

## Discover

### New balcony environment adds to resident lifestyle:

The balcony within the specialist care area here at Braemar Cooinda has been renovated and is now open for residents to enjoy.

The balcony has been fitted out with wheelchair accessible planter boxes, new bench seating, a BBQ and a men's workshop area. Residents and therapy staff spent an afternoon planting out herb and vegetable seedlings into the garden beds.

We hope the produce grown in these garden beds will then be used by the Cooinda chef in meals for all residents to enjoy.



## What's on this July at Braemar Cooinda?

Day	Date	Time –	Location:	Activity Name and a brief description:
Tuesday	3rd	9.30 – 12.00	Bus Trip	<b>Bus Trip</b> - Join us for a tour of the Wireless Hill Museum followed by a picnic morning tea in the Wireless Hill Parklands.
Friday	6th	2.30 – 3.30	Level 1 Activity Lounge	<b>Birthday Celebration</b> – Come together to celebrate the birthdays of fellow residents.
Tuesday	10th	11.00	Level 1 Activity Lounge	<b>Evangel Singers</b> – Join us for a morning of music performed by the Evangel Singers
Friday	13th	2.00- 3.00	Level 1 Activity Lounge	<b>French Theme Day</b> – Join us for an afternoon of French themed festivities.
Thursday	26th	2.00 – 3.00	Level 2 Multipurpose Room	<b>Residents and Relatives Meeting.</b>
Friday	27th	2.00 – 3.00	Level 1 Activity Lounge	<b>Happy Hour</b> – Join us for an hour to enjoy music performed by Don Gibson.

## Resident Profile: Kathleen Tredrea

Kathleen was born in Sydney, New South Wales in 1918, growing up in the suburb of Ashfield. Then moving to Western Australia at aged 5 with her family where she has lived since.

She attended Perth Girls School and completed her junior years. Following school Kathleen worked in the statistician's office entering data using an adding machine. When the Second World War broke out in 1939, Kathleen decided she wanted to serve for her country and decided to join the air force. Kathleen moved to Melbourne and started working as a cipher clerk with the Royal Australia Air Force intelligence. Kathleen said she found the work interesting and enjoyed the change and challenge of living and being away from home.



After two and a half years Kathleen moved back to Perth as her mother became unwell. Kathleen then started work at A & A House. This is where she met her soon to be husband Len. Len and Kathleen got married at the Ocean Beach Hotel in Cottesloe and honeymooned in the south west of Western Australia. Together they had a son Clyde and daughter Jane. They also have 3 grandchildren.

On the 16<sup>th</sup> of this month Kathleen will be celebrating her 100<sup>th</sup> birthday. From everyone at Braemar we wish Kathleen a very happy birthday! What a wonderful achievement!

## Exciting events coming up...

This July, Braemar Coinda residents will have the opportunity to immerse themselves in the French culture with a French themed day.

The theme day will coincide with Bastille Day – the national celebratory day in France.

Join us to learn more about the French culture and enjoy an afternoon of French themed music, food and drink.

### Did you know...

*Bastille Day has its origins dating back to 1789 and the era of Louis XVI. However the current celebration begun in 1878. It was on 14 July one of two huge feasts was held in Paris to honour the French Republic. This led to a law being proposed to make 14 July the national holiday for France with the French government ratifying the move in 1880.*

## Hawaiian Theme offers winter warmth:

The tropical warmth of Hawaii came to a cold and wintry Perth last month, as residents of Braemar Cooinda in Melville enjoyed a Hawaiian themed day.

Despite the rain and wind outside, the 108 seniors who call Cooinda home were transported to the warmer weather of tropical Hawaii for an afternoon of cultural delight.

Music was provided by the team at Memory Lane Karaoke, allowing residents to engage with singing and dancing in the facility's large lounge.

While there was a great variety of Hawaiian themed music, hits from the Beach Boys and Elvis Presley proved the most popular on the day!

Each resident was presented with a Hawaiian Lei, while tropical drinks were on offer for those who wanted to fully immerse themselves in the Hawaiian spirit. To round off the festivities, a group meal was served with Hawaiian themed food prepared by the Cater Care Chefs based at Braemar Cooinda.

Braemar Presbyterian Care CEO Wayne Belcher commented that such theme days are part of Braemar's commitment to an engaging resident enrichment program.

"One of the things that make Braemar unique is our organisation-wide dedication to a resident enrichment program. In the past 12 months alone we have seen this expanded to include technology classes on iPads and the like, history lectures, visits from the Royal Flying Doctor and theme days like this one," Mr Belcher comments.

"Despite Hawaii being over 11,000km away from us, for the day we were able to bring its unique culture, food and music to Melville. This is really important as it allows those residents in our care the opportunity to expand their horizons and learn new things in the comfort of their home."



# Braemar helps RFDS celebrate 90 years:

Residents at Braemar Cooida flew into Australian aviation history on Tuesday 19 June when they were joined by members of the WA-based Royal Flying Doctor Service for an informative talk.

The talk formed part of Braemar's extensive enrichment program, which sees a range of qualified speaker's present informative talks to seniors at the facility.

With the Royal Flying Doctor in its 90th year, the talk was given by Michelle Grant, RFDS's Local Area Marketing Coordinator, who

spoke about the foundations of the RFDS, the fact that the Presbyterian Reverend John Flynn who started the service is on the Australian \$20 note, the early flights in small Qantas propeller planes and the fact that the RFDS is actually a flying intensive care unit in the sky and not simply an air ambulance.

Chief Executive of Braemar Presbyterian Care, Wayne Belcher said the team at Braemar were committed to providing residents with access to an enrichment program throughout the year, to support a full and engaging life.

"Braemar's focus is to provide our residents with an enrichment program year round, with topics sourced off the back of resident feedback and from suggestions from our therapy team. We call it 'Care and Friendship' and it sees us working with residents to create meaningful experiences" he says.

Braemar was established in 1952 as a community service to the aged founded by the Presbyterian Church. It shares a common heritage with the Royal Flying Doctor Service which was itself established by the Presbyterian Minister, Rev. John Flynn who today can be found on the Australian \$20 note.

"Rev. John Flynn was a Presbyterian Minister, who dedicated his life to the service of humanity. He founded the Australian Inland Mission, and later established what became the Royal Flying Doctor Service; to care and support for those living in the bush," Mr. Belcher explains.

"For many of our own residents, the Flying Doctor was part of their lives while living or working in rural and remote WA, so there was a great deal of interest in learning more about the service that Rev. John Flynn founded during its 90th anniversary year."



**Please note:** While every care is taken to ensure activities continue as scheduled in this newsletter, due to circumstances beyond our control they may be subject to change. If in doubt, please ask your care staff or site manager.