

June 2023

Village Voice



Cooinda

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June Wed 14th

August Wed 9th

October Wed 11th

December Wed 13th

***Please note: all large bulky
items to go in hard waste,
small items to go in red
bin.***

*Editorial content
submitted by Independent
Living contributors*

*Reports submitted by
Cooinda*

Hub Report

Dear ILU Residents and Friends,

Welcome to June – it looks like winter has set in quite early with a good covering of snow – just in time for the opening of the ski season! The “snow bunnies” will be happy! In the meantime we down here must rug up and stay warm.

I don’t think that any of our new residents have moved in yet – alterations still being undertaken in their units.

I am not aware of anyone on the sick list but if there are, we wish you a speedy return to better health.

Don’t forget the Country Concert being put on by international singer Wayne Horsborough on 14th June. This will be a fun night so dress up in country gear and enjoy yourselves. Take note of the information about the evening in our Chit Chat pages and on the calendar.

Our next dinner in on Wednesday 21st June and the menu will be – Apricot chicken and Fried Rice OR Shepherd’s Pie with vegetables. Sweets, Apple Crumble with custard and cream.

Happy Birthday to everyone in the Village celebrating their birthday during the month of June, another year down and something to be proud of.

Here's a bit of history for your interest. I think it was on 7th June 1941, our family home, built of concrete bricks (made by my father), was raised to the ground by a whirl wind.

The house was only about 10 years old and the bricks were big old squares and weighed around 50 pounds each. Sheets of iron from the roof were found on the Tolmie-Mansfield Road about 16 miles away as the crow flies.

No other damage was suffered in the district – just one of those weird occurrences such as the one which hit only Benalla a little while ago.

Stay Safe and Enjoy Life.

Leo Ginnivan
President Hub Committee.

Cooinda 50 Year Book Sale

In 2019, Cooinda published a historical book on the 50 year history of Cooinda.

From inception in 1964 when community members held a meeting to air an idea of a community home for the elderly folk, the book follows Cooinda's development right through to 2019, commemorating the opening of the Ledger Wing.

Books sell for \$25 ea – to purchase a book, please go to Cooinda's reception on the corner of Central Avenue and Samaria Road.

Well here we go again another month gone and we are half way through the year. Xmas will be upon us in no time. Oh, dear we will have to be thinking about present's soon, I guess.

Our weather seems to have turned wintery already which makes one think of hibernating to get away from it, but remember we must keep some activity up to stay mobile, so keep moving everyone.

Our movie on the first Monday this month (5th) is "My Fair Lady" with Rex Harrison and Audrey Hepburn. So come along and enjoy a good oldie, and of cause afternoon tea afterwards.

Also this month (14th) we have an entertainer coming to the Hub. International Country music singer Wayne Horsburgh with "Love that Country" this is on the 14th June. So come along at 6.15 BYO drinks/nibbles for a 6.30pm start, \$2 entry, Tea/Coffee available. A PRIZE for the best western outfit, Akubra, spurs, whip etc. This should be a good night out for everyone with a great entertainment .

I'm not sure if we all know about the Benalla Library services to Cooina ILU's but (like me) perhaps a lot of newer residents are not aware that they will deliver your Library Books to your home. I have left forms at the Hub to enable you to join the home delivery service and if you are not sure of what you need to do they are quite happy to visit and help us out...A lovely lady visited the Hub this morning (22nd May) signing 3 people up to the home delivery service. At the same time, she dropped us in 3 boxes of large print books which no doubt will enable some of us to keep reading for some time. Do come down and check them out. I have yet to obtain another large book case, but that I am working on.

You can contact the Librarian directly if you would prefer that, her contact details are =

Kay Anderson, Benalla Library 57622069 or email
kay.anderson@benalla.vic.gov.au She works Mon-Tues-Wed.

We have a special Residents Dinner in the making for August (as Annie is away that month) but' sorry can't say anything yet but maybe by the July newsletter a little more info will come, so do keep your eye out for that one everyone. Our June/July resident's dinner will be 15th so book with Eileen before 11th June so do come and enjoy the fun have a chat and laugh together.

We had a good roll up for the May dinner (33) and by all accounts everyone enjoyed the entertainment, on the guitar, Mick from Violet Town, still working on someone for next month, I'd like any ideas please.

Our last Saturday meal was down in numbers (12) but after drying off a couple of ladies (they got caught in the rain) a great night was enjoyed by all.

The bus trip to Whitfield was very much enjoyed by all who were lucky enough to get a seat.

We are having difficulty in getting bus drivers so at time if print am still unsure of this month's bus trip, but keeping fingers crossed.

We, would like to add some peoples "Memories of Times Gone by" to our monthly newsletter. I'm happy to start this month off by adding a memory from my childhood in the late 40's, A tin shed at the back of the house in Albury, there was a copper boiler full of blue water (bluo) for the white sheets) a double cement trough with a wringer in the middle. I would have been around 2yrs of age. Mum gave me a box to stand on to help her wring the sheets, at some stage I stepped to the edge of the box & came down on my two front teeth, lost both and swallowed both so mums told me in later years. Just one memory of my past that I do still remember (at least the hurt) we don't need a name just a memory. You can ring me 0407509132 or Judy 0427433193 or drop a letter in the suggestion box at the hub. Let's bring those old memories back, they were the good old days.

Enjoy the month of June everyone, stay well take care and stay warm, remember the warm weather will be back.

Maxine

PS.. all will be happy to know that I have included the answers to our games this month..

Dear Residents,

I hope you are all keeping rugged up and warm as winter really starts to head our way over the next few months.

I'm pleased to report we've been very busy over the past month with some very positive results.

Our Stage 2 redevelopment building works are running in accordance to our planning and David will keep you up to date with the latest news in is Building and Environment Report in this newsletter.

We've had a couple management staffing changes during May.

We farewelled Marg Daw, our Executive Manager, Clinical Care, who has hung up her nurses shoes for retirement.

Along with Marg's retirement we also farewelled Adrian Daw who has retired from the Volunteer Coordinator role.

We wish both Marg and Adrian all the very best for their retirement.

We also welcomed a couple of new faces to Cooinda ...

Nathan Willoughby who has come onboard as our Chief Operating Officer. He will work along side me on special projects and business development as well as supporting our clinical and hotel services teams.

We also welcome Emma Williamson into the role of Executive Manager, Clinical Care.

Both Nathan and Emma have extensive health care and aged care experience—I'm sure you'll join me in welcoming them to our Cooinda family.

Finally, we continue to enact our COVID safe plan, which at the time of writing has been keeping our residents safe as COVID, flu and gastro circulates our local community.

Warm regards

Alex McKenna, Chief Executive Officer

Stage 2 Building Redevelopment Update

Onsite works of the Stage 2 redevelopment of Rossmore House, Administration and Hostel well under way.

Relocation of services to isolate the building site is complete.

Demolition of Rossmore house has commenced.

Items of note are:

- Reception is now located on the corner of Central Avenue and Samaria Road in what used to be unit 19.
- The town bus service to the bus stop on Kilfeera Road has been suspended due to safety concerns. The closest bus stop is now in Samaria Road at the corner of Barc Lane.
- Heavy demolition will commence soon and residents will experience louder than normal noise associated with this work.

Fire Service Upgrade

This work is now complete with the system fully commissioned and operational.

Letter Boxes

We have received our supply of replacement letter boxes and will begin installation in the coming months.

Empty units

There are currently three vacant units undergoing some minor renovations. All three of these units are now under contract and will be occupied in the coming months.

Maintenance

Reminder to please request or report all maintenance jobs to reception on **5761 3300**. This includes urgent after-hours reporting.

Waste Disposal and Recycling

Reminder that the weekly bin collection is for basic household waste, recycling, and organic waste only.

When placing items in the yellow recycling bin please **do not** put them in plastic bags. Soft plastic **cannot** go in the recycling bins.

PLEASE SEE WASTE SORTING BROCHURE ATTACHED.

Hard Rubbish Collection

Cooinda offers ILU residents a bi-monthly opportunity to dispose of items that are not suitable for the weekly collection.

However, there are things that Cooinda needs to pass the cost of, back to the individuals that require the disposal, these include: mattresses and lounge furniture which now cost \$48 per item. These charges are imposed by Benalla Landfill.

If anyone has bulky waste or unwanted items, these should be put out for hard waste collection on Tuesday afternoon or Wednesday morning of the scheduled pick up. For those that require help with items please contact reception to have maintenance staff assist with removal from your unit.

Scheduled hard waste collection dates for 2023

June	Wednesday 14th
August	Wednesday 9th
October	Wednesday 11th
December	Wednesday 13th

Cooinda Achievers

When thinking of changing over or downsizing of furniture etc. please consider donating unwanted items that may be re sellable to the 'Cooinda Achievers'. This hardworking group of volunteers raises money for Cooinda and would welcome the opportunity to on-sell unwanted residents' items if appropriate.

To contact the group please call reception **5761 3300**.

Smoke Alarms/Air Con Filters/Nurse Call

On June 7th maintenance staff will be entering all units and changing smoke alarm batteries, cleaning air conditioner filters and testing the nurse call. We cannot give times for this so ask that if you won't be home that you leave your nurse call pendant on the kitchen bench.

If any resident has concerns with maintenance staff entering their unit when you are not home, please advise reception.

If we are unable to complete all units on 7/06, we will finish off on 8/06.

Gutter Cleaning

Now the Autumn leaves are finishing we will schedule gutter cleaning around the village.

David Morrow
Executive Manager
Building and Environment

Daniel Whipps
Construction and ILU Administrator

From Ladybird Cottage

Winter Blues

Winter Blues is a general term used to describe the flat mood that many people experience when the day light hours begin to shorten and there is a decreased amount of sunlight.

Seasonal Effective Disorder (SAD) is a medical diagnosis that is also related to reduced sunlight however the symptoms are more severe. Dark Winter Days disrupt the body's internal body clock.

SAD follows a regular pattern year after year and goes away when spring and summer arrive. People with SAD are withdrawn, experience low energy, tend to oversleep and crave comfort foods often resulting in weight gain.

Some tips to beating the Winter Blues are:

- Chase the Sunshine – grab your coat and sit outside for 20 minutes.
- Go for a walk.
- Set your alarm clock and get up the same time every day.
- Watch something that makes you laugh!
- Start and finish a project – craft, gardening, woodwork whatever activity that you enjoy doing.
- Keep your to do list under control as this can create anxiety.
- If you have any worries or concerns talk to your Doctor.

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

W	R	O	S	D	E	E	S	U	G	G	H	W	I
H	N	T	A	U	R	U	S	D	S	N	G	E	D
E	M	E	R	A	L	D	G	O	S	I	A	L	H
E	A	N	K	E	T	R	H	E	D	R	R	O	P
L	A	R	E	L	A	I	N	E	G	P	D	P	L
B	S	B	U	S	D	S	L	Y	S	S	E	Y	A
A	D	O	S	F	T	A	L	I	M	O	N	A	N
R	R	A	Y	U	I	F	A	N	O	D	H	M	T
R	I	S	O	R	R	U	L	M	M	S	E	R	S
O	B	R	O	E	R	L	M	O	T	H	E	R	E
W	P	M	T	A	A	S	E	H	W	A	T	H	A
S	E	T	I	L	L	E	E	B	Y	E	N	O	H
M	U	N	T	O	O	S	H	O	R	T	R	A	D
B	A	T	E	S	U	N	S	H	I	N	E	S	D

By Jimmy and Evelyn Johnson - www.qets.com

Birds
Butterfly
Emerald
Flowers
Garden
Grass
Honeybee

Hose
Maypole
Memorial
Mother
Nest
Plant
Rain

Seeds
Soil
Spring
Sprout
Sunshine
Taurus
Wheelbarrow

WILDFLOWERS

1	2	3	4	5		6	7	8	9		10	11	12	13
14						15					16			
17						18					19			
20					21					22		23		
			24	25				26		27				
28	29	30						31						
32				33		34	35				36	37	38	39
40			41			42					43			
44					45				46	47		48		
			49	50				51		52				
53	54	55						56						
57				58		59	60				61	62	63	64
65			66		67					68				
69					70					71				
72					73					74				

By Jimmy and Evelyn Johnson - www.gets.com

WILDFLOWERS

ACROSS

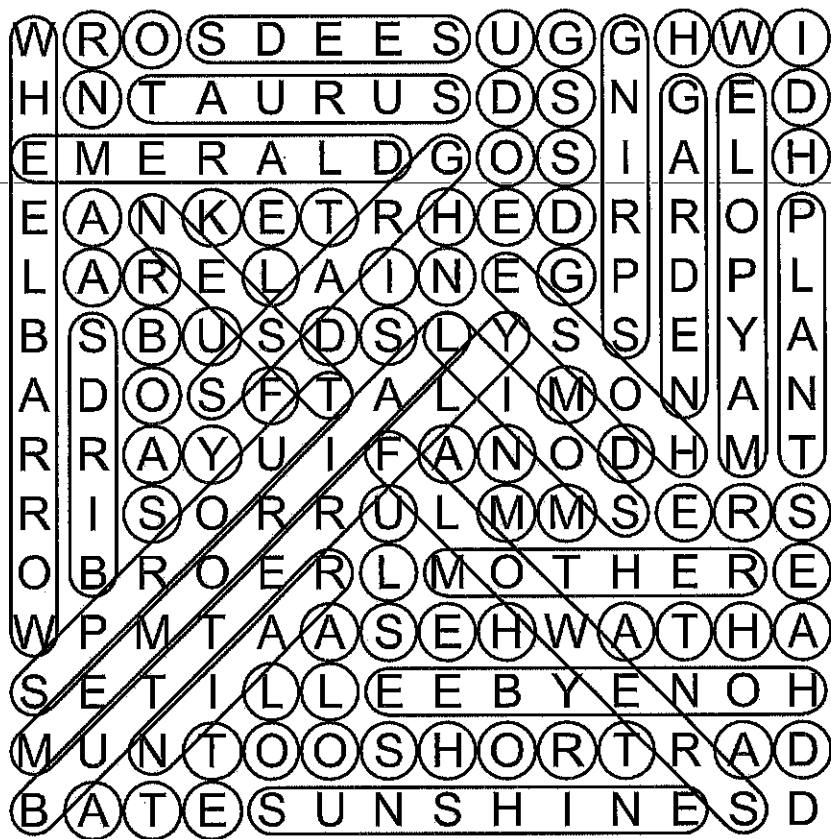
- | | |
|---|--|
| 1 Irritate | 44 Desert region native |
| 6 Dining hall | 45 Undependable |
| 10 Gadfly | 48 Ending |
| 14 Small breads | 49 Grows downward into the soil |
| 15 First man | 51 Explodes |
| 16 Peel | 53 Lives only one growing season |
| 17 Association (abbr.) | 56 American Association of Retired Persons (abbr.) |
| 18 Challenge | 57 Caustic substance |
| 19 Take aback | 58 Warning |
| 20 Cry like a cat | 61 Buns |
| 21 A group of plants having biologically similar features | 65 Swiss mountains |
| 23 Central processing unit | 67 Air (prefix) |
| 24 Student's dread | 68 Governing group |
| 26 Lamps | 69 Trench |
| 28 Subclass including ticks and mites | 70 Rend |
| 31 Pennsylvania (abbr.) | 71 Sort |
| 32 Marsh | 72 Simply |
| 33 Chemical compound | 73 Women's magazine |
| 36 U.S. Department of Agriculture | 74 Dwarf |
| 40 Clunk | |
| 42 Mutilate | |
| 43 Grows another plant when put into the ground | |

WILDFLOWERS

DOWN

- | | |
|---------------------------------------|--|
| 1 Study | 39 Totals |
| 2 Tights | 41 South American country |
| 3 Too | 45 Leaf shaped |
| 4 Colorful part of a plant | 46 Usually flat and green |
| 5 Escudo | 47 Goof |
| 6 Lady's title | 50 Cereal |
| 7 Cheese | 52 Commotion |
| 8 Asian dress | 53 "Remember the ____" |
| 9 Nose | 54 Synthetic fiber |
| 10 Hertz | 55 Asian nation |
| 11 Lock | 56 Before |
| 12 Explode | 59 Rind |
| 13 A group of closely related species | 60 Spoken |
| 21 Crazes | 62 Unmake |
| 22 Yang's partner | 63 Part of a plant from which a flower grows |
| 25 Roman twelve | 64 Bunny |
| 27 African antelope | 66 Pigpen |
| 28 What children learn | 68 Run |
| 29 Soda | |
| 30 Excited | |
| 31 Cheer up | |
| 34 Skip | |
| 35 McDonald's "Big ____" | |
| 37 Flow out slowly | |
| 38 Indent | |

HIDDEN QUOTATION
BY
William Shakespeare



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Jimmy and Evelyn Johnson

WILDFLOWERS

Solution:

1	C	2	H	3	A	4	F	5	E		6	M	7	E	8	S	9	S		10	C	11	L	12	E	13	G
14	R	O	L	L	S						15	A	D	A	M					16	P	A	R	E			
17	A	S	S	O	C						18	D	A	R	E					19	S	T	U	N			
20	M	E	O	W						21	F	A	M	I	L	Y				22				23	C	P	U
					24	E	25	X	A	M						26	L	I	27	G	H	T	S				
28	A	29	C	30	A	R	I	D							31	P	E	N	N								
32	B	O	G				33	I	S	34	O	35	M	E	R					36	U	37	S	38	D	39	A
40	C	L	O	41	P					42	M	A	R							43	S	E	E	D			
44	S	A	G	E						45	F	I	C	K	46	L	47	E			48	E	N	D			
					49	R	50	O	O	T					51	E	R	52	U	P	T	S					
53	A	54	N	55	N	U	A	L						56	A	A	R	P									
57	L	Y	E				58	T	I	59	P	60	O	F	F					61	T	62	U	63	S	64	H
65	A	L	P	66	S					67	A	E	R	O						68	J	U	N	T	A		
69	M	O	A	T						70	T	E	A	R						71	O	R	D	E	R		
72	O	N	L	Y						73	E	L	L	E						74	G	N	O	M	E		

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