

PARA HILLS RESIDENTIAL CARE

March 2026 NEWSLETTER

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Birthdays for March

Happy Birthday to Jacqueline, Val, Jim and Frank T. We all hope you have a wonderful day.

This Month's Birth Flower / Stone / Signs

The Birth sign is shared between Pisces and Aries. The birth flower is the daffodil and the birthstone is Aquamarine.



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Previous Month Highlights – February

- On Wednesday the 4th we held our morning tea outside while listening to some rock and roll music. About 15 residents enjoyed the morning sun while having many conversations. We did about 6 different surveys with the residents- everyone had a lovely morning and most would like to do it again.
- We had our Valentines concert in the Ballroom on Wednesday the 11th. Martin, once again, was very interactive and everyone enjoyed themselves either by dancing and or singing. Martin gave each of the ladies a beautiful rose.
- On the 12th we had a day in the life of one of our residents. While they were talking about their life- most of the other residents present also starting adding things in about their own lives. Some were very proud about being " 10 pound Poms" while others felt ripped off by paying full fare. It was a fun morning which will be repeated.
- Tuesday the 17th we celebrated Shrove Tuesday- Pancake Day with Graham winning the Pancake Toss and Keith came second in a tie breaker. A huge cheer to one of our volunteers- Justeen that came in and made the pancakes- they were wonderful and to "Bazza" for his photography skills.
- Kathy held her Winter Olympics Reminiscing activity on the 18th- she does a wonderful job with her presentation- so thank you Kathy for your dedication.
- On Friday the 20th - We turned our cart into a milkshake cart with 7 different flavoured milkshakes. Tanya did a wonderful job helping make around 40 different flavoured milkshakes- some even had 2 or 3. A few family members stayed for the afternoon to have a milkshake and nibbles.
- Chinese New Year was celebrated on Wednesday the 25th. The year of the Horse. Residents enjoyed making the Chinese Lantern. Ordering in Chinese food from Salisbury East Asian take-away which was yummy. Thanking Jackie for your help.
- Brazilian Day was celebrated on Friday the 27th of February.

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 Kesters notice board which is at the



Kesters Road entrance of Our Home. **QR Code**

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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 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.

Upcoming events in March

4th- BBQ Luncheon

5th- Footy tipping begins

6th- Residents Meeting

9th- Adelaide Cup

16th-Electoral Voting for Residents

18th- Concert for Saint Patricks Day

25th- Harmony Day and a concert

A short reminder to all residents, families and friends

Your role during an emergency

On hearing an alarm sound you should do the following:

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- 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)

February Birthdays

Stewart



Benita



David



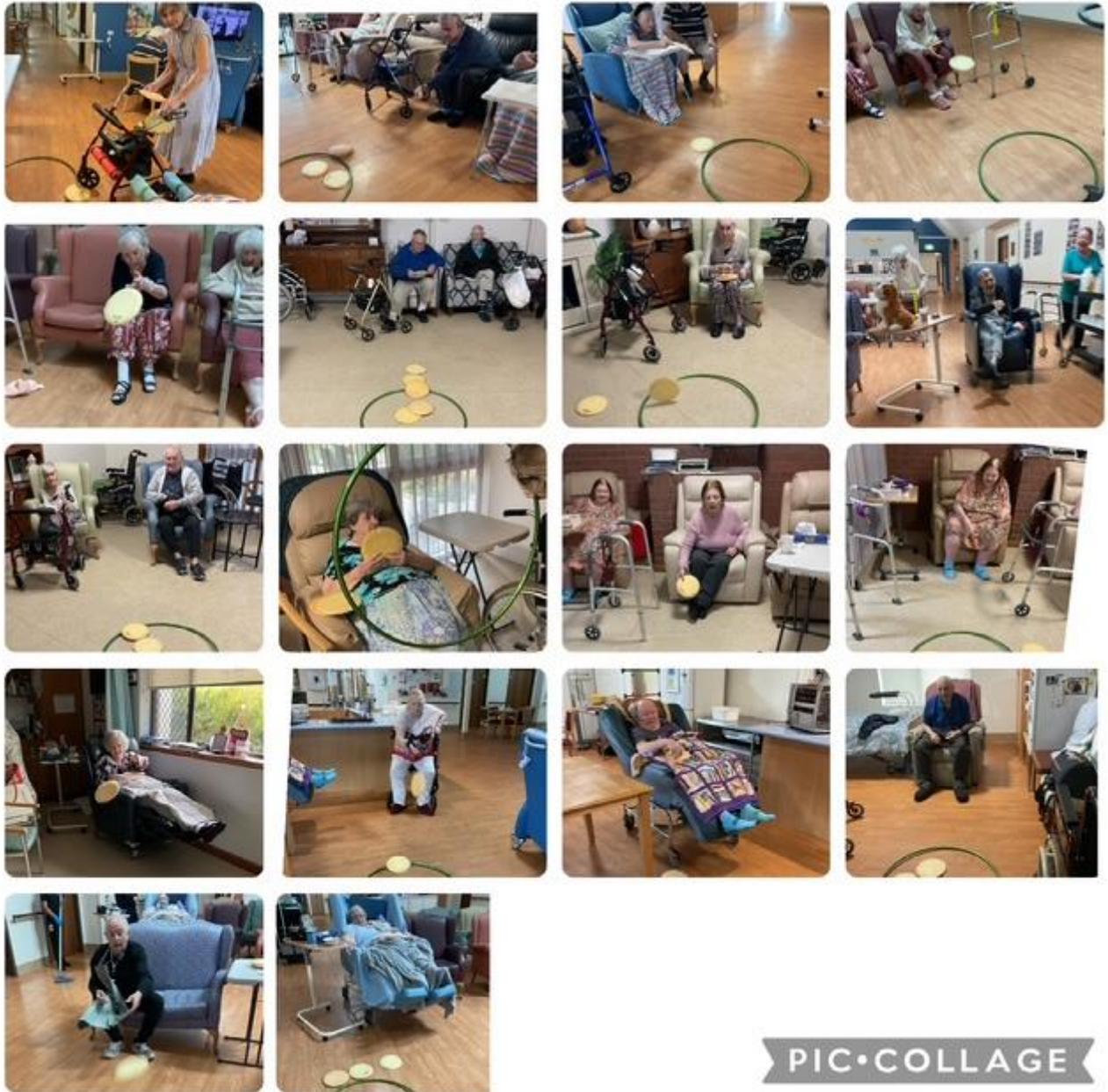
Valentine's Day



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Pancake Toss



PIC•COLLAGE

Pancake day- Congratulations Graham for winning the tossing competition.



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Pancake Day- Stewart's 70th and Milkshake Day



Walking Group

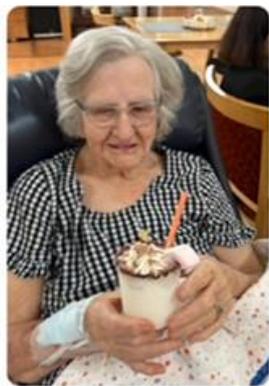


Morning Tea outside

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Milkshake Day



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Chinese New Year



In Loving Memory of
Annette



29/6/1947 - 09/02/2026

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