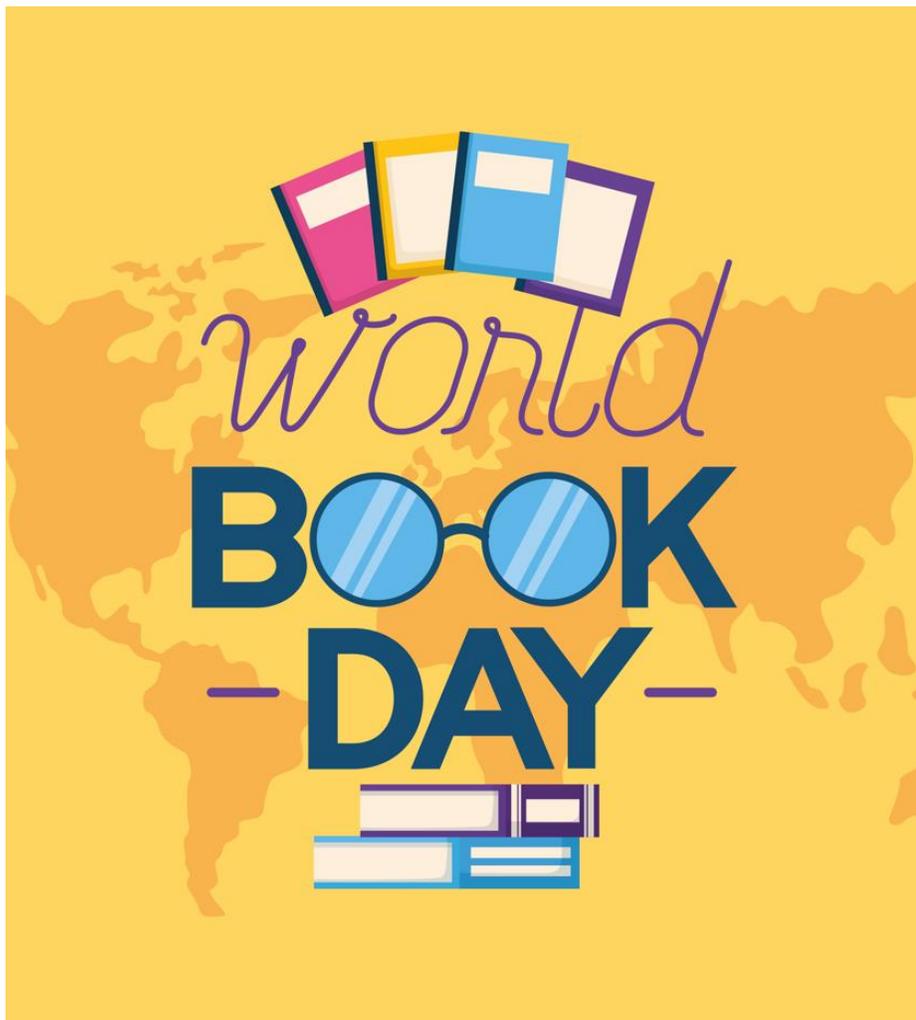


NEWSLETTER

April 2025

Navorina Nursing home activities@navorina.com.au



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Editor's Desk



Hello Residents, Families and Friends!

Welcome to April! This month is filled with opportunities for joy, learning, and creativity. Easter reminds us of renewal, hope, and togetherness, bringing light to the season.

World Book Day encourages us to celebrate the magic of storytelling, and the wisdom found in books reminds us that every page holds the power to transport us to new worlds.

April is also home to World Creativity and Innovation Week, a time to embrace fresh ideas, think outside the box, and explore new possibilities.

Whether you're enjoying a favorite book, trying your hand at something creative, or sharing laughter with loved ones, let's make this month one of inspiration, curiosity, and discovery!

Case conferences have commenced with Residents and their Representatives. Did you know that you can request a Care Plan at any time? Please speak with Clinical Care Manager Michael if you require further information.

We have recently hired a gardener Andrew Ash who is doing an amazing job keeping our lawns and gardens looking good. Thank you, Andrew, for all your hard work, the outdoor areas look amazing.

Reminder -Please remember to sign in to Zipline on all visits to Navorina.

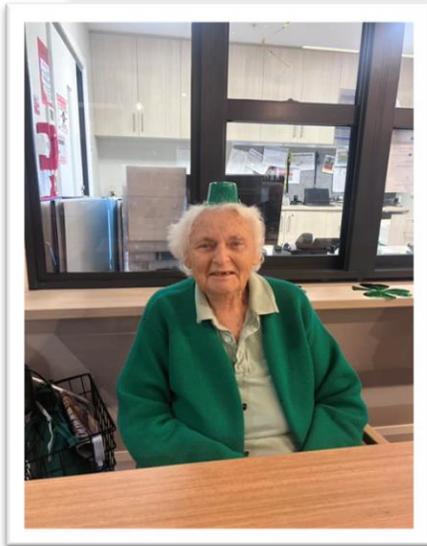
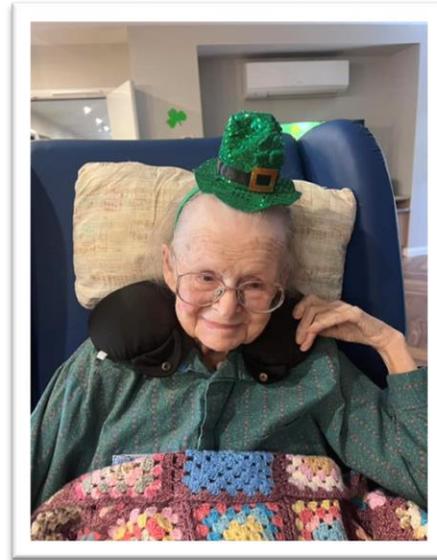
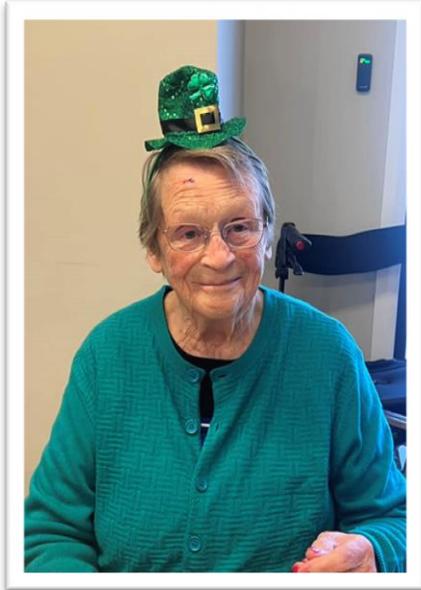
Invitation to join the consumer advisory body have been emailed/sent out. Navorina needs people like you. Members from all backgrounds are welcome to join; diversity means that all consumers are represented. Being a representative of the consumer advisory body can help fix problems and improve your care. It is a way you can talk about care and service quality with others and share this with Navorina governing board, please return your response soon. Next Consumer Advisory Body meeting is Monday 28th April at 2pm.

Bernadette

What We've Been Up to Lately



Life in Our Community



Upcoming Events

Resident's Meeting

Tuesday 15th of April 2:00pm

ANZAC Service

24th April 2025 at 3.30pm

Consumer Advisory Body

Monday 28th at 2pm, Jim Small Board Room

International dance day -ABBA theme day

Tuesday 29th April



Special Days

- 1st April Fools' Day
- 2nd Children's Book Day
- 12th Human Space Flight
- 15th World Art Day
- 15th Creativity & Innovation Week
- 20th Easter
- 22nd Mother Earth Day
- 23rd Shakespeare's Bday
- 23rd World Book Day
- 23rd St George's Day
- 25th Anzac Day
- 26th Arbor Day
- 29th Intl. Dance Day
- 30th Guide Dog Day

Regular Events

Happy Hour Every Friday 2pm

Catholic Service last Thursday of the month 10am

Hairdresser every Thursday from 9am

Men's Group Monday at 2pm

Bingo! Every Tuesday & Friday at 10am

April Birthdays

In April, we celebrate birthdays with:

- **Debbie Hattwell**
- **Gwen De-Merlo**
- **Joan Knuckey**
- **Pam Hooker**
- **Marsh Marsh**
- **Joan Gamble**
- **Robin Maver**
- **Des Clancy**
- **James marks**



April Trivia

- The Hubble Space Telescope was launched on April 24, 1990, revolutionizing our understanding of the universe.
- The first modern Olympics opened in Athens on April 6, 1896, reviving the ancient tradition of international competition.
- On April 12, 1961, Yuri Gagarin became the first human to travel into space, marking a milestone in exploration.
- The famous novel "The Great Gatsby" by F. Scott Fitzgerald was published on April 10, 1925.

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.

Poem to Share

The Garden

By Ralph Waldo Emerson

The garden is the place I go,
To let my heart and spirit grow.
Amidst the flowers, soft and bright,
I find my peace, my soul's delight.

The buzzing bees, the singing birds,
Speak nature's love without mere words.
Each leaf and petal, green and fair,
Whispers joy beyond compares.

The garden's beauty, calm and deep,
Lulls my worries fast asleep.
For in this haven, pure and free,
The world and I find harmony.

Noticeboard



NEW RESIDENTS

A very warm welcome to:

- Mr Greg Gamble

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 few months!

- Andrew Ash
- Kelsey Hislop
- Abby Whitehorn
- Lisa Poka
- Brooke Daniels
- Roshni Gutung
- Mandi Douglas

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.

- Mrs Una Lehman

CONTINUOUS IMPROVEMENT

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

There are feedback forms available in 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.

GARDENING COMMITTEE

It takes a village to make our community's gardens grow. We're currently welcoming members to our Gardening group.

The Gardening Group will help with garden planning as well as with tasks like gardening, potting, and harvesting.

Residents and family members are welcome to be a part. Green thumbs aren't required, just a desire to help our community look (and smell) beautiful.

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.

HAIRDRESSER

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

PODCASTS AND AUDIO BOOKS

Curious about what all the buzz is about when it comes to podcasts? Wish you could try out audiobooks? Let us help! Talk to an Lifestyle staff member to learn more about apps you can use for free.

FISHING CLUB

We are looking for family or Community members who would like to help out with our fishing club. For more information please call Navorina and talk to Bernadette 58813944 or email activities@navorina.com.au

LET'S GO FLY A KITE

April is the perfect month to fly a kite...or to make one. Join us for any of our kite-flying and kite-making activities this month with John.

Laughing Matters



The Parking Lot

A routine police patrol was passing outside a bar in Fort Worth, Texas when the officer saw a very drunk man looking for his car in the car park. He kept watching him while the drunk proceeded to try his keys in 5 different cars and nearly fell over a motorbike.

Meanwhile the bar patrons started going home while the drunk kept looking for his car. He finally found his car and took a while to open the door. Once inside the car, he attempted to light a cigarette 6 times.

By now the car park was empty and the police patrol decided to go and talk to the drunk before he started the car. He approached the car and said to the man: 'You know, sir, you are not allowed to drive under the influence!'

'Driving under the influence? Me?' said the man brightly and sounding very sober.

'I doubt it very much Officer; I'm just the designated decoy!'

Survival of the fittest

Two lawyers walking through the woods spotted a vicious-looking bear.

The first lawyer immediately opened his briefcase, pulled out a pair of sneakers and started putting them on.

The second lawyer looked at him and said, "You're crazy! You'll never be able to outrun that bear!"

"I don't have to," the first lawyer replied. "I only have to outrun you."

Spotlight



Kelsey Hislop

I'm Kelsey, a 23-year-old new grad registered nurse who recently graduated from my Bachelor of Nursing at CSU. I am also a mother to a lovely little 6-month-old, Mallory.

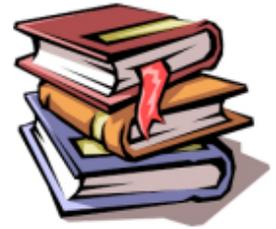
I grew up on my family's dairy farm between Deniliquin and Blighty; I then moved away for a few years to study but came back to Deni in 2024 to work at Navorina!

I was an AIN here at Navorina for 6 months, before going on maternity leave. In February I returned to Navorina to begin my role as a new graduate registered nurse, and I am absolutely loving it!

When I'm not looking after the beautiful residents here at Nav, I'm out spectating a good weekend game of footy for the Mighty Blighty Redeyes! My favourite thing about living in Deni is the beautiful community that surrounds it. People getting around one another, lending helping hands and leading initiatives to keep our community thriving and flourishing! I really couldn't think of a better place to be.

Word Search

BOOK TITLES



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

Metamorphosis
Dracula
Disgrace
Ulysses
Pollyanna

Heidi
Ivanhoe
Rebecca
Cinderella
Persuasion

Middlemarch
Pygmalion
Steppenwolf
Frankenstein
Atonement

Emma
Lolita
Carrie
Matilda
Faust