

# Navorina NEWSLETTER

## December 2023

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### IN THIS ISSUE

Editor's Desk.....	2
Month in Review .....	3
Upcoming Events .....	5
October Birthdays .....	6
A Poem to Share.....	7
Noticeboard .....	8
Auxiliary News .....	10
Laughing Matters .....	11
Spotlight .....	12
Word Search .....	13

# Editor's Desk

Hello Residents, Families and Friends!

Can you believe we are entering the hustle and bustle of the holiday season? It seems like it was just yesterday when we were welcoming 2023 and now it is almost time to say hello to 2024. Time does fly when you're having fun!

I hope that you'll have the opportunity to view the plans for the mobility garden, which are located on the noticeboard in the café area of the facility, work on the garden will begin very soon.



Just a reminder that if you are bringing a fridge into Navorina for your loved one it is your responsibility to defrost and clean the fridge out. If you are bringing food into the facility, it needs to be written in the food folder located in the front foyer and please date the food when putting into the fridge.

As we look forward to 2024, I want to express my gratitude to all our wonderful Volunteers for their help throughout the past year. We celebrate Volunteers Day on December 5<sup>th</sup>, with a special Volunteers afternoon tea. Here's to another busy December full of all the good things.

*Bernadette*

## December Trivia

Babies born the last month of the year are more likely to live the longest!

Zodiac signs: **Sagittarius & Capricorn**  
Birthstone: **Turquoise**  
Flower: **Holly**

## Quote of the Day

*Christmas waves a magic wand over this world, and behold, everything is softer and more beautiful.*  
– Norman Vincent Peale

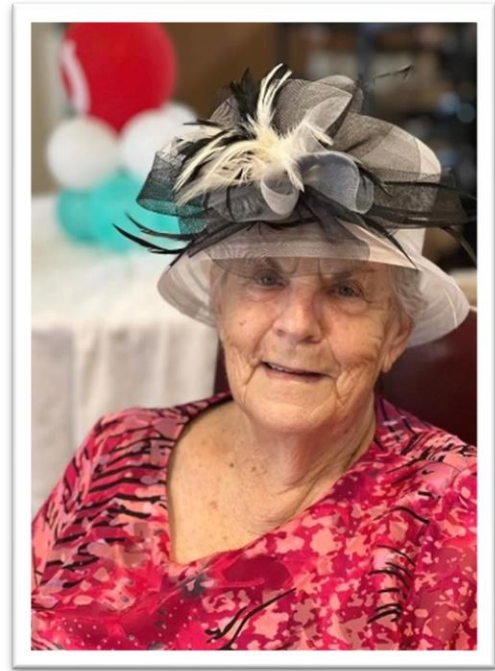
# What We've Been Up To...

## Melbourne Cup

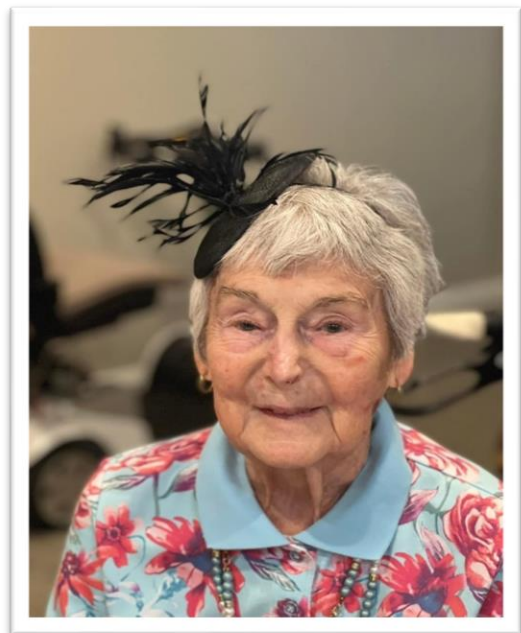
Barb Childs - Winner of 'Hat of the day'.



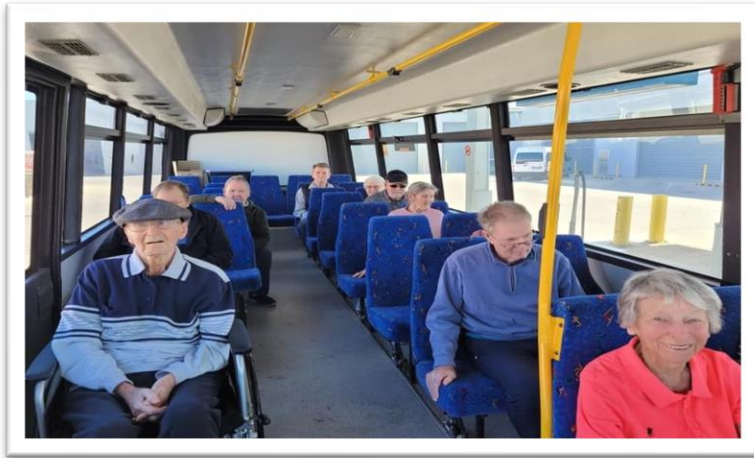
Barb Barker enjoying Melbourne Cup



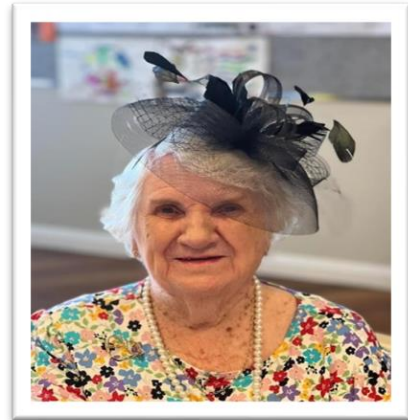
Deniliquin High School Student Bri helping with activities each Wednesday afternoon.



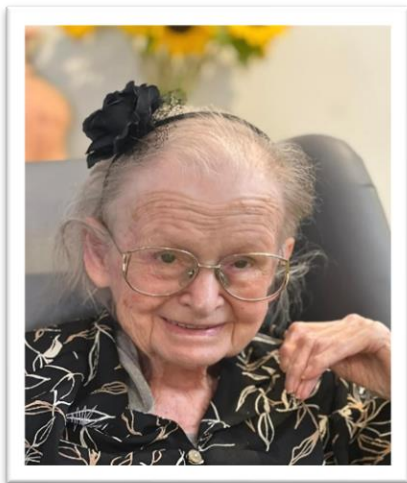
# Life at Our Community



Residents enjoying a Bus Trip



Barb Summers 3<sup>rd</sup> place in Fashion on the field -Melbourne Cup



Gladys Mann enjoying Melbourne Cup



Janice Hattwell -Lady of the day, Melbourne Cup



River Walk



Josh's Bakery outing

# Upcoming Events

**Volunteer Thank You Afternoon Tea**  
Tuesday 5<sup>th</sup> of December.

**Resident's Meeting**  
No Resident meeting will be held in December.

**Coach House Lunch** 19<sup>th</sup> December

**Christmas Lights Tour**  
Wednesday 20<sup>th</sup>

**Christmas Day** 25<sup>th</sup> December  
**Boxing Day** 26<sup>th</sup> December



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# Regular Events

Happy Hour every Friday 2.30 – 3.30pm

Catholic Service Thursday 28<sup>th</sup> 10am

Hairdresser every Thursday from 9am

Men's Group every Monday at 2pm

Bingo! Every Tuesday and Friday at 10am

## Special Days in December

- 1st Summer (S. Hem)
- 4th Cookie Day (US)
- 5th Volunteer Day
- 6<sup>th</sup> St. Nicholas Day
- 7th Hanukkah Begins
- 18th Paul Klee's Birthday
- 25th Christmas
- 26th Boxing Day
- 26<sup>th</sup> Kwanzaa
- 31st New Year's Eve

# December Birthdays

In December, we celebrate birthdays with:

- **Gus Jakimoff**
- **Tresna Mackrill**
- **David McCallum**
- **Shirley Martin**



Can you finish these Christmas carol lyrics?

Oh, the weather outside is \_\_\_\_\_!  
Since we've no place to go, let it \_\_\_\_\_.  
With a corncob pipe and a button \_\_\_\_\_.  
Dashing through the snow, in a \_\_\_\_\_.  
I saw Mommy kissing \_\_\_\_\_.  
The holly and the ivy when they are both \_\_\_\_\_.  
City sidewalks, busy sidewalks, dressed in \_\_\_\_\_.  
Chestnuts roasting on \_\_\_\_\_.  
Up on the rooftop reindeer \_\_\_\_\_.

**Sagittarius (Nov 23 - Dec 21)**

Sagittarians are artistic, loyal, sophisticated, independent, and kind!

**Capricorn (Dec 22 – Jan 19)**

Capricorns are responsible, disciplined and have good managers.

WOW!

**What is your favorite holiday movie?**

There's nothing like grabbing favorite snacks, settling in under a cozy blanket, and turning on a favorite holiday movie. According to Entertainment Weekly, the most favorite holiday movie is *It's a Wonderful Life*, followed by *A Christmas Story*, and *A Charlie Brown Christmas*.

# Let's Reminisce

## Holiday Baking and Cooking

If you close your eyes and think about your favorite holiday moments, there's a good chance that at least a few of those moments take place in the kitchen. Whether you spent your childhood stirring batter in your grandmother's kitchen, decorating cookies with your own children on a messy table, or dusting off family recipes in your own kitchen, you likely think of the holidays when you smell cinnamon and nutmeg, when you roll out sugar cookie dough, or when you peel potatoes for pancakes.

Here are some reminiscing prompts that can get you thinking about those times in the kitchen or around the dinner table. Use these prompts to journal your memories, to start conversations with friends at your lunch table, or to share memories with your loved ones during their next visit. Turn this exercise into a sensory experience by smelling some common holiday spices like nutmeg, cinnamon, and clove.

Families, these are excellent questions to ask your senior loved ones – you might just learn something new about them and their memories!

- Tell me about your favorite holiday food or treat. Describe how it smelled and tasted. What made it so delicious?
- Who was usually in the kitchen baking and cooking during the holiday gatherings? Describe them. What did they wear? What did they smell like? What was their personality like?
- Describe your family table. Were there place settings, flowers, a tablecloth? Who sat at the kids table? Was the table loud and celebratory or quiet and solemn? How many holiday foods can you list? Don't forget to add your favorites to the list, including cookies, cakes, and main dishes.
- Did you ever mess up a holiday recipe? Tell me the story.

# Noticeboard



## NEW RESIDENTS

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A very warm welcome to:

- **Mrs Pat Bax**

We hope that you enjoy your time here!

## NEW STAFF

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

- **Chloe Brown**
- **Sophie Norris**
- **Jith Herath**
- **Kaveeta Devi**
- **Deepshikha**

We hope that you enjoy your time here!

## IN MEMORIAM

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

- **Don Moore**
- **Sue Holloway**

## CHRISTMAS DAY

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Residents can have one visitor each this year for Christmas day lunch, cost for lunch is \$30 and needs to be paid by Monday the 18<sup>th</sup> of December.

Please speak to a staff member about other options and / or arrangements for the day.

All families are welcome to take their loved one home – the RSL Club are running the maxi taxi again this year, please ring the RSL direct to book the taxi.

## WELCOME FAMILY AND FRIENDS

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The holiday season is a busy one for all of us, and it is usually a time when our facility sees even more family and friends visiting. As a reminder, residents are welcome to invite family and friends to attend events with them. Just be sure that you complete a RAT and sign in on Zip line before entering the facility.



# Noticeboard



## LIBRARY SERVICE

We have a mobile library service that delivers & picks up library books to resident's each fortnight. 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 staff member to write your name down in the hairdressers book.

## MY HEALTH RECORDS

FYI -we are now registered to access the national My Health Records as part of our planning and delivery of care. My Health Records provides a safe and convenient way to manage your health information in one place, and easily share it with your health and aged care team.

Through My Health Care Records, our team will have better and more timely access to your health information especially when needed in emergency. My Health Records can also be used to store an Advanced Care Plan if that's something you are thinking about. If you have any questions, you can chat to Nicole Smith (DON) or call the My Health Records helpline at 1800723471.

## CULTURAL CELEBRATIONS

Keep your eyes peeled for events and opportunities related to many December holidays including Christmas . If you'd like to see us add more events for different celebrations, please tell us. We always love inspiration and ideas!

## Navorina Ladies Auxiliary News

The Auxiliary had a very successful day at Kerrie & Peter Murray's home and garden. We had over 200 people attend, all agreed that the garden was beautiful, and Peter's sculptures were spectacular. The generosity of Kerrie and Peter on the day was extraordinary. They provided us with two sculptures for our raffle and their hospitality was amazing. They have offered to have something again next year and this offer will be taken up for sure. A very simple and enjoyable way to raise money for Navorina.

Our committee numbers are slowly increasing, we welcome Norris Marchetti, Luisa Parker, Denise Imber and Sue O'Conner, who joined us this month. We are happy for new members to join, if you are interested in joining the auxiliary, membership forms are available from Denise Phillips at My Shop or from the reception desk in the front foyer at Navorina.

At our last meeting it was decided that three new lifters for residents can now be purchased. Thanks to a \$3000 grant from Bendigo bank along with our other fund raiding events – this has been a fabulous achievement.

Our Christmas raffle is starting this month, the sleigh will be left at the entrance of Navorina if you wish to donate any toys, gifts, biscuits, or anything that is suitable to place in the sleigh. Thanks to Margaret and John Penna, who kindly donated a family tent for second prize and third prize is an air fryer kindly donated by Petrina and Mark McKie. These along with our usual Christmas cake and pudding should make it an excellent Christmas raffle.

Marie Drennan.

# Laughing Matters



I carry a stone with me to throw at anyone who sings Christmas carols before Thanksgiving.

It's my Jingle Bell rock.

What's a dog's favorite Christmas carol?

Bark the Herald Angels Sing.

Why should you take a ladder with you when you go Christmas caroling?

So, you can reach the high notes.

What is a skunk's favorite Christmas carol?

Jingle Smells.

A copy of A Christmas Carol fell on my toe...

It hurts like Dickens!

# Spotlight



## Amanda Kilpatrick

Amanda is an AIN at Navorina which she loves and works Mondays as Lifestyle assistant, she started in the kitchen 8 years ago. Amanda married her partner Jason Kilpatrick 10 years ago. They have four children -two sons, two daughters & four grandsons – the last one born to Bek and her partner Rob a couple of weeks ago. Amanda has traveled to more than 20 countries, her favorite countries to visit were England and Egypt. She loved England and found Egypt very educational. She caught the travel bug from her mother, and they traveled extensive early in her life, she is attempting to get Jason into the traveling, going on a trip to Fiji with him next year. In her spare time Amanda likes to find treasures with her metal detector and sometimes is lucky enough to find coins or relics and everything in between. She also enjoys collecting old bottles and has quite a few tins in her collection. Amanda has 2 dogs and 16 chickens to care for when she is not working.

Interviewed and written by Alan Kennedy.



# CHRISTMAS

## Word Scramble

LELBS \_\_\_\_\_ ISENTPIOTA \_\_\_\_\_

CLEAND \_\_\_\_\_ GIGABRNDEER \_\_\_\_\_

TEWHAR \_\_\_\_\_ SCRALO \_\_\_\_\_

EDINERER \_\_\_\_\_ GOSTINCK \_\_\_\_\_

ESOKOCI \_\_\_\_\_ GNGEGO \_\_\_\_\_

GLISEH \_\_\_\_\_ TENESSRP \_\_\_\_\_

SOTTLEMIE \_\_\_\_\_ LEGAN \_\_\_\_\_

STRANEMON \_\_\_\_\_ CREDEMBE \_\_\_\_\_

WOMANNS \_\_\_\_\_ DANCY ENCA \_\_\_\_\_

SLITEN \_\_\_\_\_ SATNA CSLAU \_\_\_\_\_

GSGENTIER \_\_\_\_\_ RSNIBOB \_\_\_\_\_

YMFAIL PSUPRE \_\_\_\_\_ LAGRAND \_\_\_\_\_