

PARA HILLS RESIDENTIAL CARE

January 2020 Newsletter

HAPPY NEW YEAR!!

INSIDE THIS ISSUE

Page 1 – This month's birth flower, birth signs and birth stones.

Page 2 – December Highlights

Page 3 – Comments, complaints and continuous improvements

Page 4 – Upcoming Events

Page 5 -10 - Photos of December Highlights

THIS MONTHS BIRTH FLOWER/SIGNS/ STONE

The birth sign is shared between Sagittarius and Capricorn.

The birth flower is the Carnation.

The birthstone is the Garnet.



Happy Birthday Kath

PARA HILLS RESIDENTIAL CARE

January 2020 Newsletter

Previous Month's Highlights – December

December was a fun month with lots of Christmas activities.

- On Wednesday the 4th of December Amanda from Bunnings paid us a visit to host an activity with the Residents and the little children from the daycare centre. We all had a great time making and decorating some pots/cookie jars.
- Christmas Carols were held on Tuesday night the 10th of December. Lloyd and the Choir hosted the evening and some of our residents were in the nativity play for the Carol of Away In A Manger, so special thanks to Shirley, Monica, Claire, Marie, Les, Jim and Elice. They did a great job. We built a Stable which really looked great. It was standing room only as we had many families attend.
- Our Carols night also had many stalls and raffles. There were many winners so thank you to everyone that made the night a success. A big thank you to Holly and Jackie for manning the stalls and Chris for cooking the barbeque.
- Father Christmas arrived to pay a special visit to the residents on Wednesday the 11th of December. Thank you to Santa's elves for helping out and a BIG thank you to this year's Santa, Chris! A big thank you to our wonderful Staff choir. This was the biggest one yet that everyone loved. This brought many laughs amongst everyone.
- The raffle was drawn and the winners were Ana, Chris and Wendy.
- The residents Christmas Luncheon was held on Wednesday the 18th of December in the Ceafield dining rooms, which were beautifully decorated in an elegant Christmas coloured theme. A HUGE thank you to all of the staff that made this a special day. A big thank you also to Tony and the partners for another successful

PARA HILLS RESIDENTIAL CARE

January 2020 Newsletter

day. Thank you to Lello's wife, Marina, for making a beautiful Christmas smash cake which brought much laughter when Chris and Menuka demolished it.

- The cart was drawn after the luncheon with Jackie's Auntie winning. The lucky seat for the residents was Skip and the staff lucky seat was Debbie.
- Christmas Day was celebrated with many residents going out for the day with their families but also many families joined their loved ones at the home. For the residents that stayed at the home, they enjoyed a traditional lunch. The tables were set beautifully by Jo and myself.

Many thanks to the wonderful people that have supported us with our fundraising by donating prizes for our raffles.

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 Kester's notice board which is at the Kester's 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 endeavor to sort out any problems in a timely manner.

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 program.

PARA HILLS RESIDENTIAL CARE

January 2020 Newsletter

UPCOMING EVENTS

- Wednesday the 15th is our “In House Memorial” at 1.30pm.
- Wednesday the 22nd of January is our in house cricket day in conjunction with Australia Day.
- Chinese New Year will be celebrated on the 29th of January, being the year of the Rat. We will be having a concert at 1.30.
- Luncheon at the club will be on Wednesday the 5th of February.
- On Friday the 14th of February is Valentine’s Day.
- Pancake Day (Shrove Tuesday) is on February the 25th.

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 where ever possible as directed by the chief fire warden (white hat) or fire warden (red hat).

PARA HILLS RESIDENTIAL CARE

January 2020 Newsletter



Some Christmas and birthday photos .

Thank you to all our Nativity play actors, you were all fantastic.

PARA HILLS RESIDENTIAL CARE

January 2020 Newsletter



PARA HILLS RESIDENTIAL CARE

January 2020 Newsletter



Have a happy and safe New Year.

PARA HILLS RESIDENTIAL CARE

January 2020 Newsletter

In loving memory of Peter

