

Navorina News

August 2025

Navorina Nursing Home 5 Macauly St Deniliquin NSW 58813944



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Editor's Desk

Hello Residents, Families and Friends!

Welcome to August! This month brings a joyful mix of celebrations - from honoring our loyal companions on Cat Day and Dog Day and the uniqueness of Left-Handers.



Most dear to us is Senior Citizens Day, a heartfelt reminder of the wisdom, strength, and stories our elders offer. August is a time to celebrate identity, connection, and life's many paths.

Congratulations to EEN Carly Valentine June staff member of the month. Staff members have nominated Carly as she is always kind towards all staff & residents, she is always willing to go the extra mile for our residents to ensure they receive the best care possible. Carly is willing to help with whatever needs doing, nothing's a problem.

Final reminder for Resident/Relative Surveys, we have not received many responses, please complete the survey to have your say and return it to Skye ASAP.

Reminder to Family and Friends, Thursday Big Breakfast 8am – All welcome to join us for breakfast or drop in for a coffee.

Warm regards,

Bernadette

Month in Review



Month in Review



Upcoming Events

Entertainment 'Gedupndans'

Saturday August 2nd at 2pm

Resident's Meeting

Monday 11th August 10am

Consumer Advisory Body

Monday 25th August at 2pm

Armchair Travel to India

Friday 15th August



Regular Events

Happy Hour Every Friday 2.30pm

Catholic Service Thursday 28th at 10am

Hairdresser every Thursday from 9am

Men's Group every Monday at 2pm

Bingo! Every Monday at 2pm & Tuesday 10.30am

Nails with Mikki 8th August

Special Days

1st Horses' Birthday

2nd Forgiveness Day

2nd Beer Day

8th Cat Day

9th World Indigenous Day

12th International Youth Day

13th Left-Handers Day

15th Indian Independence Day

15th Lighthouse Weekend

21st Senior Citizen's Day

22nd Daffodil Day

August Birthdays

In August, we celebrate birthdays with:

Veronica Day

Stan Lumbar

Merle Morris

Lenore Peters



August Trivia:

- The First IBM Personal Computer was released on August 12, 1981, revolutionizing how we interact with technology.
- The Panama Canal officially opened on August 15, 1914, drastically shortening maritime travel between the Atlantic and Pacific Oceans.
- Lucille Ball, one of America's most beloved comedians and stars of I Love Lucy, was born on August 6, 1911.

Leo (July 22 -August 21)

Lovable Leos are famously known for their exuberance, loyalty and self-confidence.

Virgo (Aug 22 – Sep 22)

Virgos are logical, practical, and systematic in their approach to life. They are perfectionists at heart.

WOW!

August in History: Penicillin's Mass Production Begins

In August 1943, penicillin—the antibiotic that would go on to save millions of lives—began mass production for use in World War II. Though discovered earlier by Alexander Fleming, it wasn't until the early 1940s that scientists learned to produce it on a large scale. This life-saving antibiotic went on to change the course of healthcare and save countless lives.

A Poem to Share

A Psalm of Life (Excerpt)

By Henry Wadsworth Longfellow

Tell me not, in mournful numbers,
"Life is but an empty dream!"
For the soul is dead that slumbers,
And things are not what they seem.

Life is real! Life is earnest!
And the grave is not its goal;
Dust thou art, to dust returnest,
Was not spoken of the soul.

Let us, then, be up and doing,
With a heart for any fate.
Still achieving, still pursuing,
Learn to labor and to wait.
Through years that pass, and memories stay,
In love's pure light, we find our way.
A dog's love is a timeless song,
A faithful heart, where we belong.

Noticeboard



NEW RESIDENTS

A very warm welcome to:

- Lenore Peters

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!

- Agency RN's Shivani & Anu

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.

- Mr. Des Clancy

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 / CI forms available in the front foyer front or café area or just 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 reception or email us anytime.

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.

HAIRDRESSER

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.

NAILS WITH MIKKI

Mannicures and Gel nails by appointment with Mikki. This is a paid service, which is the responsibility of the resident and / or family. Please contact lifestyle for appointment.

CULTURAL CELEBRATION

In the month of August we celebrate Indian Independence Day. Watch your calendar for related activities in the recreation room.

FAMILY BREAKFAST

Each Thursday morning at 8am, we have a family breakfast. All family and friends are welcome to attend for bacon & eggs and / or a coffee.

Laughing Matters



Sherlock & Watson Go Camping

Sherlock Holmes and Dr. Watson went camping.

They pitched their tent under the stars and went to sleep.

Sometime in the middle of the night, Holmes woke Watson up and said: “Watson, look up at the stars, and tell me what you see.”

Watson replied: “I see millions and millions of stars.”

Holmes said: “And what do you deduce from that?”

Watson replied: “Astronomically, it tells me there are millions of galaxies and potentially billions of planets. Astrologically, it tells me that Saturn is in Leo. Theologically, it tells me that God is great and we are small and insignificant. Horologically, it tells me that it’s about 3 AM. Meteorologically, it tells me that we will have a beautiful day tomorrow. What does it tell you, Holmes?”

Holmes said: “It tells me that somebody stole our tent.”

Team Spirit

At one point during a soccer game, the coach says to one of his young players, “Do you understand what cooperation is? What a team is?” The little boy nods yes.

“Do you understand that what matters is whether we win together as a team?” The little boy nods yes.

“So,” the coach continued, “when a strike is called, or you are out, you don’t argue or curse or attack the umpire. Do you understand all that?” Again, the boy nods.

“Good,” said the coach. “Now go and explain it to your mother.”

Spotlight



Julie Anne Kelly

My Name is Jules; I settled in Deniliquin in March. My nursing has allowed me to travel all over Australia. I feel lucky to be at Navorina, my most important role is being a grandmother. I love to garden & cook interesting dishes. I have a horse named Teddy who I love to ride.

Word Search

FORGIVENESS



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

Forgiveness
Acceptance
Patience
Restraint
Honesty

Love
Let It Go
Tolerance
Regret
Integrity

Kindness
Compassion
Resilience
Friendship
Virtues

Forget
Sorry
Strength
Family
Morals