

# Navorina News

## May 2023

Navorina Aged Care Facility



### IN THIS ISSUE

- Editor's Desk ..... 2
- Month in Review ..... 3
- Upcoming Events ..... 5
- May Birthdays ..... 6
- A Poem to Share ..... 7
- Noticeboard ..... 8
- Laughing Matters ..... 10
- Spotlight ..... 11
- Word Search ..... 12

# Editor's Desk

Dear Residents and Resident Representatives,

## Re: Accreditation Site Audit Update

As previously discussed via emails, mailouts and at January's meeting that was held with Residents and their Representatives regarding the outcome of the site visit that was attended in December 2022. Management advised all Residents and their Representatives that they would be kept updated regarding the unmet requirements that were received in the Site Audit Report.

Since this meeting Management and an external Consultant compiled a response to the Commissioner including additional information, action plans and rectified improvements that were made in regard to the report. The response was then sent to the Commissioner in early January and yesterday a reply from the Commissioner was received.

I am very pleased to let you all know that the Commissioner has decided to re-accredit Navorina Nursing Home for a further 2.5 years. This accreditation period has now commenced and will expire on the 30<sup>th</sup> of September 2025.

Management would like to thank you all for your support and assure you all that we will endeavor to provide the best possible care for the residents of Navorina Nursing Home.

If you have any questions, please do not hesitate to contact myself at [admin@navorina.com.au](mailto:admin@navorina.com.au) or by phone on 03 58813944.

Kind regards

Skye Parks  
Business Manager

### May Trivia

The Month of May. May is named for the Roman goddess Maia, who oversaw the growth of plants.

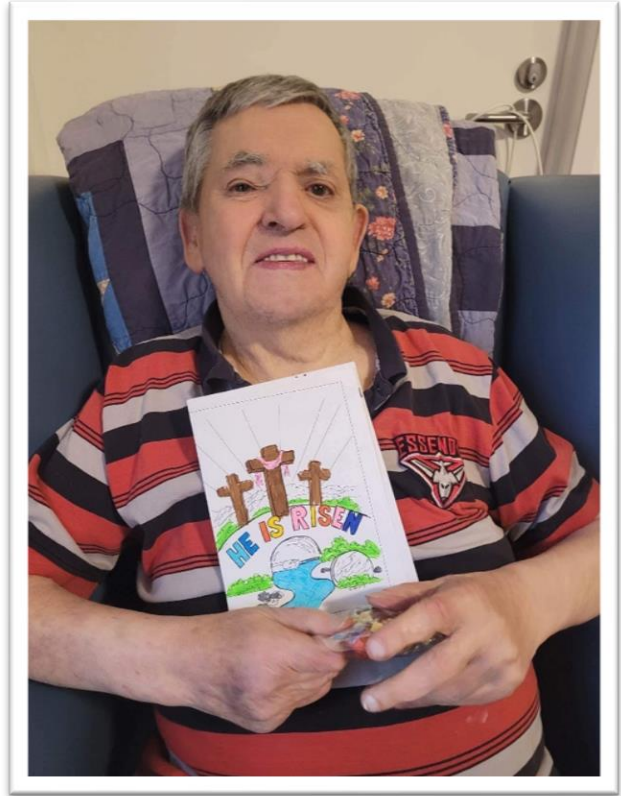
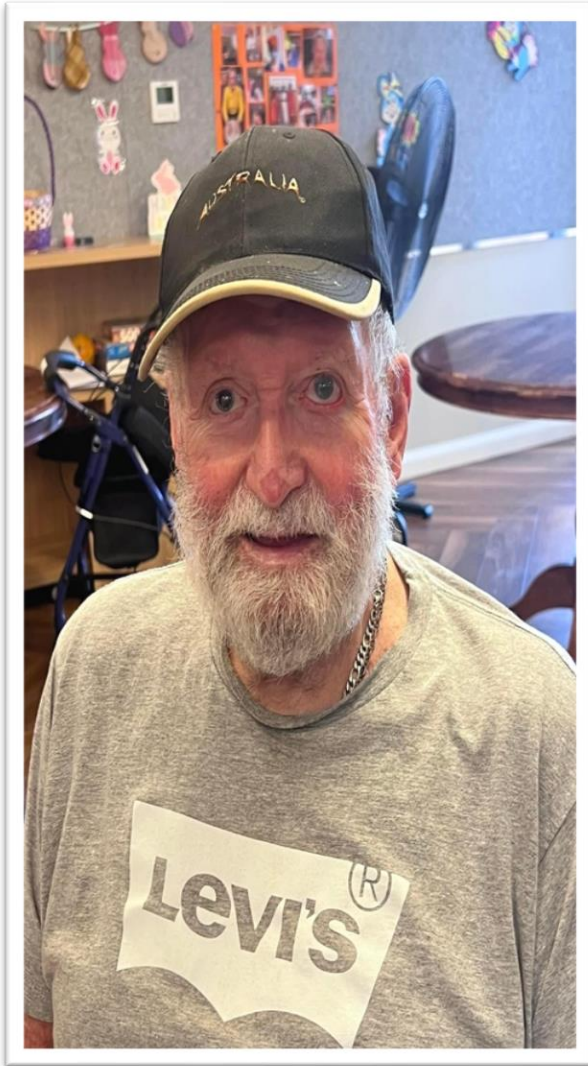
Zodiac signs: **Taurus & Gemini**  
Birthstone: **Emerald**  
Flower: **Lily of the Valley**

### Quote of the Day

*You are never too old to set another goal or to dream a new dream.*

– C.S. Lewis

# Month in Review





# Month in Review



# Upcoming Events

## Resident's Meeting

Monday 22<sup>nd</sup> of May 2:00pm, Cafe Area

## Armchair Travel

Coronation Celebration Friday 5<sup>th</sup> of May

Entertainment

Wednesday 3<sup>rd</sup> at 2.30pm - Mark Richards

Sunday 14<sup>th</sup> & 28<sup>th</sup> at 2pm -Michael McKeon

---

# Regular Events

Happy Hour every Friday 2.30pm

Catholic Service the 4<sup>th</sup> Thursday of each month at 10am. Catholic communion each Thursday 10am.

Hairdresser every Thursday at 9am.

Men's Group every Monday at 2pm

Bingo! Every Tuesday and Thursday at 10am



## Special Days

- 4<sup>th</sup> Space Day
- 5<sup>th</sup> Cinco de Mayo
- 6<sup>th</sup> Coronation Day
- 6<sup>th</sup> Kentucky Derby
- 8<sup>th</sup> Victory in Europe Day
- 12<sup>th</sup> Intl. Nurses Day
- 13<sup>th</sup> Eurovision
- 13<sup>th</sup> Migratory Bird Day
- 14<sup>th</sup> Mother's Day
- 16<sup>th</sup> Cannes Film Festival
- 22<sup>nd</sup> Biological Diversity Day
- 23<sup>rd</sup> World Turtle Day
- 24<sup>th</sup> Scavenger Hunt Day
- 30<sup>th</sup> Memorial Day

# May Birthdays

In May, we celebrate birthdays with:

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



Glenn Ford, Actor, 1st May 1916  
Bing Crosby, Singer, 2nd May 1904  
Lesley Gore, Singer, 2nd May 1946  
Audrey Hepburn, Actress, 4th May 1929  
Karl Marx, Philosopher, 5th May 1818  
Sigmund Freud, Psychiatrist, 6th May 1856  
Orson Welles, Actor, 6th May 1915  
Stevie Wonder, Singer, 13th May 1950  
Peggy Lee, Singer, 26th May 1920  
Clint Eastwood, Actor, 31st May 1930

## **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!

## **First Telephone Phone Call**

In May of 1876, Alexander Graham Bell made the first successful telephone call, famously saying "Mr. Watson, come here, I want to see you."

# Poem to Share

## Life doesn't frighten me

Maya Angelou

Life doesn't frighten me,  
Not at all.  
I've known too many terrors,  
Seen too many falls.

Climbed too many mountains,  
Crossed too many seas,  
Felt the pain of heartbreak,  
And the sting of disease.

I've watched the earth shake,  
And the sky turns red.  
I've seen the mighty fall,  
And the brave lie dead.

But life doesn't frighten me,  
Not at all.  
I've learned to be courageous,  
And to rise when I fall.

For though life can be harsh,  
And the road can be rough,  
I know I have the strength,  
And the will to be tough.

So, bring on the challenges,  
And the struggles that come.  
For life doesn't frighten me,  
Not at all, not one.

# Noticeboard



## NEW RESIDENTS

---

A very warm welcome to:

- Mr Neil Childs
- Mr James Zealley
- Mrs Sandra Thomas
- Janet Campbell

We hope that you enjoy your time here!

## NEW STAFF

---

A warm welcome goes to the people who joined our team in the past month!

- Shiwa Thapa
- James Griesche

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.**

- Lex Kirkby

## 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 CI forms available in the front foyer or ask a staff member. 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 email in your submission to [activities@navorina.com.au](mailto:activities@navorina.com.au)

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 team 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 talk to reception or ask a staff member to write your name down in the hairdressers book.

## **CORONATION DAY**

---

King Charles Coronation will take place on Saturday May 6<sup>th</sup>, we will be celebrating on Friday May 5<sup>th</sup>, with a United Kingdom theme for the day.

## **MOTHERS DAY**

---

Please let us know if you would like to take your mother out for Mother's day Sunday 14<sup>th</sup> May.

## **NAVORINA AUXILIARY EASTER RAFFLE WINNER**

---

1<sup>st</sup> Bernadette Huntly

2<sup>nd</sup> Molly Bradley

3<sup>rd</sup> Gloria Griffith

4<sup>th</sup> Francis Cullenward

# Laughing Matters



## Breakfast

A wife was making a breakfast of fried eggs for her husband. Suddenly, her husband burst into the kitchen.

'Careful,' he said, 'CAREFUL! Put in some more butter! Oh my gosh! You're cooking too much at once. TOO MANY! Turn them! TURN THEM NOW! We need more butter. Oh my gosh! WHERE are we going to get MORE BUTTER? They're going to STICK! Careful. CAREFUL! I said be CAREFUL! You NEVER listen to me when you're cooking! Never! Turn them! Hurry up! Are you CRAZY? Have you LOST your mind? Don't forget to salt them. You know you always forget to salt them. Use salt. USE SALT! THE SALT!'

The wife stared at him:

'What in the world is wrong with you? You think I don't know how to fry a couple of eggs?'

To which her husband calmly replied:

'I just wanted to show you what it feels like when I'm driving.'

## The English Professor

An English professor asked his students to add punctuate the following words: "woman without her man is nothing."

The males in the class wrote "Woman, without her man, is nothing."

The Females wrote "Woman! Without her, man is nothing."

# Spotlight



## Lee Thommers

I have worked at Navorina for over 29 years. I love to crochet and spend time with my family. My favorite footy team is Carlton. I love pizza and Halloween. I have two dogs called Jazzy & Gomez.

# Word Search



## THANK YOU FOR THE MUSIC!

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

Fernando  
Annifrid  
Eurovision  
Mamma  
Arrival

Sos  
Benny  
Hepstars  
Mia  
Abba

Agnetha  
Andersson  
Waterloo  
Dancing  
Eagle

Bjorn  
Sweden  
Chiquitita  
Queen  
Ring