

NEWSLETTER

August 2024

Navorina Nursing Home 5 Macauley St Deniliquin 58813944



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Editor's Desk

Hello Residents, Families and Friends!

Welcome to the August edition of our newsletter! What a huge few months we have had, and so much on the go at the moment.

We are currently recruiting a Director of Care and a Quality Manager, hopefully this process will not take too long.



The development application will be submitted to Council shortly for the Vergola in the center courtyard. This will be great for everyone, especially as we are planning to open the Café later this year. The outdoor garden upgrades are in progress and there is still a lot to complete such as stenciling of the concrete and the indigenous artwork in conjunction with Yukawa. The due date for the indoor furniture is Friday 16 August and the new outdoor furniture has arrived ready to be placed out soon. Aged Care Employee Day is on August 7, Navorina is lucky to have such a dedicated staff and we would like to take this opportunity to thank each one of them for their service.

We are currently implementing a new internal audit, industry benchmarking tool, survey tool and Continuous Quality Improvement Program called MOA benchmarking. We are also upgrading our Call Bell system (also known as Nurse Call) to help improve resident outcomes with the latest technology.

Local Government Elections 2024 - Saturday, 14th September 2024 Voting Services for Residents.

The upcoming Local Government Elections will be held on Saturday, 14th September 2024. The NSWEC plans to provide voting services to electors who are residents in facilities who otherwise may not be able to attend a polling place on election day. Navorina Nursing Home has been identified as a facility that may have residents who would benefit from a visit to your facility by NSWEC Election Officials who will issue votes to residents of the facility. A visit of this kind would take place in the week prior to Election Day. Residents of the facility who are enrolled in the facility's Local Government Area. **There is no absent voting.** More information will be provided closer to the date.

Advisory Board –

A new responsibility for providers is to offer aged care consumers and their representatives the opportunity to start a consumer advisory body. Navorina is pleased to invite residents or representatives to become a member of the Navorina Consumer Advisory Body for 2023 – 2024. Navorina's consumer body needs people like you. Members from all backgrounds are welcome to join; diversity means all consumers are represented.

A consumer advisory body collects feedback from members and shares it with Navorina's governing body. Navorina's governing body will consider all feedback when making decisions and will let the consumer advisory body know how they considered feedback. Being a representative on the consumer advisory body can 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's governing board.

Advisory board meetings will be for about one hour in duration. The next meeting will be held on 12th August at 2pm.

Warm regards,

Bernadette.

Month in Review



Month in Review



Upcoming Events

Resident's Meeting

Tuesday 20th August 3:00pm

Advisory Body Meeting

Monday 12th August 2pm, Training room

Town Band Performance -1st August at 10am

Mathoura Lunch Outing

Tuesday 13th August



Regular Events

Happy Hour every Friday 2.30pm

Catholic Service last Thursday of each Month at 10am

Hairdresser every Thursday from 9am

Men's Group every Monday at 2pm

Bingo! Every Tuesday & Friday morning at 10.30am

Family & friends Breakfast every Thursday 8am

August Birthdays

In August, we celebrate birthdays with:

Veronia Day

Merle Morris

Janice Hobson



Interesting Dog Trivia:

- Dogs have been companions for over 15,000 years.
- A dog's sense of smell is 40 times better than ours.
- Dalmatians are born white and develop spots later.
- Greyhounds can run up to 45 mph.
- Dogs' nose patterns are unique like fingerprints.
- Dogs hear four times better than humans.
- Labradors are the most popular breed in the U.S.
- Dogs can understand up to 250 words and gestures.

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.

August in History: **The Launch of MTV**

In August 1981, MTV revolutionized music and television by airing its first music video, "Video Killed the Radio Star," changing pop culture forever.

WOW!

A Poem to Share

A Dog's Love *By Edgar Albert Guest*

When the noon sun shines bright and high,
And shadows dance and breezes sigh,
A loyal friend is by my side,
A dog whose love will never hide.

Through fields of green and skies of blue,
He walks with me, so tried and true.
With every step, a wagging tail,
In joy and sorrow, without fail.

His eyes, so deep, a story tell,
Of days we've shared, through every spell.
A silent bond, a gentle touch,
In his embrace, I feel so much.

No words he speaks, yet speaks so clear,
In loyalty, he's always nearby.
A guardian, a playful soul,
With him, my heart is always whole.

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:

1. Mr. Andrew Gibson
2. Mrs Diane Farrant

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!

1. Bikash Shrestha
2. Phoebe Sander
3. Sabin Varghese

We hope that you enjoy your time here!

IN MEMORIAM

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

1. Mrs Joan Campbell

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 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?

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 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 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 morning. If you would like an appointment please talk to reception or ask a staff member to write your name down in the hairdressers book.

ADVISORY BODY

Advisory Meeting will be held 12 th august at 2pm.

SUPPORT GROUP

Navorina Support group is held on the first Monday of each month, all family and friends are welcome to attend. Meeting start at 2pm.

SUNDAY ENTERTAINMENT

Entertainment with Michael Mckean this month will be Sunday the 11th and 25th at 2pm.

Laughing Matters



The Talking Dog

A man sees a sign in front of a house: "Talking Dog for Sale." Curious, he rings the bell.

The owner tells him the dog is in the backyard.

The man goes there and asks the dog, "Can you talk?"

"Yep," the dog replies.

"So, what's your story?"

The dog looks up and says, "Well, I discovered my ability to talk when I was young. I wanted to help the government, so I worked for the CIA, eavesdropping on spies. I've traveled the world, learned many languages, and retired a few years ago."

Amazed, the man asks the owner how much he wants for the dog.

"Ten dollars," the owner replies.

"Ten dollars? This dog is incredible! Why so cheap?"

The owner sighs, "Because he's a liar. He didn't do any of that."

The Doctor Visit

A man goes to the doctor and says, "Doctor, my wife has a problem with her hearing."

"What are the symptoms?" the doctor asks.

"Well," he says, "sometimes she doesn't hear me at all. It's like she's completely tuned out."

The doctor nods and suggests a test: "Next time she can't hear you, stand a few feet away and ask her a question. If she doesn't respond, move closer and try again until she hears you. This will help us understand the severity."

That evening, he stands in the living room while his wife is in the kitchen. From across the room, he asks, "What's for dinner?" No response. He moves closer and repeats, "What's for dinner?" No answer. Finally, he stands right behind her and asks, "What's for dinner?"

His wife turns around and says, "For the third time, we're having chicken!"

Spotlight



Penny Clines

My name is Penny, I am the Lifestyle assistant. I have worked at Navorina for nearly 31 years. I have worked in the kitchen and then I became the head cleaner and later lifestyle assistant. I have seen many changes over the years and met many interesting people.

In my spare time I like going away to the High Country or the Yarra Valley and I also enjoy photography.

Word Search

DOG BREEDS



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

Labrador
Doberman
Pomeranian
Papillon
Pug

Beagle
Chihuahua
Greyhound
Sheepdog
Great Dane

Rottweiler
Dachshund
Boxer
Chow Chow
Shih Tzu

Bulldog
Maltese
Pitbull
Poodle
Whippet