

# PARA HILLS RESIDENTIAL CARE

## July 2020 NEWSLETTER

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### This Month's Birth Flower / Stone / Signs

The Birth sign is shared between Cancer and Leo. The birth flower is the Larkspur which symbolises an open heart and ardent attachment.

The Birthstone is a Ruby.



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### July Birthdays

**A big Happy Birthday to the following residents who are celebrating birthdays this month; Julia, Shirley, Hazel and Marie. We hope you all have a great day. Previous Month Highlights – June**

- **Italian Day was celebrated on the 3rd of June this year. What a great day. We made some crostoli and homemade spaghetti. Unfortunately Chris wasn't here this year to retain his title in the spaghetti eating competition and Linda won. She now has the gloating rights but Chris wants to re-challenge her. A concert was enjoyed by all.**
- **Footy tipping has begun again but the season has been shortened due to the virus.**
- **African day was celebrated on the 17<sup>th</sup> with Precious and Catherine dressing in beautiful costumes and dancing. This was really great so thank you girls. Liza put on a slideshow all about Africa which was really interesting.**
- **Wednesday the 24<sup>th</sup> we had a concert in the ballroom for a double 80<sup>th</sup> birthday. We had a movie star dress up day and most staff and residents dressed lovely, many movie stars attended.**
- **Charles celebrated his 102nd birthday with the residents and we made a video call to his daughter so she could wish him happy birthday.**
- **8 birthdays were celebrated in June and the photos are displayed in the newsletter.**
- **A huge thank you to Kat for making the Donkey cake for Kath, she thought it was fantastic.**

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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 is located at the Kesters notice board which is at the Kesters Road entrance of Our 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.

### UPCOMING JULY EVENTS

1<sup>st</sup>- Luncheon at the Club

2<sup>nd</sup>- Hairdresser

7<sup>th</sup>- International Chocolate day

8<sup>th</sup>- Kathy's reminiscing- Hobbies

21<sup>st</sup>- Library Day

24<sup>th</sup>- Morning tea

27<sup>th</sup>- Afternoon tea

29<sup>th</sup>-National Cheesecake Day

30<sup>th</sup>- Friendship Day

Footy tipping- up to  
round 4

1<sup>st</sup>: Pat M 23

2<sup>nd</sup>: Peggy 21

3<sup>rd</sup>: Barb 20

4<sup>th</sup>: Kath R 19

5<sup>th</sup>: Shirley 18

6<sup>th</sup>: Marie 18

7<sup>th</sup>: John N 18

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### 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)



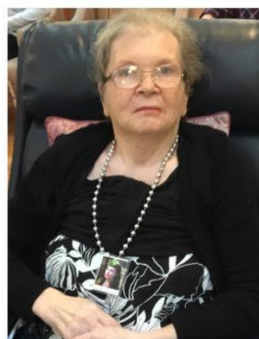
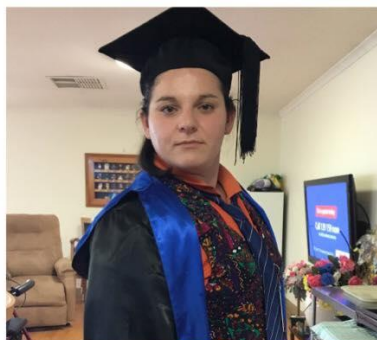
### Italian Day



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## *Movie Star day*



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Kath- Marilyn Monroe, Barbara- Elizabeth Taylor, Claire- Katherine Hepburn, Margaret- Doris Day, Pat M- Audrey Hepburn, Ross- Elvis, Kay- Judy Garland, Les and John- Blues Brothers, John N- Charlie Chaplin, Jim M- Dean Martin, Heidi- Jennifer Grey, Monica- Vera Lynn, Mavis- Amelia Erhart, Lello- Dr Kildare and Holly- Cruella De Vil

And many Harry Potter characters and Cat woman.



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Thank you to everyone for all their effort and participation in our themed days- we and the residents really appreciate it.

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### Covid update-

The Government has started to lift restrictions and this changes day by day but as this newsletter goes to print the visiting hours are 10-4pm on the week days but not at meal times and not on Public Holidays or Weekends, unless prior arrangement has been made with management. Please continue to wash your hands and practice social distancing to keep the spread of the virus down. Emails will be sent as changes occur.