

NEWSLETTER

May 2024

Navorina Nursing Home 5 Macauley St Deniliquin NSW 2710



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Editor's Desk

Hello Residents, Families and Friends!

Welcome to the beautiful month of May! As the flowers bloom and the sun shines, we have a variety of enjoyable activities planned for everyone.

This month, we're celebrating the love and care of Mother's Day, the vibrant traditions of Cinco de Mayo, and the excitement of Eurovision.

We encourage you to step outside, enjoy the fresh air, and participate in leisurely strolls. It's the perfect time to embrace the beauty around us.

And remember, this month, we challenge you to try something new. A new craft, game or activity can bring unexpected joy and laughter to your day.

Just a quick reminder to all families and friends, all residents' clothing must be labelled by the laundry before going to resident's bedrooms. This is to eliminate clothing being unlabeled etc.

By now you all would have received the 2024 Resident Relative Survey.

Your responses are very important to us, We would appreciate you completing the survey and returning it either by mail to PO Box 177 Deniliquin, email businessmanager@navorina.com.au or handing the survey to Skye at your earliest convenience. By completing the survey and providing feedback you are enabling the leadership team and the governing body (Board of Directors) to gain insight into areas that we may be exceeding in and any areas that you feel could be improved on.

You are also welcome to provide feedback or recommend Continuous Quality improvement ideas at any time outside of any of the surveys.

We recently had some chairs and a table from Crown furniture here, on trial we welcome feedback on the items that were on display.

Café Area update: Skye Parks, Business Manager, and Amarlia Veenstra, Hospitality Manager have attended Cobram Regional Care to review their Café operations. This has now been placed into a proposal and action plan which is very much in draft. The Board of Directors are keen to commence opening the Café and they are waiting to see our proposal for discussion.



Navorina Bus: The bus is in working order again, thank you to team member Geoffrey Arthur and Paul Johnstone from Roundabout Tyres for donating their valuable time to ensure our residents can attend external activities.

Garden areas: We have received the final quote for the mobility garden and the potential contractor visited Navorina on April 12 to run through the quote ensuring it matches specifications. We also require additional information based on the initial quote. Our Board Member Neville Purtill has been assisting CEO Paul Turner and we had a supplier come in to review options for the roofing, which this same supplier is quoting for the carports for the secure car park.

Mother's Day breakfast: All families and friends are invited to have breakfast with their mother or special person on Sunday May 12th to celebrate Mother's Day at 9am.

This month we celebrate International Nurses Day on May 12 and Volunteers week 20th – 24th May. Huge thank you to all our wonderful nursing staff and Volunteers at Navorina.

Care Plan conference –

The care plan evolves over several months after the resident's admission (with the initial information you provide to us), and changes as their needs change. The care plan covers all aspects of their care needs- from specialised nursing care needs, to what they eat, what risks they face and their social emotional and cultural needs.

The Care plan is a live document and is designed to ensure that, at any point in time, staff are aware of the person's assessed needs. It is their 'story'- no two residents care plans are the same. Did you know that that you are entitled and able to access a copy of the care plan? If you would like a copy of your loved one's care plan (provided you have the appropriate authority to access) please do not hesitate to contact Nicole (Director of Nursing) don@navorina.com.au or Beth Hindriks (Clinical Care Manager) ccm@navorina.com.au. A summary or full version can be accessed.

Appointments are available with both Nicole and Beth Monday – Friday and can be organised by calling the office on 0358813944 or contacting the above email addresses.

Warm wishes,

Bernadette.

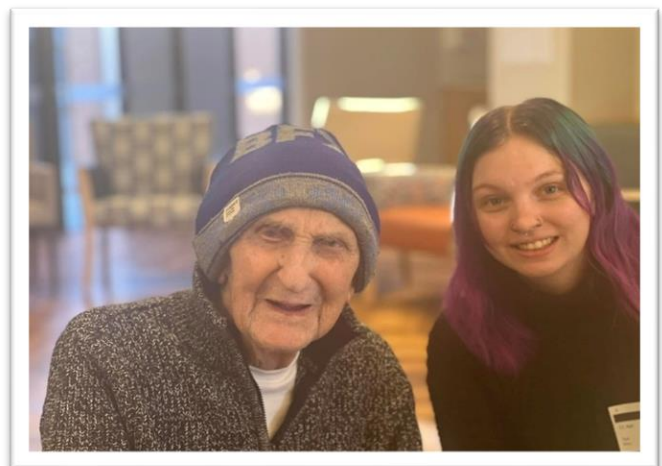
Month in Review

Barb Barker Presenting CEO Paul Turner with a jig saw she completed.

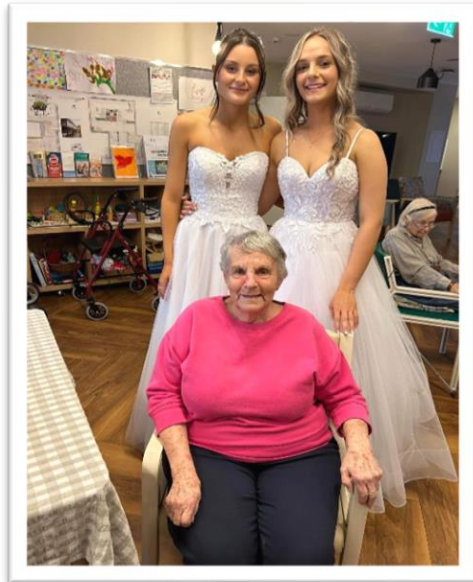


Shirley Martin enjoying the computers at the Edward River Library.

Des Clancy and granddaughter Tori enjoying breakfast together.



Things We Did This Month



Upcoming Events

Mothers' day Breakfast

Sunday 12th May at 9am

Resident's Meeting

22nd Mat at 10am -all welcome

Advisory Body Meeting

3rd June at 2pm

Family BBQ Breakfast

Every Thursday at 8am

Support Group

Monday 6th May at 2pm – all welcome

Delena Gaffney and Choir

Saturday 11 May at 2pm



Regular Events

Happy Hour every Friday from 2.30pm

BBQ Breakfast every Thursday at 8am

Catholic Service last Thursday of the month

Hairdresser every Thursday from 9am

Men's Group every Monday at 2pm

Bingo! Every Tuesday & Friday at 10.30am

Special Days

- 4th Space Day
- 5th Cinco de Mayo
- 8th Victory in Europe Day
- 11th Eurovision
- 11th Migratory Bird Day
- 12th Intl. Nurses Day
- 12th Mother's Day
- 12th Skilled Nursing Weel
- 20th World Bee Day
- 21st Cannes Film Festival
- 22nd Biological Diversity Day
- 23rd World Turtle Day
- 24th Scavenger Hunt Day
- 27th Memorial Day

May Birthdays

In May, we celebrate birthdays with:

- **Owen Tubb**
- **Barb Summers**
- **William Berryman**
- **Lorna Breen**
- **Jenny Wharton**



Surprising Facts About Bees

- Bees have existed for over 30 million years.
- One-third of our food depends on bee pollination.
- There are over 20,000 different species of bees.
- A bee makes about $\frac{1}{12}$ th tsp of honey in her lifetime.
- Bees have five eyes.
- Male bees are called drones.
- Queens live up to 5 years. Long live the Queen!
- Bees can recognize human faces!

le

British athlete Roger Bannister made history by running the

May 6, 1954: Roger Bannister Breaks the Four-Minute Mile first mile in under four minutes, finishing in 3:59.4 in Oxford, England. This event marked a groundbreaking moment in athletics, symbolizing the breaking of perceived limitations.

Pisces (Apr 20 – May 20)

Taureans are dependable, logical, and overall peaceful beings.

Gemini (May 21 – Jun 20)

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

WOW!

Poem to Share

In the Time of Silver Rain

Langston Hughes

In the time of silver rain
The earth puts forth new life again,
Green grass grows.
And flowers lift their heads,
And over all the plain
The wonder spreads.

Of Life,
Of Life,
Of life!

In the time of silver rain
The butterflies lift silken wings.
To catch a rainbow cry,
And trees put forth new leaves to sing.
In joy beneath the sky
As down the roadway
Passing boys and girls
Go singing, too,
In the time of silver rain When spring
And life
Are new.

Noticeboard



NEW RESIDENTS

A very warm welcome to:

- **James Marks**
- **William Berryman**

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!

- **Kelsey Hislop**

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 Brian Irvin**
- **Mrs Joan Bradley**

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 anytime.

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.

THANK YOU

We would like to issue a heartfelt thanks to our 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 Lifestyle staff or ask a staff member to write your name down in the hairdressers book.

NAVORINA LADIES' AUXILIARY

Thank you to our Navorina ladies auxiliary for their recent purchase of two wheelchairs, jigsaw puzzles for the residents and three new lifter machines. The next fundraising event for the auxiliary will be for Mothers day with a cake stall held in the kiosk in the main street of Deniliquin on May 11th, along with this the auxiliary are holding a raffle which will be drawn on the Saturday, raffle tickets are now on sale to purchase.

SUPPORT GROUP

We would like to invite Navorina's families, friends and Community Members to our monthly support group. Meeting is held on the 1st Monday of each month at 2pm. For more information please contact Bernadette 58813944 ext.3 or email activities@navorina.com.au

Up and coming events – Garage sale – September date to be confirmed. Golf day to be held on the 22nd of September.

All money raised from these events will go towards the purchase of a new weigh lifter machine and other items for the residents.

Laughing Matters



One-Liners

Why don't skeletons fight each other? *They don't have the guts.*

What do you call an alligator in a vest? *An investigator.*

Why did the tomato turn red? *Because it saw the salad dressing!*

What do you get when you cross a snowman and a vampire? *Frostbite.*

Why couldn't the bicycle stand up by itself? *It was two-tired.*

How do you organize a space party? *Your planet.*

What do you call fake spaghetti? *An impasta.*

Why don't scientists trust atoms? *Because they make up everything.*

Why did the golfer bring two pairs of pants? *In case he got a hole in one.*

What did one wall say to the other wall? *"I'll meet you at the corner."*

The Case of the Expanding House

A physics professor, a biologist, and a mathematician are observing an empty house.

Suddenly, they see two people enter the house. Time passes, and then three people come out.

The physicist says, "Our initial measurement was incorrect."

The biologist suggests, "They must have reproduced."

The mathematician declares, "If one more person goes into the house, it will be completely empty again!"

Spotlight



Sophie Norris

I was born in Deniliquin; I attend St Joseph's school in Echuca. I currently work in the kitchen at Navorina but hope to go into nursing after I leave school, I am very dedicated to my work and love spending time with the residents.

I try to participate in lots of sporting activities at school, I like to spend my spare time with my family and my dog.

Word Search

HONEYBEE WORD SEARCH



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

Honeybee

Wing

Buzz

Swarm

Colony

Hive

Yellow

Fly

Flowers

Manuka

Honeycomb

Queen

Nectar

Insect

Pollen

Bumble

Beeswax

Stinger

Worker