



Newsletter May 2020

Welcome to May and all the delights of mid-autumn. I have decided I am not going to talk about the COVID-19 (Coronavirus), in this month's newsletter, but will talk about the wonderful world we live in, here and now.

There is more than a touch of colour in the trees surrounding Cooinda and the cooler morning and evenings are showing the first signs of light frosts on the ground, and with those cooler days, comes the onset of wrapping up in warmer clothes and bringing the favorite jumper out of hibernation, along with putting a warmer quilt on the bed and maybe contemplating those flannelette sheets. I myself have a wood heater at home which we have cleaned out and set the first fire ablaze the other night. I'm sure this brings back wonderful memories of your own fire place and the kind of heating you all had. Of course having a wood heater requires us to head out to collect wood. Lucky for us we also have some great neighbors who allow us over their paddocks, from which we have spied the very first sightings of little mushrooms, which brings back another memory of my own mum cooking mushrooms on the stove top when I was a young kid. Great days.

The last flush of autumn colour is spreading its wings around Cooinda and hopefully we get all our pre Spring planting done before the rains come. Oops sorry, did I just hear some rain drops on the tin roof. I think I just jinxed our planting time. Not to worry, if we can't plant out we will be doing some very interesting gardening activities, some of which involve the use of wire and paint, so I will leave you all wondering until the time comes to get busy.

Last month was filled with different activities to what we have all been used to, and I must say, everyone has been amazing in adapting to a new way of doing everyday chores and activities. This month brings a fresh outlook on how we have adjusted our new way of thinking to Cooinda, and also to how well we have suddenly gone "tech savvy". It is wonderful seeing how you are all utilizing iPads and becoming familiar with the IT phrasings of Whats Apps and Face Time, Zoom and Skype, not to mention video calls and emailing texts, along with booking window visits.

We still live in an amazing part of the world, with an incredibly upbeat and positive fellow Australian community, who have all banded together through this challenging time and come out the other side of adversity with a new saying, "**We Are All In This Together**".

From the Health and Wellbeing Team to you, stay well, stay strong and healthy as we look forward to greater days.

Debra McCabe
Health & Wellbeing Coordinator





Easter Raffle Winners

A huge thank you to all the participants in this year's Easter Raffle. Unfortunately, can only be three winners in the major draw. Those winners were:

1st Prize – Jessie Kipping

2nd Prize – Spike Jones

3rd Prize - Cheryl Stubbs

We also had a special Easter Raffle for the Staff. The winners are as follows:

Carolyn Boucher, Iena Luke, Leanne Allen, Nina Morrison, Laura Pollard, Gilliane Mendoza, Jane McKenzie, Jo Sleep, Carol\Plum, Lu Willan, April Herbert, Kara Taggert, Kathryn Curry, Christine Murray, Leanne Grace-Tauva, Sarah Constable, Alex McKenna, Kerryn Gaugdion, Amorette Smith, Sheeham Goyle, Jacinta Darby, and Tim Boucher.

Congratulations to all our winners. We hope you all enjoyed your chocolates, and thank you to all who helped make it a wonderfully fun day.

Anzac Day Memories

A very different Anzac Day celebration was held this year with only a hand full of veterans able to place their wreaths under the commemorative flag, With no audience, but a lone photographer, but it still did not take away the powerful emotional moments of the Last Post and one minute's silence. For everyone present it brought forth memories of family and friends past and present that they will treasure forever. One of those Residents, Mr Fred Gill retold his own personal story which was reported and printed in the local Ensign paper ensuring that Fred's story will never be forgotten.

ACHIEVERS CLUB

The COVID19 may have been effecting and restricting a lot of things over the past few months but one thing that we were able go ahead with was our annual "Easter Raffle" raising approx. \$1500. However, that would not have been possible without the support from the wonderful team at Benalla Amcal Max, who graciously allowed us to set up our raffle at the front of their shop. With the Amcal staff encouraging their customers to purchase a ticket or two. We send a huge shout out and thank you to the team at Amcal, in particular "Nea", who went above and beyond with her enthusiasm in promoting our raffle and selling of tickets.





What's Happening In May

International Nurses Day on 12th May

To our wonderful nurses and staff, thank you for the outstanding care you provide helping make our residents feel happy and safe.

Volunteers Week

Theme: Changing Communities, Changing Lives 18-24th May



Thank you to our wonderful team of volunteers who support us throughout the year, without these amazing people we could not do our job. We are counting the days when we can once again work alongside each other, but until then we send all our heartfelt thanks to all our Volunteers for their hardworking and caring involvement at Cooida.

Mother's Day Celebration

Never fear, where there is a will, there is a way, and Mother's Day Celebrations this year may look differently, but we will have a special day on Friday 8th, with Afternoon celebrations in each area and a raffle to finish off the day. We will also be having a Special Mother's Day on Sunday 10th, with Window visiting a specialty for the day along with flowers and maybe a lovely morning or afternoon tea.



Biggest Morning Tea


When Thursday 28th May 2020

Where All Areas



MAY BIRTHDAYS

Happy Birthday to the residents having a birthday this month

Hostel	AG	NMW
	8 th Meg Hearn 12 th Carole Lidgerwood 20 th Alison McLeod 27 th Margaret Stocker	10 th Marion Evans 10 th John Davies

Monthly Birthday Party will be on 18th May at 2pm in AG, LW, & SH

Spiritual Mass To be held Wednesday Mornings as per Activity program in each area with Maree at 10am.

Shopping Days

Our Weekly shopping will continue into May with the Ordering Day being Monday mornings of general shopping goods and fruit & vegetables. With the H & Wellbeing Team and then the shopping day will take place every Thursday morning and then quarantined for 24 hours after which will be distributed Friday mornings by the pink team.

Window Visits

Connect and brighten your loved one's day

- Wonder Window Visit (*booking essential*) - talk to your loved one from a safe distance. **Avoid disappointment - due to popular demand, please book ahead** with our Health and Wellbeing Team on 5761 3229.
- Video Calls (*bookings essential*) - Skype, WhatsApp or Facetime (if you have an iPhone). Please call our Health and Wellbeing team on 5761 3229
- Video message - send to 0477 814 461 - we will download to an iPad to share with your loved one
- Email - admin@cooinda.org.au - we will print and give it to your loved one
- Text message - leave a voicemail on 0477 814 461 first stating your name and the name of your loved one and we will play it to them
- Write and post a letter or call them often on their room phone
- eCards via email - send through your Jacquie Lawson eCard (or similar) via email - admin@cooinda.org.au - with details from and for whom and we will play the card to your loved on on our iPad



A FEW THINGS TO LOOK FORWARD TO IN MAY

DATE	TIME	ACTIVITY	WHERE
Friday 1st	10am	Cooking Morning with Care Staff	SH Dining Room
Friday 1st	9am	Hair Dresser	All Areas
Friday 1st	10am	Garden Craft with Deb	LW Activity
Mondays	10.30am	Shopping Orders & Library Trolley	All Areas
Tuesdays	10.30am	Kiosk Trolley	All Areas
Wednesdays	10.am	Spiritual Mass	LW
Monday 4th	2pm	Mother's Day Craft	LW
Wed 6th	2pm	Scrap Art with Val	SH
Friday 8th	10.30am	Men's Group Activities	C Block
Friday 8 th	2pm	Mother's Day Celebrations with raffle	All Areas
Friday 15th	10.30am	Virtual Dance Therapy - Maeve	LW
Friday 15th	2pm	Arm Chair Travel	AG & LW
Mon 18th	2pm	Monthly Birthday Party	All Areas
Monday 18-24th		Celebration of Volunteer Week	
Wed 20th	2pm	Cooking Scones for afternoon tea	AG
Wed 27th	2pm	Making Bird Feeders	SH
Thursday 28th	10am	Biggest Morning Tea	All Areas

Debs Jokes



Beautiful

There was a lawyer and he was just waking up from anaesthesia after surgery, and his wife was sitting by his side, His eyes fluttered open and he said, “You’re beautiful” and then he fell asleep again. His wife had never heard him say that so she stayed by his side. A couple minutes later his eyes fluttered open and he said “You’re cute”. Well the wife was disappointed because instead of “beautiful”, it was “cute”. She said “What happened to ‘beautiful’? His reply was “The drugs are wearing off!”



Boyfriend

4 men went golfing one day. Three headed to the first tee while the other went to the clubhouse to take care of the bill. The three men started bragging about their sons. The first man told the others, “My son is a home builder, and he is so successful that he gave a friend a new home for free.” The second man said, “My son was a car salesman, and now he owns a multi –line dealership fully loaded.” He’s so successful that he gave a friend a brand new Mercedes, The third man not wanting to be outdone, bragged, “My son is a stockbroker and is so successful that he gave a friend an entire portfolio.” The fourth man joined them on the tee after a few minutes of taking care of business. The first man mentioned, “We were just talking about our sons. How is yours doing? The fourth man replied, “Well my son is gay and dances in a gay bar.” The others grew silent as he continued, “I’m not totally thrilled about the dancing job, but he must be

Doing well, his last three boyfriends gave him a house, a stock portfolio and a brand new Mercedes.

What do women, Tornadoes and Hurricanes have in common?

A: They all get the house.





Escapee

While escaped, a convict broke into a house and tied up a young couple who had been sleeping in the bedroom. As soon as he had a chance, the husband turned to his voluptuous young wife, bound up on the bed in a skimpy nightgown, and whispered, “Honey, this guy hasn’t seen a woman in years. Just cooperate with anything he wants. If he wants to have sex with you just go along with it and pretend you like it. Our lives depend on it.”

“Dear,” the wife hissed, spitting out her gag, I’m so relieved you feel that way because he just told me he thinks your cute!.

Wrong Word

‘Doc, says Steve, “I want to be castrated.”

“What on earth for? Asks the doctor in amazement.

“It’s something I have been thinking about for a long time and I want to have it done” replies Steve.

But have you thought it through properly? Asks the doctor. It’s a very serious operation and once it’s done there is no going back. It will change your life forever!

“I’m aware of that and you’re not going to change my mind... either you book me in to be castrated or I’ll simply go to another doctor.”

“Well OK”, says the doctor, but it’s against my better judgement!

So Steve has his operation, and the next day he is up and walking very slowly, legs apart, down the hospital corridor with his drip stand. Heading towards him is another patient who is walking exactly the same way.

“Hi there.” Says Steve, “It looks as if you’ve just had the same operation as me.”

“Well said the patient, “I finally decided after 37 years of life that I would like to be circumcised.”

Steve stared at him in horror and screamed THAT’S the word!!!





Jewish Business

A fleeing Taliban desperate for water, was trudging through the Afghanistan desert when he saw something far off in the distance. Hoping to find water, he hurried towards it, only to find a little old Jewish man at a small stand selling ties.

The Taliban asked, do you have water?

The Jewish man replied, I have no water. Would you like to buy a tie? They are only \$5.00.

The Taliban shouted, Infidel! I do not need an overpriced tie! I need water! I should kill you but I must find water first!

OK, OK said the old Jewish man, It does not matter that you do not want to buy a tie and that you hate me. I will show you that I am bigger than that. If you continue over that hill to the east for about two miles, you will find a lovely restaurant. It has all the ice cold water you need. Shalom.

Muttering the Taliban staggered over the hill. Several hours later he staggered back almost dead. Your brother won't let me in without a tie.

ATR

A man was in an airplane and waiting for the men's room to be free. After half an hour, he asked a flight attendant if he could use the lady's rest room. The women said yes but told him not to touch the buttons on the wall. He then went in the cabin. On the wall next to him were four buttons. He couldn't resist and pressed the first one. Water started spraying from the toilet, cleaning his buttocks. He was so amazed by that, that he pushed the second button. Then it was hot air that came out of the toilet, drying his nether regions. Astonished by this cool technology, he pressed on the third button. Powder popped out leaving his buttocks soft and smelling good. He finally looked at the last button. The letters ATR were inscribed on it. Without even asking himself what it meant, he pressed on it, next thing he knew, he was in a hospital wrapped in a tissue and there was blood everywhere. He looked at one of the doctors and asked him what

Happened. The doctor told him that he pressed on the ATR button. The man asked him what it stood for. The Doctor answered

“AUTOMATIC TAMPON REMOVER”.



Beware of Dogs

One day a dog in Africa started chasing butterflies and before long was lost in the jungle. While wandering about, the dog noticed a leopard heading rapidly in his direction with the obvious intention of having lunch.

The dog noticed some bones on the ground and settled down to chew on them with his back to the approaching cat. Just as the leopard was about to leap, the dog said loudly, "Gee, that was a delicious leopard. I wonder if there are more around here. Hearing this the leopard halted his attack and slinked away into the trees.

Meanwhile, a monkey who had been watching the whole scene from a nearby tree, figured he would trade his knowledge for protection from the leopard. So off he went to spill the beans and strike a deal for himself. The leopard was furious at being made a fool of and said to the monkey, "Hop on my back and see what is going to happen to that conniving canine. The dog saw the leopard coming with the monkey on his back and knew that something was up. "What am I going to do now?" he thought to himself. But instead of running, the dog sat down with his back to his attackers, pretending he hadn't seen them yet. And just when they got close enough to hear, the dog said, "Where's that monkey. I sent him off half an hour ago to bring me another leopard and he's still not back!"

Two Young Boys

Two young boys walked into a pharmacy one day, picked out a box of Tampons and proceeded to the checkout counter. The man at the counter asked the older boy, "Son, how old are you?" "Eight," the boy replied. The man continued, "do you know what these are used for?" the boy replied, "Not exactly, but they aren't for me. They're for him, he's my brother, he's four. We saw on TV that if you use these you would be able to swim and ride a bike. He can't do either one.

Get Out Of The Car

This is supposedly a true account recorded in the Police Log of Sarasota, Florida. An elderly Florida lady did her shopping and, upon returning to her car, found four males in the act of leaving with her vehicle. She dropped her shopping bags and drew her handgun, proceeding to scream at the top of her lungs, "I have a gun, and I know how to use it! Get out of the car!" The four men didn't wait for a second threat. They got out and ran like mad. The lady, somewhat shaken, then proceeded to load her shopping bags into the back of the car and got into the driver's seat. She was so shaken that she could not get her key into the ignition. She tried and tried, and then she realised why. It was for the same reason she wondered why there was a football, a Frisbee, and two 12 packs of beer in the front seat. A few minutes later, she found her own car parked four or five spaces farther down. She loaded her bags into the car and drove to the police station to report her mistake. The sergeant to whom she told the story couldn't stop laughing. He pointed to the other end of the counter, where four pale men were reporting a carjacking by a mad elderly woman described as white, less than five feet tall, glasses, curly white hair, and carrying a large handgun. No charges were filed. Moral of the story? If you're going to have a senior moment.... Make it memorable.



Cooinda Staff Movement – April 2020

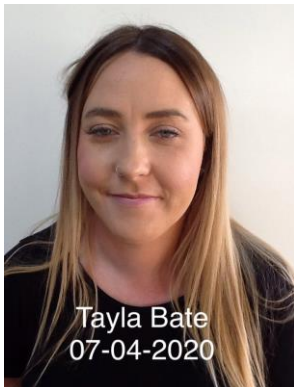
Say hello to the newbies!



Mariah – Personal Care Attendant



Georgia – Personal Care Attendant



Tayla – Personal Care Attendant

Sorry to see you go

Deb – Personal Care Attendant



Sarah Constable – Enrolled Nurse





Sadly, we said goodbye to Don Haughton and Norm Rogerson in the month of April, may you rest in peace.

WELCOME

We welcome anyone visiting for respite and having a holiday with us. We hope you enjoy your stay and we look forward to seeing you around the village.

Once again, stay safe, stay well and stay connected. We hope you enjoy your activities on the program this month. Keep on smiling from the Pink Team.

Keep on smiling from all
The Health and Wellbeing Team
Debra, Lu, Val, Maree, Karen, Helen,
Roger, Michelle and our Volunteers.



HAPPY MOTHERS DAY TO ALL MOTHERS AT COOINDA