

# PARA HILLS RESIDENTIAL CARE

## July 2025 NEWSLETTER

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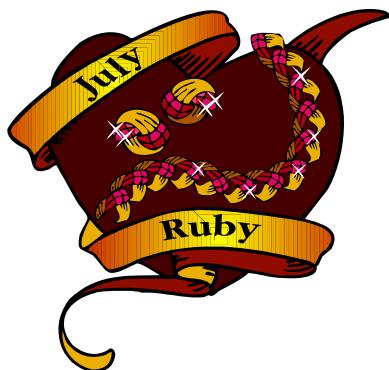
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### This Month's Birth Flower / Stone / Signs

The Birth sign is shared between Cancer and Leo. The birth flower is the Larkspur which symbolises an open heart and ardent attachment.

The Birthstone is a Ruby.



### **July Birthdays**

**A big Happy Birthday to Wolfgang, Warren, Tony, Margaret and Marie who are celebrating their birthdays.**

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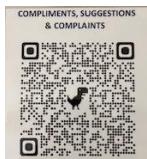
### Previous Month Highlights – June

- **Monday the 2<sup>nd</sup> , Rosa made pasta for our Italian Day spaghetti eating comp. She gave us a cooking lesson on this and how to make true Italian Pasta.**
- **Italian Day was celebrated on the 4th of June with Martin entertaining us and commentating on the spaghetti eating comp. Congratulations to Rem for winning the spaghetti eating comp.**
- **The kings Birthday holiday was held on the 9<sup>th</sup> of June with a high tea for all to enjoy.**
- **The first group of residents went out to lunch on the 18<sup>th</sup> and the second group are going out on the 2<sup>nd</sup> of July.**
- **The residents Meeting was held on Thursday the 19<sup>th</sup> of June and the minutes are available to read if you wish to.**
- **Three different church groups visit the Nursing Home at various times- Catholic, One Life and the Lutheran. If you are interested in attending, please inform the Lifestyle Team.**

### 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 Kester's notice board which is at the



Kester's 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.

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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 JULY EVENTS

2nd- Luncheon at the Club

3rd- One Life Church

7<sup>th</sup>- International Chocolate Day

9th- Naidoc Week

16<sup>th</sup>- 70<sup>th</sup> birthday, Disney and Bastille Day

23rd- Kathy's Memorabilia

30th- Cheesecake Day & Friendship Day

### Footy tipping- up to round 15

1 <sup>st</sup> : Bob	88
2 <sup>nd</sup> : Valarie G	87
3 <sup>rd</sup> : Brenda & Jacqueline	85
4 <sup>th</sup> : Rosa	83
5 <sup>th</sup> : Kath & Dawn	81

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

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### *June Birthdays*

Kath



Barb



Annette



### King's Birthday- afternoon tea



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## Pasta Making



Rosa was showing us how to make pasta for our Spaghetti eating contest for Italian Day

## Italian Day



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### Luncheon at the Club



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Lyndsay, Gwenda, Marion and Peter making their Memory Books



Tony with Candy and Charlie

Pam with Robert- Lutheran Church

In loving Memory of Bob

