

# **PARA HILLS RESIDENTIAL CARE**

## **DECEMBER 2024 NEWSLETTER**



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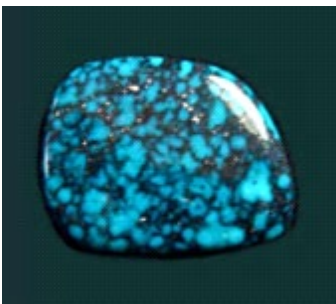
### **Birthdays for December**

- Happy birthday to Dennis, Dawn, Raelene, John, Keith, Val D and Les. We all hope you have a wonderful day.

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

The Birth sign is shared between Sagittarius and Capricorn.

The Birth flower is the Narcissus.



The Birthstone is Turquoise



### **Covid Information**

We are still requesting that everyone does a rat test on entering the Nursing Home. We are just trying to keep everyone safe.

## Previous Month Highlights – November

- The Christmas Pageant was on Saturday the 2<sup>nd</sup> of November. Staff now can wear their Christmas tops.
- The Food Focus Meeting was held on Monday the 4<sup>th</sup> - everyone seemed very happy with the menu except for the residents have requested that we have more BBQ's .
- Melbourne Cup was celebrated on Tuesday the 5<sup>th</sup> of November. Kathy said a prayer and Lello thanked everyone for making the day very enjoyable. A huge thank you to all the staff that helped out on the day. Marion won best dressed- Congratulations. Dan won the lucky seat for the residents and Megan won it for the staff. Jim, Kath, Frank, Annette, Warren and Trish won the sweeps.
- On Saturday the 11<sup>th</sup> we had morning tea with pies and lamingtons to celebrate Remembrance Day. We assembled outside so Les could raise the flag and we observed a minute's silence. Rosemary and poppies were worn by all that attended. Thank you to all the staff that helped. We raised our glasses in honour to the soldiers. Thank you, Frank, for reciting the Ode, Lello for saying the prayer and Pauline for reciting Flanders Field.
- The Christmas cart was built on Friday the 15<sup>th</sup>- tickets are available at the front desk as are our raffle tickets.
- Aras held their meeting with the residents on Monday the 18<sup>th</sup>- so many residents were present which was fantastic. We then went into to Alan's "How to read Music" activity.
- Tuesday the 19<sup>th</sup> we had Anti-biotics awareness Day. Most staff were dressed in pink or blue. Amanda and Suzy hosted this activity with a slideshow presentation and a Q&A session.
- On Wednesday the 20<sup>th</sup> we had a concert in the Ballroom from "The Wise Men" in conjunction with Joan's 80<sup>th</sup> birthday. The residents thought they were wonderful so they will be returning in the New Year.
- Wednesday the 27<sup>th</sup> we had the Ballroom dancers returning to celebrate

Dennis' 90<sup>th</sup> birthday which some of his family attended. Dennis had a beautiful cake and a personalised book given to him.

## Continuous Improvement

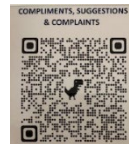
We try to please every resident with our activities but if there is something that you would like to do, please do not hesitate to let one of our friendly DT Team know. We appreciate all your input into the activity programme. We try to do a lot of different activities but any suggestions are greatly appreciated.

## Comments and Complaints

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

We have QR codes that you can scan with your phone- these are located throughout the

Nursing Home.



The Helping Us to Care Brochures are located at the Kesters notice board which is at the Kesters Road entrance to the Nursing Home.

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.

ARAS-is available if needed by anyone wishing to talk with them.

Their phone number is 1800 700 600 or 8232 5377

**Upcoming Events** The following are some of the upcoming events in

### December:

4<sup>th</sup>-Gingerbread Making

5<sup>th</sup>- Residents Meeting @ 10.15am

5<sup>th</sup>- One Life Church at 1.30pm

5<sup>th</sup>- Kathy's reminiscing at 1.30pm

11<sup>th</sup>- Christmas Luncheon and the drawing of the Cart

17<sup>th</sup>- Morning tea for Wedding Anniversary

18<sup>th</sup>- Christmas Carols at 1.30pm

19<sup>th</sup>- Staff Choir, Father Christmas arrives and then the drawing of the Raffle.

25<sup>th</sup>- Christmas Day

26<sup>th</sup>-Boxing day

The Catholic Church will advise us when they will be coming in.

## **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
- Be aware of the nearest fire door
- 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).

**Emergency Bells are being installed in strategic places to maintain the safety of all our residents.**

### **November Birthdays**



**Megan**



**Joyce**



**Joan**



**Val**

# MELBOURNE CUP



PIC-COLLAGE





PIC•COLLAGE



LEST  
WE  
FORGET



PIC•COLLAGE

# Happy Anniverarsy to Ruth and Arthur- 69 years



Happy 80<sup>th</sup> birthday Joan



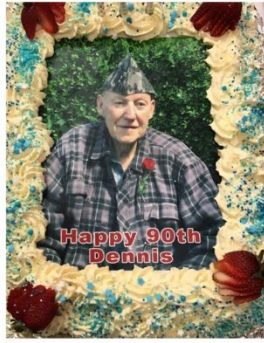
Happy Anniverary to  
Julie and Warren 48 years



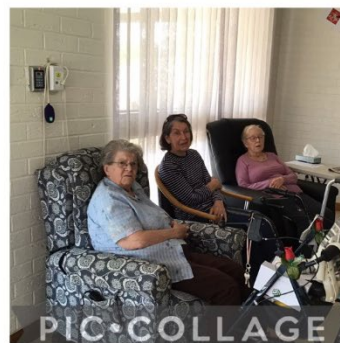
66 years of wedded bliss for Sandra  
And Dennis



# Happy 90<sup>th</sup> birthday Dennis



Antibiotic awareness day- Thank you to Amanda and Suzy for enlightening us about antibiotics.



Alan hosting his Music talk

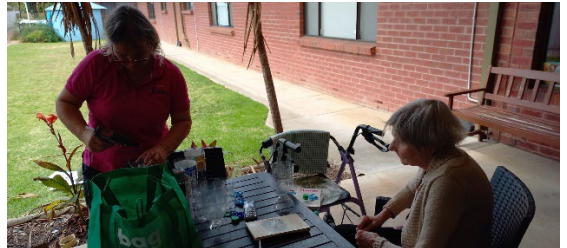
“ The Wise Men” concert for Joan’s 80th





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Raffle tickets are available at the front desk for the Christmas raffle and the cart.

We hope you have a

Merry Christmas and a Wonderful New Year.

