

# PARA HILLS RESIDENTIAL CARE

## SEPTEMBER 2022 NEWSLETTER

### Inside this issue **HAPPY FATHER'S DAY**

Page 1 - Inside this issue, Birthdays for September and this month's birth flower, birthstone and birth signs

Page 2 - August Highlights,

Page 3- Comments and Complaints,

Page 3- 4 - Continuous Improvement, Upcoming Events, Your role during an Emergency

Page 4 - **Covid Update**

Page 5-7 Photos

### Birthdays for September

- Happy Birthday to Pam, Max and Jean C. We all hope you have a great day.

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

The Birth sign is shared between Virgo and Libra

The Birth flower is the Aster.



The Birthstone is a Sapphire



# PARA HILLS RESIDENTIAL CARE

## SEPTEMBER 2022 NEWSLETTER

### Previous Month Highlights – August

- Our Commonwealth Games were cancelled this year due to Covid lockdown.
- Wednesday the 10<sup>th</sup> of August we had Elvis visit us for a concert in the Ballroom. This was such a fun afternoon with lots of dancing and singing. We celebrated 6 birthdays as we were in lockdown for most of them.
- Thursday the 11<sup>th</sup> we held a fire training session for residents and families. This was very informative for the residents.
- The residents meeting was held on Thursday the 18<sup>th</sup> with family and residents attending. The minutes of the meeting are available to read.
- International Beer Day was celebrated on the 24<sup>th</sup> of August with most of our residents tasting many different beers. Brookvale Ginger Beer was voted the best. There is a list on the white pin up boards with all the results if you are interested in knowing the order of taste.
- Our Footy tipping is nearly finished for the year with only finals to go. 7 residents are still in it to win a prize as the last round was a mystery round as the minor places are very close.
- Don't forget that our Father's Day raffle will be drawn on the 1st of September and there are still plenty of tickets available. Tickets are only 50 cents each.

### 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.

# PARA HILLS RESIDENTIAL CARE

## SEPTEMBER 2022 NEWSLETTER

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

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.

We try to do a lot of different activities, but any suggestions are greatly appreciated.

### Upcoming Events

The following are some of the upcoming events in September:

- 1st: Father's Day Raffle Draw at 1.30
- 3<sup>rd</sup>- Catholic Church
- 4<sup>th</sup>: FATHER'S DAY
- 5<sup>th</sup> & 7<sup>th</sup>- Show Bag sorting
- 14<sup>th</sup>- 15<sup>th</sup>- In House Show Week
- 17<sup>th</sup>: Catholic Church
- 21<sup>st</sup>: Luncheon at the Club
- 24<sup>th</sup>: Grand Final
- 28<sup>th</sup>: Footy tipping presentation



**A short reminder to all residents, families and friends**

### Your role during an emergency

On hearing an alarm sound, you should do the following:

# PARA HILLS RESIDENTIAL CARE

## SEPTEMBER 2022 NEWSLETTER

- 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 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)

### Covid Update

**Visiting Hours are 10.00- 11.30am and 1.00-3.00 pm.**

**A maximum of 2 visitors per resident at a time and maintain SOCIAL DISTANCING of 1.5 m and only in designated areas.**

### August Photo's



**Barb playing the piano**



# PARA HILLS RESIDENTIAL CARE

## SEPTEMBER 2022 NEWSLETTER



## International Beer Day



# PARA HILLS RESIDENTIAL CARE

## SEPTEMBER 2022 NEWSLETTER



**August's Birthdays**

# PARA HILLS RESIDENTIAL CARE

## SEPTEMBER 2022 NEWSLETTER

### Elvis Concert



In loving memory of

**Jim and Monica**

