

NEWSLETTER

August 2023

Navorina Aged Care Facility (03)58813944



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Editor's Desk



Hello Residents, Families and Friends!

Reminder there are still a lot of families that have not completed and returned their resident relative surveys, please complete them as soon as possible, and return to Skye.

Ute Muster raffle – tickets are \$50 each for a squeeze tyre, the tyres will be flung out the back of the famous circle work king the Admiral. The closest tyre to the pin wins \$10,000. You can enter online at www.deniutemuster.com.au.

Navorina Bus is finally up and running again. We did have plans to take residents to Moama light, but unfortunately this was cancelled due to rising waters in the area. We hope to arrange to take residents to Kyabram Fauna Park as soon as the weather warms up.

Furnishings for the Café area and lounge areas throughout the building are currently being sourced and quoted by Board Members.

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

**Life is 10% what happens to you
and 90% how you react to it.**

- Charles R. Swindoll

Month in Review



Month in Review



Upcoming Events

Resident's Meeting

Monday 28th at 10am

Coach House Lunch Outing

Tuesday 15th August

Nails by Mikki

Thursday 24th August Appointments from 2pm – see lifestyle staff for appointment.



Special Days

- 1st Horses' Birthday
- 2nd Forgiveness Day
- 4th Beer Day
- 8th Cat Day
- 9th World Indigenous Day
- 12th International Youth Day
- 13th Left-Handers Day
- 15th Ferragosto Festival
- 15th Indian Independence Day
- 19th Lighthouse Weekend
- 25th Daffodil Day

Regular Events

Resident / Relative Meeting 28th August

Happy Hour every Friday 2.30pm

Catholic Service Thursday 24th

Hairdresser every Thursday from 9am

Men's Group every second Thursday at 2pm

Bingo! Tuesday & Thursday 10.30am

August Birthdays

In August, we celebrate birthdays with:

Brian Irwin

Jean Horan

Merle Morris

A big happy birthday to Nicole Smith (DON) on the 17th of August



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!

August in History: Pluto Downgraded

The redefinition of Pluto as a "dwarf planet" in 2006 by the International Astronomical Union prompted scientific discussions, reshaped our understanding of the solar system, and sparked renewed curiosity about celestial objects.

A Poem to Share

Hope is the thing with feathers

By Emily Dickinson

Hope is the thing with feathers.
That perches in the soul,
And sings the tune without the words,
And never stops at all,

And sweetest in the gale is heard.
And sore must be the storm.
That could abash the little bird.
That kept me so warm.

I've heard it in the chilliest land,
And on the strangest sea.
Yet, never, in extremity,
It asked a crumb of me.

"Hope is the thing with feathers" by Emily Dickinson beautifully personifies hope as a bird that resides in the soul and uplifts the spirit. The poem suggests that hope is a constant companion, singing its tune regardless of the circumstances. It conveys the resilience of hope, even in the face of adversity, and emphasizes that hope requires nothing in return.

Noticeboard



NEW RESIDENTS

A very warm welcome to:

- **Mrs Dorothy Gemmill**
- **Mrs Jean Horan**
- **Mrs Chris Whitehouse**
- **Doreen Crossley**

We hope that you enjoy your time here!

NEW STAFF

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

- **James Cross**
- **Janiza Yaras**

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.

- **Mrs Irene Holschier**
- **Chris Whitehouse**

CONTINUOUS IMPROVEMENT

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

There are CI 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 staff, or email activities@navorina.com.au

Thank you!

Noticeboard



LIBRARY SERVICE

We have a mobile library service that delivers & picks up library books for 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 & WAXING

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

NAIL SERVICE

New nail service has been introduced with Mikki Amor. Mikki will be at Navorina every 4 weeks to attend to residents' fingernails – there will be a fee attached to this service payable by residents or family.

FAMILY SUPPORT GROUP

Next meeting will be held 7th August at 2pm – all welcome.



Laughing Matters



The Celebrity

One day a famous old Celebrity went to a Nursing Home to see all his friends again and see how everyone was doing.

When he got there, he was immediately greeted by everyone because they recognised him instantly.

He said hi to all his friends warmly but then noticed one man didn't say anything to him, or even give him a glance.

This was puzzling. Didn't the man know who he was? Surely, he'd seen some of his movies or his TV show! He finally decided to talk to the man.

The Celebrity went up to the old man and stood in front of him, asking: "Do you know who I am"?

The old man looked at him and quickly said: "No, but you can go to the front desk, and they'll tell you".

Missing

I've hunted near, I've hunted far,
I even looked inside my car,

I've lost my glasses, I'm in need,
To have them now so I can read.

I loudly swear, and I curse,
Did I leave them in my purse?

Are they behind the sofa or under the bed?
OH! there they are - on my head!

By Anne Scott

Spotlight



Alan Kennedy

My name's Alan Kennedy -I am a happy resident of Navorina, this is a short story on my life as a newspaper printer. Unfortunately, my wife passed away in 1967, just short of her 26 birthdays, I have two daughters and a son, eight grandchildren, 17 great grandchildren and 1 great great grandson. I finished my intermediate exam November 13, 1952, and started my apprenticeship the next day as a newspaper employee. The apprenticeships in those days lasted six years, I started out as a hand and machine compositor. The firm at Wyong Advocate brought a third linotype, which I taught myself to work. After 10 and half years, I applied for a job at the Wagga Wagga Daily Advertiser. "I spent quite some time setting up racing. While there I worked with Geoff Dixon, who later became CEO of Qantas, a fellow by the name of Grahame Morris, who was PM John Howard news secretary and a reporter Adam Walters, who is now employed by Sky Fox news. I later went from racing operator to racing subeditor under Michael McCormack, later to become Australian Deputy Prime Minister, under PM Scott Morrison.

Word Search

CAT BREEDS



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

Siamese
Angora
Burmese
Chartreux
Burmilla

Ragdoll
Bengal
Bombay
Siberian
Tonkinese

Russian Blue
Himalayan
Toyger
Maine Coon
Bobtail

Sphynx
Birman
Manx
Snowshoe
Persian