

VALLEY VIEWS

NOVEMBER 2023



Boulder Creek - Mt Charlton

Nanyima Residential Aged Care
Monthly Newsletter

Manager's View



We have now been a member of Apollo Care Alliance for one (1) full month! Time flies.

Now, our official PBI is Nanyima Operations Limited (NOL) with five (5) new Directors, and we are still trading as Nanyima Aged Care. The Committee of Management for the previous Nanyima Aged Care Inc now has the PBI named Nanyima Community Association (NCA).

We have been quite busy navigating through the required transition plan and this will continue for several months. Orientations for staff are getting scheduled and attended accordingly.

An invitation was sent to the residents and relatives to join a Consumer Advisory Committee with a nomination end date of 14 November 2023. We would like to have the inaugural meeting to be held before 1 December 2023.

Since being part of Apollo Care, Employee Benefits have been improved. We now have Benestar providing the Employee Assistance Program and better Salary Packaging which is going to be managed by National Salary Packaging (NSP).

We are still tidying up the 30th Nanyima Care Anniversary Celebration for this month and I am hoping to provide more information in the next few days. Our website and Facebook page should contain this information soon.

There are a few positions advertised on our Facebook page. We would like to encourage the members of our community to apply and be part of the community that wants to do more.

Our Lifestyle team are always on the lookout for more activities to engage our residents with the community. We are most fortunate in having our volunteers who never get tired in coming to see our resident in every opportunity they have. We would like to invite more volunteers to join our Nanyima Care community.

Thank you for your ongoing support.

“Living in a state of gratitude is the gateway to grace.” — Arianna Huffington

Bien Stirling (DON – Facility Manager)



WHEELIE WALKER
WASH DAY
Complete with Gallery &
Music

Thank you Tanya
Also Rita for your assistance
— a job well done —

Clinical Corner

Our next Palliative Care Support Group Meeting will be :
Thursday 16th November 1:00—2:00pm in the Multipurpose
Room.

“Palliative care helps patients and families navigate the challenges of serious illness with dignity and compassion.” - Anonymous

“Palliative care is not giving up hope, but rather shifting the focus to what matters most to the patient.” - Anonymous

“Palliative care is about honoring the uniqueness of each individual and respecting their wishes.” - Anonymous



from the DTs

Remembrance Day , 11th November

Marks the anniversary of the guns falling silent on the Western Front in First World War, at the eleventh hour of the eleventh day of the eleventh month in 1918. A minute's silence is dedicated to those soldiers who died fighting to protect the nation. Remembrance Day was originally known as Armistice Day but was renamed after World War Two to commemorate those who were killed in both World Wars. Now we commemorate all loss of Australian lives from all wars and conflicts on Remembrance day.

We will remember them. Lest we forget.

Pioneer River Orchid and Plant Association put on their yearly display showcasing their beautiful Orchids, ferns and plants. It was two wonderful days full of demonstrations with Merv and Peter, how to care for your orchids and how to grow begonia's from cuttings and conversations from other growers about their spectacular plants and orchids.

Around the world day, was all about India.

Facts about India:

- Famous for the Taj Mahal
- India invented yoga
- India has more tigers than any other country
- Location of the major mountain range is the Himalayas
- Federal republic is the form of government
- Money is rupee
- Major Rivers in India the Ganges, Yamuna, Indus and Brahmaputra



Bincy and Dananya bought in to show their traditional dress, the Sari and Salwar suit in their beautiful bright colours and a men's traditional Dhoti. Plus Bubu in the kitchen cooked some traditional dishes for every one to try while listening to Indian music and watch some traditional dancing on you tube.

Wonder Kids came to visit and the residents and the children had the best time making Halloween spiders together. I must say they loved the glitter glue it was everywhere. BEST DAY was the words from Castro.

On Halloween we held a **spooky** morning tea, with beautiful treats made by our lovely volunteer Carol and our facility kitchen.. The cookies Carol made were witches, bats, black cats and pumpkins.

Yummy

Till next time.

Tanya & Michelle



Tovertafel Magic Table



After 5 yrs of funds raising with the support of local businesses - Mirani Hotel, The Tobacconist Marian, Mirani Post Office and a substantial donation from the Mosanic Lodge I am very excited to let you all know that the Tovertafel Table has arrived and has been kindly installed by Lance Noy. A very big Thank You to the community of Pioneer Valley for all your support in making a dream come true.

As you can see on the day the table was installed, I was inundated with inquisitive requests to try out, I was flat out getting to the menu button. Another table top is being made to fit over two tables for better effect and ease of removing.

Michelle

Thank you Robbie Roles (Masonic Lodge) & wife Kym for their support.



Playing old vinyl records with Maryann - 1st Tuesday each month



Two of our wonderful carers

Stacie & Rita enjoying a dance to the Karaoke with Gary & Sue.



Katrina & Joyce love to sing.

NANYIMA FLOWER SHOW

The Flower Show is always a hit with Residents & Staff alike. Thank you once again to the members of the Pioneer Valley Orchid & Plant Society for your time — giving potting demonstrations & bringing along your beautiful plants and orchids.

We look forward to seeing you all again next year.



Beautiful

HAPPY HALLOWEEN

SPOOKY MORNING TEA



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Once again, a great job to Tanya and our volunteers Carol & Rhonda. Your costumes were great and the baking delicious. A very spooky atmosphere with hands crawling out of pumpkins, singing Skeletons & Witches. Some of our staff had fun dressing up as well.



FROM THE OFFICE

Sue, Pauline & Nancy

FEE INCREASE

As of the 20th September 2023 there has been a fee increase in the Daily Care Fees from \$58.98 to \$60.86. These changes will reflect the October accounts.

If you are currently paying your fees by direct debit you will need to increase payments with your bank so that they stay up to date with the rising fees. Should you require further assistance please give us a call or come and see us at the office.

Containers for Change Update

November 1 is time to make change on spirits and wine!

From November 1, glass wine and spirit bottles from 150ml to 3L will be accepted for a 10-cent refund. If you would like to donate to Nanyima, our member number is **C10515569** or alternatively, you can drop the bottles / cans here at Nanyima Care to put in our dedicated bottle container bin.

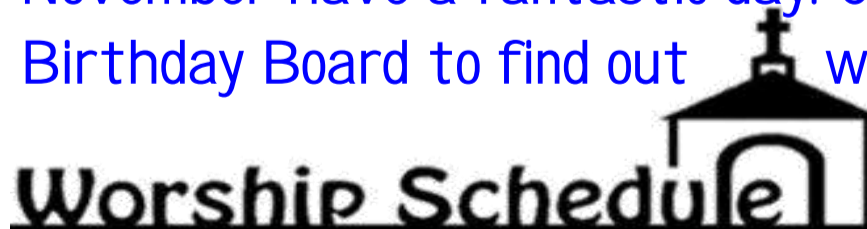
Celebrating October Birthdays

Thank you Silvia for your baking of the monthly birthday

Our regular furry friends love visiting with our volunteers, celebrating and attending our inter-denominational service with Rev. Maggie Kirby.



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



DAY	DATE	TYPE	TIME
THURSDAY	2/11/2023	INTER DENOMINATIONAL	9:00AM
THURSDAY	9/11/2023	INTER DENOMINATIONAL	9:00AM
THURSDAY	16/11/2023	INTER DENOMINATIONAL	9:00AM
THURSDAY	23/11/2023	INTER DENOMINATIONAL	9:00AM
THURSDAY	30/11/2023	INTER DENOMINATIONAL	9:00AM

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

November 2023

Mon	Tue	Wed	Thu	Fri
		1st <i>Beauty Boutique</i> Ironing & One-on-One & (Harp)	2nd <i>Church & Bingo</i>  Afternoon Tea in the Courtyard	3rd <i>Wonder Kids Visit</i> Happy Hour *SHOP
6th <i>Tai Chi in the Lounge followed by Interaction Table or Book Club</i> Afternoon Stroll	7th <i>Melbourne Cup Day Luncheon & Races</i> 	8th <i>Golden Years</i> Ironing & Mary-anne, playing records	9th <i>Church Residents & Family Meeting</i> Mobile Beauty	10th <i>Marian Catholic Women's Leagues Club Cent Sale</i> Happy Hour SHOP
13th <i>Chair exercises followed by Interaction Table or Quizzes</i> Afternoon Karaoke	14th <i>Gerry to Entertain</i> Craft in the Lounge SHOP 	15th <i>Bus Trip Seaforth & BBQ Lunch</i> Ironing & One-on-One & (Harp)	16th <i>Church & Bingo</i>  Mobile Beauty	17th <i>Wonder Kids Visit</i> Happy Hour SHOP
20th 30th <i>Anniversary Celebrations</i> Mobile Beauty	21st <i>Country Music with Robbie Roles</i> Harp duet with Rae SHOP 	22nd <i>Canelands Shopping Day</i> Ironing & One-on-One & (Harp)	23rd <i>Church & Bingo</i>  Gardening	24th <i>Arts & Crafts</i>  *Happy Hour SHOP
27th <i>Sitting Dance followed by Interaction table or Book Club</i> HOY	28th <i>Arts & Crafts</i> Movie & Popcorn SHOP 	29th <i>Visiting Marian Petit</i> Early Learning Ironing & One-on-One (Harp)	30th <i>Church & Bingo</i>  Mobile Beauty	



BIG BASH LEAGUE



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| sweep | seam | spin | swing | pitch | no ball | hook |
| six | four | pace | edge | drive | cover | catch |
| bye | boundary | appeal | ashes | yorker | skipper | plumb |
| cherry | duck | wide | bouncer | keeper | strikers | slips |
| hurricanes | billy | gully | stumped | runout | LBW | caught |
| bowl | bales | wicket | stumps | bat | ball | midoff |
| cricket | | | | | | |

