

# NEWSLETTER

## July 2022

Navorina Aged Care Facility  
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# Editor's Desk

Hello Residents, Families and Friends!

The opening of the final stage and expansion of Navorina Nursing Home is now complete. Outside finishing touches are close to being finalised in the next couple of days- concreting of the car park.

During the month of June, Navorina held an education session for families, friends, and staff. The interactive workshop conducted by Dementia Australia – Enabling Edie was a huge benefit to all who attended. The immerse reality workshop enables participants to see the world through the eyes of a person living with dementia utilising high quality virtual reality technology. The workshop enhanced the knowledge of dementia for all participants.



## Kitchen News

New menu has commenced.

Residents are enjoying the hot soups of an evening/ night.

Mother's Day high tea was well received, all residents in attendance enjoyed it. The Ladies auxiliary were lovely enough to make our mothers some cookies, for Mother's Day -thank you ladies!

Armchair travel to Italy was enjoyed by all, the residents especially loved the gelato.

Residents have suggested sweet potato chips on the menu so we might see if we can fit it in somewhere.

## July Trivia

July was named by the Roman Senate in honor of the Roman general, Julius Caesar, it being the month of his birth. Prior to that, it was called Quintilis.

**Zodiac signs: Cancer & Leo**  
**Birthstone: Rubies**  
**Flower: Water Lily**

## Quote of the Day

*Faith gives you an inner strength and a sense of balance and perspective in life.*

– Gregory Peck

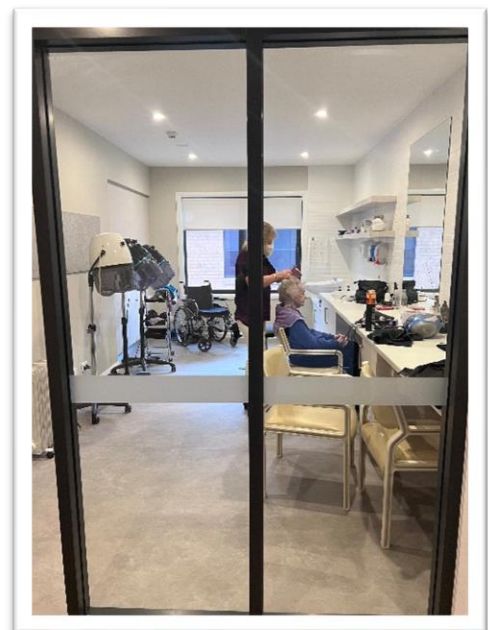
# Month in Review

Kevin having a cuddle with Pixie.



Building works -concreting the car park.

Judy getting a trim in our new Salon.

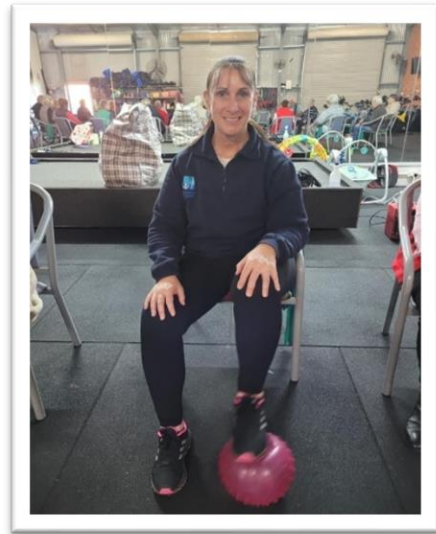




# Month in Review



**Building works- getting ready for the car park**



**Barb from Activ8 Health & Rehab Clinic**



**Di – one of our beautiful volunteers**



**Leanne & Ally with Bobby.**



**Joan & Pixie**



**Jenny taking Lulu for a walk**

# Upcoming Events

## Resident's Meeting

Monday 25<sup>th</sup> of July 10am.

## Senior Rights Service

Thursday 28<sup>th</sup> of July 10:30am.



# Regular Events

- Happy Hour every Friday 2:30pm
- Catholic Service 4<sup>th</sup> Friday of the month at 10am.
- Hairdresser every Thursday from 9am.
- Men's Group every Monday at 2pm.
- Bingo! Every Tuesday & Thursday at 10:30am

## Special Days calendar days

- 1<sup>st</sup> Canada Day
- 1<sup>st</sup> International Joke Day
- 4<sup>th</sup> Independence Day US
- 7<sup>th</sup> World Chocolate Day
- 14<sup>th</sup> Bastille Day (France)
- 24<sup>th</sup> Cowboy Day
- 30<sup>th</sup> Friendship Day

# July Birthdays

In July, we celebrate birthdays with:

- **Robert Loy**
- **Allan Doherty**
- **Bruce Cameron**



Princess Diana, 1st of July 1961

Olivia De Havilland, Actress, 1st July 1916

Tom Cruise, Actor, 3rd July 1962

Ringo Starr, Musician, 7th July 1940

Tom Hanks, Actor, 9th July 1956

Harrison Ford, Actor, 13th July 1942

Stanley Kubrick, 26th July 1928

Mick Jagger, 26th July 1943

Arnold Schwarzenegger, Actor, 30th July 1947

## **Cancer (June 21 – July 22)**

Cancer personalities are very emotional and sensitive, and care deeply about matters of the family and their home.

## **Leo (July 23 – August 22)**

Leos are natural born leaders. They can achieve anything they commit to.

WOW!

## **The origins of the month of July**

July was named in honor of Julius Caesar. Quintilis, which was his birth month, was renamed July when he died. Quintilis means “fifth month” in Latin, which represents where this month originally fell

# Poem to Share

Emma Lazarus, (born July 22, 1849, in New York), was an American poet best known for her sonnet "The New Colossus," written to the Statue of Liberty.

## The New Colossus

By Emma Lazarus

Not like the brazen giant of Greek fame,  
With conquering limbs astride from land to land.  
Here at our sea-washed, sunset gates shall stand  
A mighty woman with a torch, whose flame  
Is the imprisoned lightning, and her name?  
Mother of Exiles. From her beacon-hand  
Glow world-wide welcome; her mild eyes command  
The air-bridged harbor that twin cities frame.

"Keep, ancient lands, your storied pomp!" cries she  
With silent lips. "Give me your tired, your poor,  
Your huddled masses yearning to breathe free,  
The wretched refuse of your teeming shore.  
Send these, the homeless, tempest-tost to me,  
I lift my lamp beside the golden door!"

# Noticeboard



## NEW RESIDENTS

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A very warm welcome to:

- Margaret Burchfield
- Tim Benson
- Paul O'Brien
- Gus Jakimoff

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!

- Angela Price
- Kyntema Rizio & Priscilla Poka

We hope that you enjoy your time here!

## IN MEMORIAM

THE WORLD CHANGES FROM YEAR TO YEAR....

OUR LIVES FROM DAY TO DAY..... BUT THE LOVE AND MEMORY OF YOU SHALL NEVER PASS AWAY.....

IN LOVING MEMORY OF....

---

- ROBERT THATCHER
- 

## CONTINUOUS IMPROVEMENT

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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 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?

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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 us anytime - activities@navorina.com.au

Thank you!



# Noticeboard



## LIBRARY SERVICE

We have a mobile library service that delivers & picks up library books to resident's rooms.

If you would like this service, please talk to a Lifestyle staff member.

## HAIRDRESSER

Please note change of day and time for hairdressing.

Vicki will now be available for hairdresser every Thursday at 9am.

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.

## 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.

## SENIOR'S RIGHT SERVICE

Tammy Cabben & Shirley Williams from Senior Rights Service in Wagga will visit Navorina to speak to residents regarding Aged Care Rights.

They provide advocate service, legal information, and information on rights & responsibilities of residents in an aged care facility.

The visit will take place on Thursday 28<sup>th</sup> July at 10.30am

# Laughing Matters



**Why do bees have sticky hair?**

Because they use honeycombs.

**How do poets say hello?**

Hey, haven't we metaphor?

**What happened when grandpa insisted to everyone that the Titanic would sink?**

He got kicked out of the theatre.

**At a kid's party, the hired clown was late to arrive.**

When he finally did arrive, he walked up to grandpa and asked, "Where are the kids, sir?"

Grandpa looked him straight in the eye and answered very seriously,

"That would be us. We grew up in the time it took for you to arrive."

**Silence is golden until you have children.**

Then silence is very suspicious.

**The young police recruit was asked:**

"What would you do if you had to arrest your own mother?"

"I'd call for backup, Sir!"

# Spotlight



"I joined Navorina as an Administration Assistant in March 2021. I grew up in Manila, Philippines and moved to Australia with my wife, Erika (works as a Registered Nurse at Navorina) and our son just last year. I graduated from Centro Escolar University, Manila with B.S. in Hotel and Restaurant Management.

Prior to joining at Navorina, I worked as Cafe Manager for six years at Seattle's Best Coffee - Philippines and have more than ten years' experience in the food service industry.

Working at Navorina, I have had the opportunity to meet so many different people who have led impressive and interesting lives. It's really heart-warming to be in somebody's life and be able to help make a positive difference to their day."

# Word Search



## FRENCH WORDS & EXPRESSIONS

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

Chic

Vol au vent

Fleur-de-lis

Decolletage

Moi

Nouvelle

Couture

Au pair

Souvenir

Creme fraiche

C'est la vie

Matinee

Mardi gras

Joie de vivre

Voyage

Carte blanche

Aperitif

Cuisine

Adieu

Rendezvous

Debutante

Faux

Avant Garde

Cul de sac