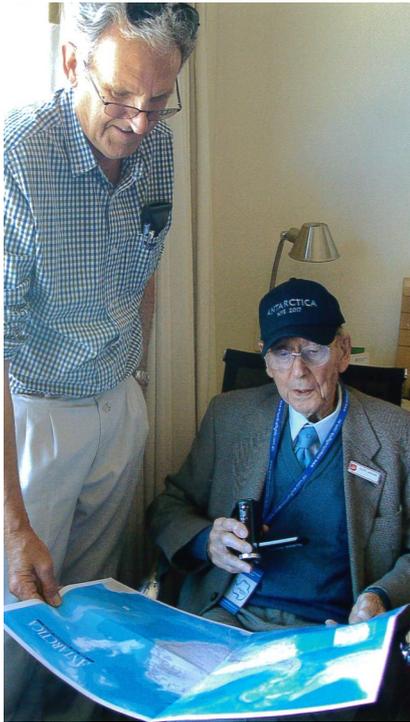


RAGLAN TATTLER

ISSUE: February 2018

HAVILAH WEBSITE: www.havilah.org.au
please contact Andrew on 5461 7387 or email
andrew.earl@havilah.org.au if you would like your
Tattler sent via email



EXPERIENCE OF A LIFE TIME

Cliff and The Antarctic Adventure:

To celebrate the start of the New Year by flying around an active volcano at midnight, in bright sunlight is an unforgettable experience.

This was to be my privilege some weeks ago when at the urging of my family, especially my grand daughter Melissa, I was booked on the Qantas flight on Sunday 31/01/2017.

As the oldest and being the second of more than 300 passengers to board the flight, I received royal treatment.

After take off the view of Melbourne was very interesting but we were within a few minutes so far above the clouds that little could be seen of the terrain. Even over Tasmania.

Once we reached the beginnings of the sea ice the view became clearer and of great interest, with such variety of ice formations and further inland, mountains and glaciers.

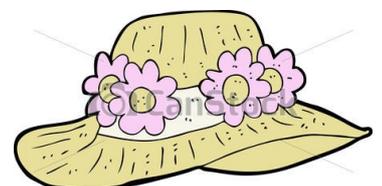
I am still amazed at the thought of such a huge plane being able to fly non stop for thirteen hours with over 300 passengers and crew with enough fuel to get there and back.

Man has achieved much in such things but when compared with the wonders of creations he has much more to strive for to maintain a peaceful civilisation.

Resident Meeting— Monday 5th March at 1.15 pm

THESE MEETINGS ARE A FORUM FOR IDEAS AND NEW INITIATIVES
WE WELCOME YOUR INPUT.

REMINDER: As the warmer weather is still upon us, it advisable when residents are going outside that they wear a hat at all times. It would be appreciated if families can ensure that residents have a hat available.



© Can Stock Photo - csp17747450

Justices of the Peace

There are 2 Justices of the Peace available within the Havilah on Palmerston Community.

Residents are welcome to contact them during Business Hours

Contact: Bob Osborne Phone: 5461 2709 Mobile: 0409 189 681

Email: bobosborne8@iprimus.com; or

Terry Simpson Mobile: 0419 737 837



We would appreciate families providing email addresses for emailing the TATTLER rather than posting it out. We understand that not everyone has email so those who have requested a copy and do not live locally will continue to receive it by mail. The TATTLER is also available on Havilah’s website at www.havilah.org.au

Resident Survey - December 2017

20 Residents were surveyed at Raglan House:

100% of residents surveyed stated that they feel safe here at Havilah either always or most of the time.

100% of residents stated that the staff meets all their healthcare needs either always or most of the time.

95% residents strongly agree or agree that they know how to make a complaint, compliment and suggestion.

100% of residents who attend activities stated that they agree or strongly agree that they are encouraged and supported to participate in activities they wish to attend.

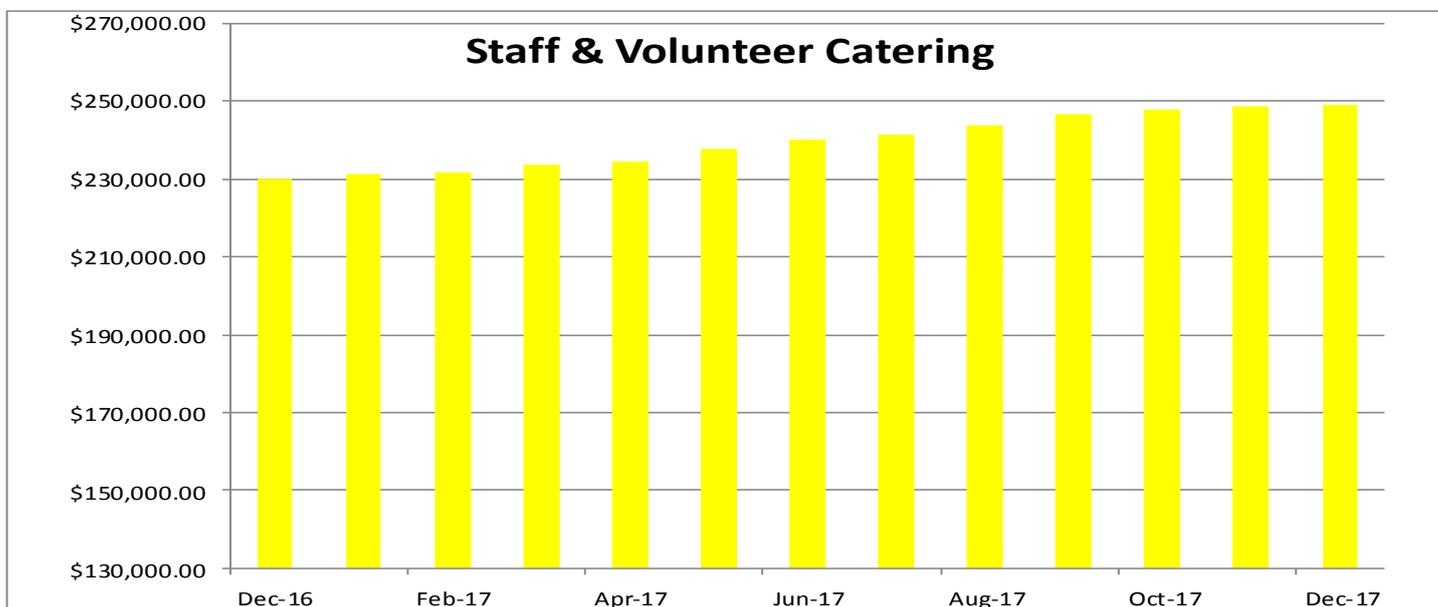
FALLS PREVENTION

Make sure the floor is clear of magazines, newspapers and electrical cords to ensure a safe walking environment.



New volunteers are always welcome. Please see Sue or Raeleen.

Staff & Volunteer Catering

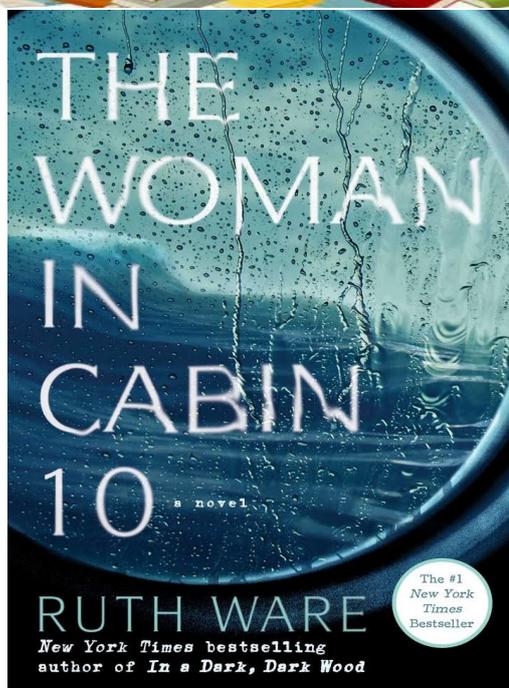


BOOK REVIEW

THE WOMAN IN CABIN 10

By

Ruth Ware



Lo Blacklock, a journalist who writes for a travel magazine, has just been given the assignment of a lifetime: a week on a luxury cruise with only a handful of cabins. The sky is clear, the waters calm, and the venerated, select guests jovial as the exclusive cruise ship, the Aurora, begins her voyage in the picturesque North Sea. At first, Lo's stay is nothing but pleasant: the cabins are plush, the dinner parties are sparkling, and the guests are elegant. But as the week wears on, frigid winds whip the deck, grey skies fall, and Lo witnesses what she can only describe as a dark and terrifying nightmare: a woman being thrown overboard. The problem? All passengers remain accounted for and so, the ship sails on as if nothing has happened, despite Lo's desperate attempts to convey that something (or someone) has gone terribly, terribly wrong.

DONATION: Late last year a new state of the art lifting chair was introduced for use at Heath House. The Raizer Chair is one of the latest, technologies designed to assist uninjured residents to their feet following a fall, minimising physical effort by staff and distress to residents. In donating the chair in recognition and appreciation of the good and kind care of his wife Helen by the Team at Heath House, Kent Teese, retirement living resident at Havilah on Palmerston said he was pleased the chair would help both residents and nursing staff in the future. On reading about the donation, long time supporter of Havilah and now resident at Melaleuca House Grace Rootes, thought this was a wonderful innovation and made a donation of an additional chair. Then, Judy Lind a resident at Havilah on Palmerston Retirement Village came forward with a further donation of a chair for use at Raglan House and within the Havilah on Palmerston Retirement Community. Thanks to this incredible generosity we now have two raizer chairs for use at Harkness and one for Havilah on Palmerston — How good is that!!!





Australia Day was a celebration at Raglan House with residents enjoying a midday meal of either fish and chips or the traditional lamb cutlets followed by chocolate and strawberry lamingtons.



AND SOME POINTS TO PONDER:

If you attempt to rob a bank you won't have any trouble with rent/food bills for the next 10 years, whether or not you are successful.

Do twins ever realize that one of them is unplanned?

What if my dog only brings back my ball because he thinks I like throwing it?

If poison expires, is it more poisonous or is it no longer poisonous?

Which letter is silent in the word "Scent," the S or the C?

Why is the letter W, in English, called double U? Shouldn't it be called double V?

Maybe oxygen is slowly killing you and it just takes 75-100 years to fully work.

Every time you clean something, you just make something else dirty

The word "swims" upside-down is still "swims".

Intentionally losing a game of rock, paper, scissors is just as hard as trying to win.

100 years ago, everyone owned a horse and only the rich had cars. Today everyone has cars and only the rich own horses.

Your future self is watching you right now through memories.

If you replace "W" with "T" in "What, Where and When", you get the answer to each of them.

Many animals probably need glasses, but nobody knows it.



The fruits have flourished on the tomato plants after Activities Team Leader Kim found the right position to place the pots to obtain the sun. If the crop produces enough the next cooking session could be making home made sauce or relish.







TALKING lifestyle
DIGITAL | ONLINE | MOBILE

Listen to us
Sydney - 954 AM
Melbourne - 1278 AM
Brisbane - 882 AM

Follow us on
facebook 

Proof Australia is the most dangerous place on Earth? Our birds are deliberately starting fires

By [Lauren Broomham](#) on January 12, 2018





Marlon Weems
@GeekTrader

Follow

Replying to @PAYOLETTER

So Australian birds are basically having barbecue cookouts.

While we typically think of fire as either human-made or from lightning, that doesn't appear to tell the whole story. These birds seek out brushfires and carry sticks to them. Once they're lit, the birds transport these flaming branches in their talons or beaks to a grassy location, causing it to catch fire. The birds then feast on animals as they flee, or nibble on their charred remains afterward.

12:29 PM - 8 Jan 2018

A scary new study has revealed some native birds are burning their prey alive. How?

The birds have learned to swoop down and pick up burning sticks at the edge of bushfires. They then drop them in dry grass or bushes elsewhere to start new fires and flush out lizards, snakes and other prey they can feed on (and we wonder why overseas tourists are so terrified of travelling here).

One of the Twitter reactions to the news

Using reports of fire-starting birds collected between 2011 and 2017 in the Northern Territory, researchers have confirmed at least three birds – the Black Kite (*Milvus migrans*), Whistling Kite (*Haliastur sphenurus*), and Brown Falcon (*Falco berigora*) – are responsible for spreading fire.

But apparently these “firehawks” are not a new phenomenon.

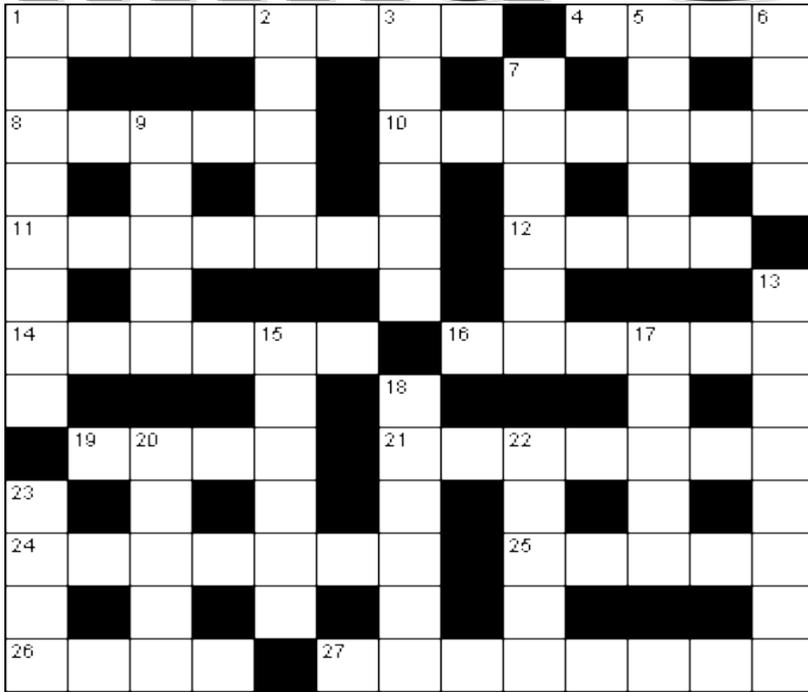
“We’re not discovering anything,” co-author Mark Bonta told National Geographic. “Most of the data that we’ve worked with is collaborative with Aboriginal peoples... They’ve known this for probably 40,000 years or more.”

I don't care though – fire-starting birds?! When they rise up to declare themselves our overlords, I'm

MONEY and VALUABLES

Residents are asked to limit the amount of money or valuables kept on their person or in their rooms. There is a locked drawer in each room for residents who have the capacity to ensure that they can keep money and valuables locked away. EFT facilities are available at reception and purchases at the kiosk, hairdressing, footcare etc can be added to the monthly accounts.

Mind Games



Across:

1. Consigns (8)
4. Upkeep (4)
8. Majestic (5)
10. Young Swans (7)
11. Svelte (7)
12. Short Letter (4)
14. Musical interval of weight tones (6)
16. Plant fibre (6)
19. Long Narrative poem (4)
21. Kind of nonfictional prose (7)
24. Nonattendance (7)
25. Sound (5)
26. Large woody plant (4)
27. Mental state induced by suggestion (8)

Down:

1. Ridicule (8)
2. Still legally acceptable (5)
3. An extreme attainment (6)
4. Alarm (5)
6. Facilitate (4)
7. Order of business (6)
9. Outstanding (5)
13. Famished (8)
15. Empty (6)
17. Confronted (5)
18. Seldom (6)
20. Ski run (5)
22. Public transport (5)
23. Immense (4)

Word Search - Occupations



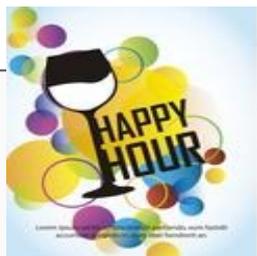
Find the hidden words? They may be horizontal, vertical, diagonal, forwards or backwards.

ACCOUNTANT, ARCHITECT, ARTIST, ASTRONAUT, AUTHOR, BAKER, BRICKLAYER, BUILDER, BUTCHER, CARPENTER, CHEMIST, DENTIST, DOCTOR, DRIVER, ELECTRICIAN, FARMER, FIREFIGHTER, GLAZIER, HANDYMAN, JOURNALIST, LAWYER, MUSICIAN, NURSE, PHOTOGRAPHER, PILOT, PLUMBER, POLITICIAN, SAILOR, SCIENTIST, SOLDIER, TAILOR, TEACHER.

MOVIE QUIZ

1. Who played Eddie Felson in the 1961 movie, The Hustler?
2. In what year was the movie classic Gone With the Wind released?
3. Who was Pike Bishop in the 1969 movie, The Wild Bunch?

GREAT THINGS TO DO



shutterstock-113010541

Happy Hour Every Friday evening

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



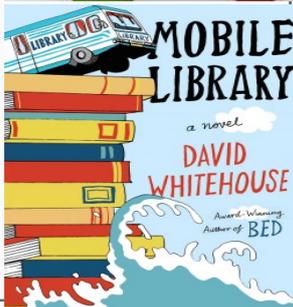
Bus Trip Out - Thursday afternoon departing at 1.30pm for lots of Fun points of interest throughout Central Victoria.

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



Raglan House Residents/Advocate Meeting

Next meeting Monday 5th March 2018 at 1.15 pm



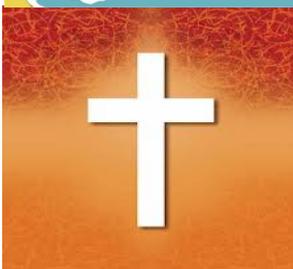
Mobile Library— February 2018 Dates

Monday 12th and 26th February 2018

Raglan House—Ground Floor—Neill Street end

Books Movies, Music CD's and Talking books are available

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



Church Services

UNITING CHURCH - 1st Tuesday each Month 2.30pm

ANGLICAN CHURCH - 2nd Thursday of the month 10.30am

SALVATION ARMY CHURCH - 4th Wednesday each Month 2.45pm



Saturday Movie Afternoon.

17th February 2018

Room 7 at 1.30pm

Including afternoon tea



Learn, Laugh and Live!

U3A University of the Third Age

Meet the 1st Monday of the Month

Bingo area at 10.00am



THE UNIVERSITY OF THE THIRD AGE

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

WEEKLY ACTIVITIES

MONDAY

Games Morning coffee and chat 10.15 am
 Bingo 1.30 pm
 Strength Exercises with Physio Rhonda 2.30 pm



TUESDAY

Marbowls 10.30 am
 Bingo 1.30 pm
 Chairbics 2.30 pm
 Cards Evening 6.30pm



WEDNESDAY

Footspa & Nail Care 10.00am
 Bingo 1.30pm
 Craft/Cooking/Cuppa& chat 2.30pm



THURSDAY

Street Walk 10.00am
 Bingo 1.30 pm
 Bus Trip 1.30pm



FRIDAY

Special Morning Tea 10.00 am
 Bingo 1.30 pm
 Chairbics 2.30 pm
 Happy Hour 5.00pm

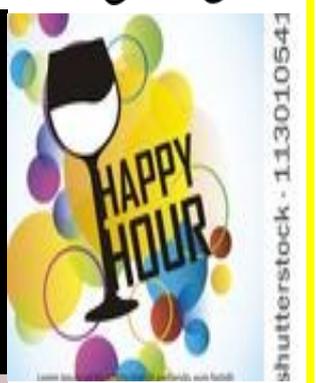
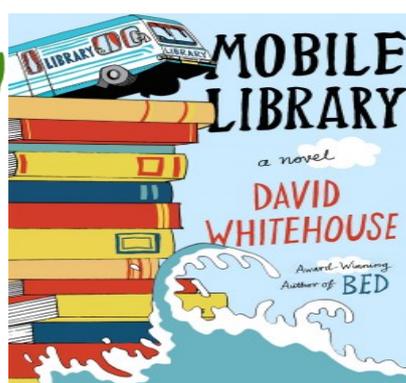


SATURDAY

Movie Afternoon - every 3rd Saturday

SUNDAY

Devonshire Afternoon Tea.



shutterstock - 113010541



Aged care residents team up with teens to write their memoirs

By [Lauren Broomham](#) on January 12, 2018

Residents at Allity's Walkerville Aged Care Home in Adelaide met with year 10 advanced English students at nearby Rostrevor College over 10 weeks to co-write their memoirs as part of the 'Write of Passage' program.

Each memoir was then produced as a book and presented by the students to the residents in front of family and friends.

93-year-old resident Kathie told the ABC she was initially reluctant to take part in the program, but sharing her stories with 15-year-old Clinton had been a life-changing experience.

"I think anyone, if they get the opportunity to do it, just do it. It's an eye-opener," she said. "I just like meeting people now."

Allity's Communications Director Janet Leung says the program has led to better health and well-being for the residents and given the students an appreciation for the wider world.

"Studies have shown that contact between generations benefits everyone and in this case we have definitely seen that," she said.

In fact the pilot has been such a success, Allity now says it will roll out the program across its aged care homes in NSW, Victoria, Queensland and South Australia nationally. Great stuff.

Residents who would like to take part in such a program at Havilah should let Sue know. If we have the interest we could talk to the local schools about being involved.





THINGS MY MOTHER USED TO SAY

- You need to appreciate what you have.
- Life isn't fair.
- Make it yourself.
- If everyone jumped off the bridge, would you?
- Don't open that umbrella in the house.



VISITOR/RESIDENT Sign In/Sign Out Books

Just a reminder to visitors to please sign the Visitor Books located on entry and departure. The Resident Books are to be completed when residents leave and return. This is so that in an emergency we know who is present within the building.

We also ask that residents and visitors advise the kitchen in relation to any food brought in to Havilah. 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. Your assistance with this is appreciated.

We encourage family and friends to visit at Havilah. We want you to feel welcome when you visit. If you are unsure about anything please ask one of our staff members to assist you. We must balance our responsibilities to residents, staff and volunteers under the various legislation. So that visitors may understand their rights and obligations please read the Visitor Brochure available at each sign in book. This brochure includes general information for visitors including the Visitor Code of Conduct.

LIFESTYLE

Havilah have their own Resident masseur who is available for massages at a cost of \$30 per session. If you would like to enquire about booking a session please contact Kim or Jo on 5459 0169.



Postage stamps are now available for purchase at the ground floor nurses station. Residents can post their mail in the post box in the main foyer near the lifts.

WORD OF THE MONTH

DOODLESACK - old English word to call the bagpipes.

A group of engineering professors from a university were invited to fly in a new aeroplane prototype.

When they were seated and ready for take off, the pilot told them the plane had been designed and built by their former students.

All but one jumped up and headed frantically for the exits in a panic.

The pilot asked the ones remaining professor why he wasn't moving.

"I have confidence in my students and we are 100 percent safe, because I know for a fact that the engine on this piece of rubbish will never start.."



A rabbit hopped into a corner store one morning and ordered a ham and cheese toastie.

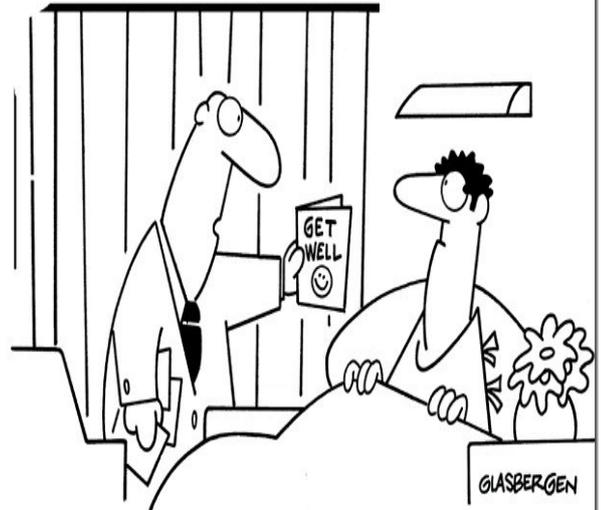
The next morning he came in and ordered an avocado and baked bean toastie.

Every morning over the next two weeks the rabbit hopped into the shop and when the owner asked, "What would you like today Mr rabbit? He always ordered a different toastie.

One morning he hopped into the shop and when the shop keeper said, "Good morning Mr Rabbit, he replied, "I am not Mr Rabbit, I'm the ghost of Mr Rabbit".

The shopkeeper expressed his sympathy and asked what he had died of.

The rabbit replied, "Mix-a-my-toastie".



"I'm the doctor who brings the cards. I'm a cardiologist."

A married couple in their early 60's are celebrating their 40th wedding anniversary in a quiet, romantic, little restaurant when suddenly a tiny fairy appeared on their table.

The fairy said: "For being together for such a long time and being loving to each other, I will grant you each a wish.

The husband answered: "Great! I want to travel around the world with my darling wife.

The fairy waved her magic wand, two tickets to cruise on the Queen Mary 2 appeared in his hands.

The wife thought for a moment: Well, this is all very romantic, but an opportunity like this is will never come again. My wish is to have a husband 30 years younger than myself.

The husband and fairy were very disappointed, but a wish is a wish.

So the fairy waved her magic wand –poof!- the wife became 92 years old.



IMPORTANT INFORMATION

WHAT TO DO WHEN THE FIRE ALARM SOUNDS



Please remain where you 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.

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Quiz and Crossword Solutions from page 10

Answers to Movie Quiz



- 3. William Holden
- 2. 1939
- 1. Paul Newman



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 Haviilah 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 are encouraged to communicate any issues they may have to :

Nurse Manager (RN1) Deb Matthews 5459 0154 or internal dial 154.

The Nurse Manager can be contacted by email using the email address:

deb.matthews@haviilah.org.au

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

email: barb.duffin@haviilah.org.au or

Director of Care Kelsey Hooper 54 617383 email: kelsey.hooper@haviilah.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.

Haviilah 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.