

# NAVORINA NEWSLETTER June 2022

Navorina Aged Care Facility, 5 Macauley St Deniliquin, 58813944



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# A Word from Management

What a big couple of months it has been at Navorina regarding fundraising for the final refurbishment stage and expansion of Navorina Nursing Home.

All interior works are now drawing to a completion with the opening of the final stage not far away. Outside works are continuing and should be completed in the coming weeks. As you would have noticed the Council are currently installing a footpath at the front of the building for better pedestrian access.

Our recent fundraising night was a sellout, we thank the community of Deniliquin who attended the Deniliquin RSL Club and supported this event. The night raised an amazing \$273,000, the bulk amount was raised through the auction of a block of land in Crispe Street that was donated by our Chairman Neville Purtill and his Wife Debbie, which generated a lot of interest and eventually sold for \$171,000. We cannot thank the Purtill family enough for this very generous donation. Another 33 auction items were sold after the auction of the block of land, along with raffle proceeds making up the total tally for the evening. We also thank Aussie Comedian 'Lehmo' for providing entertain for the evening.

The winner of the car donated by the Holloway family was won by Navorina employees John Hickey and Amarlia Veenstra. There were more than 1000 tickets in the raffle, with John's winning ticket being number 1016. When John's name was called his partner Amarlia was in the crowd, Amarlia immediately called John who though he was being pranked. Congratulations to John and Amarlia.

The night was a major success, and we thank Justine Keech and Sam Hall for all their volunteered time and efforts.

Our board members Justine Keech and Neville Purtill have been showing community members through the newly updated section of the facility. If you missed out and would like to have a look, please let me know and we are more than happy to facilitate this.

## June Trivia

June is named for Juno, Roman queen of the gods

Zodiac signs: **Gemini & Cancer**  
Birthstone: **Moonstone or Pearl**  
Flower: **Rose or Honeysuckle**

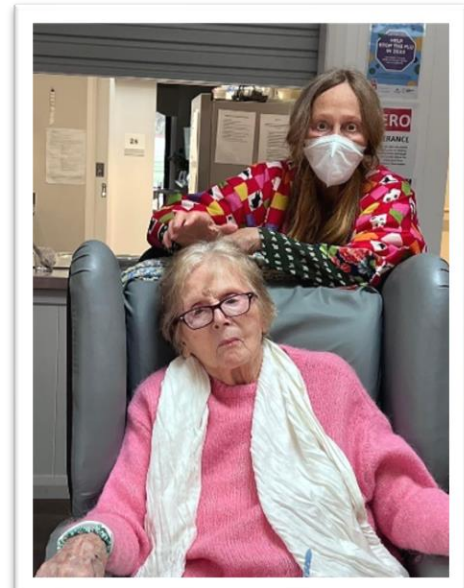
## Quote of the Day

*Try to be a rainbow in someone else's cloud.*

– Maya Angelou

# Month in Review

**Peggy's 104<sup>th</sup> Birthday**

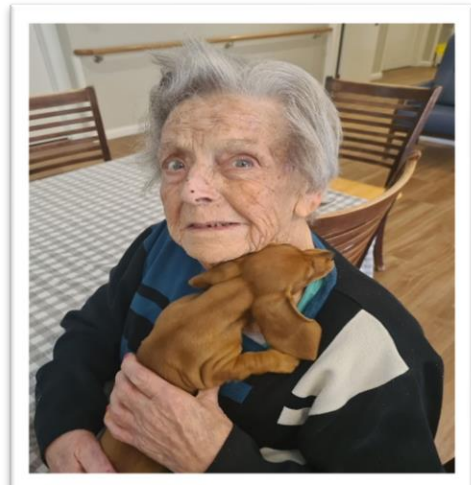


**Dawn Armstrong serving the delicious afternoon tea for Mother's Day.**

**Volunteer Denise Newton**



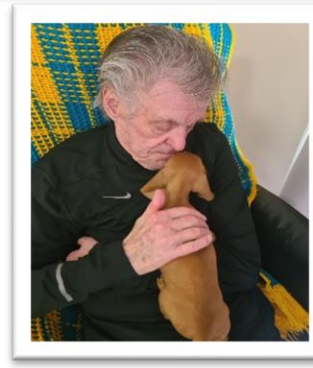
# Month in Review



Visit from Pixie



Gardening Group



# Upcoming Events

## **Queen's Birthday Afternoon Tea**

Friday 10th of June 10:30am, Dining Room

## **Resident's Meeting**

4th Monday of the month 10:00am, Craft room

## **Family Dementia Training**

Monday 8<sup>th</sup> of June 6:00pm

## **Sunday Entertainment**

Sunday 26<sup>th</sup> June at 2pm Hunter Landale Dining room

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# Regular Events

**Movement with Kay each Monday 11am & Wednesday 2pm.**

**Catholic Mass 4<sup>th</sup> Friday of each month 10.30 am**

**Anglican service 1<sup>st</sup> & 3<sup>rd</sup> Monday of each month at 10am.**

**Uniting service 2<sup>nd</sup> Monday of each month at 10:30am.**

**Hairdresser every Tuesday from 1:30 pm.**

**Men's Group every Monday at 2pm.**

**Bingo! Every Tuesday & Thursday at 10:30am.**

**Laughter Yoga Tuesday & Thursday at 3:30pm.**



**Dani O'Brien**

**Registered Holistic  
Counsellor**

**Holistic counselling is different to traditional therapies.**

**Instead of focussing on a disorder or dysfunction,  
I concentrate on all the elements that make you *You* to help you enhance  
your emotional and mental wellbeing.**

**There are no assessments or labels within the holistic model,  
just a gentle process of bringing awareness to conscious  
and unconscious habits and behaviours, allowing space for  
you to find your own inner resources and strengths.**

**NO REFERRAL OR MENTAL HEALTH PLAN REQUIRED**

**For compassionate and confidential support go to [www.soulholisticcounselling.com.au](http://www.soulholisticcounselling.com.au).**

- Grief and loss
- Anxiety and depression
- Stress and burnout
- Difficult decision making
- Communication and relationship issues
- Emotional struggles and low self esteem

**For compassionate and confidential support go to [www.soulholisticcounselling.com.au](http://www.soulholisticcounselling.com.au) for  
easy bookings or contact -Dani at [dani.soulcounselling@gmail.com](mailto:dani.soulcounselling@gmail.com) for more informal**

# June Birthdays

In June, we celebrate birthdays with:

- **13<sup>th</sup> Anthony Connor**
- **14<sup>th</sup> Les Fly**
- **15<sup>th</sup> Dulcie Martin**



Marilyn Monroe, Actress, 1<sup>st</sup> June 1926

Morgan Freeman, Actor, 1<sup>st</sup> June 1937

Johnny Depp, Actor, 9<sup>th</sup> June 1963

Judy Garland, Actress, 10<sup>th</sup> June 1922

Prince Philip, Duke of Edinburgh, 10<sup>th</sup> June 1921

Donald Trump, Former President, 14<sup>th</sup> June 1946

Boris Johnson, Prime Minister, 19<sup>th</sup> June 1964

Nicole Kidman, Actress, 20<sup>th</sup> June 1967

Elon Musk, Entrepreneur, 28<sup>th</sup> June 1971

Mike Tyson, Boxer, 30<sup>th</sup> June 1966

## **Gemini (May 21 – Jun 20)**

Geminis love to learn, and they never stop wondering about the unexplained.

## **Cancer (June 21 – July 22)**

Cancer personalities are very emotional and sensitive, and care deeply about matters of the family and their home.

## **Summer Solstice at Stonehenge**

The Summer Solstice, the longest day of the year, is celebrated in June in the UK. At Stonehenge, crowds gather to watch the sunrise at one of England's most mysterious monuments. How did ancient people move 40-ton stones over many miles before the development of wheels? How did they erect them upright in well-engineered stone circles? Are human remains buried there or in the

WOW!



## **A Better Visit - Dementia Information for Family and Friends**

The aim of this session is to provide family and friends of those living with dementia, the information and facts they need about dementia to enable them to engage in a better visit.

**You will gain knowledge in:**

- Information and facts about dementia, including effective ways to engage with people with dementia.
- How to have a better visit with a family member or friend by appreciating strengths and abilities.
- Practical support strategies including the use of the A Better Visit app and an introduction to Dementia Australia's services and support.



**Suitable for:**

Family and friends of people living with dementia.

**When:**

8th June 2022  
6pm-7pm, 1 hour

**Where:**

Navorina Nursing Home  
5-9 Macauley Street  
Training Room / Board Room

**Additional information:**

please email [training@navorina.com.au](mailto:training@navorina.com.au) or call 03 58813944 and ask for Nat to book

Call **1300 DEMENTIA** (1300 336 368)

Find us online [dementialearning.org.au](https://dementialearning.org.au)



For language assistance  
call **131450**

# Noticeboard



## NEW RESIDENTS

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A very warm welcome to:

- **John Jarratt**
- **Dorothy Jenkins**
- **Charles Phippen**

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 month!

- **Debbie Small**
- **Claudia Reeb**
- **Debbie Mitchell**

We hope that you enjoy your time here!

## IN MEMORIAM

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Death leaves a heartache no one can heal; love leaves a memory no one can steal – In loving memory of

- **Janet Buckley**
  - **Peg Bull**
  - **Jessie Beer**
- Sympathy to the families**

## CONTINUOUS IMPROVEMENT

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

**There are feedback 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.**

## 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 items to Lifestyle staff or email us anytime –  
[activiites@navorina.com.au](mailto:activiites@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 energy.

## **CAFÉ OUTING**

We have an outing to a local Café each Wednesday at 10am – assisted by volunteers. **If any family or community members would like to volunteer to assist in wheelchair pushing please contact Lifestyle staff.**

## **Reminder**

This is a general reminder on bringing in home cooked meals into Navorina for our residents and the guidelines we need to follow for this to be safe practice. We understand there is nothing better than a lovely hot soup or home cooked meal on a winters day but when bringing in these foods to Navorina we need to remember that they cannot be bought in and then left in rooms for a long period of time. So, for a quick reference we are sending out a general reminder in dot point form on things to follow.

1. All things bought in need to be signed in, in reception prior to making its way to a resident.
2. Packaged food such as biscuits and chips can be bought in and kept in residents room fridges/ cupboards if they are labelled and dated of when bought in.
3. **HOT FOOD:**
  - Hot food needs to be cooked and given to resident on the same day. (This means cooked at home and bought in all on the same day)
  - Hot food that has been bought in must be consumed on the same day as being bought in.
  - Frozen hot food can be kept on site at Navorina in our freezer if it is dated and labelled and frozen prior to being bought in
  - Any hot food that is in a resident's room that is not labelled or dated will be disposed of by nursing staff as they are unaware of how long it has been there.

We have these rules in place, to keep help residents healthy and free from gastroenteritis infections.

# Laughing Matters



## The Engagement

A young woman brings her fiancé to dinner with her parents. After dinner, her mother tells her father to find out about the young man. The father invites the young man to his study for a drink.

“So, what are your plans?” the father asks the young man. “I am a religious scholar,” he replies.

“A religious scholar. Hmm,” the father says. “Admirable, but what will you do to provide a nice house for my daughter to live in as she’s accustomed to?”

“I will study,” the young man replies. “And God will provide for us.”

“And how will you buy her a beautiful engagement ring such as she deserves?” asks the father.

“I will concentrate on my studies,” the young man replies. “And God will provide for us.”

“And children?” asks the father. “How will you support children?”

“Don’t worry, sir, God will provide,” replies the fiancée.

The conversation proceeds like this, and each time the father questions, the young idealist insists that God will provide.

Later, the mother asks: “How did it go, honey?”

The father answers: “He has no job and no plans, but the good news is he thinks I’m God.”

## One-Liners

My teacher accused me of plagiarism. His words, not mine.

I find apologizing for not having cleaned is easier than cleaning.

Keep your eyes wide open before marriage and half shut afterwards.

# Spotlight



## Jess Brain

I am a new graduate nurse, I graduated in April 2021. Covid made studying nursing a different experience in Melbourne. Nursing had always been a goal of mine since I was a young kid, with seeing my brother very sick. I wanted to be a nurse in the rural setting as when I was younger living in Darwin and other cities and seeing the medical disadvantages that some people faced. I am aiming to get my bachelor's in nursing and eventually become a palliative care nurse.

## Word Search

### MARINE WORD SEARCH



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

Mollusc

Octopus

Organism

Tropical

Ossification

Crustacean

Tortoise

Saltwater

Scavengers

Oceanic

Jellyfish

Stingray

Wetlands

Fossil

Thermal

Urchins

Sardine

Coral

Gills

Seaweed