

Activities and Events

Coming up this month at Cooida

This month’s big event will be the **Fathers Day** as we celebrate fathers across the Braemar family. Father’s Day has been celebrated worldwide with origins dating back to the Middle Ages. However in Australia the date in September was selected as it was the first Sunday of Spring.

Privacy Reminder

Due to privacy considerations we regret being unable to publish names of recently deceased residents in these newsletters. However, reflection services are held for each resident. For details, please speak to your Facility Manager.

Key Events to Remember:

- BBQ and Father’s Day Celebration,
- Cedric the entertainer
- Bus trip to Tomato Lake,
- Concert with Don Gibson
- Movie with Ron “Memories of a Geisha”
- Concert with Cedric,
- Concert with Terrance,
- Bunnings visit (making wind chimes),
- Residents/Relatives meeting,
- Happy Hour Concert/ Memory lane.

Keep in touch...

Follow us on Twitter, Linked In and YouTube @braemarcare

FATHERS DAY

Braemar Cooida aged care will celebrate a special Father’s day BBQ this month on Monday the 2nd September, dedicating this wonderful day to all fathers.

Father’s Day will be celebrated on the Level 2B patio. Cedric the entertainer will also play and sing some brilliant tunes where everyone is welcome and that everyone can sing along to.

There will also be some special gifts given out to all the fathers.

BUS TRIP

On Tuesday the 3rd September there will be a bus trip to the scenic “Tomato Lake” in Kewdale.

Here, residents will enjoy a beautiful walk along the boardwalk where they can take in the views and admire the surroundings. Afternoon tea will also be provided.

AUGUST REFLECTION

In August at Braemar Cooida we had a visit from Cedric who performed many songs that everyone loved singing along too.

During the concert everyone enjoyed sipping on lemonade and also nibbles were provided.

Many of the residents also enjoyed visits from Bella the friendly dog.

Don Gibson paid a visit last month on the 30th for a happy hour concert.

Have you seen Virtual Tours at braemarcare.com.au These tours allow you to take a walk though each facility. Great to share with family and friends.

Celebrating August



Above: Residents came together to enjoy music with Cedric.

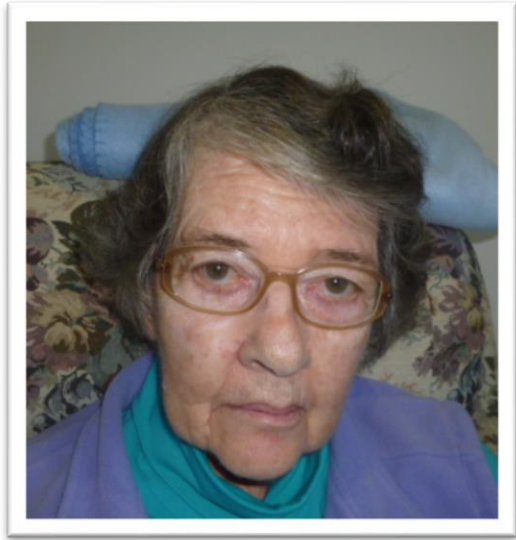


Above: Entertainment is well attended when Cedric visits the facility.

RESIDENT PROFILE

Kirsty’s story is an inspiring one, and one definitely worth a read:

I was born in Edinburgh while my parents were on leave from India where we spent the next three years before returning to the UK. Aged 10 I went to boarding school in Scotland and eventually on to Edinburgh to study medicine and graduated in July 1957. I got married a few days after my last exam, had four days honeymoon then graduated, then packed and then sailed to Northern Nigeria where I did my internship of one year. The rest of that tour was spent further south.



After leave we went to Fiji for three years and I worked in the hospital out patients, taught nurses and ran the family planning clinic. The next tour was to Zambia, the first three years I bought a caravan and went to an outer township that had no government clinic – the caravan had two rooms with a sliding door between.

The second three year tour was further south and just a small village but there was a mission run small hospital, which were not allowed to have their own out patients dept. because the government clinic was just outside the walls and I ran that. Then my husband got a posting to Botswana for the next three years where I worked in the out patients of the Princess Marina Hospital in Gaborone the capital.

Halfway through the tour I was asked to take on the retiring anaesthetist’s job too, which I did after a refresher course in Johannesburg. We then went for two years in Swaziland where I ran a clinic from our house. Then I was back to Scotland to pack up and sell up to sail to Australia where I had a job lined up in Northam with two older doctors. I did that for three years then branched out on my own, building a new surgery and gradually increasingly to four partners and one part time. In 1991 after two back operations earlier I got a full time replacement and did the other practise in Northam and the Toodyay practice, then retired completely. The last seventeen years I have spent happily in the Belswan Village in Mandurah.

Above right: Kirsty at Braemar Cooida.