

# PARA HILLS RESIDENTIAL CARE

## March 2024 NEWSLETTER

### Inside this issue

Page 1 - Inside this issue: this month's birthdays, flower, birth stone and birth signs

Page 2 - February Highlights

Page 3 - Comments and Complaints

Page 4 - Continuous Improvements, Upcoming Events

Page 4-8- Photos.

### Birthdays for March

Happy Birthday to *Glenice, Jacqueline, Jim and Frank T.* We all hope you have a wonderful day.

### This Month's Birth Flower / Stone / Signs

The Birth sign is shared between *Pisces and Aries*. The birth flower is the *daffodil* and the birthstone is *Aquamarine*.



# PARA HILLS RESIDENTIAL CARE

## March 2024 NEWSLETTER

### Previous Month Highlights – February

- On Thursday the 1<sup>st</sup> the weather was beautiful so we went on our walk- with the walking group to Hungry Jacks to get an ice cream, a drink and a burger.
- The Day Spa has been very popular with the residents each Tuesday so if you would like to have a beautiful relaxing massage and facial, please make an appointment with Kim or Ana.
- Tuesday the 13<sup>th</sup> we celebrated Shrove Tuesday- Pancake Day with Ian winning the Pancake Toss and Frank came second.
- Chinese New Year and Valentine's day was celebrated on Wednesday the 14<sup>th</sup> of February- The year of the Dragon. A big thank you to Joanne and Liza for making this day wonderful. Martin was great with his concert and Eva was fantastic in her costume.
- The residents meeting was held on Thursday the 15<sup>th</sup>. Many residents were present, and the meeting was very informative. A copy of the minutes is available for you to read.
- Our walking group is growing in numbers so if you would like to be involved just let one of the DT 's know.
- Being a leap year- Pauline actually had a birthday- her 13<sup>th</sup>/52<sup>nd</sup> on February the 29<sup>th</sup>. We held an afternoon tea party.

### 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 of Our Home.



QR code

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.

# PARA HILLS RESIDENTIAL CARE

## March 2024 NEWSLETTER

### 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.

### Upcoming events in March

6<sup>th</sup>- Luncheon at the Club

7<sup>th</sup>- Footy tipping

11<sup>th</sup>- Adelaide Cup

13<sup>th</sup>- Easter Egg Decorating

18<sup>th</sup>- Concert for St Patrick's Day

20<sup>th</sup>- Easter Egg Decorating Demonstration

27<sup>th</sup>- Easter Luncheon

29<sup>th</sup>-1<sup>st</sup>- Easter Weekend

### 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 our 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)

# PARA HILLS RESIDENTIAL CARE

March 2024 NEWSLETTER

## *February Photos*



*Walking Group*



# PARA HILLS RESIDENTIAL CARE

## March 2024 NEWSLETTER

### *Pancake Toss- winners*



# PARA HILLS RESIDENTIAL CARE

## March 2024 NEWSLETTER

### Valentines Day and Chinese New Year



Congratulations Abi for winning the food eating competition.



# PARA HILLS RESIDENTIAL CARE

## March 2024 NEWSLETTER

Congratulations to Arthur, Chris, Les and Abi for winning the Treasure Hunt Competition



### Heinz's Birthday



# PARA HILLS RESIDENTIAL CARE

## March 2024 NEWSLETTER

Paulines 13<sup>th</sup> Birthday - Happy Leap Year Birthday

