

# PARA HILLS RESIDENTIAL CARE

JUNE 2026 NEWSLETTER

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## This Month's Birth Flower / Stone / Signs

The Birth sign is shared between Gemini and Cancer. The birth flower is the rose which symbolises health, longevity and innocence.



The Birthstone is a Pearl.

## June Birthdays

**A big Happy Birthday to the following residents who are celebrating birthdays this month: Kath R and Barb. We hope you all have a lovely day.**

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## Previous Month Highlights – May


- **To Celebrate Holland's National day- a group of residents went to the Dutch Pantry for lunch. It was a lovely outing and everyone enjoyed the day.**
- **The Mother's Day raffle was drawn on Thursday the 7<sup>th</sup>. Congratulations to all the winners- Jean, Dyson, Abi, Ria, Jacqueline, Holly, Shannon, Rosa and Michelle. The residents were very busy doing the flower arranging with the chrysanthemums for Mother's Day.**
- **Sunday 10<sup>th</sup>- Mother's Day was celebrated with many of the women enjoying visits from their families. All the ladies were given a special little gift in the morning and an afternoon high tea in the afternoon.**
- **International Nurses Day was celebrated on Tuesday the 12<sup>th</sup> with all the nurses receiving a gift bag. We thank you for everything that you do.**
- **Kathy held her reminiscing activity on Wednesday the 13<sup>th</sup> on the post office, stamps and communications. This was wonderful and we thank Kathy for her efforts.**
- **On Thursday the 21<sup>st</sup> we held an afternoon high tea to celebrate National Volunteer's week. We truly appreciate all of our Volunteers.**

**ARAS- For the rights of Older People Ph:82325377 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

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.

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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.

### UPCOMING JUNE EVENTS

1st- Pasta Making

3rd-Italian Day- spaghetti eating competition and a concert.

8<sup>th</sup>- King's Birthday Holiday

10<sup>th</sup>- Luncheon at the Club

Walking Group is every Tuesday- Subject to Weather.

Hairdresser days are : 12<sup>th</sup>, 19<sup>th</sup> and the 26<sup>th</sup>- subject to bookings



**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 wherever possible as directed by the chief fire warden (white hat) or fire Warden (red hat)

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## Birthdays' in May

Geoff



Emilia



Wera



Shirley



## Lunch at the Dutch Pantry



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### Kathy's memorabilia



### Cooking



### Hand Hygiene Day

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Mother's Day Raffle Winners  
Congratulations to all our winners

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### Mother's Day 2026



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National Volunteer's Week



Thank you  
Elaine- we will all miss you- nearly  
34 years of Volunteering. Enjoy  
your retirement.



John and our Pet therapy  
dogs

In loving Memory of

Annie

