

NEWSLETTER

July 2023

Navorina Aged Care Facility



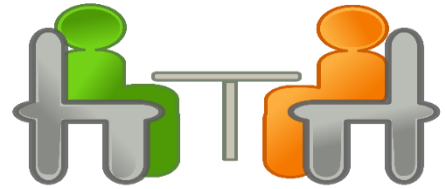
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Editor's Desk

Hello Residents, Families and Friends!

Thank you to everyone who has completed and returned their Resident /Relative surveys and just a quick reminder to those who haven't yet please return the survey completed as soon as you are able too.



We would like to thank all families and friends for their continued support, especially during the recent Covid outbreak. Please ensure before entering the facility you complete a RAT, sign in on zip line and wear a face mask while in the facility. Please remember not to enter the facility if you have any cold and flu like symptoms or diarrhea or vomiting.

Recently we had three students from Deniliquin high school for work experience, the girls enjoyed helping with various jobs including Nursing duties and Lifestyle.

Teddy, our puppy is currently attending puppy preschool on Tuesday nights and is learning how to sit and obey commands.

Keep Safe!

Bernadette

July Trivia

July was named by the Roman Senate in honour of the Roman general, Julius Caesar, it being the month of his birth. Prior to that, it was called Quintilis.

Zodiac signs: **Cancer & Leo**
Birthstone: **Rubies**
Flower: **Water Lily**

Quote of the Day

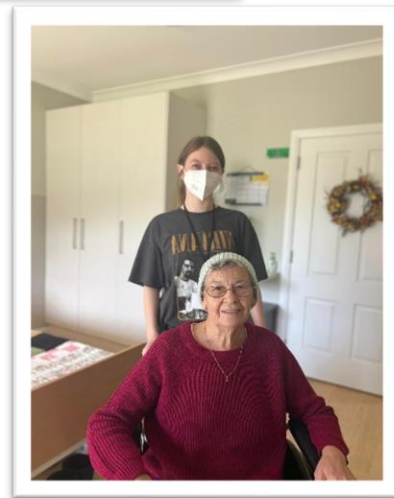
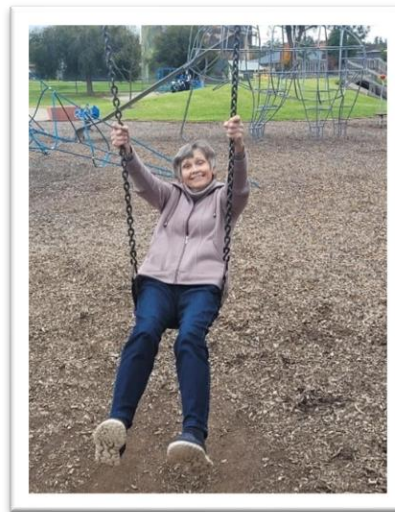
*Faith is the bird that
feels the light when
the dawn is still
dark.*

– Rabindranath Tagore

Month in Review



Month in Review



Upcoming Events

Residents' Meeting

Monday 24th of July 10am

Country Music Day

Tuesday 4th July

Family Support Group

3rd July at 2pm – all welcome

Regular Events

Happy Hour every Friday 2.30pm

Catholic Mass 27th July at 10am

Hairdresser every Thursday from 9am

Men's Group every Monday at 2pm

Bingo! Every Tuesday & Friday at 10am

Anglican service Monday 3rd & 17th July 10am



July Birthdays

In July, we celebrate birthdays with:

- **Ron Wilson**
- **Bill Hampson**
- **Rex Parker**
- **Bobby Loy**
- **Sandra Thomas**
- **Maria Froom**
- **Alan Doherty**
- **Ron smith**
- **Peter Morris**



WOW!

Bikini Swimsuit Makes a Bold Debut - On July 5, 1946, the revolutionary bikini swimsuit made its bold debut, challenging societal norms and forever transforming the landscape of beach fashion. This daring two-piece garment sparked both shock and admiration, leaving an indelible mark on popular culture and becoming an iconic symbol of liberation and self-expression.

Poem to Share

Hope is the Thing with Feathers

Emily Dickinson

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 me so warm.

I've heard it in the chilliest land,
And on the strangest sea.
Yet, never, in extremity,
It asked a crumb of me.

Noticeboard



NEW RESIDENTS

A very warm welcome to:

- Irene Holschier
- Dawn Henderson

We hope that you enjoy your time here!

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.

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.

- Robyn Archer
- Brian Marshall
- James Zealey

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 or email us anytime.

Thank you!

Noticeboard



LIBRARY SERVICE

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 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 . If you would like an appointment please talk to Lifestyle or Nursing staff member to write your name down in the hairdressers book.

NEW STAFF

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

- Bethany Hindriks
- James Weir
- Tori Mills
- Tahlia Johnston
- Nerissa Nicholson
- Isabella Mcilwain
- Nadine Hank-Searle

COUNTRY MUSIC CELEBRATION

In the month of July we celebrate Country Music Day. Watch your calendar for related activities in the recreation room.

We hope that you enjoy your time here!

Laughing Matters



Makeover Gone Wrong

In surgery for a heart attack, a middle-aged woman has a vision of God by her bedside.

“Will I die?” she asks.

God says, “No. You have 30 more years to live.”

With 30 years to look forward to, she decides to make the best of it. Since she’s in the hospital, she gets breast implants, liposuction, a tummy tuck, hair transplants, and collagen injections in her lips. She looks great!

The day she’s discharged, she exits the hospital with a swagger, crosses the street, and is immediately hit by an ambulance and killed.

Up in heaven, she sees God. “You said I had 30 more years to live,” she complains.

“That’s true,” says God.

“So, what happened?” she asks.

God shrugs. “I didn’t recognize you.”

Short Jokes

Teacher: “Really, Tommy, your handwriting is terrible. You must learn to write better.”

Tommy: “Well, teacher, if I did, you would find fault with my spelling!”

Silence is golden until you have children, then silence is very suspicious.

Spotlight



James Griesche

I have been a cook at Navorina for the past 3 months and I am loving the experience. On my days off I take my family out for breakfast and dinner, I have a 2-year-old daughter. I like to follow sport and my favourite sports team is Manchester United.

Poems of Friendship

Friendship

Anon

The best of friends can change a frown,
Into a smile, when you feel down.

The best of friends, will understand,
Your little trials and lend a hand.

The best of friends, will always share,
Your secret dreams because they care.

The best of friends, worth more than gold,
Give all the love a heart can hold.

On Friendship

Anon

Could we but draw back the curtain,
That surrounds each other's lives,

See the naked heart and spirit.
Know what spur the action gives.

Often, we would find it better,
Purer than we think we would.

We would love each other better,
If we only understood.