

# Navorina News

## May 2025

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*Happy Mother's Day*

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# Editor's Desk

Hello Residents, Families and Friends,

Welcome to the beautiful month of May!

This month is packed with fascinating celebrations and moments of appreciation. National Train Day reminds us of the power of travel and connection, honoring the incredible history of railroads.



Mother's Day gives us a chance to express gratitude for the love and wisdom of mothers and mother figures.

## **WINTER PREPAREDNESS**

As winter approaches, it is recommended to increase vaccination rates in residential aged care homes for COVID-19 and influenza to the highest level possible. Older age is one of the biggest risk factors for serious illness from COVID-19 or influenza. Regular vaccination is the best way to reduce the risk of getting seriously ill, needing hospital care or even dying from these diseases.

### **Aged care vaccination rates**

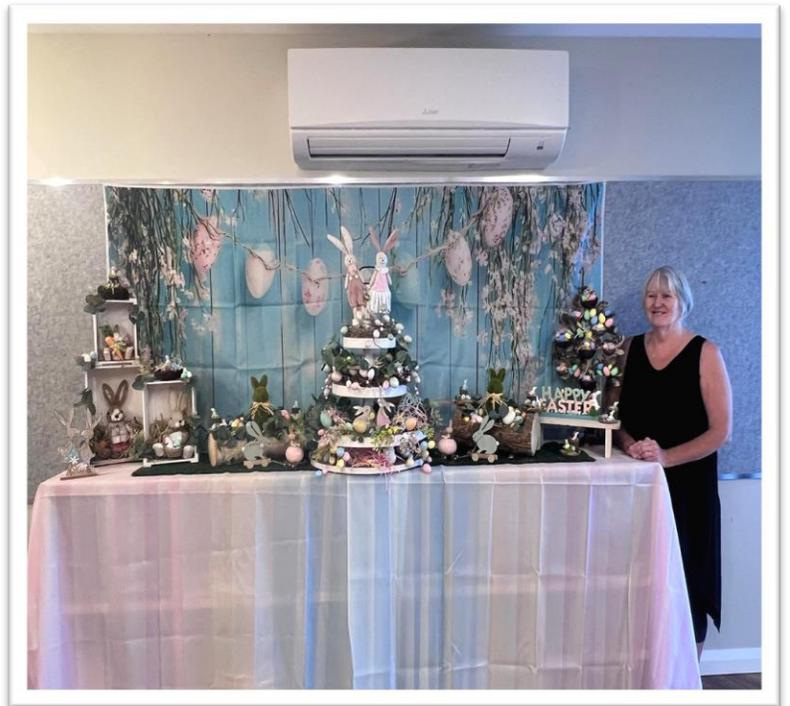
COVID-19 vaccination rates in residential aged care are relatively low, with 45.8% of aged care residents over 75 years of age having received a COVID-19 vaccination in the past 6 months. The Australian Technical Advisory Group on Immunisation (ATAGI) recommends people over the age of 75 receive a COVID-19 vaccination every 6 months. Consent is now being gained from residents NOK for Influenza and Covid vaccinations.

**Laundry News** - We have a lot of unlabeled clothing in the laundry. Please call in and see if any items of clothing belong to your loved one. If they are not claimed they will be taken to the op shop.

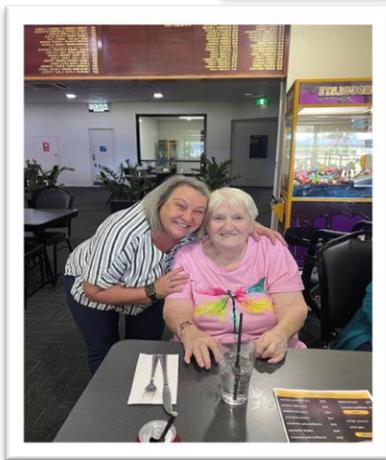
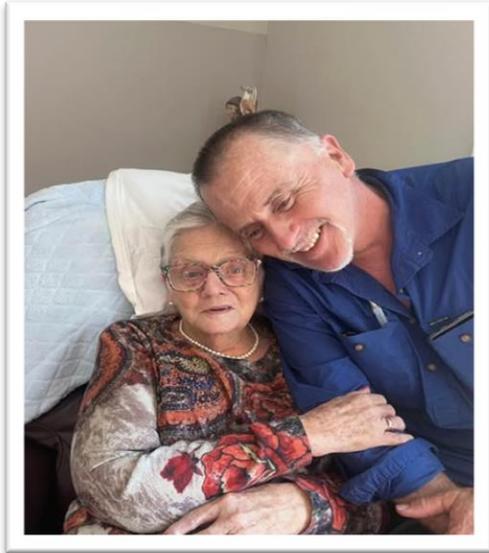
Warm wishes,

*Bernadette*

# Month in Review



# Month in Review



# Upcoming Events

## Mother's Day

Sunday 11th of May

## Resident's Meeting

Tuesday 20<sup>th</sup> May at 2.30pm – all welcome

## Three River's opening ceremony

Monday 5th of May 3:00pm



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# Regular Events

Happy Hour every Friday 2.30pm

Catholic Service Mass last Thursday of the month

Hairdresser every Thursday from 9am

Men's Group every Monday at 2pm

Bingo! Every Tuesday & Friday at 10am

## Special Days

- 4<sup>th</sup> Space Day
- 5<sup>th</sup> Cinco de Mayo
- 8<sup>th</sup> Victory in Europe Day
- 10<sup>th</sup> Train Day
- 10<sup>th</sup> Migratory Bird Day
- 11<sup>th</sup> Mother's Day
- 11<sup>th</sup> Skilled Nursing Week
- 12<sup>th</sup> Intl. Nurses Day
- 17<sup>th</sup> Eurovision
- 20<sup>th</sup> World Bee Day
- 20<sup>th</sup> Cannes Film Festival
- 22<sup>nd</sup> Biological Diversity Day
- 23<sup>rd</sup> World Turtle Day
- 24<sup>th</sup> Scavenger Hunt Day
- 26<sup>th</sup> Memorial Day

# May Birthdays

In May, we celebrate birthdays with:

- **Owen Tubb**
- **Barb Summers**
- **Lorna Breen**
- **Jenny Wharton**
- **Andrew Gibson**
- **Dianne Farrant**



## 🧐 May Trivia

📌 The Eiffel Tower officially opened to the public on May 6, 1889. It was intended to be temporary but has become one of the most iconic landmarks in the world!

📌 The first-ever postage stamp, the “Penny Black,” was issued in May 1840 in Great Britain.

📌 The Golden Gate Bridge in San Francisco, California, opened on May 27, 1937. At the time, it was the longest suspension bridge in the world!

### **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

# Poem to Share

## The Road Ahead

Anon

Life is a journey, a winding road,  
With stories untold and dreams to hold.  
Each step we take, both small and grand,  
Shapes our path, like waves on sand.

No road is straight, nor always bright,  
But hope will shine like morning light.  
With kindness shared and love so true,  
The road ahead brings joys anew.

So, walk with faith, embrace the day,  
Let laughter guide you on your way.

# Noticeboard



## NEW STAFF

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A warm welcome also goes to the people who joined our team in the past month!

- Carly- EEN
- Casey -AIN
- Shalbe -Hospitality
- Robyn -Agency RN

We hope that you enjoy your time here!

## 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 outside the Recreation Room. 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.

## MOTHERS DAY

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Let's Celebrate Our Mother's - All families and friends are invited to join us for lunch on Sunday May 11<sup>th</sup> for Mother's Day. Please RSVP by the 5<sup>th</sup> of May for catering purposes – no WALK ins on the day.

## 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 Lifestyle staff or email us anytime [activities@navorina.com.au](mailto:activities@navorina.com.au)

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.

## THREE RIVERS OPENING

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Three rivers opening ceremony will be held on May 5<sup>th</sup> at 3pm.

## TOWN BAND

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The Edward River Brass band will be performing at Navorina on Thursday 1<sup>st</sup> May at 10am- all families and friends are welcome to attend.

## INTERNATIONAL NURSES DAY

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We celebrate International Nurses Day on May 12<sup>th</sup>. Please don't forget to thank a nurse on that day.

# DENILIQUIN FILM SOCIETY

@ DENILIQUIN TOWN HALL

CLASSICS OLD AND NEW

11 April

The Princess  
Bride (1987) (PG)



12 September

The Breakfast  
Club (1985) (M)

9 May

Rear Window  
(1954) (PG)



10 October

The 100 Year Old Man  
Who Climbed Out the  
Window (2013) (M)

13 June

The Home Song  
Stories (2007) (M)



14 November

The Rocky Horror  
Picture Show (1975) (M)

11 July

Gurumul  
(2017) (PG)



12 December

Memoir of a  
Snail (2024) (M)

8 August

Gaslight  
(1944) (PG)



Entry by membership

12-months \$50 / 6-months \$30 /

3-months \$20 / Teens 1/2 price

Join [denifilms.tidyhq.com](http://denifilms.tidyhq.com)

Second Friday of month, 6.30 for 7pm start

[deniliquinfilmsociety@gmail.com](mailto:deniliquinfilmsociety@gmail.com)



Member of the FVFS  
Sponsored by Edward  
River Council and  
South West Arts

# Laughing Matters



## Dinner at Grandma's

Everyone was seated around the table as the food was being served. When little Johnny received his plate, he started eating straight away.

"Johnny, wait until we've said our prayer," his mother reminded him. "I don't have to." – the little boy replied.

"Of course you do." – his mother insisted. "We say a prayer before eating at our house."

"That's at our house," Johnny explained, "but this is Grandma's house and she knows how to cook."

## Lost & Found

A teenager lost his contact lens in the garden and after a fruitless search, he told his mother it was nowhere to be found. His mother went outside and within a few minutes found it.

"I really looked hard mum" said the youth, "How did you manage to find it?"

"We weren't looking for the same thing" said his mother, "You were looking for a small piece of plastic. I was looking for \$350 dollars!"

## Father & Son

Will was trying to teach his son about the evils of alcohol.

He put a worm in a glass of water & another in a glass of whiskey. The worm in the water lived while the one in the whiskey curled up & died.

"All right, son," Said Will, "what does that show you?"

"Well dad, it shows that if you drink alcohol, you will not have worms."

# Spotlight



## **Andrew Ash**

Hi, I am Andrew, I have been working at Navorina for about 4 months doing the garden and filling in to drive the bus for the residents. My mother has been a resident of Navorina for a few years, I work with supportive colleagues and find my job very rewarding, I take pride in knowing that my efforts contribute to the wellbeing and comfort of the residents.

# Word Search

## TRAIN TERMS



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

Bell

Junction

Tower

Spikes

Route

Track

Engine

Switch

Speed

Ticket

Electric

Lights

Train

Cabin

Crossing

Caboose

Rails

Whistle

Power

Station