

PARA HILLS RESIDENTIAL CARE

SEPTEMBER 2026 NEWSLETTER

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Birthdays for September

- Happy Birthday to Pam 11th, Robert (Bob) 11th, Maria 24th and Marion 30th. We all hope you have a great day.

This Month's Birth Flower / Stone / Signs

The Birth sign is shared between Virgo and Libra

The Birth flower is the Aster.



The Birthstone is a Sapphire

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Previous Month Highlights – August

- International Beer Day was celebrated on the 5th of August with some of our residents tasting 10 different beers or some just wanted lemonade. The overall winner was Ginger Beer.
- Friday the 7th was Aged Care Employee Day. This was held in the Ballroom with a beautiful morning tea- thank you to the management for taking the time to appreciate the staff for their dedication.
- Elvis entered the building on the 12th of August for his annual concert. There were lots of singing and dancing by everyone involved.
- Monday the 17th we held a fire training session for residents and families. This was very informative for the residents.
- Daffodil Day was celebrated on the 20th of August; most of the staff wore yellow, baked daffodil cookies, and made paper daffodil flowers.
- On Senior Citizens Day 21st of August. Lifestyle staff dressed up as elderly characters named Doris and Winnie, visiting rooms as new residents in the facility. Everyone had a great time.

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.



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.

ARAS- For the rights of Older People- phone 82325377 or 1800700600 if you need to talk about any issues.

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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.

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 September:

- 2nd: Father's Day Raffle draw at 1.15pm (tickets are on sale for 50 cents each)
- 3rd- One Life Church
- 6th- Father's Day
- 8th Royal Adelaide Show Outing
- 16th- Luncheon at the Club
- 23rd- Footy tipping presentation- Wear your Colours Day
- 23-24th- In-house show day games
- 26th: Grand Final

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 the nursing home)
- Be aware of where the nearest fire door is



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- 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)

August Birthday

Trish



Peter



Mary



Ellen



Vera



Jill



International Beer Day



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Aged Care Employee Day



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Elvis Concert



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Daffodil Day



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Senior Citizen Day

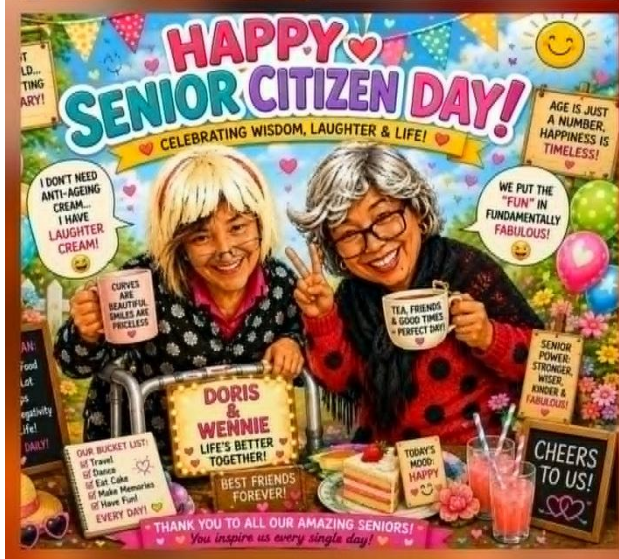


Table Tennis



In loving Memory of

David



Ana



Dawn

