



Residents Newsletter May 2024



Who does not 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. The month of May is certainly jam packed full, with the first of our special days on the 8th with Meg Hearn's celebration of her 101st 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 12th, but as it falls on the Sunday we thought we would have a special day of fun activities and a Mother's Day raffle drawn on Friday 10th.

The following Monday 13th, we will celebrate International Nurses Day, so make sure you catch up with our staff and tell them what an amazing job they all do. I hope you are not tired by now, because we have more activities with a Crazy Hat day in combination with Cancer Councils Biggest Morning Tea on May 23rd, which we will be having in the afternoon as we will be also joining with the Volunteers to help them celebrate National Volunteers week with a cuppa and chat in the AGW Activity Room and then finishing off the month with the 1st official day of Winter.

As we said, 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 between 20th -26th May. Volunteering is widespread and diverse with millions of people volunteering every year to support communities across the country. Join us on the 23rd at 2pm AGW, as we celebrate and recognize the vital work of volunteers and say thank you.

Just a quick reflection on last month's Anzac Day which we held outside in the Alice Golding Garden. What a lovely morning commemorating and raising our flag to all our past heroes and heroines 'Lest We Forget'. Thank you to all who attended to make this a memorable day.

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

Debra McCabe
Health & Wellbeing Coordinator



Upcoming Events



Meg Hearn's 101st Birthday

The celebration of Meg Hearn's 101st Birthday party will be a special morning tea in the AGW activity room on Wednesday 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 **Sunday 12th 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.

Mother's Day

Sunday 12th is officially Mother's Day this year, but we will have some celebrations beforehand on Friday 10th 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

20th - 26th May Volunteers' Week is about celebrating and thanking those who give up their time to make a difference. A special afternoon tea with our volunteers will be incorporated with our biggest tea party for the Victorian anti cancer council starting at 2pm AGW activity room

Monthly birthday party

Wednesday 22nd at 2pm in the AGW activity room with entertainment with the Clare and afternoon tea.

Biggest Morning Tea

Wednesday 23rd will see the annual Biggest Tea party held in AGW activity room with a special afternoon 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.

Crazy Hat Day

We hope you all join in our Crazy Hat Day to have some fun and laughter throughout the day. Bring out your brightest or wackiest hat from your cupboards for the day and join in the crazy antics of the pink team.

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, 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 directly through Deb herself in her salon, or if all else fails find a pink team member or Care Staff 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.



Thank you to all who helped make our Easter a fun packed day. Our Easter raffle was drawn with many winners receiving their bountiful Easter eggs. The total amount raised was just over \$1,200.00 which went back to our Cooida Achievers group to be utilized for more spending on our resident's needs.



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

LW	AGW	SH/C BLOCK	NMW
20 th Alison McLeod & Barb Cochrane 16 th Betty Crockford 28 th Wilma Wippell	8 th Meg Hearn 12 th Carol Lidgerwood 28 th Marg Vereb		25 th Judy Cowan

Monthly Birthday Party will be on Wednesday 22nd 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.

Staff Movements

Welcome the newbies



Sylvia King EEN

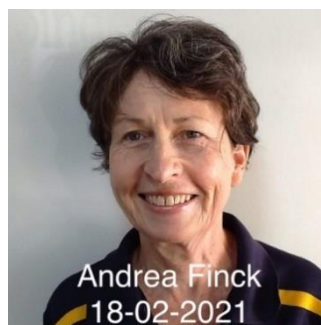


Mackenzie Lewis Asst PCA

Look whose leaving – Sorry to see you go.



Lana Spencer
CITH



Andrea Finck
PCA



Nicole Grant
Catering

Debs Jokes



Robbery Call Out

This is the true story of George Phillips of Meridian Mississippi, who was going to bed when his wife told him that he had left the light on in the shed. George opened the door to go turn off the light but saw there were people in the shed in the process of stealing things.

He immediately phoned the Police, who asked, "Is someone in your house?" and George said no and explained the situation. Then the policeman explained that all patrols were busy, and that he should simply lock his doors and an officer would be there when available.

George said, "Okay," hung up, counted to 30, and phoned the police again. "Hello, I just called you a few seconds ago because there were people in my shed. Well, you do not have to worry about them now because I've just shot them all."

Then he hung up. Within five minutes three squad cars, an Armed Response Unit, and an ambulance showed up. Of course, the police caught the

burglars red-handed. One of the Policeman said to George: I thought you said that you had shot them!"

George said, "I thought you said there was nobody available!"



"Nurse, get on the internet, go to SURGERY.COM, scroll down and click on the 'Are you totally lost?' icon."

Blondes First Class

A flight is on its way to Paris when a blonde in economy class gets up and moves to the first-class section and sits down the flight attendant watches her do this, and asks to see her ticket. She then tells the blonde that she paid for economy class, and that she will have to sit in the back The blonde replies, “I’m blonde, I’m beautiful, I’m going to Paris, and I’m staying right here”.

The flight attendant goes into the cockpit and tells the pilot and the co-pilot that there is a blonde sitting in first class, that belongs in economy, and won’t move back to her seat. The co-pilot goes back to the blonde and tries to explain that because she only paid for economy she will have to leave and return to her seat.

The blonde replies, “I’m blonde, I’m beautiful, I’m going to Paris, and I’m staying right here”. The co-pilot tells the pilot that he probably should have the police waiting when they land to arrest this blonde woman who will not listen to reason.

The pilot says, “you say she is a blonde? I will handle this; I’m married to a blonde. I speak blonde”. He goes back to the blonde and whispers in her ear, and she says, “Oh, I’m sorry” and gets up and goes back to her seat in economy.

The flight attendant and co-pilot are amazed and asked him what he said to make her move without any fuss.

I told her, “First class isn’t going to Paris.



The Department of Home Security

We're pretty sure you have the wrong house,
but hey; come on in and let's talk about it.

Wrong Place

Everyone seems to be in such a hurry to scream 'racism' these days.



A customer asked, "In what aisle could I find the Guinness?"
The shop assistant asks, "Are you Irish?"

The guy, clearly offended, says, "Yes I am. But let me ask you something,
If I had asked for Italian sausage, would you ask me if I was Italian?"

Or if I had asked for German Bratwurst, would you ask me if I was German?

Or if I asked for a kosher hot dog, would you ask me if I was Jewish?

Or if I had asked for a Taco, would you ask if I was Mexican?

Or if I asked for Polish sausage, would you ask if I was Polish?"

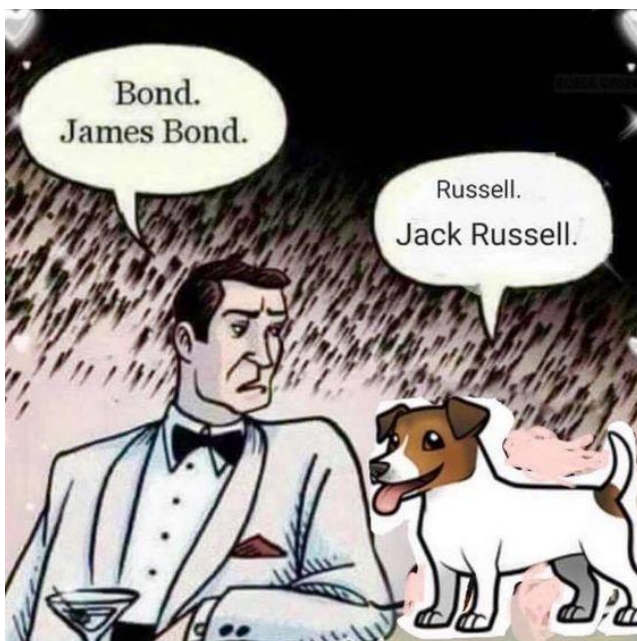
The shop assistant says, "No, I probably wouldn't."

The guy says, "Well then, because I asked for Guinness,
why did you ask me if I'm Irish?"

The clerk replied, "Because you're in **Bunnings**."



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Husband and Wife

Wife: Love.....

Husband: Leave me alone!

Wife: It won't take long.

Husband: I won't be able to sleep afterwards.

Wife: I can't sleep without it.

Husband: Why do you think of things like this in the middle of the night?

Wife: Because I'm Hot.

Husband: You get hot at the darndest times.

Wife: If you love me, I wouldn't have to beg you.

Husband: If you love me, you'd be more considerate.

Wife: You don't love me anymore.

Husband: Yes, I do, but let's forget it for tonight.

Wife: (Sob-Sob)

Husband: Alright, I'll do it.

Wife: What's the matter? Need a flashlight?

Husband: I can't find it.

Wife: Oh, for heaven's sake, feel for it!

Husband: There! Are you satisfied?

Wife: Oh, yes, honey.

Husband: Is it up far enough?

Wife: Oh, that's fine.

Husband: Now go to bed and from now on when you want the window open, do it yourself!

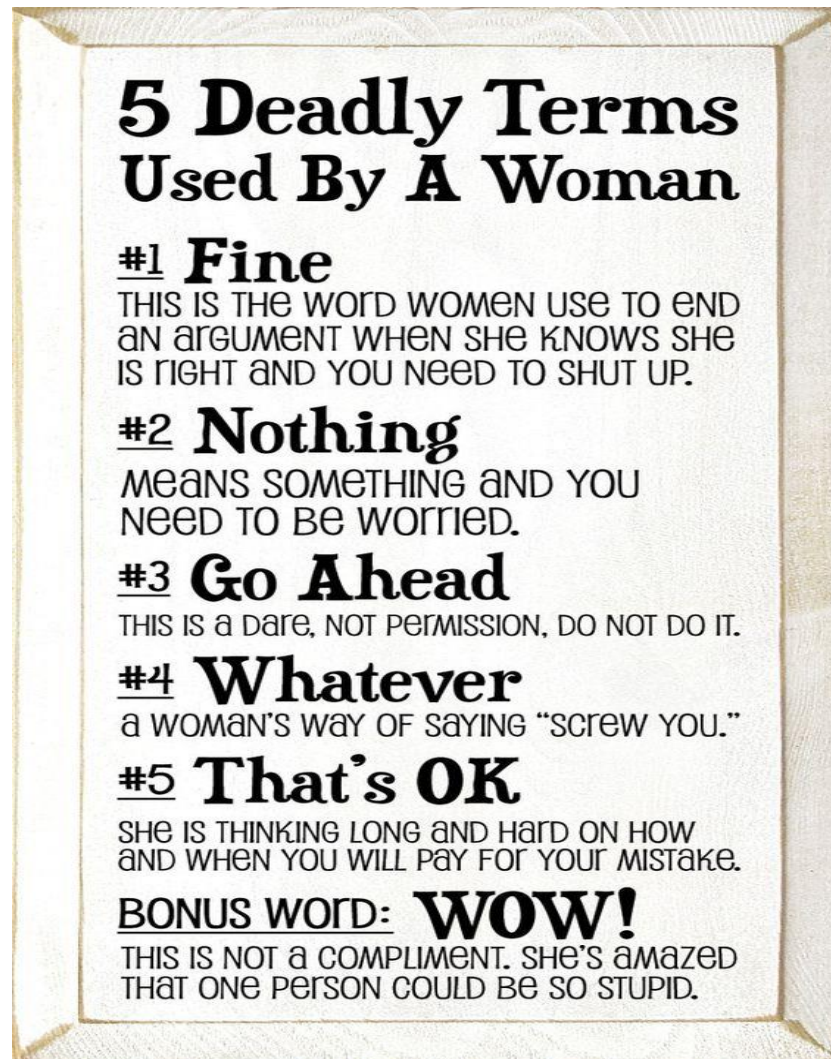


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**Now what were you thinking it was about!!
Shame on you!**

Message for all men from all women



A blonde buys a gun

A young blonde is distraught because she fears her husband is having an affair, so she goes to a gun shop and buys a handgun. The next day she comes home early to find her husband in bed with a beautiful redhead. She pulls the gun from her purse and holds it to her own head. The husband jumps out of bed, begging and pleading with her not to shoot herself. Hysterically the blonde responds to the husband, "Shut up...you're next"



Cooinda Volunteers

This month on the birthday list we must say a Happy Birthday to Lois Stafford. We would like to send you all the best wishes on your special day.

Well, who would have thought we are already into May. How the year is flying by.

Things have been very busy at my desk getting our revamped volunteer program together, looking at a variety of structured roles that can be introduced, speaking with other community organisations and also receiving feedback from our residents as to what they would like to see.

Some of the new activities we have introduced so far are Hand Massage with some lovely smelling oils and creams for the ladies, Bible ready, assisting in the Hair saloon, delivering freshwater jugs to residents, and currently looking at introducing a Men's show and tell group. If anyone would like to join any of these groups, please let me know.

National Volunteers Week is coming up on the 20th to 27th May, Cooinda will be putting an article in the Ensign to acknowledge our volunteers and hopefully to attract more volunteers to our organisation.

I would also like to put an invitation out to residents and volunteers to help celebrate National Volunteers Week, by attending an afternoon tea on the 23rd May in the AGW Rec room at 2pm onward. Please advise if you can attend.

Our new training program has now been rolled out and will commence on the 24th of April. An email has been sent to all volunteers as to when you are rostered on, please make sure you attend on the specified dates. If you are unable to attend, please swap with another person that suits, and let the volunteer coordinator know.

It is lovely to see that Allan has a community visitor on a regular basis and we hope they both enjoy spending time together.

Jeanette Harris
Volunteer coordinator

Mays Trivia Quiz by Stewart Coutts

1. The official language of Mexico is (Spanish, Mexican, English)
2. Haggis is associated with the Cuisine of _ _ _ _ _
3. European capitol, _ _ _ _ _ is termed 'the city of love'
4. In the bible, (3, 10, 12, 15) Disciples followed Jesus
5. Before the crash, 'The Titanic' was heading towardsCity
6. Mary McKillop was the first Australian _ _ _ _ _
7. Catherine the Great ruled in (Scotland, England, Russia, France)
8. Mother Teresa worked for the poor in (China, India, Japan, Italy)
9. Henry Bolte was Premier of (NSW, VIC, TAS, QLD)
10. An Olympic swimming pool is (25m, 50m, 75m, 100m) long.....
11. The nickname for AFL club Essendon is the B _ _ _ _ _
12. In _ _ _ _ _ two under par is an eagle.
13. A Podiatrist specializes in treating the
14. Poll Dorset is a breed of (Dog, Cow, Pig, Sheep)
15. The potato is native to (South America, China, Africa)
16. 'Jailhouse Rock' was a hit song for _ _ _ _ _ _ _ _ _ _
17. _ _ _ _ _ was the song's fastest milkman in the west.
18. Which classic movie features Dorothy and dog Toto?
19. In the USA, it is called Diaper, here it is a _ _ _ _ _
20. The saying, _ _ _ _ _ wasn't built in a day'.
21. A 'Quid' was a nickname for a _ _ _ _ _
22. Cheddar, Mozzarella and Parmesan are types of _ _ _ _ _

Note about Quiz: This quiz appeared at one of the Saturday afternoons quizzes. Perhaps a memory test for those participants!

Answers can be found on following pages

Mystery Bus Trip – By Stewart Coutts

On a warmish afternoon we set off towards Winton and the Hume Highway and Glenrowan where we crossed over to McDonald's Southbound. Yes, we would like a soft serve of ice-cream- apart from Spike, in a busy car park we patiently waited. First, Spike got an Icy-Pole and quite some time later an apologetic Lu returned empty handed, so much about being organized-upon our departure we had phoned through our numbers. (Over Easter the Benalla soft serve had malfunctioned) so we headed back home observing the street art along Bridge Street, some from past years. Meow and David Bromley's most detailed work in Fawkner Drive we noted the skate park creation but did not give a high score for the senior's wall-most preferring the cows. Then there was Minna Leunig's artwork on the side of the library maybe of abstract animals, but we were unable to see Sofles' artwork under that building. Then it was off to the West End Car Wash – not everyone's cup of tea but eye catching to visitors. Yes, many of us were becoming art critics with the encouragement of conversation. At times Lu and I provided some information that we had gained from the Benalla Ensign. Chris Ogden certainly had done her homework as she took us through the narrow lane way into the Denny Streetcar Park. We gave top marks to American Amanda Valdes' Floral work on all the walls of the toilet block. Also, there were creations by DXTR and Neryl Walker of 'Empowering Women'.

Unfortunately, my comment of 'Women Behaving Badly' provoked a lecture on misogyny. Finally, we viewed Tim Bowtell's work at the back of the

Former SEC building-always interesting and of his usual high standards. So, no Ice-cream but such an experience. Possibly a repeat trip could be organised for residents who missed out.

Answers to Stewarts May Quiz

- | | |
|------------------|----------------------|
| 1. Spanish | 12. Golf |
| 2. Scotland | 13. Feet |
| 3. Paris | 14. Sheep |
| 4. 12 | 15. South America |
| 5. New York City | 16. Elvis Presley |
| 6. Saint | 17. Ernie |
| 7. Russia | 18. The Wizard of Oz |
| 8. India | 19. Nappy |
| 9. Vic | 20. Rome |
| 10. 50m | 21. Pound |
| 11. Bombers | 22. Cheese |



HAPPY MOTHER'S DAY!

WORD SEARCH PUZZLE

AFFECTION
APPRECIATION
CAKE
CALL
CANDY
CARD
CARING
CELEBRATION
CHERISH
CHOCOLATE
FLOWERS
HOLIDAY
HONOR
HUG
KIDS
LOVE
MEMORY
SWEET
TRADITION
WISE
WOMAN

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

The words appear UP, DOWN, BACKWARDS, and DIAGONALLY.
Find and circle each word.





Sadly, we say goodbye to Ruth Marquand and Marjorie Williams who passed away during the month of April. We have set up several memorial 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 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 Cooina 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, Sharlene and all our
wonderful Volunteers.

