

# **PARA HILLS RESIDENTIAL CARE**

**April 2023 Newsletter**

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**This Month's Birth Flower / Stone / Signs**

**The Birth sign is shared between Aries and Taurus.**

**The Birth flower is the daisy.**



**The Birthstone is a diamond.**



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**Happy birthday to Hilary, Avis and Maria. We all hope you have a great day.**

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## Previous Month Highlights – March

- **Wednesday the 1st, Kathy held her reminiscing activity on “The way we were”. Thank you, Kathy, for the time and effort that goes into your reminiscing activities.**
- **On Tuesday the 7<sup>th</sup> we held a baby shower for Eileen, we wish her and Lee all the best.**
- **Monday the 13<sup>th</sup> was Adelaide Cup and we held a sweep with Megan coming first. Congratulations.**
- **A small group went to the Community Club for lunch on Wednesday the 8<sup>th</sup>. We will be going again in May with a bigger group.**
- **On Wednesday the 15<sup>th</sup>- Norrelle came in and did the decorating of the Candy Easter Eggs that we had been making. Everyone did a great job in decorating them. Thanks to Eva for helping out.**
- **Wednesday the 15<sup>th</sup> we celebrated Saint Patricks Day with a concert in the Ballroom. Once again, Martin did a great job involving everyone in the singing and some dancing.**

## 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.

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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 value your input into our continuous improvement program and how we can improve the services provided to you.

### Upcoming Events

The following are some of the upcoming events in April:

5<sup>th</sup>, 14<sup>th</sup>, 19<sup>th</sup> and the 28<sup>th</sup>- Hairdresser

1<sup>st</sup>-Catholic Church Service

2<sup>nd</sup>- Day light saving ends

5<sup>th</sup>- Easter Luncheon

7<sup>th</sup>- Good Friday

8<sup>th</sup>- 10<sup>th</sup> Easter Long Weekend

13<sup>th</sup>- Residents Meeting

15<sup>th</sup>- Catholic Church Service

18<sup>th</sup>- Art Therapy

25<sup>th</sup> Anzac Day

28<sup>th</sup>- Church

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## A short reminder to all residents, families and friends

### Your role during an emergency

On hearing an alarm sound you should do the following:

- 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)



MARCH'S BIRTHDAYS

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## EILEEN'S BABY SHOWER



Candy- our female Cockatiel

Unfortunately, our eggs didn't hatch this time. Hopefully next season we will have some baby cockatiels.



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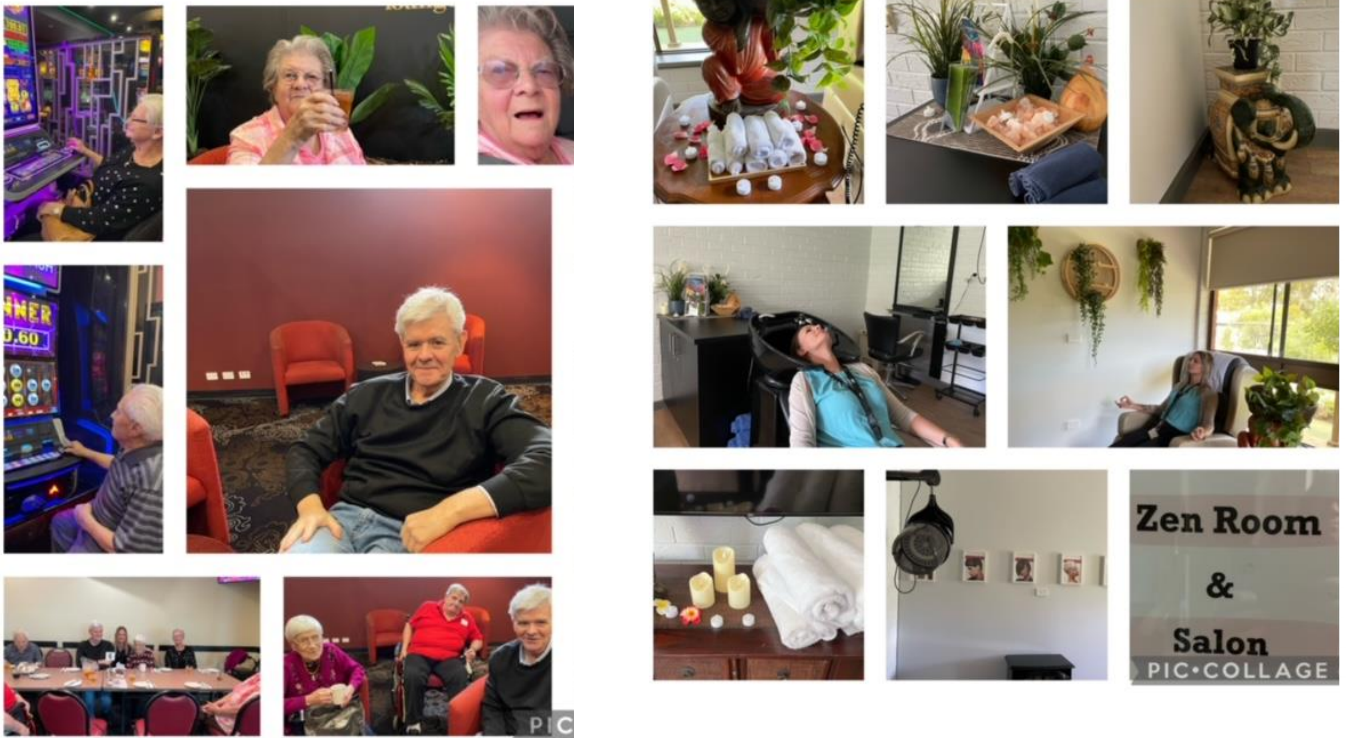


Easter Craft- making decorations for our tables and decorating our Easter Eggs- with Norelle

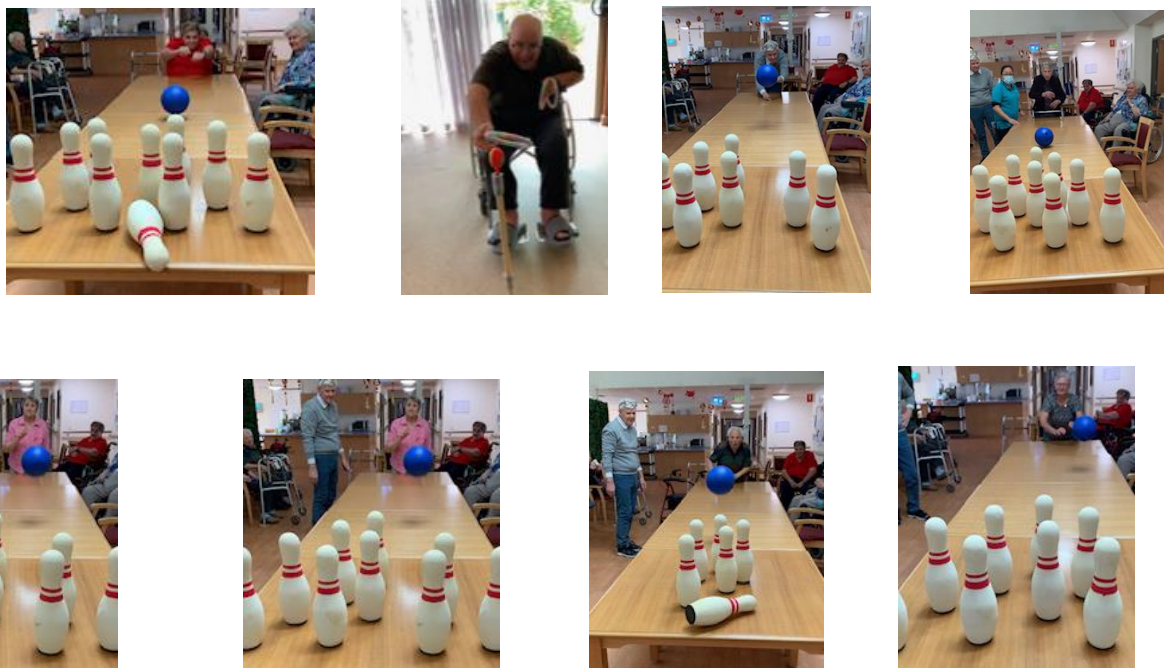
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## Luncheon at the club



We have a relocated Hair salon and introduced a sensory Zen room- which is situated in Kester's Respite Room.



Some games that Eva and the residents played.



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## Saint Patrick's Day

In Loving Memory of  
Norman

