

# VALLEY VIEWS

SEPTEMBER 2023



*Ballantyne's Strawberry Farm – Mt Charlton*

*Spring is in the Air !*

Nanyima Residential Aged Care  
Monthly Newsletter

# Manager's View



Good day!

Our Cent Sale was a blast. The donations from so many community members and businesses blew our minds. Thank you so very much to you all. People left the facility with hands full of winnings. Our DTs will surely talk about this in their section, so do not forget to read that. □

We are looking at scheduling the Annual General Meeting this year on Saturday 28 October 2023. It would be wonderful to see more community members attend when able. There will be a notice closer to the date.

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

To keep you in the know about the Aged Care Reforms:

A public consultation on the foundations of the new Aged Care Act is now underway.

The Department of Health and Aged Care is developing the new Act.

The Minister for Aged Care, the Hon Anika Wells MP, has released a report of the first figures on 24/7 registered nurse coverage in residential aged care.

Residential aged care providers will need to meet care minutes targets from 1 October 2023. The care minutes allocations for each Australian National Aged Care Classification class will also change

Providers need the right mix of people to lead and deliver the high-quality care and services that older Australians deserve.

The Commission has a range of resources and tools to help providers understand the Serious Incident Response Scheme (SIRS) and incident management responsibilities.

Aged Care Research and Industry Innovation is researching the value of the online information on their Knowledge and Implementation Hub. They want to hear from users.

The Commission's Food, Nutrition and Dining Hotline is now live and can be called on 1800 844 044, 9am to 5pm AEST, Monday to Friday.

The Department of Health and Aged Care and the Commission have been told of instances where pharmacy charges for medication packaging and delivery are being passed on to aged care residents

Infection prevention and control is a vital part of delivering safe and quality care.

Providers are responsible for making sure that their policies and processes are up to date.

Last month, we went through a Pilot Strengthening Standards Audit. Thank you for your participation if you were one of the people they interviewed during this process. We are just waiting for their report. They were present during the Resident & Relatives Meeting and heard the announcement from Apollo Care representative that there will be a huge focus on improving our catering services here at Nanyima Care. We all look forward to quality improvements.

This month, we are hoping to resume the Enterprise Bargaining for our Enterprise Agreements. Until our next issue, stay happy and healthy.

**“To understand the heart and mind of a person, look not at what he has already achieved, but what he aspires to.” — Kahlil Gibran**

Bien Stirling (DON – Facility Manager)



# Clinical Corner

## Safety in September

Throughout September we are going to be focusing on safety and fall prevention. Our Safety in September program will be a small group program with a few residents specifically picked due to recent falls and slight changes in their mobility. For now, it will be a group of approx. 10 but we will look to run another one in the future.

In the October issue of Valley Views we will be able to tell you more about what we did and hopefully share some great photos of our group sessions.

I also wish to let you all know that I have agreed a contract for another year with Nanyima but I will now only be on site Mondays and Tuesdays. This will be my fourth year of working with Nanyima and I am delighted to continue to do so.

Sharon

Occupational Therapist

### PALLIATIVE CARE SUPPORT GROUP MEETING

WEDNESDAY 20TH SEPTEMBER 2023

1:30—2:30PM

mul tipur pose room

On Wednesday 20<sup>th</sup> September the first Palliative Care Support Group meeting will be held.

Everyone is welcome to these meetings; residents, family and friends of residents, staff.

At these meetings we will all have an opportunity to learn and develop our understanding about Palliative Care.

An opportunity to ask questions, voice concerns and fears, talk about death and dying. An opportunity to develop supportive relationships over a cup of tea and a biscuit!

As carers we are here to support both the resident and their family and friends as well as each other.

Family and friends can become more confident supporting their loved one and together we can provide the best care for the older person as they become frailer and less active.

Together our goal is to allow our residents to achieve a Quality of Life that is meaningful to them.

Contact Pam if you have any questions

I look forward to having a yarn



**September is Dementia Awareness Month. On Tuesday, 5<sup>th</sup> September 2023, Nanyima will be hosting a “Dance Against Dementia” Day.**

Research shows that regular dancing from the age of 30 can help reduce the onset of dementia and improve cognitive function.

Dancing is good for your heart, reduces stress levels, increases social interactions, improves flexibility, co-ordination, strength and balance, and increases energy. It also increases serotonin levels, reduces depression and anxiety and contributes to overall improvements in mental health.

Staff and residents are encouraged to dress up and participate in our dance events throughout the day. We look forward to sharing our moves with you.



## *from the* DTs

Hi guys this is Tanya and Michelle ready for another fabulous month. Last month we went to plenty of exciting outings and did lots of fun filled activities in August.

Tuesday the 1st, we set up the multi-propose room as a well run production line for wrapping the cent sale prizes with all the volunteers and residents helping along the tables, wrapping, sticking, and placing ribbon around them ready for the day.

Wednesday 16th August - Morning tea Mackay Botanic Gardens at the Café. Residents were sitting on the gorgeous deck over looking the beautiful gardens and lagoon while having a delicious morning tea. Thank you to the support of volunteers and family members which help make this day easier and enjoyable for the residents.

On Tuesday the 22nd we had a surprise visit from Marion Barron our former DT. Wonderful to see you Marion please come again.

Wednesday the 23rd of August– residents went to the local pub for lunch, Mirani Hotel. Well what a turn out, we had 21 residents come, two bus loads and some walked down to the pub. One of the biggest outings Michelle and I have done. The meals were delicious, main meal was a choice of four meals, a drink and ice cream all for \$12 ahead.

Friday 25th of August – The Nanyima annual cent sale went ahead with a fabulous selection of prizes. A big thank you and appreciation for everyone's kind support and donations to make this day possible and successful. We made \$2038.10. Had a good turn out with Francis Assisi, community, staff, volunteers, family members and friends. Hope to see you all next year for the next one.

At the end of this month we are taking the residents for an educational behind the scenes tour of the Sarina Sugar Shed. Showing how sugar cane is grown, processed and milled and how the sought-after distilled products are created such as the famous Sugar Shed Rum, Ginger Beer, Rum liqueurs, Relishes, Sauces and much more.

See you all in two weeks as I'll be on holidays, Michelle will be still here doing all the activities and outings.



## *The history of bocce*



Bocce has roots in ancient Rome. The game is believed to date back to 9000 BC, where stone bowls were found in Turkey. Bocce enjoyed rapid growth throughout Europe in the 1800s and became the sport of nobility and peasants alike.

The game was developed in its present form in Italy, France, and many of the European Mediterranean countries. It was the Italian immigrants that introduced bocce to Australia. The sport then became popular with their descendants and the wider Australian community.

In Australia, bocce was played in backyards, streets, and inner suburban parks from the early 1900s. It became a fully-fledged competitive sport in the late 1960s, with the first Australian national championships taking place in 1970.

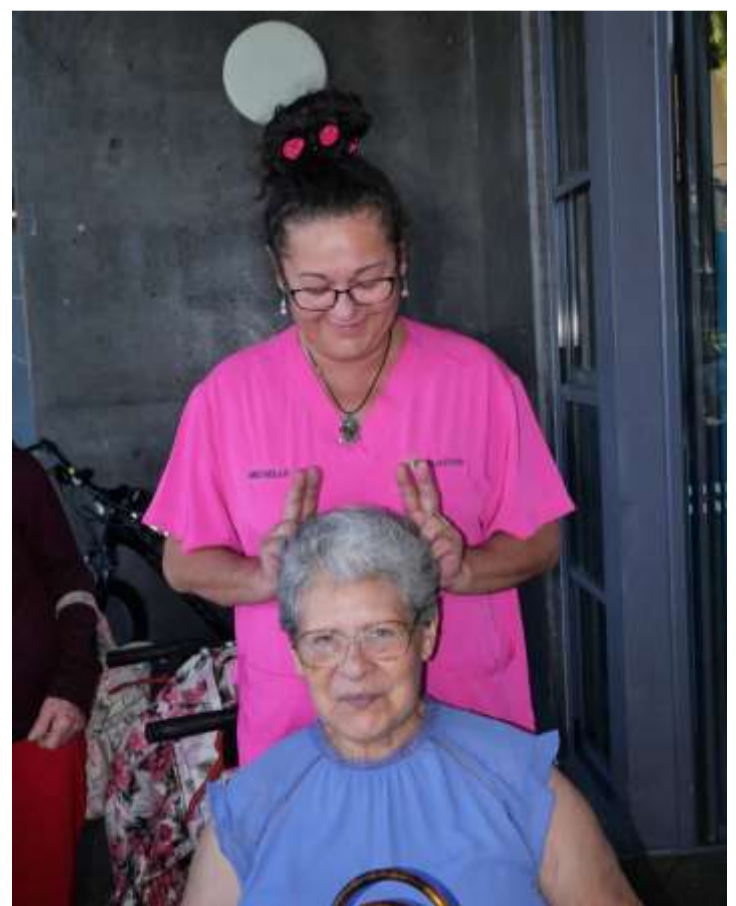
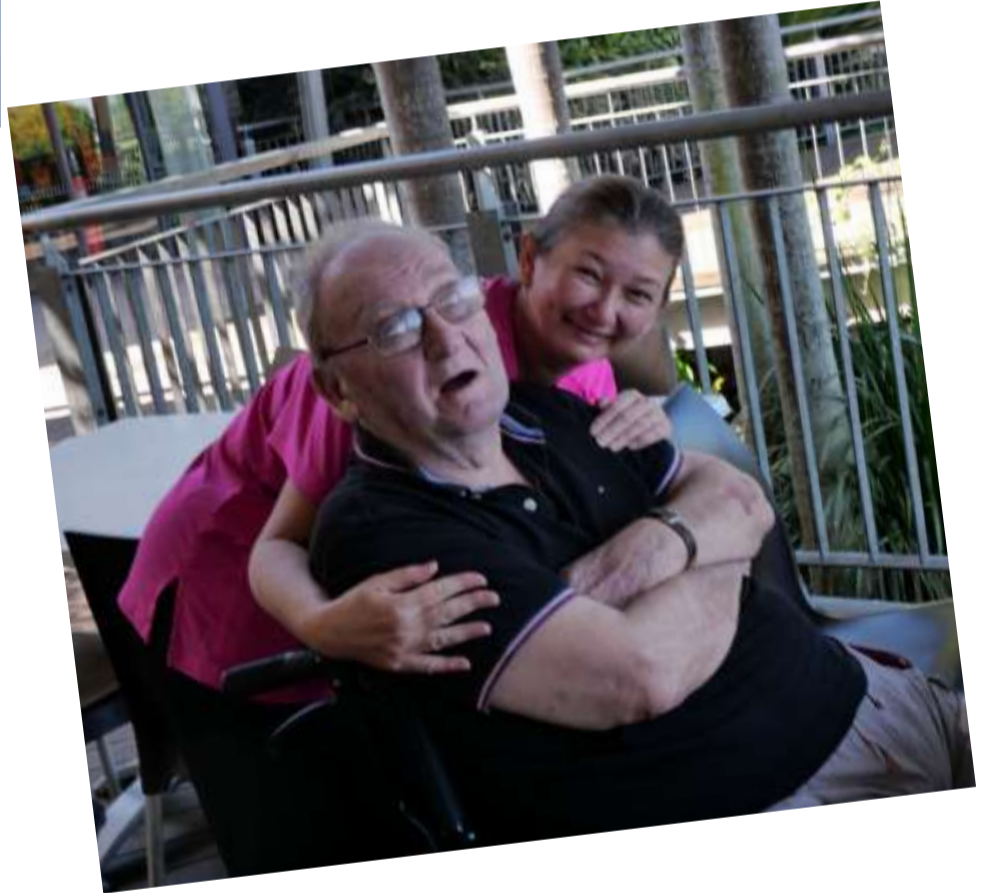
Bocce has gained a huge following all over the world. The sport is highly popular in America, Europe, South America, Africa, and Asia. Different countries have their own rules and play on different surfaces, but the basic aim of the sport remains the same.



Today is a great  
day to make  
Music  
♪♪♪

Ann enjoying a turn on our new harp. Many are finding it quite enjoyable, the sound is very relaxing & calming.









Beautiful weather to enjoy morning tea @ the Botanic Gardens. Scrumptious food, quick service & pleasant surroundings.



Winter In Tropical North Queensland







# ANNUAL CENT SALE



Beautiful Prizes



Tickets,  
Tickets  
& More  
Tickets



Wonderful  
Volunteers



Compare Extraordinaire



Lots of Winners







The Best Lunch  
thank you Mirani Hotel  
for looking after us.

A dog's love is better  
than any therapy.



... and a lot cheaper too!



Margarette enjoying a visit from Milly  
one of our regulars. Milly loves seeing  
the residents too.





# FROM THE OFFICE

Sue, Pauline & Nancy



  
**Aged Care Employee Day**  
*Thanks for caring*  
 Monday 7 August 2023



**Aged Care Employee Day is a way to say thank you to all staff for their exceptional care and dedication they bring to our residents and their relatives.**

**Their tireless efforts, compassion and unwavering commitment makes a huge difference every day. This year we celebrated with home made biscuits and certificate.**

## 2023 REFERENDUM

14 OCTOBER 2023

Dear family members

It is compulsory for aged care residents to vote in the forthcoming referendum.

You can contact the AEC (Australian Electoral Commission) to confirm

whether your loved one is on the role or whether you want them removed.

We have received Official Referendum Booklets if anyone would like to get one from administration. It contains two important documents: your official Yes/No referendum pamphlet and your Official guide to 2023 referendum. For further Information visit [www.aec.gov.au](http://www.aec.gov.au) or call 13 23 26.

Fines for not voting and penalty for not enrolling will occur.



CELEBRATING AUGUST



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

## Worship Schedule

DAY	DATE	TYPE	TIME
THURSDAY	7/9/2023	INTER DENOMINATIONAL	9:00AM
THURSDAY	14/9/2023	INTER DENOMINATIONAL	9:00AM
THURSDAY	21/9/2023	INTER DENOMINATIONAL	9:00AM
THURSDAY	28/9/2023	INTER DENOMINATIONAL	9:00AM



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

# September 2023

Mon	Tue	Wed	Thu	Fri
				1st First Day of Spring Fathers Day Celebration Happy Hour Roy Garland 
4th Tai Chi in the lounge followed by Trivia Safety in September	5th Dance for Dementia Day Beauty Boutique Maryanne Record Player SHOP 	6th Mystery Bus Drive Ironing & one on one	7th Church & Bingo  Mobile Beauty	8th Wonder kids visit Roy Garland *Happy Hour *SHOP 
11th Hoy Safety in September Afternoon Tea in the courtyard	12th Gerry to Entertain Peaceful harp Music in the lounge SHOP 	13th Golden Years Ironing & one on one	14th RU OK Day Church & Bingo  Mobile Beauty	15th Arts & Crafts Roy Garland Happy Hour SHOP 
18th Chair Exercises in the Lounge followed by Quiz's Safety in September	19th Country Music with Robbie Roles & BBQ Lunch Movie & Pop Corn 	20th Shopping Ironing & one on one, Mobile	21st Church & Bingo  Puzzles & Games in the Lounge	22nd Wonder Kids Visit Roy Garland *Happy Hour SHOP 
25th Volley Ball & Ball Games in the Multi purpose room Gardening	26th Arts & Crafts Quoits in the lounge SHOP 	27th Sarina Sugar Shed Tour Ironing & one on one	28th Church & Bingo  Afternoon Arts & Crafts	30th Gardening Roy Garland *Happy Hour SHOP 





# Spring Word Search Challenge

Find and circle the words. They appear backward, forward, diagonal, and they overlap.

The word search consists of four triangular grids of letters:

- Green Triangle (Top Left):**

```

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

```
- Red Triangle (Top Right):**

```

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

```
- Purple Triangle (Bottom Left):**

```

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

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- Yellow Triangle (Bottom Right):**

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

```

- BIRDS
- BLOOMING
- BREEZE
- CLEANING
- CRITTERS
- CROCUS
- DAFFODIL
- EARTH DAY
- GALOSHES
- GARDENING
- GREENERY
- HATCHING
- HYACINTH
- INSECTS
- MULCH
- OUTDOORS
- PLANTS
- RAINSTORM
- SEASON
- SPRINGTIME
- SPROUT
- SUNLIGHT
- TULIPS

## Father's Day – Sunday 3<sup>rd</sup> September

**My father didn't tell me how to live; he lived and let me watch him do it.**  
 -CLARENCE BUDINGTON KELLAND

**WHAT MAKES YOU A MAN IS NOT THE ABILITY TO MAKE A CHILD, IT'S THE COURAGE TO RAISE ONE.**  
 President Barack Obama

**Every father should remember one day his son will follow his example, not his advice.**  
 |  
 Charles Kettering