

# VALLEY VIEWS

## DECEMBER 2023



*Merry Christmas*

Nanyima Aged Care Community  
Monthly Newsletter

# Manager's View



It is that time of the year again when we all get into the spirit of Christmas, and reset for the following year!

On behalf of Nanyima Care Team, I would like to greet you all a Wonderful Festive Season – a Very Merry Christmas and a Prosperous New Year to all!

Nanyima Care is now much stronger and well prepared for the coming Strengthened Standards next year and for many things other things the Department of Health and Aged Care planned for the sector . Now that Apollo Care is in partnership with us, we are guaranteed to proceed with the planned extension in 2024 and address site improvements to our technology and environmental infrastructures.

Better support for our team members has been established with all the benefits brought in by our partnership with Apollo Care such as the introduction of Appellon Program: Lead-Rite, Work-Rite and Care-Rite. This program will go live early next year. Better Salary Packaging, Employee Assistance Program (EAP) by Benestar and discounts with Medibank Insurances are also on the roll.

We've asked for interest in Consumer Advisory Committee, however, we did not get any interested party to join. I can say though that we've formed a Food Focus group with residents' involvement to ensure that we are able to meet the diverse need of our residents in here in proactive way in Nutrition and Hydration. We will be seeking expression of interest next year.

At the close of another year, we gratefully pause to wish you a warm and Happy Holiday Season.

**“Normality is a paved road: It's comfortable to walk, but no flowers grow on it.”**

— Vincent Van Gogh

Bien Stirling (Residential Service Manager)



# Clinical Corner



Seeing as we have arrived at the Festive Season again so quickly, I wanted to advise what Nanyima supply to our residents and some ideas for gifts and items not to give.

## **Nanyima provide:**

- Body Moisturiser
- Combs
- Razors
- Shampoo
- Shower foam
- Shower gel
- Toothbrush & toothpaste

## **Nanyima Care is committed to providing a safe environment.**

**Talcum powder** can be very slippery when on floor surfaces, so we request that it is not used in room at all.

**Aerosol sprays** cannot be used throughout Nanyima including deodorant, fly sprays, air fresheners as this can set off the fire alarm system. If you need to use any of these items, please try to get the roll-on deodorant, fly stickers for windows, and small standalone air fresheners.

**Chocolate coated nuts & sultanas** as these are a choking hazard.

Pam Clinical Co-ordinator

## Some gift suggestions

- New clothes - Day or night wear
- Undies
- Slippers with good grip
- Diffuses for bathroom
- Plants
- Armchair Caddy
- Photo album with favourite family photos
- Digital photo frame
- Talk to the nursing staff who may have some ideas of individual needs

## SITTING EXERCISE



Sharon (OT)

Often you will see photos of our residents doing exercises whilst they are seated. There are a number of reasons for this but the two primary ones are to reduce risk of falls and to reduce exacerbation of any health needs that our residents may have.

However, there are still many benefits that you get from performing seated exercises such as; improved core strength, improved sitting balance and postural control, increasing upper and lower body strength, muscle strength, cardiovascular benefits and improved mobility and flexibility. All this from the comfort of a chair!

We mix up our seated exercises with physical games, tai chi, seated dancing and also use a number of different tools such as ankle weights, balloons and pool noodles, ball games etc - our DT's are always full of great ideas.

For the more able we also have our assisted walks and balance programs using the hand rails but seated exercises are still a great and safe way of moving the body and when done as part of a group, it's a great social activity too!



# from the DTs

Tanya & Michelle

## Nanyima's Melbourne cup Race Day

Melbourne Cup Day is the best known horse racing event in Australia which is held on the first Tuesday of November every year. The race that stops the nation.

Our residents started the day with getting dressed up and the ladies choosing their beautiful fascinators or hats. A luncheon held in the main dining room and the meals were delicious the choice between Chicken Fillet Mignon and a Prawn Salad, dessert was a choice of Rocky Road Cheese Cake and fresh Fruit Salad served with Ice Cream. Had sweepstakes running for the day, Congratulations to all the winners.



Residents attended the Marian Catholic Women's Leagues Club Cent Sale on the 10th November. Some of our residents had a win and all had a yummy morning tea. Thank You to the lovely ladies at the Catholic Women's League Club.

What a beautiful day for a BBQ lunch at Seaforth Beach.



## Christmas Events

It's that time again for our **Best Christmas Door Decoration Competition**, all residents have the opportunity to participate in the annual event and family members are more than welcome to help with the decorating of doors. Winners will be announced the night of the Christmas carols.

A few Christmas events coming up this month on **Friday 8th** we will be holding a **Christmas Mini Cent in the multi-purpose room** and Sarina Age Care are joining us for the morning which will be a lovely catch up with Sarina Residents.

On **Wednesday the 20th at 11.30am** residents are going to the **Marian Railway Hotel for a Christmas lunch**, all family members are welcome to join us. Bookings are required please ring Tanya at Nanyima if you like to attend and family members are asked to purchase own meals. Meal choices are off the normal menu or specials of the day board on the day.

**Friday the 22nd at 5.00pm** is our Christmas Carols night and Christmas Stall, we are have a Sausage Sizzle followed by Christmas Carols sung by our very talented volunteer Robbie Roles.

### COVID TESTING

**As Covid is still in the community we ask that anyone attending the Carols Please do one of the following:**

1. Do the test @ home before you come & show us here on arrival.
2. Do the test on arrival in our room at the foyer, once completed show a staff member.





# FASHIONS - ON THE - FIELD





Waiting for the race to start !



## FROM THE OFFICE

Sue, Pauline & Nancy

### Office open hours between Christmas & New Year.

We will be open normal hours Wednesday 27th— Friday 29th December 2023 as follows:

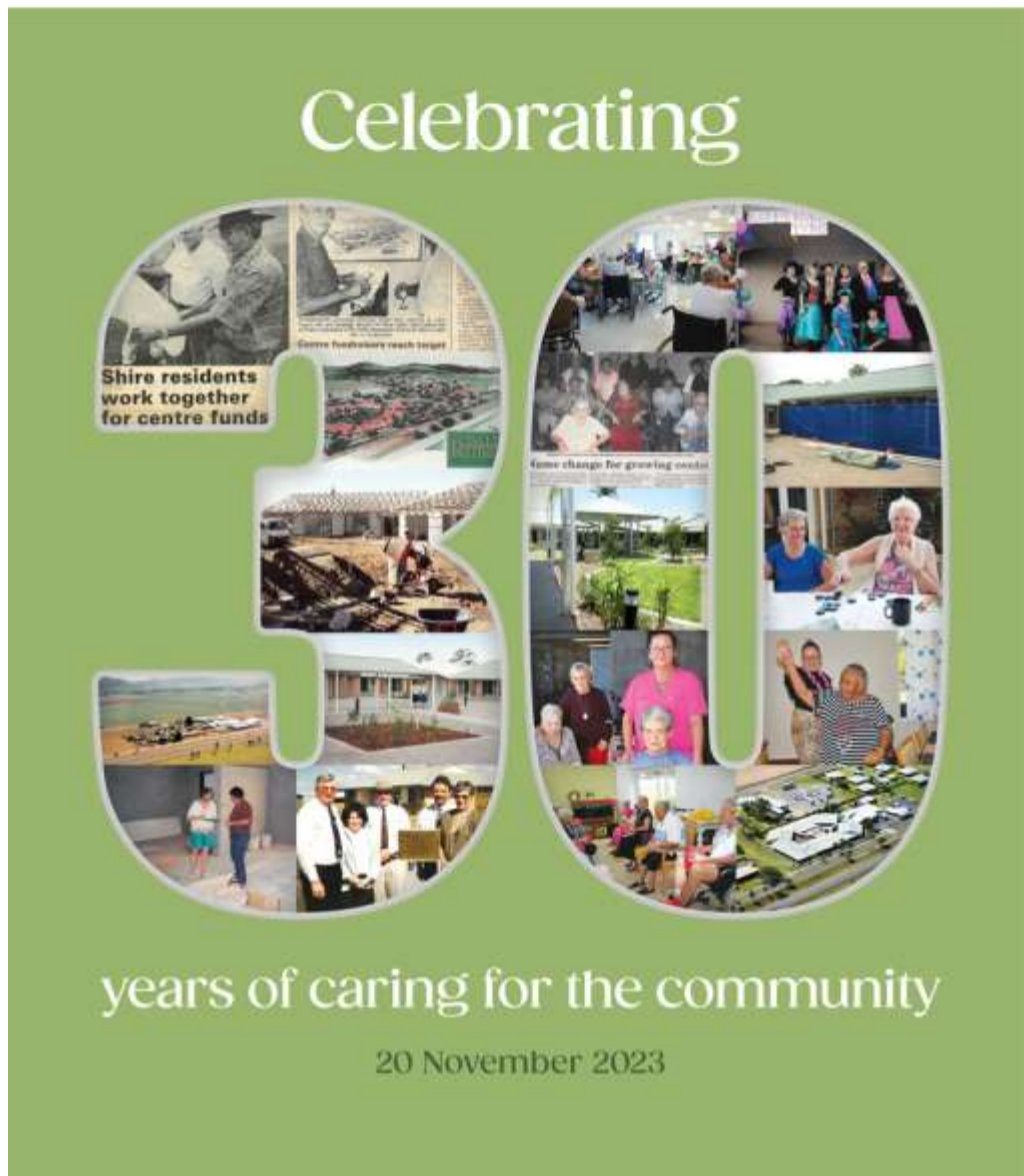
Wednesday & Thursday 8:30am — 4:00pm and Friday 8:30am — 2:30pm



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	7/12/2023	INTER DENOMINATIONAL	9:00AM
THURSDAY	14/12/2023	INTER DENOMINATIONAL	9:00AM
THURSDAY	21/12/2023	INTER DENOMINATIONAL	9:00AM
THURSDAY	28/12/2023	INTER DENOMINATIONAL	9:00AM



Long term staff & volunteers were honoured with certificates & gifts. Here we have our current longest serving AIN Olga —23 yrs with Bien our Residential Service Manager .







### Nanyima celebrates 30 years at the heart of the Pioneer Valley

Nanyima Aged Care celebrated its 30th anniversary with a community celebration honouring the many families, staff, volunteers and residents who have contributed to its success.

Originally called 'The Valley Retirement Centre', 51-bed Nanyima is at the heart of the Pioneer Valley community. Its 68 employees are drawn from the local community and Mackay region, and it boasts an extraordinary 28 volunteers.

Nanyima was created by the community, for the community when then-Chairman of Mirani Shire Council, Clive Rogers held a public meeting at Mirani High School to gauge interest in building a local aged care community. He received strong support and was swiftly elected Chairman of the Fundraising Committee.


"The target was \$600,000, but we collected \$700,000, thanks to the generosity of the local community, including significant donations from the Masonic Lodge and the RSL. Council then bought the land and donated it to The Valley Retirement Centre, and the first resident moved in on 20 November 1993."

Nanyima has undergone several renovations over the past 30 years and a recently conceived partnership with national aged care specialist Apollo Care will ensure construction begins in 2024 on a new memory support wing.

Barry Ashcroft COO of Apollo Care, says: "Nanyima is a well-run and much-loved aged care community. We're thrilled the board had the foresight to future-proof operations by joining our alliance. Together, we'll ensure Nanyima continues to meet the needs of this important community."

Rosemary Lyons, Chair of Nanyima Community Association Inc, concurs: "Apollo Care is a great fit for us as we continue to expand to meet the high demand for aged care in our region."

"It's a terrific team," agrees Mr Ashcroft, "and we look forward to providing operational support while Nanyima's wonderful staff and volunteers continue to do what they do so well – care for residents."



We would like to wish  
Residents, families and our  
wonderful  
supportive community a  
very Merry Christmas &  
Prosperous New Year

From  
Management & Staff  
Nanyima Aged Care



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

# December 2023

Mon	Tue	Wed	Thu	Fri
				1st <i>Trivia Morning</i>  <i>Happy Hour SHOP</i>
	 <b>We're Searching for Volunteers</b>			
4th <i>Chair exercises followed by book club &amp; Interaction table</i> <i>Afternoon Strolls</i>	5th <i>Beauty Boutique</i> <i>Mary-Anne, record playing</i> <i>SHOP</i>	6th <i>Arts &amp; Crafts</i>  <i>Ironing &amp; One-on Ones</i>	7th <i>Church &amp; Bingo</i>   <i>Mobile Beauty</i>	8th <i>Christmas Cent Sale</i> <i>Happy Hour SHOP</i>
11th <i>Tai Chi in the lounge followed by Book Club &amp; Interaction Table</i> <i>Afternoon Karaoke</i>	12th <i>Gerry to Entertain</i> <i>Movie &amp; popcorn</i> <i>SHOP</i> 	13th <i>Christmas Shopping at Canelands</i> <i>Ironing &amp; One-on Ones</i>	14th <i>Church &amp; Bingo</i>   <i>Mobile Beauty</i>	15th <i>Hoy</i>  <i>Happy Hour SHOP</i>
18th <i>Sitting Dance followed by Quiz's</i> <i>Afternoon Tea in the courtyard</i>	19th <i>Country Music with Robbie Roles</i> <i>Afternoon Games in the Lounge</i>	20th <i>Christmas lunch At Marian Railway Hotel.</i> <i>Ironing &amp; One-on Ones</i>	21th <i>Church Christmas Party</i>  <i>Mobile Beauty</i>	22nd <i>Christmas Carols Night &amp; Christmas Stall</i> <i>Happy Hour SHOP</i>
25th <i>Christmas Day</i> <i>No DTs</i> 	26th <i>No DTs</i>  <b>HAPPY BOXING DAY</b>	27th <i>Arts &amp; Crafts</i>  <i>Ironing &amp; One-on Ones</i>	28th <i>Church &amp; Bingo</i>  <i>Mobile Beauty</i>	29th <i>Indoor Bowls</i>  <i>Happy Hour Shop</i>



# OH HOLY NIGHT

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

ANGEL  
ANIMALS  
BABY  
BETHLEHEM  
DONKEY  
FRANKINCENSE

GIFTS  
GOLD  
JESUS  
JOSEPH  
MANGER  
MARY

MYRRH  
PEACE  
SAVIOR  
SHEPHERD  
STAR  
WISE MEN

