

Navorina News

April 2023

Navorina Aged Care Facility 5 Macauley St Deniliquin 58813944



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Editor's Desk

Hello Residents, Families and Friends!

Our winter menu starts in the first week of April. This menu has a focus on hearty meals such as homemade soups and casseroles. Our cooks will be trialing evening meals cooked and served from the slow cookers in Hunter Landale / Riley Wing. We would love to look at serving these meals with some fresh bread from our bread makers. Staff have already started using the slow cookers to make soup with the residents of an evening. If you would like to share a recipe or two for the slow cookers or for morning tea, please send them through to Bernadette.



Navorina's DON, Nicole will be on holidays for most of April. We hope she gets to have a well-earned break. We are opening our front door from 9am to 5pm – 7 days a week, outside of these hours you will need to call Navorina 58813944 or 0455294699. This does mean visitors who are RAT testing prior to visiting are able to come in at any time in these hours. The second door into admin **must always remain closed**. This area is monitored by cameras, please remember to leave your door tags on the hooks when leaving. All families and friends are welcome to attend our Dementia support group, next meeting will be held Monday 3rd April at 2pm. Navorina Staff have recently completed dementia training, held within the facility through Dementia Australia. We would like to congratulate Erika Quiling who was recently appointed Clinical Care Manager, the role will be a six-month trial. Navorina have been lucky enough to secure a grant that will enable us to develop mobility gardens within the facility. We are looking at opening the Café very soon. Have a happy and safe Easter.

Bernadette.

April Trivia

It is thought that the name April comes from the Latin word "to open" and describes the trees opening at springtime.

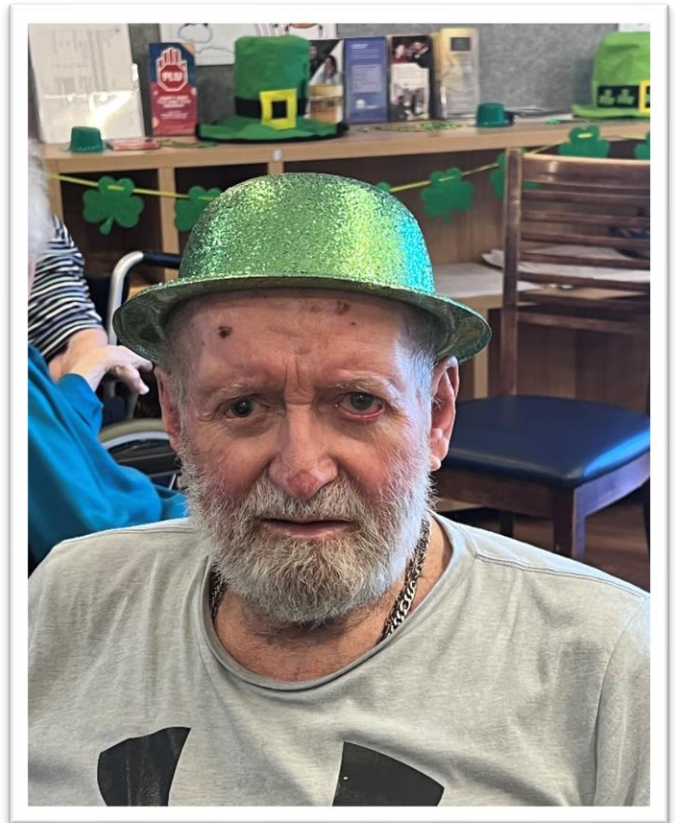
Zodiac signs: **Aries & Taurus**
Birthstone: **Diamond**
Flower: **Daisy & Sweet Pea**

Quote of the Day

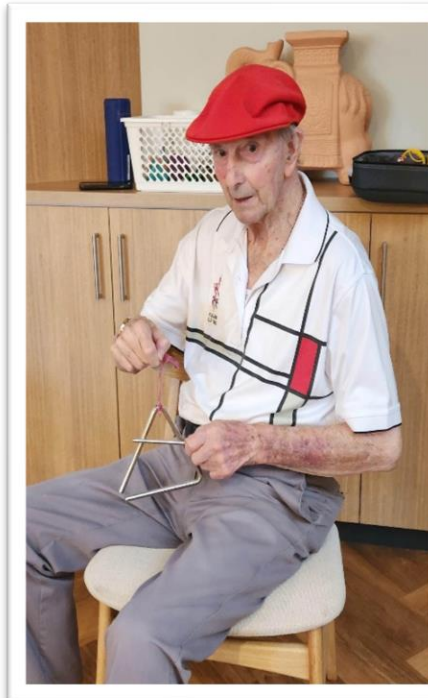
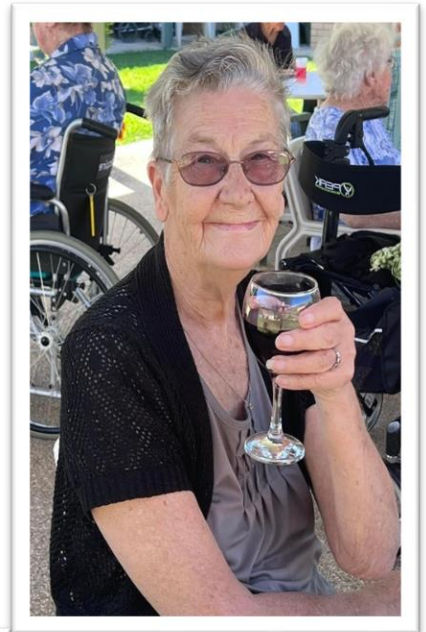
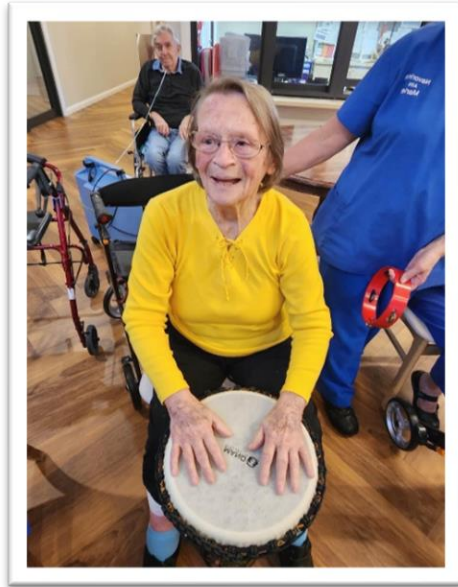
In the end, it's not the years in your life that count. It's the life in your years.

– Abraham Lincoln

Month in Review



Month in Review



Upcoming Events

Resident's Meeting

Monday 24th of April 10am

ANZAC Day Service

Monday 24th April at 11am, to be held in the Chapel.

Entertainment with Michael McKeon

Sunday 9th and 23rd April at 2pm



Regular Events

Happy Hour every Friday 2:30 - 3:30pm

Catholic Service on the fourth Thursday of each month

Hairdresser every Thursday at 9am

Men's Group every Monday at 2pm

Bingo! Every Tuesday and Thursday at 10:30am

Motiv8 Fitness Centre outing each Thursday morning.

In house exercise session with Kaye McCabe Monday at 10.30am & Wednesday at 1.45pm.

Special Days

- 1st April Fools' Day
- 2nd Children's Book Day
- 9th Easter
- 11th Submarine Day
- 12th Human Space Flight
- 21st Creativity & Innovation
- 22nd Mother Earth Day
- 23rd Shakespeare's Birthday
- 23rd St. George's Day
- 23rd World Book Day
- 25th ANZAC Day
- 27th Intl. Guide Dog Day

April Birthdays

In April, we celebrate birthdays with:

- **Debbie Hattwell 11th**
- **Joan Knuckey 13th**
- **Des Clancy 21st**
- **Darrel Dingey 22nd**



Marlon Brando, Actor, 3rd April 1924
Eddie Murphy, Actor, 3rd April 1961
Russell Crowe, Actor, 7th April 1964
Jackie Chan, Martial Artist, 7th April 1954
Emma Thompson, Actress, 15th April 1959
Queen Elizabeth II, 21st April 1926
Jack Nicholson, Actor, 22nd April 1937
Barbra Streisand, Singer, 24th April 1942
Al Pacino, Actor, 25th April 1940
Michelle Pfeiffer, Actress, 29th April 1958

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 4, 1968: Martin Luther King is fatally shot

Civil Rights leader Rev. Dr. Martin Luther King was killed by a sniper in Memphis, Tennessee. He had championed non-violent resistance to end racial oppression and had been awarded the Nobel Peace Prize in 1964. He is best remembered for his *I Have a Dream* speech delivered at the 1963 Civil Rights March on Washington.

Poem to Share

Song of Hope

by Thomas Hardy

O sweet To-morrow! –
After to-day
There will away
This sense of sorrow.
Then let us borrow
Hope, for a gleaming
Soon will be streaming,
Dimmed by no gray –
No gray!

While the winds wing us
Sighs from The Gone,
Nearer to dawn
Minute-beats bring us;
When there will sing us
Larks of a glory
Waiting our story
Further anon –
Anon ...

Noticeboard



NEW RESIDENTS

A very warm welcome to:

- **Mrs Barbara Summers**
- **Mrs Merle Dunbar**
- **Mr. Leslie Eastcott**
- **Mrs Irene Holschier**
- **Mr. Max Hillier**

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!

- **Janine Clarke**
- **Sarmila Pradhan**
- **Shyanne Smith**
- **Simone Sheen**

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. Howie Davison**

CONTINUOUS IMPROVEMENT

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

There are feedback forms available in the front foyer or ask a staff member. 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.

CAN YOU CONTRIBUTE?

Contributions to our newsletter are encouraged and appreciated!

Articles, photos, reports on community outings, staff news, trivia, poems and amusing stories relating to residents and staff are most welcome.

Please hand in your submission to Lifestyle or email us anytime.

Thank you!

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.

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.

HAIRDRESSER

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

A WORD FROM THE KITCHEN

Our winter menu starts in the first week of April. This menu has a focus on hearty meals such as homemade soups and casseroles. Our cooks will be trialing evening meals cooked and served from the slow cookers in Hunter Landale / Riley Wing. We would love to look at serving these meals with some fresh bread from our bread makers. Staff have already started using the slow cookers to make soup with the residents of an evening. If you would like to share a recipe or two for the slow cookers or for morning tea, please send them through to Bernadette.

DEMENTIA SUPPORT GROUP

All families and friends are welcome to attend our next support group meeting to be held April 3rd at 2pm. The group meets on the 1st Monday of each month at 2pm.

Laughing Matters



The Hunters

Two hunters are out in the woods when one of them collapses. He doesn't seem to be breathing and his eyes are glazed. The other guy whips out his phone and calls the emergency services. He gasps, "My friend is dead! What can I do?" The operator says "Calm down. I can help. First, let's make sure he's dead." There is a silence, then a gunshot is heard. Back on the phone, the guy says "OK, now what?"

Late Payment

A customer sent an order to a distributor for a large amount of goods totaling a great deal of money.

The distributor noticed that the previous bill hadn't been paid. The collections manager left a voice-mail for them saying, "We can't ship your new order until you pay for the last one."

The next day the collections manager received a collect phone call, "Please cancel the order. We can't wait that long."

Short Jokes

Why did the tomato turn red?
Because it saw the salad dressing!

Two guys stole a calendar.
They got six months each.

Why did the old man fall in the well?
Because he couldn't see that well.

Did you hear about the restaurant called Karma?
There's no menu - you get what you deserve.

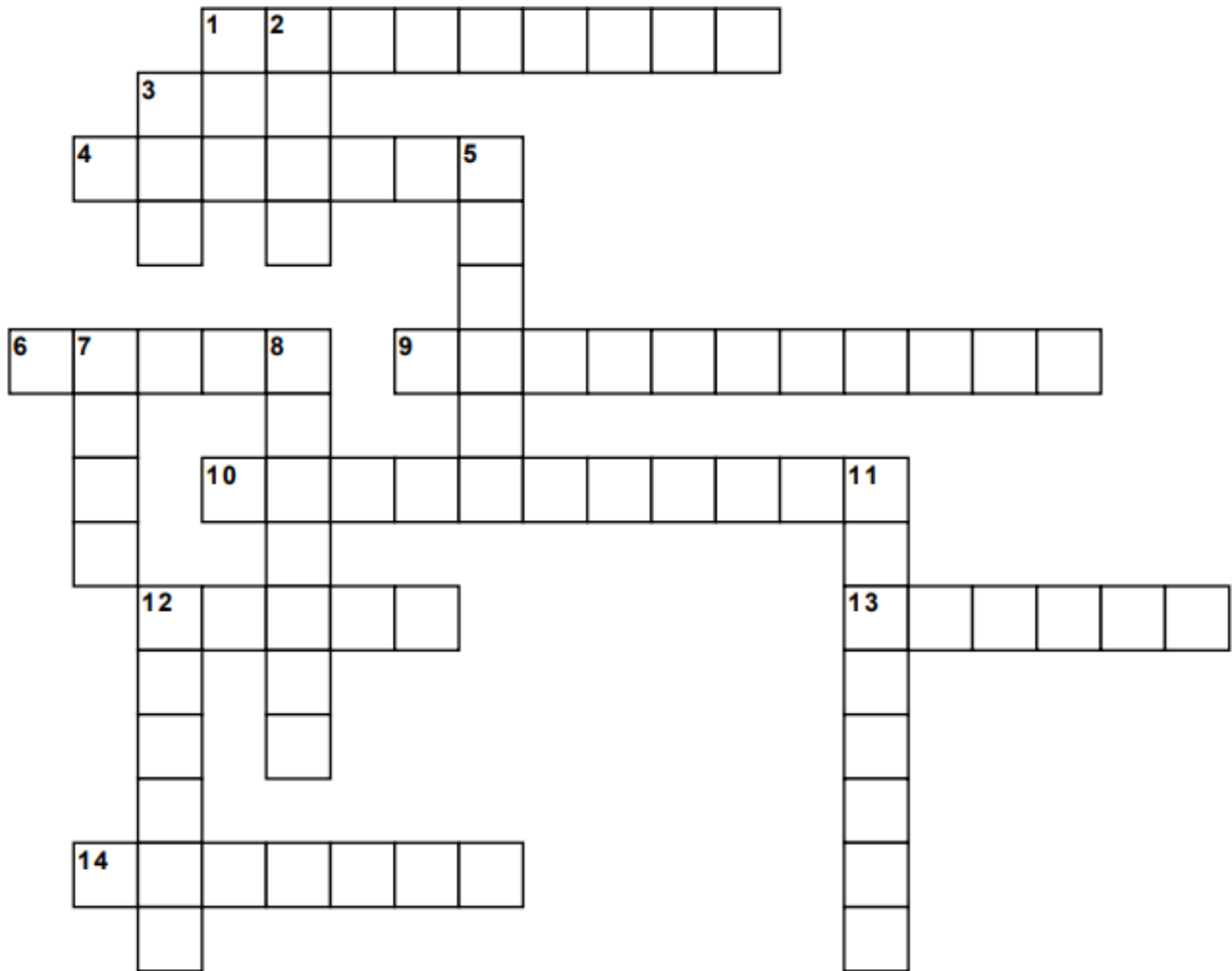
Spotlight



John Hickey

I have worked at Navorina for just over 2 years as a cleaner and I am currently studying Certificate 4 in Leisure and Health. I recently got engaged to Amarlia- Navorina's Hospitality Manager. We are the proud parents of two beautiful daughters Dakota and Hazel.

Easter



Across

- 1 - Most popular Easter present (9)
- 4 - Traditional Easter hats usually tied with ribbons (7)
- 6 - In 'Alice in Wonderland' what colour is the rabbit with the pocket watch? (5)
- 9 - In the song 'Easter Parade' what street do they walk down? (11)
- 10 - Female star of the film 'Easter Parade'? (11)
- 12 - Another word for 'rabbit' (5)
- 13 - These hatch out of real eggs (5)
- 14 - What do eggs represent at Easter? (3,4)

Down

- 2 - The search for Easter Eggs: Easter Egg (4)
- 3 - A female rabbit (3)
- 5 - What season is Easter associated with? (6)
- 7 - An animal that looks like a rabbit with long ears (4)
- 8 - The date for Easter changes every year because of this (7)
- 11 - Make eggs look pretty (8)
- 12 - Something used to collect Easter eggs (6)

Easter

