

NEWSLETTER

September 2024

Navorina Nursing Home 5 Macauley St Deniliquin 58813933



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Editor's Desk



Hello Residents, Families and Friends!

Welcome to the September edition of our newsletter!

We celebrate Father's Day on Sunday 1st September; all families are invited to attend a BBQ lunch on that day – please RSVP for catering purposes.

Judy Senior from Service NSW will be holding a talk at Navorina on Monday 23rd at 2pm, all families, friends & volunteers are welcome to attend.

We welcome our new Director of Care Jacqui Inches who recently joined the team of staff, you will find further information about Jacqui on page 11 of this newsletter. A big congratulations goes out to Kate Jachim who has gained the role of Quality Manger. As most of us would know, Kate is a familiar face who has been with Navorina in multiple roles supporting whatever needs doing.

Furniture update – our new furniture has been delivered – we are in the process of arranging and positioning the furniture around the building. We must say it is looking pretty fabulous!

Café update – things are moving along; we have recently purchased new crockery and an air fryer ready for our opening in a few months. We have a suggestion box and are asking for suggestions of items you would like to have on the menu.

New Allied Health Chair –Charles Sturt University in conjunction with the Three Rivers Project have funded a new allied health chair which is due to arrive in late-September. This will make a total of two chairs in the Allied health room; however, this specific chair will allow for better access for some residents.

Three Rivers Garden Project (CSU) Update -there are still some exciting upgrades in progress, stay tuned!!!

Aged Care Employee Day- We recently celebrated Aged Care Employee Day, A huge thank you to all our staff for everything they do. Thank you for your care and dedication.

September brings us World Gratitude Day on the 21st, a perfect time to reflect on all we are thankful for.

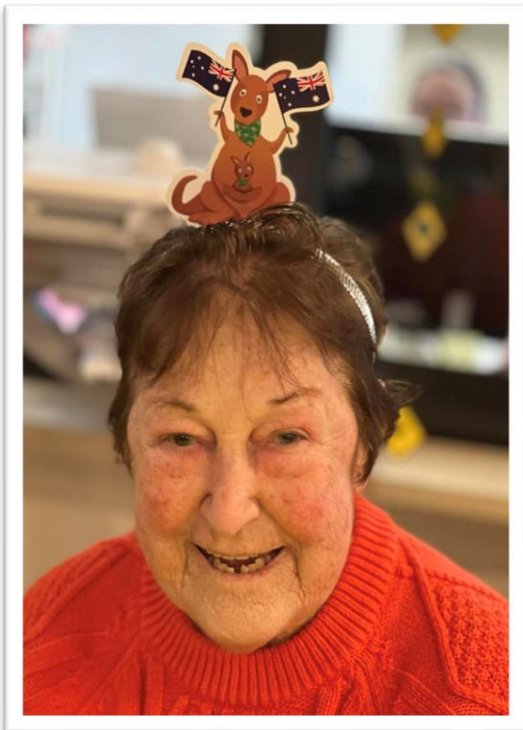
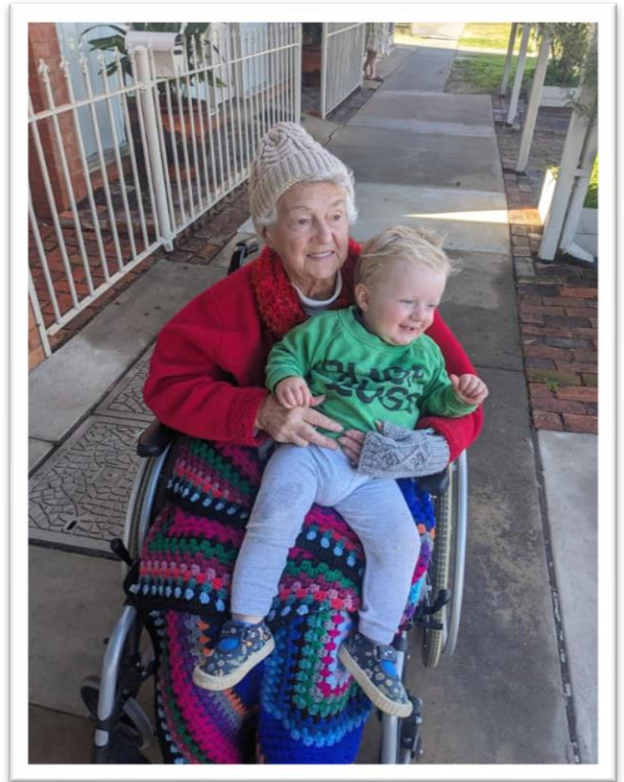
Here's to a month filled with learning, laughter, and inspiration!

Warm Regards

Bernadette



Month in Review



Month in Review



Upcoming Events

Father's Day – BBQ Lunch

Sunday 1st of September 12pm -All welcome

Polling Booth at Navorina -Voting

Monday 9th of September

Sunday Entertainment with Michael

September 8th & 22nd at 2pm

Mexico Armchair Travel

Monday 16th of September

Service NSW talk

Monday 23rd at 2pm

Intergenerational Group with Delena

Tuesday 24th at 1.30pm

Family & Friends BBQ breakfast

Thursday mornings at 8am -all welcome

Regular Events

Happy Hour every Friday 2.30pm

Catholic Service every Thursday 26th 10am

Hairdresser every Thursday 9am

Men's Group every Monday at 2pm

Bingo! Every Tuesday & Friday at 10am



Special Days

- 1st Classical Music Month
- 1st Father's Day (AU & NZ)
- 2nd Labor Day (US)
- 7th Brazilian Independence
- 8th Assisted Living Week (US)
- 12th Chocolate Milkshake Day
- 16th Mexican Independence
- 19th Talk Like a Pirate Day
- 21st International Peace Day
- 21st World Gratitude Day
- 21st Oktoberfest
- 25th Comic Book Day (US)
- 28th Confucius' Birthday

September Birthdays

In September, we celebrate birthdays with:

- **Judy Small**
- **Barb Scott**
- **Barb Barker**
- **Tess Evans**
- **Jim Barling**



Pirate Trivia Snippets!

- The Jolly Roger is a skull and crossbones flag.
- Blackbeard's real name was Edward Teach.
- Pirates wore eye patches to see in the dark.
- Black Bart captured over 400 ships.
- Pirates drank grog, a mix of rum and water.
- Golden Age of Piracy: late 1600s to early 1700s.
- "Pieces of eight" were Spanish coins.
- Walking the plank is mostly a myth.
- The most successful pirate in history was Ching Shih, a Chinese woman who commanded a fleet of over 300 ships.

Virgo (Aug 22 - Sep 22)

Logical, practical, and systematic in their approach to life. Perfectionists at heart.

Libra (Sep 23 - Oct 22)

Often considered the nicest and most charming personality in the world!



Poem to Share

Invictus

Out of the night that covers me,
Black as the Pit from pole to pole,
I thank whatever gods may be
For my unconquerable soul.

In the fell clutch of circumstance
I have not winced nor cried aloud.
Under the bludgeonings of chance
My head is bloody, but unbowed.

Beyond this place of wrath and tears
Looms but the Horror of the shade,
And yet the menace of the years
Finds, and shall find, me unafraid.

It matters not how strait the gate,
How charged with punishments the scroll.
I am the master of my fate:
I am the captain of my soul.

- *William Ernest Henley*



Noticeboard



NEW RESIDENTS

A very warm welcome to:

- **Mr. Robert Apedaile**
- **Mrs Lynette Hook**
- **Mr. Gary Eason**
- **Mr. Peter May**
- **Mr. Michael Hurley**

NEW STAFF

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

- **Sabin Varghese**

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.

- **Mrs Sandra Thomas**
- **Mr. Max Hillier**
- **Mr. Rodney Chapman**
- **Mrs Anne Bassett**

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 continuous improvement forms available inside the front foyer, located also in the Central area and each Nurses station around the facility – please ask a staff member if you cannot find the forms. 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 anytime, 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 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.

FAMILY SUPPORT GROUP

Family support group is held on the first Monday of every month at 2pm. All families and friends are welcome to attend. Next meeting Monday 2nd September.

CULTURAL CELEBRATION

In the month of August we celebrate Mexico Independence Day. Watch your calendar for related activities in the recreation room.

PUB OUTINGS

Outing to the Exchange Hotel on Tuesday 3rd September – please talk to lifestyle staff if you wish to attend.

Men's lunch outing Friday 13th & 27th September.

Laughing Matters



Husband & Wife

A woman goes to the Doctor, worried about her husband's temper.

The Doctor asks: "What's the problem?"

The woman says: "Doctor, I don't know what to do. Every day my husband seems to lose his temper for no reason. It scares me."

The Doctor says: "I have a cure for that. When it seems that your husband is getting angry, just take a glass of water and start swishing it in your mouth. Just swish and swish but don't swallow it until he either leaves the room or calms down."

Two weeks later the woman comes back to the doctor looking fresh and reborn.

The woman says: "Doctor that was a brilliant idea! Every time my husband started losing it, I swished with water. I swished and swished, and he calmed right down! How does a glass of water do that?"

The Doctor says: "The water itself does nothing. It's keeping your mouth shut that does the trick."

The Farmer

A man asks a farmer if he can cross his farm to catch the 4:25 train.

The farmer says: "Sure go right ahead! If my bull sees you, you might even catch the 4:20!"

The Mother-in-law

Assistant: "Sir, can I have a day off next week to visit my mother-in-law?"

Boss: "Certainly not!"

Assistant: "Thank you so much sir! I knew you would be understanding."

Spotlight



Jacqui Inches

I have come to Deniliquin from Victoria, but home for me is Katherine in the Northern Territory. My Nursing career has taken me all over Australia which has given me a wide and varied array of experiences. Including Military Nursing and very isolated Indigenous Communities.

My first love of Nursing remains to be Aged Care. I am married but at present my husband is overseas with work, so I am here on my own. I have 2 adult sons.

I was made feel very welcomed by the Board Members, the leadership team, staff, residents and the families I have met. I feel I have been very spoilt with flowers and chocolates and afternoon tea.

Please know that these gestures have made my transition to Deniliquin a pleasure.

My position here is to ensure we are providing the best care so please if you have any concerns come and see me and I will do my very best to rectify the situation.

Again, thank you for making me feel like I am home.

Jacqui

Word Search



PIRATE

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

Ahoy
Captain
Scoundrel
Buccaneer
Dagger

Shipwreck
Eyepatch
Trinket
Earrings
Navigate

Island
Pillage
Vessel
Hook
Scurvy

Privateer
Treasure
Bounty
Cannon
Scurvy