



VALLEY VIEWS

AUGUST 2023



Eungella

Nanyima Residential Aged Care
Monthly Newsletter



Manager's View



Greetings to all.

Each month passes by so fast that there are now only five (5) months left in 2023. We always have something new to share with the community to keep you informed regarding Nanyima Care.

This month, we will be inviting our finance auditors to prepare us for the 2022-2023 end of year reporting requirements and to get ready for our AGM in October 2023.

Our allocated Events Coordinator is also getting busy preparing us for the 30th year that Nanyima Care has been in operation here at Mirani and we are sure very excited for this event.

Just last week, our Committee of Management made an announcement to our residents, relatives, volunteers, and staff that we are currently going through a transition process to having Apollo Care onboard to work in partnership with us and take the governance role for Nanyima Care. There will be more communications released soon on this subject to provide more information and we encourage everyone in the community who may have any questions to please let us know. We would be very happy to help.

I would also advise that you access Apollo Care Alliance website <https://www.apollocare.com.au/> for you to learn more about them and what they do. Click on the links to Residential Aged Care Providers supported by Apollo Care on the bottom of their website's main page. Apollo Care brings best-practice frameworks for care provision and governance, staff culture, quality and compliance oversight and technology development to deliver exceptional resident experiences and improved business performance. The Apollo Care communities enjoy the benefits of large-scale efficiencies and specialist expertise at a local level.

For this month of August 2023, we are required by the government to report on our compliance with 24/7 RN site coverage for July 2023 on top of our usual quarterly reports – a very busy period.

I would also like to advise that Nanyima Care has been selected by the Commissioner to participate in the Pilot Strengthening Standards Audit commencing next week. The Department of Health and Aged Care has drafted strengthened Standards after consultation with providers, consumers and other stakeholders. Before the strengthened Standards are introduced, the Government needs to make sure they are practical. Commission also needs to know how the strengthened Standards will improve the safety and quality of aged care. They are testing the strengthened Standards by conducting pilot audits. Ernst and Young Australia (EY) are helping them do these audits. Commission staff will be present at these audits. As part of the pilot audits, they will be talking to some people who receive aged care services. We will provide more information when required.

We are still in the process of negotiating the Enterprise Agreements in place here at Nanyima Care, and we have not yet progressed to obtaining the Memorandum of Understanding (MOU) with relevant unions in relation to supporting our ability to have access to overseas workforce when the need arises. More updates to come next month.

“The only person you should try to be better than is the person you were yesterday.” — Anonymous

Bien Stirling (DON – Facility Manager)



Photo Boards



Benefits for the Children

Connecting and establishing a bond with the residents in an individual way helps to build self-esteem and sense of worth in children. "The interaction gives children someone safe to talk to and to share stories with."

Older adults have extra time & skills that are often underutilised & are a great resource when it comes to caring & educating young children as well as promoting friendships & social skills.



from the DTs

Hi everyone, we've rolled into another month, August.

Michelle and I have had another busy month in July with plenty of activities and outings with the residents. Michelle had taken some residents for a bus drive on the 7th of July to watch the parade for NAIDOC week.

On the 19th of July we went to the residents favourite spots for our Christmas in July Lunch at the Mackay Surf Club. Unfortunately there were no whales to be seen at the harbour, maybe next time.

Residents have been busy painting lady bug rocks and bumble bees to place around the gardens in the court yard and planting vegetable seedlings around in the raised garden beds, such as beans, capsicum, carrots and egg plant with some marigolds between to keep the bugs away. Can't wait to see the produce.

August is another busy month with morning tea at the Botanic Gardens, lunch at Mirani hotel and our Annual cent sale on Friday the 25th of August. Hope to see you all there.

Thanks Tanya and Michelle.

FROM THE OFFICE

Sue, Pauline, Katrina & Nancy

Congratulations

Wow what a month it has been for the wonderful Tanya.

Not only has she graduated from her Diversional Therapy Course but also, one of five Award Winners across Australia & New Zealand for

Champions of Care – Making a Difference.

You certainly do go above & beyond with your care and life style ideas for our residents which I know they really appreciate.

You are a pleasure to work with.



Congratulation from Person Centred Software, we hope you enjoy your hand picked hamper!

Clinical Corner



Hello. My name is Pam, and I am the Clinical Co-ordinator here at Nanyima. My job involves me overseeing all the care provided by nursing staff, ensuring that they are able to provide the best possible care at all times.

Like many staff working at Nanyima I live in the Valley.

I have been working at Nanyima for around 2 years, been a nurse for a VERY long time and been working in Aged Care for the past 17 years.

I love working at Nanyima, it has a great community feel; joyful, happy and growing.

I have several passions - I enjoy the challenge of change and developing those I work with. Palliative Care, Dementia Care and Education are some of the areas that interest me and keep me on my toes!

This month I want to touch on Palliative Care and End of Life cares. Over the past 11 months I have been fortunate to be able to work with some incredibly experienced and knowledgeable specialist Palliative Care nurses. This has enabled Nanyima staff to access external resources and provide the best care possible for our residents. We have been able to increase staff knowledge and awareness of Palliative Care and End of Life Care. What is the difference you may ask?

Palliative care helps people to live as fully and as comfortably as possible with a life limiting illness. Palliative care doesn't necessarily mean that you are likely to die soon- some people have palliative care for years. End of Life care offers treatment and support for people who are near the end of their life. The goal of End-of-Life care is to control pain and other symptoms so the person can be as comfortable as possible.

Nanyima can provide both services – for the resident this can provide comfort to them knowing that the people caring for them at the very end of their life know and love them. For their relatives it can provide peace of mind that their loved ones will be cared for by

Many families and residents are unaware that we can provide this care at the end of life. Please be reassured that for staff this is the most important and rewarding area of care. We respect that you allow us to be with you at the end.

I would like to invite all staff, residents and family members to meet up over a cup of tea and biscuits/cake (of course) where we can all come together and ask questions, exchange experiences and develop a support network.

Please get in touch with me if you would be interested in coming along to this meeting. I am tentatively planning a get together in mid-September.

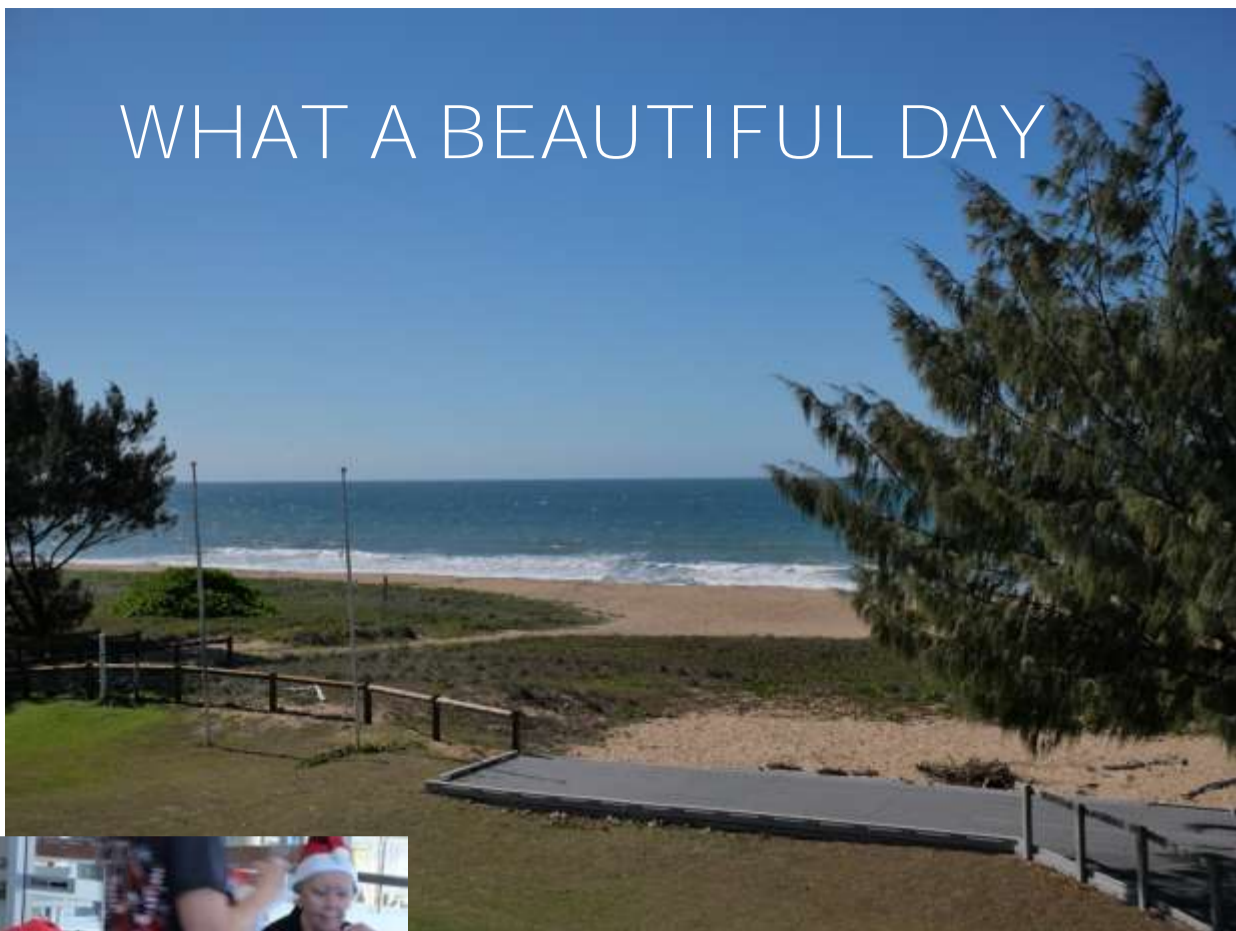
I hope that everyone has a wonderful August.

Pam





WHAT A BEAUTIFUL DAY



George certainly enjoyed his Pork Chop!

What is the history of Christmas in July? There are many theories online about where the idea behind Christmas in July originated.

Some say it was first mentioned in a French opera back in 1892; others believe a North Carolina girl's camp started it in 1933.





Once again, the Mackay Surf Club didn't disappoint. What more could you ask for, ideal venue, delicious food, great weather, good company. Another beautiful day in paradise.



Sing-Along with Roy

Roy is one of our volunteers who comes along each Friday afternoon to sing for our residents during Happy Hour & while the shop is open. He has his regulars who wouldn't miss his Country & Western style and very bubbly personality with a joke & a laugh and a sing along.



























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

Worship Schedule

DAY	DATE	TYPE	TIME
THURSDAY	3/8/2023	INTER DENOMINATIONAL	9:00AM
THURSDAY	10/8/2023	INTER DENOMINATIONAL	9:00AM
THURSDAY	17/8/2023	INTER DENOMINATIONAL	9:00AM
THURSDAY	24/8/2023	INTER DENOMINATIONAL	9:00AM
THURSDAY	31/8/2023	INTER DENOMINATIONAL	9:00AM

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

August 2023

Mon	Tue	Wed	Thu	Fri
	<p>1st Cent Sale wrapping day</p> <p>Peaceful Harp music in the lounge</p> <p>Shop </p>	<p>2nd Cent Sale wrapping day</p> <p>Ironing & one-on-one </p>	<p>3rd Church & Bingo </p> <p>Gardening</p>	<p>4th Mystery Bus Drive</p> <p>*Happy Hour </p> <p>*SHOP </p>
<p>7th Aged Care Employee Day</p> <p>Tai Chi in the lounge followed by Trivia</p> <p>Mobile Beauty</p>	<p>8th Gerry to Entertain</p> <p>Puzzles in the lounge</p> <p>Shop </p>	<p>9th Golden Years</p> <p>Ironing & one-on-one </p>	<p>10th Church & Bingo </p> <p>Afternoon strolls</p>	<p>11th Wonder Kids Visit </p> <p>*Happy Hour</p> <p>*SHOP </p>
<p>14th Chair Exercises in the lounge Followed by Hoy</p> <p>Mobile Beauty</p>	<p>15th Country Music with Robbie Roles & BBQ Lunch in the Garden</p> <p>Shop </p>	<p>16th Botanic Gardens Café for Morning Tea and walks</p> <p>Ironing & one-on-one </p>	<p>17th Church followed by Residents & family Members Meeting</p> <p>Gardening</p>	<p>18th Bingo </p> <p>Happy Hour</p> <p>SHOP </p>
<p>21st  Game of Bocce</p> <p>Afternoon Strolls</p>	<p>22nd Arts & Craft</p> <p>Movie & Pop corn</p> <p>Shop </p>	<p>23rd Mirani Hotel for Lunch</p> <p>Ironing & one-on-one </p>	<p>24th Church & Bingo </p> <p>Mobile Beauty</p>	<p>25th Annual Cent Sale </p> <p>*Happy Hour</p> <p>SHOP </p>
<p>28th Indoor Bowls</p> <p>Afternoon Tea in the garden</p>	<p>29th Arts & Craft</p> <p>Peaceful Harp music in the lounge</p> <p>Shop </p>	<p>30th Shopping</p> <p>Ironing & one-on-one </p>	<p>31st Church & Bingo </p> <p>Mobile Beauty</p>	<p> We're Searching for Volunteers</p>



Our residents enjoyed the bus trip to Mackay to see the Naidoc parade and then the treat of a Maccas ice-cream on the way home.



The Last Kanaka?

Alick Daniels, also known as Alick Daniels Soloman - which were adopted names, his island name being Calleyho - was said to be the last of the Kanakas in Australia when he died at Calen in 1963.

Calleyho arrived in Mackay from the Soloman Islands in the early 1880's, and as a very young man worked around Mackay for a number of years. In 1910 he married an Australian Aboriginal woman, Rosie, and they lived for many years in a grass hut on the river bank behind the Walz residence north of Mirani, on a property owned by the Pratt family. The farm was later purchased by the late Jim Wright. Pratts sold and moved to Calen. Alick later moved to again join them, but would walk from Calen to Mirani to work at Hardwick's Brickworks, where he had worked at times prior to moving to Calen.

Among other Islander and Aboriginal identities living behind Walz's were Roger and Nellie Thompson, who had a son Rabo. They all lived in the same grass hut with the Solomans, with a dirt floor and a feature wall made from flattened kerosine tins. An open cooking fire graced the centre of the hut; it amazed the neighbours how the place never burnt down. The beds were made of crossed bush timber covered with sugar bags. They lived mostly off the land and grew their own fruit and vegetables.

Rabo went to school in Mirani by pony, which he rode at top speed at all times, bare back. Rabo's father Roger, among other things, was a horse breaker. As ponies were the main mode of transport for children going to school, races were a common occurrence down the back road (now Alice Street, Mirani). Rabo, who looked like midnight, was just another one of the kids, and as discrimination had not been invented then, was well liked and treated no differently to anyone else, as were all the dark people living on the riverbank. It was recalled that when the Prime Minister of the day, Stanley Melbourne Bruce, visited Mirani State School (yes, the Prime Minister came to Mirani) the two pupils chosen to represent the school by shaking hands with the Prime Minister were Rabo Henry Thompson and Ivan Graham Smith

Contributed.

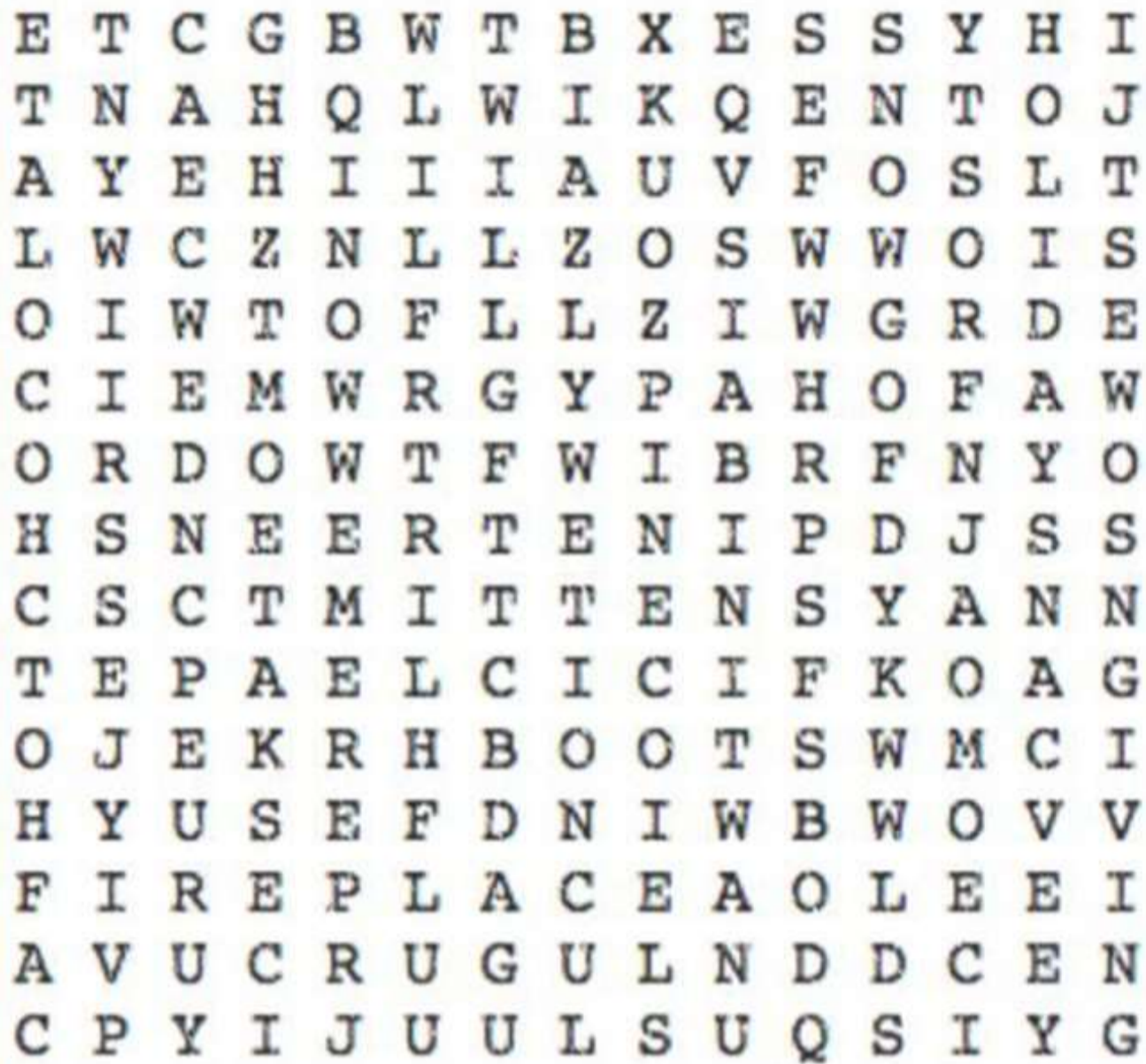
HELL BAKER JIM CONNOR

As we have been going through old photos & documentation to get ready for our 30th Anniversary later in the year Jim Connor, one of our visitors presented us with this article that was in the September 2001 edition of the Platypus Press (A local newsletter that was around for many years) so thought it was timely to add with our Naidoc photos.



NAIDOC Week (National Aboriginal and Islanders Day Observance Committee) occurs annually in July, and celebrates the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. NAIDOC is celebrated not only in Indigenous communities, but by Australians all over the country and overseas.

WINTER WORD SEARCH



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

WORDS TO FIND:



BLIZZARD	BOOTS	CHILLY
COLD	FIREPLACE	FROSTY
FROZEN	GIVING	GLOVES
HAT	HOLIDAYS	HOTCHOCOLATE
ICE	ICESKATE	ICICLE
MITTENS	PINETREE	SCARF
SNOW	SNOWBALL	SNOWFLAKE
SNOWMAN	SNOWSUIT	WIND
WINTER		

19th July 1965 – the day Queensland froze and snow fell

The event has gone down in local history, with reports that Snow fell at Eungella. The phenomenon was generated by an intense low and cold winds that pushed moisture north. Some argued that snowfall was inconceivable – perhaps it was a heavy frost.

Dr Trewin, senior climatologist at the Bureau of Meteorology said he was happy to dispel any disbelief and “There was indeed snow in July 1965”. The event was the result of the right conditions at the right time. There are two things you need for snow.

“You need the air mass to be cold enough, which doesn’t happen very often in the tropics and secondly you need moisture”. There was quite an intense low off the coast of far south-east Queensland and southerly winds on the west side of that. That put more moisture in the system and we had quite a small but intense Poole of cold air in the upper atmosphere – that provided enough instability to push moisture up north.