

VALLEY VIEWS

MARCH 2022



**OUR ROLLING HILLS &
PADDOCKS OF GREEN**

**Nanyima Residential Aged Care
Monthly Newsletter**

Manager's View

We are all relieved and grateful after going through our COVID-19 outbreak which was lifted on 15 February 2022. Visitors flooded our main door and patiently went through the Rapid Antigen Testing (RAT) which we decided to attend for that week. We have now reduced the frequency of visitor RATs to twice a week and we will continue reviewing this process as the community's exposure to the positive cases diminish. It is difficult to avoid starting with COVID-19 situation update when it continues to reshape our daily operation activities. Thank you for being patient with us on this process.

This month, Nanyima Care is scheduled to have the Australian National Aged Care Classification (AN-ACC) assessment. AN-ACC funding will replace Aged Care Funding Instrument (ACFI) from October 2022. Healthcare Australia (HCA) has been commissioned to attend to this assessment. We are hoping that this new funding model will be better as we are not certain on what impact this will have on our revenue.

The Department of Health communicated with us that on 10 February 2022, National Cabinet endorsed the Australian Health Protection Principal Committee (AHPPC) recommendation to mandate COVID-19 booster vaccinations in residential aged care facilities. All state and territory governments agreed to implement this decision on mandatory booster doses for residential aged care workers consistent with arrangements already in place through state and territory public health orders and equivalent arrangements. Our facility's worker booster vaccination rates are now publicly available on the health.gov.au website at Residential aged care worker COVID-19 vaccination rates map | Australian Government Department of Health.

Before the end of this month, our website will have its new look. This will occur towards the end of this month, and we will be looking forward to receiving some feedback from you while we update the information we publish on the website.

We are also progressing to prepare for our re-accreditation for next year. Every three (3) years, residential aged care facilities are required to have the re-accreditation and our is due in 2023. Next year will also mark the 30th year that Nanyima Care commenced having residents onsite. What a testament to celebrate dedication and community spirit here to be very proud of.

This month also marks my 3rd year of being part of Nanyima Care Team. It is a great honour for me to know each of our residents and their relatives, working with the team and planning together with the Committee of Management as we navigate the change in the Aged Care Industry which is not showing any sign of slowing down!

The community's support is phenomenal. Until next month's issue.

"The pessimist sees difficulty in every opportunity. The optimist sees opportunity in every difficulty." By Wilson Churchill.

Bien Stirling

DON – Facility Manager



Clinical Corner

Staying Hydrated

Both doctors agree, your best defence against dehydration is prevention. Follow these six tips to stay safe and healthy, especially when temperatures — or your activity levels — increase:

Don't wait till you're thirsty to drink. By the time you feel thirsty, you're already slightly dehydrated. Sip water steadily throughout the day and drink more fluids than usual when the weather is hot, especially if you're active.

Flavour your water. If plain water tastes boring to you, you can add flavour with fresh fruits or a splash of fruit juice. You can also consume clear broths, ice pops or sports drinks (especially if you're doing intense exercise). Just make sure to limit caffeine and alcohol.

Eat water-rich fruits and vegetables. Certain fruits and vegetables contain plenty of water in addition to helpful nutrients. Watermelon, strawberries, cantaloupe, peaches and pineapples are fruits with high-water content. Water-rich vegetables include cucumbers, leafy greens, radishes, celery, zucchini and tomatoes.

Stay inside when it gets too hot. On very hot days, stay indoors in an air-conditioned environment. If you don't have air conditioning at home, try a shopping centre, movie theatre or public library. Avoid sun exposure, especially between 10 am and 2 pm, when the rays are strongest. Plan outdoor activities in the early morning or evening.

Dress for the weather. Wear light, loose-fitting clothing that lets your skin breathe. Dark colours absorb heat, so stick with lighter shades. Wear a wide-brimmed hat in the sun to keep your head cool and use plenty of sunscreen to avoid sunburn, which can increase your skin temperature and make it harder to stay cool.

Be aware of the signs of dehydration (below). If anyone in your family is ill, pay attention to how much they're able to drink — especially young children and the elderly. Anyone with a fever, vomiting or diarrhea should drink plenty of fluids. Do not wait for signs of dehydration to appear.

Dehydration symptoms

Keep an eye out for any of these signs of dehydration in children or adults:

Darker-than-usual urine

Not urinating despite steadily drinking water

Muscle cramps

Bad breath

Fatigue

Fever or chills

Craving sweets

Dry mouth/skin

Fast heartbeat

Irritability

Confusion

Drowsiness



From The DT's

March is the third month of the year in both the Gregorian and Julian calendars. March marks the beginning of Autumn in the Southern Hemisphere and spring the Northern Hemisphere. The name March comes from 'martius' after Mars. In ancient Roman religion, Mars was the god of war as well as an agricultural guardian. In Catholic Tradition, March is the month of Saint Joseph.

There are two birthstones that represent the month of March, Aquamarine (Beryl) and Heliotrope also known as bloodstone. These stones are known to symbolize courage. The zodiac signs that fall over the month of March are Aries and Pisces. The daffodil is the birth flower of March.

Hi everyone, another month been and gone! Christmas was yesterday and Easter is just around the corner. As most of you know by now we will be taking a look back through the month of February. As we fell into a lockdown here in January, we carried on into February without the help of our lovely volunteers and with restrictions on where we could and couldn't go.

We persevered of course, making the best out of a bad situation. We kept ourselves busy with beauty days, documentaries, arts and craft and even doing a bit of shopping here at our local store. Finally!! The curse was lifted on February the 15th the day after Valentines Day. We celebrated and cheered together when our volunteers arrived for bingo the following Thursday, some normality was finally coming back to us.

As we tried to salvage what was left of the month, we were still limited as to where we could go, although we did have to cancel our monthly Canelands shopping trip, we were however, able to go out for a bus ride and enjoy some morning tea out by the dam at Kitchant Waters.

First our tour guide Anthony drove us off road to have a look at the newly built Pioneer Valley Gentlemen's Shed, where we seen cows, horses and other country side wildlife. After our 4x4 adventure we did a loop back around to Kitchant dam where we enjoyed some lovely fruit slice and sandwiches prepared right here at Nanyima.

We found boats, birds and a peaceful lake staring back at us. The sun was shining and the rain we've had recently just made everything so green and wholesome. We definitely picked a good day to go out! Thanks to everyone who came along and enjoyed the company.

I'm hoping this month we will have a lot more to share with you all! This Month we have a few trips and treats planned as well as Saint Patricks Day celebrations so stay tuned to hear some more about our adventures! Until next month,



Jenni & Sarah

February Family Album



**SOME OF OUR
RESIDENCE
GARDENS**

CHEAP & EFFECTIVE USES FROM THE KITCHEN

CREATIVE WAYS TO USE OLD COFFEE GROUNDS

Coffee is popular beverage all over the world. People usually discard the grounds left behind after its brewed.

Coffee grounds have many practical uses around the home and garden. If you don't make a lot of coffee at home, most coffee shops have an abundance of coffee grounds that they are willing to give away.

Fertilises Your Garden

Coffee grounds contain several key minerals for plant growth – nitrogen, calcium, potassium, iron, phosphorus, magnesium and chromium.

They may also help absorb heavy metals that can contaminate soil, what's more, coffee grounds help attract worms, which are great for your garden.

To use coffee grounds as fertilizer, simply sprinkle them onto the soil surrounding your plants.

Compost it for Later

If you don't have an immediate need for fertilizer, you can compost your coffee grounds for later use.

Repel Insects & Pests

Certain compounds found in coffee such as caffeine and diterpenes can be highly toxic to insects, because of this you can use coffee grounds to repel bugs.

They are effective at deterring mosquitos, fruit flies & beetles and they may keep other pests away too.

To use coffee grounds as as an insect & pest repellent, simply set out bowls of grounds or sprinkle them around outdoor seating areas.

You can also keep pests out of your garden by scattering coffee grounds around your plants. They help create a barrier that slugs and snails do not like to crawl over.

Remove Fleas from Your Pet

Luckily Fleas don't seem to like coffee and you may want to consider coffee grounds as a natural treatment.

Simply rub the grounds throughout your pets fur after shampooing. Then rinse them off and allow your pet to dry as usual.

Some say doing this may also add smoothness and shine to your pets coat, but there is little to no research to support either of these claims.

Neutralise Odours

Coffee grounds contain nitrogen which helps eliminate a foul-smelling sulfur gas from the air when its combined with carbon.

You can place a bowl of coffee grounds in your fridge or freezer to neutralize odours from spoiled or fragrant foods.

You can also fill old socks or pantyhose with coffee grounds and tie them off to make portable air fresheners.

Place these in your shoes, gym bag, bedroom drawers, under your car seat or anywhere else that may need some deodorising.

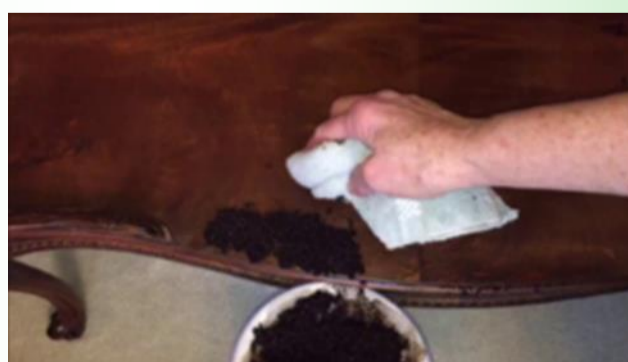
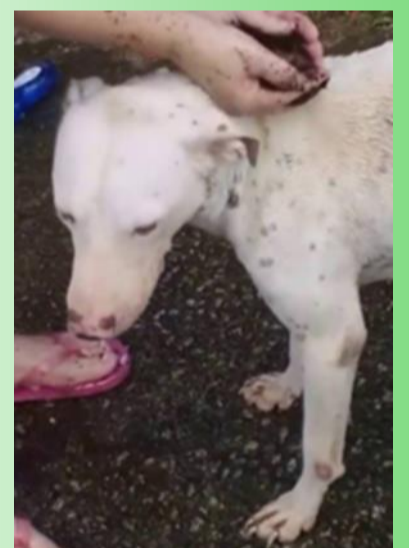
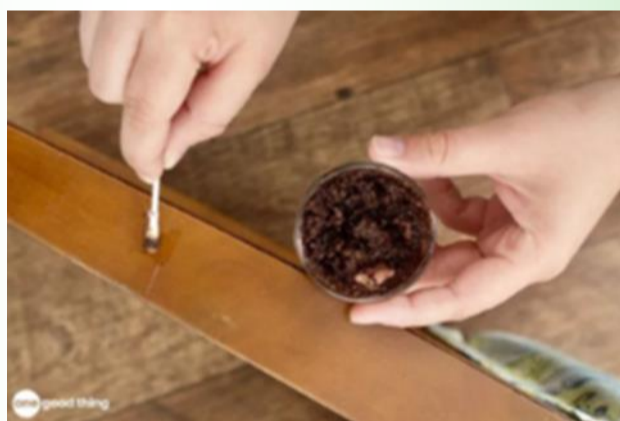
Repair Scratched Furniture

If you own wooden furniture, you've probably noticed it can be easily scuffed and scratched.

Various products can help minimise the appearance of scratches, but before you run to the store you might want to give this a try.

First make a thick paste with used coffee grounds and water, then rub into the scratch using a cotton swab. Allow to sit for 5 – 10 minutes and then wipe with a cotton rag.

This should help buff out the scratch and conceal it by dyeing the exposed wood a dark brown colour. Continue to dab coffee into the scratch using a cotton swab until the desired colour is achieved waiting a few hours between applications.





From the kitchen of Tina Dingle
(Head of Catering)

This is Tinas mothers recipe
which Tina won 2nd prize
@ the Finch Hatton Show.

Bettys Boiled Fruit Cake

In a large saucepan, boil together
2 cups of brown sugar
8 ounces butter
1 1/2 kg mixed fruit
2 cups water
2 teaspoons cinnamon
1 teaspoon nutmeg
1 teaspoon ground cloves
2 teaspoon bicarbonate of soda

Boil for 5 minutes then add:
4 cups of SR flour
4 beaten eggs



FROM THE OFFICE



A friendly reminder to all.
Please remember to check in and out.
This is most important for our Fire
Management Procedures. QLD Check
in App must also be attended to.
Thank you for understanding.

Our Residence meeting has been held and Mandy our Clinical Co-ordinator went through Covid Procedures re: Restrictions, visitations & a lot more .
For anyone wanting further information it can be found on our website.



Residence Missing Clothes

If your family member is missing items of clothing let us know when you come in and we can take you down to lost property and go through. Tags do wash off

Shopping

Our little shop is expanding & very popular however with limited time & stock we ask that if there is anything extra your family member wants/needs that you purchase for them.

FEE INCREASE

There will be a fee increase in the Daily Care Fees on the 20th March 2022. These changes will reflect the October accounts.

If you are currently paying your fees by direct debit you will need to increase payments with your bank so that they stay up to date with the rising fees. Should you require further assistance please give us a call or come and see us at the office.

Sue, Marnie & Pauline

To all who are celebrating their birthday in March have a fantastic day!

Check out our Birthday Board to find out whose birthday it is!



Happy Birthday



You share your birthday month with these famous people

1. Theodor Geisel (aka Dr Seuss) March 2, 1904
2. Jean Harlow - March 3, 1911
3. Elizabeth Barrett Browning March 6, 1806
(Poet – famous for “How Do I Love Thee”)
4. Albert Einstein - March 14, 1879
5. Johann Sebastian Bach – March 21, 1685
6. Harry Houdini – March 24, 1874

Worship Schedule

DAY	DATE	TYPE	TIME
THURSDAY	3/3/2022	INTERDENOMINATIONAL	9:00AM
THURSDAY	10/3/2022	INTERDENOMINATIONAL	9:00AM
THURSDAY	17/3/2022	INTERDENOMINATIONAL	9:00AM
THURSDAY	24/3/2022	INTERDENOMINATIONAL	9:00AM
THURSDAY	31/3/2022	INTERDENOMINATIONAL	9:00AM

March 2022



Mon	Tue	Wed	Thu	Fri
	1st <i>Beauty Boutique</i> pm - <i>Shop Open</i>	2nd <i>Gardening + BBQ Lunch</i> pm - <i>Cards</i>	3rd <i>Church + Bingo</i> pm -  <i>Shop Open</i>	4th <i>Quiz + Trivia</i> pm - <i>one to one</i>
7th <i>Social Group</i> pm -  <i>Newspaper Reading</i>	8th <i>Gerry to Entertain</i> pm - <i>Shop Open</i>	9th GOLDEN YEARS	10th <i>Church + Bingo</i> pm -  <i>Shop Open</i>	11th <i>Big Screen Documentary</i> pm -  <i>Puzzles</i>
14th <i>Adult Art</i> Pm-  <i>Activities in Dryandra</i>	15th HOY  pm - <i>Shop Open</i>	16th <i>Musical Morning — Song Requests</i> pm - <i>Walks</i>	17th <i>Church + St Patrick's Day Bingo</i> pm -  <i>Shop Open</i>	18th <i>Gentle Exercise + Indoor Bowls</i> pm - <i>one to one</i>
21st <i>Mobile Beauty Trolley</i>  	22nd <i>Robbie Rolls</i> pm - <i>Shop Open</i>	23rd <i>Walk in the Garden</i> pm -  <i>one to one</i>	24th <i>Church + Bingo</i> pm -  <i>Shop Open</i>	25th <i>Jigsaw Puzzling</i>   pm - <i>Cards</i>
28th <i>Movie Morning</i> pm - <i>Walks</i>	29th <i>Daphne Accordion</i> pm - <i>Shop Open</i>	30th <i>Canelands Shopping</i> <i>Covid permitting</i>	31st <i>Church + Bingo</i> pm -  <i>Shop Open</i>	



St. Patrick's Day Word Search



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



CLOVER	IRELAND	PARADE
COINS	IRISH	PATRICK
CORNER BEEF	LEPRECHAUN	POT OF GOLD
TRADITION	LUCK	RAINBOW
GREEN	MARCH	SHAMROCK



CRAYONSANDCRAVINGS.COM

What did our parents do when they were bored with no Internet?
I asked my 18 brothers and sisters, and they didn't know either.

Irish Craic and Humour

People who wonder whether the glass is half empty or half full miss the point. The glass is refillable.

An Irish Saying of Honour



BEING A BIT IRISH
A DINNER ISN'T A PROPER MEAL WITHOUT POTATOES

www.irelandcalling.ie

As you slide down the banister of life, May the splinters never point in the wrong direction!

-An Irish Saying

What do you call an Irish spider?
Paddy long legs