

PARA HILLS RESIDENTIAL CARE

October 2022 NEWSLETTER

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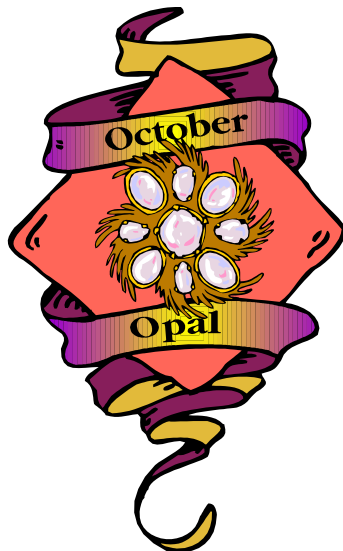
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This Month's Birth Flower / Stone / Signs

The Birth sign is shared between Libra and Scorpio. The Birth flower is the calendula - marigold.

The Birthstone is an opal meaning is hope, innocence and loyalty.



Happy Birthday- Leslie and Marlene- we hope you enjoy your day

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Previous Month Highlights – September

On the 1st of September we drew our Father's Day raffle and Pat M was the first prize winner. Thank you for supporting our raffle and to those who donated the prizes.

On the 4th we had Father's Day and all the men were given a gift, hopefully you all had a wonderful day.

September was mainly about organising our " In house Show Carnival". It ran from Wednesday the 14th until Thursday the 15th. Jacqueline, Dawn , Pat, Mary and Les helped assemble the show bags- thanks for your help. A huge thanks to Holly for getting the donations. Over the two days we had lots of fun with many people dressing up , playing games, visiting the stalls and buying the lucky squares. Ana won the doughnut eating competition, Dawn won the wobble board competition and Pat spun the wheel and landed on number 1. Emilia won the Cup Cake competition and there was a tie for the Cake competition between Holly and Sherree. A huge thank you to Kath and Claire for their kindness in arranging show bags for the children.

On Wednesday the 21st a group of residents went to the Salisbury North Football Club for lunch and to play the pokies. We all had a great time and even a few of us won. The meals were very big and really nice.

The residents went to a Mental Health Awareness talk here at the home. This was very informative and if you would like to speak to anyone about this, please let us know.

On Wednesday the 28th we held the Footy tipping Presentation. Les came first, Dawn 2nd and Kath was third. Each winner received a trophy and the other participants received a certificate.

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 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.

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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

Could family members and friends remember to sign in/out at the front desk and have their temperature taken thank you.

Upcoming events in October

1st of October- Catholic Church at 10.30 in the quiet room. (cancelled as it's a long weekend)

2nd - Day Light Savings begins

3rd- Labour Day Holiday

5th-Melbourne Cup Meeting

12th- Mini bus outing

13th- Resident Meeting at 1.30-2.30 pm.

15th- Catholic Church at 10.30 in the quiet room.

19th- Infection Control dress up day

26th- Pink Breast Cancer afternoon Tea

27th- Anglican Church at 10.45am in Kester's Day room

29th- Catholic Church at 10.30 in the quiet room.

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**

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- 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 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)

Luncheon at the Footy Club



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Precious hosting bingo

Footy tipping Comp winners



Congratulations to Les for winning the Footy tipping competition for the residents with Dawn coming second and Kath coming third.

Many thanks to Tony and Partners for donating \$200 for the Staff Footy tipping and congratulations to Libby, Les, Chris and Drew.

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Joannes' birthday



Max's birthday



Pam's birthday



Jean's birthday



IN HOUSE SHOW CARNIVAL



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Cake decorating competition

Holly and Sherree – first prize



Cup Cake decorating competition- Congratulations to Emilia



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Awards- Claire and Kath for organising the showbags for the children



Dawn and Pat for winning games



Thank you Eva for all your balloon art and especially this beautiful display for Monica

In loving Memory of

Kay



Joy



Heidi



Max

