

PARA HILLS RESIDENTIAL CARE

DECEMBER 2022 NEWSLETTER



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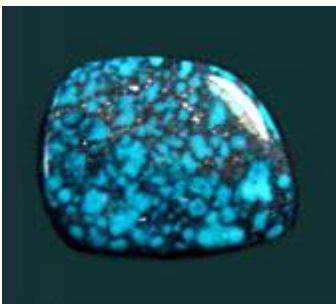
Birthdays for December

- Happy birthday to Dawn, Raelene, Claire, Elice, Les and Linda. We all hope you have a wonderful day.

This Month's Birth Flower / Stone / Signs

The Birth sign is shared between Sagittarius and Capricorn.

The Birth flower is the Narcissus.



The Birthstone is Turquoise



Previous Month Highlights – November

- Melbourne Cup was celebrated on Tuesday the 1st of November. Kathy said a prayer and Lello thanked everyone for making the day very enjoyable. A huge thank you to all the staff that helped out on the day. Precious won best dressed- Congratulations. John won the lucky seat for the residents and Alex won it for the staff. Francesco, Benito and Heinz won the sweeps. A huge thank you to Eva for her magnificent balloon displays.
- On Wednesday the 2nd, we held a memorial service for some residents that passed away. This was very moving with everyone having a little to say about each of the residents.
- Eva did some flower arranging with the residents on the 10th. This was a really great activity with lots of involvement. The displays were beautiful.
- On the 11th we had morning tea with pies and lamingtons to celebrate Remembrance Day . We assembled outside so Les could raise the flag and we observed a minute's silence. Rosemary and poppies was worn by all that attended. Thank you to all the staff that helped Eva. We raised our glass in honour to the soldiers.
- Saturday the 12th of November -many residents watched the pageant on tv.
- Kathy held her reminiscing activity on the pageant on the 16th. This brought back so many memories for the residents. Thank you Kathy for your time and research into each activity.
- Wednesday the 23rd we had a puppet and strings show. Some of the residents really enjoyed this and had photos taken with Alvin- the puppet.
- Thursday the 24th we had a residents meeting and an ARAS session. If you would like a copy of the minutes please see a staff member and they will get you one.

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.

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.

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.

Upcoming Events The following are some of the upcoming events in

December:

6th-Making of Nativity Scene

7th- Christmas Carols at 1.30pm

9th- Hairdresser

10th- Catholic Church at 10.30

13th- Spa Day

13th- Art Therapy at 3.00pm

14th- Hairdresser

14th- Residents Christmas Luncheon then the drawing of the cart

15th- Spa Day

19th- Spa Day

20th- Spa Day

21st- Father Christmas arrives and then the drawing of the Raffle.

22nd- Church at 10.45- Day Room

24th- Hairdresser on Christmas Eve

24th- Catholic Church at 10.30

25th- Christmas Day

26th-Boxing day

28th- Hairdresser

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
- Be aware of the nearest fire door
- 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).

Emergency Bells are being installed in strategic places to maintain the safety of all our residents.

Melbourne Cup



November Birthdays





Puppet and Strings Concert



Kathy's Reminiscing- On the pageant

Our Chicken had a baby



Flower Arranging- with Eva



Art Therapy Class- The ladies had a lovely time. Another class will be held on the 13th of December.



Remembrance Day

Raffle tickets are for sale at Reception for the Christmas Cart and the Christmas Raffle.

In Loving Memory of Linda

