

PARA HILLS RESIDENTIAL CARE

July 2026 NEWSLETTER

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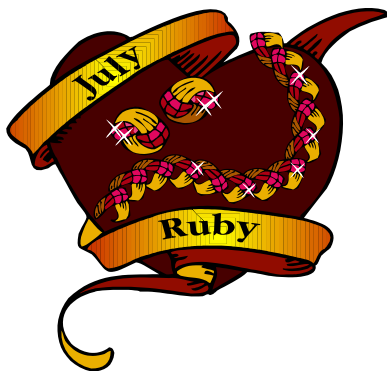
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This Month's Birth Flower / Stone / Signs

The Birth sign is shared between Cancer and Leo. The birth flower is the Larkspur which symbolises an open heart and ardent attachment.

The Birthstone is a Ruby.



July Birthdays

A big Happy Birthday to Warren, Glenice, Tony, Margaret and Marie who are celebrating their birthdays.

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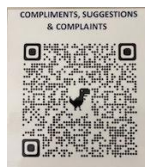
Previous Month Highlights – June

- **Monday the 1st, Rosa made pasta for our Italian Day spaghetti eating competition.**
- **Italian Day was celebrated on the 3rd of June with Martin entertaining us and commentating on the spaghetti eating competition in which Chris won so congratulations once again.**
- **The kings Birthday holiday was held on the 8th of June with everyone making a crown.**
- **A group of residents went out to lunch to the Para Hills Community Club on the 10th. This was a lovely outing with the taxis arriving early.**
- **Three different church groups visit the Nursing Home at various times- Catholic, One Life and the Lutheran. If you are interested in attending, please inform the Lifestyle Team.**
- **On Wednesday the 24th we held a fundraiser for Breast Cancer. Congratulations to Eva for organising this event and raising over \$500.**

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 Kester's notice board which is at the



Kester's 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.

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.

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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 JULY EVENTS

2nd- One Life Church and Marra Dreaming

7th- International Chocolate Day

14th- Bastille Day

15th- All about Disney

16th- Residents Meeting

24th- Commonwealth games trivia

29th- Cheesecake Day

31st- World friendship Day

Footy tipping- up to round 16

1 st : Rosa	95
2 nd : Ellen	93
3 rd : Jacqueline	90

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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June Birthdays

Kath



Barb



King's Birthday



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Pasta Making



Rosa was showing us how to make pasta for our Spaghetti eating contest for Italian Day

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Italian Day

Luncheon at the Club



Breast Cancer Winners:

Lucky Squares- Manori \$50

Guess the lollies- Jacqueline 238

Lucky Square- Zina Kahlua no. 15

Lucky Squares- Eileen \$50 no. 23

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Eva's Fundraiser - for Breast Cancer



In loving Memory of Michael



In loving Memory of Francesco

