



Newsletter April 2024 Happy Easter

Welcome everyone for a jam-packed month of activities. As I write this Newsletter we are in the midst of Easter, as it started at the end of March through to the beginning of April, so I hope you all had some time with your family and friends and possibly an Easter Egg or two. We also began our month with April Fool's Day on Monday 1st of April. Followed closely by the end of Day Light Savings which meant turning your clocks back one hour on Sunday 7th April for that extra sleep in, for the morning.

Our Easter together was celebrated on Thursday 28th, just before Good Friday as the Friday was a Public Holiday which meant fewer staff and residents, so Thursday meant everyone could join in the fun and laughter. Our entertainer Billy Arnold had the room rocking and rolling with everyone singing, dancing, and having a great time. Our drawing of the Easter raffle was done, with the winners announced on the day.

Changes are always happening at Coinda, and April is no different, as we have buildings going up and buildings going down and a new kitchen opening and old rooms closing, we also have changes to our programs. One of those changes will be around our Residents meetings with management, with a total revamp of how we format the program. We will be having our normal residents meeting, but now it will be later in the afternoon at 3pm and set up with a special afternoon High Tea, laid out on tables with cloths to help make your experience of the meeting more welcoming. We hope you all come and tell us what you think.

Anzac Day is usually a day for all Coinda to get together and celebrate with the raising of the flag on the morning of Tuesday 25th April at the Alice Golding Wing Garden. This will begin at 10.30 with the raising of the flag and followed by the laying of the wreaths and the last post. Hopefully, we have some amazing autumn weather to finish the day off.

We open April with beautiful autumn weather which will help when we start our autumn planting in the garden. Our Samaria - Ledger wing garden is now open to all our residents to enjoy and hopefully help with some new planting before the winter months set in. You will need to keep an eye on our white board and program for when the gardening sessions will be on.

We know you will all enjoy our April program to the fullest and all of autumns glory while it lasts, we hope you are ready for some fun!

Debra McCabe
Health & Wellbeing Coordinator



Upcoming Events

Day Light Savings ends Sunday 7th April, turn your clocks back **1 hour** before going to bed Saturday.



April Fool's Day Saturday 1st April



Easter Celebrations

Easter came early this year with our celebrations happening last month on Thursday 28th March with our special afternoon of music, special afternoon tea and our annual Easter raffle drawn. Easter is still in progress through to Easter Monday on the 1st of April. Happy Easter to everyone.

Happy Hour

Happy Hour is back on our program, every Friday afternoon from 2pm onward for all residents. As we are unable to invite families and friends to attend enjoy the day and we are ever hopeful they can attend soon.

Monthly Birthday Party

To be held Tuesday 16th April at 2pm in the AGW Activity room with entertainer Clare.

AFL Footy Tippings

Footy Tipping will be held every Monday with the pink team and helpers, as well as a chat around the table. If you need help to fill in the sheet, please ask the activity staff or maybe one of the other residents. Good luck to you all.

Anzac Day

A flag raising ceremony will go ahead on the morning of Thursday 25th at the Alice Golding Garden. Please watch on upcoming white board notices for further information.

Residents Meeting with Management

Wednesday 17th April at 3pm with a special high tea.



Celtic Music Morning

Entertainment with Celtic Group on Monday 22nd April at 10.30am in the Alice Golding Wing Activity room.

New Drumming Group

The drumming group will happen the first and third Tuesday of each month in the AGW activity room at 10.30am.

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 portable Kiosk Trolley continues to move 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

Our Trading Tables have replaced the monthly cake stall and we have had a great response from residents and staff alike. The tables are set up in all areas of Cooinda selling different types of goodies. All proceeds continue to go to our Cooinda 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, via care staff, as well as the pink team.

Bus Outings

Bus outings will be arranged each month for you 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 - in your area. 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 April



Hostel	AGW	LW	NMW
25 th Betty Stevens	5 th Spike Jones 14 th Sr Ben Quinlan 29 th Rodney Evans	14 th Lois Heylbut 19 th Joan Robins	

**Monthly Birthday Party will be on Tuesday 16th 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

An Update from Ryan Claxton in Accounts

As you would be aware, the age pension increased on 20 March 2024. This also means that there is an increase in the Basic Daily Fee that you pay. The New Basic Daily Fee is \$61.96 per day. This an increase of \$1.10 per day.

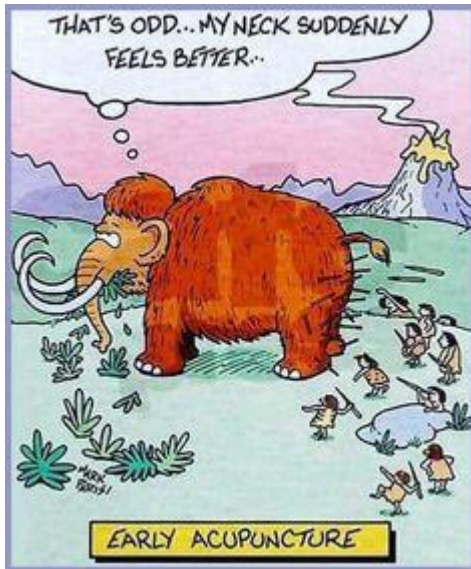


Debs Jokes



What has four legs and an arm?

A happy Pit Bull



Who Should Make the Coffee?

A man and his wife were having an argument about who should brew the coffee each morning. The wife said, "You should do it, because you get up first, and then we don't have to wait as long to get our coffee." The husband said, "You are in charge of the cooking around here so you should do it, because that is your job, and I can just wait for my coffee." Wife replies, "No, you should do it, and besides it says in the Bible that the man should do the coffee." Husband replies, "I can't believe that! Show me." So, she fetched the Bible, and opened the New Testament and showed him at the top of several pages, that it indeed says, "HEBREWS."

Growing Old

Very quietly, I confided to my husband on the eve of our 50th Anniversary, that I was having an affair.

He turned to me and asked – 'ARE YOU HAVING IT CATERED FOR?'

And that, my friends is the definition of "OLD AGE".

When Women Lie

One day, when a seamstress was sewing while sitting close to a river, her thimble fell into the river. When she cried out, the Lord appeared and asked, "My dear child, why are you crying?"

The seamstress replied that her thimble had fallen into the water and that she needed it to help her husband in making a living for her family.

The Lord dipped His hand into the water and pulled up a golden thimble set with pearls. "Is this your thimble?" the Lord asked. The seamstress replied, "No."

The Lord again dipped into the river. He held out a silver thimble ringed with sapphires. "Is this your thimble?" the Lord asked. Again, the seamstress replied, "No."

The Lord reached down again and came up with a leather thimble. "Is this your thimble?" the Lord asked. The seamstress replied, "Yes."

The Lord was pleased with the woman's honesty and gave her all three thimbles to keep, and the seamstress went home happy.

Some years later, the seamstress was walking with her husband along the riverbank, and her husband fell into the river and disappeared under the water.

When she cried out, the Lord again appeared and asked her, "Why are you crying?"

"Oh Lord, my husband has fallen into the river!"

The Lord went down into the water and came up with George Clooney.

"Is this your husband?" the Lord asked. "Yes," cried the seamstress.

The Lord was furious. "You lied! That is an untruth!"

The seamstress replied, "Oh, forgive me, my Lord It is a misunderstanding.

You see, if I had said 'no' to George Clooney, you would have come up with Brad Pitt.

Then if I said 'no' to him, you would have come up with my husband.

Had I then said 'yes,' you would have given me all three. Lord, I'm not in the best of health and would not be able to take care of all three husbands, so THAT'S why I said 'yes' to George Clooney.

And so, the Lord let her keep him.

The moral of this story is: Whenever a woman lies, it's for a good and honorable reason, and in the best interest of others.

That is our story, and we're sticking to it.

Why Men Don't Write Advice Columns

Dear Walter,

I hope you can help me here. The other day, I set off for work leaving my husband in the house watching the TV as usual. I hadn't driven more than a mile down the road, when the engine conked out and the car shuddered to a halt. I walked back home to get my husband's help.

When I got home, I couldn't believe my eyes. He was in our bedroom with the neighbor's daughter. I am 32, my husband is 34, and the neighbor's daughter is 19. We have been married for ten years.

When I confronted him, he broke down and admitted that they had been having an affair for the past six months. I told him to stop or I would leave him. He was let go from his job six months ago, and he says he has been feeling increasingly depressed and worthless. I love him very much, but ever since I gave him the ultimatum, he has become increasingly distant. He won't go to counseling, and I'm afraid I can't get through to him anymore.

Can you please help?

Sincerely, Sheila

***** **

Dear Sheila:

A car stalling after being driven a short distance can be caused by a variety of faults with the engine. Start by checking to see that there is no debris in the fuel line. If it is clear, check the vacuum pipes and hoses on the intake manifold, and also check all grounding wires. If none of these approaches solves the problem, it could be that the fuel pump itself is faulty, causing low delivery pressure to the injectors.

I hope this helps...

Walter

True Fishing Story..... Well sort of.

BUNDY RUM (Bundaberg Rum)

Queensland's famous product!

Forget Jamaica or any other rubbish! For you overseas people: A King Brown is one of the deadliest snakes on earth.

Out of the top 10, Australia has 5.

I finally got around to going fishing this morning but after a while I ran out of worms.

Then I saw a King Brown with a frog in his mouth, and frogs are good bass bait. Knowing the snake couldn't bite me with the frog in his mouth, I grabbed him right behind the head, took the frog and put it in my bait bucket.

Now the dilemma was how to release the snake without getting bitten. I grabbed my bottle of Bundaberg rum and poured a little rum in its mouth. His eyes rolled back, he went limp, I released him into the lake without incident, and carried on my fishing with the frog.

A little later I felt a nudge on my foot.

There was that same snake with two frogs in his mouth.



The Psychic

Jennifer decided to pay a visit to a psychic who had a reputation locally for being able to foretell the future.

In a dark and hazy room, peering into a crystal ball, the mystic delivered some disturbing news for her: "There's no easy way to say this, so I'll just be blunt – prepare yourself to be a widow. Your husband will die a violent and horrible death this year."

Visibly shaken, Jennifer stared at the woman's lined face, then at the single flickering candle, then down at her hands.

She took a few deep breaths to compose herself.

There was something that she simply had to know.

She met the fortune teller's gaze, steadied her voice, and asked: "Will I get away with it?"



Name _____



Anzac Day Word Search

B I R A C S W L K U G J F R L
B A A S O L D I E R A J M O N
R O R R A U S T R A L I A S E
C M E M O R I A L S L J M E W
B W R A Y S W O K P I J H M Z
P R A S D C N N B L P U E A E
A E A K A L O H O N O U R R A
R A A N Z A C R E I L S O Y L
A T J C L E I A P R I L E Y A
D H R M E D O R P S P J S U N
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| • Parade | • Soldier | • Peace | • |
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| • Australia | • New Zealand | • Heroes | • |
| • | • | • | • |
| • April | • Army Corps | • Memorial | • |
| • | • | • | • |
| • Anzac | • Honour | • Gallipoli | • |
| • | • | • | • |
| • Wreath | • Rosemary | • Sacrifice | • |
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Welcome to Stewart Coutts April Quiz

1. Noosa is in (N.S.W, QLD, W.A, S.A)
2. _____ is a Communist island nation noted for cigars
3. Dreamworld is in (N.T, TAS, QLD, N.S.W)
4. In the Bible, Eve was created from Adam's _____
5. Nancy Wake was heroic in the (Vietnam, WW1, WW11, Boer War)
6. Explorers Blaxland, Lawson, and Wentworth crossed the
7. Will Scarlett belonged to R_____ H_____ '___ band
8. The main religion of India is H_____
9. Bruce Springsteen's nickname is T_____ B_____
10. What was the 1st AFL team outside Victoria?.....
11. Michelle Payne was the 1st female Jockey to win the
12. Sumo is the national sport in
13. The Wildebeest is native to (Asia, Africa, Europe, Australia).
14. An Iceberg is a type of (Lettuce, Radish, Melon, Cabbage).
15. (Saturn, Jupiter, Mars, Venus) is the 2nd largest planet.
16. The seven Dwarfs were (Farmers, Tailors, Miners, Bakers).
17. Donald Duck's nephews are H_____, D_____, and L_____
18. Handel, Mozart, Brahms were all (Actors, Composers, Monks, Artists).
19. Vermillion is a shade of (Violet, pink, red, brown).
20. The star sign of the bull is (Scorpio, Leo, Virgo, Taurus).
21. Selvage, Baste and Nap are terms used in S_____
22. 'The War Cry', is a publication of T_____ S_____ A_____

Bus Outing to Sheep Dog Trials – Violet Town RSL Mural

Story by Stewart Coutts

In warm conditions we boarded the bus, to be delayed by a medical check on me. Ross became excited as we entered the showgrounds, parking by the oval near Bridge Street, with the comfort of the bus's air conditioner. Ross explained some of the rules, and of the initial string attachment of the three lambs. It appears that each of the groups of lambs proved to be stubborn and non-co-operative to the alert, patient, and hardworking dogs. After each non-event other dogs ushered the sheep from the oval. En-route to the Freeway we drove through wide tree lined streets with desirable homes, and some being renovated. Once on the Freeway we could see that at last the pastures had dried out. Upon entering Violet Town, a long steel train caused a delay – so trains were running again! Near the hall, Chris managed to maneuver the bus into the last vacant parking spot close to the RSL mural, saluting local women who served during wartime. In mid-February, the work by local silo/street artist Tim Bowtell and his son Sam was unveiled. Unfortunately, RSL members were unavailable to speak to us and answer questions. Pictures and articles from 'The Ensign' and 'The Herald/Sun', were passed around, while I gave a brief chat. I did point out that the only woman wearing red was nurse Bullwinkle – the rest of the mural was in monochrome. On an Indonesian Island the Japanese marched all the nurses into the sea and gunned them down. Nurse Bullwinkel was the sole survivor. I was asked the nurse's Christian name. June Slater helped; it was Vivian, and she grew up in Wangaratta. Later, I added that Alicia Lindrum, who was born in and grew up in Violet Town, and wife of the world-famous billiards player Walter, chauffeured General Douglas MacArthur – supreme commander of the Allied Forces in S.W Pacific, when he was in Melbourne. She spoke well, was cultured, had traveled the world, was a good driver, and an accomplished pianist. Once again, our special thanks to Chris and Daniella. June has a very long official association with the Benalla RSL.

Answers to Stewart Coutts Quiz

- | | | |
|-------------------|-------------------|-------------------------|
| 1. QLD | 8. Hinduism | 15. Saturn |
| 2. Cuba | 9. The Boss | 16. Miners |
| 3. QLD | 10. Sydney Swans | 17. Huey, Dewey & Louie |
| 4. Adams Rib Bone | 11. Melbourne Cup | 18. Composers |
| 5. WW11 | 12. Japan | 19. Red |
| 6. Blue Mountains | 13. Africa | 20. Taurus |
| 7. Robin Hood | 14. Lettuce | 21. Sewing |
| | | 22. The Salvation Army |

Staff Movements

Welcome the newbies



Registered Nurse



Personal Care Attendant



Food Service Assistant



Personal Care Attendant

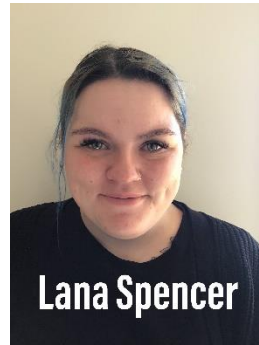


Food Service Assistant

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



Personal Care Attendant



Cooinda Home Care

Also leaving us Virginia Eastman - Enrolled Nurse (photo unavailable)





Sadly, we say goodbye to, Jim Matheson, Ruth Marquand and Marjory Williams who passed away during the month of March. We have set up several memorial areas around Coinda 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 April, and a big welcome to those who have just made Coinda 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, Lauren,

Tracey, Daniella, Sharlene and all our wonderful

Volunteers.

