

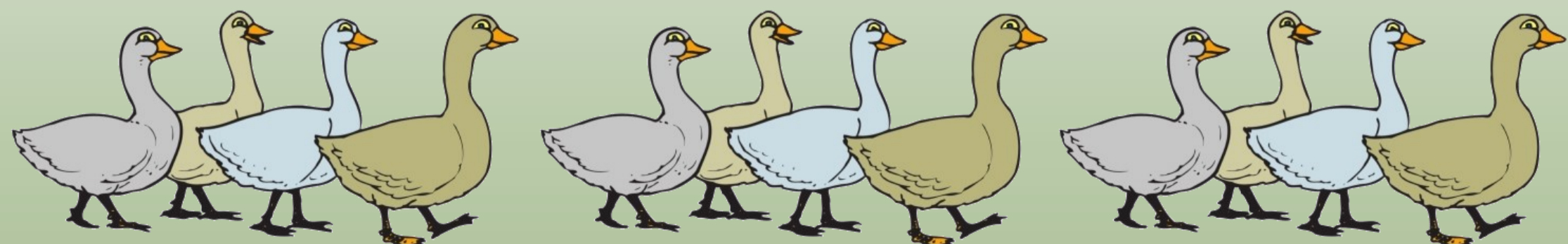
# VALLEY VIEWS

JULY 2022



BEAUTIFUL WINTERS DAY  
@ KINCHANT WATERS

**Nanyima Residential Aged Care  
Monthly Newsletter**



# Manager's View



We are most certainly not short of things to talk about Nanyima care to share with the community. The following are in mind: 2023 Accreditation preparation, workforce reinforcement, Aged Care Star Rating criteria, Quality Improvements, Visitor Management processes and many more.

I would like to start with our preparations for another Accreditation for the facility. Our last audit was attended in 2020 for full accreditation. There was an unannounced visit from the Commissioner last year which went very well for us. This time, we have commenced a full week of internal Compliance Audit for the Aged Care Standards and Quality Improvement using the services of Health Generations. Last week of June 2022 has been allocated for this audit.

With regards to our workforce planning, I would like to share that Nanyima Care is officially a recipient of that Australian Apprenticeship Incentive Grant for Certificate III in Individual Support. Our clinical team is working together to provide the support needed by our trainees. There is currently a huge gap in Aged Care Workforce to be filled in relation to the required care minutes in Residential Aged Care Facilities. Having this program commenced here at Nanyima Care gives us the hope that we can improve our local workforce and ensure that we remain strong in providing the services to our residents. Our staff have now received the Staff Retention Grants from the government, and from July 2022, it was announced that a 1.7% Aged Care Subsidy Indexation Figure as an increase on minimum wage. Nanyima Aged Care Nurses and Support Staff Enterprise Agreements 2020 were reviewed and have assurance that we are above the minimum wage.

The Department of Health announced that in line with the Royal Commission into Aged Care Quality and Safety's recommendation, the Australian Government is adopting a comprehensive approach to quality measures and reporting. This involves introducing a Star Rating system. This is a program where they will roll out the Consumer Experience Interviews program involving the interview of 20% of residents which is designed to capture feedback for publication on the My Aged Care website from January 2023. All interviews must be conducted by government select companies by October 2022.

Within Nanyima Care, we continue to introduce some quality improvement measures for the activities that can add value to our residents' daily living. We now have an Android TV in our main lounge area which gives us more options on things that can be put on the screen for them to enjoy. This allows for live streaming of local events and more.

We will continue to provide you with relevant information here and via email communications. Our visitor management process remains the same, however, visitors will no longer be asked for the proof of vaccinations. We do ask for the use of mask to continue within the facility. As always, we thank you for your support.

*"It isn't where you came from, It's where you're going that counts." By Ella Fitzgerald*

Bien Stirling DON – Facility Manager





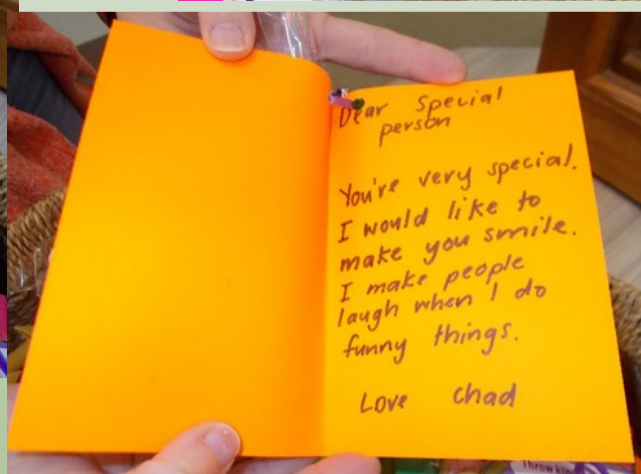
**Our Trainees – hard at it.**



**MOVIE TIME with the new TV**



**C & K Marian Community Kindergarten**



A big thank you to the Kindy @ Marian for these wonderful treats for our resident's.

The cards with wording from the students were deeply appreciated.

Thank you for your support.



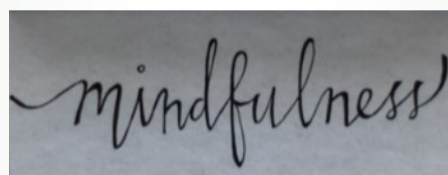


# from the DTs

Hello everyone, we've rolled round to the month of July.

In June we visited the Coffee Shop at **Kinchant Dam**, although coolish the surroundings were very pleasant and calming as you can see by the photos. The food was beautiful, Soooo we've decided to go again next month.

**Sometimes chilling out is way easier said than done but being able to relax is super-important for your health and wellbeing.**



*"Mindfulness has been shown to benefit our brains to such an extent that we can feel calmer, more aware, have an increased ability to focus and concentrate, remember things better and feel happier."* — NZ Mental Health Foundation Press Release July 2012

To keep the creative juices going we had our Colouring in Session in the big lounge room for the first time as usual the ladies were expressive with their dynamic colours.

## **7 BENEFITS OF COLOURING FOR ADULTS AND WHY YOU SHOULD JOIN THE ADULT COLORING CRAZE**

Your brain experiences relief by entering a meditative state  
Stress and anxiety levels have the potential to be lowered  
Negative thoughts are expelled as you take in positivity  
Focusing on the present helps you achieve mindfulness  
Unplugging from technology promotes creation over consumption  
Colouring can be done by anyone, not just artists or creative types  
It's a hobby that can be taken with you wherever you go

As **June is Show Month**, we had our yearly Show Pavilion & Art Studio happening for residents to browse. There were displays of crocheting, knitting, craft & art, heavenly baking, jams and sauces as well fresh fruit & veges. There was also a lovely display of birds which was bought in by one of our staff members.

**We've had our first happy hour.**

**Now I must say we need a few of our male residents to join us for happy hour. Let's even the numbers up a bit.**

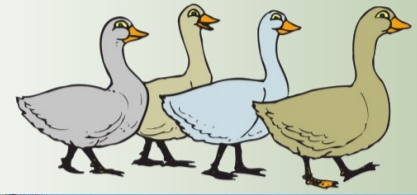
**Entertainment** – throughout the month we've had Gerry, Robbie & Daphne entertaining us with their wonderful singing voices, guitar & piano accordion playing.

**Morning Melodies** – It was a big day but well worth seeing the Aussie West End Star, direct from Her Majesty's Theatre in London's glittering West End, Queensland singer, Tenor Paul Ettore Tabone returns home for a regional Queensland tour in **Golden Days - Songs from the Movies & Musicals**. Until next Month that's all from us !

**Jenni & Tanya**



**KINCHANT WATERS  
COFFEE SHOP  
@ KINCHANT DAM**



**BEFORE  
&  
AFTER**

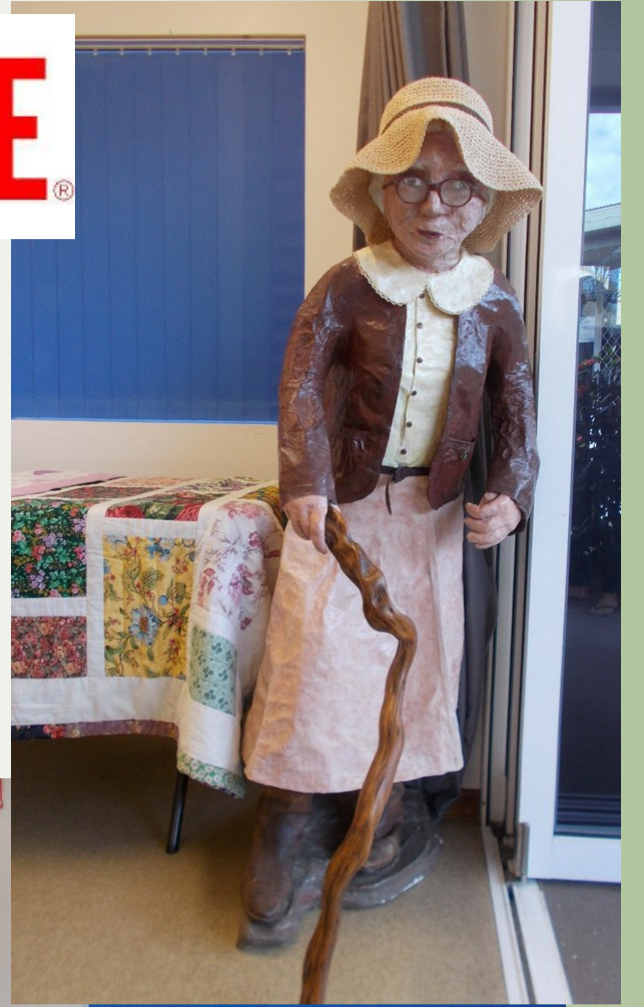






**SHOWTIME**

CRAFT YOUR STRESS AWAY







FOOD IS OUR  
COMMON  
GROUND, A  
UNIVERSAL  
EXPERIENCE

-JAMES BEARD



Being  
**CREATIVE**  
IS NOT A HOBBY  
it's a way of  
**LIFE**



## COLOURING IN

LET YOUR  
LIGHT  
SHINE





# Clinical Corner



*Motivation*  
is what gets you started;  
*Habit*  
is what keeps you going.



Chair exercises are a great way to build strength and flexibility, improve range of motion and decrease pain in a safe way which is also low impact.

By remaining seated, our residents remained safe but were also still able to work on flexibility, range of motion, co-ordination and core strength.

Exercise also releases endorphins, our body's natural happy chemical. Through exercise we can naturally boost our mood.

Our group session was modified for different residents and their individual abilities but we all had great fun and we enjoyed a lot of laughs together.

A great morning had by all - the staff also enjoyed the singing session at the end!

Sharon (OT)



# FROM THE KITCHEN



## MINCE ROLLS

### INGREDIENTS

500 GRAMS PORK&VEAL MINCE

500 GRAMS PORK MINCE

½ AN ONION, FINELY CHOPPED

COUPLE OF HANDFULS OF FROZEN PEAS & CORN (OR WHATEVER VEGIES YOU LIKE)

DASH OF SWEET CHILLI SAUCE

DASH OF HONEY SOY SAUCE

1 X PACKET OF 2 MINUTE CHICKEN NOODLE (BREAK NOODLES UP)

& THE CHICKEN FLAVOUR SACHET

ADD A LITTLE WATER IF YOU NEED TO

SOME GRAVY MIX TO FINISH OFF AND THICKEN SLIGHTLY

1 CUP OF GRATED MOZZARELLA CHEESE

### METHOD

FRY OFF THE ONION

ADD THE MINCE AND BROWN

ADD THE REST OF THE INGREDIENTS , FINISH COOKING

LET THE MINCE COOL.

CUT YOUR PUFF PASTRY SHEETS TO THE SIZE YOU REQUIRE

PLACE SOME MIXTURE IN THE MIDDLE

PRESS THE ENDS SO THE FILLING DOES NOT FALL OUT.





# FROM THE OFFICE



## Covid Certificates

If you are tired of carrying around your covid certificate in your bag in a plastic sleeve, then here's something to consider.

Mackay Office Works in Milton Street opposite the Memorial Pool will colour copy, shrink down to a size so (you can fit in your purse or wallet) & laminate for \$1.35.

**The Shop will now be open on Friday afternoons instead of Thursdays.**

**That way residents can stock up for the weekend.**

**Thank you to all who supported our Show Day Display**

**We made \$339.25**

*Sue, Marnie & Pauline*

### People Born in July

- fun to be with
- difficult to be understood
- has reputation
- very Honest
- passionate kisser
- unpredictable
- never forgets
- moody and easily hurt
- forgiving but never forgets
- quiet unless excited

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










## Worship Schedule

DAY	DATE	TYPE	TIME
THURSDAY	7/7/2022	INTERDENOMINATIONAL	9:00AM
THURSDAY	14/7/2/2022	INTERDENOMINATIONAL	9:00AM
THURSDAY	21/7/2022	INTERDENOMINATIONAL	9:00AM
THURSDAY	28/7/2022	INTERDENOMINATIONAL	9:00AM



# July 2022

Mon	Tue	Wed	Thu	Fri
				1st <i>Robbie Rolls</i>
				Shop Open 
4th Sharon Exercises  <i>One to one</i>	5th Beauty Boutique Shop Open 	6th Sharon Tai Chi  <i>One to one</i>	7th Church & Bingo  <i>One to one</i>	8th Reminiscing Shop Open 
11th Wheel Chair walks to the shops	12th Gerry Shop Open 	13th Golden Years	14th Church & Bingo  <i>One to one</i>	15th Kinchant Dam Shop Open 
18th Seated Yoga in Courtyard 	19th Daphne  Shop Open 	20th 	21st Church & Bingo  <i>One to one</i>	22nd Beauty Trolley Shop Open 
25th Indoor Bowling  <i>One to one</i>	26th Arts & Crafts Shop Open 	27th Canelands Shopping 	28th Church & Bingo   <i>One to one</i>	29th Movie Morning Shop Open 



# British Royal Family

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

princess edinburgh cornwall cambridge edward  
albert victoria catherine duchess duke  
prince william george charles camilla  
diana meghan harry philip queen  
elizabeth



I know of no single formula for success. But over the years I have observed that some attributes of leadership are universal and are often about finding ways of encouraging people to combine their efforts, their talents, their insights, their enthusiasm and their inspiration to work together.

When life seems hard, the courageous do not lie down and accept defeat; instead, they are all the more determined to struggle for a better future.

— Queen Elizabeth II —