

## Discover Father's Day Celebrations

This month we celebrate Father's Day.

Therapy staff hosted a BBQ on Monday the 3<sup>rd</sup> of September for residents to enjoy and celebrate Father's Day.

Cedric was on hand to provide music and therapy staff were happy to cook a BBQ.



Families attended and much fun was had by all!

## What's on this September At Braemar Cooinda:

Day	Date	Time	Location	Activity
Monday	3 <sup>rd</sup>	2.00pm	Level 1 Activity Lounge	<b>Father's Day Celebrations</b> – Join us for a BBQ to celebrate Father's Day.
Tuesday	4 <sup>th</sup>	10.30am	External Trip – Heathcote Reserve	<b>Bus Trip</b> - Join us for a picnic lunch at Heathcote Reserve in Applecross. Enjoy lunch under the gumtrees overlooking the Swan River and the City skyline.
Friday	7 <sup>th</sup>	2.00pm	Level 1 Activity Lounge	<b>Birthday Celebration</b> – Come along to help celebrate the birthdays of fellow residents.
Thursday	20 <sup>th</sup>	2.00pm	Level 2 Multipurpose Room	<b>Residents and Relatives Meeting</b>
Friday	28 <sup>th</sup>	2.00pm	Level 1 Activity Lounge	<b>Happy Hour</b> – Join us for an hour of fun and music.

## Creative Connections

As part of Braemar's aim to increase resident's well-being and overall quality of life, Braemar Cooida's therapy team were really excited to trial a new initiative last month; the 'Creative Connections' program.

The aim of this program is to provide an activity that our residents and their relatives can participate in to enhance social participation, self-expression and creativity.

We believe this program will provide residents and their relatives with an opportunity to spend quality and meaningful time together.

For the first session, participants using water colour paints, painted autumn leaves in various shades of green, yellow, red and brown.

These leaves were then cut out and combined to be arranged in a frame to be displayed here at Braemar. While painting, participants listened and sang along to live piano music performed by one of our volunteers.

Participants stated they had a wonderful and relaxing time and enjoyed spending quality time with each other doing something different.

Currently this program is being trialled in our Specialist Care Service in the hope of rolling it out facility wide. We hope to run this program on a monthly basis.



### Chemicals Safety Reminder:

The safety of all of our residents is of the utmost importance to us. As such, please refrain from bringing outside cleaning chemicals into Braemar facilities.

If you require cleaning assistance for your room (or your family member's room) please bring this to the attention of a member of staff who will arrange for additional cleaning to take place.

Our team are always happy to help.

### Coffee Van Reminder:

Cooinda is having regular weekday visits from Rawsters Coffee at around 11:40 until approx. 12pm.

The coffee van will park in the carpark near the main reception at these times.

## International Recognition for Braemar

Braemar Presbyterian Care is proud to have been recognised as a finalist in the Ragan International Healthcare PR & Marketing Awards.

The organisation has been singled out for its work to connect seniors with vital Aged Care services in Perth's southern suburb of Willagee.

Braemar's Chief Executive, Wayne Belcher, says Braemar is proud to be acknowledged by the Ragan awards, as it highlights the importance of clear and engaging communication in facilitating easy access to Aged Care services.

"Becoming a finalist in the Ragan International awards is very exciting for our entire team as it's an acknowledgement of the vital and life-improving work being carried out at Braemar," he said.

"We are undertaking a number of new projects which reflect Braemar's commitment to high quality care and friendship. This includes the opening of a new memory support service at Braemar Village in Willagee to support people living with Dementia. We remain committed to informing our community about Braemar's unique care and friendship approach," he says.

## Braemar featured on Channel 7

Braemar was featured on Channel 7's Home in WA on 26<sup>th</sup> August 2018.

The episode showcased the wonderful 'Care and Friendship' at Braemar Cooina and featured many of our residents enjoying a number of activities including iPad lessons and a Fashion Show.

To view the feature visit: <https://www.braemarcare.com.au/braemar-featured-channel-7s-home-wa/>



## Recent Events at Cooida:

### Wonderful Winter Waltz:

Last month Cooida residents had the opportunity to attend Cooida's first Winter Waltz event.

Residents enjoyed song and dance performed by Adam Penn and one of this ballroom dancing students. Adam sung many well-known songs which residents could sing along to and broke up the singing with performances of dances such as the foxtrot, tango and waltz.

Many residents stated they had a wonderful and enjoyable afternoon and were able to reminisce on the great memories they have singing and dancing at school dances, social dances and on their wedding days.

We are glad many residents enjoyed the afternoon and hope to make this a regular event.



### Can you get from one star to the other without getting stuck?

