

PARA HILLS RESIDENTIAL CARE

DECEMBER 2025 NEWSLETTER



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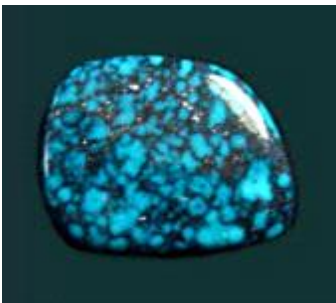
Birthdays for December

- Happy birthday to Dawn, John, Keith and Val D. We all hope you have a wonderful day.

This Month's Birth Flower / Stone / Signs

The Birth sign is shared between Sagittarius and Capricorn.

The Birth flower is the Narcissus.



The Birthstone is Turquoise



Covid Information

We are still requesting that everyone does a rat test on entering the Nursing Home. We are just trying to keep everyone safe.

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Previous Month Highlights – November

- The Food Focus Meeting was held on Monday the 3rd - the minutes are available to read if you would like a copy.
- Melbourne Cup was celebrated on Tuesday the 4th of November. Kathy said a prayer and Lello thanked everyone for making the day very enjoyable. A huge thank you to all the staff that helped out on the day. Jacqueline won best dressed- Congratulations. Rosa won the lucky seat for the residents and Amanda E won it for the staff. Kath R and Margaret H won the sweeps.
- The Christmas Pageant was on Saturday the 8th of November. The Staff are now wearing their Christmas tops.
- On Tuesday the 11th we had morning tea with pies and lamingtons to celebrate Remembrance Day. We assembled outside so Frank could raise the flag and we observed a minute's silence. Rosemary and poppies were worn by all that attended. Thank you to all the staff that helped. We raised our glasses in honour to the soldiers. Thank you, Frank, for reciting the Ode and Maria for reciting Flanders Field. A huge thank you to Rosa for making the poppies.
- The Christmas cart was built on Friday the 14th- tickets are available at the new front desk as are our raffle tickets. The cart tickets are \$2 and the raffle tickets are 50 cents each or 3 for \$1. The prizes are displayed in the glass cabinet in the Ceafield Dining room.
- On Thursday the 20th a group of residents went on a mini bus outing to the Ingle Farm Shopping centre for Christmas shopping and coffee and cake. We will be going on more bus outings in the New Ysear.

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- A group of residents went to the Para Hills High School on Tuesday the 25th to watch a play. Everyone thoroughly enjoyed the morning and we have discussed more involvement with the School performances.
- Wednesday the 26th we had Kylie visit with some beautiful cakes for International cake day- thank you so much. This was a lovely kind gesture and the residents (and staff) thoroughly enjoyed the delicious variety.
- On Friday the 28th we put up our first Christmas Tree.....Its beginning to look a lot like Christmas....

Continuous Improvement

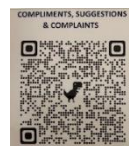
We try to please every resident with our activities but if there is something that you would like to do, please do not hesitate to let one of our friendly DT Team know. We appreciate all your input into the activity programme. We try to do a lot of different activities but any suggestions are greatly appreciated.

Comments and Complaints

Does everyone know that if you have a problem you **CAN** do something about it?

We have QR codes that you can scan with your phone- these are located throughout the

Nursing Home.



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.

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-is available if needed by anyone wishing to talk with them.

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Their phone number is 1800 700 600 or 8232 5377

Upcoming Events The following are some of the upcoming events in

December:

3th-Christmas Carols at 1.30pm

4th- Residents Meeting @ 10.15am

4th- One Life Church at 1.30pm

10th- Christmas Luncheon and the drawing of the Cart

17th- Staff Choir, Father Christmas arrives and then the drawing of the Raffle.

25th- Christmas Day

26th-Boxing day

31st- New Year's Eve

The Catholic Church will advise us when they will be coming in.

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
- 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).

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Emergency Bells are being installed in strategic places to maintain the safety of all our residents.

November Birthdays

Megan



Joyce



Joan



Erika



Valerie



MELBOURNE CUP



PIC•COLLAGE

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Remembrance Day 2025



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Shopping Trip to Ingle Farm



Outing to Para Hills High School to watch their Concert



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International Cake Day

Thank you Kylie and Simplicity Funerals for supplying a beautiful array of cakes for our morning tea.



Suzy having a cuddle with Lello's dogs.

Raffle tickets are available at the front desk for the Christmas raffle and the cart.

We hope you have a

Merry Christmas and a Wonderful New Year.



In loving memory of Joan

