

Navorina News

March 2023

Navorina Nursing Home 5 Macauley St Deniliquin 58813944



Happy
Women's
Day

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Editor's Desk

Hello Residents, Families and Friends!

- Thank you to those families who attended the Accreditation meeting last month, your feedback and support was overwhelming.
- A response in relation accreditation, a response to the commissioners' findings was sent to the Commissioner on the 25th of January 2023 and we are currently awaiting a response.
- We now have our brand-new generator installed to ensure that we have back power in case of power outages.
- We now have a physio attending Navorina from Cobram each Wednesday.
- Over the past month we have employed two casual Registered Nurses, 5 Assistants in Nursing and a cook, which is very positive.
- On the 1st of February a Call Bell Response survey was sent out to all residents and their representatives. Please complete the survey and return to Skye as soon as possible.
- Reminder that if you have a compliment, suggestion, complaint, issue, or a concern please complete a Continuous Improvement Form and place it in the silver box outside Skye's office. This can be confidential if you wish.
- With the Covid outbreak now officially closed we have gone back to wearing surgical masks. RAT testing remains in place for each visit and signing in on Zipline.
- We apologise for any inconvenience with the recent telephone system being down.



Thanks
Skye

March Trivia

March was named after Aka, the Roman God of War, a mythical ancestor of the Romans and father of Romulus and Remus.

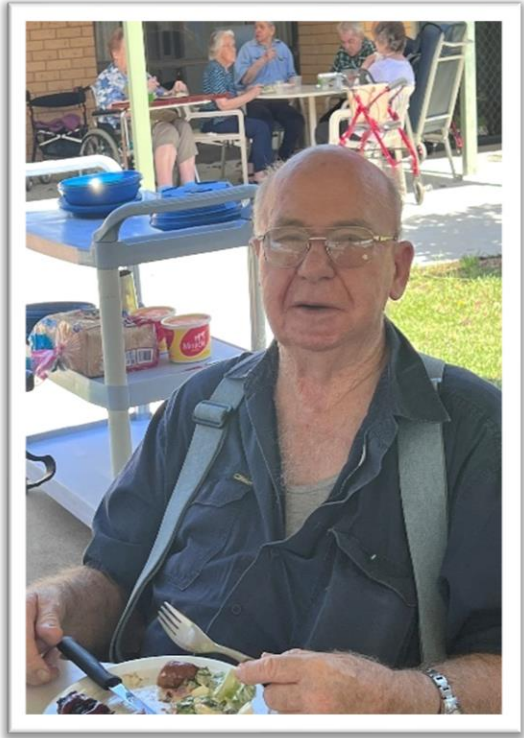
Zodiac signs: **Pisces & Aries**
Birthstone: **Aquamarine**
Flower: **Daffodil**

Quote of the Day

Age is an issue of mind over matter. If you don't mind, it doesn't matter.

– Mark Twain

Month in Review



Month in Review



Upcoming Events

Resident's Meeting

Monday 27th of March at 10am

Support Group

Monday 6th of March 2:00pm -all welcome

Armchair Travel

Friday 17th of March 9:30am



Regular Events

Happy Hour every Friday 2.30- 3.30pm

Catholic Service every fourth Thursday

Anglican Church Service 1st & 3rd Monday at 10am

Hairdresser every Thursday from 9am

Men's Group every second Monday at 2pm

Bingo! Every Tuesday & Friday at 10.30am

Special Days

- 1st Shrove Tuesday
- 1st Chopin's Birthday
- 1st St. David's Day
- 1st World Day of Prayer
- 3rd World Wildlife Day
- 8th Intl. Women's Day
- 15th The Ides of March
- 17th St. Patrick's Day
- 20th Spring (N.Hem)
- 21st Harmony Day
- 21st Intl. Day of Forests
- 21st World Poetry Day
- 22nd World Water Day
- 23rd World Meteorological Day
- 25th Greek Independence Day
- 27th Mothering Sunday (UK)

March Birthdays

In March, we celebrate birthdays with:

- **Paul O'Brien**
- **Fay Mercer**
- **Bill McCormick**



Catherine O'Hara, Actress, 4th March 1954
Shaquille O'Neal, Basketball Player, 6th March 1972
Liza Minelli, Actress & Singer, 12th March 1946
Albert Einstein, Physicist, 14th March 1879
Michael Caine, Actor, 14th March 1933
Bruce Willis, Actor, 19th March 1955
Steven McQueen, Actor, 24th March 1930
Elton John, Singer, 25th March 1947
Vincent van Gogh, Painter, 30th March 1853
Celine Dion, Singer, 30th March 1968

Pisces (Feb 19 – Mar 20)

Pisces are friendly and selfless. They are always willing to help others.

Aries (Mar 21 – Apr 20)

Aries are passionate, motivated, and confident leaders. They are bundles of energy & enthusiasm.

WOW!

Historical Events in March: The Concorde

In March 1969, the Concorde roared into the skies on its maiden flight. Built as part of a joint venture between the UK and France, it was a supersonic passenger airplane that travelled at twice the speed of sound. Only 14 Concorde aircraft went into service before it was retired in 2003.

Poem to Share

My Shadow

by Robert Lewis Stevenson

I have a little shadow that goes in and out with me,
And what can be the use of him is more than I can see.
He is very, very like me from the heels up to the head.
And I see him jump before me when I jump into my bed.

The funniest things about him are the way he likes to grow—
Not at all like proper children, which are always very slow.
For he sometimes shoots up taller like an India rubber ball,
And he sometimes gets so little that there's none of him at all.

He hasn't got a notion of how children ought to play,
And can only make a fool of me in every sort of way.
He stays so close beside me, he's a coward you can see.
I'd think shame to stick to nursie as that shadow sticks to me!

One morning, very early, before the sun was up,
I rose and found the shining dew on every buttercup.
But my lazy little shadow, like an arrant sleepy head,
Had stayed at home behind me and was fast asleep in bed.

Noticeboard



NEW RESIDENTS

A very warm welcome to:

- **Tresna Mackrill**
- **James marks**
- **Owen Tubb**

NEW STAFF

A warm welcome also goes to the people who joined our team in the past few months.

- **Glenda Hill**
- **Jayne McCalman**
- **Rhea Mcleod**
- **Mia Jenkins**
- **Joel Pearson**

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.

- **Mr Antoon Froon**

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 in 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 Lifestyle, or email activities@navorina.com.au

Thank you!

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 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

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

BBQ LUNCHS

March BBQ dates are Saturday 4th and Tuesday 14th.

CULTURAL CELEBRATION

In the month of March we celebrate St Patrick's Day. Watch your calendar for related activities in the recreation room.

NSW STATE ELECTION

The NSW State election will be held March 25th, 2023, and voting is compulsory for people enrolled to vote in NSW. Could families please arrange a postage vote for their family member. Postage votes applications period runs 16/01/23 – 20/03/23, all postal votes need to be returned by 6th April. If you need help, please talk to Lifestyle staff or admin staff.

Laughing Matters



My Resume...

My first job was working in an orange juice factory, but I got canned ...couldn't concentrate. Then I worked in the woods as a lumberjack, but I just couldn't hack it, so they gave me the ax. After that I tried to be a tailor, but I just wasn't suited for it ... mainly because it was a so-so job. Next, I tried working in a muffler factory but that was too exhausting. Then I tried to be a chef -- figured it would add a little spice to my life, but I just didn't have the thyme. I attempted to be a deli worker, but anyway I sliced it, I couldn't cut the mustard. My best job was being a musician, but eventually I found I wasn't noteworthy. I studied a long time to become a doctor, but I didn't have any patience. Next was a job in a shoe factory; I tried but I just didn't fit in. I became a professional fisherman but discovered that I couldn't live on my net income. I managed to get a good job working for a pool maintenance company, but the work was just too draining. So, then I got a job in a workout center, but they said I wasn't fit for the job. After many years of trying to find steady work, I finally got a job as a historian until I realized there was no future in it. My last job was working at Starbucks, but I had to quit because it was always the same old grind. SO, I RETIRED AND I FOUND I AM PERFECT FOR THE JOB!

Funny Aging Jokes

Always find a reason to laugh - it may not add years to your life but it will add life to your years.

I've reached an age where my train of thought often leaves the station without me.

Don't let aging get you down. It's too hard to get back up.

Spotlight



Claudia Reeb

I'm 22, I'm not originally from Deniliquin, I grew up in a small town in northeast Victoria called Yackandandah. Outside of work I have a passion for cooking desserts, cakes and slices and I sell them online on my Facebook page named Claudia's creations.

Word Search



INTERNATIONAL WOMEN'S DAY

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

Feminism
Advocate
Reform
Positive
Gender

Influence
Suffrage
Liberation
Social
Valued

Activist
Equality
Support
Rights
Reflect

Brave
Celebrate
Society
Courage
Action