

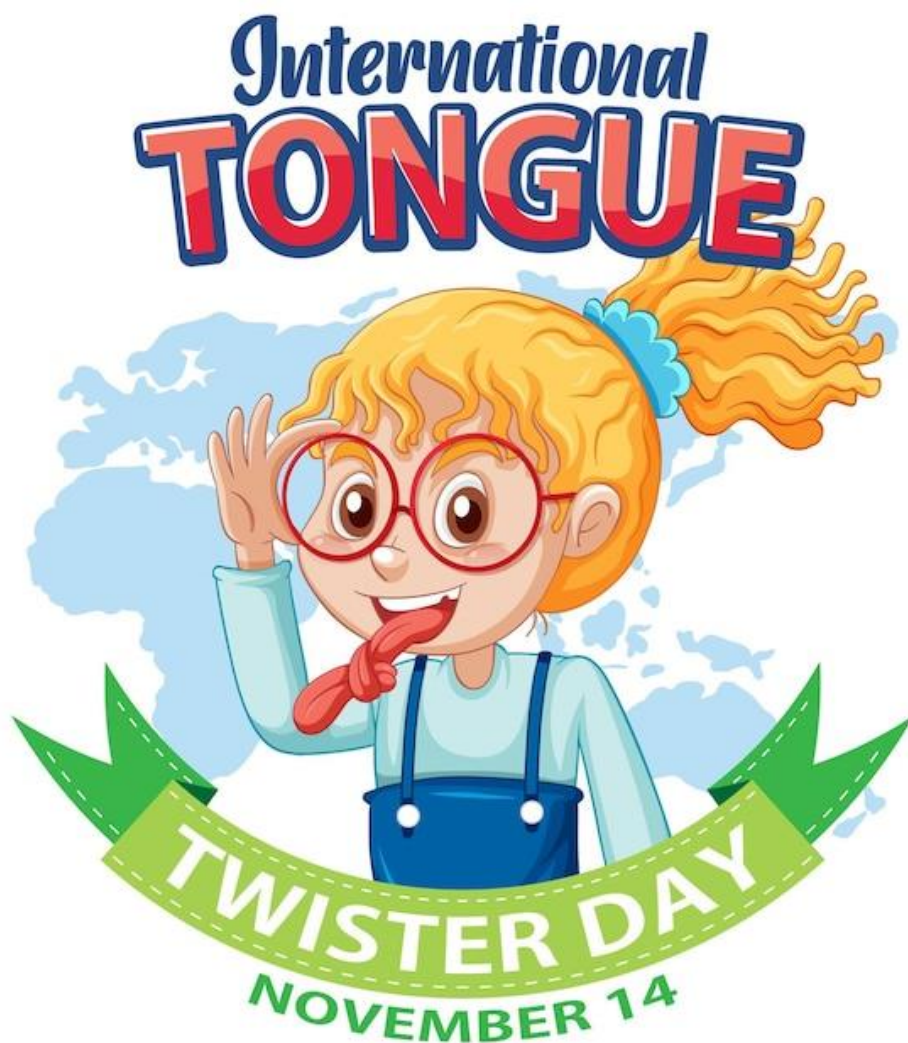
NEWSLETTER

November 2022

Navorina Aged Care Facility

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activities@navorina.com.au



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Editor's Desk

Managers' Report

In September/October Navorina held a major fundraiser at the Deniliquin Ute Muster. Tyres were available to purchase through the Ute Muster website for \$50.00 each, on the Saturday all of the sold tyres were placed in the back of the Admiral Ute at the Ute

Muster site, the Admiral completed circle work flinging the Tyres out of the back of ute and the nearest tyre that landed closest to the pin was the winner of \$10,000.00.

We thank Board Member Justine Keech for her tireless fundraising efforts and dedication to Navorina and thanks also goes out to the volunteers who numbered all the tyres for us. The lucky winner of the \$10,000.00 was a lady named Sue Warren. Sue was in the crowd at the time of the draw and was overwhelmed and very excited!

A wish list for furnishing for newly opened areas of the facility has been put together by staff and given to the Board. The outdoor landscaping is also currently being discussed at Board meetings. Tree trimmings and a new fence is currently being erected on the side boundary and should be completed by the end of this week.

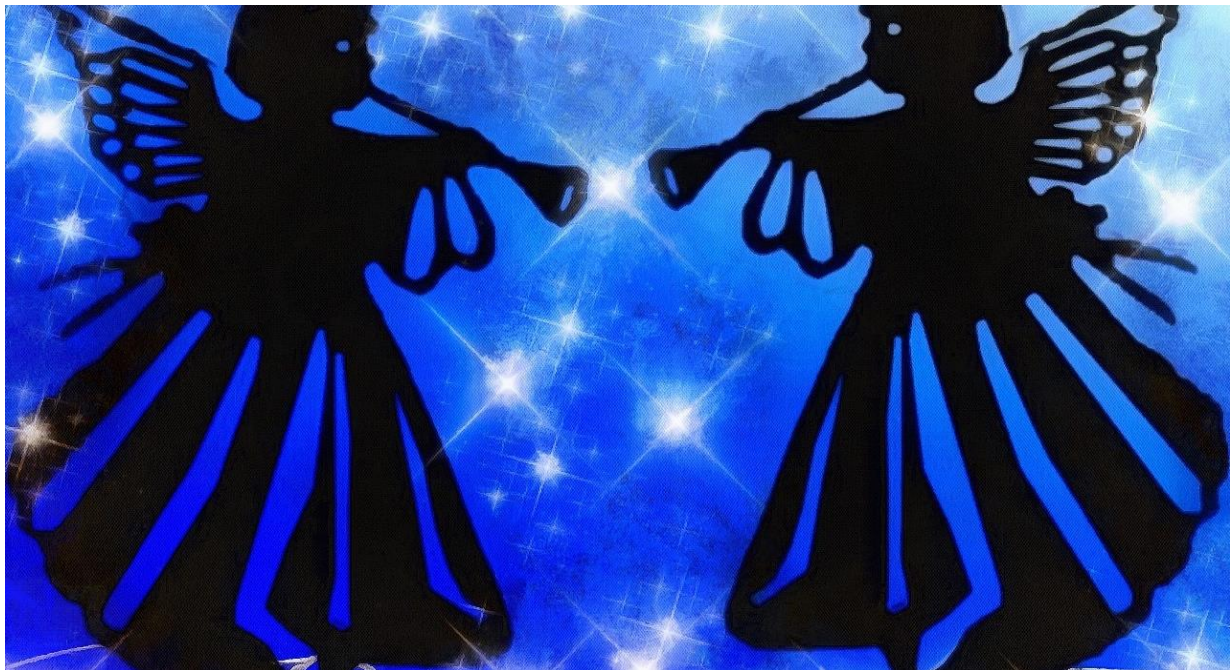
This month we have seen a change in leadership for the Navorina Ladies Auxiliary. Marie Drennan is the new incoming President along with new committee members. We thank the outgoing President Shirley Willis and member Dol Pollard for their wonderful contribution and hard work raising funds for Navorina over the past years.

Skye Parks
Business Manager



Navorina Aged Care Facility

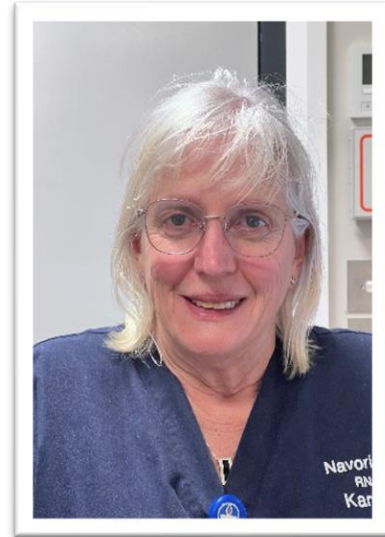
Navorina Aged Care Facility invites you to join them for a memorial service to be held at the Chapel at Navorina, Monday November 14th at 2pm. The service will be held to celebrate the lives of passed residents. Please contact Bernadette for more information 58813944- ext. 3.



Month in Review

Meet Karen Bourke

Karen has worked at Navorina as a RN for over 8 years, mainly on night duty. Karen recently took over the role of Infection control lead, teaching staff to understand infection control. She also works two days a week in a job share role with Kate as Senior clinical nurse.



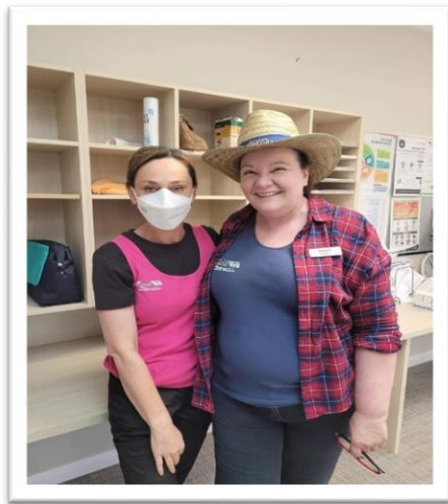
Navorina Auxiliary

Our new office bearers for the coming year are – Norma Hughes Treasurer, Merilyn Jamison Vice President, Mary Drennan President, Ruth Govett Secretary & Cheryl Bradley Publicity Officer. We would like to thank Shirley Willis & Dol Pollard for all their hard work over the past years.

Blessing of the Navorina Chapel was held on October 10th – thank you to all involved.



Month in Review



Upcoming Events

Support Group for Families
Monday 5th December at 2pm

Resident's Meeting
Monday 28th November at 10am

Melbourne Cup
First Tuesday in November

Oaks Day
Thursday 3rd November



Regular Events

Happy Hour every Friday 2.30 -3.30pm

Catholic Service 4th Thursday of the month

Hairdresser every Thursday morning

Men's Group every Monday at 2pm

Bingo! Every Tuesday & Friday at 10.30am

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

Special Days

- 1st All Saints Day
- 1st World Vegan Day
- 1st Melbourne Cup
- 3rd Sandwich Day
- 5th Guy Fawkes Night
- 6th Adolphe Sax's Birthday
- 8th Tongue Twister Day
- 9th Inventors' Day
- 11th Remembrance Day
- 11th Veterans Day
- 13th World Kindness Day
- 14th Claude Monet's Birthday
- 19th International Men's Day
- 19th World Philosophy Day
- 21st World Hello Day
- 21st World TV Day
- 24th Thanksgiving
- 27th Advent

November Birthdays

In November, we celebrate birthdays with:

- **June Foran**



Vivien Leigh, Actress, 5th November 1913
Richard Burton, Actor, 10th November 1925
Grace Kelly, Actress, 12th November 1929
Charles, King of Wales, 14th November 1948
Rock Hudson, Actor, 17th November 1925
Bo Derek, Actress, 20th November 1956
Goldie Hawn, Actress, 21st November 1945
Bruce Lee, Actor & Martial Artist, 27th November 1940
Winston Churchill, Prime Minister, 30th November 1874
Mark Twain, Writer, 30th November 1835

Scorpio (Nov 23 – Nov 22)

Competitive, passionate, independent, and unafraid to blaze their own trail no matter what others think.

Sagittarius (Nov 23 - Dec 21)

Sagittarians are artistic, loyal, sophisticated, independent, and kind!

WOW!

Product Birthday Spotlight: Trivial Pursuit

In November 1981, the board game Trivial Pursuit was copyright registered. The game was created by Canadians Chris Haney and Scott Abbott. After finding pieces of their Scrabble game missing, they decided to create their own game.

Noticeboard



NEW RESIDENTS

A very warm welcome to:

- Mrs Marie Froon
- Mr Tony Froon
- Mr Bill Chattaway
- Mrs Jefferey
- Leon Jones

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.

- Mrs Jackson

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 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 hand in your submission to reception or email us anytime.

Thank you!

Noticeboard



LIBRARY SERVICE

We have a mobile library service that delivers & picks up library books for 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. If you would like an appointment please talk to Lifestyle staff or ask a Nursing staff member to write your name down in the hairdressers book.

EXERCISE WITH KAYE

Exercise session with Kaye McCabe is held each Monday at 10:30am and Wednesday afternoon at 2pm. The sessions are held in the Café area of the facility.

MELBOURNE CUP

In the month of November we celebrate Melbourne Cup on the first Tuesday in November. Join us for fashions on the field and a chicken & champagne lunch to be held in the Café area of the facility.

LADIES PAMPER DAY

Thursday 3rd November we will be hosting a ladies pamper day at 2pm. Champagne & nibbles provided.

Laughing Matters



A child asked his father, "How were people born?" So, his father said, "Adam and Eve made babies, then their babies became adults and made babies, and so on."

The child then went to his mother, asked her the same question and she told him, "We were monkeys then we evolved to become like we are now."

The child ran back to his father and said, "You lied to me!"
His father replied, "No, your mom was talking about her side of the family."

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Teacher: "Who can make a sentence with the word 'detail'?"

Little Johnny puts his hand up and goes to the front of the classroom.

He said: "When de rabbit jumps over de fence, de head goes before detail"

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Where does an ape sleep? In an Apricot (Apri-cot)

Where do twin apes sleep? In pears / pairs

.....

Son: "Dad, will you help me find the lowest common denominator in this math problem?"

Dad: "Don't tell me that still hasn't been found, they've been looking for it since I was in school!"

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Spotlight



Susan Mulcahy

I have worked at Navorina for the past 4 years in the kitchen. I love my employment here; I love caring for the resident's needs.

Tongue Twisters

Try saying each of these phrases at least 3 times as fast as possible. It won't take long before your tongue becomes twisted!

Red leather, yellow leather

Mother Mingle makes wax matches

At Mr. Smith's fresh fish shop, she's welcoming him in

*She sells seashells on the seashore
the shells she sells are seashells, I'm sure!*

*I went into a felt shop
and bought a piece of felt
the piece of felt I felt
doesn't feel like any piece of felt I felt before*

*Fuzzy wuzzy was a bear
Fuzzy wuzzy had no hair
Fuzzy wuzzy wasn't fuzzy, was he?*

*1 1 was one racehorse.
and 2 2 was one too
1 1 won one race and
and 2 2 won one too*