

NEWSLETTER

February 2024

Navorina Nursing Home 5 Macauley St Deniliquin 58813944



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Editor's Desk

Hello Residents, Families and Friends!

Can you feel the love this month? It's impossible to not feel your heart beat a little faster and feel thankful for those around you when you're surrounded by red and pink decorations, tales of Cupid, and boxes of chocolate lining the shopping aisles.



And we're all lucky in love here at our community! We are loving the events coming up this month as well as the opportunity to continue to get to know our neighbors and build relationships with staff. We love looking forward to the delicious meals planned throughout February, as well as the chances to celebrate the great love stories of our lives.

Navorina has sourced a gardener to implement the landscaping and sensory garden that Three River's has designed for us so that will create calming sensory spaces for residents to enjoy. If you are taking your loved one out of Navorina please remember to let a staff member know and to sign them out in the book at front reception. We ask that no glass bottles be bought into Navorina due to safety concerns.

Wishing you all the love this month and beyond,

Penny

February Trivia

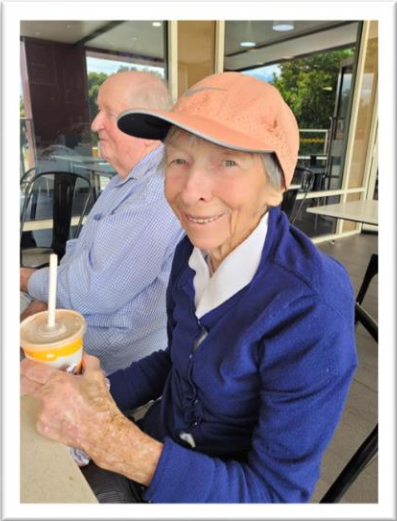
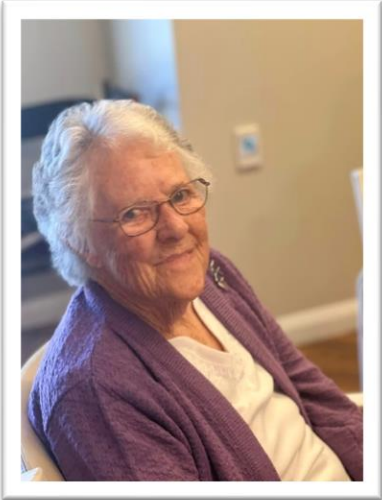
2024 is a leap year! This means you'll find an extra day in February this year. What will you do with it?

Zodiac signs: **Aquarius & Pisces**
Birthstone: **Amethyst**
Flower: **Primrose**

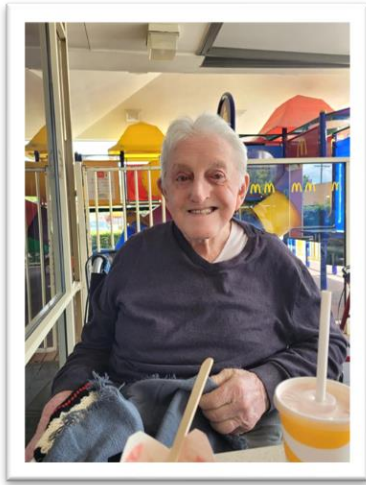
Something to Think About

Who, or what, is the greatest love of your life?

What We've Been Up To



Around Our Community



Upcoming Events

Advisory Body Meeting Monday 12th at 2pm

Resident's Meeting

Monday 25th of February 10am, Hunter dining room

Mardi Gras Celebration 13th

Wear bright colours

Shrove Tuesday 13th – Pancake day



Regular Events

Happy Hour every Friday 2.30pm

Catholic Service Last Friday of each month at 10am

Hairdresser every Thursday morning from 9am

Men's Group every Monday at 2pm

Bingo! Every Tuesday and Friday at 10.30am

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

Exercise with Kaye on Monday at 10.30am &
Wednesday at 1.30pm.

Nia Dance Tuesday at 2pm

Happy Birthday

**Big happy 100th birthday to
Joan Campbell who
celebrates her birthday on
the 5th of February.**

Also celebrating this month

–

- **Joy Moore**
- **Leon Jones**
- **Rose smith**

Write Your Own Love Poem

Writing poetry is a great way to exercise your brain and express your creativity. Before you shake your head and think that you can't write a poem, I have good news: anyone can be a poet! It just takes time to sit down, examine feelings or memories, and to write it all down.

Here are a few prompts that can get you started. Feel free to write your response to a prompt, use the prompt as a conversation starter to talk about with a friend, or to co-write a poem with a family member. Most importantly, have fun!

- Write a rhyming poem about a pet you loved and why you loved them
- Write down a list of all the things you love about a certain person
- Write how falling in love makes you feel
- Write a love poem about your favorite food. How does it taste? Smell? Make you feel?
- Write about a season you love. Describe it to the reader.
- Write a list of sounds you love.
- Read some poems. Pick one and write a response to it.
- Write a list of advice you would give to newlyweds on their wedding day.
- Write a toast to your very best friend telling them why they are amazing.
- Write a love letter to someone or something you adore

Noticeboard



NEW RESIDENTS

A very warm welcome to

- **Brenda Harradine**
- **Len & Thelma Richards**
- **Margaret Wallis**
- **Gwen De Merlo**

NEW STAFF

A warm welcome also goes to the people who joined our team in the past month!

- **Bethany Mills**
- **Natalie**
- **Emma Parks**
- **Kate Jenkins**
- **Kayode Aduloju**

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.

- **Mr. Paul O'Brien**

SUPPORT GROUP

Navorina holds a family support group meeting each month. Meetings are held on the 1st Monday of the month at 2pm.

Our next meeting is March 5th at 2pm- all welcome, if you would like further information, please feel free to contact Bernadette Werner or Jayne Wilkins on 58813944.

CELEBRATING LEAP DAY

This year is a leap year, so we'll all have one extra day this month to enjoy. How will you spend your extra day? Here are some ideas:

- **Attend a new activity or event.**
- **Make a new friend.**
- **Eat your favorite food.**
- **Call a family member to tell them you love them.**
- **High five staff members all day long**
- **Watch a favorite movie.**
- **Tell someone a funny joke.**

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 / WAXING

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.

LEISURE CARTS

The activity department is on a roll with our traveling leisure carts that we push from room to room. Our carts have materials you can take or check out, like word puzzles or magazines, and sometimes there are special treats.

NAILS BY MIKKI

Mikki attends every four weeks for manicures and gel nails. If you would like an appointment please speak to a Lifestyle Staff Member . Residents / families are responsible for payment of this service.

WHAT DO YOU THINK?

What do you love about our community? We'd love to hear your thoughts. Jot down your favorite things about our community and turn it into us. We might share your answer in our newsletter, bulletin board, or social media!

Laughing Matters



Love Jokes

I must be a snowflake because I fell for you.

Did you hear about the near-sighted porcupine? He fell in love with a pincushion.

A couple is on a date at an expensive restaurant. The woman tells the man to tell her something that will get her heart racing. He says, "I forgot my wallet."

I'm no photographer but I can picture us together.

If I could rearrange the alphabet, I would put U and I together.

Are you a banana? Because I find you a-peeling.

I know this is going to sound cheesy, but I think you are the grate-est.

How did the telephone propose to its partner? It gave her a ring.

My new girlfriend works at the zoo. I think she's a keeper.

What's the difference between love and marriage? Love is blind. Marriage is an eye-opener.

Never laugh at your wife's choices. You're one of them.

Why shouldn't you fall in love with a pastry chef? Because they will dessert you.

What do you call two birds in love? Tweet-hearts!

What did one boat say to the other? Are you up for a little row-mance?

Spotlight



Joan Campbell – Interview by Alan Kennedy and Joan’s family.

Joan was born on the 5th of February 1924 in Kyabram to parents Hazel and Jim Snowball. She grew up on a farm with her big brother Jack where her parents were orchardists. Joan attended the Tongala East public school then went to the Echuca Tech to study dress making and later the Berry Street children’s home where she was a mothercraft nurse. When she was 21, she married Sid Campbell a dairy farmer, after the birth of their first child they moved to their farm near Blighty called ‘Robec’.

While Sid built the farm into a productive irrigation property Joan cared for their 4 children using her dress making skills to make their children’s clothes and her knowledge to establish a garden with a large vegetable plot and orchard.

Joan's shelves in the pantry were always full of fruit and vegetables she had preserved. Joan and Sid were active in their community and enjoyed social events in local halls where they loved to dance. They took a break each year to go on holiday to the beach.

In 1959 Joan and Sid bought 'Nullum' a dry farming property where they ran sheep. Joan continued to use her skills to look after the family and the gardens. The farm hands and shearers on both farms appreciated Joan's cooking. 'Nullum' is on the Edward river and the family enjoyed times swimming and fishing together and with friends and city family members who came to stay. This was a sad time for Joan and Sid because the children had to go away to boarding school due to the isolation of the property.

In 1965 Joan and Sid bought a block of land on the river in Deniliquin and built their house which Joan still owns. During this next phase in their lives, Joan became the part owner of a dress shop which they named Wynjay. Joan sold her share in the shop in the early 1970's when Sid became ill. Sid and Joan enjoyed travelling and explored many parts of Australia which Joan continued to do after Sid's death in 1989.

Joan saw more of Australia as well as New Zealand and a trip to Great Britain with her eldest daughter Barbara where they explored England and Scotland and then went on to Denmark where one of her grandchildren was living.

Joan was a very confident driver making the trip to Nambour in Queensland where her daughter Anne was living, on many occasions often taking some of her grandchildren. She was still driving into her 90's. Joan is still able to enjoy her view of the river from her chair in the lounge room when she comes home for her Saturday mornings with her family. Joan has 4 children, 13 grandchildren and 20 great grandchildren.

Word Search

MARDI GRAS



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

Jackson Square

Crawfish Boil

Cobblestone

Alligator

Louis
Armstrong

New Orleans

French Quarter

Celebration

Garden District

Big Easy

Bayou

Mardi Gras

Fat Tuesday

Jazz

Balcony

Jean Lafitte

Muffaletta