

PARA HILLS RESIDENTIAL CARE

NOVEMBER 2023 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, Joyce 12th and Val G 22nd. 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

- Congratulations to Les for winning the footy tipping competitions- Well done. Linda came second and Graham came third. They all received a trophy and everyone else that was involved were given a certificate of participation at the presentation.
- Daylight saving began on Sunday the 1st
- The voting booth was here on the 4th for the yes/no vote.
- On Thursday the 12th we were meant to have our walking group but due to the weather- this had to be postponed.
- On the 18th we had our infection prevention day which Amanda and the DT team organised. This was lots of fun. Congratulations To Abi for winning the memory game, Jen won the cow competition, Rem won the word search, Ana won the eating competition and the donning and doffing relay was won by Abi, Ana, Precious and Lisa- Well done.
- Wednesday the 25th we celebrated 100 years of vegemite. Joanne cooked some vegemite scrolls and we watched how to paint with Vegemite.
- 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.
- Melbourne Cup will be run on Tuesday the 7th of November so we have been planning this event.
- Our chickens have hatched- they look so cute so go and have a look at the 6 little chickens.

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.

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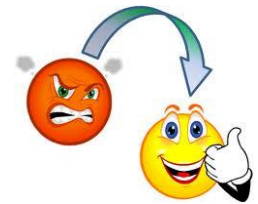
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There are also some located in the Ceafield Wing both near the notice board and on the bookcase. On most tables there is a QR code that you can scan with your phone.

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- Kathy's Reminiscing- The Pageant
- 4th- The Christmas Pageant
- 7th- Melbourne Cup
- 10th- Christmas Cart Building
- 11th- Remembrance Day
- 15th- Baby Shower and Anti-biotic Awareness Day
- 23rd- Resident's Meeting at 10.30
- 24th-Christmas tree decorating
- 25th- Catholic Church at 10.30
- 30th- Scottish Day

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

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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 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

Leslie



and

Margaret



Happy 70th Anniversary to John and Jean . Married on the 7th of November 1953. Happy Anniversary- have a wonderful celebration and thank you both for all you do, its very much appreciated.



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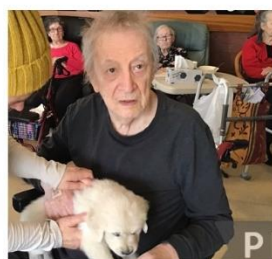
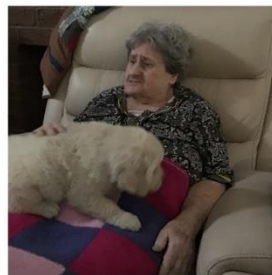
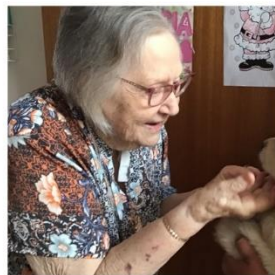
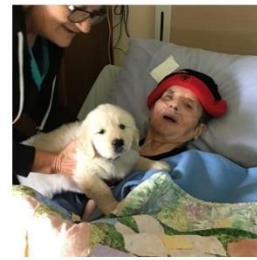
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InfectionControlDay



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PIC • COLLAGE



Kat bought in 3 of her puppies for everyone to see and of course to have a cuddle.

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100 years of Vegemite

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Our Chicken has had some babies- go out and see them- there are 6.



In loving memory of

Mavis

and

Avis

