

# NEWSLETTER

# October 2023

Navorina Nursing Home



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# Editor's Desk

Hello Residents, Families and Friends!

When entering Navorina, visitors and staff no longer need to wear a mask unless a resident has requested you to do so when entering their room. We still ask that you complete a RAT test before entering the building. Please don't visit if you have cold and flu symptoms. Now that the weather is warming up we will have BBQ's under the rotunda every Monday.

Keep Safe!

*Penny*



## October Trivia

October is full of food celebration dates. International Coffee Day is the 1<sup>st</sup>, the 4<sup>th</sup> is home to Taco Day and Cinnamon Roll Day, Candy Corn day is the 30<sup>th</sup>, and that's just naming a few!

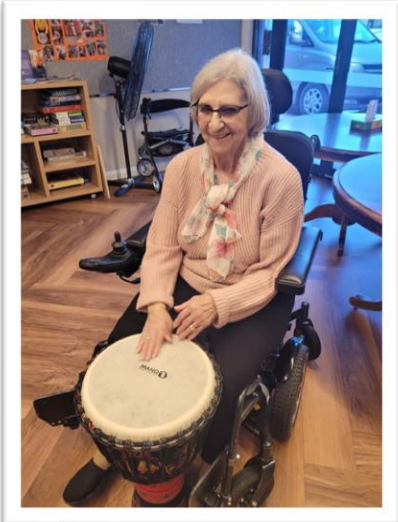
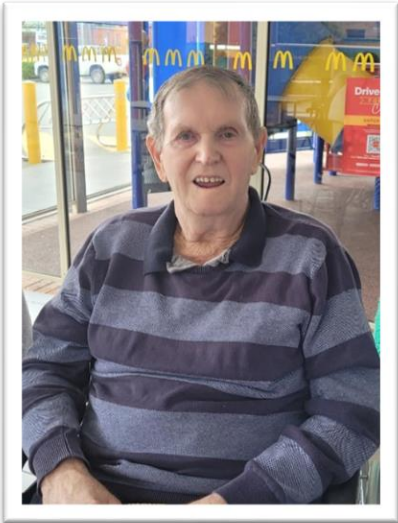
Zodiac signs: **Libra & Scorpio**  
Birthstone: **Opal & Tourmaline**  
Flower: **Calendula**

## Quote of the Day

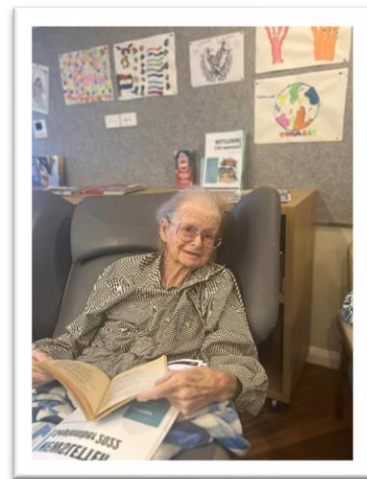
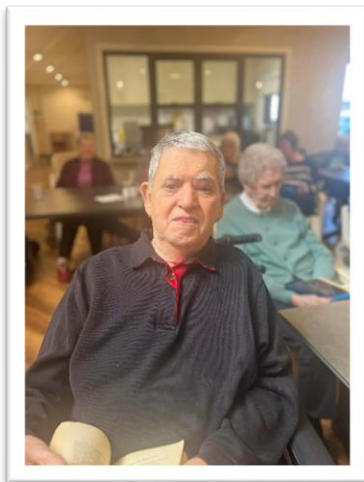
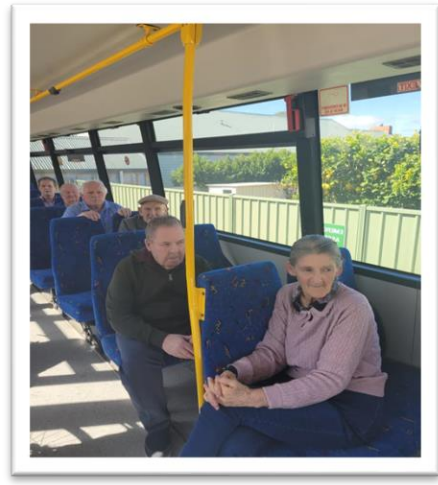
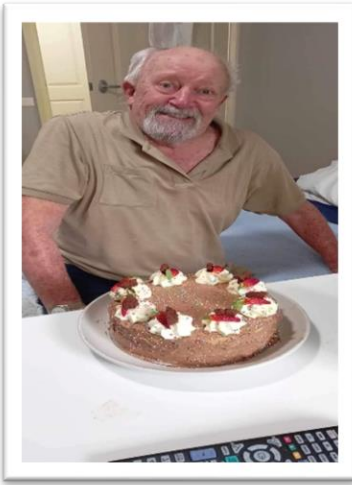
*Courage is contagious.  
When a brave man takes a  
stand, the spines of others  
are often stiffened.*

*- Billy Graham*

# Month in Review



# Month in Review



# Upcoming Events

**23<sup>rd</sup> October Resident's meeting 10 am**

**20<sup>th</sup> October Kyabram Fauna Park.**

**6<sup>th</sup> November Melbourne Cup day.**

**9<sup>th</sup> November Ladies day.**



# Regular Events

Happy Hour every Friday 2.30 pm

Catholic Mass 26<sup>th</sup> October at 10.00 am

Hairdresser every Thursday 9.00 am

Men's Group every Monday at 2.00 pm

Bingo! Every Tuesday and Friday at 10.00 am

Nails by Mikki 26 October at 2.00 pm

## Special Days

- 1<sup>st</sup> Day of Older Persons
- 1<sup>st</sup> Intl. Music Day
- 1<sup>st</sup> Residents' Rights Month
- 4<sup>th</sup> World Animal Day
- 4<sup>th</sup> World Space Week
- 5<sup>th</sup> World Teachers Day
- 6<sup>th</sup> World Smile Day
- 9<sup>th</sup> Curious Events Day
- 9<sup>th</sup> Columbus Day
- 9<sup>th</sup> Indigenous Peoples' Day
- 9<sup>th</sup> Thanksgiving (Canada)
- 25<sup>th</sup> Pablo Picasso's Birthday
- 31<sup>st</sup> Halloween

# October Birthdays

In October, we celebrate birthdays with:

- **Tim Nolan**
- **Charmaine Bliss**
- **Darryl Redden**
- **Barbara Childs**



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

On October 1, 1908, Henry Ford's Model T went on sale for the first time. It was considered to be a "universal car" designed for the masses. It went on to change the landscape of transportation worldwide.

# Poem to Share

## Why I Wake Early

Mary Oliver

Hello, sun in my face.  
Hello, you who make the morning  
and spread it over the fields  
and into the faces of the tulips  
and the nodding morning glories,  
and into the windows of, even, the  
miserable and crotchety –

Best preacher that ever was,  
dear star, that just happens  
to be where you are in the universe  
to keep us from ever – darkness,  
to ease us with warm touching,  
to hold us in the great hands of light -  
good morning, good morning, good morning.

Watch, now, how I start the day  
in happiness, in kindness.

# Noticeboard



## NEW RESIDENTS

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A very warm welcome to:

- **Mr Don Moore**
- **Mrs Joyce Moore**

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!

- **Jacqueline Cameron**
- **Janiza Yaras**

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.

- **Mr Alan Doherty**
- **Mrs Patricia Meadowcroft**

## CONTINUOUS IMPROVEMENT

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

There are feedback forms available outside the Recreation Room. 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 reception, or email us anytime.

Thank you!



# Noticeboard



## LIBRARY SERVICE

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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 staff member.

## THANK YOU

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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

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We have a hairdresser who attends every Thursday. If you would like an appointment please talk to reception or ask a staff member to write your name down in the hairdressers book.

## SUPPORT GROUP

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There will be no support group for families in October due to the public holiday. The next support group will be 2<sup>nd</sup> November at 2.00 pm. All family members are welcome to attend.

## CELEBRATION

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In the month of October we celebrate Halloween. Watch your calendar for related activities.

## KYABRAM FAUNA PARK

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We are having a bus trip to Kyabram Fauna park on the 20<sup>th</sup> October to see all the different animals and birds. We will have a picnic lunch.

# Laughing Matters



## A Little Halloween Fun

October is home to Halloween, so we couldn't resist adding some spook-tacular jokes to our newsletter this month. They'll have you laughing...or groaning!

### ***Why do ghosts go on diets?***

To keep their ghoulish figures!

### ***Why did the ghost go to the bar?***

For the boos.

### ***What does a ghost mom tell her kids when they get in the car?***

Fasten your sheet-belts!

### ***Why don't mummies take time off?***

They're afraid to unwind.

### ***How do monsters know their future?***

They read the horror-scopes.

### ***What's it like to be kissed by a vampire?***

It's a pain in the neck.

### ***Why did Dracula take cold medicine?***

Because he was coffin too much.

### ***Why do skeletons have low self-esteem?***

They have no body to love.

### ***Where does a skeleton go for a fun night?***

Anywhere, as long as it is a hip joint.

### ***Why can't skeletons play church music?***

Because they have no organs.

# Spotlight



## Maria Anna Froom

Maria Anna Froom was born in 1928 in Holland, where in her early years she was a kindergarten teacher, who loved the children she taught. Maria spent her teenage years under the reign of the dreaded Adolf Hitler during World War 2. At this time Hitler was conquering the small countries around Germany. Maria said they only had a cup of soup per day, however she was sent to work on a farm where the farmers replenished their food with lots of porridge to keep up their strength to work the fields. In 1955 she met and married Antoon Froom a farmer, They came to Australia as there was no land available to work in Holland. They found work in King Lake where Antoon was a potato farmer for 15 years. They then came to Deniliquin where Antoon worked in the rice mills, Maria continued to devote her life looking after their children. She was always available to help others in need. Antoon lost the use of his legs so they moved into Navorina in December 2022. Unfortunately Antoon passed away last February. Maria is very happy here with life in Navorina and joins in every activity available to her. Like all of us here Maria intends to see out her days as a resident. A very lovely lady indeed.

Written by Alan Kennedy.



# HALLOWEEN COSTUMES WORD SCRAMBLE

REPITA \_\_\_\_\_

WNEINI HET OHOP \_\_\_\_\_

FWEOEWLR \_\_\_\_\_

LNODAD UCDK \_\_\_\_\_

NJAIN \_\_\_\_\_

DWEIKC THIWC \_\_\_\_\_

PVEMAIR \_\_\_\_\_

SSEUPORERHE \_\_\_\_\_

YPEOPE \_\_\_\_\_

PREPLFA RGLI \_\_\_\_\_

NMRAO DGEODSS \_\_\_\_\_

PCOS & BBRROE \_\_\_\_\_

NCWSOL \_\_\_\_\_

DNRE \_\_\_\_\_

BYAB \_\_\_\_\_

NSWO THIWE \_\_\_\_\_

GGRSTREAN \_\_\_\_\_

LVDEI & LGEAN \_\_\_\_\_

RNSEU & CODTOR \_\_\_\_\_

GSKOLCDOLI \_\_\_\_\_

VCAE PEPOLE \_\_\_\_\_

YBSOOCW \_\_\_\_\_

NLKOESAT \_\_\_\_\_

MSIMUME \_\_\_\_\_