

PARA HILLS RESIDENTIAL CARE

October 2023 NEWSLETTER

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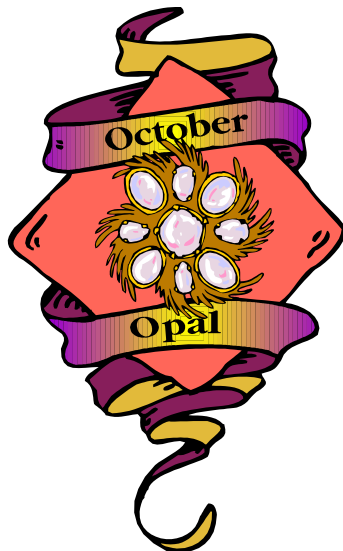
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This Month's Birth Flower / Stone / Signs

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 Margaret- we hope you enjoy your day

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Previous Month Highlights – September

On the 3rd of September we had Father's Day and all the men were given a gift, a handmade bow tie biscuit- hopefully you all had a wonderful day.

On Wednesday the 6th we made up all the show bags for our Show Week. A huge thank you to Mark and Les for all of their help. The show bag were very good value and many thanks to all the companies that donated this year- Bickfords, The Chemist, CH2, Vlesi and Bidfood.

On Wednesday the 13th- a group of residents and staff went to the Para Hills Community Club for lunch and play the pokies. We also celebrated Joanne's birthday- isn't it lovely to see her back. I know lots of residents are happy with her return.

On Thursday the 14th we had our residents meeting with many residents being involved in the discussions. The minutes are available to read at reception.

September was mainly about organising our " In house Show Carnival". It ran from Tuesday the 19th until Thursday the 21st. A huge thanks to Holly for getting the donations and making up great value show bags. Over the three days we had lots of fun with many people dressing up , playing games, visiting the stalls and enjoying the concert. Ana won the doughnut eating competition, Kat won the Cake competition, Joyce won the cup cake decorating, Kim won the pirate chest jewel guessing- 199- and Amanda E came second, Tanya was voted best dressed and Denis won the treasure hunt. Les and Kath looked great in their costumes and a huge cheer for all the staff that put in the effort with each theme day. Lots of staff and residents won various games on each day.

On Wednesday the 27th Kathy held her reminiscing activity on "Old hobbies and Games".

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

Upcoming events in October

1st of October- Daylight saving begins-Clock goes forward an hour

2nd - Labour Day Holiday

4th- Voting for the Referendum

Footy Tipping Presentation

14th- Catholic Church at 10.30

18th- Infection Control dress up day- **Yellow**

90th- Birthday

25th- 100 years of Vegemite

28th- Catholic Church at 10.30

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 (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)

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September Birthdays

Dan



Pam



Jean



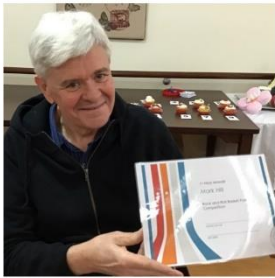
IN HOUSE SHOW CARNIVAL



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Kathy's Reminiscing



HAPPY RETIREMENT

Judy and John- All the best in the future-
Thank you for all you both have done for PHRC