

PARA HILLS RESIDENTIAL CARE

AUGUST 2026 NEWSLETTER

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Birthdays for August

- Happy Birthday to Trish 3rd, Ellen 4th, Mary 5th, Peter 9th, Jill and Vera 17th. We all hope you enjoy your day.

This Month's Birth Flower / Stone / Signs

The Birth sign is shared between Leo and Virgo

The Birth flower is the Lily Gladiolus

The Birthstone is a Peridot



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Previous Month Highlights – July

- On Thursday the 2nd we had Marra Dreaming do an activity of Basket Weaving and Dot Painting. Everyone that attended really enjoyed the activity
- On Tuesday the 7th was International Chocolate Day. We tasted up to 22 different types of chocolates.
- Bastille Day - The room was decorated in the French theme, with food and non-alcoholic wine. Everyone watched a short presentation of the History of bastille day.
- Disney Day- Was celebrated with a sing-a-long to some Disney Songs, a brief history and a quiz.
- The residents Meeting was held on Thursday the 16th with a wonderful turn out, with even some family members attending.
- World Emoji Day- the residents decorated cupcakes with different emoji's.
- International Cheesecake day was held and celebrated on the 29th with 6 different types of Cheesecakes to try. A talk and a quiz made the day entertaining and fun.
- On Thursday the 30th we had a Sip and Paint activity. Everyone really enjoyed this and would like to do it again.

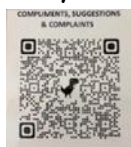
Comments and Complaints

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.

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 or we do have a QR



code now which can be scanned with your phone.

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

The following are some of the upcoming events in August:

- Wednesday the 5th is International Beer Day- 1.30pm
- Thursday the 6th is One Life Church at 1.30pm in the activity room.
- Friday the 7th- Aged Care Employee Day
- Tuesday the 11th- Census night- Stephanie will be helping all the residents complete their forms.
- Wednesday the 12th- Elvis will be entertaining us in the Ballroom at 1.30pm.
- Thursday the 13th is International Left Handers Day
- Monday 17th- at 10.30am- 11.30am we are having a Fire Training session for residents and family members.
- Monday the 17th at 1.30 is the Food Focus Meeting
- Thursday the 20th- Daffodil day
- Friday the 21st is Senior Citizens Day
- Wednesday the 26th- Kathy's reminiscing- The Royal Adelaide Show
- **1st of September**- We will be having some Government Representatives visiting and they will be chatting to some residents about a variety of things. This is called "Residents Experience Surveys 2026". There will be posters on display and everyone will receive a brochure with the questions that they will ask.

A short reminder to all residents, families and friends

Your role during an emergency

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

July Birthdays

Warren



Glenice



Tony



Marie



Bastille Day



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Emoji Day



Walking Group



Chess



Flowers from Pat



Warren went to the Cathedral
For his Birthday



Marie's son visited from
Darwin and Elaine popped in to
Surprise Marie.



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Disney Day



International Chocolate Day



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Marra Dreaming Visit

Basket weaving and Dot painting



Paint and Sip



The residents said they had fun

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International Cheesecake Day



In loving Memory of
Margaret

