

PARA HILLS RESIDENTIAL CARE

February 2026 NEWSLETTER

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Birthdays for February

Happy Birthday to Stewart, Benita and David. We hope you enjoy your special day.



This Month's Birth Flower / Stone / Signs

The Birth sign is shared between Aquarius and Pisces.



The Birth flower is the Violet.



The birthstone is the Amethyst.

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Previous Month Highlights – January

January activities was mainly all about Australia. We celebrated with a bbq and went to the ballroom to play our Indoor Cricket and the thong throwing competition. We made 2 types of Damper and it was delicious with butter. Congratulations to Jacqueline for being the best batter, Ray for being the best bowler and Rosa, Warren and Tony for winning the thong throwing competition.

We celebrated Elvis' birthday with a concert which coincided with Pat's 90th birthday.

The tour down under was celebrated in the ballroom with bike races. Pink and blue teams drew at the end of the day. Everyone had a lot of fun as we were pretending to ride to the Barossa to have some wine and fruit.

On Friday the 23rd we opened our Patio Bar under the veranda in Ceafield. A mixture of Cocktails, mocktails, shandies, Midori slushies, dips, chips and a beautiful fruit platter was devoured by all that attended. This was a lovely afternoon with music and lots of conversations. Many staff were dressed up and everyone received a lei.

Francesco celebrated his 104th birthday with many friends and family attending.

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.



This is our QR code that you can scan with your phone.

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.

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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 for February

6th- Valentine and Chinese Craft.

11th Valentine's Day - concert in the Ballroom at 1.30pm.

16th- Food Focus meeting at 10 am

17th- Shrove Tuesday

18th- Kathy's memorabilia on the Winter Olympics at 1.45pm

20th- Fruity Friday- Milkshakes

25th- Chinese New Year- year of the Horse

26th- Residents Meeting at 10.15 am

27th- Brazilian Day

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**

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- 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 (white hat) or fire warden (red hat).

January's Birthdays

Patricia

Mark

Francesco

Jenifer

Ray

Graham



Tour Down Under



PIC • COLLAGE

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Fruity Friday



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Fruity Friday



Thank you to Val and Marie for suggesting having drinks out on the Patio. We all had a lovely afternoon.

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Australia Day- Indoor Cricket and Thong Throwing Comp



Congratulations to Jacqueline, Ray, Tony, Rosa and Warren for winning the Australia Day Competitions

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Elvis' Birthday Concert

