

NEWSLETTER

April 2022

Navorina Aged Care Facility 5 MaCauley St Deniliquin



IN THIS ISSUE

A Word from Nicole.....	2
Month in Review	4
Upcoming Events	6
April Birthdays	8
A Poem to Share	9
Noticeboard	10
Laughing Matters	12
Spotlight	13
Word Search	14

A Word From Nicole

With all of the renovations and day to day changes we appreciate your ongoing support and understanding with the navigation maze we have currently at Navorina. We are aware of the impacts on visits to Navorina residents and the upheaval it can cause but while Covid is prevalent in Deniliquin we will continue with the one



visitor per day internal to Navorina. A reminder that wearing a mask while indoors at Navorina is a must. Even if you have had a negative RAT and are fully vaccinated you could be unaware that you have covid. A mask as we learnt during our covid outbreak was the number one protection to our residents and protecting them from spread. We have also had people say to us that they had covid and won't get it again. Unfortunately, this is not correct and you can get covid again. To clarify about visiting hours- we are providing visitors with a RAT that we ask they show on entry to Navorina, and you will be provided with a new RAT for your next visit. If you have attended to your own RAT prior to arriving at Navorina then you can enter anytime of the day Monday to Friday. If you require a RAT then the times of testing by Navorina staff are between 11-12noon and 4-5pm. Weekends all visitors are asked to come between the times 11-12 and 4-5 regardless if you have done a RAT prior or not. For those that have had a RAT they can enter quicker and don't have to wait the 15 minutes for the test. Currently with all of the renovations it is demanding on the weekend staff to come to admin to gown up, do covid screening and also attend to the residents in their care. All that said other options for visits are to make an appointment to have a fence visit at any time or take our residents out for a walk/ family visit. I have been unable to update you all on the renovations internally as we also are not allowed onsite without invitation, but I have recently been informed we will be getting a handover of the new building at the end of the month. They are currently painting the breezeway, and this is why we are detouring visitors through the front loungeroom of Inala Mirradong. I can also inform you that the driveway will soon be concreted. This will have no impact on accessing the front door to admin or our current detour through the Inala Mirradong loungeroom.

NICOLE SMITH

April Trivia

It is thought that the name April comes from the Latin word "to open" and describes the trees opening at springtime.

Zodiac signs: **Aries & Taurus**

Birthstone: **Diamond**

Flower: **Daisy & Sweet Pea**



Quote of the Day

Wisdom has long ears and a short tongue.

– Swedish Proverb



Month in Review

Garden Group

June enjoying time in the garden with Denise Newton. The weather has been beautiful, and residents have been enjoying spending time outdoors.



Exercise Session

Jenny enjoying participating in group exercise session lead by Kay McCabe



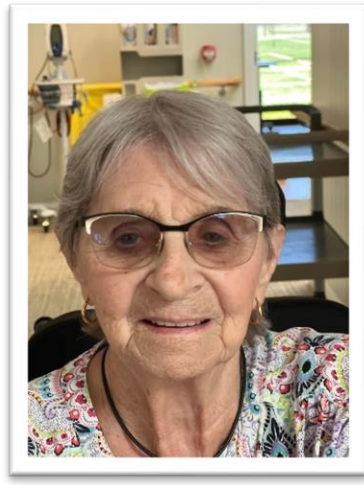
BBQ

Residents enjoyed a BBQ lunch in the garden.

Month in Review



Warren Newton holding weekly Men's group



Tess enjoying sing along



Fay & Betty enjoying the garden



Kay McCabe conducting the exercise session



Vicki Arentz our hairdresser



Chris Wilson entertaining the residents.

Upcoming Events

Anglican Church service

Monday 4th & 18th April at 10am

Resident's Meeting

Monday 25th April at 10am

Catholic Mass

Friday 22nd of April 2:00pm, Recreation Area

Library Service – Books on wheels

Thursday 14th & 28th of April 9:30am

ANZAC DAY

25TH of April

Easter

Good Friday 15th of April, Easter Sunday 17th, Easter Monday 18th.



Special Days

1 st	April Fools' Day
2 nd	Children's Book Day
12 th	Human Space Flight
17 th	Easter
20 th	Brazilian Carnival
21 st	Creativity & Innovation
22 nd	Mother Earth Day
23 rd	Shakespeare's Birthday
23 rd	St. George's Day
23 rd	World Book Day
25 th	ANZAC Day
27 th	Intl. Guide Dog Day
30 th	Arbor Day

Regular Events

Happy Hour every Friday 5pm

Catholic Service every Tuesday 8:45 am

Hairdresser every second Monday from 1:30 pm

Men's Group every second Thursday at 2pm

Bingo! Every Tuesday & Thursday Morning Day at 10:30am



April Birthdays

In April, we celebrate birthdays with:

- **Peg Bull**
- **Joan Knuckey**
- **Stuart Nisbet**
- **Debbie Hattwell**



Marlon Brando, Actor, 3rd April 1924

Eddie Murphy, Actor, 3rd April 1961

Russell Crowe, Actor, 7th April 1964

Jackie Chan, Martial Artist, 7th April 1954

Emma Thompson, Actress, 15th April 1959

Queen Elizabeth II, 21st April 1926

Jack Nicholson, Actor, 22nd April 1937

Barbra Streisand, Singer, 24th April 1942

Al Pacino, Actor, 25th April 1940

Michelle Pfeiffer, Actress, 29th April 1958

Aries (Mar 21 – Apr 20)

Aries are passionate, motivated, and confident leaders. They are bundles of energy & enthusiasm.

Taurus (Apr 21 – May 20)

Taurus are practical and well-grounded. They surround themselves with love & beauty.

WOW!

April in History: April 28, 1770 – The First European Arrives in Australia

English naval explorer James Cook arrived in Botany Bay along the east coast of Australia becoming the first European to do so. His expedition continued northward along the Australian coastline, narrowly avoiding shipwreck on the Great Barrier Reef.

Poem to Share

“Hope” is the thing with feathers

by 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 so many 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 STAFF

A warm welcome also to the people who joined our team in the past few months!

- **Helen Goudie**
- **Shanida Abdul Haudi**
- **Susan Boucher**
- **Jessica Brain**
- **Donna Collin**
- **Harpreet Kaur**
- **Jaspreet Kaur**
- **Simranjeet Kaur**
- **Josie Linter**
- **Jessica Osmond**

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 feedback forms available from 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 or email us anytime.

Thank you!

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.

- **Joy Scott**
- **Patricia Royal**
- **George Terawsky**
- **John McCabe**

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 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 Tuesday. If you would like an appointment please ask a staff member to write your name down in the hairdressers book.



St Patrick's Day 2022



Denise Newton and Monday's gardening group



Lesley Hills- Laughter Yoga

Laughing Matters



The Barber

Barber: "How would you like it, sir?"

Man: "Could you cut it very short on one side and not at all on the other, with a sort of crooked fringe at the front and big tufts pulled out at the back?"

Barber: "Oh dear, I don't think I can manage that, sir"

Man: "Why not? You did it last time!"

The Captain

A pacific cruise liner was passing a small, deserted island and the passengers saw a ragged and bearded man, running up and down the beach waving wildly.

"Who on earth is that?" someone asked the captain.

"I really don't know", he replied "But he certainly enjoys our visits. He carries on like that every time we pass this way!"

The Diamond Ring

The enormous diamond ring a woman wore on a luxury cruise attracted much attention from fellow passengers.

"It's the Beaumont diamond," she told her table companions, "and like the notorious Hope diamond, it carries a terrible curse."

"What's the curse?" they asked.

"Mr. Beaumont," she explained.

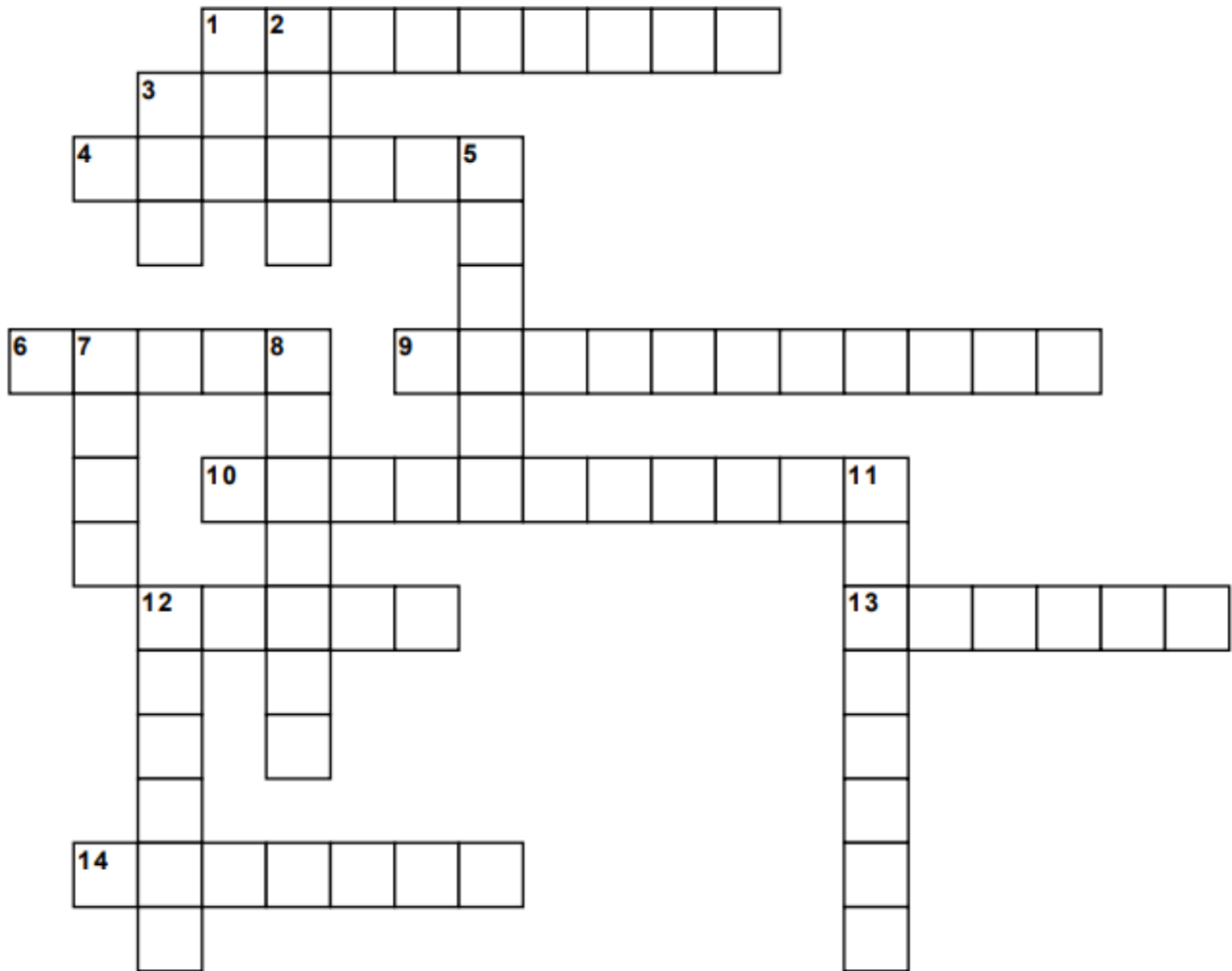
Spotlight



Heather Moodie

Heather Moodie started at Navorina in 1988, working at Navorina for over 34 years. Heather has seen a lot of changes during her time at Navorina. She is married to Paul and they have three children and seven grandchildren; she lives on a small property just outside of Deniliquin. During Heather's spare time she enjoys bike riding, water activities, loves to travel in her Caravan when Covid permits.

Easter



Across

- 1 - Most popular Easter present (9)
- 4 - Traditional Easter hats usually tied with ribbons (7)
- 6 - In 'Alice in Wonderland' what colour is the rabbit with the pocket watch? (5)
- 9 - In the song 'Easter Parade' what street do they walk down? (11)
- 10 - Female star of the film 'Easter Parade'? (11)
- 12 - Another word for 'rabbit' (5)
- 13 - These hatch out of real eggs (5)
- 14 - What do eggs represent at Easter? (3,4)

Down

- 2 - The search for Easter Eggs: Easter Egg (4)
- 3 - A female rabbit (3)
- 5 - What season is Easter associated with? (6)
- 7 - An animal that looks like a rabbit with long ears (4)
- 8 - The date for Easter changes every year because of this (7)
- 11 - Make eggs look pretty (8)
- 12 - Something used to collect Easter eggs (6)

Easter

