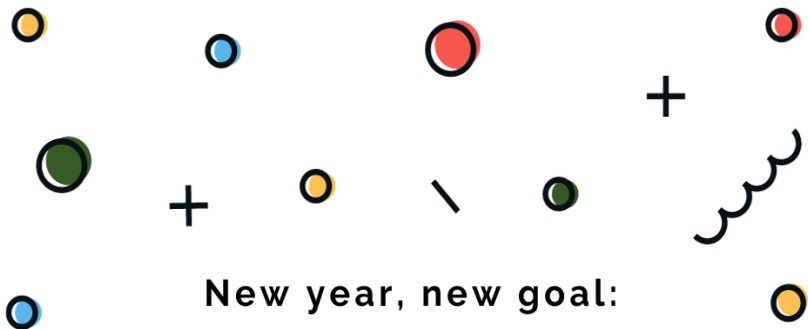


NEWSLETTER

January 2024

Navorina Nursing Home 5 Macauley St Deniliquin NSW 58813944



New year, new goal:

2024

**A YEAR OF TRYING
NEW THINGS**

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Editor's Desk

Hello Residents, Families and Friends!

Happy New Year! Can you believe we are greeting 2024 when it seems like 2023 was just starting? I'm wishing peace, health, and happiness for all of us.

Do you make resolutions this time of year? Perhaps I can encourage you to consider it as we move into 2024. Science and research have proven that staying socially active is key to healthy aging. Connecting with others in events and activities boosts the immune system, decreases anxiety, and enhances quality of life. Staying social can also decrease the risk of heart disease and cognitive decline.



Just a quick reminder that Navorina has reviewed and updated the heatwave protocol considering some recent Government Directives and other emergencies. We undertake a risk assessment prior to the summer season. As older people are highly vulnerable and susceptible to the effects of heat, we take this seriously. Just a gentle reminder of a few things in relations to your loved one: -

Please do a quick check of their wardrobe to ensure that they have sufficient light summer clothing.

Please be aware when taking your loved one out of the effects of the heat. Never leave your loved one in the car if you must 'duck' to the shop and consider taking additional water with you when going out.

Avoid walking around in the sun or even sitting outside for a long period of time (over 15 minutes).

Some things you may need to be aware of in relation to the residential care facility: -

We may need to modify our activity program; outings will be less frequent in prolonged periods of heat.

We have a summer menu that has been approved by a dietitian. This allows for increased fluids and has alternatives such as icy poles.

We may restrict access to outside – we will advise you if this occurs. We may modify our staffing levels or increase shift times, if you have any concerns, please let us know.

Advisory Board invitation –

A new responsibility for providers is to offer aged care consumers and their representatives the opportunity to start a consumer advisory body. Navorina is pleased to invite residents or representatives to become a member of the Navorina Consumer Advisory Body for 2023 – 2024. Navorina’s consumer body needs people like you. Members from all backgrounds are welcome to join; diversity means all consumers are represented.

A consumer advisory body collects feedback from members and shares it with Navorina’s governing body. Navorina’s governing body will consider all feedback when making decisions and will let the consumer advisory body know how they considered feedback. Being a representative on the consumer advisory body can fix problems and improve your care. It is a way you can talk about care and service quality with others and share this with Navorina’s governing board.

Advisory board meetings will be held monthly initially, and each meeting will be for about one hour duration. The first meeting will be held on 12th February at 2pm.

Here’s to new adventures!

Bernadette

January Trivia

January was named after the Roman god Janus, the god of beginnings & transitions.

Zodiac signs: **Capricorn & Aquarius**

Birthstone: **Garnet**

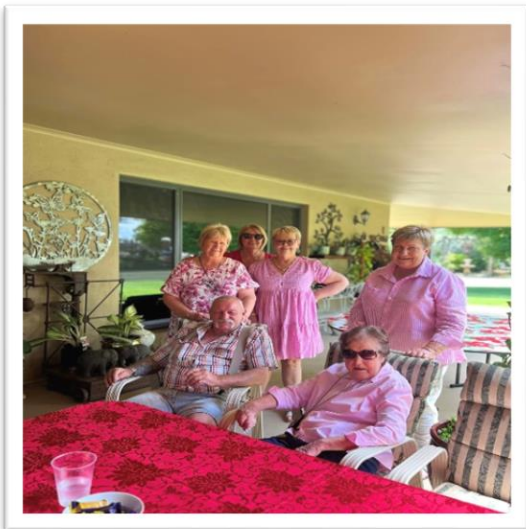
Flower: **Carnations**



What We've Been Up To



Life at Our Community



Upcoming Events

Resident's Meeting

Monday 22nd of January 10am

January Calendar Review

Monday 8th of January 3:00pm, Café Area

Multicultural Day

Friday 26th of January Australia Day

Movie afternoon

Each Saturday at 2pm, Hunter Landale Dining Room



Regular Events

Happy Hour every Friday 2pm

Catholic Service last Thursday of each month at 10am

Hairdresser every Thursday from 9am

Men's Group every Monday at 2pm

Bingo! Every Tuesday and Friday at 10:30am

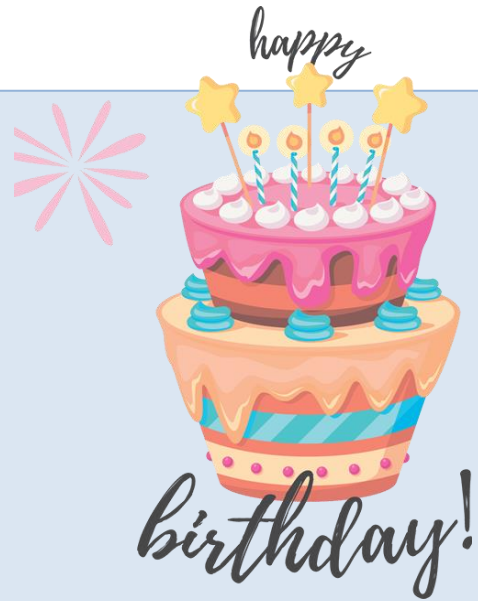
Special Days

- 1st Hot Tea Day
- 3rd Tolkien's Birthday
- 6th Epiphany
- 8th Elvis Presley's Birthday
- 16th MLK Day
- 18th Sundance Film Festival
- 19th Intl. Flower Day
- 21st Intl. Hug Day
- 24th Natl Compliment Day
- 26th Australia Day
- 27th Mozart's Birthday

January Birthdays

In January, we celebrate birthdays with:

- **Alan Kennedy**
- **Gladys Mann**
- **Dorothy Gemmell**
- **Elsie Daniels**
- **Janice Hattwell**



Can you fill-in-the-blank these song lyrics?

It's up to you, _____ York, _____ York!
What's new, _____? Whoa, whoa, whoa.
I can see clearly now the _____ is gone.
It's a new dawn, it's a new day, it's a new _____.
Start spreading the _____, I'm leaving today.
Should auld acquaintance be _____.
One minute to say goodbye before we say _____.
I thought I'd ask you just the same, what are you doing
on _____ _____ _____?

Capricorn (Dec 22 – Jan 19)

Capricorns are responsible, disciplined and have good managers.

Aquarius (Jan 20 – Feb 18)

Aquarians are shy & quiet deep thinkers who love helping others.

WOW!

Elvis was born January 8, 1935.

Elvis Aaron Presley was born in January in Tupelo Mississippi to his parents, Gladys and Vernon. Little did they know that their little baby would grow up to be one of the first major rock stars of his generation with 40 top ten songs and 18 number one hits in his career!







Conversation Starters

Getting to Know Your Neighbors

Now that you know all the benefits of social connection – boosted immune system response, less anxiety and cognitive decline, and enhanced overall wellness – it's time to start reaping those benefits by connecting with your neighbors. Making new friends can feel hard sometimes, so if you're struggling or feeling shy, it's okay! Our community is full of friendly and welcoming residents, which means you're already one step closer to starting a meaningful conversation with a new friend.

You can also use conversation starters to strike up a chat with someone at your dining room table, someone sitting next to you at an event, or someone that you see sitting in the common room. You can also use conversation starters as journaling prompts for yourself! Families, you can also use any conversation starters during your next visit.

Here are a few conversation starters that you can try using over the next month. Cheers to new friendships!

- What is the best thing that happened to you today?
- Tell me about your childhood pet.
- What was your favorite part of the school day when you were younger?
- How are you feeling today?
- What do you like to do for fun?
- When was the last time you really belly laughed?
- What is your favorite hobby?
- Who is your favorite singer and why?
- Who is your favorite actor or actress?
- What is your favorite book that you have read?
- Who was your best friend in elementary school?
- Who was your favorite teacher?
- Do you have any new year resolutions?

Noticeboard



NEW RESIDENTS

A very warm welcome to:

- **Mrs Barbara Scott**

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!

- **Amber Anderson**
- **Briana Bydder**
- **Holly Hansen**
- **Sienna Jenkins**
- **Lydia Achankunju**

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 Rex Parker**
- **Mr Robert Loy**
- **Mrs Dorothy Jenkins**

SUPPORT GROUP

Navorina holds a family support group meeting each month. Meetings are held on the 1st Monday of the month at 2pm.

Our next meeting is February 5th at 2pm – all welcome, if you would like further information, please feel free to contact Bernadette or Jayne Wilkins on 58813944.

DRAWING PROMPTS

The next time you are feeling like getting creative, or the next time your family is visiting, try drawing together. Anyone can be an artist when you have an open mind, a pencil, and piece of paper.

Try drawing any of these:

- A hammock swinging on the beach.
- A pet wearing a costume.
- Your favorite day.
- A club sandwich.
- A bouquet of your favorite flowers.
- A landscape.

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.

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 morning. If you would like an appointment please ask a staff member to write your name down in the hairdressers book.

NEW YEAR MATH

If you multiply the months of 2024 and add that number to what time the ball drops in Times Square, what number do you get?

AUSTRALIA DAY CELEBRATION

We celebrate Australia Day on January 26th.

HOLIDAY DECORATIONS

Now that the holiday hustle and bustle is over, we'll be taking down our twinkle lights and decorations. Be sure you pack up any holiday decorations in your home as well, including any wreaths or trees you might have put up for the season.

Laughing Matters



Since the new year is knock, knock, knocking on our door, we present some of our favorite knock-knock jokes.

Knock knock.
Who's there?
Peas.
Peas who?
Peas and thank you are the magic words.

Knock knock.
Who's there?
Beets.
Beets who?
Beets me.

Knock knock.
Who's there?
Cash.
Cash who?
No thank you, I prefer walnuts.

Knock knock.
Who's there?
Boo.
Boo who?
Don't cry. It's just a joke.

Knock knock.
Who's there?
Tank.
Tank who?
You're welcome.

Spotlight



Bethany Hindrinks

I have been working at Navorina for about 8 months after leaving the Deniliquin hospital, working as a nurse and midwife. I have recently taken on the position of Acting Clinical Care Manager at Navorina.



NEW YEAR'S RESOLUTIONS Word Scramble

NJOI HTE YGM _____

NDKRI RMOE TREWA _____

UTQI KOGSMNI _____

TSRAT A GEDRAUTIT RJLONUA _____

LOSFS EHTET DYALI _____

DERA NEO KOBO A NHOMT _____

OD OTN THI EHT ZNOSOE BNTOTU _____

ECEMBO A RVTNEOLEU _____

PTOS GPTISAORCTNNAIR _____

NERAL A EWN ELGNAUGA _____

TQIT BGNITI LAINS _____

TUDETELCR UROY SEACP _____