

PARA HILLS RESIDENTIAL CARE

February 2025 NEWSLETTER

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THIS MONTHS BIRTH FLOWER/SIGNS/STONE

The Birth sign is shared between Aquarius and Pisces.

The Birth flower is the Violet.

The birthstone is the Amethyst.



There are no residents who celebrate birthday in February.

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- Activities for the Month of January included making Jewellery bracelets, Fruity Friday, Australian crafts for Australia Day, watching an Australian movie, celebrating Elvis Presley Birthday, Baking Gingerbread People, creating an Australian day photo board and making Memory book for our residents.
- We began preparations for Chinese New Year
- Indoor games replaced the walking group due to the hot weather.
- We had a special visit from Port Adelaide AFL player Lachie Jones (No.34)
- On Australia Day we cooked damper, had BBQ lunch and in the afternoon, we held our annual Cricket Match in the Ball Room, and the Thong-Throwing game. Mark won the batting competition, Val Davies won the bowling for the day, and Rosa won the thong throwing game.
- We held a very special Birthday celebration for Francesco, one of our residents turning 103yrs young. Happy birthday to all the January birthdays.



QR Code

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. There are also some located in the Ceafield Wing both near the notice board and on the bookcase. You can scan the QR picture above.

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- For the rights of Older People- phone 8232 5377 or 1800700600 if you need to talk about any issues.

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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 for February

3rd Food Focus Meeting

5th Chinese New Year

12th Valentine Day Celebration

19th Drink Wine Day

27th Residents Meeting

28th Brazilian Day – Armchair Travel to Brazil

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

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Birthday Photos



**Francesco 103rd
Birthday**

Memory book making, Jewellery making



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ELVIS PRESLEY Birthday Photos



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Australia Day Photos



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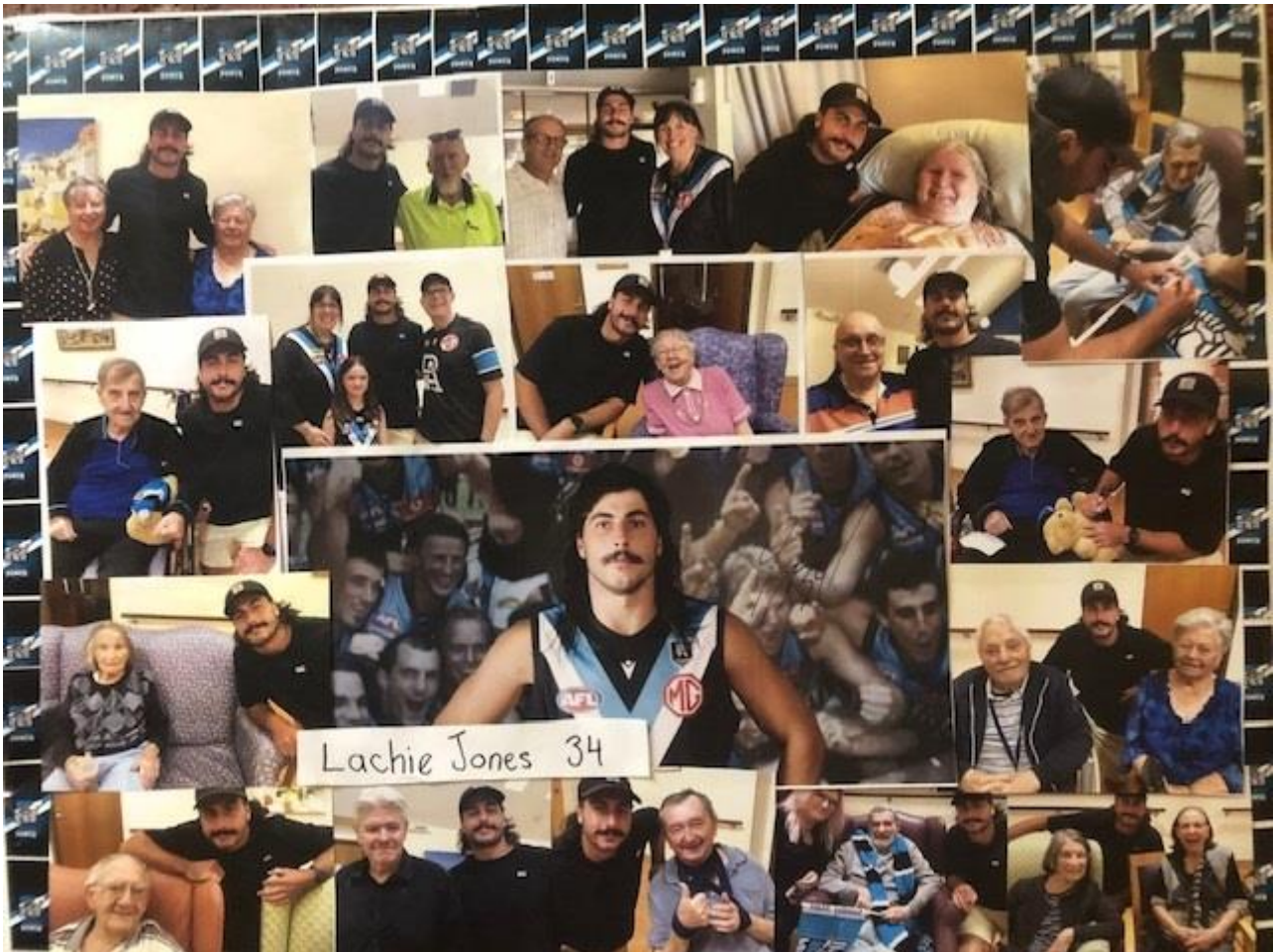
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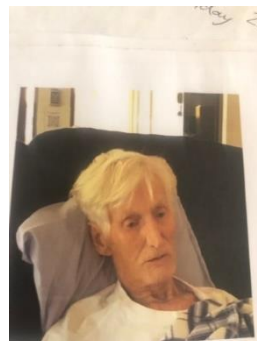
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Port Adelaide AFL Player – visited PHRC



In loving Memory of



Terry

21/2/1932 – 2/1/2025