

Discover

In December, residents at Braemar Cooinda celebrated Christmas with our annual residents Christmas parties.

Residents and their families joined staff for an evening of Christmas cheer.

Food and wine was enjoyed while listening to music performed by Adam Penn.

We hope you enjoyed the evening and had a wonderful Christmas with your family.



What's New

On 25 January, Cooinda residents will have the opportunity to celebrate Australia Day at an activity event held in the Level 2 Activity Lounge.

Australia Day is the day to reflect on what it means to be Australian and acknowledge our history.

An afternoon of Australian music and barbeque food will be enjoyed.

On 16 February Staff, residents and their families are invited to attend an afternoon tea to welcome our new facility manager, Jo-Ann.

Please join us to give Jo-Ann a warm welcome to Braemar Cooinda.

Bus Trips will re-commence on the 6th of February.

Our first trip will be a shopping trip to Phoenix Shopping Centre.

Please sign up at reception or let a member of the therapy team know if you wish to attend.



Above and Top: Cooinda Residents celebrate Christmas in 2017.

What's On at Cooinda

Day	Date	Time:	Location:	Activity
Monday	15 th Jan	3.00	Level 2 Activity Lounge	Ladies Afternoon Tea
Tuesday	16 th Jan	10.30	Level 2 Activity Lounge	Playgroup Visit
Friday	19 th Jan	2.00	Level 1 Activity Lounge	Happy Hour – Memory Lane Karaoke will be here to provide entertainment for the hour.
Wednesday	24 th Jan	3.00	Level 2 TV Lounge	Men's BBQ
Thursday	25 th Jan	2.30	Level 2 Activity Lounge	Australia Day Celebrations – Come together to celebrate Australia Day with Australian music and food.
Thursday	25 th Jan	2.00	Level 2 Multipurpose Room	Resident and Relatives Meeting
Monday	29 th Jan	3.00	Level 2 Activity Lounge	Ladies Afternoon Tea
Friday	2 nd Feb	2.30	Level 1, Activity Lounge	Birthday Celebration – come together celebrate the birthdays of fellow residents.
Friday	9 th Feb	2.00	Level 1 Activity Lounge	Entertainment – Cedric returns for the year to provide us with an hour of entertainment.
Wednesday	14 th Feb	10.30	Level 2 Activity Lounge	Valentine's Day Morning Tea and Craft
Friday	16 th Feb	2.00	Level 1 Activity Lounge	Staff, residents and their families are invited to attend an afternoon tea to welcome our new facility manager, Jo-Ann. Please join us to give Jo-Ann a warm welcome to Cooinda.
Thursday	22 nd Feb	2.00	Level 2 Multipurpose Room	Resident and Relatives Meeting
Friday	23 rd Feb	2.00	Level 1 Activity Lounge	Happy Hour – Join us for an hour to enjoy music performed by Cedric

Grassed Area for Family Use

Remember we have a grass area at Cooinda. It is located on the ground level, near the carpark, and is for residents and family to enjoy.

Ambulance Parking Bay

We have a dedicated ambulance bay near the main entry doors. Please keep clear for ambulance use only.



Cooinda in Focus

On the 19th of December residents were visited by staff from Programmed Marine who kindly bought in Christmas cards and gifts for the residents.

Puzzles, board games, quiz books amongst other funs things were kindly left under the Christmas tree for the residents.

Each resident also received a hand written card from one of the staff members.

On the Friday before Christmas, residents got into the Christmas spirit listening and singing along to Christmas Carols performed by Phil Wilson.

Residents enjoyed singing along to the Christmas carols and celebrating Christmas with their fellow residents.



Above: Cooinda Residents enjoy the Christmas Celebrations in 2017.

Chaplains Message

Don't Be Anxious

Be anxious for nothing but in everything by prayer and supplication with thanksgiving let your requests be made known to God Philippians 4:6.

Although we are well into a New Year it would be well worth evaluating the many concerns we worried about in 2017 and how many eventuated. We are all too familiar with the knotted stomach, the annoying headache, even insomnia and anorexia that comes from an anxious heart.

There is no doubt that there will be genuine concerns regarding family, finance and health but many of our worries are perpetuated by self-talk. We can well convince ourselves of a gloomy outcome for the day even before we get out of bed! Let's start talking to God this year. Come to Him seeking forgiveness, for little faith, with a thankful heart for the many blessings enjoyed, and asking for courage and guidance for the day.

Claim the promises the Apostle Paul gives to us when we stop talking to ourselves and commence communicating with the Almighty

...and the peace of God which surpasses all understanding will guard your hearts and minds through Christ Jesus Philippians 4:7

Staff Profile

Paul Bloomfield – Chaplain

Paul is our chaplain and hosts regular hymn services, singing activities and biblical enrichment at each of our facilities.

Paul was born in a quaint English Village in Northamptonshire England. He trained for Hotel Management Ramsgate Kent before training at St Charles Hospital Ladbroke Grove London. Paul qualified as RN in 1970 and immigrated to Australia in 1974.

Once in Australia, Paul worked with indigenous people in Derby before training for Christian Ministry.

He was ordained with Westminster Presbyterian Church in 1991 and Pastored four Churches before becoming Chaplain of Braemar Presbyterian Care in 2004.

Paul lives with his wife Dawn in Coo롱gup, with their cat Willow. He enjoys travel, gardening, carpentry reading, preaching, teaching the Bible, writing songs and poetry and plays guitar and ukulele.

