

PARA HILLS RESIDENTIAL CARE

May 2026 NEWSLETTER

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This Month's Birth Flower / Stone / Signs

The Birth sign is shared between Aries and Taurus. The birth flower is the Lily of The Valley.

The Birthstone is an



Emerald.



May Birthdays

Happy birthday to Geoff, Emilia, Wera and Shirley.



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Previous Month Highlights – April

- Wednesday the 1st we had our Easter Luncheon- thank you Tony, Lello and Partners for the beautiful Feast. Michelle and Annie won the lucky seat prizes, Congratulations to you both.

On the 8th of April we held 2 events- Kath Regan walked 96kms around the nursing home to raise money for Children with cancer and she raised over \$500 and a fundraiser for Eileen and Greyson- thank you to everyone that joined in and donated- we raised just over \$1100. Many thanks to Lello and partners for supplying morning and afternoon teas.

- We held the Residents Meeting on the 23rd with many residents attending. This was a positive meeting and the minutes are available to read if you wish to do so.

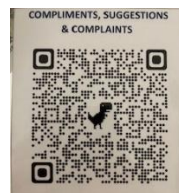
- On Saturday the 25th Anzac Day was Commemorated. This was a lovely morning and once again thank you to everyone that contributed.

ARAS- For the rights of Older People ph:8232 5377 or 1800700600

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

Some are also located in the Ceafield Wing 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.

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.

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Upcoming events in May

5th,12th,19th,26th- Walking Group

6th- Mini bus outing to the Dutch Pantry

7th- Mother's Day Raffle draw

10th- Mother's Day - High Tea

13th- International Nurse's day in conjunction Kathy's Reminiscing- Post Office Memorabilia and Tony's 80th birthday

18th-Food focus Meeting

21st-National Volunteer's week- Afternoon tea.

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 our 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)

April Birthdays



Lionel



Tony



Rosa

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Easter Luncheon



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Fund Rasier for Kath and Eileen

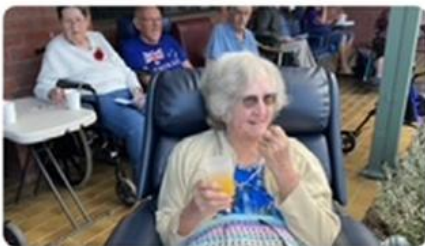
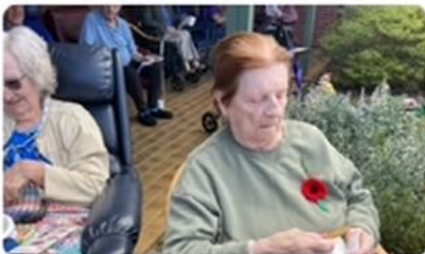


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Anzac Day

Thanks to Haydon (Les's grandson)- for raising the flags and Frank for reciting the Ode.
Many thanks to Rosa for making the poppies.



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Anzac Day



Some of our activities

Making Anzac Biscuits



Bingo



Residents Meeting



Craft



Walking Group

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Mother's Day Raffle tickets are on sale for 50cents each or 3 for \$1

Being drawn on Thursday the 7th of May at 1.30pm.

Happy Mother's Day Ladies

In loving memory of

Jim



Brenda

