

## Discover

This month we have started a new walking group. It was inaugurated in early December when five residents went for a walk with staff to the park down the road.

Although it was a hot morning everyone enjoyed the fresh air and exercise.

Once at the park, some of the group continued on, doing some laps around the park. Others opted for a more relaxing morning, and sat in the shade and enjoyed the outdoors.

On the way there, we added enrichment by learning about the history of the streets in the area, and some of the residents recalled what the area used to be like in the past.

The walking group will hopefully continue to be a fortnightly activity as long as the weather permits.

Please let therapy staff know if you are interested in joining.



Day	Date	Time:	Location:	Activity
<b>Tuesday</b>	4 <sup>th</sup>	6.30 – 8.30	Bus trip	Come out for a night-time bus trip, we will be driving around having a look at the Christmas lights in the area.
<b>Wednesday</b>	5 <sup>th</sup>	9:30 – 11:00	Starting on level 2	Come join us for a Christmas tradition, putting up the Christmas tree and decorating the building.
<b>Friday</b>	7 <sup>th</sup>	2.15 - 4.00	Level 2	Level 2 Christmas Party: with memory lane karaoke.
<b>Thursday</b>	13 <sup>th</sup>	2.15 – 4.00	Level 1	Level 1 Christmas Party: with memory lane karaoke.
<b>Friday</b>	14 <sup>th</sup>	2.00 – 3.00	Level 1 – Activity Lounge	Afternoon entertainment with Cedric.
<b>Thursday</b>	17 <sup>th</sup>	2.00 – 3.00	Level 2 Multipurpose Room	Resident's and relatives meeting.

## Resident Focus – David Kennelly

David Kennelly was born in 1950 in New York in the United States of America although lived in New Jersey before moving to Bohemia near Long Island. David lived with his parents John and Vera and four siblings, Paul, Kevin, Colleen and Claire.

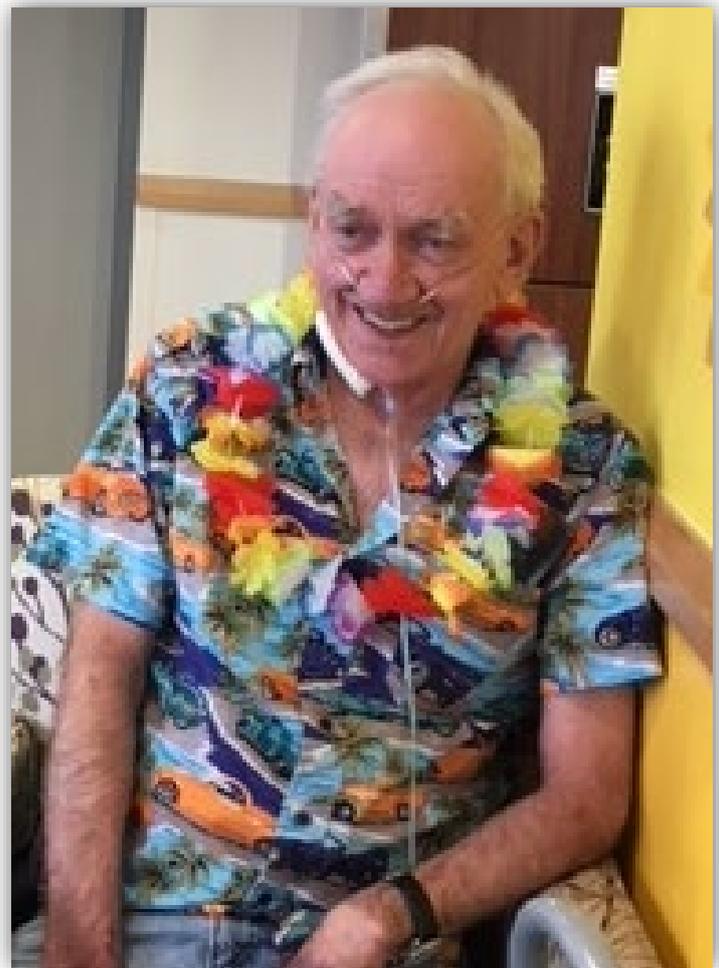
David attended high school at Connetquot High School where he enjoyed track and field and business studies.

In 1969 when David was 19, David and his family moved to Australia. They travelled to Australia on board the P&O Ocean Liner *Oriana*.

The ship docked in Sydney and from there they caught a bus across the Nullarbor to Perth.

David and his family migrated to Australia as David's father did not like the direction America was heading and liked what he saw of Australia while he was here during the war.

David spent a lot of his working life working as an orderly in many Perth hospitals including Princess Margaret Hospital and Sir Charles Gairdner Hospital. David has an interest in classic cars, particularly Ford mustangs



# Cooinda in Focus

## St Jude's children's choir

In November the children from St Jude's primary school came and performed for residents ending with some Christmas carols to start to get us in the spirit for Christmas.

The children bought some presents and chocolates and everyone had a good time singing to some popular songs.

This performance was especially nice for one of our residents as her daughter was the choir director. We at Braemar would like to thank the choir for the amazing job they have done! We hope to see them again next year

## Dog visits

We are now have regular dog visits from three different dogs Indi (Swiss Shepard), Kaiser (German Shepard) and Drax (cattle dog). All these dogs have been very well behaved and the residents have enjoyed meeting them.

The dogs are also enjoying the visits. The least time Drax was here, the normally quiet puppy was pulling on the leash, *desperate* to get upstairs and get all the attention he could (and half of everyone's morning tea!)



## Cooinda Christmas Party Reminder:

- Level 1 is the 13th of December 2:15 – 4:00
- Level 2 is the 7th of December at 2:15 – 4:00

Food, drinks and entertainment is provided. Please understand that we will only have space for a max. of 2 guests per resident.



# Team Profile

## Graham Cowcher – Facility Manager

Graham was born and raised in Adelaide and has worked in three states across Australia.

His vocational experiences in health include acute, rehabilitation and aged care as well as experiences in local government, manufacturing and the insurance industry.

He looks forward to making a positive contribution to Braemar Cooina to ensure prudent oversight, creating outcomes which enable for the provision of high quality resident care.

A keen Sydney Swans supporter, he is married to RONALDA and has two adult children, and three grandchildren.

Graham has previously served on the Braemar Committee.



## From Chaplain Paul:

### Man of Sorrows

***“A Man of sorrows acquainted with grief .....” Isaiah 53:3***

The above passage was prophesied by Isaiah concerning the Messiah that was to come, some 700 years before He came. This was of course the Lord Jesus Christ.

How easy it would have been for Him to remain aloof from the suffering of others, to escape to an ivory tower and see people by appointment only. The record shows that the leper, blind, the deaf, dumb, sick and dying were all ministered to. They heard His Voice: *“Come unto me all you that labour and are heavy laden and I will give you rest”*

Our residents have lost loved ones, property, pets and independence and many private tears are shed over these losses. The Man of Sorrows is our greatest Comforter. One who was nailed to the cross experienced grief and loss more than any, separated from God the Father and human help.

On our doors we proclaim, *‘the Love of Christ compels us.’* May this be our motivation as we take time with our residents and each other to hear of their grief and loss and look to the Man of Sorrows?

*- Paul Bloomfield.*