PARA HILLS RESIDENTIAL CARE
NOVEMBER 2026 NEWSLETTER

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Birthdays for November

Happy Birthday to the following residents who are celebrating birthdays this month: Joan K 1st, Megan 3rd, Erika 20th and Valerie G 22nd. We hope you all have a great day.

This Month's Birth Flower / Stone / Signs

The Birth sign is shared between Scorpio and Sagittarius.

The Birth flower is the Chrysanthemum.



The Birthstone is Topaz.



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Previous Month Highlights – October

- Congratulations to Amber for winning the footy tipping competition, for the Staff, Karen 2nd and Lisa K 3rd- Well done. Lello won the final 5 draw winning $50.
- We held a Melbourne Cup Meeting with the residents deciding the colour theme being Pink, blue and White decorations.
- On the 20th we had our infection prevention day which was held in the Ballroom with some staff and residents wearing yellow. Congratulations to all of the winners and cheers to all that participated throughout the day.



- We had our Residents Meeting on the 22nd- the minutes are available to read at reception.
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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.

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: 82325377 1800 700 600

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Upcoming Events

The following are some of the upcoming events in November:

- 2nd- Melbourne Cup Sweep Draw
- 3rd- Melbourne Cup
- 4th- Christmas Meeting
- 4th- Kathy's Reminiscing- Pageant
- 5th- Morning tea
- 11th- Remembrance Day
- 18th- Luncheon at the Club
- 20th- Christmas Cart Building
- 23rd- Espresso Day
- 24th- Antibiotics Day- rainbow dress up
- 25th- Nativity Play Meeting
- 27th-Christmas tree decorating
- 30th- Scottish Day

We look forward to your involvement and participation in these big days.

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 the nearest fire door
- 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).

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Photos of October Birthdays

Angelina **Stan** **Margaret** **Lindy**









Staff Footy Tipping Presentation



Congratulations to Amber and Karen for coming first and second- Les would be very proud. Lisa K was 3rd and Lello won the bottom five draw.

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Walking Group



Different Activities



Jel66- card game



Peter picking some oranges



Bingo

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Cooking





Infection Control Day























Thanks to Michael's family for bringing in a friend for us to hold.

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Barbeque and Cooking under our new outdoor area



Congratulations Janice for

Over 20 years of working at PHRC



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Wolfie visiting



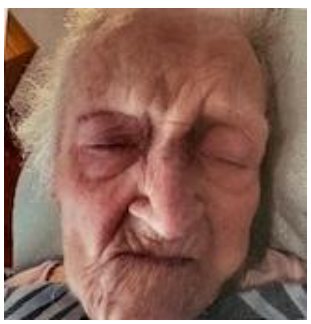
Margaret and her son celebrating her birthday

With Christmas fast approaching, we are looking for residents to be in our Nativity Play. If you would like to be in the play- the characters are- Mary, Joseph, The Shepherd, 3 wise men and the Angel. Please let the Joanne, Gerliza or Lisa know if you are interested.

In Loving Memory of



Trish



Joan



Joyce