

PARA HILLS RESIDENTIAL CARE

DECEMBER 2023 NEWSLETTER



Inside this issue

Page 1 - Inside this issue, Birthdays for December and this month's birth flower, birthstone and birth signs- **Covid information**

Page 2 - November Highlights

Page 3 & 4 - Continuous Improvements, Compliments and Complaints, Upcoming Events

Page 5 -8 - Photos

Birthdays for December

- Happy birthday to Dawn, Raelene, John, Keith, Gwen, Elice, Val D, Les and Linda. We all hope you have a wonderful day.

This Month's Birth Flower / Stone / Signs

The Birth sign is shared between Sagittarius and Capricorn.

The Birth flower is the Narcissus.



The Birthstone is Turquoise



Covid Information

We are still requesting that everyone does a rat test on entering the Nursing Home. We are just trying to keep everyone safe.

Previous Month Highlights – November

- Kathy held her reminiscing activity of The Melbourne Cup on Wednesday the 1st of November. This was very informative and was thoroughly enjoyed. Thank you, Kathy, for all your help during this year- you are very much appreciated.
- The Christmas Pageant was early this month being on the 4th- this was due to Remembrance Day being on a Saturday, so the Pageant was bought forward a week. Many residents and of course staff watched the Pageant on TV. All the decorations can now be put up and Christmas tops can be worn.
- Melbourne Cup was celebrated on Tuesday the 7th of November. Kathy said a prayer and Tony thanked everyone for making the day very enjoyable. A huge thank you to all the staff that helped out on the day. Margaret won best dressed- Congratulations. Mark won the lucky seat for the residents and Thomas won it for the staff. Elice, Margaret and Leslie won the sweeps.
- On Saturday the 11th we had morning tea with pies and lamingtons to celebrate Remembrance Day. We assembled outside so Les could raise the flag and we observed a minute's silence. Rosemary and poppies were worn by all that attended. Thank you to all the staff that helped Liza. We raised our glasses in honour to the soldiers. Thank you Keith for reciting the Ode.
- Wednesday the 15th we had Lilly's baby shower and Anti-biotics awareness Day. Most staff was dressed in blue and Eva's costume was great. We wish Lilly and her family all the best for the arrival of their son.
- On Wednesday the 22nd we had an ARAS information session which approx. 12 residents attended.
- Thursday the 23rd we had a residents meeting with many residents and some family members attending. If you would like a copy of the minutes please see a staff member and they will get you one for you to read.

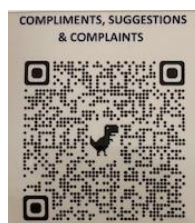
Continuous Improvement

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.

Comments and Complaints

Does everyone know that if you have a problem you **CAN** do something about it?

We have QR codes that you can scan with your phone- these are located throughout the Nursing Home.



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

December:

5th-Making of Nativity Scene

6th- Christmas Carols at 1.30pm

8th- Hairdresser

12th- Table decorations and serviette folding

13th- Hairdresser

13th- Residents Christmas Luncheon then the drawing of the cart

20th- Staff Choir, Father Christmas arrives and then the drawing of the Raffle.

22nd- Hairdresser

25th- Christmas Day

26th-Boxing day

27th- Hairdresser

The Catholic Church will advise us when they will be coming in.

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
- 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).

Emergency Bells are being installed in strategic places to maintain the safety of all our residents.

November Birthdays



Mary



Val



Trevor



Joyce



Megan

Kat bought in some puppies to hold.



Jean looking lovely with her

Pink hair.



MELBOURNE CUP





REMEMBERANCE DAY



LILLY'S BABY SHOWER

Kathy's Reminiscing- On the Melbourne Cup



Raffle tickets are for sale at Reception for the Christmas Cart and the Christmas Raffle. Thank you to everyone that has donated for our raffle.

In Loving Memory of

Alex

and

Jean



