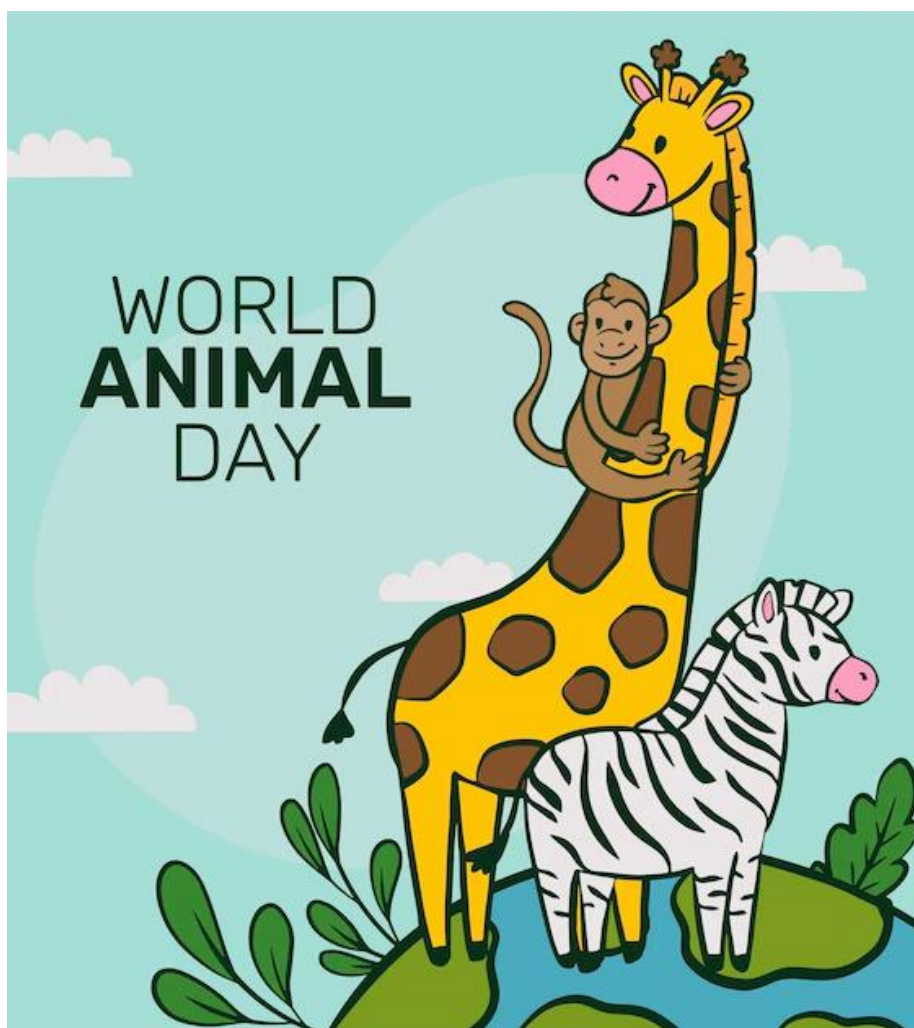


Navorina News

October 2022

Navorina Aged Care Facility, 5 Macauley St Deniliquin, 03 58813944



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Editor's Desk

Hello Residents, Families and Friends!

Huge congratulations to our very own Director of Nursing- Nicole Smith, who recently married her longtime partner Paul Johnstone, the ceremony was held at their home and officiated by Father Wayne Sheehan.



We would also like to thank Father Wayne and members from the Anglican Church community for their kind donations to our Chapel and the ongoing support to residents and staff. Father Wayne will bless our chapel on October 10th.

This year we are lucky enough to be the Ute Musters charity of the year. All you need to do to help support us is buy a numbered squeeze tyre, for your chance to win \$10,000. No limit on the amount you can purchase for a great chance to win, while supporting Navorina.

Keep Safe!

Bernadette

Lifestyle Coordinator

October Trivia

October derives its name from octo, the Latin word meaning eight, as October was the eighth month of the old Roman calendar.

Zodiac signs: **Libra & Scorpio**
Birthstone: **Opal & Tourmaline**
Flower: **Calendula**

Quote of the Day

*Happiness is
a form of
courage*

- Holbrook Jackson

Meet our managers

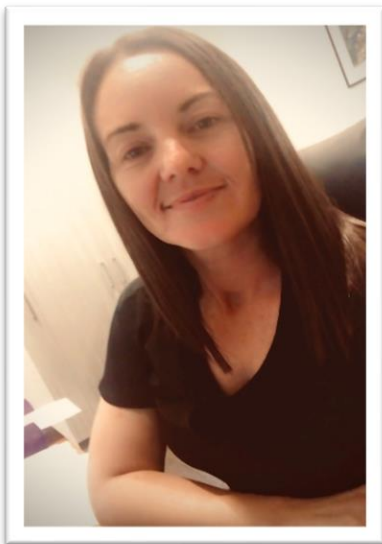
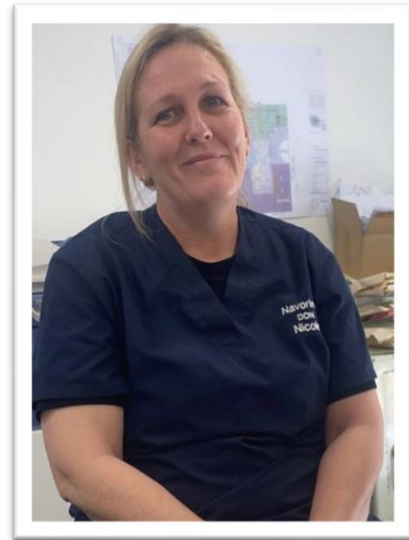
Nicole Smith- Johnstone

Director of Nursing-

I commenced my nursing career in 1994, working at the Royal Melbourne hospital. I moved to Deniliquin in 2007 with my 2 eldest daughters. I began working at Navorina doing the night shift the same year.

In 2018, I was asked to assist with the Clinical Care Managers role and finished with night duty, only to be asked to cover the role of CEO a few months later, in early 2019.

I have had a further 3 children while living in Deniliquin and after 10 year engagement recently married. We have a total of 6 children with 4 still living at home.



Skye Parks – Business Manager

Skye has been with Navorina for 12 years in the roles of Business Manager, Human Resources and Continuous Improvement. This role includes payroll, continuous improvement, accounts, staffing and is also the Secretary on Navorina's Board.

Skye has A Diploma in Business and Certificate IV in Human Resources.

Skye was born in Deniliquin and has 3 beautiful teenage girls that keep her busy in her spare time with their sports.



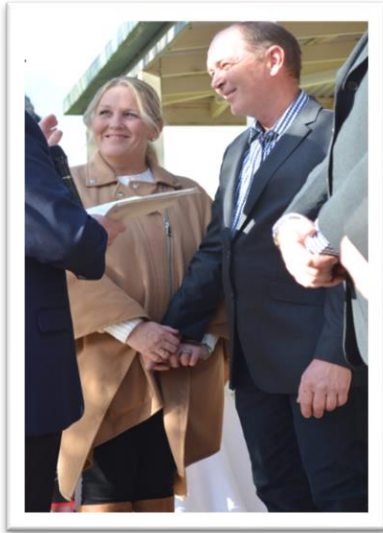
Amarlia Veenstra -

My name is Amarlia, and I am the hospitality manager here at Navorina. I oversee the kitchen and its serveries, the cleaning and laundry.

I have been working here at nav for 3 years. I am a qualified chef by trade and am looking to further my studies in nutrition and dietetics.

When I'm not at work I am looking after my 2 girls Dakota 5 and Hazel 2. We like gardening, going for walks and shopping. My partner also works here at nav as a cleaner.

Month in Review



Comment about photo



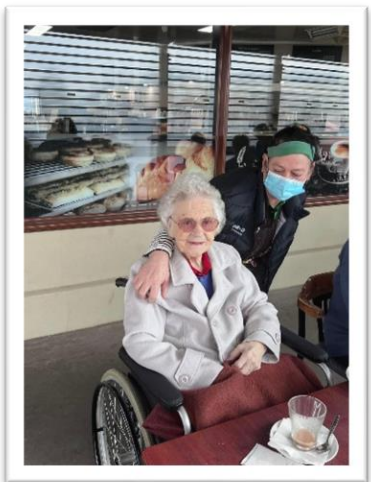
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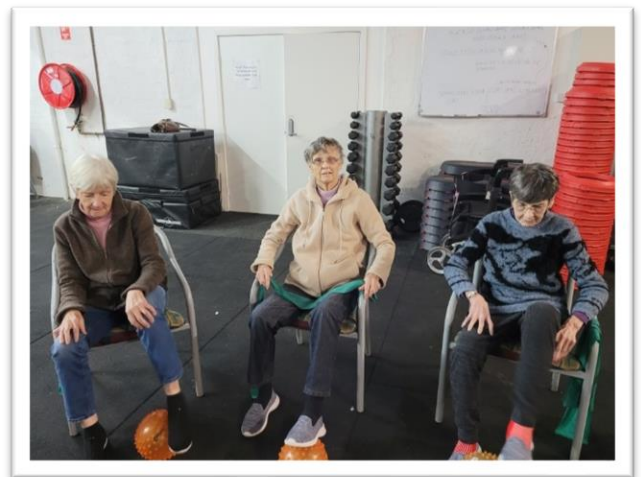
Comment about photo



Comment about photo



Comment about photo



Comment about photo

Upcoming Events

Memory Care McDonalds Outing

Each Tuesday afternoon at 1:45pm

Resident's Meeting

Monday 26th of October 10am, Cafe Area

Sing along

Thursday 2:00pm, Cafe Area

Catholic Pastoral Care Team

Visit each Thursday morning at 10.30am in the Chapel

Anglican Church Service

1st and 3rd Monday of each month at 10am



Regular Events

Happy Hour every Friday 2.30 – 3.30pm

Catholic Service every Friday 28th October 10.30am

Hairdresser every second Monday from 1:30 pm

Men's Group every Monday at 2pm with Warren

Bingo! Every Tuesday and Thursday at 10.30am



NAVORINA

\$10,000

**CIRCLE WORK
GIVEAWAY**

Help us help our 2022 Charity of the Year and you could win \$10,000! It's so simple – \$50 will buy you a numbered squeazy tyre. Your Tyre will then be flung out of the back of the famous circle work king The Admiral! The winner will be the squeazy tyre nearest to pin in the circle work arena.

SATURDAY 1ST OCTOBER 10.30AM



**SO EASY AND SO MUCH FUN.
YOU CAN ENTER AS OFTEN AS YOU LIKE.**

Enter online at www.deniutemuster.com.au

Our Charity of the Year is Navorina Nursing Home – a Deni institution that provides quality care for our aging cowboys and cowgirls. Entering this competition will contribute much needed funds for our newly renovated buildings. Your generosity is truly appreciated.



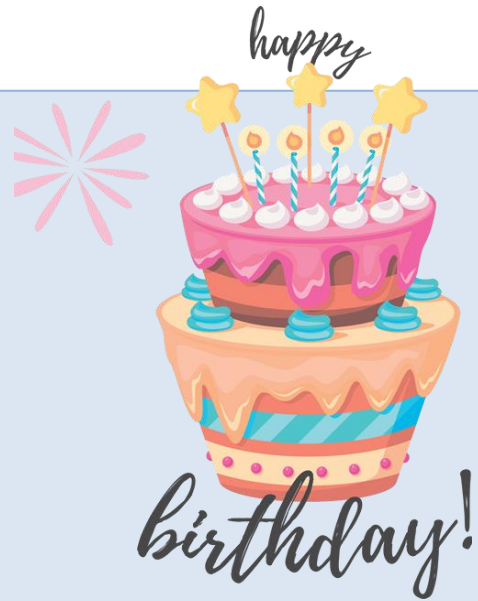
www.navorina.com.au

October Birthdays

In October, we celebrate birthdays with:

- **Elaine Leetham**
- **Charmaine Bliss**
- **Darryl Redden**
- **Barbara Childs**

Please join us in the recreation room on the first Sunday in October to celebrate!



Julie Andrews, Actor, 1st October 1935
Chevy Chase, Actor, 8th October 1943
John Lennon, Musician, 9th October 1940
Hugh Jackman, Actor, 12th October 1968
Margaret Thatcher, Prime Minister, 13th October 1925
Rita Hayworth, Actress, 17th October 1918
Joan Fontaine, Actress, 22nd October 1917
Pablo Picasso, Painter, 25th October 1881
Carrie Fisher, Actress, 21st October 1956
Bill Gates, Philanthropist, 28th October 1965

Libra (Oct 23 - Oct 22)

Librans are often considered the nicest and most charming personality in the world!

Scorpio (Nov 23 – Nov 22)

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

WOW!

October Spotlight: Transcontinental Telegraph

On October 24, 1861, the first transcontinental telegraph system was completed, making it possible to transmit messages rapidly (by mid-19th-century standards) from coast to coast.

Poem to Share

A Dream Within a Dream

BY EDGAR ALLAN POE

Take this kiss upon the brow!
And, in parting from you now,
Thus, much let me avow-
You are not wrong, who deem
That my days have been a dream.
Yet if hope has flown away
In a night, or in a day,
In a vision, or in none,
Is it therefore the less gone?
All that we see or seem
Is but a dream within a dream.

I stand amid the roar
Of a surf-tormented shore,
And I hold within my hand
Grains of the golden sand-
How few! yet how they creep
Through my fingers to the deep,
While I weep- while I weep!
O God! can I not grasp
Them with a tighter clasp?
O God! can I not save
One from the pitiless wave?
Is all that we see or seem
But a dream within a dream?

Noticeboard



NEW RESIDENTS

A very warm welcome to:

- **Rex Parker**
- **Darryl Redden**
- **Judy Metcalfe**
- **Jan Balsdon**

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 months!

- **Bronte Shelley**
- **Solene Zoory**

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 Poka**
- **Tony Connor**
- **Wendy Favaloro**

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. 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 us anytime-activities@navorina.com.

Thank you!

Noticeboard



LIBRARY SERVICE

We have a mobile library service that delivers & picks up library books to resident's each fortnight. 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 effort.

HAIRDRESSER

We have a hairdresser who attends every Thursday morning. 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. Residents and / or families are responsible for payment for this service.

MELBOURNE CUP

First Tuesday in November, we will celebrate the Melbourne Cup. It's now time to pull out the hats and fascinators for the big day. Families are welcome to join in the fashions on the field event held on the day, starting at 11am.

SWIPE CARDS

Please do not take Swipe cards home with you when leaving the facility, they are to be returned to the front foyer.

RIDE FOR DEMENTIA

In honour of his late grandfather Jim Small- Joel Small and friends, are raising money for Dementia Australia by riding Coast to Country, Terrigal – Deniliquin . The ride will end up at Navorina September 30th.



Dear aged care consumer

I am writing to tell you about important changes that will improve the safety and quality of aged care. You do not need to take any action in response to this letter.

The Australian Government is concentrating on addressing key recommendations of the Royal Commission into Aged Care Quality and Safety.

Some changes start on 1 December 2022. Aged care services will have to meet new requirements from that date. The Aged Care Quality and Safety Commission (the Commission) will have more powers to make sure that aged care providers meet their responsibilities.

The changes that start on 1 December include:

- Improving the way aged care services are run through stronger governance requirements. This includes residential aged care services asking consumers whether they would like to have a Consumer Advisory Committee to give people who use the services a say in how they are run.
- A new Code of Conduct that describes how the people in charge of aged care services, and their aged care workers, must treat people receiving care. The Commission will have powers to take action where a provider or staff member breaches the Code.
- A Serious Incident Response Scheme applying to aged care provided in the home or the community. All providers will need to show that they have a systematic approach to minimising the risk of things going wrong and can respond quickly and effectively if something does go wrong that affects a consumer. Home care providers will now also have to report serious incidents to the Commission and take action to make sure they don't happen again. (Residential aged care providers are already required to do this.)

There will be more changes during 2023, including improved Aged Care Quality Standards.

The Commission will work with aged care providers to make sure the changes are made smoothly.

Your service provider should keep you updated about what they are doing.

You do not need to do anything in response to this letter. We will provide more detailed information for people who receive care and their families closer to 1 December. If you would like to stay in touch with us, you can visit our website and subscribe to the monthly Aged Care Quality Bulletin.

I hope this letter has boosted your confidence that your aged care provider, and the Commission, are working hard to ensure that you will have the best possible experience of aged care.

Yours sincerely

Janet Anderson PSM
Commissioner
31 August 2022

Spotlight



Sophie Hills

I have worked at Navorina for 1.5 years, I started in 2021 doing a school-based apprenticeship. Ella reeves convinced me to drop out of school and work full time. I have never regretted it and love working here. My favourite food is tacos.



ANIMALS THAT START WITH "S" WORD SCRAMBLE

ASE LGUL_____

ASHWSIF_____

ESSAUNODGR_____

MLADASREAN_____

MNALOS_____

AKENS_____

ASE TERTO_____

REWHS_____

ULGS_____

KKSNU_____

RWROPSA_____

RLREQSIU_____

WSNA_____

KTISC UGB_____

NSU RAEB_____

NSWEAHMP_____

ROKTS_____

AKRSH_____

EPHES_____

MIRPSH_____

HESASROE_____

NSYIP UOSEM_____

WONS DLREAOP_____

GYASNTIR_____



ANIMALS THAT START WITH "S" WORD SCRAMBLE

ASELGUL SEAGULL

ASHWSIF SAWFISH

ESSAUNODGR SANDGROUSE

MLADASREAN SALAMANDER

MNALOS SALMON

AKENS SNAKE

ASE TERTO SEA OTTER

REWHS SHREW

ULGS SLUG

KKSNU SKUNK

RWROPSA SPARROW

RLREQSIU SQUIRREL

WSNA SWAN

KTISC UGB STICK BUG

NSU RAEB SUN BEAR

NSWEAHMP

ROKTS STORK

AKRSH SHARK

EPHES SHEEP

MIRPSH SHRIMP

HESASROE SEAHORSE

NSYIP UOSEM SPINY MOUSE

WONS DLREAOP SNOW LEOPARD

GYASNTIR STINGRAY