

## Nanyima Residential Aged Care Monthly Newsletter



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



# Volunteering WordSearch 2

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



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 16<sup>th</sup> – 22<sup>nd</sup> : 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 14<sup>th</sup> 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 thankyou 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.







#### 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.











## 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.











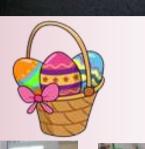








IS IT BUGS BUNNY, ROBER RABBIT, WHITE RABBIT from ALICE IN WONDERLAND Or PSYCO from THE SECRET LIFE OF PETS NOOOOO its our very own Nanyima DT Bunny JEN. xx













EASTER CAKES &





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**GOODIES STALL** 









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.





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.





### 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 - 29<sup>th</sup> 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





# April Family YOU GO GIRLS













**RESIDENCE MEETING** 

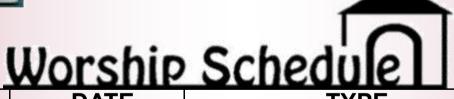


is!





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



DAY	DATE	ТҮРЕ	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



Mon	Tue	Wed	Thu	Fri
2nd	3rd security say on	4th	5th	6th
Labour	Beauty 💆	Arts & Crafts	Church & 📡	Mothers Day
Day	Boutique	1010	Bingo 🥎	Celebrations
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pm afternoon	entertain		Bingo o	on the Big
tea in the		<b>• • • •</b>		Screen
garden	pm Shop 蠲	pm Cards	pm Shop 孍	pm one to one
16th	17th	18th 👷	19th	20th
Social Group	Volunteers	Exercises & 🍸	Church & 🚬	Mobile
	morning tea	Indoor Bowls	Bingo 🏹	Beauty
	2 5820 2	Number of Contract		Trolley
pm Puzzles	pm Shop 🍏	pm Newspaper Reading	pm Shop 孍	
23rd	24th	25th	26th	27th
Quiz & Trivia	Funky Dress	Shopping 🚝	Church &	Out Door 10
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pm Puzzle		or Mystery Bus Drive	pm Shop	pm one to one
30th	31st			
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#### **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"