



VALLEY VIEWS

OCTOBER 2023



CAMPING

Eungella Dam

Nanyima Residential Aged Care
Monthly Newsletter



Manager's View



FOR RELEASE 1 OCTOBER 2023

Expansion of local aged care service assured as Nanyima joins with national provider Apollo Care

'Nanyima' - a 51-bed not-for-profit aged care community in rural Mirani - is joining national provider Apollo Care on 1 October 2023 to expand its aged care services to meet high demand in the region.

Located 37km west of Mackay, the thriving, not-for-profit, community-focussed aged care facility has Federal Government funding to build a memory support unit on-site but requires additional project management experience.

Rosemary Lyons, Chair of Nanyima Aged Care Inc, says the organisation's commitment to expansion was the primary driver for joining forces with a national provider.

*"Apollo Care is a good fit for Nanyima as it offers the project management and governance expertise we need for the future, while allowing us to preserve our identity and connection to the **community**," explains Mrs Lyons.*

*"Nanyima was built by the community almost 30 years ago to allow locals to remain living in the Pioneer Valley as their care needs change. **We're** experiencing growing demand for specialist dementia care and **I'm** delighted that under the guidance of Apollo Care, we will soon be able to support even more locals in need.*

"Our five-star rating in resident experience and compliance shows we're delivering on our purpose, thanks to the dedication of our team of staff, volunteers, allied health professionals and the support of local businesses and the community."

Apollo Care CEO Stephen Becsi OAM says he is thrilled to welcome Nanyima into the fold.

"Apollo Care is progressive aged care provider caring for communities across Queensland, New South Wales and Victoria and we understand the unique challenges of residential aged care in regional settings like Mirani".

"Our unique vision is to protect the purpose and legacy of not-for-profit providers, such as Nanyima, that play a vital role in their local communities".

"Our innovative operating and financial models will strengthen Nanyima's services while ensuring it retains its strong local community identity."

"We're impressed with Nanyima's culture and want the staff and volunteers to keep doing exactly what they're doing so well — providing excellent, relationship-centred care to the most vulnerable residents in their community."

"I'm pleased to confirm we'll commence work on the memory support unit in 2024."

Apollo Care Alliance was built from the ground up three years ago by a team of four industry veterans with a cumulative 85 years' experience. In addition to Stephen Becsi, formerly CEO of Bethanie, WA's largest NFP provider, Apollo Care's leadership team comprises Barry Ashcroft, former CEO of Domain Aged Care, now Opal; Kylie Radburn, former National Care Governance Manager at Aveo; and John Young, a leading equity capital specialist.

The other communities in Apollo Care's alliance are in New South Wales - Bundaleer (Wauchope), Charingfield (Waverley), Harden Grange (Harden) and Vincent Court (Kempsey); Queensland—PresCare Alexandra Gardens,

(Rockhampton), PresCare Groundwater Lodge (Maryborough) and PresCare Yaralla Place (Maryborough); and Victoria - Yamaroo (Yackandandah).

-ends-

For further information, interviews and photo opportunities please contact Apollo Care*s media consultant:

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Clinical Corner

Throughout September a small group of our residents have engaged in a strength and balance program. This program looked at some of the causes of falls, what we can do to help prevent falls but also what to do should they have a fall.

We also progressed through a number of exercises with our regular warm ups, sit to stand practice and then balance exercises at the rail. For some residents we increased the difficulty of the exercises throughout the program to help increase their strength and balance and for others they simply stayed at a safe working level.

There have been lots of laughs throughout these sessions and residents have reported that they felt they were really challenging themselves. Some residents have chosen to carry on with similar sessions with some further exercise upgrades to help continue to improve their balance and strength.

On our last session we had a certificate presentation for those who have completed the entire 4 weeks.

Thank you to all the residents who attended, we're glad you enjoyed it.

Sharon (OT)





from the DTs

The first day of Spring – September started with a bang.

Michelle's Diary of events while Tanya was on leave

Father's Day – Bubbles, Beer, Pies, Peas & Chips for our dads.

They asked and received – Music by Robbie & Kim Roles (Thank you for making a great morning). Families that came in and enjoyed the day with their dad thank you and great thanks to our volunteers Liza & Carol, I couldn't have done this day without you. Thank you everyone for your support.

Well once again another successful Bus outing—this time Seaforth Water Park was our destination. We couldn't have asked for a better day.

The breeze was just right the water was crystal clear, beer & champagne cold, sandwiches just right. For a lovely day at the beach—sending a very big thankyou to Eliza & Carol (volunteers), I couldn't have done it without you ladies.

This month we took the residents for an educational behind the scenes tour at the Sarina Sugar Shed. Sarina Sugar Shed is Australia's only fully operational miniature sugar processing mill and distillery. Our residents joined the educational and informative tour to see the process involved in producing sugar from sugar cane. Residents and volunteers had the opportunity to watch and sample the freshly made fairy floss, plus to taste the liqueurs and Sugar Shed Homemade Ginger Beer and that not all they got to sample all their delicious range of sauces, chutneys, relishes and sweets. We finished off the tour with lunch at the café and a bit of shopping in their little shop with all their delicious produce.

For arts and crafts the resident participated in the art of folding paper into butterflies-Origami, as you'll see all the butterflies displayed around the facility. The meaning of Origami is FOLD and PAPER, and is an art of paper folding which is thought to come from Japan, but it has been traced back to China. Japan uses origami for decorative and ceremonial purposes.

Important Day in October

International Day for the Elderly

A day to honor and show appreciation for the elderly population and their contributions to society.

Gandhi Jayanti (2nd October)

Marks the birth of Mahatma Gandhi, popularly known as 'Father of the Nation.' A national holiday is observed in India on this day to celebrate his service, dedication, and efforts towards India's Independence. Gandhi's non-violent way of life is an inspiration worldwide. This day is also designated as the International Day of Non-Violence.

World Egg Day (14th October)

World Egg Day is celebrated every year on the second Friday of October month. The tradition for the celebration of the day started in the year 1996 when the International Egg Commission (IEC) announced the day. Since it discusses the importance of balancing nutrition with eggs..

World Smile Day (6th October)

Spreading joy and kindness through smiles, reminding us of the power of positivity.

Thank You from Tanya and Michelle.



Did you know that dancing can delay and prevent the onset of Dementia?*

Research shows that dancing can help reduce the onset of dementia and improve cognitive function. So, we got to it and had some fun on Tuesday 5th. Thank you Kacey for organising and those who participated.



**FATHER'S
DAY
LUNCH**



Pies with a choice of peas, gravy & chips was the order of the day with a nice cold beer or wine to wash it down.

It was also lovely to see so many family members come and enjoy lunch with their dads & granddads.

Sarina SUGAR SHED



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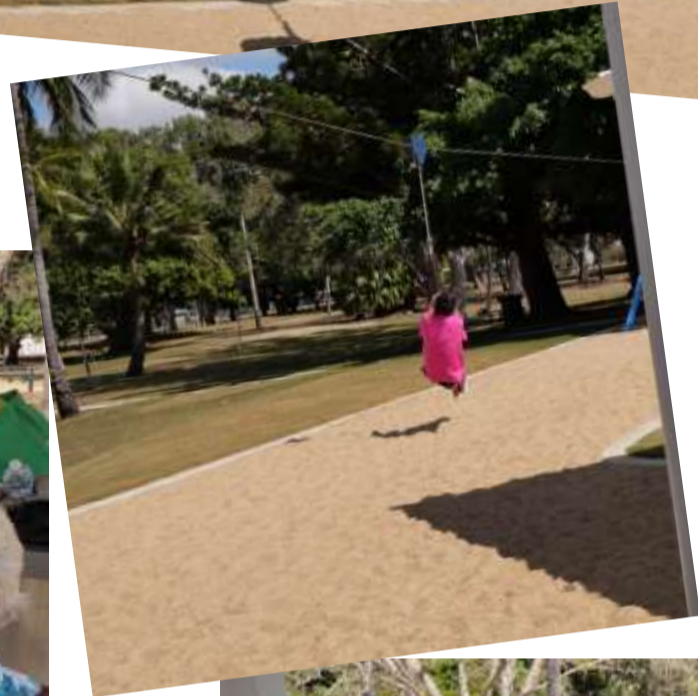
The destination of our
Mystery Bus Tour



Everyone enjoyed having lunch at the
new Water Park on the foreshore.

Another beautiful day in Paradise...





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

Worship Schedule

DAY	DATE	TYPE	TIME
THURSDAY	5/10/2023	INTER DENOMINATIONAL	9:00AM
THURSDAY	12/10/2023	INTER DENOMINATIONAL	9:00AM
THURSDAY	19/10/2023	INTER DENOMINATIONAL	9:00AM
THURSDAY	26/10/2023	INTER DENOMINATIONAL	9:00AM

FROM THE OFFICE

Sue, Pauline & Nancy

Father's Day Raffle

Congratulation to our winners

1st Prize – Agnes Keast

2nd Prize – Keith Fraser

We made \$261.00

Thank you to The Tobacconist Marian & Mirani Hotel who donated 1st Prize and staff member Sharon Perish who donated 2nd prize.

Food Safety

It is really nice for residents to receive special treats however as we age our stomachs become more sensitive so to avoid any food poisoning, all items will now have to go via the kitchen for dating purposes. (this must include home cooked food as well as packaged foods from the supermarket). If you have any queries please see Administration for assistance.

Visitors on Weekends

We wish to remind visitors that for the safety of our residents and staff our doors are shut apart from:-

Office hours – Thurs - 9:00 am – 4:00 pm

Fri - 9:00 am – 2:30 pm

There is an intercom @ our Front Door for your convenience. Depending on the time of day it may take our nursing staff a few minutes to answer due to medication rounds or particular needs or our residents.

We thank you for your patience with this matter.

REMINDER

May I remind our visitors to ensure coming through the front entry door to attend to our entry screening processes:

- RAT screening
- Sign in at the reception Kiosk; You are also asked to sign out before leaving

We would very much appreciate you letting your other family members know about this process.

- Do not use the side gate in entering and exiting the building. Your cooperation is very much appreciated.

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

October 2023

Mon	Tue	Wed	Thu	Fri
<p>2nd Kings Birthday Public Holiday No DTs</p> 	<p>3rd <i>Beauty Boutique</i> Mary-Anne Records playing <i>SHOP</i></p> 	<p>4th <i>Bingo</i> Ironing & One-on-ones</p>	<p>5th Church <i>Orchid Society Show</i> Afternoon Tea in the Garden</p> 	<p>6th <i>Orchid Society Show</i> <i>Happy Hour SHOP</i></p> 
<p>9th <i>Ball Games followed by Book Club</i> Afternoon Karaoke</p>	<p>10th <i>Gerry to Entertain</i> Movie & Popcorn <i>SHOP</i></p> 	<p>11th <i>Golden Years</i> Ironing & One-on-ones</p>	<p>12th Church & <i>Bingo</i> Mobile Beauty</p> 	<p>13th <i>Around the world-India</i> <i>Happy Hour SHOP</i></p> 
<p>16th <i>Tai Chi in Lounge followed by Quizzes</i> Afternoon Strolls</p>	<p>17th <i>Robbie Roles</i> Peaceful Harp Music in the Lounge <i>SHOP</i></p> 	<p>18th <i>Bus Trip Seaforth & BBQ Lunch</i> Ironing & One-on-ones</p>	<p>19th Church & <i>Bingo</i> Mobile Beauty</p> 	<p>20th <i>Wonder Kids Visit</i> <i>Happy Hour SHOP</i></p> 
<p>23rd <i>Sitting Dance in the lounge followed</i> Gardening</p>	<p>24th <i>Halloween Arts & Crafts</i> Afternoon crafts in the lounge <i>SHOP</i></p> 	<p>25th <i>Shopping Day Canelands</i> Ironing & One-on-ones</p>	<p>26th Church & <i>Bingo</i> Mobile Beauty</p> 	<p>27th <i>Mackay Ukulele Group</i> <i>Happy Hour SHOP</i> Roy Garland</p> 
<p>30th <i>Wheelie Walkers car wash</i> Afternoon Strolls</p>	<p>31st <i>Halloween Morning Tea & Activities</i> Games & Puzzles in the lounge <i>SHOP</i></p> 		 <p>We're Searching for Volunteers</p>	

HAPPY HALLOWEEN

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

BAT

BEWARE

BOO

BROOM

CANDY

CAULDRON

DRACULA

GHOST

GRAVEYARD

MONSTER

MUMMY

PUMPKIN

SPIDER

SPOOKY

TREAT

TRICK

VAMPIRE

WAREWOLF

WITCH

ZOMBIE