

PARA HILLS RESIDENTIAL CARE

May 2023 NEWSLETTER

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This Month's Birth Flower / Stone / Signs

The Birth sign is shared between Aries and Taurus. The birth flower is the Lily of The Valley.



The Birthstone is an Emerald.



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May Birthdays

Happy birthday to Geoff, Joan M, Emilia, Pat ,
Wera, Jean and Frank.



Previous Month Highlights – April

- The Easter Luncheon was held on Wednesday the 5th with Kath and Eileen both winning the lucky seats. Thank you Easter Bunny for hopping in to see us. A big thank you to Tony and partners for a beautiful luncheon and to all that helped out on the day.
- Easter was held over the weekend of the 7th- 10th of April.
- A mini residents meeting was held on the 13th and the main meeting will be held on the 11th of May.
- Wednesday the 19th we made some poppies for the lamingtons for Anzac Day.
- Anzac Day was acknowledged on Tuesday the 25th with Les raising the flag. Poppies and rosemary were worn by everyone. We assembled under the veranda for the 11am service. The weather was beautiful and Barb said the Ode. We raised our glasses in honour of the diggers.
- Footy update: Top 7- Linda and Les are winning at the moment with 36 tips, followed by Ellen and Kath-34, Marie, Mark and Rudy- 33

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.

Some are also located in the Ceafield Wing 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 May

1st- Room visits

2nd- Birthday Celebration

2nd- Art Therapy

3rd- Luncheon at the Club

4th, 5th, 8th and 9th- Birthday Celebration

6th- King's Coronation

11th- Mother's Day Raffle draw

11th- Residents Meeting

12th- Nurses Day/Tony's Birthday

13th- Catholic Church at 10.30

14th- Mother's Day

15th- Volunteer's afternoon tea

16th- Art Therapy

24th- Biggest Afternoon Tea- for Jo

27th- Catholic Church at 10.30

30th- Art Therapy

Hairdresser will be here on the 3rd, 12th, 17th and the 26th of May.

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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)

April's Birthdays



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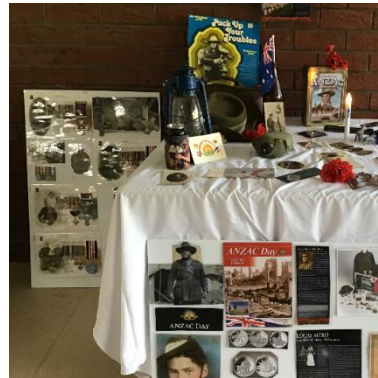
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Easter Luncheon

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Anzac Day

Thanks to Les- for raising the flag and to Barb for reciting the Ode

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Nurses Day Craft



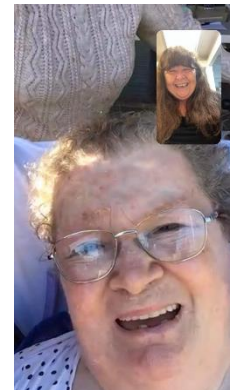
Eva dancing



Dogs visiting Barb



Pauline and Barb



Annette's zoom call



RELAX

Kim and Ana are hold a day Spa on Tuesdays- If you would like to enjoy this experience- please make a booking and enjoy.