

PARA HILLS RESIDENTIAL CARE

May 2024 NEWSLETTER

Inside this issue

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

Page 2 - May Birthdays, April Highlights and Comments and Complaints

Page 3 - Upcoming Events in May

Page 3 -8 - Emergency Role, Photos of April highlights.

This Month's Birth Flower / Stone / Signs

The Birth sign is shared between Aries and Taurus. The birth flower is the Lily of The Valley.



The Birthstone is an Emerald.



PARA HILLS RESIDENTIAL CARE

May 2024 NEWSLETTER

May Birthdays

Happy birthday to Geoff, Emilia, Brenda, Wera, and Frank.



Previous Month Highlights – April

- On Wednesday the 10th of April we had 15 ballroom dancers come in and entertain us. Everyone had so much fun we have asked them to return in July. They were involving the residents and staff in their dancing which was thoroughly appreciated- a very interactive performance.
 - We held the Residents Meeting on the 11th with a couple of family members attending. This was a positive meeting and the minutes are available to read if you wish to do so.
 - Remembering The Titanic- 112 years ago The Titanic made its fateful voyage. We watched the movie which caused much reminiscing about a variety of situations and journeys.
 - World Shakespeare Day was on the 23rd. Many quotes were recited from plays and a documentary was watched.
 - Saint George's day was held for the first time. We had an array of English food consisting of- Toad in the hole, Black Pudding, Devonshire tea, scrolls, chips with curry sauce, Bakewell tarts and a variety of sweets. Many thanks to Kim for cooking some of the treats. We played croquet for fun with our home made game.
 - On Thursday the 25th Anzac Day was Commemorated. The sun was shining as the day progressed. We assembled out the front and under the Veranda - Frank recited the Ode, Les raised both Flags and Dennis asked us to raise our glasses - to the Diggers. We all wore poppies and rosemary for the occasion. This was a beautiful morning with many people attending.
- On Tuesday the 30th we celebrated Hand Hygiene Day and International Jazz day. We made some hand biscuits and decorated them while listening to Jazz music by Lello's son- Anthony.

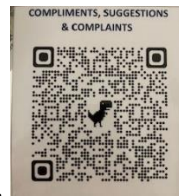
Comments and Complaints

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

PARA HILLS RESIDENTIAL CARE

May 2024 NEWSLETTER

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

Some are also located in the Ceafield Wing 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:

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 May

1st- Alan's Talk- 4 Elements of Music

8th- Luncheon at the Club

9th- Mother's Day Raffle draw

10th- Hairdresser

11th- Catholic Church at 10.30

12th- Mother's Day -Nurses Day/Tony's Birthday (To be celebrated on the 15th)

15th- Concert in the Ballroom.

24th- Hairdresser

PARA HILLS RESIDENTIAL CARE

May 2024 NEWSLETTER

25th- 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 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)

April's Birthdays



Hand hygiene Day and International Jazz Day



Well done to all that participated

Margaret Decorating

Anthony- Jazz

PARA HILLS RESIDENTIAL CARE

May 2024 NEWSLETTER

St George's Day



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May 2024 NEWSLETTER

Anzac Day

Thanks to Les- for raising the flags, Frank for reciting the Ode and Dennis for raising the glass- for the Diggers.



PICCOLLAGE

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May 2024 NEWSLETTER

Anzac Day



Watching the footy

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May 2024 NEWSLETTER

Ballroom Dancers



In Loving Memory of



Mary



Beryl



Trevor