

## Bridal Afternoon Tea

Over the past 3 months the Cooinda therapy team has had three marriages. Marie, Christina and Simi have all become married ladies, and in celebration of that we decided to have an afternoon tea where we could celebrate and share our stories, hear the stories of fellow residents and enjoy some afternoon tea. Nearly everyone involved brought in pictures of their own and shared tales of their own weddings and advice for the newlyweds.

On the day, we had three different wedding gowns on display, and through pictures supplied by residents we were able to see how throughout time, the fashion has changed, but also what has remained consistent. The tables were decorated with shades of pink and white, we had matching balloons and flowers to decorate with as well. We even had a few real roses mixed in from the gardens of staff; however, it was a bit late in the season for a lot of roses... (continued p. 2)



## What's on at Braemar Cooinda

Day	Date	Time:	Location:	Activity
Friday	1 <sup>st</sup>	2:30 - 3:30	Level 1 – Activity lounge	Join us for February's birthday celebrations with don Gibson.
Tuesday	5 <sup>th</sup>	9:30 - 12:00	Ciccerellos – Freemantle	This month's summer bus trip is to a west Australian icon Ciccerellos. Come and join us for fish and chips!
Friday	8 <sup>th</sup>	2:00 - 3:00	Level 1 – Activity lounge	Afternoon entertainments to suit everyone with Beatles to Bublè.
Monday	11 <sup>th</sup>	10:30 - 12:00	Level 2 – Multipurpose room	A morning of art and creativity. Come and join us alone or with a friend or family member for a morning of creativity and social connections!
Tuesday	14 <sup>th</sup>	2:00 - 3:00	Level 1 - Activity lounge	Valentine's day afternoon tea.
Friday	15 <sup>th</sup>	9:30 - 11:00	We will come visit you!	Dog visits with Drax and possibly with a new puppy Nebula (she is only 4 months old so we will see how she goes!)
Friday	22 <sup>nd</sup>	2:30 - 3:30	Level 1 - Activity lounge	Come join in for our Friday Happy hour with Phil n' Bob's Knees up karaoke.

## Bridal Afternoon Tea (continued from front page)...

...overall the afternoon tea appeared to be a success, with many people leaving with their tummies full of food and their minds full of stories and advice. And we would like to say that we are thankful to those that stayed behind and helped us to clean up.

*Right: Christina's Wedding Dress on display at the Bridal Afternoon Tea.  
Front Page: Simi's wedding dress on display.*



## Your Call Reminder

Your Call is an independent third party reporting service. It can be used to receive your concerns 24/7 and any feedback can be anonymous. We have chosen Your Call to allow all staff, residents, family members and friends to contribute to the integrity and transparency of our services.

To utilise the Your Call service, please visit [www.yourcall.com.au/report](http://www.yourcall.com.au/report) or call 1300 790 228 remembering the service ID is "Braemar".



## Exciting Events Coming Up

Our bus trips are back, and the bus is free! On Tuesday the 5<sup>th</sup> of February we will be heading to Cicerello's in Freemantle for a fish and chips feast. For only \$15 residents will enjoy fish and chips, coffee or tea and ice cream or cake. We will also be able to peer in to the deep blue through their massive and comprehensive aquariums, seeing fish from all different parts of the nation as well as a few rays and small sharks. Cicerellos is located on the Freemantle Fishing Boat Harbour, so hopefully it's a nice day and we can watch the fishing boats at the marina.

## Meal Time Reminder

A general reminder of times for meal times at Cooida. These times are subject to change according to scheduled activities, necessary adjustments and for programing purposes and resident needs.

- Breakfast: 8am
- Morning Tea: 10am
- Lunch: 12 noon
- Afternoon Tea: 2:30pm – 3pm
- Dinner: 5pm

# Cooinda in Focus

Last month on the 25<sup>th</sup> of January we held an early celebration for Australia Day at Cooinda. To do this we had a happy hour BBQ and listened to the music performed by Jim and Jenny. For the BBQ residents enjoyed a typical Aussie sausage sizzle prepared by our favourite BBQ chef – Vic!

We had a lucky day for January with the weather staying below 30 degrees. But still being sunny enough to enjoy the day with temperatures only reaching 27 degrees. In recent years, Australia Day has faced temperatures exceeding 32 degrees!

A fun fact is that our facilities name Cooinda is actually a word that in the aboriginal language means Happy place.

And we have to say that for this Australia Day that appeared to be true. This has been one of our most popular recent events, with nearly half the facility turning up to enjoy a sausage and a good time.

Thank you to everyone who attended.

## **Freely Give – With Paul Bloomfield, Braemar Chaplain.**

*Freely freely you have received freely give .....Matthew 10:8*

We all touched to see the news on television of the 13,000 bales of hay worth an estimated \$4 million delivered to hundreds of farmers in drought-crippled western NSW towns. It was a grand effort and a generous one organised by farming charities.

The instruction to freely give of what we have freely received was given to the disciples as Jesus sent them out to the needy. It reminds us of another biblical character Job who lost all his belongings and his relatives and yet without ingratitude uttered:

*Naked I came from my mother's womb and naked shall I return there. The Lord has given and the Lord has taken away. Blessed be the name of the Lord (1:21).*

He blessed the Lord because he knew whatever he had gained in this life was given by Him. We ourselves might also include the daily blessings of living in a democratic country and good health. As we regularly give thanks daily for our food let us remind ourselves also that our Lord gave Himself freely to die on a cross for our sins that we might be forgiven and have eternal life.

*What does it profit a man if he gain the whole world yet lose his own soul? What shall he give in exchange for his soul? (Mark 8:36-37)*

# Team Focus – Meet Van

You may have seen Van, our new Physiotherapist around the building lately. She matches the rest of the therapy team in their turquoise shirts and is always wearing a big smile on her face.

Van may be new to the building but is not new to the job. Van is originally from South Africa where she completed her Physio degree in 2002. Professionally she has worked in hospital settings, as well as private practice and has been in aged care since 2011.

Van is enjoying her work in aged care. She loves learning about people's life experiences and meeting people of different backgrounds and cultures. Van is also very passionate about aged care and has a strong belief that our ageing community deserves to be provided with good quality care.

Van was born in South Africa where she met her husband. They were high school sweethearts and were married in 2004 in a lovely Hindu ceremony in South Africa.

Four years later they migrated to Australia, with a 6 month old baby girl in tow. They lived in Adelaide for four years but eventually realised that Perth would be better, having family who relocated here. So with two children aged two and four, Van and her husband did the second big move of their married lives and moved to Perth.

Van's daughters are now aged nine and eleven and she and her family have two mini schnauzers named Buddy and Lola.

Van enjoys spending time with her family and pets, however when she is able to find some free time she enjoys dancing, yoga and finding a spare moment to sit in nature and enjoy her own company.



## Reminders:

### Valentine's Day

Feb 14<sup>th</sup> is a day often marked in people's calendars, it's a day filled with flowers and chocolates and romance. And here at Coinda it won't be too different we plan on spending this Valentine's Day enjoying a morning tea with our somewhat mismatched fine china.

### Parking

Staff are asked to not park in the reserved areas. Visitors are asked to not park in unmarked bays.

*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. Coinda is accredited to April 2020.*