

NEWSLETTER

July 2024

Navorina Nursing Home 5 Macauley St Deniliquin 58813944



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Editor's Desk

Hello Residents, Families and Friends!

As we kick off this month, let's not forget the excitement that comes with the beginning of the Olympics!

As we gather to cheer on the athletes, let's take a moment to reflect on our own journeys and the victories we've achieved, both big and small.



In celebration of the Olympic spirit, we have a mini-Olympics games day planned for this month.

Furniture fundraising appeal -Navorina Aged Care is again calling for assistance from the community to enhance the home-like feel it provides for residents. Community fundraising and business donations to date have allowed Navorina to purchase some new furniture, but more is required to meet the needs of residents. **Can you join us in making a difference?**

Thank you so far to: -Rotary Club of Deniliquin, Yield Insurance, Leah Sorenson, Ian Campbell, Skye Parks, Ash Petterwood, Kylie Jarvis, Carmel Gynell, Dot Moore, Andrea Elliott, Rhonda Bryce, Hellen Jacka, Johanna Murphy, Helen Sides, Denise Phillips, Julia Morona, Concept Computers, North Deni Steel & The Depot.

RATS – testing is now only required every 3 days; you must continue to sign in via Zipline on each visit. Please ensure that if you are unwell or symptomatic that you do not attend the facility.

Residents' Experience Survey- Share your feedback on the care you receive. The survey gives you the chance to share your experience on the care you receive. The scheduled survey date to visit Navorina is 17.07.2024. A small number of residents will be randomly selected to participate in the survey, your participation is voluntary.

Bernadette

Month in Review

**Visit from the
Greensborough
Salvation Army Band**

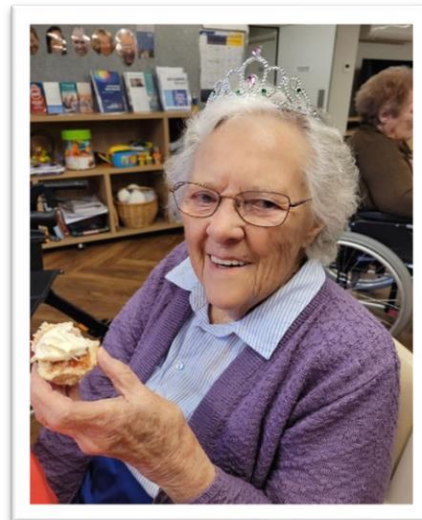
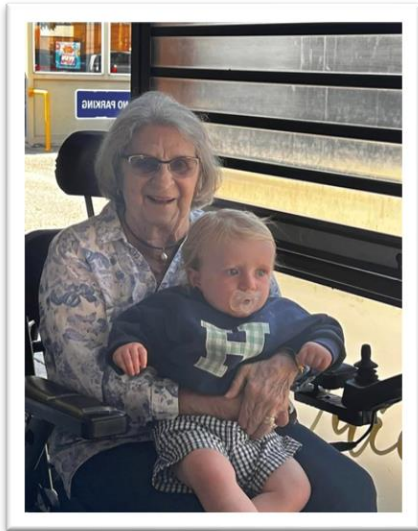
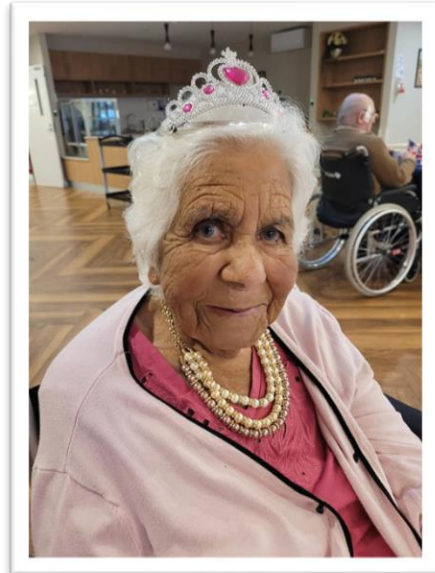


**Hazel enjoying our
monthly mothers'
group.**

**Big BBQ Breakfast -
volunteer Sue and resident
Janice enjoying breakfast
together.**



Month in Review



Upcoming Events

Resident's Meeting

Tuesday 16th of July 3:00pm

Family & Friends BBQ Breakfast

Advisory Body Meeting 8th July at 2pm

Family Support Group 1st July at 2pm

Resident / Relative Meeting 16th July at 3pm

Regular Events

Happy Hour every Friday at 2.30pm

Catholic Mass last Thursday of each month at 10am

Hairdresser every Thursday morning at 9am

Men's Group every Monday at 2pm

Bingo! Every Tuesday & Friday at 10.30am



Event

Special Days

1st Canada Day

1st International Joke Day

4th Independence Day US

7th World Chocolate Day

14th Bastille Day (France)

24th Cowboy Day

26th Olympic Games

30th Friendship Day

July Birthdays

In July, we celebrate birthdays with:

- **Ron Wilson**
- **Sandra Thomas**
- **Maria Froom**
- **Aileen Daniels**



Olympic Games Trivia

Naked Origins: The ancient Olympics, held in Greece from 776 BC to 393 AD, were initially conducted in the nude, possibly to honor the gods and promote aesthetic appreciation of the human body.

Sweden's Unique Medals: In the 1912 Stockholm Olympics, the gold medals were made entirely of gold. This is the only time in Olympic history when the medals were made of solid gold.

Cancer (June 21 – July 22)

Cancer personalities are very emotional and sensitive, and care deeply about matters of the family and their home.

Leo (July 23 – August 22)

Leos are natural born leaders. They are able to achieve anything they commit to.

Moon Walk

In July 1969, Apollo 11 made history when Neil Armstrong became the first human to walk on the moon, famously saying, "That's one small step for man, one giant leap for mankind." This iconic moment symbolized human achievement and innovation.

WOW!

Poem to Share

Summer Sun

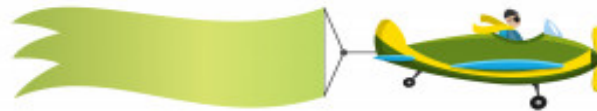
Robert Louis Stevensen

Great is the sun, and wide he goes
Through empty heaven with repose;
And in the blue and glowing days
More thick than rain he showers his rays.

Though closer still the blinds we pull
To keep the shady parlor cool,
Yet he will find a chink or two
To slip his golden fingers through.

The dusty attic, spider-clad,
He, through the keyhole, maketh glad;
And through the broken edge of tiles
Into the laddered hay-loft smiles.

Noticeboard



NEW RESIDENTS

A very warm welcome to:

- Mrs Anne Basset
- Mrs Evelyn Byron
- Mrs Shirley Collins
- Aileen Daniels

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!

- Amanda Jukes

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.

- Mr Peter Morris
- Mr Gene Hillsley
- Mr Graham Wilson

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 / CI forms available in the front foyer. 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 staff or email us activities@navorina.com.au

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.

FAMILY SUPPORT GROUP

Family support group meets on the first Monday of the month at 2pm. Next meeting will be held 1st July at 2pm – all welcome.

OLYMPIC GAMES

In the month of July we Kick off the start the Olympic games. We we be holding a Mini Olympics day on Friday 26th July. Get into the theme of the day and Wear your favourite Olympic event outfit.

MOTHERS GROUP

Mothers group is held on the last Tuesday of the month at 1.30pm. Delena Gaffney will be here to help provide music, singing, dancing and story time. All Children welcome.

Laughing Matters

Why do bicycles fall over?
Because they're two-tired!

I told my wife she was drawing her eyebrows too high.
She looked surprised.

I'm reading a book on anti-gravity.
It's impossible to put down!



The Suit

A man walks into a clothes shop: "Can I try on that suit in the window?" he asks.
The assistant replies "No. Use the changing room like everyone else."

Losing Weight

All my life I've been extra-large,
I'm known as a very large fellow,
I would easily pass as a school district bus,
If somebody painted me yellow.

"No secret to losing weight!" I've been told.
"Just cut the fat from your diet"
"Get up and about, even if it's cold"
Once again, I decided to try it.

But jogging was senseless to me,
and riding a bike seemed insane.
Joining a gym involved a large fee,
and lifting weights was a pain.

So, for exercise I choose horseback riding,
It's fun and easier than it sounds,
It' a very effective form of dieting,
cause my horse has lost 40 pounds!

Spotlight



Dawn Henderson

I was born in Deniliquin and all my schooling was completed in Deniliquin. My mother found me a job in a supermarket, but I didn't like it and left, soon after I applied for a nursing position. To do this I had to put my age up 12 months. I spent 3 years in my nursing career, but then decided I wanted to sew. With my father going guarantor, I purchased a sewing machine and learnt to sew. I made bedspreads, curtains and kids clothing, I am very proud of my sewing!!! I married my husband Neville and I have three beautiful children, two girls and a son. My children have given me 11 grandchildren.

Word Search

SUMMER OLYMPICS



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

Football
Taekwondo
Handball
Basketball
Triathlon

Tennis
Rugby
Archery
Badminton
Diving

Trampoline
Sailing
Athletics
Equestrian
Judo

Volleyball
Shooting
Fencing
Gold
Swimming