

ISSUED 23RD NOVEMBER 2015

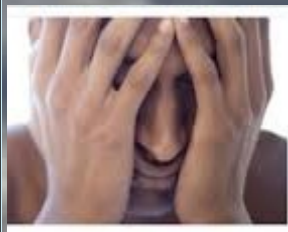
# RAGLAN TATTLER

**Your invited to the,**  
**HAVILAH ON PALMERSTON**  
**CHRISTMAS BARBECUE**  
**FOR RESIDENTS, THEIR**  
**FAMILIES, FRIENDS &**  
**VOLUNTEERS**  
**FRIDAY 11<sup>th</sup> DECEMBER**  
**AT 5.30 PM**  
**WE LOOK FORWARD TO SEEING YOU THERE**

RSVP by Friday 4<sup>th</sup> December

Contact: Activities Coordinator  
Keith on 5459 0169 - Internal 169  
Mobile 0408 774 715

# MENTAL HEALTH AWARENESS DAY



**Feeling down, sad or stressed.  
You are not alone.**



One in five Australians will experience a mental illness in the next 12 months, almost 50% of us in our lifetimes. However less than one in five of us seek help when we are stressed or down.

To raise our awareness of mental health and resources available Havilah is having a Mental Health Awareness Day.

There will be take away resources available on Wednesday 2nd December at Raglan, this will be in the main foyer between 10.30 and 12 midday.

Sandra Field who is the Anglican Minister and our Pastoral Carer will be available during this time for those who may wish to make contact with her.

There will be fact sheets on eating disorders, communication with adolescents, cannabis, alcohol, the range of mental health disorders and much more.

The resources are free and are available to all, so if you, a family member or a friend could use the information please call by.

Closer to the day you will be asked to wear yellow on the day. This will make it obvious to all that come into the facility on the day that something is different and they may ask you about the day.

If there are any residents or family members who have experience with mental health issues and feel confident enough to assist manning the table at either site please contact Sandy.

**If you are unable to come to the table on this day and wish to collect some resources please contact Sandy Platt on 54617 484 or via email: [sandra.platt@havilah.org.au](mailto:sandra.platt@havilah.org.au)**



## Director of Services



Thanks to all residents for your care, patience and understanding during the recent Gastro outbreak.

Pleasingly all residents are recovering well.

As a result of considerations following the recent Gastro outbreak at Raglan House and to reduce the risk of infection all residents (who don't already have one) will be supplied with a basket for dirty linen. The small white tubs that some people are using will be removed and cleaned.

The small white tubs will be used for returning your clean linen to your room. To avoid confusion all linen containers will be labelled with the residents room number.

**New Staff:** We are pleased to welcome new staff to Raglan. Most residents will already have met our new staff member Sarah Egan who is working twice a week as a RN2. We also welcome our new RNI Anu. Welcome to Raglan House. This week we have another new staff member starting at Raglan House her name is Swaran. I'm sure Swaran will introduce herself to you as she moves around our facility.

In addition to new staff, over the next couple of weeks we'll have students working with our carers.

**Bus Trip Out:** All residents will be pleased to hear that we have recruited new volunteers to drive the bus. Resident who went on the Bus trip out last Thursday would have met one of our new Drivers Ivan Shrubsole. Ivan did a great job and we thank him for his time, and commitment and good humour. In the near Future resident can look forward to meeting John Ried who will be sharing the driving duties with Ivan.

**Volunteers:** Raglan House is currently looking for more volunteers to assist with the running of our Activities program. If residents have family or friends who may be interested in volunteering at Raglan House, please ask them to contact Activities Coordinator Keith on 5459 0169 or Mobile 0408 774 715.



## Melbourne Cup

The resident of the Raglan House celebrated the 2015 Melbourne Cup with Family, Friends and the Residents of the Independent community.

Residents enjoyed the Fashions on the field, Games, Quizzes, Cup Sweeps, giveaway and more.

Then enjoyed watching the Melbourne Cup on TV and witnessed history in the making with Michelle Payne riding Prince of Penzance to victory.

Congratulations to the lucky residents who either backed the winner of the Cup or won a prize in one of our Sweeps.

Thanks to all residents for your positive feedback and suggestions on how we can make next years Cup even bigger and better.



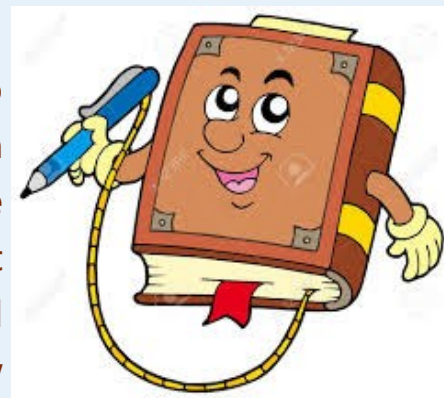
Above: Dorothy Sharp Looking lovely in her outfit.



Above: Dorrie Duffin stepping out in style .

### Visitors Sign In/Out Book

Havilah now has a sign in Book for all visitors coming into visit the Residents of Raglan House. This is for the reason of safety, Havilah and Emergency Personnel need to be able to identify all the soles is in the Building in the event of an Emergency or Evacuation. Havilah request all residents to advise their visitors and guests of the new procedure.



The Visitors Sign in Book is located in the Foyer of the Main Entrance to Raglan House. Please note also that an area is to be added to both books to record food either you or your visitors bring in. This in no way limits family bringing in special treats but does provide a record for us in the event of a salmonella outbreak or the like.

### For Sale

**Reclining / lift chair with inbuilt massage & heat functions. The Chair is in perfect as new condition. The chair cost \$5500.00 when purchased new.**

**Asking \$3000.00**

**If you have any interest in the chair please contact Max Watts 5459 0111 or internal 111.**



### Linen

Could residents please inform care staff if they have any soiled linen in their rooms. This includes Face Washers, Shower Mats or Towels.

Staff can provide fresh clean linen immediately on request, Please Call 161 or 162. Requesting clean linen this will ensure the health and hygiene of all residents.



## **WHAT TO DO WHEN THE FIRE ALARM SOUNDS**

Residents and Visitors should remain where they are and wait for staff to instruct you on evacuation. If you can see the fire you should move away from the immediate area and wait for instruction from staff. If the fire is in your room you should leave the room and close the door behind you.

Havilah is a very safe facility and has many measures in place to stop the spread of fire and smoke and to provide for safe evacuation in the case of a fire – this includes fire and smoke compartments, and sprinklers and smoke alarms.

There is a maximum of 6 resident rooms in each smoke/fire compartment and therefore should evacuation be required in the first instance it would only be for residents in the affected compartment.

The fire alarm automatically alarms at the fire station and the Brigade is here within minutes. Once the alarm has sounded the Brigade will attend even for false alarms. From the fire panel at the front of the building and on our staff pagers we can see which alarm has been actioned and therefore we immediately know the area to check.

When the Fire Alarm sounds RESIDENTS WILL BE KEPT INFORMED VIA STAFF AND THROUGH THE PUBLIC ADDRESS SYSTEM.

Havilah is a non smoking site which adds to the safety of residents and staff.



## **COMMUNICATION**

### **USING EMAIL TO CONVERSE WITH OUR MANAGEMENT TEAM**

Sometimes it is out of hours when you think of things you might like to raise with us . For those with email access you can have a conversation by email with our management team.

Chief Executive	Barb Duffin	<a href="mailto:barbceo@havilah.org.au">barbceo@havilah.org.au</a>
Director of Human Services	Kelsey Hooper	<a href="mailto:dhs@havilah.org.au">dhs@havilah.org.au</a>
Director of Care	Dave Burrige	<a href="mailto:dave.burridge@havilah.org.au">dave.burridge@havilah.org.au</a>
Director of Services	Cleta Roughed	<a href="mailto:raglanmanager@havilah.org.au">raglanmanager@havilah.org.au</a>
Food Services Manager	Di Jackson	<a href="mailto:di.jackson@havilah.org.au">di.jackson@havilah.org.au</a>



## GREAT THINGS TO DO

**Don't forget to  
check your  
Activities Calendar**

### UPCOMING EVENTS



#### **Happy Hour Every Friday evening**

Commencing at 5.00pm, Music, Finger Food, Hot & Cold Beverage, Ice-creams and Ice-cream Cones.



#### **Raglan House Resident Meeting at 1.15pm December 7th Downstairs Raglan House (Bingo Area)**

MEETINGS ARE A FORUM FOR IDEAS AND NEW INITIATIVES  
TO BENEFIT RESIDENTS AND FAMILIES. WE WELCOME YOUR INPUT



#### **Bus Trip Out - Thursday afternoon departing at 1.30pm for lots of Fun points of interest throughout Central Victoria.**

If you have an idea or suggestion for an outing, just let Activities  
Co-coordinator Keith know and he will do his best to arrange the  
outing for you.



#### **500 Cards Games - Every 4th Wednesday Evening of the Month at 7.00pm.**

Downstairs Raglan House Inkerman St end Kitchenette. Tea & Coffee  
provided.



### **FALLS PREVENTION AND STRENGTHENING EXERCISES**

Rhonda James Monday afternoons  
2.30 - 3.00pm Downstairs Resident Lounge.  
Care Staff will assist you to the Lounge if  
required.

**BE SAFER ON YOUR FEET**



## WEEKLY ACTIVITIES

**BUS TRIP OUT** - Thursday's 1.30pm



**CHRISTMAS CAROL SING-A-LONG -**

**Wednesday 16th December 2015 at 2.45pm**



**NAIL-CARE** - 10.00am Wednesday mornings each week

**FOOT SPA** - 9.30am Thursday mornings each week

**HOY** - Monday 10.30am

**BINGO** - Monday to Friday 1.30pm



**CARPET BOWLS** - Friday Morning 10.30am

**MARBOWLS** - Tuesday Morning 10.30am

**CHAIROBICS** - Tuesday & Friday 2.30pm

**STRENGTH EXERCISES** Monday's 2.30pm

NO SESSION 23RD NOVEMBER)



**COLOUR IN ART** - 1st, 2nd, 3rd Wednesday of the month 2.45pm

**CARDS 500** - 4th Wednesday of the month 7.00pm

## CHURCH SERVICES

**UNITING CHURCH** - 1st Wednesday each Month 2.45pm

**ANGLICAN CHURCH** - 2nd Thursday each Month 10.30am

**SALVATION ARMY CHURCH** - 4th Wednesday each Month 2.45pm





### **CONTACTING STAFF and other Useful Numbers**

You can contact staff by using your **room phone**

**In Raglan House** Ring 161 24 Hours a day to get the Nurse on Duty

Press your **Green** Call Button for **Non Urgent** assistance and

Press your **YELLOW** call Button for **URGENT** assistance

**Community Centre** Ring 140 between 9am & 12 Noon Monday to Friday

**The call system** is for **emergency calls** so where possible for other than emergency issues please use your telephone to contact staff. This will ensure prompt action when you are in an emergency situation. There are call points in public areas for residents and family members to use when requiring staff attendance.

Please familiarise yourself with the position of these call points.

Wall phones are installed on the Nurses Station wall at Raglan House both Upstairs and Downstairs these phones provide greater accessibility to staff for families. Please make use of these phones as required.

FOR FAMILIES ringing from outside Havilah to speak to staff in Raglan House please call 5459 0150 if there is no answer on this number the call will be diverted to staff on the floor.

**Other useful numbers can be found in your Resident Information Folder**

### **COMMENTS, COMPLIMENTS, SUGGESTIONS AND COMPLAINTS FORMS ARE AVAILABLE AT THE DOWNSTAIRS & UPSTAIRS NURSES STATION WINDOWS.**

Residents and families of Raglan House are encouraged to communicate any issues they may have to either :

**Director of Care (RN1) David Burridge** 5461 7489

**Director of Services (RN1) Cleta Roughead** 5459 0154 or internal dial 154.

Both directors can be contacted by email using the email address:

[raglanmanager@havilah.org.au](mailto:raglanmanager@havilah.org.au)

You can also contact: **CEO Barb Duffin** 5461 7381 Mobile 0429 617380

email: [barbceo@havilah.org.au](mailto:barbceo@havilah.org.au) or

**Director of Human Services Kelsey Hooper** 54 617383 email: [dhs@havilah.org.au](mailto:dhs@havilah.org.au)

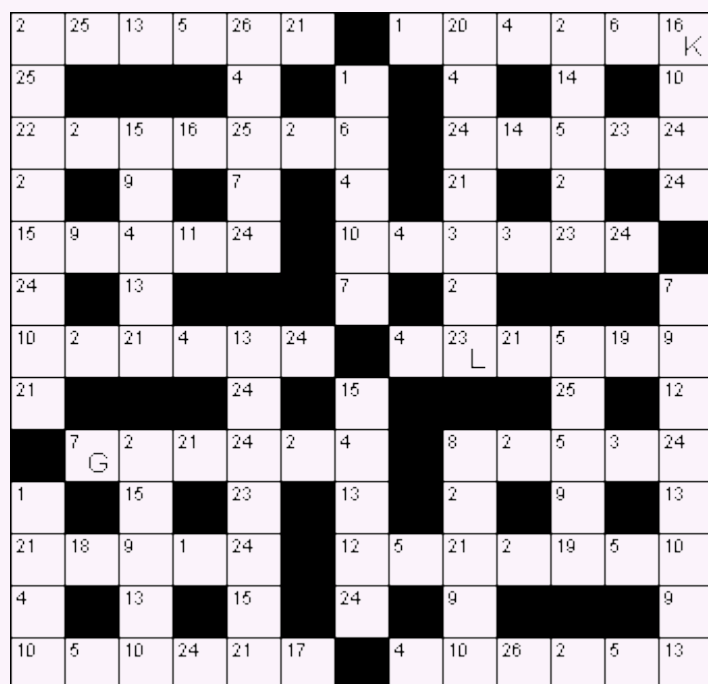
If you report an issue to any staff member they will fill out a form on your behalf.

Complaints can be made openly, anonymously or your name can be kept confidential.

Havilah respects the right of residents and families to raise complaints anonymously, however it is more difficult to obtain the best outcome from anonymous complaints or feed back to the complainant the actions taken as a result of the complaint.

We welcome your input as to the things you don't like and the things that you do as this assists us in providing a quality service.

## CODEWORD NO. 15



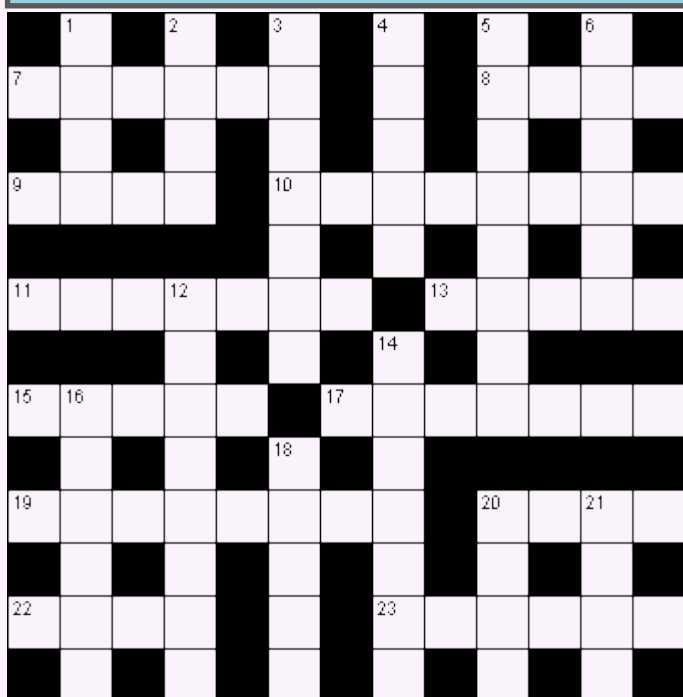
Each letter in this puzzle is represented by a number 1-26.

Can you crack the code and solve the crossword?

Every letter of the alphabet is used at least once. Three letters are already in place to get you started.

1	2	3	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23	24	25	26

## THEMED CROSSWORD NO.16



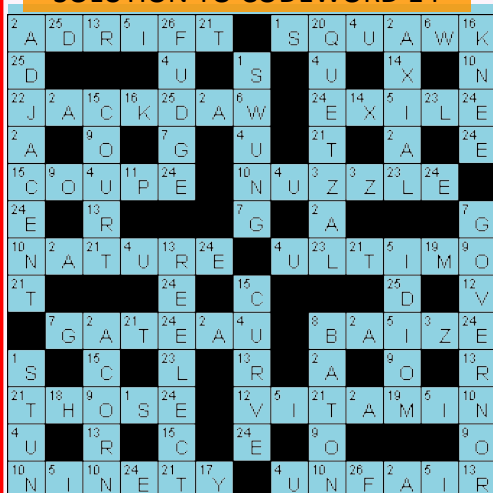
Across

7. Shakespeare In Love actor \_\_\_\_  
Fiennes (6)  
8. Elephant Man actor John \_\_\_\_  
(4)  
9. Ex Bond actor, \_\_\_\_ Connery  
(4)  
10. Thespian family (8)  
11. Hollywood actor, Kevin \_\_\_\_  
(7)  
13. Surname of former Beatle (5)  
15. Composer of Bolero (5)  
17. Miami Vice actor 1984-89,  
Don \_\_\_\_ (7)  
19. Once Upon a Time in Mexico  
actor, Antonio \_\_\_\_ (8)  
20. He was Walter in the 2003  
movie Elf, James \_\_\_\_ (4)  
22. Norse god of thunder (4)  
23. He was Henri Ducard in  
Batman Begins, Liam \_\_\_\_ (6)

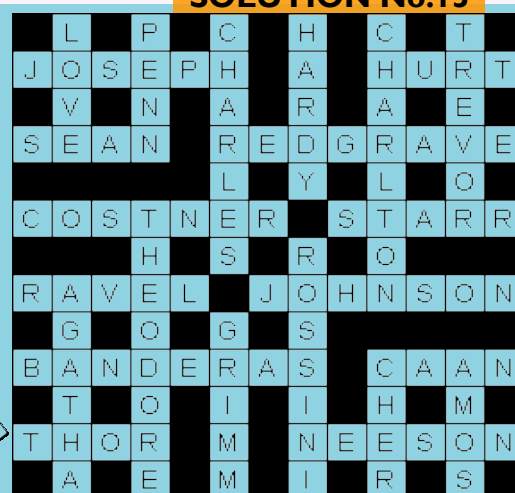
Down

1. 2003 movie, \_\_\_\_ Actually (4)  
2. Sean \_\_\_\_ was Jimmy Markum in the 2003  
movie, Mystic River (4)  
3. First name of A Tale of Two Cities author  
(7)  
4. Surname of Far from the Madding Crowd  
author (5)  
5. Surname of Ben Hur actor (8)  
6. First name of Brief Encounter actor (6)  
12. First name of one of the Roosevelt  
presidents (8)  
14. Composer of the William Tell Overture  
(7)  
16. First name of The Mousetrap author (6)  
18. 2005 movie, The Brothers \_\_\_\_ (5)  
20. She played one of The Witches of  
Eastwick (4)  
21. \_\_\_\_ 'n' Andy (4)

## SOLUTION TO CODEWORD 14



## SOLUTION No.15



## **WORD SEARCH - SILVER SCREEN 1**

Can you find the hidden words? They may be horizontal, vertical or diagonal, forwards or backwards.

B	J	T	J	I	R	C	L	L	A	C	A	B	N	E	R	U	A	L
U	R	O	R	U	V	E	O	R	N	O	M	N	Y	L	I	R	A	M
R	T	R	A	D	D	L	N	O	R	E	B	O	E	L	R	E	M	G
N	H	V	W	N	Z	Y	B	R	M	M	Y	R	N	A	L	O	Y	C
D	D	V	G	T	C	S	G	K	U	A	E	V	L	N	T	V	L	N
R	U	I	D	V	E	R	G	A	M	T	E	M	O	Z	I	I	I	A
A	A	C	A	S	B	M	A	A	R	R	A	S	S	J	V	V	I	M
B	L	U	L	V	H	E	I	W	O	L	N	N	O	T	R	I	R	G
M	J	E	D	V	A	N	T	N	F	A	A	B	A	R	I	E	W	R
O	P	A	P	R	I	G	I	T	W	O	R	N	A	L	T	N	O	E
L	V	H	N	G	E	C	A	S	E	A	R	M	D	X	A	L	L	B
E	E	H	R	E	A	Y	A	R	G	D	A	D	A	J	H	E	R	D
L	C	I	S	L	W	I	H	A	D	L	A	B	R	V	A	I	A	I
O	V	X	A	D	R	Y	T	E	Y	N	N	V	P	M	Y	G	H	R
R	N	K	N	O	L	E	M	D	P	N	E	D	I	Z	W	H	N	G
A	E	R	L	P	R	C	E	A	A	B	C	R	R	S	O	V	A	N
C	V	G	B	G	H	H	O	G	N	J	U	Z	R	D	R	J	E	I
D	L	L	E	S	S	U	R	E	N	A	J	R	N	V	T	J	J	Q
S	N	O	M	M	I	S	N	A	E	J	Z	V	N	I	H	R	U	D

ANN BAXTER, AUDREY HEPBURN, AVA GARDNER, BETTE DAVIS, CAROLE LOMBARD, GLORIA SWANSON, GRETA GARBO, HEDY LAMARR, INGRID BERGMAN, JANE RUSSELL, JANE WYMAN, JEAN HARLOW, JEAN SIMMONS, JOAN CRAWFORD, JUDY GARLAND, LANA TURNER, LAUREN BACALL, MARILYN MONROE, MERLE OBERON, MYRNA LOY, RITA HAYWORTH, VERONICA LAKE, VIRGINIA MAYO, VIVIEN LEIGH.



## HAV A LAUGH

So a man dies, goes to Heaven, and sees St. Peter. There are many clocks surrounding him so the man asks, "What are these clocks for?" St. Peter replies, "These are lie clocks, they tick once for every lie you tell. Here we have Mother Teresa's clock. She has never lied so the clock has not moved. Honest Abe has only lied twice in his life, so it has only ticked twice. The man then asks, "So where is the Australian Prime Ministers clock?" St. Peter replies, "Oh, that is in Jesus' office, he is using it as a ceiling fan!"

Sherlock Holmes and Dr. Watson went on a camping trip. After a good meal and a bottle of wine, they laid down for the night, and went to sleep. Some hours later, Holmes awoke and nudged his faithful friend. "Watson, look up at the sky and tell me what you see." Watson replied, "I see millions and millions of stars." "What does that tell you?" "Watson pondered for a minute. "Astronomically, it tells me that there are millions of galaxies, and potentially billions of planets. Astrologically, I observe that Saturn is in Leo. Horologically, I deduce that the time is approximately a quarter past three. Theologically, I can see that God is all powerful and that we are small and insignificant. Meteorologically, I suspect that we will have a beautiful day tomorrow. What does it tell you?" Holmes was silent for a minute, then spoke. "It tells me that someone has stolen our tent."



IF WE WATCHED COOKING SHOWS  
THE WAY GUYS WATCH SPORTS

