

PARA HILLS RESIDENTIAL CARE

AUGUST 2020 NEWSLETTER

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Birthdays for August

- Happy Birthday to Ellen, Alex, Kay, Margaret, John and Vincent. 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

July has been a very busy month with lots of birthdays and different activities. Thank you to Jo and Liza for doing a great job whilst I was on holidays.

-on Wednesday the 8th Kathy held her reminiscing activity on the "The Queen". This was very successful as many residents attended.

- We held a morning tea for Shirley's birthday and Kat made her this beautiful peacock cake. Lots of time and effort in making the cake and Shirley's face was priceless, so a huge thank you Kat, this made her day really special.

- Monday the 27th was Holly's birthday and we had an afternoon tea party and a Country and Western themed Day. Many thanks to all that dressed up and helped on the day. Holly really appreciated it.

- International Cheesecake day was celebrated on the 29th and the residents tried 5 different Cheesecakes, Berry Bliss, Coconut and Lime, Passionfruit, French Vanilla and Chocolate Bavarian. They decided that the French Vanilla was the best followed by Passionfruit, Chocolate Bavarian, Berry Bliss and last was the vegan Coconut and Lime.

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.

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.

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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. We once again will be trying different Beers from around the World and rating each one.
- Monday the 10th -Kathy will host our Bible Study.
- Thursday the 13th is left-handers day.
- Wednesday the 12th we will have a concert in the ballroom. Elvis will be coming to perform for us. Hopefully we can all dress up "rock and roll" theme.
- Thursday the 20th- Resident's meeting
- Monday the 24th is Bible Study Morning.

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

Margaret busy making peacock feathers



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Shirley's birthday- Thank you Kat, once again, for making this beautiful Peacock Cake.

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International Cheesecake Day, Birthday Day's and Country and Western day.

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Holly's Birthday and Country and Western Day

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Fun at bingo and Cooking activities.



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In loving Memory of Laura

15/6/1926 - 5/7/2020