

# PARA HILLS RESIDENTIAL CARE

## July 2024 NEWSLETTER

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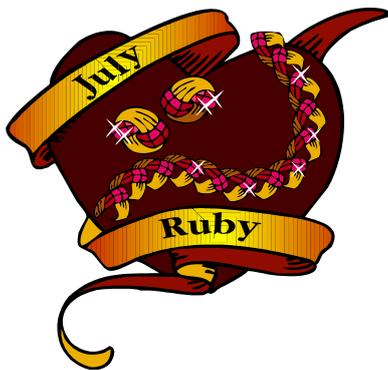
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### This Month's Birth Flower / Stone / Signs

The Birth sign is shared between Cancer and Leo. The birth flower is the Larkspur which symbolises an open heart and ardent attachment.

The Birthstone is a Ruby.



### July Birthdays

**A big Happy Birthday to Mary, Arthur, Wolfgang, Marie and Sue who are celebrating their birthdays.**

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### Previous Month Highlights – June

- **We had our first food focus meeting on Monday the 3<sup>rd</sup> of June with a follow up meeting on the 17<sup>th</sup>. The minutes are available to read if you wish to do so.**
- **Italian Day was celebrated on the 5<sup>th</sup> of June with Martin entertaining us in the morning and the spaghetti eating comp and bocce in the afternoon. Congratulations to Chris for winning the spaghetti eating comp and to Dawn for winning the Bocce game.**
- **The residents Meeting was held on Thursday the 6<sup>th</sup> of June and the minutes are available to read if you wish to.**
- **The kings Birthday holiday was held on the 10<sup>th</sup> of June.**
- **On Wednesday the 12<sup>th</sup> we held a special high tea for Margarets and Franks 60<sup>th</sup> Wedding Anniversary- what an achievement to be together all this time.**
- **With the Olympics coming up this month- we have been organising the events and teams for the 24<sup>th</sup>.**
- **Rita – our hairdresser- has returned to weekly visits- alternative Wednesdays and Fridays.**
- **Joseph- from the Catholic Church should be returning on Saturday the 6<sup>th</sup> of July.**

### 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 Kester's notice board which is at the



Kester's Road entrance of Our Home.

QR code

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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:

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 JULY EVENTS

4th- Donut Eating Comp

8th- International Chocolate Day

9th- Covid Clinic

10th- Kathy's Memorabilia

17th- Ballroom Dancers

24th- Olympic Games

31st- Cheesecake Day

### Footy tipping- up to round 14

1<sup>st</sup>: Valarie G & Les 82

2<sup>nd</sup>: Brenda 77

3<sup>rd</sup>: Kath 75

4<sup>th</sup>: Frank 70

5<sup>th</sup>: Bob 69

6<sup>th</sup>: Dawn 68

### 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 wherever possible as directed by the chief fire warden (white hat) or fire Warden (red hat)

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## *June Birthdays*



Kath



Barb



Annette



Alannah hosting an activity



Barb doing a puzzle

Our luncheon at the Para Hills Community Club is being postponed due to renovations. We are looking into an alternative venue but the cost is slightly higher and is further to travel. I will come around with a survey form in the next week.

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## Pasta Making

Kim was showing us how to make pasta for our Spaghetti eating contest for Italian Day

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Italian Day

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## 60<sup>th</sup> Wedding Anniversary



Congratulations- Margaret and Frank

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Friday afternoon at Bingo



Many thanks to our 2 students that have helped us with our activities in the last couple of weeks- Alannah and Ameer. The residents have really enjoyed both of your company and are looking forward for you both to pop in again and say hello.

The **Olympics** are being held this month and this year we are going with the French colours for our 3 teams- **Red**, White and **Blue**. For those that would like to participate please choose a colour of your preference and let the Lifestyle team know.