

PARA HILLS RESIDENTIAL CARE

March 2023 NEWSLETTER

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Birthdays for March

Happy Birthday to Glenice, Jacqueline, Jim, Helen and Ken. We all hope you have a wonderful day.

This Month's Birth Flower / Stone / Signs

The Birth sign is shared between Pisces and Aries. The birth flower is the daffodil and the birthstone is Aquamarine.



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Previous Month Highlights – February

- Chinese New Year was celebrated on Wednesday the 1st of February- The year of the Rabbit. A big thank you to Eva and Natasha for making this day wonderful. The decorations were beautiful.
- Valentine's Day was held on Tuesday the 14th. A concert- by staff- mainly Kim, and some residents made the day special. Jacqueline and Les were Queen and King for the day and they looked great sitting on their thrones.
- The residents meeting was held on Thursday the 16th. Many residents were present, and the meeting was highly informative. A copy of the minutes is available for you to read.
- Tuesday the 21st was Shrove Tuesday-Pancake Day. Kathleen won the pancake day toss. Thanks to Andrea and team for the lovely pancakes. We had a choice of lemon, sugar, maple syrup, jam and cream.
- We have started making our lolly Easter eggs ready for our demonstration in the next few weeks. Many of the residents had fun and did a great job helping to make these.
- On Wednesday the 22nd we had our cricket match and thong throwing competition- this was held over from Australia Day. Mark won the best batter; Kay won the best bowler and Dawn won the thong throwing competition- Congratulations.

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 events in March

1st- Kathy's Reminiscing

7th- Eileen's baby shower

7th- Art Therapy

8th- Luncheon at the club-TBA

13th- Adelaide Cup

15th- Easter Egg Decorating Demonstration

15th- Concert for Saint Patricks Day

16th- Footy tipping begins.

21st- Art Therapy

22nd- Easter Egg Decorating Demonstration

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

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- 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)

February Photos



Every second Tuesday we have an Art Therapy group.

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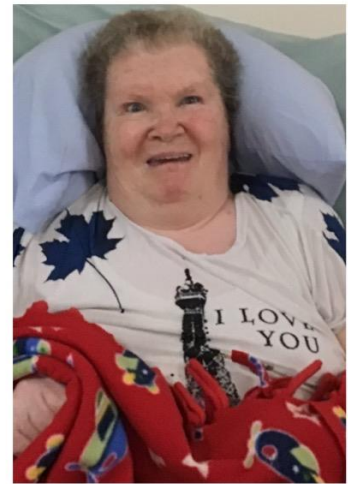


PIC•COLLAGE

Pancake day- Congratulations Kathleen for winning the tossing competitor.

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PIC•COLLAGE

Indoor Cricket and Thong throwing Comp.

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Valentines Day and some Birthdays