

VALLEY VIEWS

MAY 2022



Nanyima Residential Aged Care
Monthly Newsletter

Manager's View



We are about to reach the mid-year mark of 2022.

Winter is coming, and with this comes the flu season while COVID-19 pandemic continues to play a major part in our daily lives. Our attending GP agreed to manage our residents' 2022 Flu Vaccination and COVID-19 Winter dose vaccinations. We are already in the process of obtaining the relevant consents and providing relevant information to our residents and relatives. For our workers, we have lined up the services of CQ Nurse for 2022 Flu Vaccinations. None of these vaccinations are made mandatory for us just yet, however, our health advisers strongly encourage everyone to vaccinate as soon as they become eligible for any government recommended vaccinations.

Nanyima Care have decided to continue with our process of visitor Entry Screening where test each visitor with our RAT kit onsite each time. Our staff go through this same testing every two (2 days). This process proves to keep us on check and clear of having another outbreak. Our main aim is to keep our residents shielded from contracting COVID-19 as much as we can. Everyone's patience with our process is highly appreciated as it proves to be of great help.

We recently received pallets of Personal Protective Equipment (PPE) from the government to get us prepared when we need them. Our ongoing need to wear these PPEs could escalate and we are doing our best to prevent this. Staff are trained on appropriate use of PPEs, and we endeavor to keep them up to date.

Our workforce need, remains high, so we continue to ask for your assistance in spreading this news to the community. If there are any interested individuals who wants to be a member of our team, please direct them to come to our Administration Office with their resume.

Staff Retention Grant - The first part of the Staff Retention Grant from the government has just been received and will be distributed to our staff on their coming scheduled pay. We will apply for the second part of this grant this month.

This month, we will be celebrating the International Nurses Day. We are hoping that we could make our staff feel special and acknowledged, because they absolutely are. Their dedication to providing the best care for our residents is second to none.

Another special occasion this month is the Mother's Day! In this industry where women outnumber men, Mother's Day is special. The team is never running out of energy when it comes to celebrating our residents.

"Act as if what you do makes a difference. It does." By William James.

Bien Stirling

DON – Facility Manager

Mother's Day Word Search

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

CARE
GRATEFUL
CAKE
FLOWERS
HEART
BREAKFAST
MOM
HOLIDAY
GIFT
MAY
LOVE
MEMORIES
FAMILY
SUNDAY
HOME
THANKS
COOKIES
WIFE



Volunteering WordSearch 2

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

STRIVE
SHARING
HELP
FRIENDSHIP
SERVICE
LEADERS
KIND
PRICELESS
SKILLED
EXPERIENCE
GAIN
CHALLENGE
COMPASSION
COMMITTED
BELIEVE
CHANGE
HOPE
GIVING

FROM the DTs



May is the fifth month of the year in the Julian and Gregorian Calendars. With a length of 31 days, May is a month of Spring in the Northern Hemisphere and Autumn in the Southern Hemisphere. May was Named after the Greek **Goddess 'Maia' who identifies as the goddess of fertility.**

May's birthstone is the Emerald which symbolises love and success. There are two zodiac signs that fall over the month of May, they are Taurus and Gemini.

May has two birth flowers: the Lily of the Valley, which symbolises sweetness, humility and a return to happiness, and the Hawthorn, which represents hope and supreme happiness. Giving someone a Hawthorn flower signifies that you only want the best for them.

Important dates visiting us this May:

Monday May 2th Labour Day - An annual holiday to celebrate the achievements of workers and the introduction of the eight-hour work day. Although Labour Day is only celebrated on this day in Queensland and the Northern Territory. Most other states and territories in Australia celebrate Labour Day in October and some in March.

Sunday May 8th Mother's Day – Happy Mother's Day to each and every mum out there, thank you for your kind words and generous hearts.

*A Mothers Love is something that no-one can explain,
It is made of deep devotion and of sacrifice and pain.
It is endless and unselfish and enduring come what may,
For nothing can destroy it or take that love away.*

Our resident Tina Turner alias Tania Tooma tripping the light fantastic with all our very experienced Ginger Rogers and Fred Astairs. Glad to see them having so much fun.

May Week 16th – 22nd : National Volunteers week: National volunteers' week is the largest celebration of volunteers and volunteerism in Australia and provides an opportunity to highlight the role of volunteers in our communities and to say thank you to the 6 million Australians that volunteer.

What happened in April 2022? Let's find out! We started the month off with a relaxing beauty morning. We have many hands and helpers this beauty day. Our wonderful volunteers came in to pamper residents with rejuvenating foot and hand massages as well as nail and beauty care. Most of us had our nails painted while we enjoyed some morning tea and socialised with the other ladies also in the boutique.

The next week we celebrated Easter! On Thursday the 14th of April we had an Easter Cake and Craft stall, where residents could purchase yummy Easter treats, Beautiful handmade crafts and delicious baked goods prepared for us by our once again amazing volunteers. These treats were made just in time to leave out a little something tasty for the Easter Bunny! I'm sure **he'll be back next year just to eat some more of our goodies.**

The cake and craft stall brought over \$400 to go back towards the residents so thank you to everyone who cooked, contributed and made a purchase.

Following a very chocolatey Easter, we then celebrated Anzac Day just the next week with a trip to Mirani High School to attend their Anzac Service and pay our respects. A big Thankyou to Mirani High School Students for accommodating us, it was a lovely morning and we enjoyed socialising over morning tea after the event.

Well until Next Month, Happy Mother's day and take care from *Sarah and Jenni.*

let's dance



Health benefits of dancing

Dancing can be a way to stay fit for people of all ages, shapes and sizes. It has a wide range of physical and mental benefits including:

- improved condition of your heart and lungs
- increased muscular strength, endurance and motor fitness
- increased aerobic fitness
- improved muscle tone and strength
- weight management
- stronger bones and reduced risk of osteoporosis
- better coordination, agility and flexibility
- improved balance and spatial awareness
- increased physical confidence
- improved mental functioning
- improved general and psychological wellbeing
- greater self-confidence and self-esteem
- better social skills.



DAISY



NATIONAL 16-22 MAY 2022
VOLUNTEER
Better Together WEEK

*Dedicated hearts like yours
Are not so easy to find.
It takes a special person to be
So generous and kind.*

*To care so much for your fellow man
Is a quality all too rare.
Yet you give of your time and talents,
For all in need to share.*

*So thank you for being a volunteer,
We're privileged to work with you.
We want you to know how appreciated you are,
Not just today, but the whole year through.*



ANTHONY



Delia



HUGH



SYLVIA



Thank you All



ALBERT



IS IT BUGS BUNNY , ROBER RABBIT,
 WHITE RABBIT from ALICE IN WONDERLAND Or
 PSYCO from THE SECRET LIFE OF PETS
 NOOOOOO its our very own
 Nanyima DT Bunny JEN. xx



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EASTER CAKES &

GOODIES STALL



BUSY BUNNY





To all our wonderful volunteers we say thank you:

**CAROL, DAISY, DELIA, DI, ELIZA, JENNIFER, JENNY, SYLVIA,
ALBERT, ANTHONY, DAPHNEY, MAGGIE, KATHY, ELSPETH,
GERALD, LINDA, ROB, KYM & PAUL.**



**FROM THE
KITCHEN**



Some photos of one of our dining rooms decorated up for Easter. Thank you to our kitchen staff who always go out of their way to do the little extras.



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FROM THE OFFICE



RESIDENCE & VISITORS – Due to Fire Safety Regulations
Please ensure to **sign IN and OUT**



MOTHERS DAY RAFFLE

\$2.00 a Ticket

or

3 for \$5.00

Contains – Scentsy products (Warmer & 6 x Scent wax bars, body cream, body scrub, shower gel & room spray valued @\$230.00)
plus
a variety of chocolates.

Kindly donated by Mandy Daniel (Clinical Co-Ordinator)

Federal
Election
2022

UPDATE FOR RESIDENTS VOTING

To make life easier for Residents & Family, Jennifer (DT) has been busy on the phone updating Residence names for Postal Voting.

Residents should be getting this information shortly by post.



Visit from Michelle Landry MP
Federal Member for Capricornia - 29th April

We received a grant of \$11,000 from the Federal Government - Powering Communities Program 2021
To improve energy efficiency for our facility the grant was used For decommissioning of old box window air-cons and replace with new split systems by a licensed tradesman.



LOOK HOW CREATIVE OUR
SUSIE IS
A LITTLE SOMETHING, SHE
WHIPPED UP FOR THE VIPS



Happy Mothers Day & thank you
to our wonderful volunteers we
appreciate you all so much. x
Sue, Marnie & Pauline



April Family Album

YOU GO GIRLS



RESIDENCE MEETING



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

Worship Schedule

DAY	DATE	TYPE	TIME
THURSDAY	5/5/2022	INTERDENOMINATIONAL	9:00AM
THURSDAY	12/5/2022	INTERDENOMINATIONAL	9:00AM
THURSDAY	19/5/2022	INTERDENOMINATIONAL	9:00AM
THURSDAY	26/5/2022	INTERDENOMINATIONAL	9:00AM
THURSDAY	2/6/2022	INTERDENOMINATIONAL	9:00AM

May 2022

Mon	Tue	Wed	Thu	Fri
<p>2nd Labour Day No DTs</p>	<p>3rd Beauty Boutique </p> <p>pm Shop </p>	<p>4th Arts & Crafts </p> <p>pm one to one</p>	<p>5th Church & Bingo </p> <p>pm Shop </p>	<p>6th Mothers Day Celebrations </p>
<p>9th HOY </p> <p>pm afternoon tea in the garden</p>	<p>10th Gerry entertain </p> <p>pm Shop </p>	<p>11th Golden Years </p> <p>pm Cards</p>	<p>12th Church & Bingo </p> <p>pm Shop </p>	<p>13th Documentry on the Big Screen </p> <p>pm one to one</p>
<p>16th Social Group </p> <p>pm Puzzles</p>	<p>17th Volunteers morning tea </p> <p>pm Shop </p>	<p>18th Exercises & Indoor Bowls </p> <p>pm Newspaper Reading</p>	<p>19th Church & Bingo </p> <p>pm Shop </p>	<p>20th Mobile Beauty Trolley </p>
<p>23rd Quiz & Trivia </p> <p>pm Puzzles</p>	<p>24th Funky Dress Day & morning tea </p> <p>pm Shop </p>	<p>25th Shopping </p> <p>or Mystery Bus Drive </p>	<p>26th Church & Bingo </p> <p>pm Shop </p>	<p>27th Out Door 10 Pin Bowling </p> <p>pm one to one</p>
<p>30th Baking Day </p> <p>pm one to one</p>	<p>31st Daphne to entertain </p> <p>pm Shop </p>			



Classic Mum One-Liners We All Heard Growing Up

1. **“Don’t make me have to get up and come over there.”**
2. **“I’ll stop this car and you can walk home.”**
3. **“Don’t talk with your mouth full.”**
4. **“Because I said so.”**
5. **“Don’t say I didn’t warn you.”**
6. **“Just you wait and see.”**
7. **“There’s no need to use all the hot water!”**
8. **“Don’t put that in your mouth, you don’t know where it’s been.”**
9. **“Go ask your father.”**
10. **“If someone asked you to jump off a cliff, would you?”**
11. **“Do you think I like the sound of my own voice?”**
12. **“Say pardon, not what”**
13. **“She’ is the cat’s mother.”**
14. **“What did your last slave die of?”**
15. **“It’ll all end in tears.”**
16. **“Were you born in a tent?”**
17. **“Don’t sit too close to the TV, you’ll get square eyes.”**
18. **“The wind will change, and your face will stay like that.”**
19. **“There’s no such word as can’t.”**
20. **“You won’t get curly hair if you don’t eat your crusts!”**
21. **“Money doesn’t grow on trees.”**
22. **“Stop crying before I give you something to cry about.”**
23. **“I’ll wash your mouth out with soap.”**
24. **“I don’t care who started it.”**
25. **“Money doesn’t grow on trees.”**
26. **“There are children starving around the world, eat your dinner.”**
27. **“I didn’t come down with the last shower, I wasn’t born yesterday.”**
28. **“You’ll live.”**
29. **“You cut your nose off to spite your face”**
30. **“I’ll love you always”**