

# PARA HILLS RESIDENTIAL CARE

JUNE 2025 NEWSLETTER

## Inside this issue

Page 1 - Inside this issue: this month's birth flower, birthstone and birth signs.

Page 2 - June Birthdays and May Highlights

Page 3 - Comments and Complaints

Page 3-4 - Continuous Improvements, Upcoming Events

Pages 5 - 8 Photos of May highlights.

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

The Birth sign is shared between Gemini and Cancer. The birth flower is the rose which symbolises health, longevity and innocence.



The Birthstone is a Pearl.

## June Birthdays

**A big Happy Birthday to the following residents who are celebrating birthdays this month: Kath R, Barb and Annette. We hope you all have a lovely day.**

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JUNE 2025 NEWSLETTER

## Previous Month Highlights – May

- **On the 7<sup>th</sup> of May we celebrated Cinco de mayo day with Rosa cooking the chilli almonds on the gas stove. Congratulations to Ray and Wolfgang for winning the Mexican ring toss.**
- **The Mother's Day raffle was drawn on Thursday the 8<sup>th</sup>. Congratulations to all the winners- Ray, Kathleen, Emilia, Rosa, Lina and Holly. The residents were very busy doing the flower arranging with the chrysanthemums for Mother's Day.**
- **Sunday 11<sup>th</sup>- Mother's Day was celebrated with many of the women enjoying visits from their families. The ladies were given a gift of chocolates on a card. Gerliza and Joanne held a high tea which was enjoyed by all.**
- **International Nurses Day was celebrated on Monday the 12<sup>th</sup> with all the nurses receiving a handmade biscuit or chocolate and an appreciation card. Lello bought some bouquets of flowers for them.**
- **We held a picnic in the park on the 14<sup>th</sup> and played Bocce with Joyce and Joanne winning.**
- **The Biggest Morning tea was held on Wednesday the 21<sup>st</sup> with lots of staff and residents being involved. A variety of food was on the tables to be sold. Plenty of games were played. There were lucky squares, lucky ribbon, mystery box and the wine coin toss. Congratulations to all the winners- Lello, Holly, Amanda and Pauline won the lucky squares. John won the lucky ribbon with number 21. Chris won the mystery prize. Peter and Abi won the wine coin toss.**
- **Many thanks to everyone that donated items for the Biggest Morning Tea- a special thanks to Dextas Newsagency at Elizabeth. Our aim was to raise \$500 and we raised \$519.95 Aras- For the rights of the Older People ph:8232 5377 1800700600**

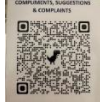
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JUNE 2025 NEWSLETTER

## 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.

## 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 JUNE EVENTS

2<sup>nd</sup>- Pasta Making

4<sup>th</sup>-Italian Day- spaghetti eating competition and a concert.

9<sup>th</sup>- King's Birthday Holiday

18<sup>th</sup>- Luncheon at the Club

19<sup>th</sup>- Residents Meeting

Hairdresser days are 6<sup>th</sup>, 11<sup>th</sup>, 20<sup>th</sup> and the 25<sup>th</sup>



**A short reminder to all residents, families and friends**

**Your role during an emergency**

# PARA HILLS RESIDENTIAL CARE

## JUNE 2025 NEWSLETTER

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

### Birthdays' in May



### Picnic in the Park Playing Bocce

# Mother's Day Celebration



PARA HILLS RESIDENTIAL CARE  
JUNE 2025 NEWSLETTER

# Mexican day



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## JUNE 2025 NEWSLETTER

### Biggest Morning Tea

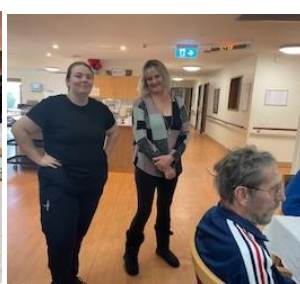


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## JUNE 2025 NEWSLETTER



Elaine has been a volunteer for nearly 33 years- she has become a true friend to many in our Nursing Home. We celebrated her birthday when she visited on the weekend. Happy birthday to a beautiful kind hearted soul- We are forever grateful for her friendship and kindness- A true Gem.



Congratulations Brian for your new Career Adventure- EN

I loving Memory of

Jeff

Chris

