

Navorina News

August 2022

Navorina Aged Care Facility 5 Macauley St Deniliquin 58813944



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Editor's Desk

Hello Residents, Families and Friends!

As most of you are aware we are in the middle of a Covid outbreak, visitors are still allowed to visit their family members, with precautions.

A negative RAT test is required before entering the facility, mask and full PPE gear if entering the hubs with Covid.

Visitors are asked if their family member has covid to go directly to their room. Please remove PPE before leaving the room & wash / hand sanitise your hands. All residents with Covid symptoms are coping well at this stage.

If you require direction with PPE gear, please ask a staff member before entering the covid hub. Activities are still going ahead with activities conducted in hubs with 1:1 activity for those in the areas with Covid.

Face time is available during the week if you are unable to visit the facility, please conduct Bernadette to arrange a suitable time.

Keep Safe!

Bernadette



August Trivia

August was named in honor of Augustus Caesar. It has 31 days because Augustus wanted as many days as Julius Caesar's month of July had!

Zodiac signs: **Leo & Virgo**
Birthstone: **Peridot**
Flower: **Gladiolus**

Quote of the Day

Believe you can and you're halfway there.

- Theodore Roosevelt

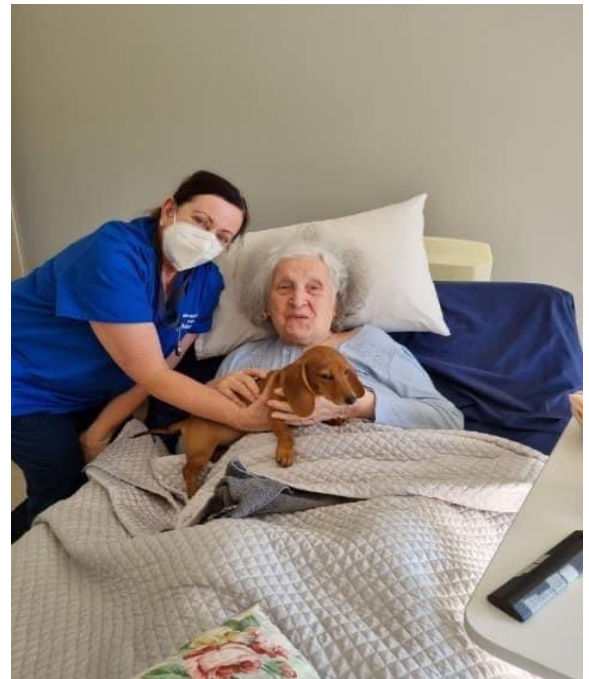
Month in Review

Fay, Marlene, Jenny, and Gus out on an adventure



Barb enjoying coffee and chat at Josh's bakery.

Marie, Anna, and Pixie enjoying a cuddle.



Month in Review



Lex and workplace student Bronwyn



Allan Doherty at Josh's bakery



Amanda & workplace student Donna



Coral and Jenny enjoying bingo



Mary & Barb



Bobby's birthday

Upcoming Events

Resident's Meeting

Monday 22nd August at 10am

Left-handers Games

Thursday 13th August

Armchair Travel

Friday 19th August



Regular Events

Happy Hour every Friday 2:30 – 3:30pm

Catholic Service 4th Friday 10:30 am

Anglican service Monday 1st, 15th & 29th at 10am

Hairdresser Thursday from 9am

Men's Group every Monday at 2pm

Bingo! Every Tuesday & Thursday at 10:30am

Chapel & sing along with Michael McKeon Sunday

14th & 28th at 2pm.

Special Days

1st Horses' Birthday

2nd Forgiveness Day

5th Beer Day

8th Cat Day

9th World Indigenous Day

12th International Youth Day

13th Left-Handers Day

15th Ferragosto Festival

15th Indian Independence

Day

20th Lighthouse Weekend

August Birthdays

In August, we celebrate birthdays with:

Brian Irwin

Howard Davidson

Robyn Archer



Tony Bennett – Singer – 3rd of August 1926
Dustin Hoffman, Actor, 8th August 1937
Melanie Griffith, Actor, 9th August 1957
Magic Johnson, Basketball Player, 14th August 1959
Madonna, singer, 16th August 1958
Robert De Niro, Actor, 17th August 1943
Patrick Swayze, Actor, 18th August 1952
Bill Clinton, 42nd President of the US, 19th August 1946
Sean Connery, Actor, 25th August, 1930
Michael Jackson, Singer, 29th August, 1958

Leo (July 22 -August 21)

Lovable Leos are famously known for their exuberance, loyalty, and self-confidence.

Virgo (Aug 22 – Sep 22)

Virgos are logical, practical, and systematic in their approach to life. They are perfectionists at heart.

WOW!

Famous August Inventions: Method for Packaging Frozen Foods

Clarence Birdseye obtained a patent for packaging frozen foods on August 12, 1930, making a lasting impact on nutrient and flavor preservation for mass-distributed foods!

A Poem to Share

Life Doesn't Frighten Me

By Maya Angelou

Shadows on the wall
Noises down the hall
Life doesn't frighten me at all

Bad dogs barking loud
Big ghosts in a cloud
Life doesn't frighten me at all

Mean old Mother Goose
Lions on the loose
They don't frighten me at all

Dragons breathing flame
On my counterpane
That doesn't frighten me at all.

I go boo
Make them shoo
I make fun
Way they run
I won't cry
So they fly
I just smile
They go wild

Life doesn't frighten me at all.

Tough guys fight
All alone at night
Life doesn't frighten me at all.

Panthers in the park
Strangers in the dark
No, they don't frighten me at all.

That new classroom where
Boys all pull my hair
(Kissy little girls
With their hair in curls)
They don't frighten me at all.

Don't show me frogs and snakes
And listen for my scream,
If I'm afraid at all
It's only in my dreams.

I've got a magic charm
That I keep up my sleeve
I can walk the ocean floor
And never have to breathe.

Life doesn't frighten me at all
Not at all
Not at all.

Life doesn't frighten me at all.

Noticeboard



NEW RESIDENTS

A very warm welcome to:

1. **Barbara Barker**
2. **Brian Irwin**
3. **Ruby Jackson**
4. **Alan Kennedy**
5. **Darryl Redden**
6. **Valarie Valuntas**
7. **Ruth Walton**
8. **Emily Willis**

We hope that you enjoy your time here!

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 CI forms available in the administration 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.

IN MEMORIAM

Deepest sympathy to the families and friends of our late residents

1. **David Whyborn**
2. **Val Gray**
3. **Dulcie Martin**
4. **Bruce Cameron**

I wrote your name in my heart and that's where it will stay, always.

Jessica Blade.

WHS

Contributions to WHS is encouraged and appreciated!

If you notice an issue within the facility or within the grounds, feel free to fill in an CI form, report it to a staff member or speak to Jo, our WHS representative.

Thank you!

Noticeboard



LIBRARY SERVICE

We have Books on wheels from the local library that delivers & picks up library books. If you would like this service, please talk to a 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.

NEW STAFF MEMBER

Welcome to Navorina

- Katryna McDonald
- Owen Frederick

CULTURAL CELEBRATION

In the month of August we celebrate Indian Independence Day.

Armchair travel to India will be held on Friday August 19th.

CONSUMER EXPERIENCE INTERVIEW PROGRAM

This program is designed to capture feedback by interviewing a sample of residents receiving care in every government-funded Residential Aged Care Facility.

The information will be used to allocate a star rating system for the facilities as part of the Australian Government's response to the Royal Commission into Aged Care Quality and Safety.

The Consumer Experience Interviewer will visit Navorina Nursing Home to conduct the interviews on the 16th of August.

Laughing Matters



Little Boy Lost

A little boy got lost at the YMCA and found himself in the women's locker room. When he was spotted, the room burst into shrieks, with ladies grabbing towels and running for cover.

The little boy watched in amazement, and then asked, "what's the matter, haven't you ever seen a little boy before?"

Adam & Eve

A child asked his father, "How were people born?" So, his father said, "Adam and Eve made babies, then their babies became adults and made babies, and so on."

The child then went to his mother, asked her the same question and she told him, "We were monkeys then we evolved to become like we are now."

The child ran back to his father and said, "You lied to me!"
His father replied, "No, your mom was talking about her side of the family."

Broccoli & Boogers

What is the difference between broccoli and boogers?
Children don't eat broccoli!

Spotlight



Natasha Wyborn

Hello and goodbye from me!!

My name is Natasha Wyborn, Nat to most, and I have had the pleasure of being the educator for the past 5 years and more recently the Senior clinical coordinator for the past 10 months here at Navorina! I am saying goodbye as I am leaving to live out my dream of travelling and nursing my way around the big lap of OZ with my Partner. I started my grad year as an EEN at Nav and have had so many great learning opportunities that I can take on the road with me. It's been a pleasure getting to know so many of you here in Deniliquin and I'll miss seeing all your wonderful smiling faces around the wings of Nav.

Over and out

Nat

ELDAC



As we know Advance Care Plans (ACP)/ directives (ACD) do not fit everyone. For those that are coming into Navorina and are still have decision making capacity and are of sound mind, Navorina offers the NSW HEALTH ACD or Navorina's own ACP with capacity and can only be made by the resident. But for those residents that have been diagnosed without decision making capacity we have an advance care plan NO CAPACITY for the families to advocate on behalf of their loved ones, as they know them the best.

This document is used to support the care of a person who DOES NOT HAVE CAPACITY to make their own decisions. It is meant to provide some evidence of what the person's wishes would be if decisions must be made on their behalf. It's used to guide treatment decisions at the time they have to be made. The residents doctor needs to verify that the person does not have capacity to provide their own consent. We will help facilitate this for your loved one.

We have also implemented a resus plan asking in the event of cardiopulmonary arrest and if they would like CPR or not, In the event of deterioration, the resident can also nominate prior to an acute event if they would like other interventions including Anti-biotics, HOSPITAL TRANSFER, or RESPIRATORY SUPPORT.

We would like to thank ELDAC and the team for all their support on improving our advance care planning and palliative care knowledge and outcomes for our residents here at Navorina. Please don't hesitate to come see our staff here at Navorina if you would like any further assistance or information.

Famous & Infamous Left-Handers

If you are left-handed, you are in good and not so good company!

Left-handers have graced all walks of life from World leaders to musicians to hooligans and outlaws.

George W. Bush

Queen Elizabeth II

Barack Obama

Nicole Kidman

Jack the Ripper

Napoleon Bonaparte

Aristotle

Oprah Winfrey

Marilyn Monroe

Osama Bin Laden

John F. Kennedy

Ronald Regan

Mahatma Gandhi

Joan of Arc

Bill Gates

John Rockefeller

Albert Einstein

Germaine Greer

Helen Keller

Pelé

Angelina Jolie

Fidel Castro

Michelangelo

Bob Dylan

Bill Clinton

Joan of Arc

Prince William

Judy Garland

Greta Garbo

Harpo Marx