

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 or call 1300 790 228 remembering the service ID is "Braemar".



Valentine's Day Afternoon Tea

Cooinda celebrated Valentine's Day in style with an afternoon tea served on our beautiful china.

Many residents brought along partners or other loved ones to celebrate with, and there was a lot of stories and laughter shared over the tea and cakes.

The tables were decorated with a white tablecloth and flowers, and we had pink balloons and a banner of hearts decorating the room.

Overall the atmosphere was one of love, happiness and light-heartedness, and everyone seemed to enjoy the afternoon spent with friends and family.

March Activities

Day:	Date:	Time:	Location:	Activity Details:
Friday	1 st	2.30-3.30	Level 1 Activity Lounge	Join us for March's birthday celebrations with Memory Lane
Thursday	7 th	1.30-3.00	To Be Advised	Welcome to the Jungle themed afternoon tea, with a visit from West Oz Wildlife at 2pm
Friday	15 th	2.00-3.00	Level 1 Activity Lounge	Afternoon entertainments to suit everyone with Beetles to Buble
Thursday	28 th	2.00-3.00	Level 1 Multipurpose room	Residents and Relatives Meeting
Friday	29 th	2:30 - 3:30	Level 1 Activity lounge	Come join in for our Friday Happy hour with Phil n' Bob's Knees up karaoke.

Last Month's Highlights...

Last month we embarked on our first bus trip of the year to Cicerello's Fremantle.

We had beautiful weather with blue skies, bright sunshine, and a light sea breeze. We enjoyed great food in great company, and conversation flowed freely as everyone enjoyed their lunch.

Also of great interest were the aquariums, where we appreciated a large variety of sea life from across Australia.

Overall a great day was had by all!

February also saw the return of Peter the ice cream man, whose yummy ice creams were welcomed back by all. Peter will be continuing to visit throughout March, which we are very excited about.

And as for next month...

Although there will unfortunately be no bus trip this March, we are looking forward to our trip to Phoenix Shopping Centre in April.

However, excitingly, on the 7th of March we will be having a jungle themed day!

We will celebrate with an afternoon tea, followed by a visit from West Oz Wildlife. We will be able to see and interact with a range of Australian animals, including koalas, dingoes and reptiles.

So bring your sense of adventure for a great afternoon!

Important Reminders:

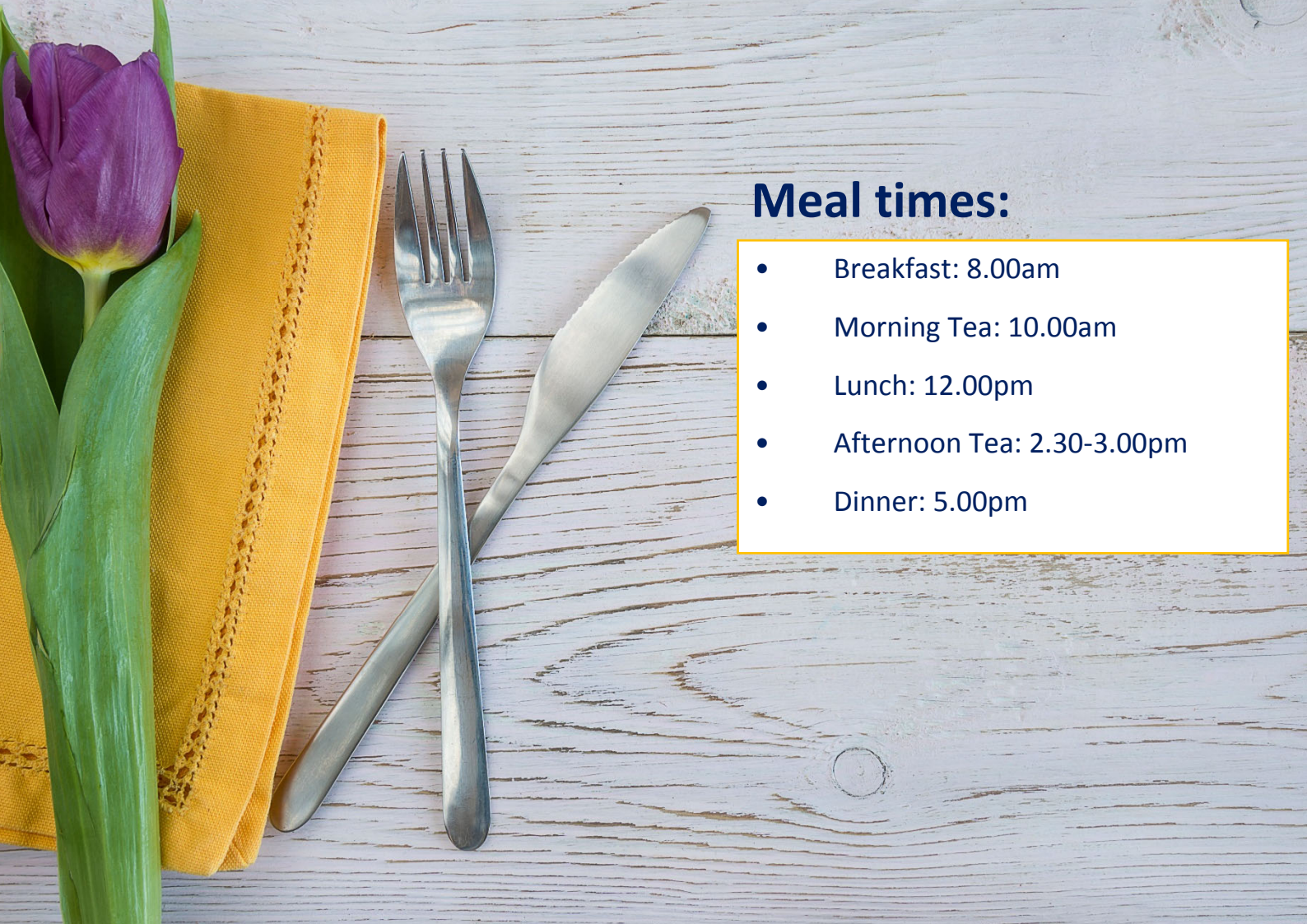
There will be a Cooinda tour conducted at 11am on Tuesday the 5th March, and thereafter tours will be conducted on the first Thursday of each month at 11am

Staff are asked to not park in the reserved areas

Visitors are asked to not park in unmarked bays

Thank you!

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. Cooinda is accredited to April 2020.



Meal times:

- Breakfast: 8.00am
- Morning Tea: 10.00am
- Lunch: 12.00pm
- Afternoon Tea: 2.30-3.00pm
- Dinner: 5.00pm

Introducing Georgia...

Another new addition to the Cooinda Therapy team is Georgia, our new Occupational Therapist. Georgia can be recognised by her turquoise therapy shirt and cheerful smile.

This is Georgia's first full-time Occupational Therapy job, having graduated in 2018, however she has experience in the areas of disability and one-on-one support, and loves working with people of all ages to achieve their goals and live a meaningful life.

Georgia has a passion for working in aged care, believing that those who hold so much wisdom and life experience deserve the best care and highest quality of life possible. She is really enjoying building connections with the residents and their families here at Cooinda, and getting to know people with such a wide range of backgrounds and experiences.

Georgia is originally from Brisbane, where she grew up with two younger sisters and a younger brother. She married her husband in 2017, whom she met volunteering. They recently moved to Perth, where they are loving the beautiful weather and friendly people.

In her spare time, Georgia enjoys reading, knitting or sewing, writing letters to friends and family in Brisbane and enjoying a cup of tea. When she can, she also enjoys going for walks in nature and soaking up the sunshine.

