



# **Newsletter January 2024**

## **HAPPY NEW YEAR**

### **Year of The Dragon**



Welcome to a brand New Year, and what an amazing year 2024 will be, and with a brand new year, comes a brand new program. Our team are working hard behind the scenes to put together a mixed program of activities for you to enjoy this month.

We have a couple of dates for you to put in your diary. The first being our Remembrance Tree Ceremony on Thursday 18<sup>th</sup> January in the AGW garden, which is where we will perform our burial of our letters to our loved ones near our Remembrance Tree. We know it may be warming up by mid-January, but we will be protected out in the garden by our large shade sail and lots of hats, followed by morning tea.

Our second date to remember will be Thursday 25<sup>th</sup> January for our special Cooina Australian Day award ceremony, which will be held a day early due to the public holiday on the 26<sup>th</sup>. Our celebration of Australia Day will be held in the AGW Garden from 10am. Before this day happens, we will be calling everyone to put in their nominations of whom they think should be nominated as our Cooina Australia Day recipient. We will have a special box set up near the front reception for nominations for Cooina Resident, Volunteer, Care Staff, and Management, so please help, by choosing whom you would like to be seen being presented with this year's Cooina Australia Day Award.

Lastly. As I said before, January is usually a month of sun and heat, so remember to 'Slip, Slop and Slap', Slip on shirt, slop on some sunscreen, and slap on a hat - but most of importantly drink lots of fluid, to keep hydrated!

We hope you all enjoy the start of a brand new year and a brand-new program -  
**HAPPY NEW YEAR!**

Debra McCabe  
Health & Wellbeing Coordinator





pinetree.com - 40937295

## January Events



### **Happy Hour**

Happy Hour is back on our program, every Friday afternoon from 2pm onward in the AGW Activity room for all residents. Unfortunately, at this stage we still do not have the go ahead for families and friends to attend.

### **Monthly Birthday Party**

To be held Tuesday 23rd January at 2pm in the AGW Activity room with musical entertainment.

### **Australian Day Celebrations**

An Australia Day Service and Award Ceremony will be held on Wednesday 25<sup>th</sup> starting at 10am with the raising of the flag and the announcing of the Cooina Australia Day awards after which we will have a special BBQ luncheon and then we will have an Australian Movie and special treat.

**Please have a think:** We would like you to nominate a resident, volunteer, staff member or staff team for a special award, which will be presented at **the Australia Day celebrations** here at Cooina on Thursday 25<sup>th</sup>. There will be a flyer coming out soon with more information. Nomination forms are available at the front office or from the “Pink Team”.

### **Remembrance Day Ceremony Thursday 18<sup>th</sup>**

in the Alice Golding Garden area at 10.45am.

This is a special ceremony to remember those people in our lives who have passed on. We take our written notes, letters and messages from our Remembrance tree and bury them under our special Remembrance tree in the Alice Golding Wing Garden, where we have made a lovely contemplative area for you to sit in peace and quiet for you to remember your loved one in the coming months and years. If you would like to attend, please see a “Pink Team” member – all welcome.

### **Volunteers**

January is usually the time for quite a few of our wonderful volunteers to have a well-earned break with their families and friends. We value and appreciate our volunteers and their daily input, as we could never fully perform our programs without their help. Which means we cannot wait for them to all return in February 2024

## **Monthly Noticeboard**

### **Residents visits to rooms**

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 on or see any of the Pink Team to help with your inquiries.

### **Cooinda/Achievers Trading Table**

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 Achievers Club.

### **Hairdresser**

Deb McGuffie will be available every Tuesday, Wednesday, and Thursday of every week. Appointments can be made via Booking sheet found in Rossmore/Hostel corridor or directly through Deb herself in her salon, or if all else fails find a pink team member who will be able to help you.

### **Bus Outings**

Bus outings are arranged each month for all residents to enjoy. Dates for these trips can be found on 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 residents who celebrated their birthday in January

SH	LW	AGW	NMW
3 <sup>rd</sup> Geoff Slaughter	3 <sup>rd</sup> Billie McHugh 24 <sup>th</sup> Marjorie Geeson	22 <sup>nd</sup> Elaine Watson	

Monthly Birthday Party will be held on Tuesday 23<sup>rd</sup> January 2pm AGW activity room

### Winners of December Christmas Raffle 2023

Judith Cakebread  
Paul Kelly X 2  
Sandra Havelicek  
Angus Howell  
Ian Roscoe

Tracey McMaster  
Betty Hernan  
Frank Mathews  
Helen Ray

Congratulations to all our winners



### 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 Cooida 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?

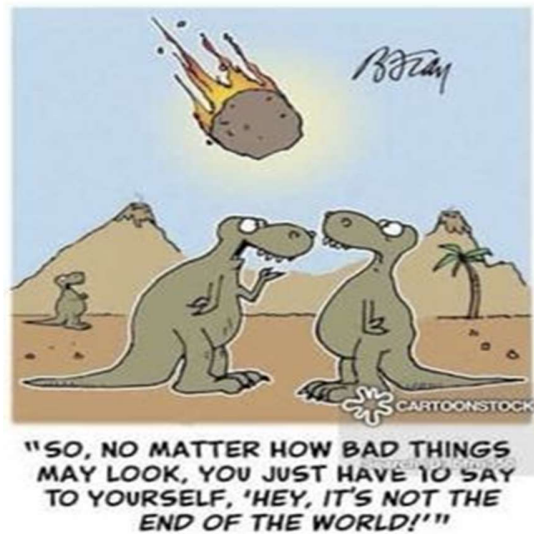
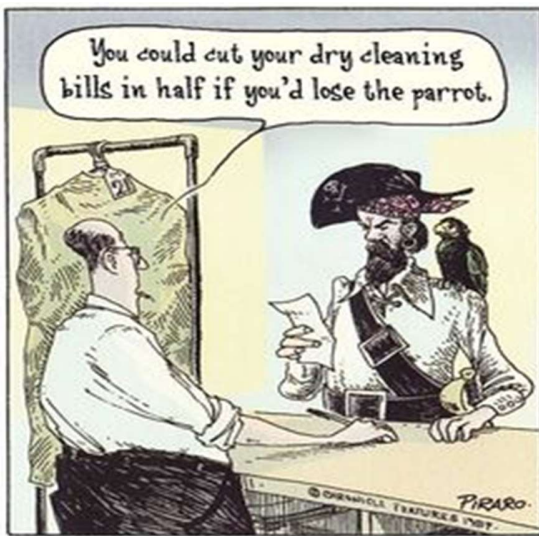
Contributions to our newsletter are encouraged and appreciated! Articles, photos, reports on community outings, staff news, trivia, poems, and amusing stories relating to residents and staff are most welcome.

## Debs Jokes

### **Tough advice**

A tough old cowboy from Texas counseled his granddaughter that if she wanted to live a long life, the secret was to sprinkle a pinch of gun powder on her oatmeal every morning.

The granddaughter did this religiously until the age of 103, when she died. She left behind 14 children, 30 grandchildren, 45 great-grandchildren, 25 great-great-grandchildren, and a 40-foot hole where the crematorium used to be.



### **Day out for the Penguins**

A man was driving down the road when a policeman stopped him. The officer looked in the back of the man's truck and said, "Why are these penguins in your truck?"

The man replied, "These are my penguins. They belong to me."

"You need to take them to the zoo," the policeman said.

The next day, the officer saw the same guy driving down the road. He pulled him over again. He saw the penguins were still in the truck, but they were wearing sunglasses this time. "I thought I told you to take these penguins to the zoo!", the officer said.

"I did," the man replied. "And today I'm taking them to the beach."

### **Looking For Trouble**

In my neighborhood, there was a couple who had given their twin sons very weird names. One was named Trouble, while the other boy's name was Mind Your Own Business. So, one day they were playing hide and seek. Mind Your Business counted to a hundred and then started looking for his brother. But somehow, he couldn't find him anywhere. He saw a police car passing the neighborhood, so he stopped it to ask for help. When the police officer asked him for his name, he replied, "Mind Your Own Business!" Feeling insulted, the police officer still asked politely who he was looking for. Mind Your Own Business replied, "I am looking for Trouble!"

### Sherlock Holmes and the Case of the Camping Trip...

Sherlock Holmes and Dr Watson went on a camping trip. After a good meal and a bottle of wine they lay down for the night and went to sleep.

Some hours later, Holmes awoke and nudged his faithful friend. "Watson, look up at the sky and tell me what you see." Watson replied, "I see millions and millions of stars."

"What does that tell you?"

Watson pondered for a minute.

"Astronomically, it tells me that there are millions of galaxies and potentially billions of planets.

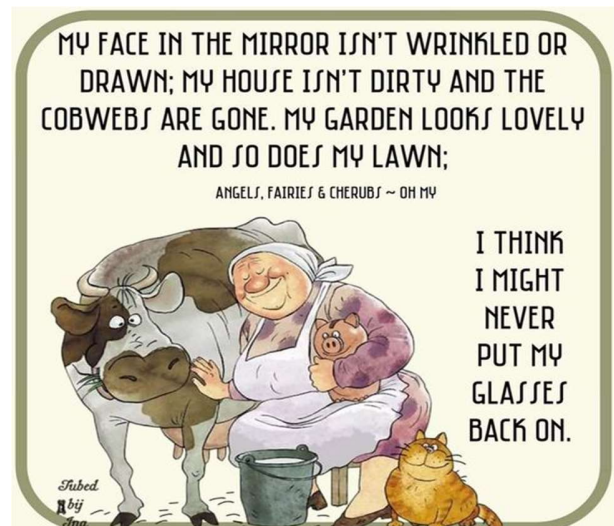
Astrologically, I observe that Saturn is in Leo.

Horologically, I deduce that the time is approximately a quarter past three.

Theologically, I can see that God is all powerful and that we are small and insignificant.

Meteorologically, I suspect that we will have a beautiful day tomorrow. What does it tell you?"

**Holmes was silent for a minute, then spoke. "Watson, you jerk. Someone has stolen our tent."**



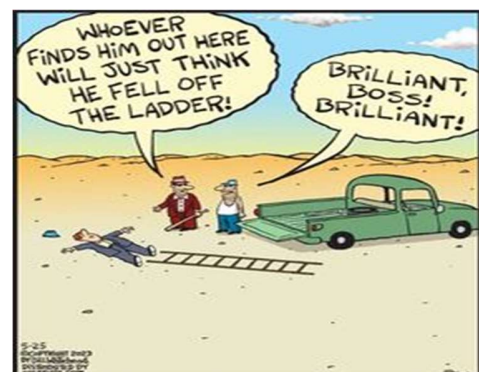
### Nagging Wife

My nagging wife died suddenly on a trip to Jerusalem. Funeral director, "Sir, it would cost about \$45,000 if we send her home back to the states or \$500 if we bury her here in Jerusalem."

Me: "Ship her home."

Funeral director: "But sir, why don't you bury her here in the Holy Land and you can save money."

Me: "A long time ago a man was buried here and 3 days later he rose from the dead, I can't take that chance."



## Forrest Gump Goes to Heaven...

The day finally arrived: Forrest Gump dies and goes to Heaven. He is met at the Pearly Gates by Saint Peter himself. The gates are closed, however, and Forest approaches the gatekeeper.

Saint Peter says, "Well, Forrest, it's certainly good to see you. We have heard a lot about you. I must inform you that the place is filling up fast, and we've been administering an entrance examination for everyone. The tests are fairly short, but you need to pass before you can get into Heaven."

Forrest responds, "It shore is good to be here Saint Peter. I was looking forward to this. Nobody ever told me about any entrance exams. Shore hope the test ain't too hard; life was a big enough test as it was."

Saint Peter goes on, "Yes, I know Forrest. But, the test I have for you is only three questions. Here is the first: What days of the week begin with the letter 'T'? Second, how many seconds are there in a year? Third, what is God's first name?"

Forrest goes away to think the questions over. He returns the next day and goes up to Saint Peter to try to answer the exam questions.

Saint Peter waves him up and asks, "Now that you have had a chance to think the questions over, tell me your answers."

Forrest says, "Well, the first one, -how many days of the week begin with the letter 'T'?" "Shucks, that one's easy; that'd be Today and Tomorrow!"

The saint's eyes open wide and he exclaims, "Forrest! That's not what I was thinking, but ... you do have a point though, and I guess I didn't specify, so I give you credit for that answer."

"How about the next one" says Saint Peter, "how many seconds in a year?"

"Now that one's harder," says Forrest. "But, I thunk and thunk about that, and I guess the only answer can be twelve."

Astounded, Saint Peter says, "Twelve! Twelve! Forrest, how in Heaven's name could you come up with twelve seconds in a year?"

Forrest says, "Shucks, there gotta be twelve: January second, February second, March second...." "Hold it," interrupts Saint Peter. "I see where you're going with it."

"And I guess I see your point, though that wasn't quite what I had in mind.

I'll give you credit for that one too."

"Let's go on with the next and final question," says Saint Peter, "Can you tell me God's first name?"

Forest says, "Well shore, I know God's first name. Everybody probly knows It's Howard."

"Howard?" asks Saint Peter. "What makes you think it's 'Howard'?"

Forest answers, "It's in the prayer." "The prayer?" asks Saint Peter, "Which prayer?"

"The Lord's Prayer," responds Forest: "Our Father, Who art in Heaven, Howard be thy name..."

## Cooinda Volunteers

Well once again another year gone by, and a new year ahead. I hope we have all had a lovely time with family and friends over Christmas and are all looking forward to moving into a new year in 2024.

Birthdays this month go out to Anne-Maree one of our new volunteers that support us in MOW, her birthday is on the 6<sup>th</sup>. Also, to a longtime volunteer Lois Graham on 29<sup>th</sup>.

Cooinda hosted a lovely Christmas lunch for our volunteers at the Royal Hotel this year and what a great day everyone had, thank you to all the staff at the Royal for the lovely table set ups and a most enjoyable meal.

We have had a busy year this year with my first six months into this role updating all volunteer staff files, looking at the compulsory education and still ploughing through the appraisal that need to be completed.

I have attended a community event at Benalla Health highlighting our services and our volunteer program, which was enjoyed by all who attended.

On a sad note, you would all know Des, who is one of our long serving volunteers. Des is currently unwell in Melbourne where he has undergone major surgery and will require rehabilitation before returning to Cooinda.

We would all like to send him our best wishes on a speedy recovery and I have placed a card at the front reception area where Angus sits for people to write a short message to help lift his spirits.

Thank you all for your patience with everything that has been happening over this past 12 months and let us hope that moving into the 2024-year things will become a little easier.

January and Australia day are fast approaching, and we will be looking at nominations for our regular Australia day awards. Please if you have any nomination can you complete the forms or see one of the pink team and request a nomination form.

I look forward to seeing everyone bright eyed and busy tailed ready to face any challenges that come our way in the new year.

Stay safe happy and healthy and a happy new year to everyone.

Jeanette Harris  
Volunteer coordinator

## **Stewart Coutts January Quiz - Answers to be found on following pages**

1. Monte Carlo is part of sovereign state M\_\_\_\_\_
2. The Mounties if the police service in C\_\_\_\_\_
3. What is the capital city of Japan? \_\_\_\_\_
4. A \_\_\_\_\_ is an old fashioned bicycle.
5. The first supermarket bar coe appeared (1974, 1964, 1980, 1984)
6. In the bible, Delilah was \_\_\_\_\_ wife.
7. The crown prince of Denmark is Prince \_\_\_\_\_
8. Lee Harvey Oswald assassinated \_\_\_\_\_
9. The lead singer of Midnight Oil is Peter G\_\_\_\_\_
10. An Olympic swimming pool has ..... Lanes
11. The Sydney Swan's original name was \_\_\_\_\_
12. Marjory Jackson the 'Lithgow Flash', \_\_\_\_\_ at the Olympics.
13. A drake is a male (Bantam, Swan, Duck, Turkey) .....
14. A Manx cat lacks a \_\_\_\_\_
15. How many teats does a cow have? .....
16. Fred Flintstones best friend is B\_\_\_\_\_ R\_\_\_\_\_
17. Writer Beatrice Potter created Peter \_\_\_\_\_
18. Goldilocks tasted the three bear's \_\_\_\_\_
19. On opening, Cole had the slogan 'Nothing over a \_\_\_\_\_'.
20. There are said to be (5, 7, 9, 10) deadly sins .....
21. Symbol of Zodiac sign Gemini is \_\_\_\_\_
22. Fairy bread has .....on the butter.

**Stewart Coutts Monthly Story – “Potting of Asiatic Liliums”.**  
**Story was written autumn 2023**

Interested residents from AGW, LW, and SH looked at pictures of blooms in a Van Diemen Tasmanian Bulb Catalogue. Due to the wintry conditions, we were indoors with Deb, Jess and Karen assisting. With plastic aprons and gloves, we wrote our name on a plant label, covered the base of the pot with crumbled polystyrene, and then to three-quarter with potting mix. When unpacking the pots many ants were disturbed – a nasty experience avoided thanks to our pink ladies. Guidance was required in positioning the large bulb, bud facing upwards and to be covered with potting mix. Next the potting mix was firmed down, being mindful of the delicate bud. It was then time to add the name tag and sprinkle fertilizer. All participants nominated a suitable location for their pot outside their room - sunshine and some shade. Some questions followed. Blooms should appear early summer, watering to increase as it warms up. With some excess bulbs, the pink ladies were able to pot a bulb. Yes, there should be a photographic record of our activity indeed. It was a most enjoyable time with much good-natured chatter.  
Note: the pots of tulips planted in May are doing well and should bloom September – October.

**ANSWERS TO STEWARTS JANUARY QUIZ**

- |                     |                          |
|---------------------|--------------------------|
| 1. Monaco           | 12. Won Medals           |
| 2. Canada           | 13. Duck                 |
| 3. Tokyo            | 14. Tail                 |
| 4. Penny Farthing   | 15. 4 (Four)             |
| 5. 1974             | 16. Barney Rubble        |
| 6. Samson's         | 17. Rabbit               |
| 7. Frederick        | 18. Porridge             |
| 8. John F Kennedy   | 19. Shilling             |
| 9. Garrett          | 20. 7 (seven)            |
| 10. 8 (eight)       | 21. The Twins            |
| 11. South Melbourne | 22. 100's and Thousands. |



## **Staff Movements**

### **December 2023**

**Look who's leaving – Sorry to see you go**



Georgia Ludvigh  
(CITH)

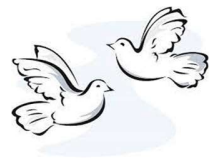
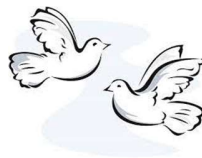


Chloe Glazebrook  
(PCA)



Simon Willinski  
(PCA)

### **In Memory**



Sadly, we say goodbye to Doreen Hillier and Peter Sunderland who passed away during the month of December. We have set up several memorial 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



## New Year Message from Cooinda CEO

*Dear residents and families.*

*Firstly, let me say how grateful I and the staff are for your ongoing patience and understanding of the ongoing frustration we have with COVID 19. Again, its timing could not have been worse, with everyone disappointed at not being able to put on the traditional Christmas celebration and theatrical skits. As soon as practical, we will reschedule this fun filled day for your enjoyment.*

*We are already starting to think about how we can have a celebration next year at a time that is less likely to be impacted by what is unfortunately becoming a predictable event. The evidence shows that whenever the community gets on the move and gather in large numbers – we see a worsening COVID situation.*

*The weather has also been interesting – I'm not sure when we are supposed to get the El Niño (dry hot) summer the Bureau of Meteorology is still saying it will be... So, watch this space!*

*The next 12 months will see a hive of activity as the progress of the Stage 2 redevelopment hits top gear. The remaining old red brick blocks will be demolished in February and much more activity will be evident from the corner of Samaria and Kilfeera road. It is anticipated the new kitchen will be operational from February and the remaining spaces including the new coffee shop by October next year.*

*Also, we have submitted to council our amended planning permit for the building of the Cooinda Village craft workshop. This will give all Cooinda residents a change to refresh their hand craft skills in a purpose build space.*

*In the meantime, please remember to stay safe in our (supposedly) warmer weather.*

*Warm Regards,  
Alex*



We welcome all people visiting for respite, who are having a holiday with us during January, 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 has 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, Daniella, Tracey  
Lauren, Sharlene and all our wonderful  
Volunteers.

