



VALLEY VIEWS

december 2022



Nanyima Residential Aged Care
Monthly Newsletter



Manager's View



I would like to start by greeting everyone A Very Merry Christmas for festive season this month of December 2022. I hope your holiday season is full of peace, joy and happiness.

Nanyima Care team will be celebrating with our dear residents and relatives who would choose to join us. The date and time will be communicated accordingly. Let us know if you had any suggestions which you would like for us to consider in our planning, we thank you in advance.

We have endeavored to keep you up to date with what has been happening here month in and month out. And it is just like a never-ending change in the industry as the Department of Health and Aged Care along with the Aged Care Quality Standards Commissioner are both in the implementation stages of their responses to the Royal Commission recommendations. What a year this has been. This month of December 2022, the following are commencing:

- New Code of Conduct for Aged Care
- New Star Rating (will be published on My Aged Care Website)
- Strengthening Provider Governance

There was the introduction of AN-ACC Classification in October 2022, COVID-19 updates continue to dominate our operation with some sense of normality as this pandemic has been with us for three (3) years now and counting. Your support and understanding is greatly appreciated.

Now that we have a new Maintenance Coordinator working five days a week with us – Ian Macduff, we are looking to identify urgent infrastructure maintenance works to be addressed. Our Committee of Management ensures that we never stop achieving the best for our residents and for the community that we support.

In the coming year, we hope to have our residents and relatives more and more involved in our services. I would like to encourage everyone to provide us with your feedback and suggestions through our QR Feedback Code at the reception. Your input is important to us.

Nanyima Team – staff and volunteers, continue to offer their best to our residents and we **can't thank them enough for their dedication and teamwork.**

Palliative Care initiative – ELDAC Linkages Program kicks off this month with staff education with going ahead this month. Our goal here is to champion our Palliative Care capability within our service.

More updates for you in the next year

'The greatest gift of all this holiday season is a loving family and close friends.'

Bien Stirling

DON – Facility Manager



RESIDENTS
BEST DECORATED
CHRISTMAS DOOR COMPETITION

Would you like to help decorate a loved one's door!

What's on?


Only Residents Door –
Decorate your door for Christmas
Competition

Rules:

Decorate anyway you like –
(but you cannot use nails, screws or
anything that will penetrate the door or
framework)

Prizes:

Prizes awarded at the
Residents Christmas Carols
23rd December 2022
for
Best Decorated Door in each section.





from the DTs

Hello to all our readers, Hasn't this year gone so quickly? If you haven't started your Christmas shopping better start soon, as it will be Christmas before you know it. It has been another busy month with the 1st of November Melbourne Cup Day which was a full day of fashions, foods and drinks. Everyone participating in the sweeps and watching the big race on the big screen in the lounge.

On the 14th of November we went to the Mackay Botanic Gardens to participate in the Bail Out the Bees Project for Pioneer Catchment Landcare, where the residents helped assembled the bee hotels. The Bee Hotels will be placed around Mackay community parks and native areas to help build the numbers of the native bee population.

Marian Kindy Kids came on the 18th of November with Robbie Rolls singing his lovely country music songs. Kindy Kids got in and helped the residents make Christmas decorations and then the following week the residents went to the Marian Kindy for a visit for a fun morning.

The 23rd was such a lovely day for having lunch at the beach and that's just what we did. We loaded up the bus and headed to Mackay Surf Club for lunch. We had front row seat views of the beach and the meals were delicious.

Residents have been enjoying making decoration for Christmas at Arts and Crafts, d ecorating Christmas trees, painting and making cards.

On the 23rd of December Nanyima will be holding the Annual Christmas Carols by Candlelight, starting at 4pm with lots of delicious homemade cakes and slices made by our lovely Volunteers and staff, craft items and gifts. Followed by a Sausage sizzle and music by Robbie Roles and staff with their lovely children singing carols as well.

Well that's all for now, hope to see you all for a busy month in December.

Tanya and Michelle.



Q: What do you get when you cross a snoman with a vampire?

A: Frostbite

Q: What do you get if you eat Christmas decorations?

A: Tinsillitis

HA HA HA!



The Legend of the Candy Cane

Look at the candy cane.
What do you see?
Stripes that are red like
the blood shed for me.
White is for my Savior
who's sinless and pure.
"J" is for Jesus, my Lord,
that's for sure!
Turn it around and
a staff you will see.
Jesus, my sheperd,
was born for me!

author unknown



An Australian Christmas

Australians have a special way,
Of spreading Christmas cheer,
Plouging snow is a big no-no,
We have sun over here,

Christmas pud is a pav instead,
While lunch is on the beach,
Cold ham replaces turkey,
And we have three servings each,

Kangroos help Santa out,
'Cause reindeer just won't do,
For they don't know the bush so well,
Roos just bound on through.

Forget the fur lined boots this year,
Thongs are what you need,
Rudolf will have to sit it out,
While Skippy takes the lead.

But don't you worry, have no fear,
Santa's used to us down here!





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MELBOURNE CUP





Bail out the Bees



FROM THE
OFFICE



Sue, Pauline & Nancy

POSTAGE INCREASE



Australia Post will proceed with the proposed changes, effective from 3 January 2023. The proposed price increase to ordinary letters, including the 10-cent Increase to the BPR from \$1.10 to \$1.20. There will be no further price increases to the letters service in the 2022-23 financial year.

We remain committed to our letters service and to working with our business customers to support their customer communication strategies. Full details are available at auspost.com.au/service-updates/pricing-updates/bpr-letter-pricing-update.



When a loved one passes it is up to the next of kin to clean out the room that was occupied. We ask that all items be taken as there is a cost to us to have the room cleaned out and if needed to pay dumping fees. With this in mind we are implementing a \$100 fee if the room is not emptied completely.

PLANNING AHEAD

If you are planning to take your family member out over the Christmas period, can you please let administration know.

Also

If you wish to have Christmas Lunch here at the facility, please advise as well.



TICKETS NOW ON SALE
\$2 per TICKET or 3 for \$5
drawn 23rd December @ Carols by
Candlelight



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

Worship Schedule

DAY	DATE	TYPE	TIME
THURSDAY	1/11/2022	INTER DEMONINATIONAL	9:00AM
THURSDAY	8/11/2022	INTER DEMONINATIONAL	9:00AM
THURSDAY	15/11/2022	INTER DEMONINATIONAL	9:00AM
THURSDAY	22/11/2022	INTER DEMONINATIONAL	9:00AM
THURSDAY	29/11/2022	INTER DEMONINATIONAL	9:00AM

PLEASE NOTE :- SOME OUTINGS/ACTIVITIES MAY BE CANCELLED WITH SHORT NOTICE DUE TO COVID.

December 2022

Mon	Tue	Wed	Thu	Fri
 We're Searching for Volunteers			1st Church & Bingo or Kindy Kids Visit Christmas Decorating 	2nd Morning Melodies  Shop  Happy Hour
5th Tai Chi Followed by Hoy Afternoon Strolls 	6th Beauty Boutique Board Games in the lounge SHOP 	7th    Golden Years Christmas Party Ironing in the Lounge 	8th Church & Bingo  Mobile Beauty	9th Christmas Morning Tea. *Happy Hour *SHOP 
12th  Chair Exercises followed by Quizzes Mobile Beauty	13th  Gerry McCann to Entertain Adult Art SHOP 	14th  Christmas Shopping Ironing in the Lounge 	15th  Church & Bingo  Afternoon Tea in the Garden	16th  Volunteers Christmas Morning Tea Happy Hour SHOP 
19th  Lawn Bowls  Mobile Beauty	20th Arts & Crafts Christmas Movies and Popcorn SHOP 	21st  Mystery Bus Drive Ironing in the Lounge 	22nd Church Carols & Bingo  Afternoon walks	23rd  Christmas Carols by Candlelight Cake Stall Shop
26th NO DTs Public Holiday	27th NO DTs Public Holiday	28th One on Ones Ironing in the Lounge 	29th  Church & Bingo  Mobile Beauty	30th  New Years Make a Wish *Happy Hour *SHOP 



CHRISTMAS WORD SEARCH 2

Find words associated with the Christmas season hidden in the puzzle below. They are hiding forwards, backwards, up, down, and diagonally. As you find the words, cross them off the word list. The remaining letters, reading left to right, top to bottom, spell out the title of a popular Christmas song. Write the title in the circles provided.

WORD LIST

- BELLS
- BOUGH
- BOXES
- CHEER
- CHRISTMAS TREE
- EGGNOG
- GIFTS
- GREEN
- LIGHTS
- LIST
- MYRRH
- PEACE
- POINSETTIAS
- RED
- SACK
- SANTA
- SEASON
- SHOPPING
- SLEIGH
- STOCKING
- TIDINGS
- TOYS
- WRAPPING PAPER
- YULE

ATS
DER

SONG TITLE

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