

PARA HILLS RESIDENTIAL CARE

October 2024 NEWSLETTER

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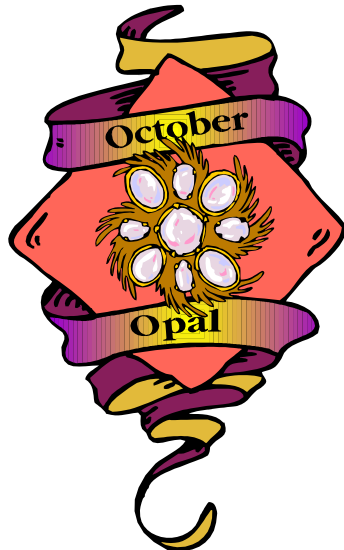
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This Month's Birth Flower / Stone / Signs

The Birth sign is shared between Libra and Scorpio. The Birth flower is the calendula - marigold.

The Birthstone is an opal meaning is hope, innocence and loyalty.



Happy Birthday- Leslie and Margaret- we hope you enjoy your day

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Previous Month Highlights – September

On Sunday the 1st of September we had Father's Day and all the men were given a gift, a handmade lolly bow tie - hopefully you all had a wonderful day.

On Wednesday the 4th a group of residents went to the Para Hills Community Club for lunch and to play the pokies and keno. Everyone had a great time with a few people winning.

Unfortunately the taxis are not always reliable so we can only have 4 residents using them so we are limited on how many wheelchair residents can attend these luncheons.

Monday the 9th we had our food focus meeting- the minutes are available to read if you would like to do so.

On Tuesday the 10th we had a presentation on " How to adjust to Lifestyle Changes" this was a very informative session.

Thursday the 12th was R U OK day which was celebrated to bring awareness. Some fun was had by music, quizzes and our infamous eating comp- which the theme was yellow or orange foods to eat- Congratulations to Chris for winning.

Our " In house Show Carnival"-ran from Wednesday the 25th until Friday the 27th. Wednesday was Story book related and the staff and residents looked great in their costumes. Thank you Eva for supplying many costumes for the residents and staff. Chris won the Taco eating Comp, Stephanie won the bottle of Chivas, Kim won the Disney Hunt and Les won the Sombrero Toss. Even John and the pet therapy dogs joined in. Thursday was anything Show related and we had our Donut eating comp which Ana and Rosa both won.

Friday was the Cake decorating and cupcake decorating comp which Kat and Val D won, congratulations to everyone that entered. Our Footy tipping Presentation was also held with Les winning, Valarie G second and Kath R third. Thank you to everyone that has helped with our Show Week. From those that organised donations, helped to assemble the show bags, made different games and generally helped on the day.

We had another Food Focus meeting on the 30th with many residents attending.

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 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. QR Code

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

Upcoming events in October

6th of October- Daylight saving begins-Clock goes forward an hour

7th - Labour Day Holiday

9th- Ballroom Dancers

10th- Residents Meeting

12th- Catholic Church at 10.30

15th- Infection Control dress up day- **Yellow**-

16th-Kathy's Reminiscing - Communication

23rd- **Breast** Cancer Awareness

26th- Catholic Church at 10.30

Hairdresser days- 2nd, 11th, 16th and the 25th

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

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- 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)

September Birthdays



Dan



Pam



Jean



Marion

Luncheon At The Club



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How to adjust to Lifestyle Changes- Talk



R U OK Day



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In House Show Week



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