





# Activities and Events

Coming up this month at Cooinda

This month's big event will be Loud Shirt Day! ", on **Monday 14<sup>th</sup> October**. Loud Shirt Day is a great excuse to wear your [brightest clothes](#) and get LOUD and PROUD to raise money to help give the gift of sound and speech to deaf children. We will also receive a visit from some special people who will give us a talk on what Loud Shirt Day is and why it is so important. Families are welcome!

## 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 care staff.

## Some Social Events to Remember:

- On the 28<sup>th</sup> of October the residents are welcomed to join the Art & Craft social knitting group.
- On the 19<sup>th</sup> of October our facility will receive a Bunnings visit where residents will create terrariums.

## Keep in touch...

Follow us on Twitter, Linked In and YouTube @braemarcare

## LADIES PAMPER DAY

On the 21<sup>st</sup> of October Braemar Cooinda will be doing a ladies "pamper session" on Level 1. The Ladies will be able to enjoy getting their nails painted and cleaned, or a relaxing massage.

## CEDRIC IS BACK

On Friday the 18<sup>th</sup> of October Cedric the entertainer will be visiting the facility for his concert. Residents are encouraged to meet in the Level 2 lounge for some fantastic sing along songs. Families welcome.

## SEPTEMBER REFLECTION

Braemar Cooinda celebrated a special Father's Day BBQ last month where we dedicated the wonderful day to all fathers. The event was hosted on the second floor in the 2B lounge room.

Braemar residents enjoyed listening to wonderful tunes that Cedric, our entertainer played. Whilst enjoying the show, the residents also indulged in the sausage sizzle and drinks. After Cedric had finished his show one of our very own residents, Malcom, played some songs on his Harmonica – which everyone loved.

On Tuesday the 3<sup>rd</sup> of September, some of our residents enjoyed a scenic bus trip to "Tomato Lake" in Kewdale. Whilst there, the residents spotted lots of the local wildlife including some ducks which came over to say hello. Everyone enjoyed a hot cup of tea and cake by the lake.

On the 9<sup>th</sup> of September Braemar Cooinda received a visit from Don the entertainer who played and sung many groovy songs. During the performance many of our residents got up and danced along to the music, which made the show all the more enjoyable.

Have you seen Virtual Tours at [braemarcare.com.au](http://braemarcare.com.au)  
These tours allow you to take a walk through each facility.  
Great to share with family and friends.

# Celebrating Cooinda Life



**Left and centre:** An enjoyable visit to Tomato Lake. **Right:** Residents enjoy Father's Day entertainment with Cedric.

## RESIDENT PROFILE – Meet Kathleen!

*I was born in Sydney in 1918, just before the war ended. My Mother and Father had me at older ages. My mum was 42 and my father was 52.*

*When I was six years old we came over to Western Australia because we had been informed that my Aunt Kate was sick and in hospital. She had asked my mother if she would be able to help with her boarding house.*

*I started primary school at Highgate. I remember on my first day of school, by the time playtime had come around, I had decided I'd had enough of school so I took my little case, that my mother had bought me, off the hook and off I went through the front gate. For high school I attended Perth Girls School which I enjoyed thoroughly.*

*After school finished I applied for my first job in the West Australian Government, and got the job. I worked there for about a decade. I then moved back to Sydney and lived with a cousin. I did feel a bit unsettled there as I wasn't very close with the people living there. Because I felt unsettled I decided to move back to Perth. I stayed with Aunt Kate in Lake Street Perth. I applied for a job at the taxation office and got the job. I didn't particularly enjoy this job so I got another job at the post office instead which I settled into nicely.*

*I met Len, my husband, when I was 35 and married him five years later at the age of 40. We had two beautiful children, a boy and a girl. Clyde was the first born and then Jane. I remember feeling so happy to be finally settled down with a husband and children. We had a house in Brentwood. When the children were old enough they attended Brentwood primary school. When the children grew up, Len retired and we lived in the same house in Brentwood.*

*Len sadly passed away over east, whilst visiting my daughter where she lives. I broke my leg about 9 years ago. Since then I've been living happily at Braemar.*

