

# NEWSLETTER

## March 2024

Navorina Nursing Home 5 Macauley St Deniliquin 588813944



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# Editor's Desk

Hello Residents, Families and Friends!

I am really looking forward to this month – there is so much to celebrate! It's sure to be a busy month for our community and I hope you'll be a part of all the fun!

Please join me in welcoming our new CEO Paul Turner to Navorina, Paul is this month's spotlight if you would like to read more about him.

You may have noticed we are currently not wearing masks within the facility; you are still required to complete a rat test and sign in on zip line each time you enter the facility.

We are currently receiving a quote for our upgrade of the whole garden area – hopefully this work will begin soon.

Here's to March!

*Bernadette*



## 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

When I've least expected it, an enormous opportunity or stroke of luck has crossed right under my nose.

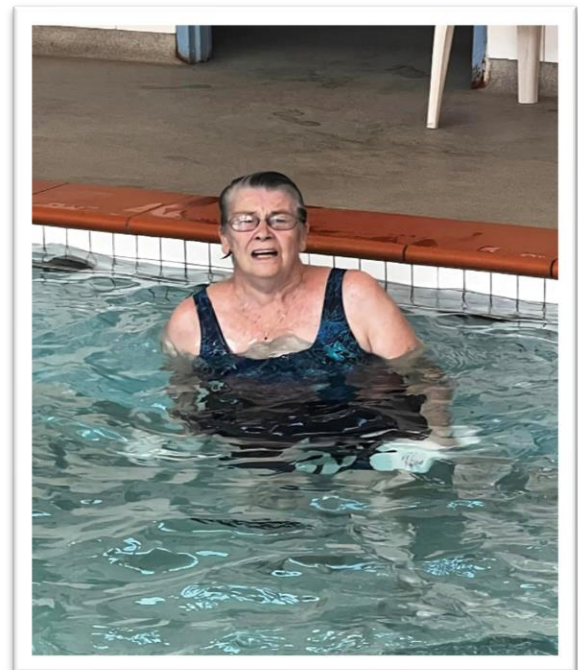
– **Julie Andrews**

# Life in Our Community

Peter & Rob Morris enjoying eating breakfast together. The weather has been beautiful, and residents have been enjoying spending time outdoors.

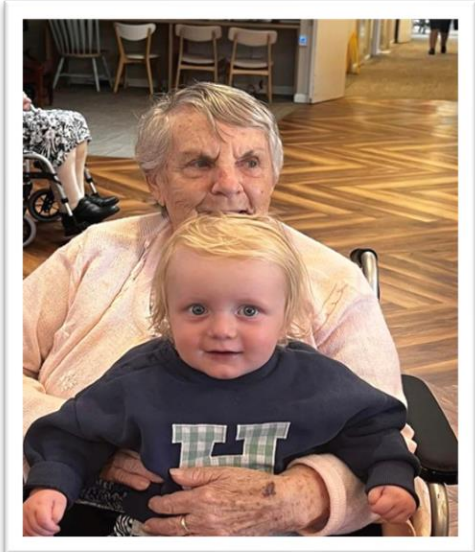


Tresna enjoying her gentle exercise session at the local pool.



Joan's 100<sup>th</sup> birthday party.

# What We've Been Up To



# Upcoming Events

## Men's Club

Monday's at 2pm, Craft room

## Support Group for Families

March at 2pm

## Advisory Body Meeting

Monday 11th of March 2:00pm, Training room

## Resident / Relative Meeting

Monday 25<sup>th</sup> March at 10am, Hunter Area

## Armchair Travel

Friday 15<sup>th</sup> March to Ireland

## Harmony Day

Thursday 21st March – wear Orange

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# Regular Events

Happy Hour every Friday at 2.30pm.

Catholic Service last Thursday of the month 10am.

Exercise – please see your activity program.

Manicures with Mikki Friday 8<sup>th</sup>.

Bingo! Every Tuesday at & Friday 10am.



## Special Days

- 1<sup>st</sup> World Day of Prayer
- 3<sup>rd</sup> Caregiver Appreciation Day
- 8<sup>th</sup> Intl. Women's Day
- 10<sup>th</sup> Mothering Sunday (UK)
- 15<sup>th</sup> The Ides of March
- 17<sup>th</sup> St. Patrick's Day
- 19<sup>th</sup> First Day of Spring (N. Hemisphere)
- 21<sup>st</sup> World Poetry Day
- 24<sup>th</sup> Palm Sunday
- 25<sup>th</sup> Greek Independence
- 31<sup>st</sup> Easter

# March Birthdays

In March, we celebrate birthdays with:

- **Thelma Richards**
- **Dawn Henderson**
- **Val Phillips**
- **Len Richards**
- **Fay Mercer**



There are many superstitions about luck. How many of these will bring you good luck, and how many will bring you bad luck, according to superstition?

- Opening an umbrella indoors
- Knocking on wood
- Throwing salt over your shoulder
- Walking under a ladder
- Finding a heads-up penny
- Eating 12 grapes on New Year's Eve
- Breaking a mirror
- Having an itchy palm

## **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 Lindbergh Baby Kidnapping**

On March 1, 1932, Charles Lindbergh Jr. was kidnapped from the family mansion in Hopewell, New Jersey. He was 20 months old and the son of aviation hero Charles Lindbergh, who flew the first solo flight across the Atlantic Ocean. The baby was never returned, even after the family paid \$50,000 in ransom.

# Journaling Prompts

*Grab your journal and jot down your answers to these questions. Or, if you'd prefer, use this list as a fun way to start conversations with family members or neighbors. Remember, there's no right or wrong answer here and you can choose to share what you are comfortable with. Have fun!*

- Who is the luckiest person you know? Why are they so lucky, do you think?
- Is there a such thing as luck, or is it all hard work and determination?
- Write about a time you felt like everything was going your way and you were quite lucky.
- How would you tell someone to get through a period of their life when they felt they were having bad luck, and nothing was going the way they wanted?
- What are some superstitions you've heard about luck? Can you think of any for being lucky in love, or about luck for a marriage?
- When was the last time you felt lucky or blessed? Can you write down five things you're thankful for today?
- Did you ever do anything fun or silly for St. Patrick's Day when you were a kid? What about when you were an adult? Write about your favorite St. Patrick's Day traditions.
- Write a poem or story about a leprechaun who has lost directions to his rainbow.

# Noticeboard



## NEW RESIDENTS

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A very warm welcome to:

- **Mrs Gwen De Merlo**
- **Mr Michael Burke**
- **Rodney Chapman**

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!

- **Michelle Congdon**
- **Jamie**
- **Kate Jenkins**
- **Pramita Sadashank**
- **Bishal Ramdam**

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.

- **Jean Horan**

## HERE'S TO THE WOMEN!

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Did you know that that majority of staff at our community are women? We are so thankful for all the women who serve our residents so well, in all their roles. This month, as we celebrate International Women's Day, be sure to thank all the women in your life who have made you who you are today!

If you have time, think about a few women who changed your life for the better. Write about them or share their stories!

## OUT AND ABOUT

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We are fortunate enough to have access to transportation that we use to take excursions around town. Unfortunately, we can't always take every resident on each outing, simply because of space. We do our very best to rotate the residents who go!

Remember, if family members or friends are interested in attending an excursion, please let us know. On the trip day, be sure you are ready to go when the trip is set to depart so that we can stay on time with our adventures.

See us with any questions!



# Noticeboard



## LIBRARY SERVICE

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We have a mobile library service that delivers & picks up library books to residents. If you would like this service, please talk to a staff member.

## THANK YOU

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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

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

## NAILS BY MIKKI

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Mikki is at Navorina every 4 weeks, if you would like appointment with her for Gel nails or manicure please let us know.

## CULTURAL CELEBRATION

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Join us for an Irish celebration in honor of St. Patrick's Day this month. If you are of Irish descent and want to share more about your culture, let us know!

## SHARE YOUR TALENTS

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Have you always loved to garden? Perhaps you are an avid scrapbooker? Share your talents with us by Volunteering, if this is something you might like to do please contact Bernadette 58813944 or email [activities@navorina.com.au](mailto:activities@navorina.com.au)

# Laughing Matters



## Did you know...

Laughing truly is the best medicine? When you laugh, your body releases neuropeptides which protect the body and mind from stress and potentially serious illnesses. So a few belly laughs each day can boost your immune response and keep you from feeling stressed out! In addition, laughing helps to reduce negative thoughts, boosts overall body functioning, and can contribute to positive mental health. It's always a good time for a silly joke and a chuckle, no matter how cheesy the joke is. Here are a few for you this month!

I have a photographic memory. I just keep forgetting to develop it.

I showed my grandson a photo of his great-grandparents. I asked him if I looked like them and he said, "not yet, you don't."

I used to have my ducks all in a row, but now they're all over the place quacking.

Did you hear about the new corduroy pillow? It's making headlines everywhere.

I told my doctor I broke my arm in three places. He said, "You should stop going to those places."

What's blue and not very heavy?

Light blue.

Why did the man fall down the well? Because he didn't see that well.

# Spotlight



## Paul Turner

**My name is Paul, and I am looking forward to meeting everyone. When the opportunity came up to join the team at Navorina, I was very excited. To join a respected Aged Care Community organization in such a beautiful area of the Murrumbidgee was a rare opportunity, which opportunities like this don't not come up much. I am very appreciative for the opportunity to be here as part of the team at Navorina and to join this great community.**

**I was originally in aged care for over 10 years and then I sort of feel into a role in early education and care for nearly 7 years. One area of the many areas that I will be supporting is the team of staff, they are equally important as anyone else as we are all one team working towards the same goal to ensure our residents have the best quality person centered care. I look forward to working with and getting to know everyone. When I first commenced in Aged Care my trainer and mentor told me "If I treat every resident like your own mum or dad, you will do well". This is something that I have always followed, and I also strongly believe in following our organizational "Vision, Mission and Values" which are:**

## **Our Vision**

**“To be an innovative and dynamic industry leader, providing quality and wholistic residential care services.”**

## **Our Mission**

### **To Provide:**

- **Quality care & services**
- **A safe, comfortable & friendly living environment**
- **A professional & respected work force**
- **A lifestyle that encourages participation in community life**
- **Ongoing regulatory compliance**

## **Our Values**

- **Professionalism – maintains standards consistent with contemporary practice.**
- **Equity – to be fair and impartial.**
- **Integrity – to be ethical, confidential, and accountable.**
- **Caring – to be sensitive and responsive to each other**
- **Honesty – to be open, truthful, and trustworthy.**
- **Respect – to treat each of our stakeholders with dignity, courtesy and an as an individual.**
- **Quality – excellence through innovation and applied learning**
- **Flexibility -to be flexible and open to change.**

**A little about me... It's important for everyone to know I am an identical twin. My twin brother, Andrew, and I often get mixed up so if I don't say hi or smile at you when somewhere such as the shops, you are aware why! Andrew does not live in the area however he will visit from time to time so I don't believe this will be a major challenge.**

**I come from near Newcastle (between Cessnock and Wollombi which is not far from the wineries in the low Hunter Valley) where my wife Shelley and our 3 boys all live on a small property. Shelley is registered Nurse, our twin boys (Oscar and Zac) and my youngest (Brady) who is often called 'little Paul' as he looks like me. My mother-in-law lives in the back house on our property, and she is amazing with helping and being part of the family. We have 4 dogs, two ponies, about 30 birds, maybe about 35-40 chickens, however we have all lost count! The children want more pets to join the family and we keep saying we have enough pets!**

**The biggest question I get asked is 'am I moving to area', the answer is yes. The transition will be challenging at times no doubt, and it will take a while, my boys want to stay at home at this stage as they are settled with schooling and activities however, they want to come here on some holidays. We will be settling down here in the area, and I perceive when the fun transition process is over, we will be here 90% of the time. It will take longer for Shelley to come obviously, and she will eventually be between the two locations. I was born in Melbourne and a lot of my family is in Melbourne and some of my family live in the Riverina and Canberra.**

**Again, I look forward to meeting everyone and thank you for having me join the team at Navorina and this great community.**

**kind Regards  
Paul**



## St. Patrick's Day Anagram

Rearrange the letters of each word reveal the answers!

Word	Clue	Answer
KARCHSOM	Clover-like plant	_____
ODLG	What Leprechauns keep in their pot	_____
REGEN	Colour of envy	_____
ELAPUNCHER	Mischievous elf	_____
IDLERAN	St. Patrick is from here	_____
ELBRYAN	This stone wants a kiss	_____
RHAP	National emblem of Ireland	_____
SEBFLAT	Capital of Northern Island	_____
KANESS	Slender Reptiles	_____
Charm	Third month of the year	_____
TRACKPI	Patron saint of Ireland	_____
SKIWHEY	A popular liquor in Ireland	_____
RICEMILK	Humorous verse	_____
OT TSU	Type of dark beer	_____
BUND IL	Capital of the Irish Republic	_____
GLENN DA	St. Patrick was a missionary here	_____
SINGESNU	A type of bitter stout	_____
RSHII	From Ireland	_____
TAPE	Fuel from boggy land	_____
BAWINOR	Colourful arc in the sky	_____