

PARA HILLS RESIDENTIAL CARE

AUGUST 2024 NEWSLETTER

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Birthdays for August

- Happy Birthday to Ellen 4th, Kathleen A 13th, Vera 17th, Barb C 17th, and Vicki 25th. We all hope you enjoy your day.

This Month's Birth Flower / Stone / Signs

The Birth sign is shared between Leo and Virgo

The Birth flower is the Lily Gladiolus

The Birthstone is a Peridot



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Previous Month Highlights – July

- On Thursday the 4th of July we celebrated American Independence Day with a donut eating competition. This was a fun day with a huge turn out only to see one of our students take the trophy home by winning. Rosa won it for the residents- Well done.
- On Monday the 8th was International Chocolate Day. We tried about 15 different varieties of chocolate with white being very popular closely followed by the dark chocolate.
- On Wednesday the 10th of July Kathy hosted our reminiscing activities on Planes, Trains and Automobiles. This seemed to be very popular with many residents showing interest and reminiscing.
- The Ballroom dancers returned to perform for us again. Everyone had a great time watching, dancing and singing to their performance. They will be returning in October.
- On Wednesday the 24th we held the Olympic Games to coincide with the Paris Olympic Games. Thank you to everyone that joined in and helped out. This was a great day- except for the alarm bells going off for 20 minutes which Dennis stated that the Firies came when he lit the flame. Congratulations to all of the winners and to the RED team for coming first, BLUE second and WHITE was third. Congratulations to all the winners- Kash for winning the Flag game and guessing the Eiffel Towers in the jar- which was 62, Tania for winning the Olympic Treasure Hunt Bingo and Kim for winning the Food eating competition.
- International Cheesecake day was celebrated on Wednesday the 31st with a variety of cheesecakes being tasted and the Lemon curd cheesecake being the winner.

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.

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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 or we do have a QR



code now which can be scanned with your phone.

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.

We try to do a lot of different activities but any suggestions are greatly appreciated.

Upcoming Events

The following are some of the upcoming events in August:

- Wednesday the 7th is International Beer Day and Aged Care Employee Day.
- Tuesday the 13th is left-handers day.
- 90th Birthdays Celebration in the Ballroom
- Thursday 15th- at 10.30am- 11.30am we are having a Fire Training session for residents and family members.
- Thursday the 22nd- Daffodil day.
- Elvis Concert is on Wednesday the 28th at 1.30pm in the Ballroom
- Residents Meeting is on Thursday the 29th of August at 10.30 am
- The Father's Day raffle will be drawn on Thursday the 29th at 1.30pm.

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- The hair dresser will be coming in on: 2nd, 7th, 16th, 21st and the 30th of August.

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 (red hat) or fire warden (white hat).

July Birthdays

Arthur



Margaret



Marie



Wolfgang



Kathy's Reminiscing

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Ballroom Dancers



Donut Eating Comp

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Olympics



Dennis – Our Torch Bearer

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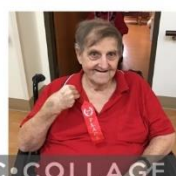
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PIC•COLLAGE



PIC•COLLAGE



PIC•COLLAGE

Congratulations to
all of the winners - we
hope you all enjoyed the day.

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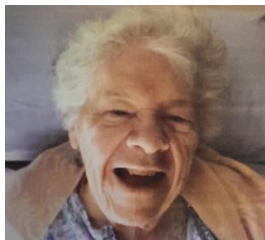
Cheesecake Day



**Fathers Day Raffle tickets
are on Sale- 50cents per**

Ticket or 3 for \$1

In loving memory of



Kath



Heinz



Sue