

## Discover

On the 18<sup>th</sup> of February one of our residents, Gladys Canning, celebrated her 100<sup>th</sup> birthday.

Gladys celebrated the milestone with her closest family and friends. Although the celebrations didn't stop there, Gladys also celebrated her birthday with her fellow Cooinda residents with an afternoon tea the day following her birthday.

Gladys was born in Melbourne and moved to WA when she was seven years old. She met her husband to be while on holiday soon after the Second World War.

Together they had two children, Lorraine and John. Gladys has been a resident at Braemar Presbyterian Care for many years and is an important part of the Braemar family.

Gladys still attends many activities held here at Braemar and still has a great sense of humour.

Happy 100<sup>th</sup> Birthday Gladys!



## Today Tonight

On 6 March 2018 two Braemar Cooinda residents were featured on Channel 7's TV show "Today Tonight". Bonnie and Lil have been best friends for 93 years and the show celebrated their friendship.

The pair was inseparable as teenagers and would go swimming together, play tennis and regularly go out to dances before both starting work at a shoe company called Ezywalkins, which was located opposite Fremantle town hall at the time. Bonnie was the cashier and Lil was responsible for selling shoes to customers.

"We had great times together on holiday, at dances and also working together", says Bonnie, who was born on 4 December 1918.

To view the story visit this website:  
[tinyurl.com/bonnie-and-li](http://tinyurl.com/bonnie-and-li)



# What's On at Cooinda

Day	Date	Time:	Location:	Activity
Friday	2 <sup>nd</sup>	2.30-3.30	Level 1 Activity Lounge	Birthday Celebration
Tuesday	6 <sup>th</sup>	9.30 – 12	Kings Park	Bus Trip – Join us for a scenic drive around Kings Park before enjoying a picnic morning tea.
Tuesday	13 <sup>th</sup>	2.00 – 3.00 pm	Level 1 Activity Lounge	Golden Memories Karaoke – Join us for an afternoon of music and singing to the songs of yesteryear with the people from golden memories karaoke.
Friday	16 <sup>th</sup>	2.30 -3.30 pm	Level 1 Activity Lounge	St Patricks Day Celebration
Friday	23 <sup>rd</sup>	2.00 -3.00 pm	Level 1 Activity Lounge	Happy Hour – Join us for an hour to enjoy a drink and music performed by Cedric
Thursday	29 <sup>th</sup>	All day	Everywhere!	Easter Celebrations
Thursday	29 <sup>th</sup>	2.00-3.00	Level 2 Multipurpose Room	Residents and Relatives Meeting

## Welcome Jo-Ann

During February we welcomed our new facility manager Jo-Ann to Cooinda. Residents, their families and staff gathered together for an afternoon tea to welcome and get to know Jo.

Jo is a Registered Nurse with over 20 years' experience in Aged Care and more recently in Residential Management and Home Care Senior management.

She brings her passion for delivering excellence and will be a real asset to the organisations senior management team. May we all make Jo feel welcome.



## 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.

**Want to join our e-newsletter?**

Head to [www.braemarcare.com.au](http://www.braemarcare.com.au) and subscribe for the latest Braemar news.

# Cooinda in Focus

On the 14<sup>th</sup> of February residents at Cooinda had the opportunity to celebrate Valentine's Day with their loved ones and fellow residents. A morning tea of cakes, biscuits and chocolates was enjoyed by all. Residents enjoyed reminiscing about Valentine's Day with their fellow residents chatting about their loved ones and how they have previously celebrated Valentine's Day.

This month the team from Golden Memories Karaoke will be visiting Cooinda. Golden memories karaoke is run by Robert and Fran Ives who are based in Melbourne. Robert and Fran are currently travelling around Australia presenting the Golden memories karaoke program to aged care facilities. The interactive singalong allows residents to enjoy the songs of yesteryear while reminiscing on the memories sparked by the music.

On the 16<sup>th</sup> of March, Cooinda residents will have the opportunity to celebrate St. Patricks Day. St. Patricks Day is a day to commemorate the arrival of Christianity in Ireland and celebrates the heritage and culture of the Irish in general. Join us and our many Irish residents for an afternoon of music and fun to celebrate St. Patricks Day.

An update on bus trips: This month's bus trip is on Tuesday the 6<sup>th</sup> of March where residents will have the opportunity to enjoy a scenic drive around Kings Park before enjoying a picnic morning tea. Next month's bus trip will be held on the 3<sup>rd</sup> of April. This trip will take residents for a drive along our coastline to Hillary's.



# Resident Profile – Bernie McMahon

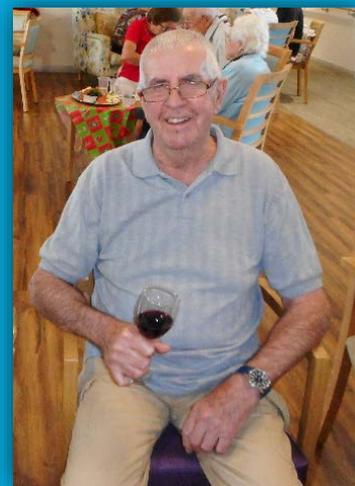
Bernie was born in Broken Hill in rural and remote New South Wales where he lived until finishing school. Bernie grew up in a big close family, Bernie being the youngest of 8 girls and 2 boys. Bernie now has a close family of his own with a daughter and grandson and many good friends.

Bernie had a very interesting work life. Early in his working career Bernie worked as a motor mechanic before working as a truck driver on various mines across Western Australia and in Broken Hill, NSW.

During 1969-1972 Bernie worked aboard the ship *Booya* which is most famously known for sinking of the coast of Darwin during Cyclone Tracey in 1974. Bernie worked aboard the ship as the second engineer and is believed to be the last surviving crew member to have served on the ship.

The wreck of the *Booya* was not located until 2003.

Bernie has a strong interest in cars and motor vehicles with Ferrari and motorbikes being his two favourites. Bernie also loves watching Australian Rules football and supports the Fremantle Dockers.



## Team Member Profile

### Renee Reid

#### General Manager Workforce

Renee grew up in South Africa before immigrating to the United Kingdom and moved to Australia in 2012, joining Braemar in October of that year as Human Resources Manager.

Now holding the role of General Manager Workforce, Renee brings 12 years' experience in Human Resources Management to the Braemar senior executive team and looks after the workforce at Braemar.

Renee has experience in Construction, PR, Residential Care, Mental Health and Aged Care and is Qualified as an Ontological Coach.

In 2015 she won the ACSWA Excellence award in the Trainee Category.

