

# PARA HILLS RESIDENTIAL CARE

JUNE 2023 NEWSLETTER

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

The Birth sign is shared between Gemini and Cancer. The birth flower is the rose which symbolises health, longevity and innocence.



The Birthstone is a Pearl.

## June Birthdays

**A big Happy Birthday to the following residents who are celebrating birthdays this month: Kath, Barb and Annette. We hope you all have a lovely day.**

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## Previous Month Highlights – May

- **On Wednesday the 3<sup>rd</sup> of May-** a group of residents went to the **Community Club for Lunch** and some played the pokies. A couple of residents couldn't go so on **Thursday the 22<sup>nd</sup> of June**, we will take those few residents out. Thank you to all that helped out on the day. Many thanks to Les for arranging the taxis- which were on time.
- **On Saturday the 6<sup>th</sup> we celebrated the King's Coronation** with a typical English High tea. Les was the King for the day- he looked great with his Crown and suit on. Everyone enjoyed the high tea while watching the footy- due to the time delay of the Coronation.
- **Eva made some beautiful flowers-** for Mother's Day- out of plastic bags. They looked so special and pretty- thank you Eva.
- **The Mother's Day raffle was drawn on Thursday the 11<sup>th</sup>.** Congratulations to Jacqueline for winning followed by Ana, Sharyn, Bianca, Kath, Elice, Ana, Amber, Tanya, Bianca, Les, Pauline and Bianca. Many thanks to all those that donated prizes and bought some tickets. We raised \$123.45 which is going to the Fundraiser for Joanne.
- **On Thursday the 11<sup>th</sup> we had a residents meeting.** The minutes are available to read if you would like to be informed about the meeting.
- **International Nurses Day was held on Friday May the 12<sup>th</sup>.** We had a morning tea and each nurse was given a gift. Thank you Liza for making them.
- **Sunday 14<sup>th</sup>- Mother's Day was celebrated** with many of the women enjoying visits from their families. The tables were decorated with Mother's Day settings and the chrysanthemums were displayed all around the home. The ladies were given a personalised rose at breakfast time.

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- **On Monday the 15<sup>th</sup>- we celebrated International Volunteers week with an afternoon tea and certificates handed out to Wendy and Judy.**
- **Kath requested a comedy afternoon so on Wednesday the 17<sup>th</sup> we watched some Benny Hill episodes and Mother and Son. Eva dressed as a clown and gave out some treats.**
- **Wednesday the 24<sup>th</sup> was our fund raiser for Joanne- who is not well at the moment. Hopefully we lifted her spirits up. I want to thank everyone that helped out, donated items or money and made the day a huge success. Eva- your balloon display was absolutely fabulous- you are so talented. Kim, Ana and Tanya- many thanks for your help and support- amazing. Andrea- your cup cakes and angel biscuits were delicious. Thank you Kat for making the plant arrangements. So many people to thank- a card with each and everyone's names on it will be given to Joanne so she can see that she is really loved and appreciated. Also many thanks to Tony, Lello and partners- our aim was \$500 but at the present time we have raised nearly \$2000- how fantastic is that.**

## 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.

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## 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 JUNE EVENTS

2nd- Italian Day- spaghetti eating competition and a concert.

7<sup>th</sup>- Kathy's Reminiscing- Planes, Trains and Automobiles

10<sup>th</sup>- Catholic Church at 10.30

12<sup>th</sup>- King's Birthday

13<sup>th</sup>- Art therapy

14<sup>th</sup>- Filipino Day

21<sup>st</sup>- Indigenous Day

24<sup>th</sup>- Catholic Church at 10.30

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

Hair dresser days are 9<sup>th</sup>, 14<sup>th</sup>, 23<sup>rd</sup> and the 28<sup>th</sup>



## 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 wherever possible as directed by the chief fire warden (white hat) or fire Warden (red hat)



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## Birthdays' in May



King's Coronation

Nurse's Day





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### Mother's Day - afternoon tea

### Mother's Day Raffle Winners

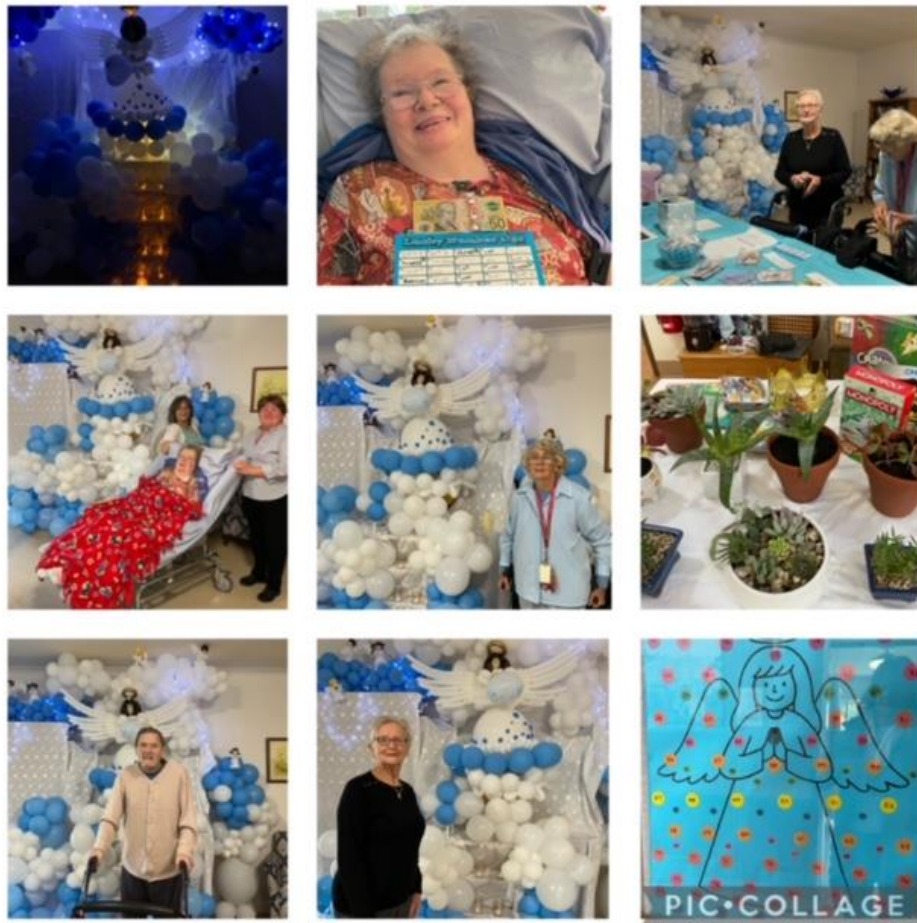
### Comedy Afternoon



Our Volunteers- Wendy and Judy- we held an afternoon tea for them in appreciation of all they do.

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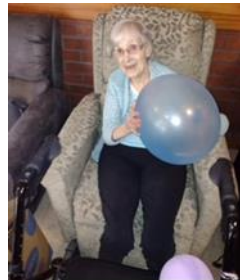
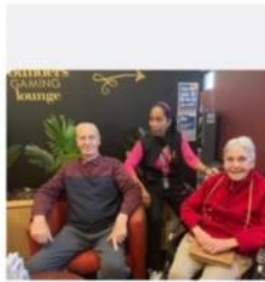
Joanne's Fundraiser



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### Luncheon at the Club



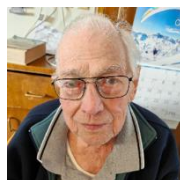
### Fun and games during Harmony

### In Loving Memory of

John



Ken



Helen

