

VALLEY VIEWS

February 2022



Nanyima Residential Aged Care
Monthly Newsletter

Manager's



Greetings to all.

January 2022, what a month to be had! It has indeed put our teams' infection prevention and control processes on real test. We remain on lockdown, and we are hoping to lift this before the middle of this month.

We are always grateful of everyone's support and understanding. Nanyima Care is resilient and will remain strong through all the trials of time, thanks to the people in the community who makes everything possible for the home. I believe this is a good time to look back and extend to where we have come to achieve, and how we see us going in the future.

Nanyima Care's Beginnings:

In 1989, a group of visionary and enthusiastic Pioneer Valley region residents identified the critical need for a Residential Aged Care facility in their area to address the ongoing care needs of their aged and infirmed residents.

The Valley Retirement Hostel Steering Committee was established. The Committee initially applied to the Federal Department of Community Services and Health for grant funding of \$1.4 million towards the establishment a 40-bed facility in Mirani at an estimated cost of \$2 million.

This application was ultimately successful, and the Committee was then faced with the task of raising the balance funding of \$600 000 to make their dream a reality. A Foundation Plaque was unveiled on Sunday 16th February 1992 on the project site at a ceremony attended by approximately 250 people to signify the commencement of the project. A condition of the grant funding was that this community contribution be secured by the end of June 1992.

A combined effort over an eight week period including visits to 590 families, a phone out to families unable to be visited personally, 3 social functions and newsletters led to an overwhelming success with approximately \$800 000 being raised. The project was subsequently completed, and possession provided to the Committee on 11th November 1993 at a final construction cost of \$ 1 924 251. The first resident was admitted to the Centre on 22nd November 1993.

Nanyima Care's Progression and Acquisitions:

The centre operated as a 40-bed facility up until 2003 when the committee then made the decision to expand the facility with an additional 11 beds to a total of 51 bed capacity. Below are some additional information on projects that were successfully financed over the last 7 years:

– Fire Fighting System Upgrade (water tanks)

2018/2019 – Major Assets Purchased (Offsite residence for Facility Manager accommodation, Bus for resident outings, facility vehicle)

2018 – Resident Room Ensuites

2014 – Refurbishment of Facility

2020/2021 Business Improvements (IT Roadmap – Upgraded the nurse call system in 2017/18; Purchased & implemented software designed for aged care financial reporting (Inerva) in 2019; IT roadmap audit in 2020; Wi-Fi upgrade in 2021; Purchased Visitor Management software (Centrim Life) in 2021; Purchased new clinical software system (Person Centred Software) in 2021; Purchase of new medication management software (MediMap) in 2021.

Where to From Here:

We have been dreaming for a further extension of 20 beds to specifically handle dementia patients. With the current increasing costs of providing care and COVID-19 Pandemic impact, our ability to finance this project has been affected.

Nanyima Care needs additional financial assistance to proceed with the project. It is not feasible in the current market conditions to financially expose the facility. We need to submit our application for the currently available grant: Building Better Regions Fund Infrastructure Project Stream and the outcome will be announced in mid-2022.

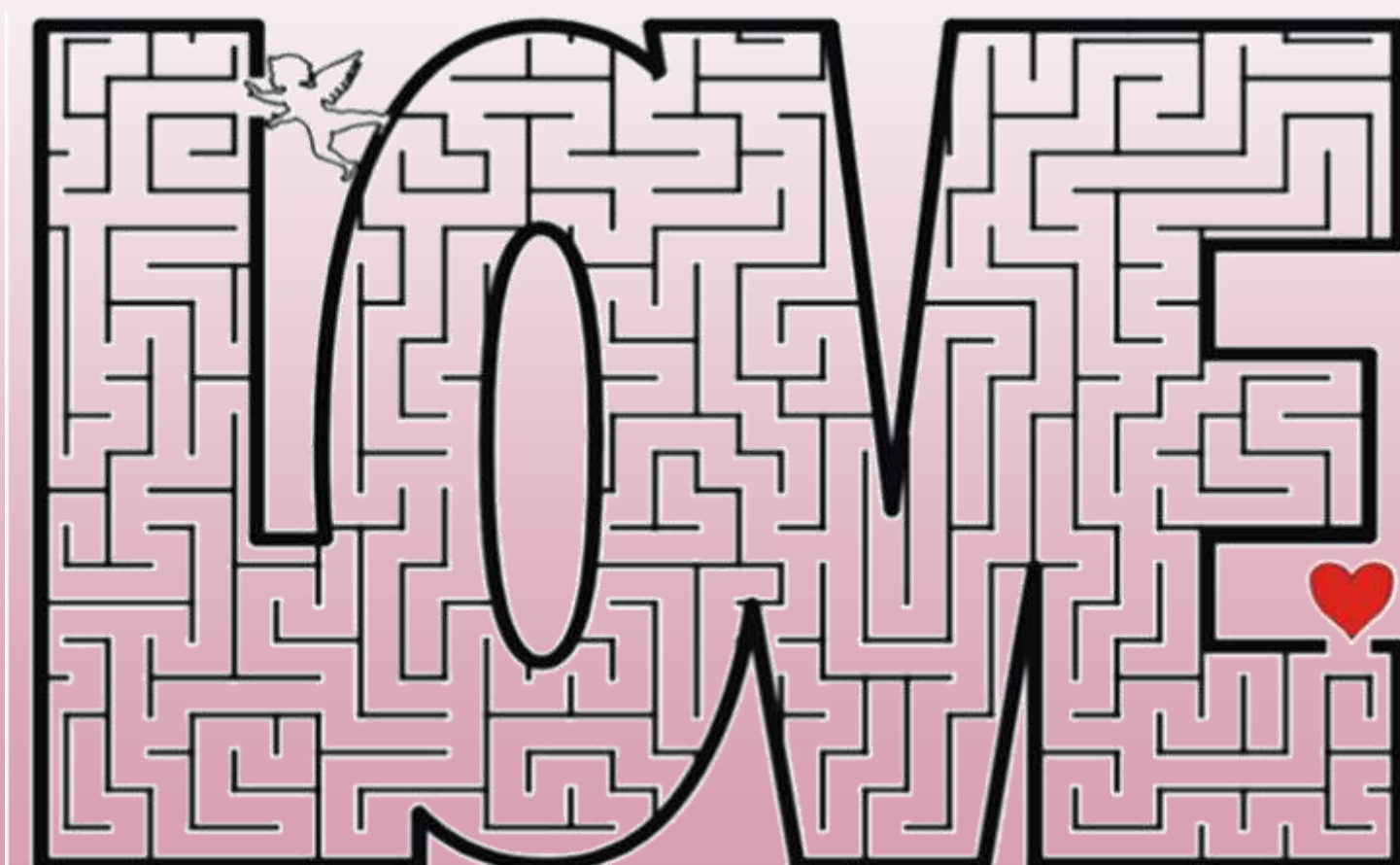
Nanyima Care became a reality, built a reputation, and continue to grow due to the drive and support from the members of the community. We thank you for the contribution you are giving Nanyima Care as we remain under the management of the local community volunteers.

*"It's the possibility of having dreams come true that makes life interesting."
By Paulo Coelho.*

Bien Stirling
DON – Facility Manager



A BIG THANK YOU TO WOOLWORTHS MARIAN FOR THE FOOD & PRODUCE THEY DONATED & DELIVERED TO US JUST BEFORE CHRISTMAS. GREATLY APPRECIATE YOUR SUPPORT



From The DT's

Sarah and Jenni



February is the second month of the year in the Julian and Gregorian Calendars. Having only 28 days in common months, February is the only month of the year that can pass without a single full moon. The zodiac signs that fall over the month of February are Aquarius and Pisces. February's birthstone is the amethyst, which symbolizes humility, spiritual wisdom and sincerity. The birth flowers that represent the month of February are the Violet and the Iris.

Important dates for February 2022:

February 4th - 20th 2022 - The Winter Olympics commence in Beijing, China, making it the first city ever to host both the Summer Olympics and the Winter Olympics.

February 6th 2022 - Queen Elizabeth II will celebrate her Platinum Jubilee on the date, marking 70 years on the throne.

February 14th 2022 - Valentine's Day! One of the most popular days of the year for couples to get engaged.

Aussie, Aussie, Aussie! Hello everyone, I hope this letter finds you well. Let's get straight into it, here's what we have been doing over the past month of January. Due to Covid-19 and the rising cases across the area, we have been unable to do some of the usual things that we love, for example; going to Canelands Central for some shopping as well as missing out on other community events that we very much look forward to going to; but we did not let that deter us from enjoying those guilty pleasures. We decided, if we cant go out and have some fun, then we will just have to bring the fun to us right here at Nanyima, which is exactly what we did this January.

In the beginnings of the month we had a few generous donations of excellent quality clothing along side with other bits and pieces. Of course we had to put on a fashion show to display all of our new clothes. We transformed our loungeroom into a beautiful runway and had 5 lovely models to show off the clothing. After the fashion show, residents were able to come up and decide if they would like any items for themselves.

That very same week we had to cancel our shopping trip to Canelands Central due to the pandemic. Being unable to go out and purchase the things we needed, we decided to bring Canelands Central to Nanyima with our very own shopping day. Our amazing volunteers got down and dirty in the kitchen and made some beautiful homemade baked goods that were available for residents to purchase. Along with the goodies, we also had plenty of clothing, beauty products and other bits and pieces that were all up for grabs.

The residents had a ball trying on clothing and deciding on which cakes and biscuits they'd like to take home and snack on later. It was great to see residents showing off their new clothes and goodies after purchasing. Thankyou to all of our beautiful volunteers for pitching in and making it such a wonderful day.

WE LOVE OUR LITTLE SHOP



Clinical Corner

The difference between heat exhaustion and heatstroke

In Australia, major heatwaves cause more deaths than bushfires, cyclones, earthquakes, floods and severe storms combined. As heatwaves are projected to last longer and occur more often, extreme heat could put more people at risk of harm.

It's important to know how to care for our health when we're faced with extreme heat. We've explored the symptoms of heatstroke and other heat-related illnesses, how to treat them, and tips for staying safe during heatwaves.

Sweat evaporates from our skin and helps to cool us down. But in some situations, our body can't sweat enough to stay cool, or sweating alone won't combat the conditions we're facing. When our body temperature rises to dangerous levels, it can be fatal.

Heat-related illness can affect anyone, but those at greatest risk include:

Older people, particularly the frail and those living alone

Babies and young children

People with existing medical conditions, such as heart disease

People on certain medications, especially fluid tablets

People on fluid-restricted diets

People who use recreational drugs.

Symptoms and treatment for heat-related conditions

If you recognise the signs and symptoms of any heat-related illness, it's important to take action. Spotting the signs early helps to lower the risk of heatstroke, a condition that can cause permanent organ damage and potentially death, if untreated.

Anyone with a heart condition, diabetes, kidney disease, high blood pressure, or following a low sodium or fluid-restricted diet should seek medical help right away if symptoms of heat-related illness are present.

Preventing heat-related illness

Remember to:

- Stay hydrated
- Stay out of the heat as much as possible
- Keep your space cool with circulating air
- Wear weather-appropriate clothing and protect yourself from sun damage
- Rest often and save strenuous activities for the cooler parts of the day
- Monitor for signs of heat-related illness and act promptly

What to look for

What to do

Heat rash

- Clusters of bumps that look like red pimples or small blisters, usually on the neck and upper chest
- Most common in young children

- Move to a cooler place
- Keep the affected area dry
- Dusting powder may increase comfort
- Avoid using ointments and creams

Dehydration

Can lead to heat exhaustion without prompt treatment

- Increased thirst
- Dry mouth, lips and tongue
- Dizzy, tired or irritable
- Headaches
- Bright or dark yellow urine
- Less urine than usual

- Drink small amounts of water regularly
- Move to a cooler place
- Seek medical attention if symptoms are severe

Heat cramps

Can be an early warning sign of heat exhaustion

- Muscle pains and spasms, usually in the abdomen, arms or legs
- Most common in people who sweat a lot during strenuous activity

- Stop all strenuous activity
- Rest in a cool, shaded place
- Increase fluid intake with water, low sugar sports drink or diluted fruit juice
- After the cramps subside, wait a few hours before exercising strenuously
- Seek medical attention if cramps continue for more than one hour

Heat exhaustion

Can lead to heatstroke without prompt treatment

- Heavy sweating
- Heat cramps
- Paleness
- Weak or dizzy
- Nausea or vomiting
- Fast, weak pulse
- Headache

- Rest in a cool, shaded place
- Have a cool shower or bath, or apply cool, wet towels to the body
- Loosen tight clothing
- If fully alert, sip water or suck ice chips
- Seek medical attention immediately if symptoms are severe, get worse or don't improve with treatment, or last longer than an hour

Heatstroke

This is a medical emergency – call Triple Zero (000) immediately

As per heat exhaustion, plus:

- Worsening mental condition
- Slurred speech, poor coordination
- Seizures or losing consciousness

- Call Triple Zero (000) immediately – this is a life-threatening emergency
- Follow directions of ambulance staff
- Move to a cool, shaded place
- Remove excess clothing
- Immerse in water, spray with hose, or apply wet cloths and fan vigorously

CHEAP & EFFECTIVE USES FROM THE CUPBOARD **USES FOR BI-CARB SODA**

CLOTHES

Adding 1/2 cup of bi-carb soda to your wash cycle will give you whiter whites, brighter colours, and fresh, clean clothes. With the addition of bi-carb soda, you can use half the amount of laundry powder or liquid you would generally use - or omit it all together!

DEODORISER

Bi-carb soda can be used to deodorise almost everything! When deodorising carpets, mattresses, rubbish bins, shoes or pet beds, just add a generous sprinkle, wait 30 minutes and then vacuum.

For tea towels, sponges and containers, soak in water, with 1 tablespoon of bi-carb for every cup of water.

For the bathroom or toilet, add 15 drops of essential oil to one cup of bi-carb soda and shake to evenly disperse. Cover with a lid with a few to allow the scent to escape and place where you need it most!

RELIEVE INSECT BITE AND SUNBURN

Soaking in a bath with bi-carb soda may help to relieve the irritation of insect bites/itchy skin and the sting from sunburn. Simply add 1–2 cups of bi-carb soda to a lukewarm bath. Make sure the affected area is soaked thoroughly.

For more specific areas, you can create a paste with bi-carb soda and a bit of water. Apply a thick layer of paste to the affected area and leave to dry.

ANT REPELLENT

Bi-carb soda is a non-toxic and effective way to deter ants from entering your home. Simply sprinkle bi-carb soda near their usual entry point.

ALL PURPOSE CLEANER

Many commercial all-purpose cleaners are loaded with toxic and polluting substances that can be harmful to our health and our environment.

Try out making your own multi-purpose cleaner using some basic pantry staples.

All you will need is

1/4 - 1/2 cup Organic Apple Cider Vinegar

2 tbsp Bi-carb Soda

Several drops of tea tree oil or eucalyptus essential oil

Empty spray bottle

Enough water to fill the bottle

Directions

Pour from 1/4 to 1/2 cup of vinegar into an empty spray bottle and add 2 tablespoons of bi-carb soda. Add a few drops of your chosen essential oil (to help cut the vinegar smell) and then fill the rest of the bottle with water.



FROM THE OFFICE



Have you visited our beautiful
little shop!

***** Complete with fairy lights *****

OPEN: Tuesday & Thursday

1:30 — 2:30 pm

Situated in the Main Lounge

We have lots of beautiful good quality clothes in a variety of sizes plus Beauty Products, Make up, Ornaments, Trinkets, Crafts & Cards that have been kindly donated and a great favourite with our residence & staff is the confectionary that Sarah & Jenny bring out . All items are very reasonably priced. (REFER PHOTOS IN OUR DTs SECTION)

Have a sit and relax with a coffee from our coffee machine only \$3.00 a cup. Great with a treat from the shop.



Sue, Marnie & Pauline

January Family Album



















To all who are celebrating their birthday in February have a fantastic day! Check out our Birthday Board to find out whose birthday it is!

Worship Schedule

DAY	DATE	TYPE	TIME
THURSDAY	3/2/2022	INTERDENOMINATIONAL	9:00AM
THURSDAY	10/2/2022	INTERDENOMINATIONAL	9:00AM
THURSDAY	17/2//2022	INTERDENOMINATIONAL	9:00AM
THURSDAY	24/2/2022	INTERDENOMINATIONAL	9:00AM
THURSDAY	3/3/2022	INTERDENOMINATIONAL	9:00AM

February 2022

Mon	Tue	Wed	Thu	Fri
31st	1st Beauty Boutique 	2nd Exercises & Darts 	3rd Church & Bingo 	4th Movie Morning 
7th Adult Art 	8th Gerry to entertain 	9th Gardening & BBQ Lunch 	10th Church & Bingo 	11th Exercises & Indoor Lawn Bowls
14th Valentines Day 	15th Mobile Beauty 	16th Quiz & Trivia 	17th Church & Bingo 	18th Walks in the garden or to Shop (Covid Permitting)
21st Social Group 	22nd Daphne on Accordion 	23rd Canelands Shopping or HOY (Covid Permitting)	24th Church & Bingo 	25th Documentary on the Big Screen
28th Adult Art 				



St. Valentine's story

Let me introduce myself. My name is Valentine. I lived in _____ during the 3rd century. At that time, Rome was ruled by an emperor named _____. I didn't like the Emperor, and I wasn't the only one!

Claudius wanted to have a big army. He expected men to volunteer to join. Many men just did not want to fight in _____. They did not want to leave their wives and _____. This made Claudius furious. So what happened? Claudius decided not to allow any more marriages.

Did I mention that I was a _____? One of my favorite activities was to marry couples. Even after Emperor Claudius passed his law, I kept on performing marriage ceremonies... secretly, of course.

One night, we heard _____. It was scary! Thank goodness the couple I was marrying escaped in time. I was caught. I was thrown in _____ and told that my punishment was death.

I tried to stay cheerful. And do you know what? Wonderful things happened. Many young people came to the jail to visit me. They threw flowers and notes up to my _____. They wanted me to know that they, too, believed in love.

One of these young people was the _____ of the prison guard, Augustine. Her father allowed her to visit me in the cell. Sometimes we would sit and talk for hours. On the day, February 14, I was to die, I left Augustine a little note thanking her for her friendship. I signed it, "_____."

Fill in the story with the missing words:

wars, footsteps, Rome, window, families, Claudius, priest, daughter, jail, LOVE from your Valentine