

PARA HILLS RESIDENTIAL CARE

NOVEMBER 2025 NEWSLETTER

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Birthdays for November

Happy Birthday to the following residents who are celebrating birthdays this month: Megan 3rd, Joyce 12th, Joan 21st and Valerie G 22nd. We hope you all have a great day.

This Month's Birth Flower / Stone / Signs

The Birth sign is shared between Scorpio and Sagittarius.

The Birth flower is the Chrysanthemum.



The Birthstone is Topaz.



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Previous Month Highlights – October

- Congratulations to Drew for winning the footy tipping competition, for the Staff- Well done.
- We held a Melbourne Cup Meeting with the residents deciding the colour theme being Purple, Silver and White decorations.
- We held an in-house memorial for Bob and all the residents that have passed away this year. This was a very emotional afternoon with a beautiful slideshow and lots to eat and drink.
- We had our Residents Meeting on the 9th- the minutes are available to read at reception.
- On the 14th we had our infection prevention day which was held in the Ballroom with some staff and residents wearing yellow. Congratulations to all of the winners and cheers to all that participated throughout the day.
- On Wednesday the 15th we had an afternoon tea for Holly. The Ballroom was filled with so many staff, residents and friends. Port power balloons decorated the room, a slideshow was playing from photos through her years, many speeches were made. Have a fantastic retirement Holly- you will be really missed.
- On Friday the 17th- Holly's last day- Muck up day. Everyone dressed up in school uniform; we took a school photo and played Holly Bingo.
- On Monday the 20th we celebrated the Diwali Day, which is an Indian celebration with many staff participating in the activity.

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.

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There are also some located in the Ceafield Wing both near the notice board

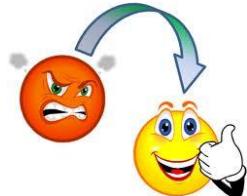


and on the bookcase.

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 the Older People ph: 82325377 1800 700 600

Upcoming Events

The following are some of the upcoming events in November:

- 3rd- Melbourne Cup Sweep Draw
- 4th- Melbourne Cup
- 5th- Poppy Making
- 11th- Remembrance Day
- 15th- Christmas Cart Building
- 19th- Nativity Play Meeting
- 28th-Christmas tree decorating

We look forward to your involvement and participation in these big days.

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

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- 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 the nearest fire door
- 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).

Photos of October Birthdays

Angelina



Stan



Margaret



Lindy



Infection Control Day



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Footy Tipping Presentation



Cooking Activity

In House Memorial



PIC•COLLAGE

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Joanne bought in her Grand daughter in for Cuddles



Walking Group



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Holly's Afternoon Tea



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Diwali's Celebration



With Christmas fast approaching, we are looking for residents to be in our Nativity Play. If you would like to be in the play- the characters are- Mary, Joseph, The Shepherd, 3 wise men and the Angel. Please let Joanne, Gerliza or Lisa know if you are interested.

In loving memory of



Wolfgang Ullrich