

PARA HILLS RESIDENTIAL CARE

AUGUST 2025 NEWSLETTER

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Birthdays for August

- Happy Birthday to Trish 3rd, Ellen 4th, Peter 9th, Kathleen A 13thand Vera 17th. We all hope you enjoy your day.

This Month's Birth Flower / Stone / Signs

The Birth sign is shared between Leo and Virgo

The Birth flower is the Lily Gladiolus

The Birthstone is a Peridot



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Previous Month Highlights – July

- On Wednesday the 2nd of July the second group went to the Club for lunch. It was lovely as the building constructions are all completed and the room looks great.
- On Monday the 7th was International Chocolate Day. We made some chocolates and bought many more. There were about 20 different varieties but mostly the flavours that the residents asked for.
- Disney Day , Bastille Day and Holly's 70th birthday was all celebrated on Wednesday the 16th. Martin entertained us with all different types of music. We all sang happy birthday to Holly as we gave her the gifts and her cake. Many staff and residents were dressed in the themes of the day.
- Kathy held her memorabilia activity on the 23rd - 200 years of food. This brought back so many memories for everyone. Once again Kathy goes above and beyond with her collection of items.
- Friendship day was celebrated with Liza and the residents making some beautiful bracelets.
- International Cheesecake Day was celebrated on Wednesday the 30th with 6 different flavours of cheesecake.
- We have made many vintage photos with our residents dressed accordingly and placed them in gold frames on a wall in Ceafield. Please come and have a look and let us know if you would like your photo on the wall.

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 also always ask one of our friendly staff if you cannot find them or we do have a QR

code now which can be scanned with your phone.



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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.

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

The following are some of the upcoming events in August:

- Wednesday the 6th is International Beer Day- 1.30pm
- Thursday the 7th- Aged Care Employee Day- Morning tea in the Ballroom.
- Thursday the 7th is One Life Church at 1.30pm in the Sensory Room.
- Wednesday the 13th- Elvis will be entertaining us in the Ballroom at 1.30pm, this is also Left handers day.
- Friday 15th- at 10.30am- 11.30am we are having a Fire Training session for residents and family members.
- Monday the 18th is International Cup cake day
- Wednesday the 20th and will be taking some residents out to lunch.
- Thursday the 21st- Daffodil day
- Thursday the 28th is our residents Meeting at 10.30am
- The hair dresser will be coming in on: 1st, 6th, 15th, 20th and the 29th of August.

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

July Birthdays

Warren



Wolfgang



Tony



Margaret



Marie



Luncheon at the Club



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Disney Day, Bastille Day and Holly's Birthday Celebration



PIC•COLLAGE

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Thank you to everyone that dressed up and made this a funfilled afternoon. Congratulations to Maria for winning best dressed.



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Naidoc Week- thank you John for bringing in your didgeridoo and sharing your stories while everyone was painting and eating snakes, witchery grubs and frogs.



Kathys Reminiscing- 200 years of food



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International Chocolate Day



Bingo

Bracelet Making



International Cheesecake Day



In loving Memory of



Hilary



Gwenda



Raelene