

# RAGLAN TATTLER

ISSUED February 2017

Please contact Andrew on 5461 7387 or email [andrew.earl@havilah.org.au](mailto:andrew.earl@havilah.org.au) if you would like your Havachat sent via email  
HAVILAH WEBSITE: [www.havilah.org.au](http://www.havilah.org.au)



## Australia Day Celebrations.



**Resident Meeting— Monday 6th March at 1.15 pm**

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



## SPECIAL MORNING



## NEWSLETTER POSTAGE COSTS

Due to the large increase in the cost of stamps and postage at the beginning of this year, we ask that if you currently receive the Tattler via mail and have an email address, could you please give us the details so we can email your Tattler. We understand that not everyone has an email account so those who do not will continue to receive it by mail.

Please email your details directly to  
[andrew.earl@haviiah.org.au](mailto:andrew.earl@haviiah.org.au).

# RAGLAN TATTLER

# JANUARY GROUP CRAFT—RECYCLE MAGAZINE TREE



## RESIDENT SURVEYS

### RESIDENT SURVEYS - December 2016:

Of the 65 (45 Harkness + 20 Raglan) residents surveyed:

97.8% of residents believe the equipment in their room is in good working order.

100% agree that medication staff deliver their medication in a timely manner.

95.6% stated they believe that the menu is offered with a variety of choice.

100% are satisfied that Havilah celebrate enough significant events to meet their needs.

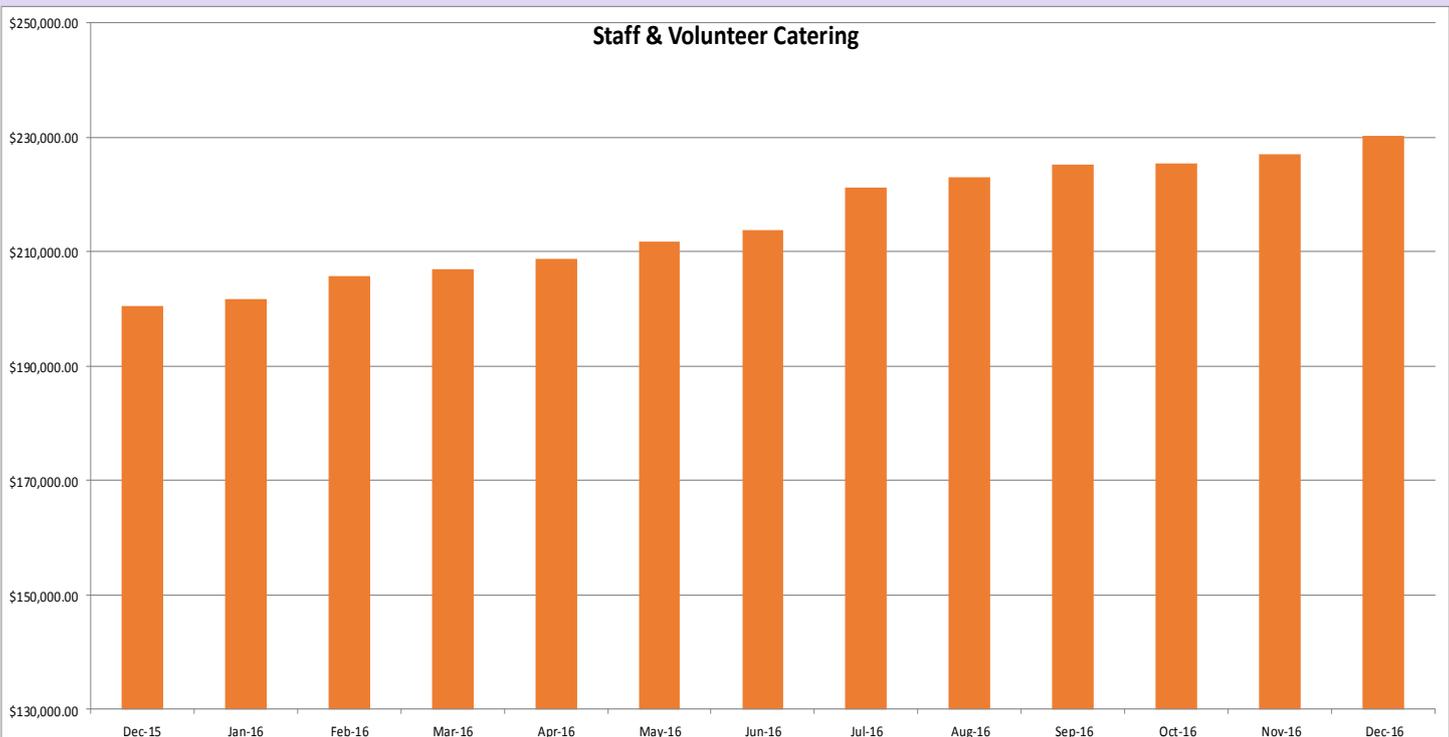
## FALLS PREVENTION



Ensure that you have your eyes tested each year and have your glasses adjusted and fitting correctly. Consider using single vision lenses if falls are becoming an issue.



This table shows the amount of fundraising provided by the Havilah volunteer catering group. The Group provides catering for birthdays, parties, funerals and weekly dinners for Maryborough Rotary. New volunteers are always welcome. Please see Kim



## **Mobile Library at Raglan House**

The Maryborough Mobile Library visits Raglan House every fortnight on Monday at 10.30am. A variety of books, Movies, Music CD's and Talking books are on display and are available for residents to borrow.

The mobile Library will be setup in Raglan House on the ground floor at the Neill St end..

If you are not currently a member of the Maryborough library you can join on the day.

## **Happy Hour Friday Evening**

Residents who know they will not be attending Happy Hour on Friday Evenings are requested to write this information on the Whiteboard in the Kitchen or contact Activity Co-Ordinator Kim on 169.

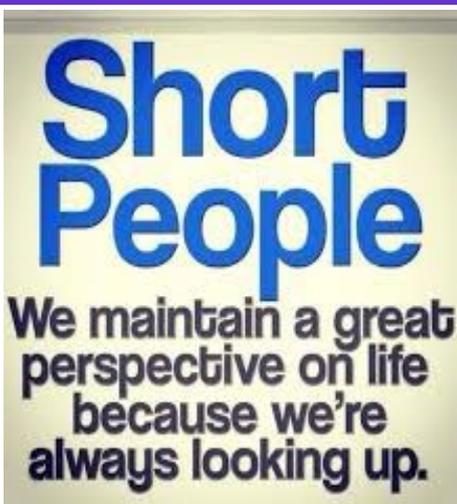
Please state if you require a meal and if so what you would like to eat from the Happy Hour Menu or other evening meal alternatives offered.

## **SIGN OUT BOOK**

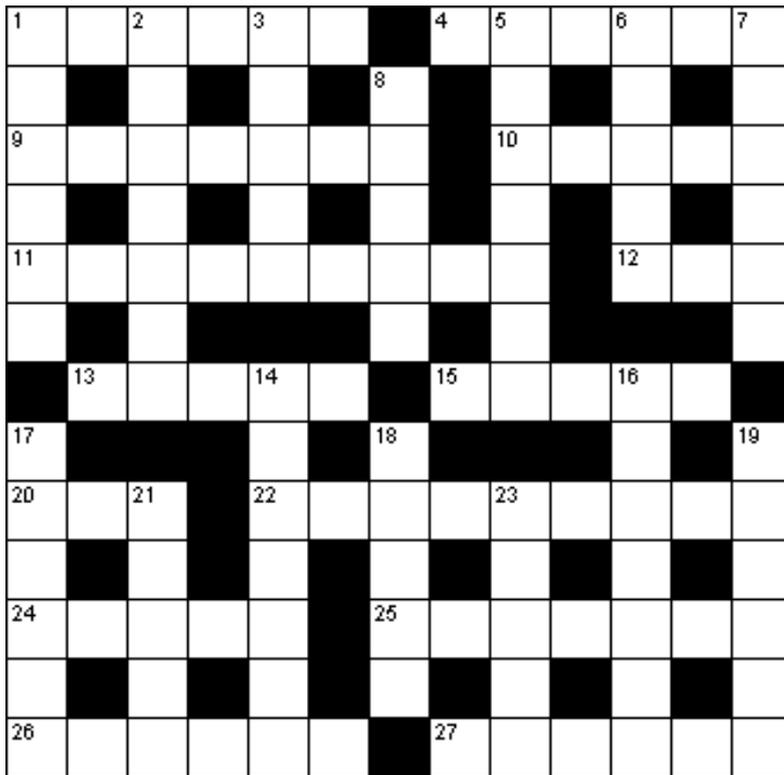
A reminder to residents and families to sign the sign out book when residents are leaving the facility.

This book needs to be signed when leaving and returning so that we are aware of all residents currently present at Havilah in the case of an emergency.

Please also inform the kitchen if you will not be requiring a meal.



# Mind Games



**Across**

- 1. Pub (6)
- 4. Take for granted (6)
- 9. Weird (7)
- 10. Take place (5)
- 11. Expiation (9)
- 12. Sense Organ (3)
- 13. Stage whisper (5)
- 15. Paragon (5)
- 20. Sphere (30)

**Down**

- 1. Tropical bird (6)
- 2. Asinine (7)
- 3. Ambit (5)
- 5. Yelled (7)
- 6. Relative (5)
- 7. Mistakes (6)
- 8. Varieties (5)
- 14. Injured (7)
- 16. Foreshorten (7)

Word Search—Just in Time

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

Find the hidden words? They may be horizontal, vertical, diagonal, forwards or backwards.

AGES, ATTOSECOND, CALENDAR, CENTUARY, CLOCK, DATE, DAYS, DECADE, EONS, EPHEMERA, ERAS, ETERNITY, FEMTOSECOND, FOREVER, FORTNIGHT, FUTURE, HOUR, HOURGLASS, INFINITY, INSTANT, LEAP YEAR, MICROSECOND, MILLENNIUM, MILLISECOND, MINUTE, MOMENT, MONTH, NANOSECOND, OLYMPIAD, PAST, PERIOD, PICOSSECOND, PRESENT, SECOND, SUN-DIAL, TIME, WATCH, WEEK, YEAR, YORE.

ANAGRAMS

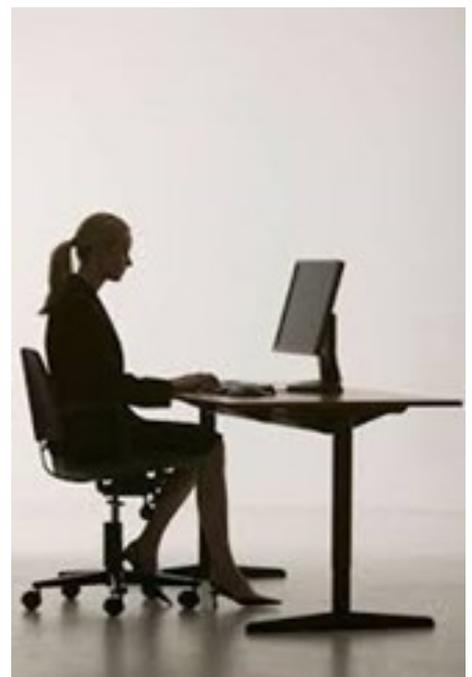
- 1. March
- 2. Meals
- 3. Melon
- 4. Moist
- 5. Nails

## **FROM THE DESK OF CLETA ROUGHHEAD DIRECTOR OF SERVICES**

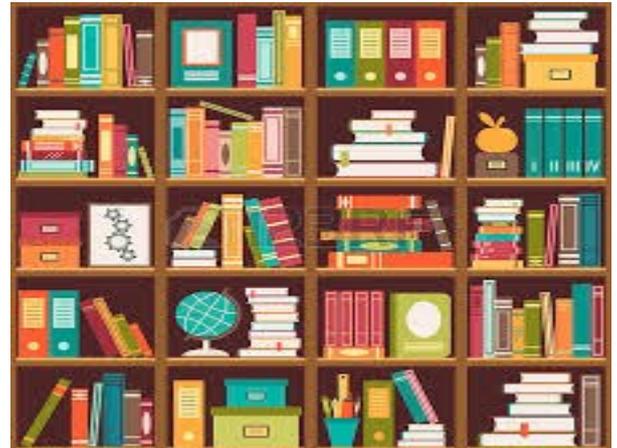
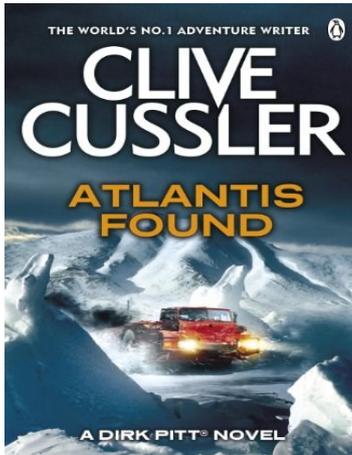
From Monday Feb 6<sup>th</sup> until March 13<sup>th</sup> a trial will take place at Raglan with dinner being served from 5pm. During this time residents will be surveyed regarding how you feel about the earlier dinner time. During the trial residents are invited and encouraged to provide written feedback on the Compliments, Comments and Complaint forms. There will also be a resident meeting on Monday March 6<sup>th</sup> where residents will have the opportunity to discuss the earlier dinner time. Following the trial resident's comments and other responses to the 5 pm meal time will be reviewed allowing a final decision to be made to implement to 5pm meal time permanently or to revert back to the 5.30pm tea time. This decision will be circulated to residents by memo prior to completion of the trial and by Friday March 10<sup>th</sup>.

As many already know I have resigned from my position as DoSP. This has been a difficult decision and I will greatly miss both working at Havilah and with you. I will however be around for a little longer with my final day of work at Raglan being Friday March 31<sup>st</sup>.

Finally the next podiatry session at Raglan with Ballarat podiatry will be on Friday March 3<sup>rd</sup>. For appointments please contact DoSP - Cleta



## BOOK REVIEW



### ATLANTIS FOUND

By Clive Cussler

**Around the world ancient artefacts are suddenly appearing, hinting at a catastrophe that will soon visit Earth ...**

Dirk Pitt is on hand at a Colorado archaeological site where an ancient and mysterious artefact has been found - one that is perhaps linked to other strange objects turning up across the globe. And soon Pitt's skills and ingenuity are desperately needed to rescue the team after a suspicious explosion seals them deep underground. This is the first of numerous attempts on the life of the archaeological team and Pitt and his team as they chase the hints of other sites around the world that hold more clue to the approaching disaster.

It quickly becomes clear that the artefacts carry a message: warning of global Armageddon. Yet a shadowy organisation called the Fourth Empire not only wants to stop others from heeding that warning, but is also actively seeking to accelerate the end it foretells. Now Pitt and NUMA must face this diabolical foe, who will stop at nothing to wipe out all life on earth ...

This is another novel relating to 'the end is nigh' but it is a good read and a good adventure story.

#### About Clive Cussler

Clive Eric Cussler is an American adventure novelist and underwater explorer. His thriller novels, many featuring the character Dirk Pitt, have reached The New York Times fiction best-seller list more than 20 times. Cussler is the founder and chairman of the real-life National Underwater and Marine Agency, which has discovered more than 60 shipwreck sites and numerous other notable underwater wrecks. He is the sole author or lead author of more than 70 books.

## HEALTH AND WELLBEING

### OSTEOPOROSIS

#### What is Osteoporosis

Osteoporosis which literally means ‘bones with holes’, is a condition in which bones lose their strength and thickness, leading to a higher risk of fractures than normal. Osteoporosis occurs when bones lose minerals such as calcium more quickly than the body can replace them. Calcium is a major structural element of bones, so any great loss will lead to a reduction in bone thickness. As the result, bones become weaker, more fragile and can break more easily, even with a minor bump or fall. Any bone can be affected, but bones of the hip, spine and wrist are the most commonly affected sites. Osteoporosis is a common skeletal condition and more than 8 out of 10 are women aged 55 and over. However, gentlemen, you also can develop the condition.

#### Symptoms and causes.

Typically there are no symptoms in the early stages of bone loss. But once your bones have been weakened by Osteoporosis Back pain, Loss of height, a stooped posture and bone fractures may occur.

#### Risk factors

A number of factors can increase the likelihood that osteoporosis may develop which include age, race, lifestyle choices, including excessive alcohol consumption and tobacco use, Dietary factors, medications and medical conditions and family history.

#### Osteoporosis is largely preventable

Some risk factors cannot be changed, although men and women of all ages can take steps to support their bone health, these include –

Ensuring you eat well balanced diet with plenty of calcium rich foods, consult your doctor about the use of calcium supplements.

Avoid smoking and limiting alcohol and caffeine consumption.

Exercise regularly particularly weight bearing and strength activities.

Making sure Vitamin D levels are sufficient. If sunlight exposure is inadequate then Vitamin D supplements may be needed (not without consulting your Doctor). 10 minutes of sunlight a day is more than enough to meet Vitamin D needs.

## GREAT THINGS TO DO

### UPCOMING EVENTS



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#### Happy Hour Every Friday evening

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



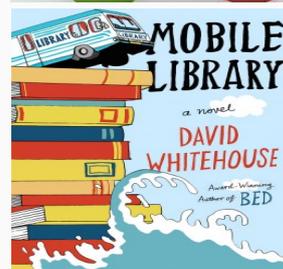
**Bus Trip Out** - Thursday afternoon departing at 1.30pm for lots of Fun points of interest throughout Central Victoria.

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



#### Raglan House Residents/Advocate Meeting

Next meeting Monday 6th March 2017 at 1.15 pm



#### Mobile Library— February Dates

Monday 13th and 27th February

Raglan House—Ground Floor—Neill Street end

### CHURCH SERVICES

**UNITING CHURCH** - 1st Wednesday each Month 2.30pm

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

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



**Don't forget to check your Activities Calendar to see what's on each day**

### ELEVATOR PROTOCOL

When residents are getting in and out of the elevator, the closest persons to the elevator door should enter and exit first.

This will ensure the Elevators are used as efficiently as possible and decrease the waiting time for the people wait for the Elevator on the opposite level.

# WEEKLY ACTIVITIES

## MONDAY

Games Morning 10.30 am

Bingo 1.30 pm

Strength Exercises with Physio Rhonda 2.30 pm

## TUESDAY

Marbowls 10.30 am

Bingo 1.30 pm

Chairobics 2.30 pm

## WEDNESDAY

Nail Care with Cuppa and Chat 10 am

Bingo 1.30 pm

Craft with Cuppa and Chat 2.30 pm

## THURSDAY

Footspa with Cuppa and Chat 9.30 am

Bingo 1.30 pm

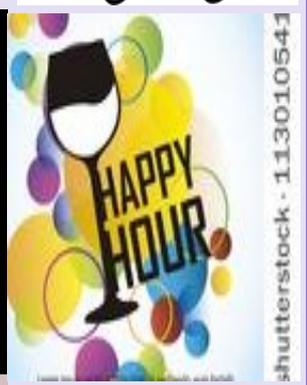
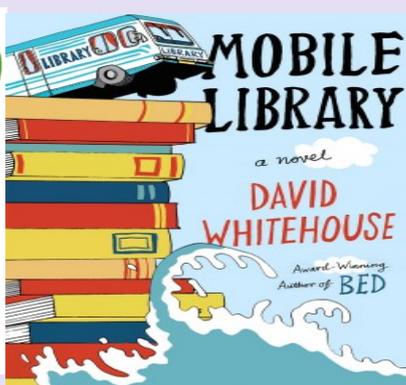
Bus Trip 1.30pm

## FRIDAY

Special Morning Tea with Ann and June 10 am

Bingo 1.30 pm

Chairobics 2.30 pm



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# Giggletime



A Dachshund walks into a telegraph office, picks up a blank form, and writes: “Woof. Woof. Woof. Woof. Woof. Woof. Woof. Woof. Woof.”

The clerk looks over the paper for a minute before telling the dog, “You know, there are only nine words here. You could add another ‘Woof’ for the same price.”

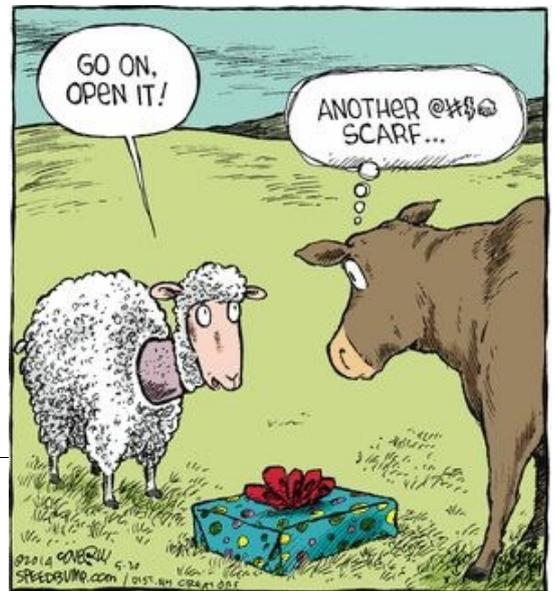
The Dachshund shakes his head at the clerk in disbelief. “But that would make no sense at all.”



We shouldn't knock the weather. If it didn't change once in a while, nine tenths of the people couldn't start a conversation.

A couple begun to long for the pitter-patter of little feet, so they bought a dog. It's cheaper, and you get more feet.

An old farmer is inconsolable after his dog goes missing. He takes out an ad in the newspaper, but two weeks later, there's still no sign of the mutt. “What did



When a zoo's gorilla dies, the zookeeper hires an actor to don a costume and act like an ape until the zoo can get another one.

In the cage, the actor makes faces, swings around, and draws a huge crowd. He then crawls across a partition and atop the lion's cage, infuriating the lion. The actor stays in character—until he loses his grip and falls into the lion's cage.

Terrified, the actor shouts, “Help! Help me!” Too late. The lion pounces, opens its massive jaws, and whispers, “Shut up! Do you want to get us both fired?!”



# IMPORTANT INFORMATION

## 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.



Б	Е	М	Е	Д	А		Э	Е	Л	Е	Б	Е
Е		О		Е		Г		И		С		С
Ь	Б	О	И	С		А	М	Е	И	Д	Е	Д
О		Г		А		Б		С		И		У
О	Б	В		М	А	Е	Г	Э	Т	Б	О	М
С				А		Р				В		Э
	А	Э	И	Д	Е		И	Д	Е	А	Г	
И		У				Э		Е				Э
А	Т	О	И	Е	М	Е	И	Т		Е	А	Б
С		У		С		Ь		У		Г		О
У	И	С	А	И	И	У		О	С	С	У	Б
О		А		А		Т		Н		И		Б
Т	А	В	Е	Р	И		А	Э	А	Э	М	У

### Quiz and Crossword Solutions from page 6

### Answers to Anagrams

- 5. Snail
- 4. Omits
- 3. Lemon
- 2. Males
- 1. Charm



**ALL HAVILAH SITES ARE NON SMOKING SITES.  
PLEASE RESPECT THIS FOR THE SAFETY OF  
RESIDENTS AND STAFF.**



## 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 :

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

The Director 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 Care 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.