

Navorina news

June 2023

Navorina Aged Care Facility 5 Macauley St Deniliquin 58813944



IN THIS ISSUE

Editor's Desk.....	2
Month in Review	3
Upcoming Events	5
June Birthdays	6
A Poem to Share.....	7
Noticeboard	9
Laughing Matters	10
Spotlight	11
Word Search	12

Editor's Desk

Hello Residents, Families and Friends

We recently had an environmental audit conducted by Dementia Australia. Dementia Australia consultants, Mr. Chris Fraser and Ms. Taylah Fleming were on site for approximately two hours touring the memory support unit. We are asking for families' input into the colours, furniture and the mobility garden.

We also want to let you know about a monthly meeting that could be of interest to you. The Dementia Support group at Navorina Aged Care facility hosts meetings on the first Monday of each month. The next meeting is on June 5th at 2pm.

We understand that this can be a difficult topic to discuss, but we believe that it's important to have these conversations in a safe and supportive environment. The meeting will be led by Bernadette and Jayne, and it's specifically for families and loved ones who are supporting someone with dementia. The meetings are informal and they're a great opportunity to learn more about how to manage the challenges that come with dementia.

We hope that you'll consider joining us. We think that it could be a valuable experience, and we'd love to see you there. If you have any questions or concerns, please don't hesitate to reach out to us. We're always here to help.

A huge thank you to Melissa Stafford for her kind donation of our new puppy "Teddy". Teddy is a Cavalier King Charles Spaniel; he is already loved and bringing joy and happiness to the residents and staff.

Keep Safe!

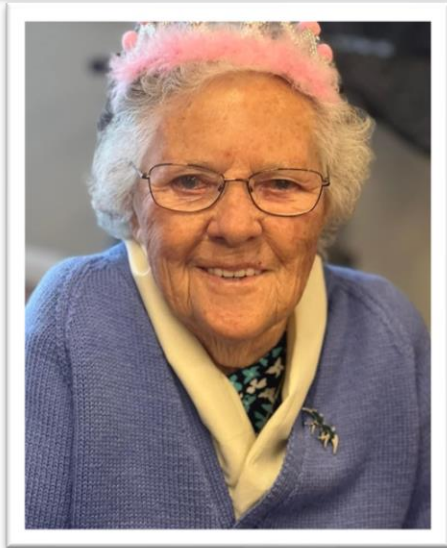
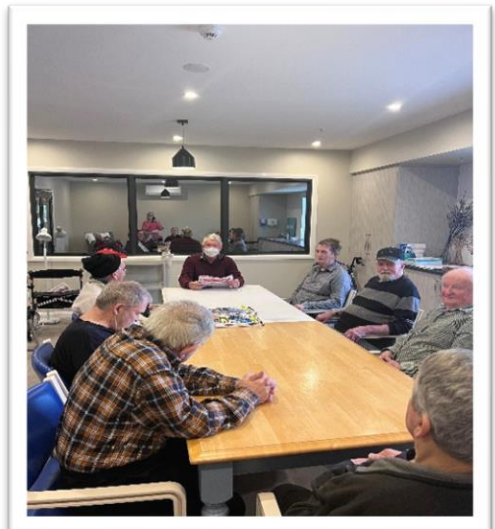
Bernadette -Lifestyle Coordinator



Month in Review



Month in Review



Upcoming Events

Resident / Relative Meeting

Monday 26th June at 10am – all welcome

Support Group Monday 5th June 2pm

Italy Armchair Travel

Friday 2nd of June

Books on wheels

Delivering Thursday 8th & 22nd of June.



Regular Events

Happy Hour every Friday 2.30pm

Catholic Mass 4th Thursday of the month

Hairdresser every Thursday morning at 9am

Men's Group Monday at 2pm

Bingo! Every Tuesday & Friday at 10am

Sing along Thursday 2pm

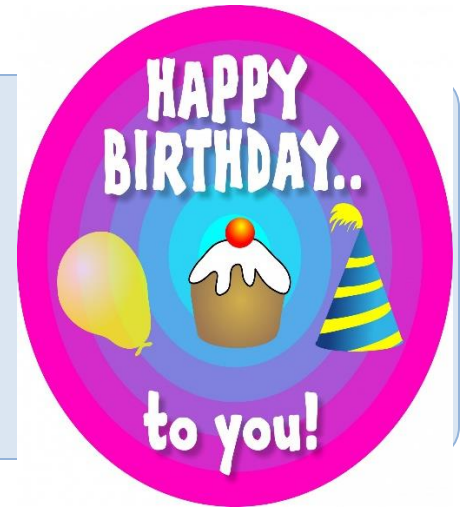
Exercise with Kay Monday at 10.30am & Wednesday at 1.45pm

Special Days

- 1st World Milk Day
- 2nd Italian National Day
- 5th World Environment Day
- 6th D-Day
- 8th World Oceans Day
- 19th Emancipation Day (US)
- 19th Father's Day (US, Canada, UK)
- 21st World Music Day

In June, we celebrate birthdays with:

- **Les Fly**
- **Audrey Young**
- **Max Hillier**



Marilyn Monroe, Actress, 1st June 1926
Morgan Freeman, Actor, 1st June 1937
Johnny Depp, Actor, 9th June 1963
Judy Garland, Actress, 10th June 1922
Prince Philip, Duke of Edinburgh, 10th June 1921
Donald Trump, Former President, 14th June 1946
Boris Johnson, Prime Minister, 19th June 1964
Nicole Kidman, Actress, 20th June 1967
Elon Musk, Entrepreneur, 28th June 1971
Mike Tyson, Boxer, 30th June 1966

Gemini (May 21 – Jun 20)

Geminis love to learn, and they never stop wondering about the unexplained.

Cancer (June 21 – July 22)

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

The First Manned Hot Air Balloon Launch

On June 4, 1783, the Montgolfier brothers launched the first untethered hot air balloon in France. This historic event marked the beginning of manned flight and opened a new world of possibilities for exploration and travel, changing the course of history and inspiring future generations to reach for the

Poem to Share

Invictus

William Ernest Henley

Out of the night that covers me,
Black as the pit from pole to pole,
I thank whatever gods may be.
For my unconquerable soul.

In the fell clutch of circumstance
I have not winced nor cried aloud.
Under the bludgeonings of chance
My head is bloody, but unbowed.

Beyond this place of wrath and tears
Looms but the Horror of the shade,
And yet the menace of the years
Finds and shall find me unafraid.

It matters not how strait the gate,
How charged with punishments the scroll,
I am the master of my fate,
I am the captain of my soul.

Noticeboard



NEW RESIDENTS

A very warm welcome to:

- **Mr. Tim Nolan**

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 month!

- **Brooke Pitt**

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.

- **Elaine Leetham**

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 feedback forms available from the front 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.

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 Bernadette or email - activities@navorina.com.au

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.

COVID VACCINES

It is strongly recommended residents in aged care facilities receive six monthly Covid vaccine boosters, if they are eligible. This provides added protection during a covid outbreak within the community. Please contact Navorina if you would like your family member to have the vaccine, the vaccine will be charged to your preferred pharmacy account.

CULTURAL CELEBRATION

In the month of June we celebrate National Italian Day. Armchair travel to Italy will be held Friday 2nd June.

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.

SUPPORT GROUP

Navorina has a support group for families which is held the first Monday of the month at 2pm. For more information please contact Bernadette or Jayne 58813944.

CALL BELLS

In a emergency and you are unable to locate a staff member please ring the call bells located in each resident's room or dining areas.

Laughing Matters



The Engagement

A woman died and found herself standing outside the Pearly Gates, being greeted by St. Peter. She asked him, "Oh, is this place what I really think it is? It's so beautiful. Did I really make it to heaven?"

St. Peter replied, "Yes, my dear, these are the Gates to Heaven. But you must do one more thing before you can enter."

The woman was very excited and asked St. Peter what she must do to pass through the gates.

"Spell a word," St. Peter replied.

"What word?" she asked.

"Any word," answered St. Peter. "It's your choice."

The woman promptly replied, "Then the word I will spell is love. L-o-v-e."

St. Peter congratulated her on her good fortune to have made it to Heaven and asked her if she would mind taking his place at the gates for a few minutes while he took a break.

"I'd be honored," she said, "but what should I do if someone comes while you are gone?"

St. Peter reassured her and instructed the woman simply have any newcomers to the Pearly Gates to spell a word as she had done.

So, the woman is left sitting in St. Peter's chair and watching the beautiful angels soaring around her, when low and behold, a man approaches the gates, and she realizes it is her husband.

"What happened?" she cried, "Why are you here?"

Her husband stared at her for a moment, then said, "I was so upset when I left your funeral, I was in an accident. And now I am here? Did I really make it to Heaven?"

To which the woman replied, "Not yet. You must spell a word first."

"What word?" he asked.

The woman responded, "Czechoslovakia"

Spotlight



Erika Quiling

I graduated Bachelor of Science in Nursing in 2009 in the Philippines. When I first started my career, it was difficult to work in a hospital as there were a lot of nurses. I started as a company nurse, and then finally had a chance at real nursing in year 2013. I worked in St. Luke's Medical Center, Philippines in Neuro-ICU for 6 years.

In 2020 I decided to move to Australia together with my family to have a better life. Navorina hired me as a Registered Nurse, I have recently taken on the role as Clinical Care Manager.

Word Search

RECYCLE REUSE REDUCE



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

Solar
Trash
Compost
Greenhouse

Water
Clothes
Chemicals
Repair

Emissions
Ozone
Sustainable
Landfill

Plastic
Organic
Petrol
Recycle