

NEWSLETTER

April 2024

Navorina Nursing Home 5 Macauley St Deniliquin 58813944



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Editor's Desk



Hello Residents, Families and Friends!

Happy April! Another new month greets us, and this one is full of more sunshine, flowers, and blue skies. There is so much to celebrate, and I hope you'll join us for any of our events this month.

Look for exercise groups as we attempt to kick stress to the curb and celebrate Stress Awareness month. Of course, we'll also be featuring plenty of time for social outings - McDonalds, Josh's bakery and shopping, a visit to the Long Table and The Bowling club for lunch. Thursday mornings at 8am we have the best BBQ breakfast in town, all families / friends are invited to attend. We will keep you updated if there is a change when the weather turns cooler.

Seniors Rights Service will be visiting Navorina on Wednesday 10th April at 3pm. Seniors rights provide information on the role of an advocate, Charter of rights and elder Abuse. All residents and families are invited to attend.

ANZAC service this year will be held on 26th April at 10am, Don Ward will conduct the service.

2024 Resident/Relative surveys will be sent out this month. We would appreciate all residents' families taking the time to complete the survey. By completing the survey and providing feedback you are enabling Management to gain insight into areas that we may be exceeding in and any areas that you feel could be improved on. You are also more than welcome to provide feedback or recommend Continuous Quality improvement ideas at any time outside of any of the surveys. Continuous Improvement forms are located outside of the Business Manager's office.

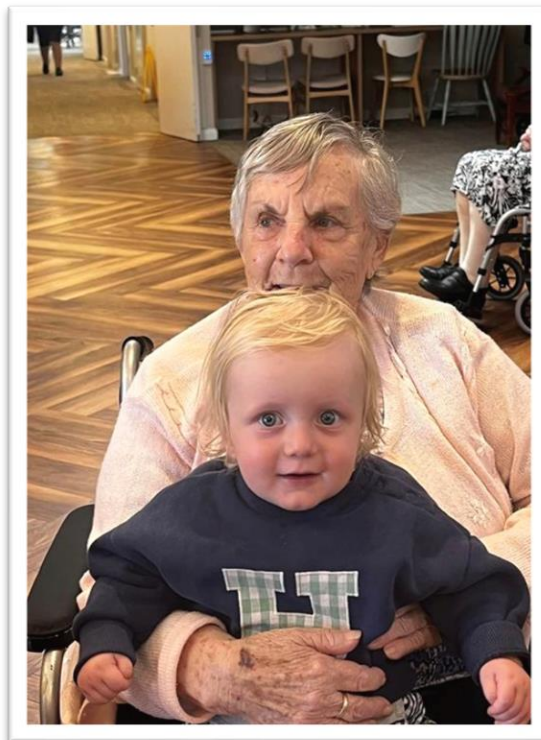
We have a lot of unnamed clothing outside the laundry, if your family member is missing clothing, please feel free to have a look.

I hope to see you at any of our events this month and bring a friend (or family member) along – the more, the merrier!

Bernadette.

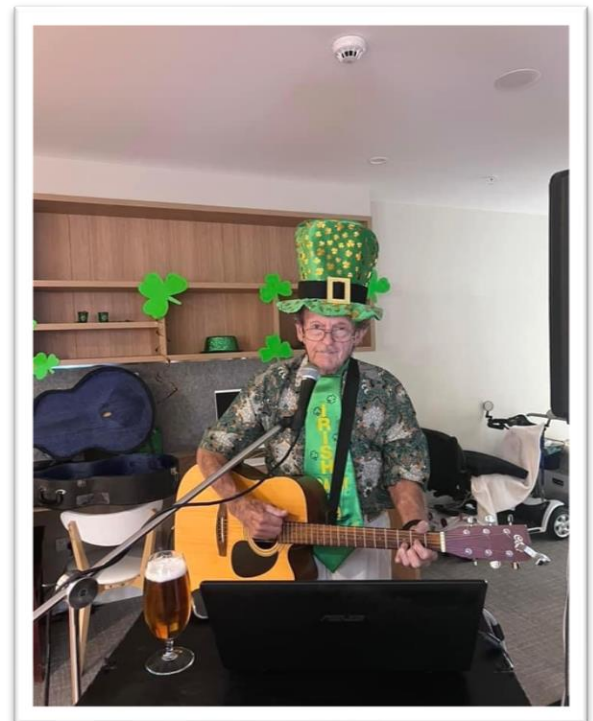
What We've Been Up to Lately

**Residents
enjoying the
BBQ
Breakfast**

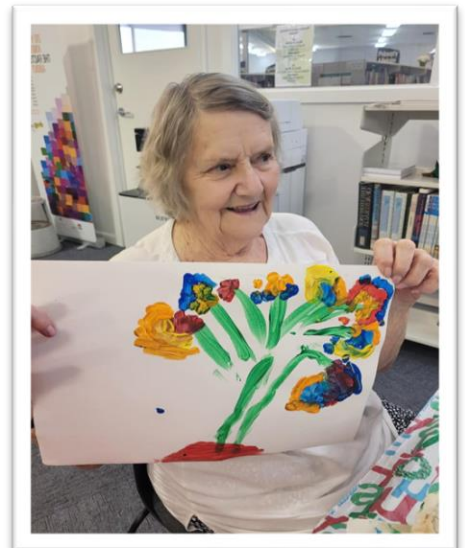
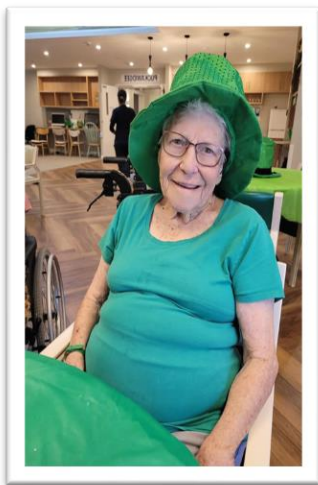


**Henry and Barb ready for the
coffee morning at Josh's
Bakery.**

**St Patrick's day
entertainment Geoff
Wright.**



Life in Our Community



Seniors Rights Information session

Monday 8th April at 3pm – Café Area

Resident's Meeting

last Monday of each month at 10am

Sunday Entertainment with Michael

7th April at 2pm

Advisory Body Meeting

Monday 14th of April 2pm -Training room

Entertainment with Andy & Lachie

Saturday at 2pm– Date to be confirmed.



Special Days

- 1st April Fools' Day
- 2nd Children's Book Day
- 5th Walk to Workday
- 11th Barbershop Quartet Day
- 12th Human Space Flight
- 22nd Mother Earth Day
- 22nd Passover Begins
- 23rd Shakespeare's Bday
- 23rd World Book Day
- 26th Arbor Day
- 29th Intl. Dance Day

Regular Events

Happy Hour every Friday 2pm

Catholic Mass last Thursday of the month 10am

Hairdresser every Thursday from 9am

Men's Group every Monday at 2pm

Bingo! Every Tuesday & Friday 10.30am

Mother's Group last Friday of the month at 10am

BBQ Breakfast every Thursday at 8am.

April Birthdays

In April, we celebrate birthdays with:

- **Debbie Hattwell**
- **Gwen De Merlo**
- **Joan Knuckey**
- **Pamela Hooker**
- **Joan Gamble**
- **Des Clancy**
- **Darrel Dingey**



Gardening Wives Tales

How many of these have you heard before?

- Plants grow better if you talk to them.
- Menthol rub repels insects on hummingbird feeders.
- Bury banana peels in your garden to bring your roses and ferns more potassium.
- Give your scarecrow a hat in the hot summer to secure a good harvest in the fall.
- Plant potatoes on Good Friday.

Aries (Mar 21 – Apr 20)

Aries are passionate, motivated, and confident leaders. They are bundles of energy & enthusiasm.

Taurus (Apr 21 – May 20)

Taurus are practical and well-grounded. They surround themselves with love & beauty.

WOW!

April 15, 1912: The Titanic Sinks

Dubbed an unsinkable ship, the *Titanic* sank on this day in 1912. The luxury passenger liner was en route to New York City from Southampton, Hampshire, England. It only took the giant ship 2 hours and 40 minutes to sink, killing more than 1,500 people.

Poem to Share

The Gardener

by Mary Oliver

Have I lived enough?

Have I loved enough?

Have I considered Right Action enough, have I come to any conclusions?

Have I experienced happiness with sufficient gratitude?

Have I endured loneliness with grace?

I say this, or perhaps I'm just thinking it.

Actually, I probably think too much.

Then I step out into the garden,
where the gardener, who is said to be a simple man,
is tending his children, the roses.

Noticeboard



NEW RESIDENTS

A very warm welcome to:

- **Mr Russ Fisher**
- **Mr Rodney Chapman**
- **Ms Pamela Hooker**
- **Mrs Rhonda Johnson**

We hope that you enjoy your time here!

NEW STAFF

A warm welcome also goes to the people who joined our team in the past months!

- **Mackenzie Miller**
- **Arya Somasundaran**
- **Chyan Wigmore**
- **John Joseph**
- **Kaveeta Devi**

We hope that you enjoy your time here!

IN MEMORIAM

To the families and friends of our late residents—may you be comforted by the knowledge that your loved ones are at peace.

- **Mr Tim Nolan**
- **Mr William Chattaway**

CONTINUOUS IMPROVEMENT

Residents, families, and friends are reminded that there are several avenues available for you to express your views, suggestions, and complaints.

There are feedback forms available in the front foyer. We are happy to receive feedback at any time and strongly encourage everyone to contribute so that we can ensure that we continue to do the **BEST** we can.

NAVORINA SUPPORT GROUP

Due to Easter, there will be no support group held in April. Next Meeting will be held on May 6th at 2pm. All families and friends are welcome to attend – afternoon tea provided.

Noticeboard



LIBRARY SERVICE

We have a mobile library service that delivers & picks up library books to residents. If you would like this service, please talk to a Lifestyle staff member.

HAIRDRESSER

We have a hairdresser who attends every Thursday. If you would like an appointment please talk to reception or ask a staff member to write your name down in the hairdressers book.

ACTIVITIES / OUTINGS

If you have a suggestion or outing you think the residents may enjoy please feel free to contact Bernadette on 58813944 ext 3 or email activities@navorrina.com.au

THANK YOU

We would like to issue a heartfelt thanks to relatives and volunteers who support us day in and day out. You make such a difference, and we so very much appreciate your time and energy.

PODCASTS AND AUDIO BOOKS

Curious about what all the buzz is about when it comes to podcasts? Wish you could try out audiobooks? Let us help! Talk to an Activity staff member to learn more about apps you can use for free.

Laughing Matters



Earth Day Jokes

How many of these can get you to laugh (or groan)?

Why don't ants get sick?

Because they have little ant-bodies.

Why did the cloud go to the doctor?

Because it was feeling under the weather.

What do clouds wear under their coats?

Thunderwear!

What did the recycling bin say to the trash can?

"Your garbage...but I love you anyway!"

Did you hear about the tornado that married a cloud?

The wedding was a whirlwind!

What do you call a snowman in the summer?

A puddle.

How do trees access the internet?

They log on, of course.

Why did the tree go to the dentist?

To get a root canal.

What do you call it when worms take over the world?

Global worming!

Spotlight



Nathan Cowhan – Interview by Alan Kennedy

Nathan finished high school in Deniliquin in 1994 to join the Navy. He has worked a lot of jobs and travelled extensively; he has visited every state in Australia except the Northern Territory. He has worked in Supermarkets for the last 25 years. Nathan played Rugby League for Deniliquin Raiders, which sadly due to lack of interest in the community the team folded. Nathan is now employed at Navorina in the hospitality area, which he enjoys immensely.

Word Search



FROM THE GARDEN

D B L E T T U C E A Z S T B
I B L E M O N S N B S P O R
L L I M E S B A S I L Q M O
L O N I O N S N B S P Z A C
B L U E B E R R I E S E T C
O P T P A R S L E Y P L O O
R C C E V C H I V E S X E L
E Y F D G P U M P K I N S I
G A R L I C E G G P L A N T
A F C Q G I N G E R C S B L
N S T R A W B E R R I E S U
O B E L L P E P P E R S P S
M V U H E L A V E N D E R V
B Z U C C H I N I N B S P P

Bell Peppers
Parsley
Ginger
Blueberries

Strawberries
Lettuce
Oregano
Zucchini

Lavender
Basil
Lemons
Eggplant

Dill
Garlic
Limes
Onions

Chives
Pumpkins
Tomatoes
Broccoli