

# NEWSLETTER

# September 2025

Navorina Nursing Home 5 Macauley St Deniliquin 58813944



# Editor's Desk



Hello Residents, Families and Friends!

Welcome to our September edition!

Our locked door situation has changed, and we are considering having the internal facility door open and unlocked during business hours. This is currently in its trial period and will be evaluated, all residents are being assessed about the appropriateness of them going out and our environmental restrictive practice is under review.

For those residents residing in Inala/ Chamberlain there are no changes and that unit remains secure.

Please come and see us if you have any concerns or questions.

Congratulations to July staff member of the month Emma Parks & Abbey Wills.

Navorina Nursing Home were a 2025 Finalist - Outstanding Community Organisation. Rotary International took out the award, and we extend our [congratulations](#) to this vital and worthy organisation that provide such support to Navorina.

We are excitedly finalising plans for our capital works to Inala / Mirradong / Chamberlain Wing. An extensive renovation will commence in coming months. We will work carefully with contractors to minimise disruption to our residents in their home.

## COVID OUTBREAK

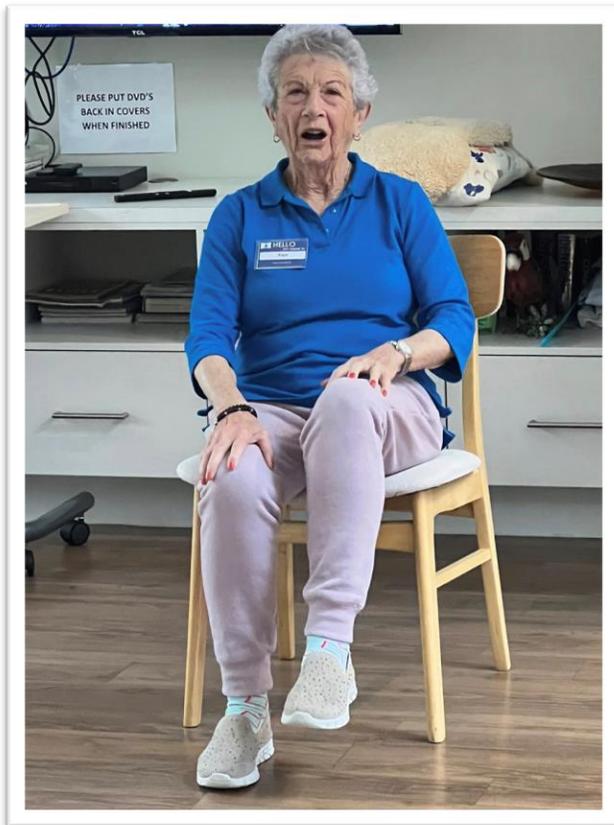
Further to phone contact and Facebook message with resident representatives we currently have residents and staff positive to COVID 19 which has put outbreak management protocols in place. There are currently no restrictions on visiting but we ask that you be vigilant. Mask wearing is mandatory, and RAT testing is required for the 02<sup>nd</sup> daily. There is a RAT testing station set up in the foyer. Please observe this request.

Here's a month filled with learning, laughter, and inspiration!

Warm wishes,

*Bernadette*

# Month in Review



# Month in Review



# Upcoming Events

## Father's Day

Sunday 7<sup>th</sup> of September 12pm Café area

## Resident's Meeting

Monday 8<sup>th</sup> of September 10am, Hunter dining room

## Family Coffee morning

Sunday 7<sup>th</sup> of September 10am -all welcome

## Saturday Entertainment

13<sup>th</sup> September at 2pm – 'Riff'

## AFL Grand final

Saturday 27<sup>th</sup> September BBQ lunch



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# Regular Events

Happy Hour every Friday 2.30pm

Catholic Service Thursday 25<sup>th</sup> at 10am

Hairdresser every Thursday from 9am

Men's Group every Monday at 2pm

Bingo! Every Monday at 2pm & Tuesday at 10am

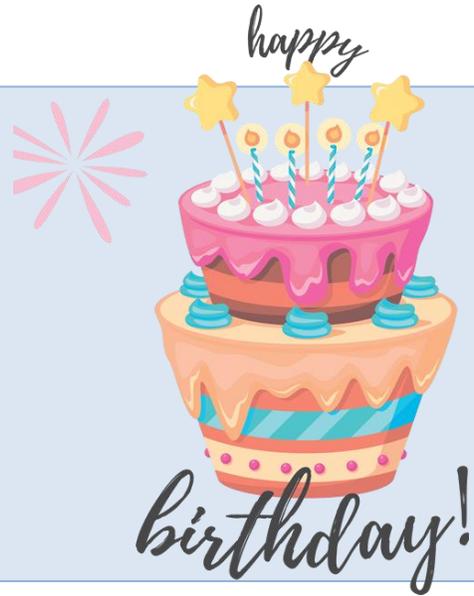
## Special Days

- 1<sup>st</sup> Classical Music Month
- 2<sup>nd</sup> Labor Day (US)
- 7<sup>th</sup> Father's Day (AU & NZ)
- 7<sup>th</sup> Brazilian Independence
- 12<sup>th</sup> Chocolate Day
- 14<sup>th</sup> Assisted Living Week (US)
- 16<sup>th</sup> Mexican Independence
- 19<sup>th</sup> Talk Like a Pirate Day
- 20<sup>st</sup> Oktoberfest
- 21<sup>st</sup> International Peace Day
- 21<sup>st</sup> World Gratitude Day
- 25<sup>th</sup> Comic Book Day (US)
- 28<sup>th</sup> Confucius' Birthday

# September Birthdays

In September, we celebrate birthdays with:

- **Barb Scott**
- **Tess Evans**
- **Jim Barling**



## Gratitude Trivia

- People who regularly express gratitude report better sleep, lower stress, and improved health.
- Writing a thank-you letter (even if not sent) has been shown to increase happiness and life satisfaction.
- Psychologists began formally studying gratitude as a scientific concept in the 1990s, leading to the development of gratitude journals.
- Keeping a gratitude journal for just 5 minutes a day can boost long-term happiness by over 10%.

## Virgo (Aug 22 - Sep 22)

Logical, practical, and systematic in their approach to life. Perfectionists at heart.

## Libra (Sep 23 - Oct 22)

Often considered the nicest and most charming personality in the world!

WOW!

## September in History: A Moment of Gratitude

September 21, 1965 – The first World Gratitude Day was celebrated. Proposed by Sri Chinmoy, a spiritual leader at the United Nations, it began with a simple idea shared during a Thanksgiving dinner in Hawaii: to dedicate one day each year to expressing appreciation. The concept quickly gained support, and today, World Gratitude Day is recognized globally as a reminder to pause, reflect, and give thanks for life's blessings.

# Poem to Share

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## Gratitude

Be grateful for the kindly friends that walk along your way,  
Be grateful for the skies of blue that smile from day to day,  
Be grateful for the health you own, the work you find to do,  
For round about you there are men less fortunate than you.

Be grateful for the growing trees, the roses soon to bloom,  
The tenderness of kindly hearts that shared your days of gloom,  
Be grateful for the morning dew, the grass beneath your feet,  
The soft caresses of your babes and all their laughter sweet.

Acquire the grateful habit, learn to see how blest you are,  
How much there is to gladden life, how little life to mar!  
And what if rain shall fall today and you with grief are sad;  
Be grateful that you can recall the joys that once you had.

- Edgar Albert Guest

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# Noticeboard



## NEW RESIDENTS

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A very warm welcome to:

- Mrs Lenore Peters

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 past month!

- Lizzie
- Suzie

We hope that you enjoy your time here!

## IN MEMORIAM

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To the families and friends of our late residents—may you be comforted by the knowledge that your loved ones are at peace.

- Mrs Naomi Willis

## 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 and the café area. 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 submission to reception or email us anytime.

Thank you!

# Noticeboard



## **LIBRARY SERVICE**

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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**

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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**

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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.

## **SATURDAY ENTERTAINMENT**

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Saturday 13<sup>th</sup> September performing at 2pm –‘Riff.

All families and friends are welcome to attend.

## **NAILS WITH MIKKI**

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Mikki will be here on Thursday 11<sup>th</sup> September from 9am. Please book your appointments with a Lifestyle staff member.

## **FATHER’S DAY**

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Families are welcome to join us for a roast lunch for fathers day, please book in for catering purposes by Monday 1<sup>st</sup> September. Please contact Bernadette 58813944 ext 3 or email [activities@navorina.com.au](mailto:activities@navorina.com.au)

# Laughing Matters



## Let Your Face Laugh

If your face wants to laugh, well let it  
If a smile you can get, well get it  
Never look down, don't wear a frown  
Or everyone will hear all about it.

If you have got quite a lot of trouble  
Don't forget someone else has double  
So just laugh and grow fat and forget it  
If your face wants to laugh, well let it.

## Wife's Warning

A state policeman pulls over a speeding car.  
"I was only going 40!" the driver protests.  
"Not according to my radar." says the policeman.  
"Yes I was!" the man shouts back.  
"No you weren't." the policeman says.  
With that the man's wife leans towards the window and says:  
"Officer, I should warn you not to argue with my husband when he's been drinking".

## Say That Again

A husband is reading a newspaper article to his wife.  
"Women use about 30,000 words to a man 's 15,000 " he reads.  
"That's because we have to repeat everything we say to men," she replies.  
Her husband puts down the paper and says "WHAT?"

## Snake Bite

One snake says to his friend, "I forget — are we poisonous?"  
"Why do you want to know?" he friend replies.  
"Because I just bit my tongue!"

# Spotlight



## Melissa Bromley

Having spent most of my life in Melbourne and holidays on the Murray Riverina, I relocated here permanently a few years ago. A Mum of three now grown lovely children, I've travelled the world though there is no place more beautiful to me than this region. A Registered Nurse with a master's in business administration, my passion is cultivating an aged care system that places each ageing Australian at the centre. True, person-centred, quality, compassionate care. Outside of work, I find balance in my life with distance running, and relish in the solitude of an early morning frosty run before work.

I had the privilege of joining Navorina Nursing Home as Chief Executive Officer in April of 2025. I am so excited to be here, to be working with such an incredible team and what a pleasure it has been to meet and get to know our residents and the broader community of Deniliquin. I look forward to many years of service to Navorina Nursing Home. Thank you for having me.

# Word Search



## GRATITUDE WORD SEARCH

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

Grateful  
Hug  
Encourage  
Compliment  
Patience

Thankful  
Note  
Care  
Listen  
Forgive

Support  
Kindness  
Acknowledge  
Help  
Thank You

Smile  
Praise  
Respect  
Appreciate  
Blessings