

PARA HILLS RESIDENTIAL CARE

July 2022 NEWSLETTER

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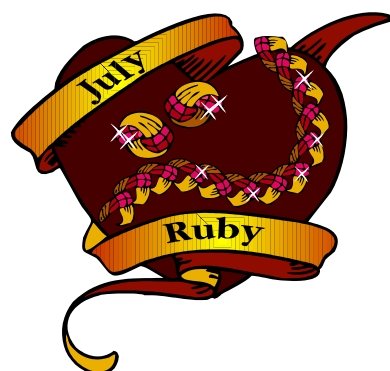
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This Month's Birth Flower / Stone / Signs

The Birth sign is shared between Cancer and Leo. The birth flower is the Larkspur which symbolises an open heart and ardent attachment.

The Birthstone is a Ruby.



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July Birthdays

A big Happy Birthday to the following residents who are celebrating birthdays this month: Miriam and Marie. We hope you all have a great day. Previous Month Highlights – June

- **Italian Day was celebrated on the 1st of June this year with our infamous spaghetti eating competition. Chris was the champion, congratulations. Many thanks to everyone that participated as the residents really loved it. A concert from Martin was once again appreciated and the Italian food was lovely.**
- **Footy tipping is still very popular with Les coming first at the moment, followed by Margaret and Dawn. The list is on the board in Ceafield dining area if you wish to look at it and find your placing.**
- **Monday the 13th was the Queen's birthday holiday but some residents still played their weekly poker game. Thanks Les for helping out with this, we do appreciate your help.**
- **Wednesday the 15th we held a memorial mass for Margaret that passed away. This was a very moving service with lots of nice stories and reflections. Margaret's family wanted to join us for the celebration of her life and the balloon release of Cinderella which Les had the honour. We had Margaret's favourite cakes to eat . She will be sadly missed by all but never forgotten.**
- **On Thursday the 23rd planted our herbs that have been growing in the Day room. Kay B and Leslie helped with this and Leslie is going to water them for us and look after them.**

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Comments and Complaints

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

The Helping Us to Care Brochures is located at the Kesters notice board which is at the Kesters Road entrance of Our 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.

UPCOMING JULY EVENTS

4th- Doughnut Eating Comp- American
Independence Day

7th- International Chocolate day

8th- Hair dresser

9th- Catholic Church at 10am

13th- Kathy's Reminiscing

13th- Hair dresser

20th- National PJ's Day (2 days early)

21st- Church at 10.45

22nd- Hair dresser

Footy tipping- up to round 15

1st: Les- 86

2nd: Margaret- 76

3rd: Dawn- 75

4th: Kay B- 72

5th: Kath R-64

6th: Ellen-62

7th: Marie and Linda-61

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23rd- Catholic Church at 10am

27th-Dress up for John's 90th

National Cheesecake Day

30th- Friendship Day

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 our 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)

Covid update-

Rat tests are still required and masks are still to be worn. Please wash/sanitise your hands . We appreciate your patience and involvement with this.

Helen has been busy
Painting our Gnomes.
Thanks Helen, they
Look great.



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Kay and Leslie helping to plant our herbs.

Congratulations Claire for winning
The Queen Crown decorating
Picture.



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Italian Day

Congratulations Chris- Champion

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June Birthdays



Margaret's Memorial