

NEWSLETTER

September 2023

Navorina Aged Care Facility



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Editor's Desk

Hello Residents, Families and Friends!

Thank you to all the families who completed the yearly resident relative survey. Any concerns raised will be followed by Management through our continuous improvement processes. There were some lovely comments regarding the staff, cleanliness and activities provided here at Navorina. Some concerns/suggestions were raised and below are dot points with explanations to anonymous answers. If your concern isn't answered below and your name was put on your survey Skye has personally replied to you via email.



- A residents family member advised that they are unaware of activities available in the memory care wing – **An activity program is displayed in each resident's bedroom, events etc are posted in the newsletter, activities are discussed at Resident Relative meetings (all families and friends are welcome to attend), monthly activity program is also displayed on notice boards and TV screens around the facility. Monthly activity programs are now being sent to families via email.**
- A residents family member advised that there are not enough activities for dementia specific residents – **Lifestyle staff to introduce a more Montessori approach for activities in the memory care wing.**
- Many residents and their family members were not happy about how often their doctor visits – **This was raised and discussed at the resident/relative meeting in May. Gp's do not visit the resident unless they are asked to by the Registered Nurse and NOK. Only Doctor Paul visits all his patients on his rounds at Navorina. The Registered Nurse will continue to advocate for the residents if they feel they need to be seen by the doctor at any time.**
- Family members advised that Inala needs a refurbishment, new tables and chairs are old and hard to keep clean. The area is bland with no artwork and poor use of lounge room space – **The Board are currently sourcing and purchasing new furnishings, tables, chairs, lounge chairs. If anyone has any artwork, they would like to donate please let us know.**
- All food and domestic questions will be answered when our Hospitality Manger returns from leave.

Thank you to Rotary for the donation of the banners for Navorina.

Recruitment – currently seeking care staff, Registered Nurses, and a casual Lifestyle assistant. If you know of anyone that may be interested in any of these positions, please contact Skye admin@navorina.com.au or phone 0358813944.

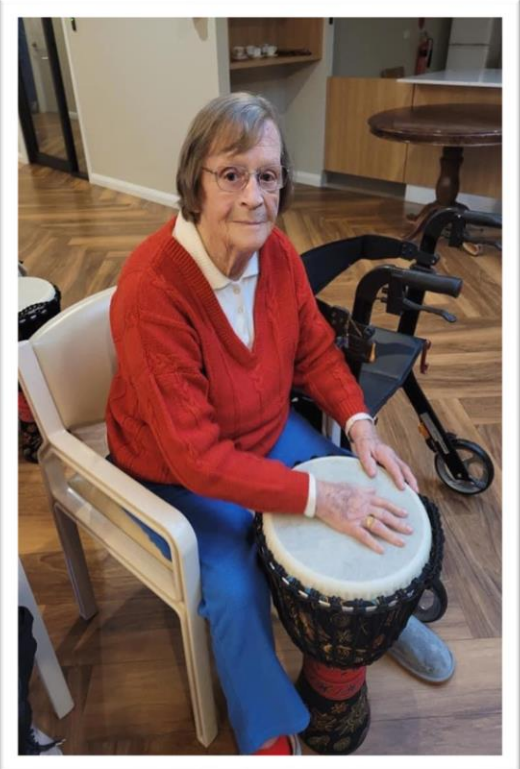
Do you know how to raise a compliment, concern, or complaint? Continuous Improvement forms are available outside of Skye's office in the front foyer, forms can be anonymous if you so wish. Once completed please place the form under Skye's office door or in the silver box located above the Continuous Forms. We value any feedback that is provided.

We will be sending out the surveys again soon for QI reporting -The consumer experience and quality of life survey -inhouse survey. Also, we would like input about possible removing of masks from residents and their representatives.

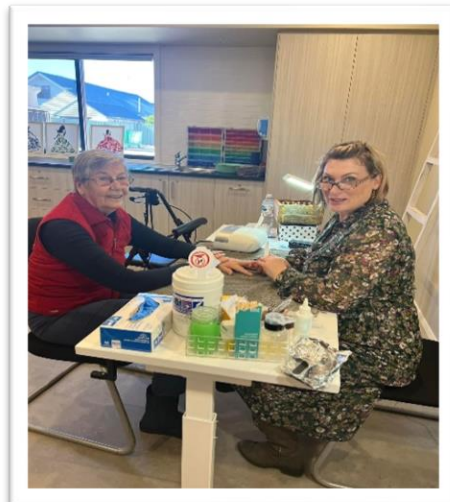
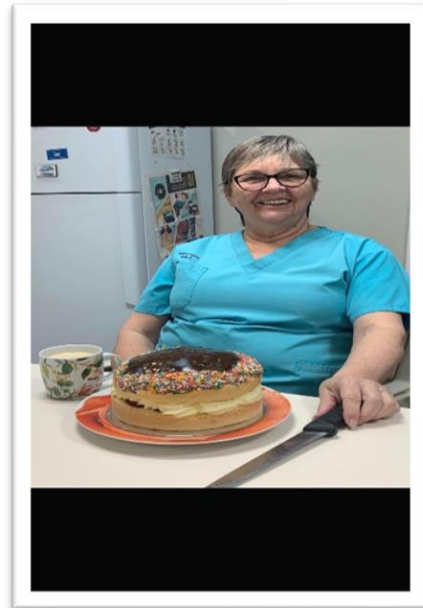
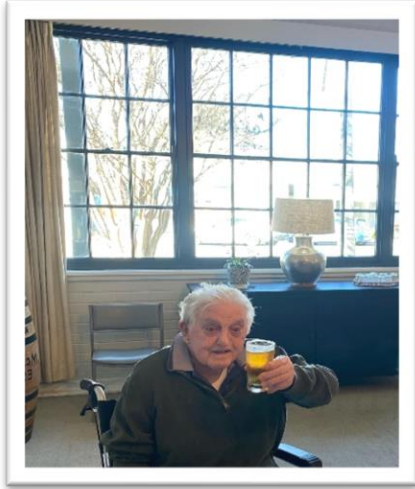
Keep Safe!

Bernadette

Month in Review



Month in Review



Upcoming Events

Resident's Meeting

Monday 25th of September 10am – all welcome

Grand final day

Saturday 30th September

Nails by Mikki

September 28th from 2pm



Regular Events

Happy Hour every Friday 2.30pm

Catholic Service September 28th at 10am

Anglican Church service Monday 4th & 18th at 10am

Hairdresser every Thursday from 9am

Men's Group every Monday at 2pm

Bingo! Every Tuesday & Friday at 10.30am

Sing along every Thursday at 2pm

Café & Shopping Outing every Wednesday 10am

Special Days

- 7th Brazilian Independence
- 11th Assisted Living Week
- 12th Chocolate Milkshake Day
- 16th Mexican Independence
- 17th Oktoberfest
- 19th Talk Like a Pirate Day
- 21st International Peace Day
- 21st World Gratitude Day
- 24th Native American Day
- 25th Comic Book Day
- 25th Rosh HaShanah
- 28th Confucius' Birthday
- 30th World Maritime Day

September Birthdays

In September, we celebrate birthdays with:

- **Judy Small**
- **Joan Bradley**
- **Barbara Barker**
- **Tess Evans**



Freddie Mercury, Musician, 5th September 1946

Buddy Holly, Musician, 7th September 1936

Peter Sellers, Actor, 8th September 1925

Agatha Christie, Writer, 15th September 1890

Lauren Bacall, Actor, 16^h September 1924

Lance Armstrong, Cyclist, 18th September 1971

Stephen King, Author, 21st September 1947

Andrea Bocelli, Singer, 22nd September 1958

Bruce Springsteen, Singer, 23rd September 1949

Michael Douglas, Actor, 25th September 1944

Virgo (Aug 22 - Sep 22)

Virgos are logical, practical, and systematic in their approach to life. They are perfectionists at heart.

Libra (Sep 23 - Oct 22)

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

Wanted – *If you have any old Doilies, you no longer need, we are looking for donations, please drop them into Navorina.*

Fishing gear – *we are also on the lookout for fishing rods and hooks etc. for our men's fishing group.*

Poem to Share



“Hope” is the thing with feathers.

“Hope” is the thing with feathers –
That perches in the soul –
And sings the tune without the words –
And never stops – at all –

And sweetest – in the Gale – is heard –
And sore must be the storm –
That could abash the little Bird.
That kept so many warm –

I’ve heard it in the chilliest land –
And on the strangest Sea –
Yet – never – in Extremity,
It asked a crumb – of me.

- Emily Dickinson



Noticeboard



NEW RESIDENTS

A very warm welcome to:

- **Dorothy Gamble**
- **Ross Danckert**

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 month!

- Tayla Dowsett
- Keneisha Doidge-Till
-

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.

- **Norman Lyall**
- **Doreen Crossley**

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 Continuous Improvement forms available in the front foyer or please 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 Lifestyle or email us anytime-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 dedication.

EDUCATION FOR FAMILIES

Upcoming in-service opportunity provided by Three Rivers, on August 31st at 2:30 pm, we will have the pleasure of hearing from Gwenda Darling, a local Dementia Group Advocate from Finley. She will be speaking about her own lived experience with early dementia, and it will be a valuable opportunity for us all to learn from her personal story.

Gwenda is a powerful voice in the world of dementia support and advocacy, and I'm excited that we have the chance to hear from her firsthand. This event is open to all staff and families, but please be sure to confirm your attendance for catering purposes. Please note that there are limited seats available for this session, so don't wait too long to RSVP. RSVP to training@navorina.com.au by 25th of August.

SUPPORT GROUP

Support group for families – September meeting is the 4th at 2pm – all welcome. There is no meeting in October due to the Public holiday.

CELEBRATIONS

In the month of September we celebrate the AFL grandfinal. Watch your calendar for related activities.

NAILS BY MIKKI

Mikki Amor is now available on the 4th Thursday of each month offering services for nail beautification, including manicures and gel nail polish application. If you would like an appointment please let a lifestyle staff member know. Payment for this service is the responsibility of the resident or family members.

Laughing Matters



MY RESUME...

My first job was working in an orange juice factory, but I got canned ...couldn't concentrate.

Then I worked in the woods as a lumberjack, but I just couldn't hack it, so they gave me the ax.

After that I tried to be a tailor, but I just wasn't suited for it ... mainly because it was a so-so job.

Next, I tried working in a muffler factory but that was too exhausting.

Then I tried to be a chef -- figured it would add a little spice too my life, but I just didn't have the thyme.

I attempted to be a deli worker, but anyway I sliced it, I couldn't cut the mustard.

My best job was being a musician, but eventually I found I wasn't noteworthy.

I studied a long time to become a doctor, but I didn't have any patience.

Next was a job in a shoe factory; I tried but I just didn't fit in.

I became a professional fisherman but discovered that I couldn't live on my net income.

I managed to get a good job working for a pool maintenance company, but the work was just too draining.

So, then I got a job in a workout center, but they said I wasn't fit for the job.

After many years of trying to find steady work, I finally got a job as a historian until I realized there was no future in it.

My last job was working at Starbucks, but I had to quit because it was always the same old grind.

SO, I RETIRED AND I FOUND I AM PERFECT FOR THE JOB!

Spotlight



Meet Shirley

Shirley was born on Christmas day in 1928, at Merewether, Newcastle. She loved to surf at Merewether Beach, just north of the now demolished Newcastle hospital. Her father was a teacher and her mother a nurse. Shirley went to Junction school. She played mainly with boys, who made canoes, and she had to test them out!!! She later went to Newcastle girls' school and then college. A matron 'Hall advised her to take a secretarial course, because it was being included in nursing, which Shirley chose to take up. In later years she went to Wales where she met and married Ray Martin. They had six children, two of whom are twins. They travelled extensively and their first baby – a boy was born in Bulolo, New Guinea. The other five were born in NSW in various towns. Later they went to Wales to meet Ray's family, he was one of nine. Shirley has travelled extensively throughout Australia and the world, mainly by her driving a car. Her daughter Elizabeth is a head nurse in the mental health section in Deniliquin. Shirley moved into Navorina last Christmas, and she loves it here.

Word Search

TREASURE ISLAND



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

Shark

Buccaneer

Spyglass

Octopus

Shipwreck

Skeleton

Captain

Island

Jewellery

Clipper

Treasure

Marooned

Mystery

Diving

Galleon

Ashore

Schooner

Cargo

Flotsam

Gold