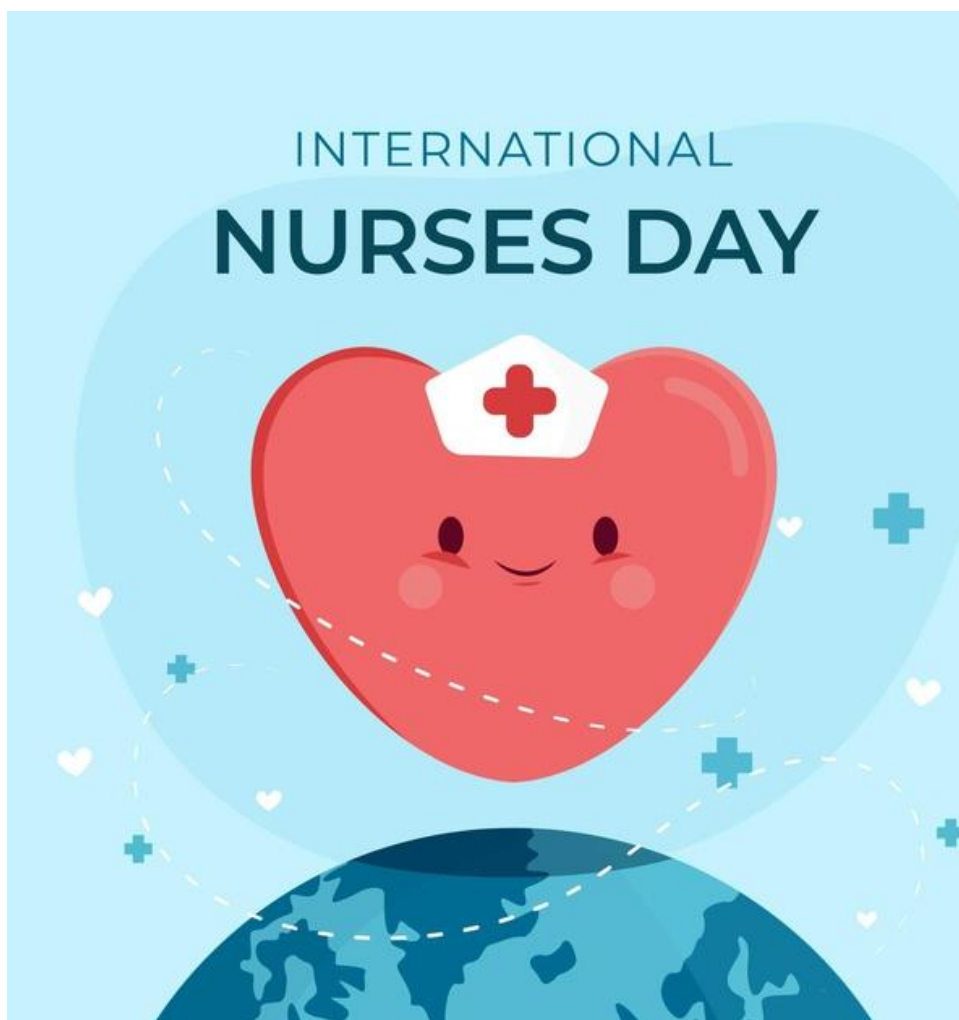


NEWSLETTER

May 2022

Navorina Aged Care Facility
5 Macauley St Deniliquin 58813944

INTERNATIONAL NURSES DAY



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A Word from The Kitchen

I am in the process of putting together our new winter menu. We will have more homemade soups such as pumpkin, country vegetable, chicken and sweetcorn, beef broth, minestrone plus heaps of hearty winter dishes like casseroles and stews. We will



continue to have our roasts on Wednesday and Sundays and fish and chips on Fridays. We are always on the lookout for new dishes and recipes that residents enjoy or love making, to put on our menu. We are encouraging residents to engage in helping with food prep in some areas and making their own soups and various baked goods in our kitchenettes with the aid of our lovely server and lifestyle staff. We will also be trialing a hot buffet breakfast once a week now that the winter months are upon us. Whilst this runs, we will have items such as bacon, poached eggs, grilled tomato, and hashbrowns, but we will also continue to have our continental breakfast option available. We have welcomed a new chef, Jaspreet, to our Nav family and she is fitting in quite nicely.

Within the month of May stands Mother's Day, which we will celebrate with a high tea on the Thursday prior and sugar cookies made with love and a sweet message on Sunday

Amarlia

May Trivia

The Month of May.
May is named for
the Roman
goddess Maia, who
oversaw the growth
of plants.

Zodiac signs:
Taurus & Gemini
Birthstone:
Emerald
Flower: **Lily of the
Valley**

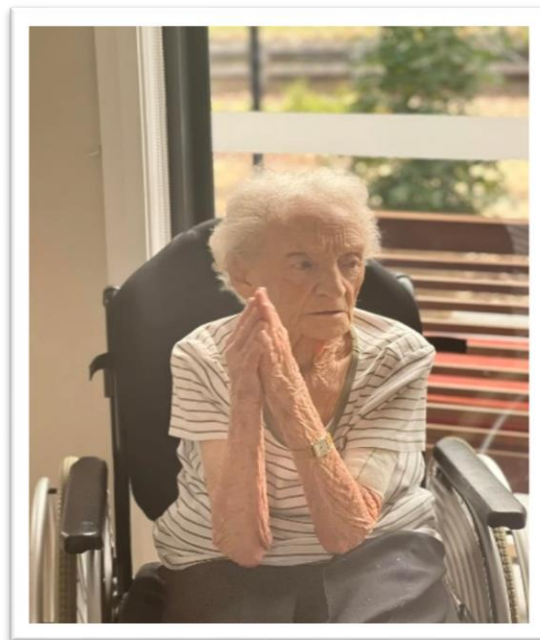
Quote of the Day

*Act as if
what you do
makes a
difference. It
Does.*

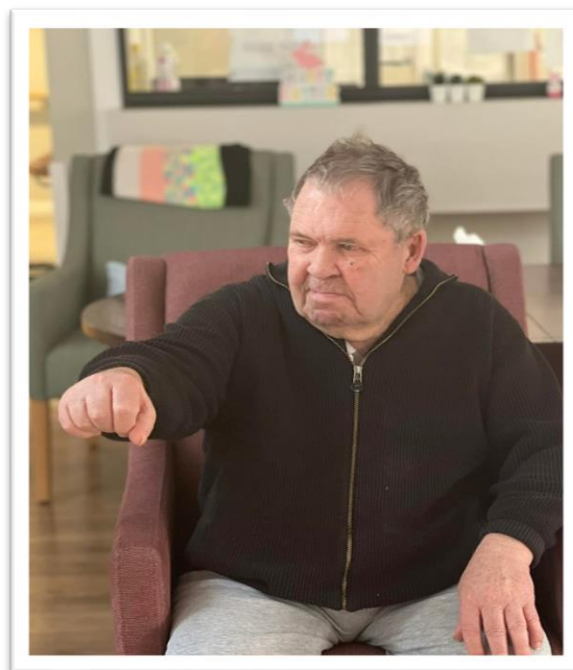
– William James

Month in Review

Connie enjoying the exercise sessions.



Betty enjoying craft afternoon



Kevin joining in the exercise session

Month in Review



George and Kevin Fishing



ANZAC craft session



George with his catch



Bingo!!!



Lesley Hills – The Laughter Lady



Bruce out and about

Upcoming Events

Mother's Day High Tea

Thursday 5th of May

Resident's Meeting

Monday 23rd of May 10am, Activity room

Sunday Entertainment

15th & 29th May at 2pm with Michael McKeon

Armchair Travel

Thursday 26th May – Italy



Regular Events

Happy Hour every Friday 2:30 -3:30pm

Catholic Service 4th Friday of the month 10:30 am

Hairdresser every Tuesday from 1:30 pm

Men's Group every Monday at 2pm

Bingo! Every Tuesday & Thursday at 10:30am

Special Days

4th Space Day

5th Cinco de Mayo

9th Migratory Bird Day

9th Mother's Day

12th Intl. Nurses Day

22nd Cannes Film Festival

22nd Biological Diversity Day

23rd World Turtle Day

21st Memorial Day





May Birthdays

In May, we celebrate birthdays with:

- 10th May Mary Fisicaro
- 12th May Ron Lever
- 17th May Jeanette Wharton
- 29th May Erane Poka



Glenn Ford, Actor, 1st May 1916
Bing Crosby, Singer, 2nd May 1904
Lesley Gore, Singer, 2nd May 1946
Audrey Hepburn, Actress, 4th May 1929
Karl Marx, Philosopher, 5th May 1818
Sigmund Freud, Psychiatrist, 6th May 1856
Orson Welles, Actor, 6th May 1915
Stevie Wonder, Singer, 13th May 1950
Peggy Lee, Singer, 26th May 1920
Clint Eastwood, Actor, 31st May 1930

Pisces (Apr 20 – May 20)

Taureans are dependable, logical, and overall peaceful beings

Gemini (May 21 – Jun 20)

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

WOW!

Product Birthday Spotlight: Barbie Doll

On May 9, 1958, Mattel's Barbie doll was registered. The Barbie doll was invented in 1959 by Ruth Handler (co-founder of Mattel), whose own daughter was called Barbara.

Poem to Share

The Computer Swallowed Grandma

Anon

The computer swallowed grandma!
Yes, honestly, it's true
She pressed "control and enter"
And disappeared from view.

It devoured her completely
The thought just makes me squirm
She must have caught a "virus"
Or eaten by a worm.

I've searched through the "recycle bin"
And files of every kind
I've even used the "Internet"
But nothing did I find.

In desperation I asked "Jeeves"
My searches to refine
The reply from him was negative
Not a thing was found "online"

So, if inside your "in box"
My grandma you should see
Please "copy" "scan" and "paste" her
And send her back to me

Noticeboard



NEW RESIDENTS

A very warm welcome to:

- **Mrs Hall**
- **Mrs Poka**

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!

Swastika Kandel
Bernardine Cutting
Grace McMahon
Jaspreet

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.

- **Bernice Powell**
- **Jack Moores**

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 feedback forms available from 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?

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 email in your submission
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 Bernadette.

HAIRDRESSER

We have a hairdresser who attends every Tuesday. If you would like an appointment please talk to Lifestyle staff or ask a staff member to write your name down in the hairdressers book.

Face Time

If you would like to book a face time session with your family member please contact Lifestyle staff – 58813944 or email activities@navorina.com.au

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.

Laughter Yoga

Laughter Yoga is held each Tuesday and Thursday at 3:30pm.

Visiting Hours

Visiting hours are between 9am -5pm weekdays RAT to be attended before and test needs to be sighted before entry to the facility. If you require a RAT– test is conducted between 11am-12pm & 4pm - 5pm only. Weekends and Public Holiday visitors are strictly 11am -12pm & 4pm - 5pm.

Laughter Yoga – the Benefits



1. Laughter Releases Endorphins.

Endorphins are chemicals that are released from the brain that quickly reduce stress and physical pain. Some people can trigger endorphins through exercise, yoga, or laughter. Laughing instantly boosts endorphins and, therefore, lowers stress levels.

2. Laughter Reduces Blood Pressure.

One of the most dangerous side effects of too much stress is that it raises your blood pressure to dangerous levels. If laughing reduces stress, then your lowered stress level also lowers your blood pressure.

3. Laughter Helps Fight Depression.

Depression is not a normal part of aging, but it can affect seniors as they transition into a different season of life. But with the release of those endorphins, you can see a decrease in symptoms of depression. Additionally, laughter can help shift focus from those things that are unpleasant and cause feelings of depression or stress. Whilst it may not solve problems, it certainly helps people deal with them differently.

4. Laughter Increases Blood Flow.

When you laugh, you improve the function of your blood vessels, which in turn increases your blood flow. Good blood flow can help protect you from a heart attack or other cardiovascular problems.

5. Laughter Promotes Fitness.

Laughter may not be cardio (however, certain moves make you laugh so much that it feels like it), but laughter still engages almost all of the body's systems, including all muscles and nerves. This engagement boosts energy and makes you want to move more — not to mention, it gives your abdominal muscles a workout!

6. Laughter Boosts Your Immune System.

With better blood flow, lower blood pressure, less stress, and more energy, laughter also boosts the immune system. With regular laughter, some common

illnesses that might land a senior in bed for a few days are fought off with a stronger immune system.

7. Laughter Improves the Memory.

Stress can have a powerful adverse effect on the brain. When the stress hormone cortisol runs wild, it can eat away at short term memory function. With laughter, those stress hormones are reduced, which gives your brain time to repair itself from the damage that cortisol dose.

8. Laughter Can Soothe Tension.

With increased blood flow through laughter also comes better circulation. It stands to reason then that with better circulation, your muscles that are experiencing tension will be adequately soothed. This can lead to less pain and better sleep at night.

9. Laughter Improves lung function.

Laughing is a forced exhalation of air from the lungs. In everyday breathing, we tend to take shallow breaths from the chest, hence only using our lungs to about a third of their actual capacity. Deep belly breaths which engage the **diaphragm and long bouts of laughter help to empty the lungs of residual stale air and in turn fill them fully with oxygen.**

10. Laughter is a social connector.

It's always good to share a laugh with a friend. For the elderly, sometimes isolation creates a feeling of loneliness and sadness. In a group laughter session residents feel connected to each other through eye contact and the shared experience of laughing together.

11. Stimulation of Acupressure points and lymphatic system.

By incorporating tapping and patting techniques into laughter exercises the acupressure points and lymphatic system are stimulated."

Spotlight



Margaret Smith

Margaret Smith has been a valued employee of Navorina for over 26 years. Marg has worked on the floor as a RN and held the position of Director of Nursing for several years, before retiring only to return to Navorina and work as a casual RN. Marg is married to Geoff and has a daughter Jamie & grandson Ethan who both live in Echuca. Marg and Geoff enjoy racing their own racehorses, they live on a small block on the edge of town, where Marg enjoys her garden when she has a day off.

Word Search

NURSES



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

Challenge
 Confident
 Surgical
 Tolerant
 Research

Options
 Creative
 Professional
 Forensic
 Critical

Satisfying
 Technology
 Stressful
 Temperature
 Bandage

Emergency
 Compassionate
 Treatment
 Career
 Caring