

PARA HILLS RESIDENTIAL CARE

NOVEMBER 2022 NEWSLETTER

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Birthdays for November

Happy Birthday to the following residents who are celebrating birthdays this month: Mary 2nd, Megan 3rd, Trevor 5th, and Joyce 12th. We hope you all have a great day.

This Month's Birth Flower / Stone / Signs

The Birth sign is shared between Scorpio and Sagittarius.

The Birth flower is the Chrysanthemum.



The Birthstone is Topaz.



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Previous Month Highlights – October

- We have been doing lots of craft for our Melbourne Cup day which is next Tuesday the 1st of November. All the table settings have been arranged so a huge thank you to all the residents that have helped out over the last few weeks. So be ready on Tuesday for a great day and lets hope we can all pick a winner.
- We had a mini bus outing to buy some outfits for Melbourne Cup.
- On Thursday the 13th we were meant to have a residents meeting but it was postponed. We will inform you when a date is assigned.
- On the 19th we had our infection prevention day which Amanda and Sam organised. Most people dressed in yellow and had a lot of fun with the activities that was planned. A lot of work and preparation was really appreciated so many thanks to Amanda and Sam. Ana won the relay of donning and doffing- well done Ana. Marie won guessing the lollies competition and there were 74 lollies in the jar. Jenny and Lisa guessed 17 out of 24 hands.
- Wednesday the 26th we held our Breast Cancer fundraiser. We aimed to raise \$250 but we raised \$453, so well done to all that donated, that's fantastic. So much fun was had and lots of staff and residents were dressed in Pink. A huge thank you to all that made the day a success and to Lello's wife, Marina, for making our boob smash cake. Dawn won the boob advent calendar with number 10 so her and Amanda smashed the cake. Kim and Tanya won the baby photo competition, Anu was closest to pin the nipple on the boob and Benito won the lolly guessing game with 159 lollies in the jar. Jackie and Amanda's mum, Kaylene won the powerball tickets under the chocolate boobs. The balloon display was divine- many thanks Eva, you are so passionate and very talented.
- Every fourth Thursday the Anglican Church comes to visit at 10.45 am
- Joseph from the Catholic Church visits the home every fortnight so if you wish to have communion or come to the service, just let me know.

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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 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.

Upcoming Events

The following are some of the upcoming events in November:

- 1st- Melbourne Cup Luncheon
- 2nd- In House Memorial
- 11th- Remembrance Day
- 12th-Pageant Day- on the TV
- 12th- Catholic Church at 10.30
- 16th- Kathy's Reminiscing
- 23rd- Puppet Show
- 24th- Anglican Church at 10.45
- 24th- Resident's Meeting at 1,30
- 25th-Christmas tree decorating
- 26th- Catholic Church at 10.30
- 30th- Scottish Day

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We look forward to your involvement and participation in these big days.

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 the nearest fire door
- 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).

Photos of October Highlights

Happy birthday – Marlene and Leslie



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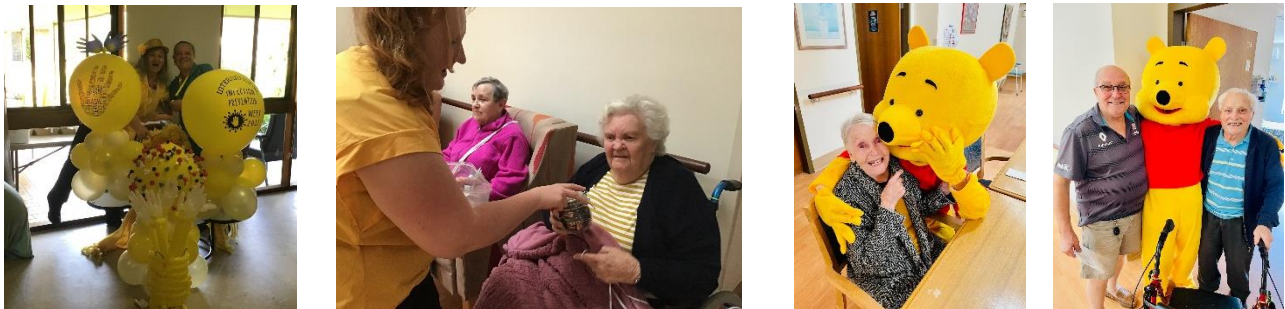
Breast Cancer Fundraiser



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Infection Control Day



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In loving memory of George

