured shirt, now worn by all Endorsed Enrolled Nurses'



Debs Jokes



The Death Of Black Magic

An old man and woman were married for years even though they hated each other. When they had a confrontation, screams and yelling could be heard deep into the night. A constant statement was heard by the neighbours who feared the man the most. "When I die I will dig my way up and out of the grave to come back and haunt you for the rest of your life!"

They believed he practised black magic and was responsible for missing cats and dogs, and strange sounds at all hours. He was feared and enjoyed the respect it garnished.

He died abruptly under strange circumstances and the funeral had a closed casket. After the burial, the wife went straight to the local bar and began to party as if there was no tomorrow. The gaiety of her actions were becoming extreme while her neighbours approached in a group to ask these questions: Are you not afraid? Concerned? Worried? that this man who practised black magic and stated when he died he would dig his way up and out of the grave to come back and haunt you for the rest of your life?

The wife put down her drink and said..."let the old bugger dig. I had him buried upside down

Assassin Test

The CIA had an opening for an assassin. After all the background checks, interviews and testing were done, there were three finalists: two men and a woman. For the final test, the CIA agents took one of the men to a large metal door and handed him a gun. "We must know that you will follow your instructions no matter what the circumstances. Inside the room you will find your wife sitting in a chair... kill her!"

The man said "You can't be serious. I could never shoot my wife." The agent said, "Then you are not the right man for this job. Take your wife and go home."

The second man was given the same instructions. He took the gun and went into the room. All was quiet for about five minutes. The man came out with tears in his eyes, "I tried, but I can't kill my wife." The agent said, "You don't have what it takes, so take your wife and go home."

Finally, it was the woman's turn. She was given the same instructions... to kill her husband. She took the gun and went into the room. Shots were heard, one after another. They heard screaming, crashing, and banging on the walls. After a few minutes, all was quiet.

The door opened slowly
and there stood the woman, wiping sweat from her brow.
"This gun is loaded with blanks," she said. "I had to kill him
with the chair



The Wedding Test

I was a very happy man. My wonderful girlfriend and I had been dating for over a year so we decided to get married. There was only one little thing bothering me .It was her beautiful younger sister, Sofia.

My prospective sister-in-law was twenty-two, wore very tight mini-skirts, and generally was Bra-less.

She would regularly bend down when she was near me. I always got more than a nice view. It had to be deliberate she never did it around anyone else.

One day she called me and asked me to come over. 'To check my Sister's wedding- invitations' she said.

She was alone when I arrived, she whispered to me that she had feelings and desires for me and she couldn't overcome them anymore. She told me that she wanted me just once before I got married. She said "Before you commit your life to my sister". Well, I was in total shock, and I couldn't say a word. She said, "I'm going upstairs to my bedroom" she said. "If you want one last wild fling, just come up and have me". I was stunned and frozen in shock as I watched her go up the stairs. I stood there for a moment, then turned and made a bee-line straight to the front door. I opened the door, and headed straight towards my car.

Lo and behold, my entire future family was standing outside, all clapping!

With tears in his eyes, my father-in-law hugged me. He said, 'My Son, we are very happy that you have passed our little test. We couldn't ask for a better man for our daughter.

Welcome to the family my son.'

And the moral of this story is:

Always keep your condoms in your car.



Dad

I took my dad to the mall the other day to buy some new shoes (he is 92). We decided to grab a bite at the food court. I noticed he was watching a teenager sitting next to him. The teenager had spiked hair in all different colours: green, red, orange, and blue. My dad kept staring at him. The teenager would look and find him staring every time. When the teenager had had enough, he sarcastically asked, 'What's the matter old man, never done anything wild in your life? Knowing my Dad, I quickly swallowed my

food so that I would not choke on his response, knowing he would have a good one, and in classic style he did not bat an eye in his response. "Got drunk once, and had sex with a peacock. I was just wondering if you were my son."



Glory Of Ireland

An Englishman, a Scotsman, a Welshman and Paddy the Irishman were flying together in an airliner. The captain announced that due to the failure of one of the engines they were rapidly losing altitude and that one of them would have to jump out to save the others. "I do this for the glory of Scotland!" said the Scot and he jumped out. "We need to lose more weight," cried the captain, so the Welshman shouted as he jumped, "I do this for the glory of Wales!" "Sorry," said the captain. "I'm afraid we need to lose more weight." "I do this for the glory of Ireland!" said Paddy the Irishman as he threw the Englishman from the plane.



IRISH GHOST STORY

This story happened a while ago in Dublin, and even though it sounds like an Alfred Hitchcock tale, it's true.

John Bradford, a Dublin University student, was on the side of the road hitchhiking on a very dark night and in the midst of a big storm.

The night was rolling on and no car went by. The storm was so strong he could hardly see a few feet ahead of him.

Suddenly, he saw a car slowly coming towards him and stopped.

John, desperate for shelter and without thinking about it, got into the car and closed the door.... Only to realise there was nobody behind the wheel and the engine wasn't on.

The car started moving slowly..... John looked at the road ahead and saw a curve approaching. Scared, he started to pray, begging for his life. Then, just before the car hit the curve, a hand appeared out of nowhere through the window, and turned the wheel. John, paralysed with terror, watched as the hand came through the window, but never touched or harmed him.

Shortly thereafter, John saw the lights of a pub appear down the road, so, gathering strength; he jumped out of the car and ran to it. Wet and out of breath, he rushed inside and started telling everybody about the horrible experience he had just had. A silence enveloped the pub when everybody realised he was crying..... And he wasn't drunk.

Suddenly, the door opened, and two other people walked in from the dark and stormy night. They, like John, were also soaked and out of breath. Looking around, and seeing John Bradford sobbing at the bar, one said to the other.....

Look Paddy....there's that idiot that got in the car while we were pushing it!!!!'

Mexican Bandit

The story is told of a Mexican bandit who robbed a Texas bank of \$250,000 and escaped across the river. A month went by and the bandit thought he was safe. He was celebrating his good fortune at a local cantina, when a Texas Ranger walked up and dragged him out into the dusty street. After he realized he had a communication problem, the ranger poked his head back into the bar: "Anybody here speak English?" he shouted.

"I do, senor" came the reply.

Then commere" the ranger ordered. The conversation between ranger, translator and bandit started. "Did he rob the bank?" "He did." "Does he still have the \$250,000?" "Yes," again. Then the ranger pulled out his Colt .45, held the barrel of the gun to the bandit's head and cocked the trigger. "Make sure he understands this next question real good." the ranger told the translator. "WHERE'S THE MONEY?"

In Spanish the frightened bandit blurted out that the money was hidden in a waterproof bag at the bottom of the well in the town plaza. The translator looked up at the ranger: "He says he is not afraid to die, Gringo!"



Tonto and the Lone Ranger

The Lone Ranger and Tonto walked into a bar one day and sat down to drink a beer. After a few minutes, a big tall cowboy walked in and said, "Who owns the big white horse outside?" The Lone Ranger stood up, hitched his gun belt and said "I do. Why?"

The cowboy looked at the Lone Ranger and said, "I just thought you would like to know that your horse is just about dead outside

The Lone Ranger and Tonto rushed outside and sure enough, Silver was about dead from heat exhaustion. The Lone Ranger got him some water and made him drink it. Soon Silver was starting to feel better. The Lone Ranger turned to Tonto and said, "Tonto, I want you to run around Silver and see if you can create enough of a breeze to make him start to feel better."

Tonto said, "Sure, Kemosabe", and took off running circles around Silver. Not able to do anything but wait, the Lone Ranger returned to the bar to finish his drink. A few minutes later, another cowboy struts into the bar and announces, "Who owns that big white horse outside?"

The Lone Ranger stands again and claims, "I do. What is wrong with him this time?"

The cowboy says to him, "Nothin' much, I just wanted you to know....you left your Injun running.





Spring

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

BUDS
DAFFODILS
FLOWERS
GRASS
RAIN

RAINBOW
SEEDS
SPRING
TULIPS
UMBRELLA

Cooinda Staff Movements August 2020

Say Hello to our newbies



Susan Cagas
PCA



Maninderpal Kaur
PCA



Lily Thomson
PCA



Erin Woodhams
Reception/ Administration



Joyce Clarke
H & WB Assistant



Alanna Burnell
HR Administrator



We say Goodbye to



Helen Cross
H & WB Assistant



Mandy Anderson
Assistant Catering Supervisor



Angela Dekleuver
PCA / Cooinda in the Home



Donna Mayes
PCA



Sadly, we say goodbye to Nell Gibbs, Michael Downey, Gertrud Ilhe, Jack Hanrahan and Betty Hollian, who passed away during the month of August. We have set up several memorial photo areas around Cooina 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 would like to welcome anyone visiting for respite and having a holiday with us. We hope you enjoy your stay and we look forward to seeing you around the village.

We hope you enjoy your activities for September

Keep on smiling
Health and Wellbeing Team
Debra, Lu, Val, Maree,
Karen, Joyce, Michelle
& all our wonderful volunteers

