PARA HILLS RESIDENTIAL CARE

October 2026 NEWSLETTER

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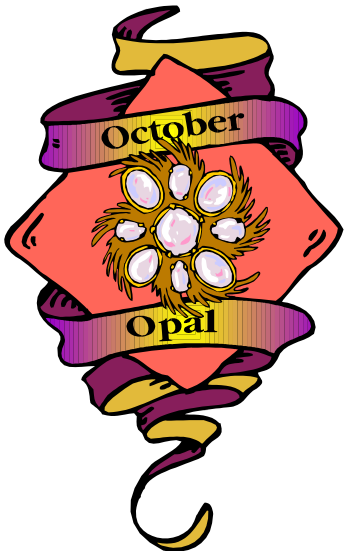
Page 3 - Upcoming Events

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This Month's Birth Flower / Stone / Signs

The Birth sign is shared between Libra and Scorpio. The Birth flower is the calendula – marigold.

The Birthstone is an opal meaning is hope, innocence and loyalty.





Happy Birthday- Angelina, Stan, Margaret and Lindy- we hope you enjoy your day

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Television Remote Control in Shared Spaces.

The remote control needs to remain available to all residents to use. So to help prevent the remote from being misplaced, damaged or accidentally removed, we have now installed a TV remote security enclosure in Kester's lounge. All residents are welcome to use the remote control to adjust the TV, including changing the channels or volume.

Previous Month Highlights – September

Our Father's Day raffle was drawn on Thursday the 3rd with Kim winning 1St prize, Lisa winning second followed by Emilia winning 3rd- Congratulations.

On Sunday the 6th of September we had Father's Day and all the men were given a gift and a high tea was held in the Activity Room- we all hope you had wonderful day.

A group of residents and staff went to the Royal Adelaide Show on Tuesday the 8th. The bus arrived at 9am and over 20 people boarded the bus and travelled to the Show. The weather was lovely and we all had a great time. We sat around the lawns for lunch, went in the pavilions, went on the sideshows, some went on rides, held crocodiles, saw the dogs performing and of course went in the showbag hall. This was a wonderful day and a huge thank you to the staff that gave up their time to make it a success. Some of the photos are displayed throughout the Home.

On Wednesday the 16th a group of residents and staff went to the Para Hills Community Club for Lunch. This was a really enjoyable outing and everyone had lovely meals and a good time. Lello even joined us for lunch.

As some went to the Show- we didn't do our In House Show Week but we did have a couple of days with show games and cup cake decorating. On Wednesday 23rd we played The Clown Game, Spin the Wheel, Tin Can Alley and the Hoop Toss. The winners have been given their Certificates- Ian G for winning the hoop Toss, Rosa for winning the Clown Game and the Chocolate Wheel and Len for winning the Tin Can Alley game.

Our Footy tipping Presentation was held on Wednesday the 23rd with Rosa winning, Ellen second and Jacqueline third.

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On Thursday the 24th we held our Cup Cake Competition with Erika winning first, Don second and Len third.

Dolly Parton Day was held on Friday the 25th. Many thanks to Eva, Precious, Kim and Rem for their performances. The residents thoroughly had a great time with lots of laughs. Congratulations to Kash for guessing the lollies in the jar- 191 and to Marie for winning Dolly bingo and using the rolling pin to smash the booby cake.

The AFL Grand Final was celebrated on Saturday the 26th with Brisbane winning. Eva's balloon display was beautiful. We made flags and decorations for the ballroom then we had drinks and nibbles.

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 to the Nursing Home.

There are also some located in the Ceafield Wing both near the notice board and on the bookcase. 

QR Code

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 the Older People ph: 8232 5377 1800700600

Continuous Improvement

Upcoming events in October

4th - Daylight saving begins-Clock goes forward an hour

5th – Labour Day Holiday

7th- BBQ

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19th- ARAS Meeting

20th- Infection Control dress up day- Yellow

21st-Covid Vacc

22nd- Residents Meeting at 10.15am

Hairdresser days- 2nd, 9th, 16th, 23rd and the 30th- Dependant on Bookings.

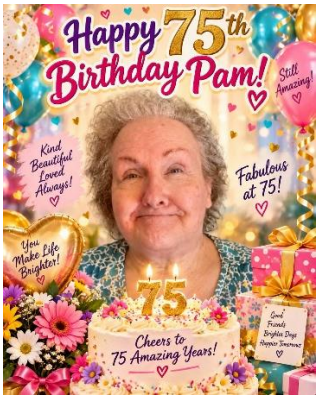
A short reminder to all residents, families and friends

Your role during an emergency

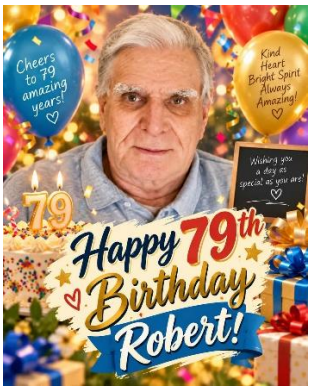
On hearing an alarm sound you should do the following:

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

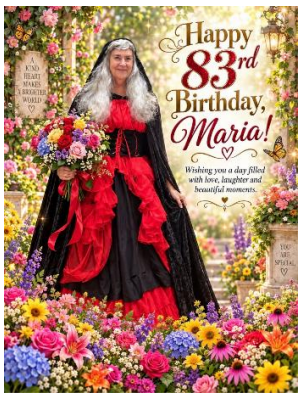
September Birthdays



Pam



Bob



Ria



Marion

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Royal Adelaide Show Outing





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Luncheon at the Club










Grand final









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Footy tipping Presentation- Congratulations to all the winners- Rosa, Ellen and Jacqueline



Dolly Parton Day- 9 2 5

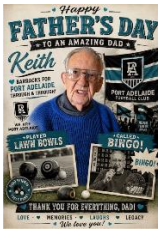
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Father's Day








Woolfie