

# PARA HILLS RESIDENTIAL CARE

## March 2025 NEWSLETTER

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

The Birth sign is shared between Pisces and Aries.

The birth flower is the daffodil.

The birthstone is Aquamarine.



Happy Birthday to Jacqueline, Jim, Bob W. and Frank T. We all hope you have a wonderful day.

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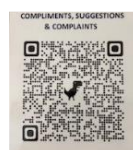
### Previous Month Highlights – February

- On Wednesday the 5<sup>th</sup> of February - We celebrated Chinese New Year, The year of the Snake. Ordering in Chinese food from Salisbury East Asian take-away which was yummy. Thanking Amanda C. and Jackie for your help.
- We celebrated Valentine's Day with chocolates and Valentine's photo board making.
- On Thursday the 17<sup>th</sup> the weather was beautiful, so we went on our walk with the walking group around the area.
- On the 19<sup>th</sup> it was drink wine day, where we watched a documentary about the Barossa wine region and in the afternoon, we held a Paint & Sip with the residents which resulted in some great artwork.
- The residents meeting was held on Thursday the 27<sup>th</sup> of February. Many residents were present, and the meeting was very informative. A copy of the minutes is available for you to read.
- Brazilian Day was celebrated on Friday the 28<sup>th</sup> of February.

### 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 of Our Home.



QR code

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- 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.

### Upcoming events in March

4<sup>th</sup> - Pancake Day

6<sup>th</sup>- Footy tipping/AFL season starts

10<sup>th</sup>- Adelaide Cup

19<sup>th</sup>- Concert for St Patrick's Day

21<sup>st</sup>- Harmony Day

26<sup>th</sup>- Luncheon @ the club

### **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 where ever possible as directed by the chief fire warden (white hat) or fire • Warden (red hat)

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## *February Photos Walking Group*



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## *Paint & Sip*



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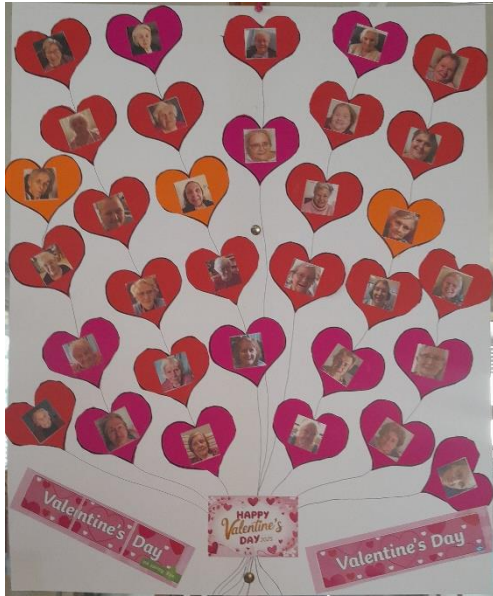
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## *Paint & Sip*



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*Valentine's Photo*

## CHINESE NEW YEAR



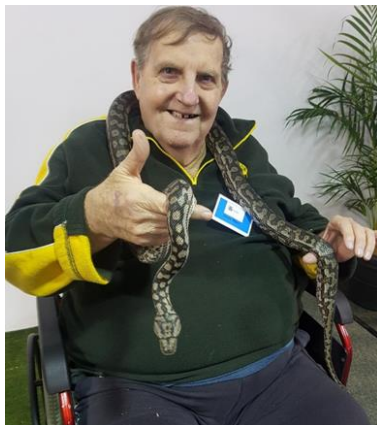
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## CHINESE NEW YEAR



### In Loving Memory of



**Les**  
21/12/1950 - 28/02/2025



**Arthur**  
10/07/1935 - 28/02/2025