

PARA HILLS RESIDENTIAL CARE

SEPTEMBER 2023 NEWSLETTER

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Birthdays for September

- Happy Birthday to Pam, Dan 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



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Previous Month Highlights – August

- Wednesday the 2nd of August we had Elvis visit us for a concert in the Ballroom in conjunction with PHRC's 40th birthday. This was a fun afternoon with lots of celebrating, dancing and the cutting of the cake- by Tony. His speech was very detailed about the beginning's of building the Nursing Home.
- International Beer Day was held on Wednesday the 9th with 17 different drinks being tasted with Mismatch Session Ale winning with 63 votes and Little Bang India Red Ale coming last with 20 votes. This year Linda won the beer day competition- Congratulations.
- Thursday the 10th we held a fire training session for residents and families. This was the largest turn out we have had so thank you for your interest.
- On Wednesday the 16th we Celebrated India's National Day with lots of people dressing up in beautiful costumes, food tasting and lots of dancing. We had a food eating competition which Abi won by a mile- he just literally ate everything so fast- Congratulations Abi.
- Our Footy tipping is finished for the year with only finals to go. Our tipping presentation will be after the grand final.

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. QR codes are also available throughout the Home.

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

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:

2nd- Catholic Church at 10.30

3rd: FATHER'S DAY

6th- Luncheon at the Club

13th- Show Bag sorting

14th- Residents Meeting at 10.30

16th- Catholic Church at 10.30

19th- 21st- In House Show Week

23rd: Grand Final

27th: Kathy's Reminiscing- Hobbies and Games

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 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)

August's Birthday Photo's



Our New Sensory Room – the program is located on the window of the sensory room which operates daily.



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International Beer Day

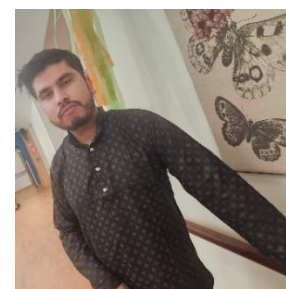


Elvis concert and PHRC 40th Anniversary

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Indian Day



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The Father's Day raffle Winners are Les, Kim, Sue, Jacqueline, Lisa, Holly, Ana and John R. Congratulations to all the winners and thank you for your support.

In loving memory of

Joan



Kay



Marlene

