

PARA HILLS RESIDENTIAL CARE

February 2024 NEWSLETTER

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Birthdays for February

Happy Birthday to Heinz. We hope you enjoy your special day.



This Month's Birth Flower / Stone / Signs

The Birth sign is shared between Aquarius and Pisces.



The Birth flower is the Violet.



The birthstone is the Amethyst.

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Previous Month Highlights – January

Thank you to everyone that was so understanding during our covid outbreak.

January activities was mainly all about Australia. We celebrated with a bbq and went to the ballroom to play our Indoor Cricket and the thong throwing competition.

Congratulations to Arthur for being the best batter, Mark for being the best bowler and Bill for winning the thong throwing competition. Our eating challenge was won by Chris.

Joanne and Liza with the help of some residents made some butterfly cakes that were delicious.

Francesco celebrated his 102nd birthday with a high tea consisting of mainly Italian treats.

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.



This is our QR code that you can scan with your phone.

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.

Continuous Improvement

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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 for February

2nd, 7th, 16th and the 21st- Hairdressers

13th- Shrove Tuesday- Pancake Day

14th Valentine's Day and Chinese New Year- concert in the Ballroom.

16th- Resident's Meeting at 10.15 am

29th- Tea Party

Day spa is held every Tuesday- by appt with the Physio Aids

Hopefully the Catholic Church will commence on the 3rd of February- every fortnight.

Robert from the Anglican Church will visit monthly

A short reminder to all residents, families and friends

Your role during an emergency

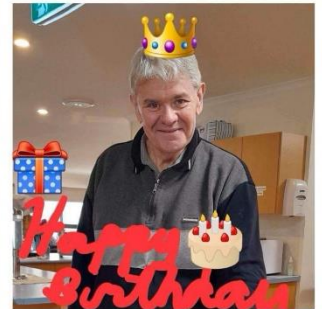
On hearing an alarm sound you should do the following:

- 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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January's Birthdays



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Making Bird Feeders



Walking Group

Button Picture Making



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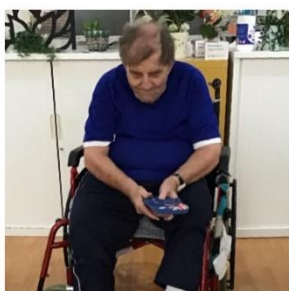
Australia Day



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Kathy's Reminiscing 200 year History of food in Australia



In loving Memory of Pat