

Navorina News

MAY / JUNE 2021

Navorina Aged Care Facility

Family News

Vaccinations-

Residents have started to receive their flu vaccinations from their doctor, Covid injections will start in the week of May 10th.



Kitchen News -

We are currently in the process of changing the menu, hopefully the new menu will be out in May. Kitchen staff will be going around and asking residents what they would prefer to be on the new menu in the next few weeks.

When relatives bring in food could they please bring it in a sealed container to help with mice problem.

Resident / Relative surveys -

Reminder –Please return your 2021 Resident/Relative Surveys as soon as possible.

Newsletter -

We now are on the web –monthly newsletters will be uploaded to the Navorina Nursing Homes Website, family and friends will be able to access it more freely.

Building Up Date -

Stage 4A will be completed by the End of May—this will be the Inala Mirradong Wing. Stage 4B will be completed two weeks later.

Entrance into Memory Care (Chamberlain Wing)

Family members and staff are having trouble getting in Chamberlain Wing through the gate, as residents have pressed buttons. If you are having a problem, press C first to clear the code.

Infection control

What you can do to help

Be vaccinated against the flu-having the flu vaccination each year helps protect you, your children & elderly relatives.

Encourage others to be vaccinated-

Particularly elderly relatives & friends. Flu vaccination is free for people aged 65 & over & for Aboriginal & Torres Strait Islander peoples 50 years & over.

Avoid spreading illness- wash your hands regularly. Washing your hands well with liquid soap & water or alcohol hand rub before & after visiting will help reduce the spread of disease. Please dry hands thoroughly after washing.

Cover your mouth when coughing & dispose of used tissues immediately & appropriately.

Notice health changes- alert staff if you feel that your elderly relative or friend is more lethargic or less responsive than usual. These may be early signs of illness.

Stay away if sick- if you have recently been ill, been in contact with someone who is ill or you have symptoms or respiratory illness (fever, sore throat, cough, muscle & joint pain, tiredness/ exhaustion) or gastro, please do not visit the home.

Limit your visit- if there is an outbreak in the home, visit only the person you have come to see & keep children away if they or the elderly resident are unwell.

Talk to staff- the Director of Nursing or Care Manager will be happy to talk with you about how the residence manages an outbreak & how you can assist.

Follow any restrictions the home has put in place.



Up & Coming Events

Church Services -

Each month we hold services from the different Church groups- Catholic, Uniting and Anglican Church.

- Catholic Mass is held on the 4th Friday of the month at 10am.
- Anglican church service is held on the 3rd Monday of each Month at 10:30am.
- Uniting church service is held on the second Monday of the month at 10:30am.

Resident / Relative Meeting

Each month we hold an resident / relative meeting which incorporates the menu & activity meeting. This meeting is held on the 4th Monday of each month at 10:30am. All items can be emailed to – activity@navorina.com

Café Outing

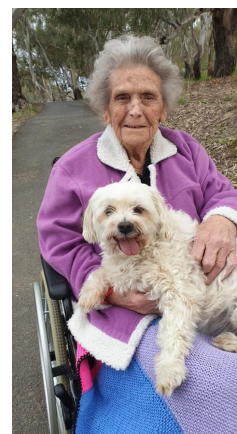
Each Wednesday morning residents attend an outing to Devour café, all families are welcome to come along and help push your family member in a wheelchair , this will help your family member settle more into the facility and keep families connected, while keeping residents apart of the community. Currently we are lucky enough to have a great group of volunteers who attend the facility each week to help out. Any one interested in volunteering please contact HR on 58813944.

Pet Visits

We welcome the return of our furry friends—if you are bringing your dog into the facility to visit your loved one please be reminded we need a copy of your recent vet check.

Up & Coming themed day's

- June 4th themed happy hour—back to the 70's.
- June 15th Queen's birthday high tea
- September 16 –Oktoberfest
- November 2nd Melbourne Cup



Covid 19 Vaccination For aged care residents & families

For aged care residents and families

Information current as at 14 April 2021

Your safety is our number one priority in Australia's national COVID-19 vaccination rollout.

The vaccination of aged care residents and those who care for them is the most effective protection against COVID-19.

The vaccination of aged care residents and those who care for them is the most effective protection against COVID-19.

The Australian Government is committed to offering vaccinations to all aged care residents, workers and carers safely and as quickly as possible.

Status of the aged care rollout

Residents in residential aged care are one of the highest priority groups to receive a COVID-19 vaccination in Australia's national vaccine rollout. Aged care residents are in a group we call phase 1a.

Vaccination clinics at aged care facilities will continue to provide the Pfizer COVID-19 vaccine to residents.

Residents of every aged care facility will be vaccinated, and facilities will notify residents and their families as soon as a vaccine clinic date has been confirmed.

Vaccines for older Australians

Both the Pfizer and AstraZeneca COVID-19 vaccines continue to be recommended by the Therapeutic Goods Administration (TGA) and the Australian Technical Advisory Group on Immunisation (ATAGI) as safe for older Australians.

On 8 April 2021, ATAGI issued new AstraZeneca COVID-19 vaccine safety advice to the Australian Government. The Government accepted the recommendation that the preferred vaccine for adults aged under 50 years is the Pfizer COVID-19 vaccine. This means the Government needs to review and adjust the overall national vaccine strategy.

There is no change to the vaccine rollout for aged care residents. Aged care residents continue to receive the Pfizer COVID-19 vaccine through on-site vaccination clinics.

As vaccine supply increases, many older Australians living in the community are now also able to receive a COVID-19 vaccine. The AstraZeneca vaccine is available for older Australians through participating GPs, initially for Australians aged over 70 years and over.

The risk of serious illness from COVID-19 far outweighs the small potential risk from vaccine side effects from either vaccine.

COVID-19 is much more likely to be severe in older people and people with certain medical

problems than in young healthy people. Experience from the second wave, particularly in Victoria, is that one third of people aged over 80 who contract COVID-19 will not survive. It is a very serious disease. It is causing millions of people worldwide to go to hospital and to die.

Vaccination is the best protection

We know and we've seen that COVID-19 can spread quickly and widely. While Australia has been relatively successful in avoiding sustained COVID-19 outbreaks, the risk of community transmission remains significant. As winter approaches, the risk of outbreaks increase as does the risk of older Australians experiencing severe COVID-19 outcomes.

The COVID-19 vaccines we have in Australia are the most effective way to protect against this infectious disease. For older Australians and others most at risk, getting vaccinated as quickly and safely as possible is critical.

Making an informed decision

When you consent to receive a vaccine it's important you understand the benefits and risks associated with:

- ☐ receiving the vaccine, and
- ☐ not receiving the vaccine.

It is also important that you are aware of side effects that may occur.

Understanding these benefits and risks can help you to make an informed decision. If you're unsure, it's a good idea to speak with your GP or other health professional. They can help you make a decision that is right for your personal situation.

It's also important to talk to your family or representative so that they understand your wishes and preferences.

Vaccinating the aged care workforce

The Government is currently reviewing the overall COVID-19 vaccine strategy, in light of recent medical advice, to ensure vaccines are delivered as quickly and safely to Australians as soon as possible, with a particular focus on aged care and disability workers.

For aged care workers aged under 50, given the ATAGI advice, we are developing options with the sector to ensure all aged care workers have access to vaccines as quickly as possible.

COVID-19 vaccination of the aged care workforce remains a priority under phase 1a.

For aged care workers aged 50 years and over, GP clinics and GP respiratory clinics continue to offer and provide AstraZeneca vaccinations for those eligible in line with the new ATAGI recommendations.

For more information, including the latest advice on vaccine safety, visit [health.gov.au](https://www.health.gov.au) Anyone living in an aged care facility, their family or representative has access to free, confidential and independent support through the Older Person's Advocacy Network on 1800 700 600.

Navorina Aged Care Facility

5-9 MaCauley St
Deniliquin NSW 2710

Phone: 03 58813944

Email: activity@navorina.com





Staff Snap Shot

- **Name:** Beti Rahayu-Efendy.
- **Position:** Cleaner.
- **Hobbies:** Reading.
- **What's the best thing about working at Navorina?** -The residents, meeting new people, being a good cleaner.
- **Do you have any pets?** Four cats; Muezza, Kit, Kat and Bella.
- **If you could invite three people over for dinner who would they be?** - My husband and my two children.
- **If you were stuck on a deserted island and could only bring one item what would it be?** Food.
- **What countries have you travelled to?** Indonesia (where I am from) and Malaysia.
- **If you had one super power what would it be?** -To help People.
- **What is your favourite music?** - Pop Music.
- **If I gave you a million dollars what would you spend it on?** - A house.
- **Tell us one thing about you that would surprise us?** - ???
- **What do you do on weekends?** -Looking after my children, going to the park, enjoying time with my children.

