

# NEWSLETTER

## June 2024

Navorina Nursing Home 5 Macauley St Deniliquin NSW 0358813944



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# Editor's Desk

Hello Residents, Families and Friends!

## Quality Indicator Surveys

We will be sending out the 3 monthly quality indicator – consumer experience and quality of life surveys very soon please keep a look out for them. Please complete the survey and return to Navorina as soon as possible.



## Care Plan Conference

The care plan evolves over several months after the resident's admission (with the initial information you provide to us), and changes as their needs change. The care plan covers all aspects of their care needs- from specialized nursing care needs, to what they eat, what risks they face and their social emotional and cultural needs.

The Care plan is a live document and is designed to ensure that, at any point in time, staff are aware of the person's assessed needs. It is their 'story'- no two residents care plans are the same. Did you know that that you are entitled and able to access a copy of the care plan? If you would like a copy of your loved one's care plan (provided you have the appropriate authority to access) please do not hesitate to contact Nicole (Director of Nursing) [don@navorina.com.au](mailto:don@navorina.com.au) or Beth Hindriks (Clinical Care Manager) [ccm@navorina.com.au](mailto:ccm@navorina.com.au). A summary or full version can be accessed.

Appointments are available with both Nicole and Beth Monday – Friday and can be organized by calling the office on 0358813944 or contacting the above email addresses.

# Staff Uniforms



## Enrolled Nurses



## Lifestyle

## Registered Nurses



## Hospitality Cleaning & Laundry

# AINS



## Resident Relative Surveys

Your responses are very important to us. We would appreciate you completing the survey and returning it either by mail to PO Box 177 Deniliquin, email [businessmanager@navorina.com.au](mailto:businessmanager@navorina.com.au) or handing the survey to Skye at your earliest convenience. By completing the survey and providing feedback you are enabling the leadership team and the governing body (Board of Directors) to gain insight into areas that we may be exceeding in and any areas that you feel could be improved on.

You are also welcome to provide feedback or recommend Continuous Quality improvement ideas at any time outside of any of the surveys. If you have not returned your survey, could you please do so ASAP.

Here's to a joyful, vibrant June filled with community spirit and outdoor adventures!

*Bernadette.*



# Month in Review

**Congratulations Lizzie Ross winner of a Soul Pattinson gift voucher. Lizzie won the voucher for participating in the Soul Pattinson health check. Thank you to all the staff who participated in the health check. Voucher being presented to Lizzie by CEO Paul Turner & EN Tori Mills**



**Bill enjoying a quiet fish down on the river.**

**Delena Gaffney & Choir performing for Navorina residents.**



# Month in Review



Do it For Dolly day.



# Upcoming Events

## Family Support Group

Monday 3<sup>rd</sup> of June at 2pm

## Consumer Advisory Body Meeting

Monday 3<sup>rd</sup> at 3pm

## Resident's Meeting

Tuesday 25<sup>th</sup> of June 3.00pm, Training room

## Mothers group & Music

Tuesday 25<sup>th</sup> of June 1.30pm, Café area

## Greensborough Band visit

Saturday 8<sup>th</sup> of June 1.30pm, Café Area

## Multicultural Day – Armchair travel

Friday 21<sup>st</sup> of June

## King's Birthday Afternoon Tea

Monday June 10<sup>th</sup> 2.00pm, Café area



## Special Days

- 1<sup>st</sup> World Milk Day
- 2<sup>nd</sup> Italian National Day
- 5<sup>th</sup> World Environment Day
- 6<sup>th</sup> D-Day
- 8<sup>th</sup> World Oceans Day
- 19<sup>th</sup> Emancipation Day (US)
- 16<sup>th</sup> Father's Day (US, Canada, UK)
- 21<sup>st</sup> World Music Day

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# Regular Events

Happy Hour every Friday 2pm

Catholic Service last Thursday of the month at 10am

Hairdresser every Thursday from 9am

Men's Group every Monday at 2pm

Bingo! Every Tuesday & Friday morning

# June Birthdays

In June, we celebrate birthdays with:

- **Russ Fisher**
- **Max Hillier**
- **Ross Danckert**



## Fascinating Facts About the Ocean

- The ocean covers over 70% of the Earth's surface.
- It contains around 97% of the Earth's water.
- The deepest part is the Mariana Trench, reaching a depth of about 36,000 feet (11,000 meters).
- Despite its immense size, more than 80% of the ocean remains unexplored and unmapped.
- Home to 230,000 known species.
- The ocean produces over half of the world's oxygen.

## Gemini (May 21 – Jun 20)

Geminis love to learn, and they never stop wondering about the unexplained.

## Cancer (June 21 – July 22)

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

## I Have a Dream: Martin Luther King Jr.'s Historic Speech

In June 1963, Martin Luther King Jr. delivered his famous "I Have a Dream" speech during the March on Washington, a defining moment in the Civil Rights Movement.



# Poem to Share

## The Peace of Wild Things

Wendell Berry

When despair for the world grows in me  
and I wake in the night at the least sound.  
in fear of what my life and my children's lives may be,  
I go and lie down where the wood drake.  
rests in his beauty on the water, and the great heron feeds.  
I come into the peace of wild things.  
who do not tax their lives with forethought?  
of grief. I come into the presence of still water.  
And I feel above me the day-blind stars.  
waiting with their light. For a time  
I rest in the grace of the world and am free.

# Noticeboard



## NEW RESIDENTS

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A very warm welcome to:

- **Mrs Veronica Day**

We hope that you enjoy your time here!

## NEW STAFF

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

- **Amy Jones**
- **Tyiesha Mulder**
- **Chloe Barwick**
- **Kate Kopanicia**
- **Manisha Pokharel**
- **Arya Devi Somasunda**
- **Erika Rigor**

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 in the front foyer or 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?

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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 [activities@navorina.com.au](mailto:activities@navorina.com.au) anytime.

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.

## HAIRDRESSER

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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 on the hairdressers sheet.

## IN MEMORIAM

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

- Neil Childs
- Rose Smith
- Elsie Daniels

## 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.**

## CLOTHING

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**Just a quick reminder to all families and friends, all residents' clothing must be labelled by the laundry before going to resident's bedrooms. This is to eliminate clothing being unlabeled etc.**

**Winter is fast approaching please check your family members clothing and make sure they have the appropriate clothing for the weather.**

**Please label the clothing before placing in the resident's cupboard.**

# Laughing Matters



## The Passenger

A taxi passenger tapped the driver on the shoulder to ask him a question.

The driver screamed, lost control of the car, nearly hit a bus, went up on the footpath, and stopped inches before hitting a shop window.

For a second everything went quiet in the taxi, then the driver said, "Look mate, don't ever do that again. You scared the daylight out of me!"

The passenger apologized and said, "I didn't realize that a little tap would scare you so much."

The driver replied, "Sorry, it's not really your fault. Today is my first day as a cab driver - I've been driving a funeral van for the past 25 years".

## The Coach

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."

## Eye Problems

A man calls his boss and says, "I can't come to work today".

The boss asks why and the man says "It's my eyes."

"What's wrong with your eyes?" asks his boss.

"I just can't see myself coming to work today."



# Spotlight



## Mandy Hyde

Hi, my name is Many – I started my career as an AIN in 2006 working on the Central Coast, NSW. I commenced working as an EN at Wyong Hospital in 2014 until moving to Deniliquin in 2016 where I worked at the Deniliquin Hospital for 6 years. I have also worked at Ochre Medical Centre before starting at Navorina this year. I have thoroughly enjoyed working here getting to know the residents. In my spare time I am a volunteer in the emergency services, I have two dogs and enjoy horse riding.

# Word Search

## OCEAN CONSERVATION



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

Ocean  
Protect  
Plastics  
Awareness  
Seagrass

Corrosive  
Ecosystem  
Safeguard  
Reduce  
Overfish

Sustainable  
Seabed  
Conserve  
Habitat  
Depletion

Biodiversity  
Marine  
Coral  
Pollution  
Damage