

PARA HILLS RESIDENTIAL CARE

AUGUST 2019 NEWSLETTER

Inside this issue

Page 1 - Inside this issue, Birthdays for August and this month's birth flower, birthstone and birth signs

Page 2 - July Highlights, Comments and Complaints

Page 3 - Continuous Improvement, Upcoming Events

Page 4, 5, 6, 7 and 8. - Photos

Page 9- Footy tipping update



Birthdays for August

- Happy Birthday to Alex, Kay, Margaret, John, Julius and Vincent. We all hope you enjoy your day.

This Month's Birth Flower / Stone / Signs

The Birth sign is shared between Leo and Virgo

The Birth flower is the Lily Gladiolus

The Birthstone is a Peridot



PARA HILLS RESIDENTIAL CARE

AUGUST 2019 NEWSLETTER

Previous Month Highlights – July

July has been a very busy month with lots of birthdays and different activities. Thank you to Jo and Liza for doing a great job while I was on holidays.

-On Wednesday the 3rd, a group of residents went on an outing to Tyndale School to watch a concert by the children. Thank you to Pam J for helping out on the day.

- Pam also bought in some chickens for us so hopefully we will have some eggs soon or even some baby chicks.

-Thursday the 11th we held the Residents Meeting with only members from two families attending but lots of residents. It was a good meeting with lots of input and many items that Lello will address.

-on Wednesday the 17th Kathy held her reminiscing activity on the "Show". This caused lots of conversation and everyone enjoyed it. To add to the activity we had popcorn, donuts, drinks and honey joys. The aromas were amazing.

- International pyjama day was held on Friday the 19th. Many residents, staff and family members wore their PJ'S. We tasted 6 different countries breakfasts' including waffles, pancakes, bagels and crepes. Congratulations to Kim for winning the best dressed, as voted by the residents. Bingo was also fun, shimming in our pyjamas.

- Amanda from Bunnings paid us a visit on Wednesday the 24th and we made tool boxes. This was a great afternoon but very noisy as everyone was banging nails in and building their tool boxes. She will be returning later on in the year with another activity.

- International Cheesecake day was celebrated on the 31st and the residents decided that the chocolate Bavarian was the best closely followed by the strawberry cheesecake.

Comments and Complaints

Does everyone know that if you have a problem you **CAN** do something about it?

The Helping Us to Care Brochures are located at the Kesters notice board which is at the Kesters Road entrance to the Nursing Home.

There are also some located in the Ceafield Wing both near the notice board and on the bookcase.

You can also always ask one of our friendly staff if you cannot find them.

PARA HILLS RESIDENTIAL CARE

AUGUST 2019 NEWSLETTER

Feedback is an integral part of improving the home and providing the highest quality of care to all residents.

All issues are treated as confidential and we endeavour to sort out any problems in a timely manner.

Continuous Improvement

We try to please every resident with our activities but if there is something that you would like to do, please do not hesitate to let one of our friendly DT Team know. We appreciate all your input into the activity programme.

We try to do a lot of different activities but any suggestions are greatly appreciated.

Upcoming Events

The following are some of the upcoming events in August:

- Wednesday the 7th is International Beer Day. We once again will be trying different Beers from around the World and rating each one. Lello is also organising a high tea for the staff that have worked for 20 years and over.
- Thursday the 8th is a meeting about the Menu, please feel free to come and have some input into the lunchtime menu.
- Monday the 12th -Kathy will host our Bible Study.
- Tuesday the 13th is left-handers day.
- Wednesday the 14th at 10.30-11.30 Fire Training for Residents and Family Members.
- Wednesday the 14th we will have a concert in the ballroom.
- Wednesday the 21st- Senior Citizens Day and also a lady will be coming in to fit some ladies for some clothes and bra's.
- Monday the 26th is Bible Study Morning.
- Wednesday the 28th, we will draw the Father's Day raffle in the morning as some residents are going to the club for lunch.

A short reminder to all residents, families and friends

Your role during an emergency

On hearing an alarm sound you should do the following:

PARA HILLS RESIDENTIAL CARE

AUGUST 2019 NEWSLETTER

- Remain calm
- Stay where you are until directed by a staff member - ***UNLESS YOU ARE IN IMMEDIATE DANGER***
- Always be aware of your nearest exit (as indicated on the floor plan in each bedroom and as displayed throughout the nursing home)
- Be aware of where the nearest fire door is
- Be aware of the location of the fire extinguishers / hoses / break glass
- Assist where ever possible as directed by the chief fire warden (white hat) or fire warden (red hat)

Photos of July's Highlight



Birthday's



PARA HILLS RESIDENTIAL CARE

AUGUST 2019 NEWSLETTER



International Cheesecake Day

Tyndale Outing



Kathy's Reminiscing



PARA HILLS RESIDENTIAL CARE

AUGUST 2019 NEWSLETTER



International Pyjama Day

PARA HILLS RESIDENTIAL CARE

AUGUST 2019 NEWSLETTER

Bunnings Visit- Making Tool Boxes



PIC•COLLAGE

PARA HILLS RESIDENTIAL CARE

AUGUST 2019 NEWSLETTER

FOOTY TIPPING UPDATE:

1ST: Kay and Peggy 101

2nd: Les 99

3rd: Linda 95

4th: John N 87



In loving memory of Lorraine