

PARA HILLS RESIDENTIAL CARE

May 2025 NEWSLETTER

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This Month's Birth Flower / Stone / Signs

The Birth sign is shared between Aries and Taurus. The birth flower is the Lily of The Valley.

The Birthstone is an



Emerald.



May Birthdays

Happy birthday to Geoff, Emilia, Brenda and Wera.



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Previous Month Highlights – April

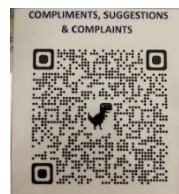
- Wednesday the 16th we had our Easter Luncheon- thank you Tony, Lello and Partners for the beautiful Feast. Our Easter raffle was drawn and congratulations to all the winners- 1st prize- Chris W, 2nd- Jacynta and 3rd Jack. Manan and Joan won the lucky seat prizes and Guess the chocolates in the Jar was won by Emilia with 282.
 - We held the Residents Meeting on the 24th with a couple of family members attending. This was a positive meeting and the minutes are available to read if you wish to do so.
 - Kathy held her Anzac Day reminiscing activity on the 24th while Anzac biscuits were being baked.
 - On Friday the 25th Anzac Day was Commemorated. This was the largest gathering for Anzac Day with all except 6 residents attending. The rain fell lightly and then the sun came out. Frank said the Ode and Karen raised the flag in honour of her dad. Rem and Precious sung the National Anthem and then we toasted the diggers.
- On Tuesday the 29th we celebrated Hand Hygiene Day and many staff wore yellow. Amanda and Suzy prepared for this Activity- well done girls. The Voting was also conducted on this day by the Electoral Role coming to the Home.

ARAS- For the rights of Older People ph:8232 5377 or 1800700600

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

Some are also located in the Ceafield Wing 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.

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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 May

5th- Food Focus Meeting at 10.30

6th,13th,20th,27th- Walking Group at 10.50am

7th- Cooking with Rosa- Cinco de Mayo Day

8th- Mother's Day Raffle draw

11th- Mother's Day - High Tea

12th-Nurses Day/Tony's Birthday

14th- Picnic in the Park.

21st- Biggest Morning Tea- Fund Raiser

Hairdresser- 9th, 14th, 23rd and the 28th

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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April Birthdays

Hilary



Karen



Rosa



Easter Luncheon



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Anzac Day

Thanks to Karen (Les's Daughter)- for raising the flags and Frank for reciting the Ode. Many thanks to Rosa for making the poppies.



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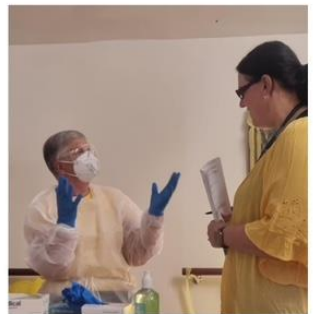


Thank you Tanya for all your help with the Voting.

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Hand Hygiene Day



Mother's Day Raffle tickets are on sale for 50cents each or 3 for \$1

Being drawn on Thursday the 8th of May at 1.30pm.

Happy Mother's Day Ladies