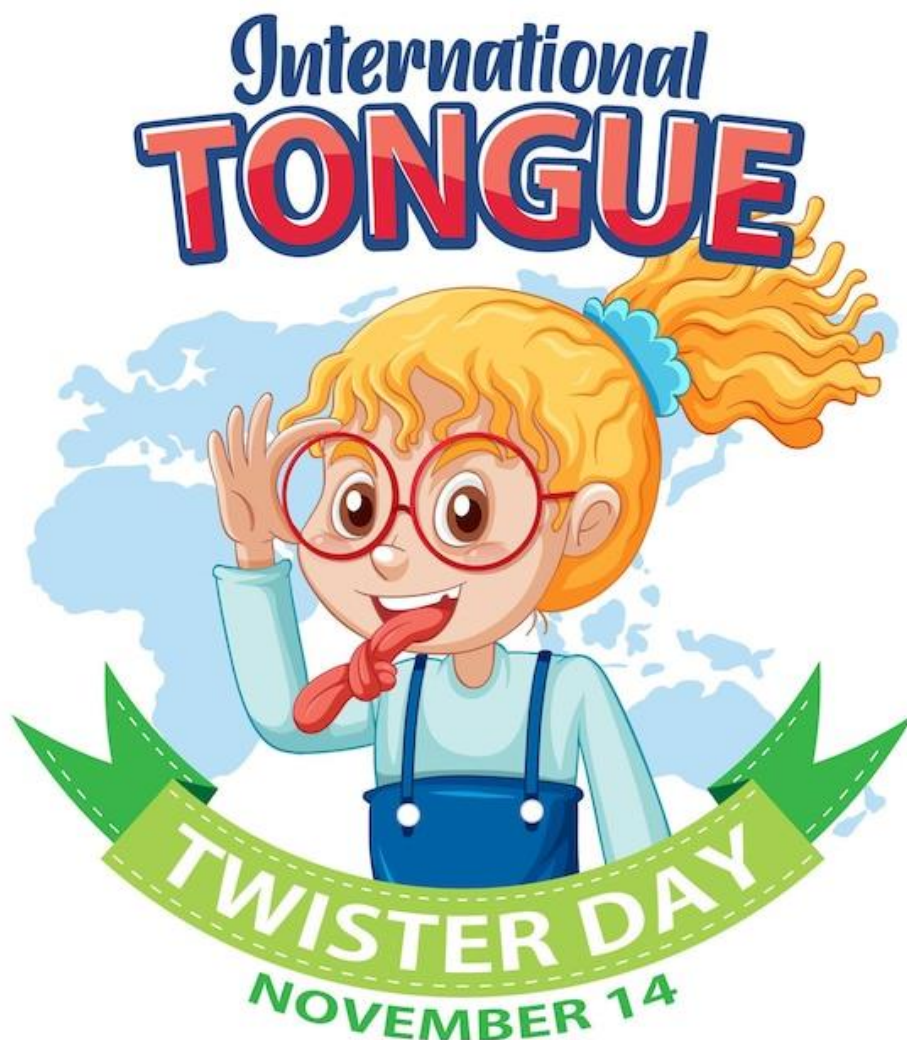


# Navorina News

## November 2023

Navorina Nursing Home 5 Macauley St Deniliquin 58813944



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# Editor's Desk

**Hello Residents, Families and Friends!**

**Furnishings and equipment for the café area are currently being sourced and purchased. We will keep you all updated so that residents and families know where we are currently at.**

## Consumer Advisory Bodies

Changes are being made to the way aged care services are governed. These are known as the [Strengthening Provider Governance reforms](#).

One change is the requirement for approved aged care providers to offer consumers and their representatives the opportunity to establish a Consumer Advisory Body.

Joining a Consumer Advisory Body is a way to have your concerns and suggestions heard by the people who govern your service.

### When are providers required to comply?

Organisations that apply to become an approved aged care provider on or after 1 December 2022 must offer to establish a consumer advisory body from the day, they become an approved provider.

For providers approved before 1 December 2022, offers to establish a consumer advisory body must be made at least once a year from 1 December 2023.

This means that you may not receive an invitation to take part immediately.

### How will it work?

A Consumer Advisory Body's role is to give consumer feedback to your service's governing body.

The governing body must consider all feedback from the Consumer Advisory Body when making decisions. The governing body will also tell the Consumer Advisory Body in writing how it considered this feedback.

### How do I get involved?

At least once every 12 months, your aged care provider must ask you and your representatives if you would like to join a Consumer Advisory Body. Your provider will give you information on how the body will work, what you need to do, and how they will select members if there are too many nominations.

Membership to a Consumer Advisory Body is voluntary for all consumers and their representatives.

Each provider will run their Consumer Advisory Body based on their size, services, and locations.

## What if I don't receive an invitation?

If you do not receive an invitation to join a Consumer Advisory Body, you can speak to your provider.

If you feel uncomfortable or are having difficulty talking to your provider about your concerns, you can [contact us](#) and we will help you. You can also seek support or advice from free, independent advocacy services. These services can provide support to you on issues related to Commonwealth-funded aged care services. The Older Person's Advocacy Network (OPAN) Support Line can provide free and independent advice on 1800 700 600 or visit [opan.org.au](http://opan.org.au).

## Which aged care providers need to establish a Consumer Advisory Body?

All approved providers will need to comply with this requirement except for those who are state, or territory approved providers or a local government authority.

Commonwealth Home Support Program and National Aboriginal and Torres Strait Islander Flexible Care providers are not covered by the Strengthening Provider Governance reforms.

## Are there other ways to be involved?

Yes. Your provider may have an existing group or forum for consumers to share feedback.

The Commission has also established the [Consumers and Families panel](#) to share ideas and opinions. This includes ideas on how we work, the information we provide and how we interact with consumers.

Keep Safe!

*Bernadette*

### November Trivia

As part of the seasonal calendar, November is the time of the 'Snow Moon' according to Pagan beliefs.

Zodiac signs: **Scorpio & Sagittarius**  
Birthstone: **Topaz & Citrine**  
Flower: **Chrysanthemum**

### Quote of the Day

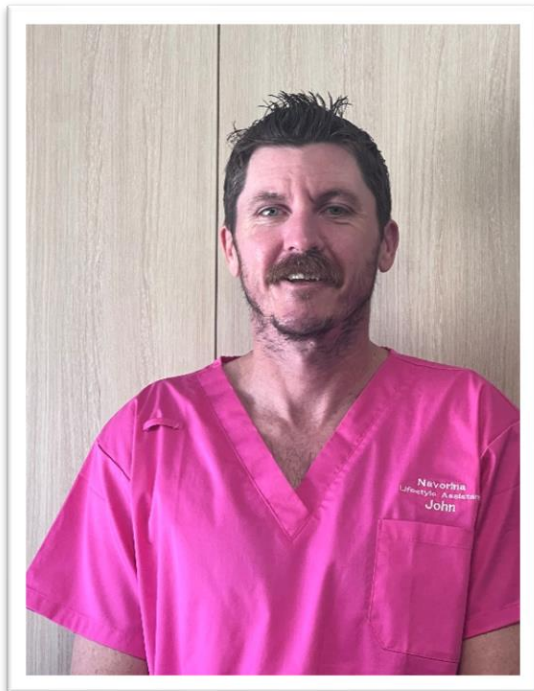
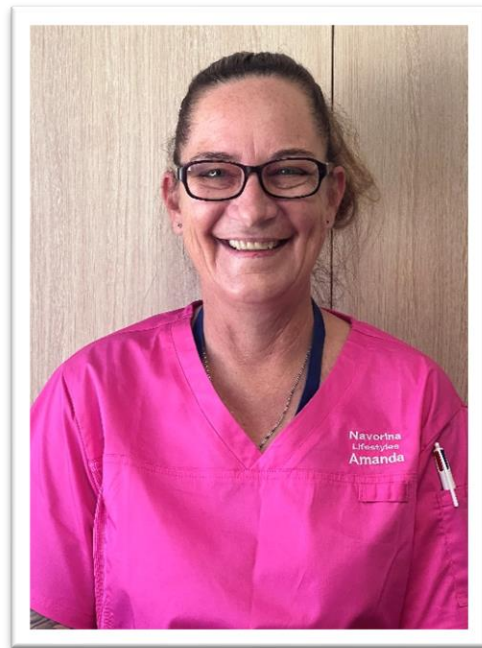
*You only live once  
but if you do it  
right, once is  
enough.*

-- Mae West

# Month in Review

## Meet Amanda

Amanda has worked several positions at Navorina and is currently working as an AIN. Recently she has taken up the role of Lifestyle assistant working in the Memory Care Unit on Mondays, she will also fill in for holiday leave.



## Meet John

John works at Navorina as a cleaner, recently he has been appointed to the position of Lifestyle Assistant. John will be working on Fridays to assist the men with activities and filling in for holiday leave.

## Residents bus Trip to Ute Muster





# Month in Review



**Caryn & Max Hillier enjoying lunch at the Coach house.**



**Feeding the Emu's -Kyabram Fauna Park**



**Kyabram Fauna Park**



**Tim & Marg celebrating Tim's birthday.**

# Upcoming Events

## Melbourne Cup

Tuesday 7<sup>th</sup> November

## Resident's Meeting

Monday 27<sup>th</sup> November 10am

## Support Group for Families

Monday 6<sup>th</sup> November 2:00pm – all welcome

## Oaks Day – Ladies Day

9th of November



# Regular Events

Happy Hour every Friday 2.30pm

Catholic Service Thursday 23<sup>rd</sup>

Hairdresser every Thursday

Men's Group every second Monday at 2pm

Bingo! Every Tuesday and Friday at 10.30am

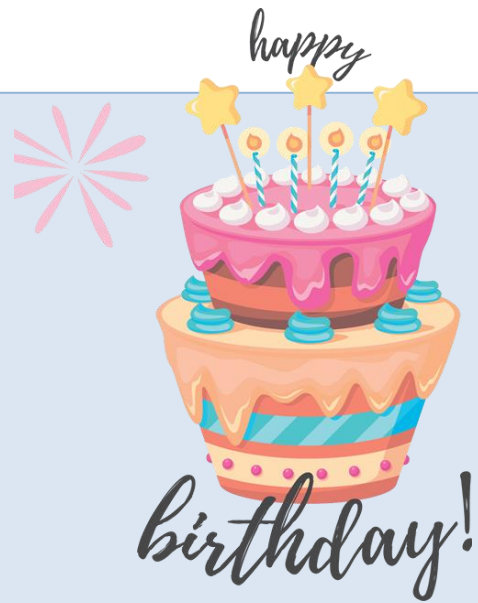
## Special Days

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

# November Birthdays

In November, we celebrate birthdays with:

- June Foran
- Fay Prindable
- Kevin Holden
- Neil Childs
- Peg Landale
- Bill Chattaway



Vivien Leigh, Actress, 5<sup>th</sup> November 1913

Richard Burton, Actor, 10<sup>th</sup> November 1925

Grace Kelly, Actress, 12<sup>th</sup> November 1929

Charles, Prince of Wales, 14<sup>th</sup> November 1948

Rock Hudson, Actor, 17<sup>th</sup> November 1925

Bo Derek, Actress, 20<sup>th</sup> November 1956

Goldie Hawn, Actress, 21<sup>st</sup> November 1945

Bruce Lee, Actor & Martial Artist, 27<sup>th</sup> November 1940

Winston Churchill, Prime Minister, 30<sup>th</sup> November 1874

Mark Twain, Writer, 30<sup>th</sup> 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.

# Poem to Share

## There Will Come Soft Rain

*Sara Teasdale*

There will come soft rain and the smell of the ground,  
And swallows circling with their shimmering sound.  
And frogs in the pools singing at night,  
And wild plum trees in tremulous white.

Robins will wear their feathery fire,  
Whistling their whims on a low fence-wire.  
And not one will know of the war, not one.  
Will care at last when it is done.

Not one would mind, neither bird nor tree,  
If mankind perished utterly.  
And Spring herself when she woke at dawn.  
Would scarcely know that we were gone.



# Noticeboard



## NEW RESIDENTS

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A very warm welcome to:

- **Mrs Barbabra Scott**
- **Rose Smith**
- **Jan Hobson**

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!

- **Abbey Wills**

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.

- **Mrs Audrey Young**
- **Mr. Trevor Bradley**
- **Mr. Ron Smith**

## CONTINUOUS IMPROVEMENT

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Residents, families, and friends are reminded that there are several avenues available for you to express your views, suggestions, and complaints.

There are Continuous Improvement 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?

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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 staff or email

[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 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 staff member to write your name down in the hairdressers book.

## **CHRISTMAS DAY**

Christmas is fast approaching, could families please let us know what your intentions are for Christmas day. This year each resident will be able to have one family member eat Christmas lunch with them – cost to be confirmed.

Please speak to a staff member about other options and / or arrangements for the day.

All families are welcome to take their loved one home – the RSL Club are running the maxi taxi again this year, please ring the RSL direct to book the taxi.

## **MELBOURNE CUP**

In the month of November we celebrate Melbourne Cup . Watch your calendar for related activities in the Café area.

# 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."

.....

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."

.....

A husband is reading a newspaper article to his wife.

"Women use about 30,000 words to a man 's 15,000 " he reads.

"That's because we have to repeat everything we say to men," she replies.

Her husband puts down the paper and says "WHAT?"

.....

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!"

.....

# Spotlight



## Jo Francis

Jo was born in New Zealand in the 1950's and came to Australia in 1988, She moved to Sydney. Jo moved to Deniliquin six years ago and started at Navorina as a volunteer, the memory support care unit, before taking up a job in the kitchen. In the last two years she has taken on the role of WHS officer. Jo has been back to New Zealand quite a few times, travelled to UK, Ireland, and Thailand. She has met some amazing friends at Navorina during her time here. Her hobbies are sewing, knitting, and spending a great deal of time with grandchildren. Jo loves her work at Navorina and the time she gets to spend with residents.

Interviewed and written by Alan Kennedy.



# 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.*