

# PARA HILLS RESIDENTIAL CARE

February 2023 NEWSLETTER

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## Birthdays for February

Happy Birthday to Gaby and Heinz. We hope you all enjoy your special day.



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

The Birth sign is shared between Aquarius and Pisces.



The Birth flower is the Violet.



The birthstone is the Amethyst.

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### Previous Month Highlights – January

Due to Liza, Joanne and Lisa not being at the Home for most of January, some of the activities were postponed so these will be rescheduled. Thank you to everyone that has helped out during this time.

### 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.

### 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 for February

1<sup>st</sup> Chinese New Year

3<sup>rd</sup>, 8<sup>th</sup>, 17<sup>th</sup> and the 22<sup>nd</sup>- Hairdressers

7<sup>th</sup> and 21<sup>st</sup>- Art Therapy

14<sup>th</sup> Valentine's Day

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16<sup>th</sup>- Resident's Meeting at 1.30 pm

21<sup>st</sup>- Shrove Tuesday

22<sup>nd</sup> -Australia Day Cricket Match and Thong Throwing Comp

### **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).

#### **Menuka's Wedding - Congratulations**



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## Some of January's Birthdays



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Thank you Eva for helping with the activities- Flower arranging, Ball games and Bingo.

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A couple of photos of Joanne. Hopefully she will be back at the Home real soon.



In loving Memory of

Claire

5/12/1932 – 18/01/2023