

Navorina News

September 2022

Navorina Aged Care Facility, 5 Macauley St Deniliquin 58813944



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A Word from The Kitchen

I will be looking to change the winter menu over the next month or so as the weather warms up, so no more soups every night maybe once or twice a week, more salads and we might be able to do a BBQ a week or fortnight depending on what the residents would like to do.

If any family members have any recipes or know of any meals their loved ones enjoy let us know and we might be able to put it on the menu.

We are having to source different food products and fresh produce as well due to price rises and shortages in stock. The quality hasn't changed, and we have had no complaints from residents in this regard.

One of our servery staff Lyn Germano has retired after working at Navorina for 11 years we wish her all the best in the next chapter of her life.

We are still looking into ideas for the café and how we will run it. We would love to get some volunteers involved with this project possibly having it run a few days a week serving coffees and cake to the residents



AMARLIA VEENSTRA

HOSPITALITY MANAGER

September Trivia

More people are born in September than any other month! Which means that September babies were conceived in the December holiday period... 😊

Zodiac signs: **Virgo & Libra**
Birthstone: **Sapphire**
Flower: **Morning Glory**

Quote of the Day

If the wind will not serve, take to the oars

- Latin proverb

Meet the Staff

Jane - Education Officer

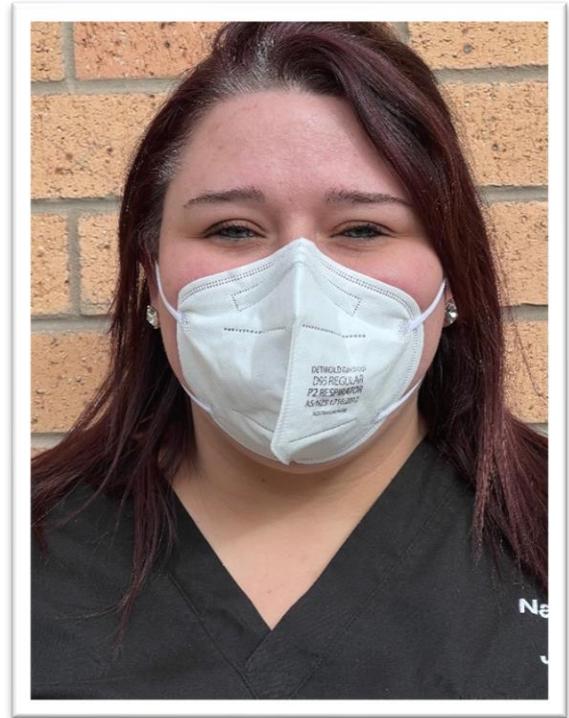
Before I moved to Blighty, I was a Laboratory Technician at Austral bricks in Melbourne. The tree changes also meant a career change and my road to nursing began.

In 2019 I started studying and my first placement was at Navorina. Shortly after I started working as an AIN on the floor.

In 2020 I graduated as an Enrolled nurse. Recently I took on the role as Education Officer.

When I'm not at work I'm living in Blighty, being a mum of Franklin (5) and Harriet (4) as well as studying Bachelor of nursing to become a RN.

I'm excited to be on board as the education Officer. Please don't hesitate to come see me if you need any assistance, I'm more than happy to help where I can.



Kate – Senior Clinical Co-Ordinator

Hi, my name is Kate I live in Mathoura with my husband, children, and animals, and have one grandchild who I love dearly. My hobbies are Lego, water sports, motorbikes, cars, and spending time with family.

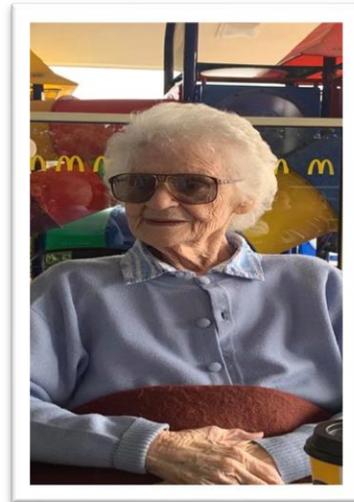
I have been at Navorina for 5 years now as an EEN in the Memory Care Wing with all our beautiful residents.

I have been given the opportunity to progress in my career and take on the role as Senior Clinical Care Manager. I am honoured to be given the chance to do this at a great organisation such as Navorina with great staff supporting me.

Looking forward to meeting you and working alongside all of you fantastic families to deliver the best care for your loved ones.



Month in Review



Upcoming Events

Father's Day 4th September

Resident's Meeting

Monday 26th of September 10am

Resident / Relative Meeting

Monday 26th of September 10am

Armchair Travel

Mexico Armchair travel Friday 16th of September

AFL Grand Final

Saturday 24th September at 2:30pm -wear your favourite footy team colours.



Regular Events

Happy Hour every Friday 2:30 – 3:30pm

Catholic Service Friday 23rd September

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

Hairdresser every Thursday from 9am

Men's Group every Monday at 2pm

Bingo! Every Tuesday & Thursday at 10:30am

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**
- **Margaret Burchfield**
- **Joan Bradley**
- **Ruby Jackson**
- **Barbara Barker**
- **Tess Evans**
- **Wendy Favaloro**



WOW!

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!

Auxiliary News



Father's Day Raffle

Navorina Auxiliary are currently holding a Father's Day raffle – a wheelbarrow full of goodie. Cost of the tickets are \$1 each and are available from the front foyer at Navorina. We are also selling tickets on certain days at IGA supermarket. Raffle will be drawn on 3rd September.

AGM

The Auxiliary will be holding their AGM on September 21st at the RSL Club 10am start – new members welcome to attend.

Navorina Auxiliary Annual Garage Sale

This year's garage sale will be held on September 10th. Good used, sellable items would be gratefully appreciated.

Pick up or drop off can be arranged. For more information, please contact Shirley Willis 04099778662.



Noticeboard



NEW RESIDENTS

A very warm welcome to:

- **Meryl Morris**
- **Peter Morris**
- **Audrey Young**
- **Lorna Breen**

We hope that you enjoy your time here!

IN MEMORIAM

To the families and friends of our late residents— we are sorry for your loss.

Sharing your sadness as we remember

- **Mary Fisicaro**
- **Thelma Lee**



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 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 Lifestyle staff email us anytime-
activities@navorina.com.au

Thank you!

Noticeboard



LIBRARY SERVICE

We have books on wheels, a mobile library service that delivers & picks up library books to resident's rooms. If you would like this service, please talk to 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 morning. If you would like an appointment please talk to Lifestyle staff or nursing staff member to write your name down in the hairdressers book.

THURSDAY SING ALONG

We are lucky enough to welcome back our Thursday afternoon sing along. Thank you to the ladies who attend each Thursday afternoon between 2pm -3pm to sing for us.

CULTURAL CELEBRATION

In the month of September we celebrate Mexican Independence Day.

Armchair travel to Mexico will be held on 16th September.

VOLUNTEERING

We are in need of volunteers to help out with activities. If you would like to help out by volunteering please contact Bernadette on 58813944 ext. 3. Alternatively email - activities@navorina.com.au

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 axe.

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 any way 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



Alison Smith

Hi, my name is Ally, I've been at Navorina for several years as an AIN. I'm married, with combined three daughters and soon to be a grandma for the first time.

I like to go camping, fishing, and having the occasional Rum down by the Gulpa.

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