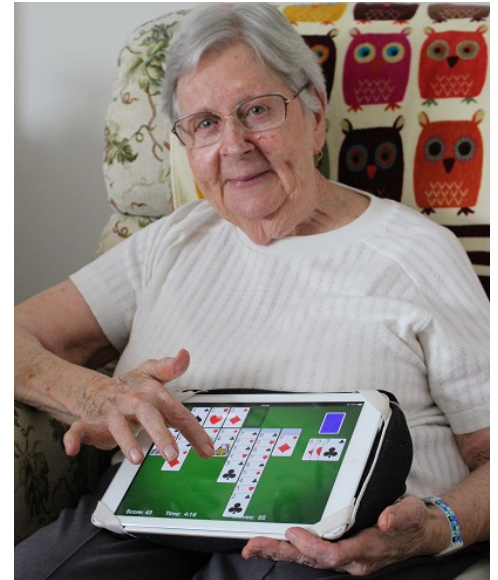


Discover

In February the Be Connected program was launched and introduced to residents at Braemar Cooinda. The Be Connected program is a government-run, Australia wide initiative designed to empower all Australians to thrive in the digital world. This program allows residents to develop a new digital skill, keep in touch with family and friends as well as play games. Residents can also learn how to use email, learn about online safety and explore the world using the Internet and Google Earth.

Here at Cooinda this program is on offer to all residents who are interested in learning more about technology and the digital world. As a part of this program Braemar has purchased 5 iPads for residents to use and the program is being rolled out with the assistance of volunteers and school students. In one on one sessions residents are initially taken through the basics of using an iPad before developing their understanding on the specific apps and programs they want to use.

We will be hosting an iPad and facetime demonstration session this month on **17 April at 2pm**, so keep an eye out for posters around Braemar Cooinda. If you are interested in learning how to use an iPad please add your name to the signup sheets located on the noticeboards or let a member of staff know.



Upcoming Events

Cooinda Games: To celebrate and recognise the Commonwealth Games held this year on the Gold Coast, Cooinda residents will have an opportunity to take part in the Cooinda Games. For the duration of the Commonwealth Games, various indoor sports such as carpet bowls, target golf, bocce, discus and volleyball will be on offer for residents to participate in. A board with information and history regarding the Commonwealth Games including an updated medal tally will be on display for residents to read and keep updated.

Maritime History: On 10th April Maritime Author Chris Frame will return to Cooinda to present a talk; "Beyond Titanic: The White Star Line". The event is open to all residents and will be hosted in the Level 2 Multi-purpose room.

Visual Tour: On the 13th of April Allen Graham from Fremantle History Walking Tours will visit Cooinda to provide a visual tour to residents, outlining the history of Fremantle. Allen will speak about the history of Fremantle allowing residents to enjoy a walk down memory lane to re-live and reminisce about their memories of Fremantle. As many of Cooinda's residents have spent a lot of their life living in and around Fremantle, this talk is sure to be of interest to many residents.

ANZAC Day: ANZAC Day is 25th April 2018 and in commemoration, Braemar Cooinda will host a service on the 24th April in the Level 2 Activity Lounge at 2:30pm. All are welcome.

What's on at Coinda

Day	Date	Time:	Location:	Activity
Tuesday	3 rd	9.30 – 12.00	External Trip	Bus Trip – Join us for a coastal drive to Hillarys enjoying a view of Perth's picturesque coastline, stopping for some morning tea along the way.
Wednesday	4 th	10.30	Level 1 Activity Lounge	Braemar Games – To celebrate and recognise the Commonwealth Games held on the Gold Coast, Coinda residents will have an opportunity to take part in the Coinda Games.
Friday	6 th	2.30	Level 1 Activity Lounge	April Birthday Celebration – come together to celebrate the birthdays of fellow residents.
Tuesday	10 th	2.30	Level 2 Multipurpose Room	Maritime Talk – Guest speaker Chris Frame will visit to share his maritime knowledge on The White Star Line.
Friday	13 th	2.00	Level 2 Multipurpose Room	History of Fremantle Talk – Allen Graham will visit Coinda to speak with residents and allow them to enjoy a walk down memory lane and re live their memories of Fremantle.
Monday	16 th	3.00	Level 2 Activity Lounge	Alice in Wonderland Theme Day – Join us for an Alice in Wonderland themed afternoon tea.
Tuesday	17 th	2pm	Level 2 Multipurpose Room	iPad and Facetime Demo – Join us for an engaging demo on how iPads and Facetime work.
Friday	20 th	2.00	Level 1 Activity Lounge	Entertainment with Cedric – Join us for an afternoon of music performed by Cedric.
Tuesday	24 th	2.30	Level 2 Activity Lounge	Anzac Day Service
Wednesday	25 th	10.00	Level 1 Activity Lounge	Evangel Singers – Join us for a morning of live music performed by the Evangel Singers.
Thursday	26 th	2.00	Level 2 Multipurpose Room	Residents and Relatives Meeting
Friday	27 th	2.00	Level 1 Activity Lounge	Happy Hour – Join us for an hour to enjoy a drink and music performed by the One Man Band.
Monday	30 th	1:30-3:30	To be advised	Crepes and Flu Vaccine – we are hosting a flu vaccine event for staff, volunteers and family with free crepes for all residents and participants. Look out for posters closer to the event for full details.



Your planner – use the space below to write notes and plan your day:

Cooinda in Focus

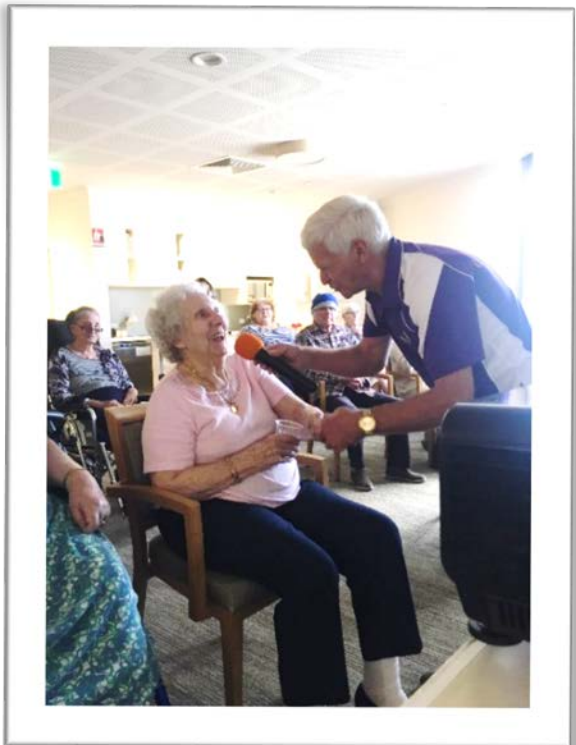
During March the team from Golden Memories Karaoke visited Cooinda. Residents enjoyed the songs of yesteryear while reminiscing on the memories sparked by the music.

St. Patrick's Day was celebrated by Cooinda residents during March. Many residents came together and enjoyed an afternoon of music and fun to celebrate St. Patrick's Day.



Above and right: Golden Memories Karaoke.

Below: St. Patrick's Day Celebrations



Team Profile

Jo-Ann De Marchi

Facility Manager

Jo recently joined Braemar and is very much enjoying getting to know all of the residents at Coinda. A Registered Nurse with over 20 years' experience, Jo has predominantly worked in community and rural health.



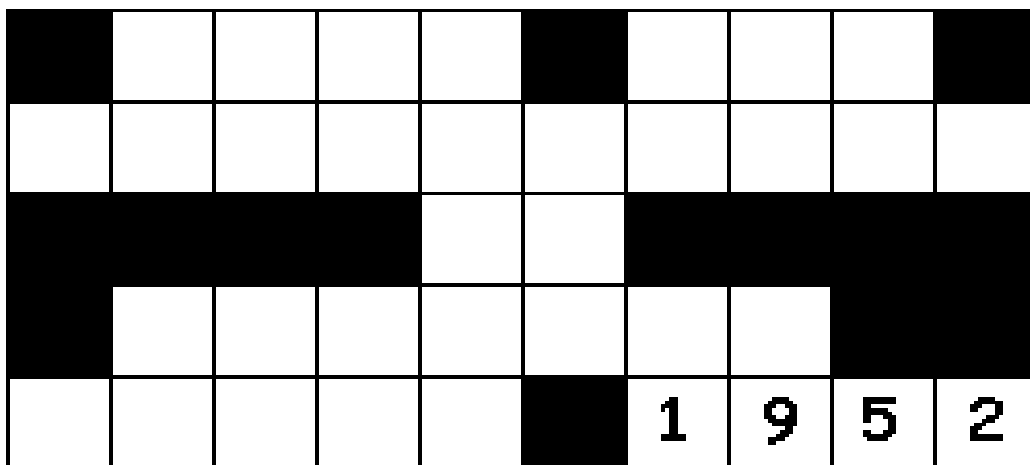
Jo diversified into health management during the past 10 years while accompanying her husband on his travels for the Defence Force. This has exposed Jo to a diverse range of populations and experiences around the globe.

"I have made a purposeful move into Aged Care during my studies, after realising the opportunity to be a positive part of an industry undergoing significant growth and change," says Jo, who is excited to have joined the Braemar Presbyterian Care family.

Puzzle:

Use the letters (below right) to unscramble the 'secret' phrase and write it in the boxes →

Hint: It has something to do with Braemar!



R A E C N A D

R F E I D N P I S H

T A R B E A R M A

S E C N I 1 9 5 2