

# RAGLAN TATTLER

**ISSUE: February 2019**

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



**Vision  
Initiative**

## EYE HEALTH AWARENESS SESSION

A partnership promoting eye health and vision care

You are invited to attend a community eye health awareness session presented by  
Jeremy Vallence contracted optometrist for Havilah at Havilah on Palmerston

To be held in room 7 Community Centre HOP

When : Thursday 21st February 2019

Time : 1pm afternoon tea provided

Vision Australia will be distributing eye health resources on the day.

Look forward to seeing many of you here on the day supporting our health initiatives.

Please rsvp to Kim on 54590169 by Wednesday 20th February

Introducing our new activity just for the blokes.

You are welcome to come and join us on the 2nd  
Wednesday of each month for a morning tea and chat  
with other men from Raglan House, The ILU communi-  
ty and visiting residents from our Harkness Street site.

An opportunity for a chat with other blokes about se-  
cret mens business while having a cuppa and a bite to eat. This will be a stepping stone for our Men's  
activity group with YOU letting us know what you would like to have in the future regarding men's ori-  
ented activities. Hope to see you here at our first get together on Wednesday March 13th 2019.

Some ideas are so far –

Replay of footy grandfinals with a bbq and a beer.

Fishing trip to Tukki Trout farm.

Pub lunch outing, pot and a punt.

Recreation room get togethers, pool, cards, golf etc

Handyman projects such as sanding & staining wood furniture.

The logo for 'time to talk' features the words in a bold, sans-serif font. The words 'time' and 'talk' are white and set against yellow and teal speech bubble backgrounds, while the word 'to' is black and centered between them.

**time to talk**

**Resident Meeting— Monday 4th March 2019 at 1.15 pm**

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





Residents enjoyed the cooking session, with the hot weather that we have been experiencing, the oven was not turned on, instead they made fruit kebabs, everyone in attendance participated in the cutting of fruit, place on the skewers and of course eating them.

The recent bus outing travelled to Sally's Paddock at the Redbank Winery, the residents had a walk around the area with great interest followed by a superb afternoon tea in the winery's café. It was a great afternoon, weather pleasant and residents enjoyed being back out on the bus.





## PHOTO GALLERY



Australia Day Celebrations saw the dining rooms decorated with the theme of the Australian Flag. Staff and residents joined in with their fancy hats, flags and gloves. An Australian themed lunch was served including lamb pie, prawn cocktail and for those with a sweet tooth peach melba pavlova.



The conversations of life

## Doctors save man from alcohol poisoning – with 15 tinnies

By [Lauren Broomham](#) on February 1, 2019



One for the bizarre but true file. 48-year-old Vietnamese man Nguyen Van Nhat, was taken to Quang Tri General Hospital on Christmas after allegedly downing alcohol containing methanol – a highly toxic form of alcohol – so doctors gave him an unusual prescription: three cans of beer. Sounds strange – but while ethanol, the main ingredient in alcoholic drinks, won't poison you unless you drink too much (we all know that feeling), methanol is sometimes found in homemade spirits and can cause temporary blindness and even death.

Because our livers break down ethanol – which is in beer – before methanol – throwing down a few tinnies can give doctors time to perform dialysis and flush the alcohol out of the person's system before the methanol takes effect.

The ultimate 'hair of the dog'?

Mr Nhat was reportedly given one can of beer every hour while recovering in the hospital's Intensive Care Unit (ICU) – after 15 cans, he'd made such a miraculous recovery, doctors were able to discharge him and send him home to recover (with what we expect would be a mighty big hangover).

But could it be 'fake news'? Emergency medicine registrar Matilda-Jane Oke told [VICE](#) it's "absolutely plausible."

"While ethanol is now the second line antidote for methanol poisoning, it's still used in lots of emergency departments for this problem (although we typically wouldn't use beer as the concentration of ethanol is pretty low in it). I think my ED still has a bottle of vodka lying around for when this happens."

Beer (or vodka) as a lifesaver? I'll drink to that.

### Emailing the Tattler

*If you provide us with your email address, we can email your Raglan Tattler to you. Please email your details to [andrew.earl@havilah.org.au](mailto:andrew.earl@havilah.org.au).*

*Your assistance with this is appreciated.*

## RESIDENT MASSEUR

Havilah have their own Resident masseur who is available for massages at a cost of \$30.00 per session. If you would like to enquire about booking a session please contact Kim on 5459 0169 or Internal 169





## THINGS MY MOTHER USED TO SAY

You're the eldest, you should know better.

You'll understand when you're older.

You won't be happy until you break that, will you?

You have an answer for everything, don't you?



### RESIDENT SURVEY: December 2018

**Raglan House: 25 residents surveyed:**

100% of surveyed residents stated that they most of the time or always receive their clothes back from the laundry in good condition.

100% of residents indicated when surveyed that most of the time or always receive enough information about activities and events that are organised in the facility.

100% surveyed residents agreed or strongly agreed that they are satisfied with their involvement in the decision making of their care.

100% of residents surveyed agreed or strongly agreed that their medical needs are met.

## FALLS PREVENTION

Ensure you do not over reach when picking up items.

Limit the intake of alcohol especially if on medications.

Have regular eye testing.



### St Patricks Day Celebrations

**March 17th**

'Luck of the Irish' will be celebrated at Raglan House.



### SHORT FUNNY SAYINGS:

- Doing nothing is hard, you never know when your done.
- I think the worst time to have a heart attack is when you'll playing charades.
- Alcohol doesn't solve any problem, but neither does milk.
- I'm jealous of my parents,, I'll never have a kid as cool has them.
- Always remember your unique, just like everyone else.
- Money can't but happiness, but it sure makes misery easier to live with.
- If you do a job too well, that means you'll get stuck with it.
- Quantity is what you count, quality is what you count on.

### Signing In and Out

We ask that all residents and their families please complete the details in the Sign Out Book when leaving Havilah and when returning. This is so we are aware of who is in the facility at any time for reasons of evacuation.

Please fill out the following information: Residents Name, Where they are going, Who with, Time out, Approximate time due back, Returned time, Signature and Date. We want to know that everyone is safe and this information assists us should you not return when expected.

The Central Highlands Library service visit's Raglan House every second Monday in the month. Come and talk to Kerry the Librarian who will help you find the book you are after. They have a great range of books to select from and if there is something that you specifically want they can arrange this for you on the next visit. The mobile Library is set up in the North end on the ground floor. from 10.15am - 11.15am.



### HAVILAH HAIRDRESSER



Clipper Haircuts  
\$10.00

Mens Haircuts  
\$20.00

Wash & Dry  
\$10.00

Ladies Trims  
\$25.00

Ladies Sets \$25.00

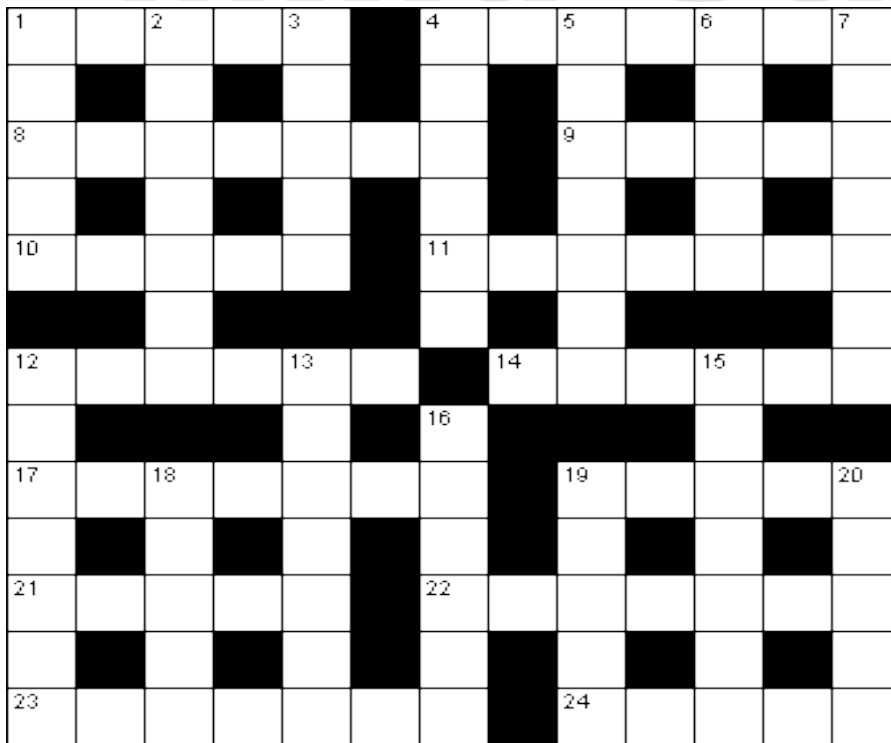
Blow Wave \$25.00

Your Colour & Blow Wave \$60.00

Hair Colour & Blow Wave \$80.00

Perms \$80.00

Our hairdresser Julie is in the salon on Tuesdays or by special appointment to attend to all your hair needs.

**Across:**

1. Tempest (5)
4. Perplexes (7)
8. Fall back (7)
9. Portion (5)
10. Boasts (5)
11. Compared (7)
12. Pact (6)
14. Pique (6)
17. Certify (7)
19. Meeting place (5)
21. Mountain range (5)
22. Flair (7)
23. Passed by (7)
24. Begin (5)

**Down:**

1. Bush (5)
2. Indignation (7)
3. Encounters (7)
4. Improved (6)
5. Crevice (7)
6. Jumped (7)
7. Thin (7)
12. Kind of syrup (7)
13. Despots (7)
15. Cure-all (7)
16. Assisted (6)
18. Play (5)
19. Planet (5)
20. Happening (5)

**Word Search - Birds**

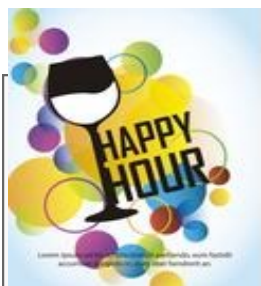
J A V R M V E W R L A E V E R E H E J  
 A H J D K I O G N C R D L E C H C N V  
 D Y P D G L N A D U R V L K C N I O A  
 H V M D L G C S T B G G C N V N R R V  
 D R U A V U N L C E A M I V V N T E J  
 G B W C O C U C V E S F S H S M S H P  
 J S K T A V O D R A L P P T A E O S A  
 B A J E Z N R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

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

ALBATROSS, BUSGIE, BUZZARD, CNARY, CORMORANT, CRANE, CROW, DOVE, EAGLE, EMU, FINSH, FLAMINGO, HAWK. HERON, JACKDRAW, KESTREL, KOOKABURRA, LAPQING, LARK, NIGHTINGALE, OSTRICH, OWL, PARROT, PENQUIN, PIGEON, QUAIL, RAVEN, ROBIN, SANDPIPER, SEAGULL, SPARROW, STORK, SWALLOW, TERN, TOUCAN, VOLTURE

**QUIZ**

1. Off the coast of which state is Kangaroo Island?
2. What was Jon Hendricks best known for?
3. Who was the first woman to be elected to the Australian House of Rep?
4. In which year did TV begin transmission in Australia?
5. How long can giant worms grow?



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

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



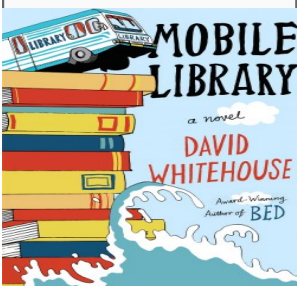
**Bus Trip Out** - Thursday afternoon departing at 1.30pm for lots of Fun points of interest throughout Central Victoria.

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 7th March 2019 at 1.15 pm



**Mobile Library**— each 2nd Monday of the month

**Next dates 4th and 18th March**

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



**Time to Talk - 2nd Wednesday each Month**

**Next Date 13th March**

Great chance for the men to get together and chat about secret men's business

Learn, Laugh and Live!



THE UNIVERSITY OF THE THIRD AGE

**U3A University of the Third Age**

Meet the 1st Monday of the Month

Bingo area at 10.00am



## 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

Chairobics 2.30 pm



### WEDNESDAY

Footspa & Nail Care 10.00am

Bingo 1.30pm

Craft/Cooking/Cuppa & chat 2.45pm



### THURSDAY

Street Walk 9.30am

Bingo 1.30 pm

Bus Trip 1.30pm



### FRIDAY

Special Morning Tea 10.00 am

Bingo 1.30 pm

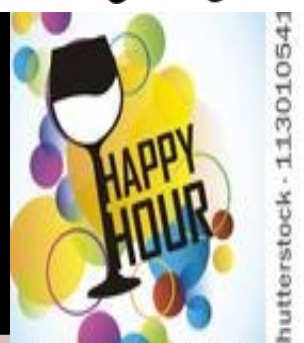
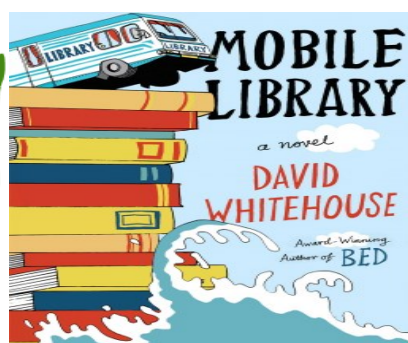
Chairobics 2.30 pm

Happy Hour 5.00pm

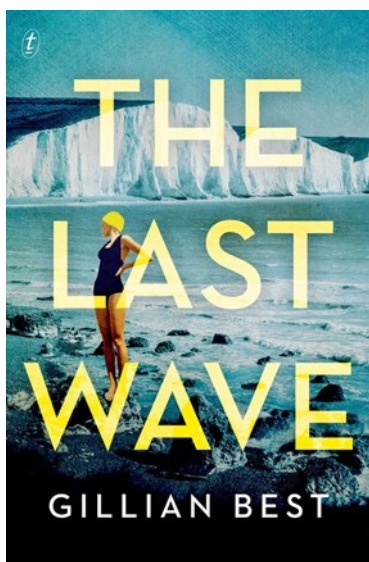


### SUNDAY

Devonshire Afternoon Tea each Sunday 3.00pm



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



John looked furious—with me or with himself, I couldn't tell.

'I'm going to put some dry clothes on,' I said. 'Then I will come down and cook your dinner. And then, John, I am going to swim the Channel.'

'What's so bloody important about swimming the Channel?' he shouted.

from the drudgery of life as a wife and mother—but she can never quite escape the pull of love and family, despite her desire for freedom.

Her husband, John, struggles to understand her; their son lives in faraway Australia; and they haven't spoken to their daughter for years—not since she came home for Christmas and announced that she was in love with a woman. When John's mind begins to unravel, Martha must care for him alone. She wonders how she'll ever keep her head above water—and if she has it in her to swim the Channel just one more time.

Set against the stunning backdrop of Shakespeare's Bay and the white cliffs of Dover, *The Last Wave* is a story spanning three generations, from the 1940s to the present day, and encompassing all the grief and joy of family life.

The sea has always been Martha's escape—first from the sadness and strife of her childhood home, then

With the weather conditions still being unpredictable, that residents are to ensure that they are dressed appropriately and their rooms are at comfortable temperature for them as per the day, make sure you have an adequate fluids on a regular basis to be kept hydrated and if are outdoors doors for a walk, wheelchair walk or sitting outdoors in the sunshine reading, a hat and a suitable sunscreen applied is advisable. Staff will assist residents in their needs.




### Justice of the Peace

The Havilah on Palmerston community has the services of a Justice of the Peace,  
Contact:

Terry Simpson Mobile: 0419 737 837

### WEIRD and WONDERFUL WORDS

**SPAGHETTIFICATION** - the process by which (in some theories) an object would be stretched and ripped apart by gravitational force on falling into a blackhole

 **EFTPOS**  
For the convenience of residents, EFTPOS facilities are located at reception in the High 'School Centre for payment of

Postage stamps are available for purchase at the main reception desk, between the hours 9am - 12noon, Monday - Friday.

Reception hours in the High School Centre are Monday - Friday, 9.00am - 12noon, except public holidays.





## FROM THE KITCHEN :

The menu for each day is displayed on the dining tables. If residents do not wish to have the 'First Choice' for lunch please notify the catering staff that you would like the 'Second Choice' shown on the menu. The first and second choice change every day. There are also choices listed for soft and pureed diets including sweets. Just in case you do not like either choice offered there are additional alternatives available every day and these are listed on the menu. Please advise kitchen staff at breakfast or up to 10.00am if you would like one of the Lunch alternates rather than what is being offered as first or second choice. For those who have breakfast in your room the daily menu is included on your breakfast tray. Please inform the care staff of your choices for the day.

At tea time there is a selection of two soups, two mains and two sweets on the menu.

**Tea time alternatives each day are** - Salads, raisin toast and sandwiches. Please advise the kitchen prior to 3pm if you would like one of these alternate choices.

***So that staff can have your meal ready for you at mealtime please take special note of the times for ordering of alternate meals, therefore at breakfast or by 10 a.m. for lunch and by 3pm for tea.***

**For breakfast** residents may have whatever cereals they wish. Please notify the kitchen who will arrange to get this in if it is not held as normal stock.

## MEALS FOR FAMILY MEMBERS AND GUESTS.

We welcome resident guests for meals at a cost of **\$8.00** per head for all meals, with exception for special occasions, eg Christmas Day, Mothers Day when special prices are set. Guests can attend at Happy Hour, Special Morning Tea on Tuesdays and Sunday Devonshire afternoon tea without charge. Tea and coffee making facilities and biscuits are on hand in the kitchenettes for residents and visitors.

Please advise the relevant kitchen prior to 10.00am by phoning **54590 180** When booking meals for more than 5 people, please notify the kitchen the day before.

## REPORTING FOOD BROUGHT IN FOR RESIDENTS

As all food prepared by Havilah is closely monitored under the Food Safety Standards it is a requirement that **All food brought in to Havilah** by residents or their families/visitors must be reported. There is a register available in each Foyer and in the Kitchen for you to record this. Food put in the fridges must have the resident's name and the date clearly marked. Your assistance with this is appreciated.

If there is food that you enjoy that you would like to see on the menu you can discuss this with Food Services Manager Di Jackson, or Nurse Manager Deb Matthews or alternatively fill out a form and place in the Suggestion Box.





A husband and wife who work for the circus go to an adoption agency looking to adopt a child, but the social workers there raise doubts about their suitability.

So the couple produces photos of their 50-foot motor home, which is clean and well maintained and equipped with a beautiful nursery.

The social workers are satisfied by this but then raise concerns about the kind of education a child would receive while in the couple's care.

The husband puts their mind at ease, saying,

A young guy called Tommy bought a horse from a farmer for \$250 and the farmer agreed to deliver the horse to Tommy the following day.

The next day though, the farmer turned up at Tommy's house and said, "Sorry son, but I have some bad news, the horse died."

Tommy replied, "Well, then just give me my money back. That's fine."

The farmer said, "Sorry, I can't do that. I went and spent it already."

Tommy then said, "Okay, then, just bring me the dead horse."

The farmer was surprised and asked Tommy, "Why? What ya gonna do with him?"

"We've arranged for a full-time tutor who will teach the child all the usual subjects along with French, Mandarin, and computer skills."

Next though, the social workers express concern about a child being raised in a circus environment.

This time the wife explains, "Our nanny is a certified expert in pediatric care, welfare, and diet."

The social workers are finally satisfied and ask the couple, "What age child are you hoping to adopt?"

The husband says, "It doesn't really matter, as long as the kid fits in the cannon."

Tommy replied, "I'm going to raffle him off."

The farmer laughed and said, "You can't raffle off a dead horse! Who'd buy a ticket?"

Tommy answered, "Sure I can, just watch me. I just won't tell anybody the horse is dead."

A month later, the farmer met up with Tommy again and asked, "What happened with that dead horse in the end. Did you raffle him off?"

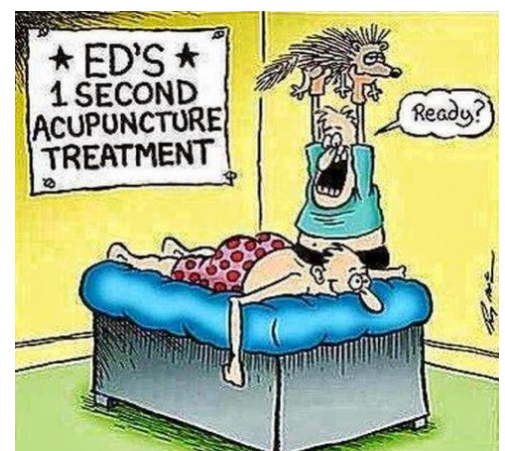
Tommy said, "I sure did. I sold 500 tickets at \$5 a piece."

The farmer said, "Didn't anyone complain?"

Tommy smiled and said, "Just the guy who won. So I gave him his \$5 back."



A family moves into a new neighbourhood, one day the family overslept and their six-year-old daughter missed her school bus. The father, though late for work himself, had to drive her. Since he did not know the way, he said that she would have to direct him to the school. They rode several blocks before she told him to turn the first time, several more before she indicated another turn. This went on for 20 minutes - but when they finally reached the school, it proved to be only a short distance from their home. The father, much annoyed, asked



his daughter why she'd led him around in such a circle. The child explained, "That's the way the school bus goes, Daddy. It's the only way I know."



## 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.

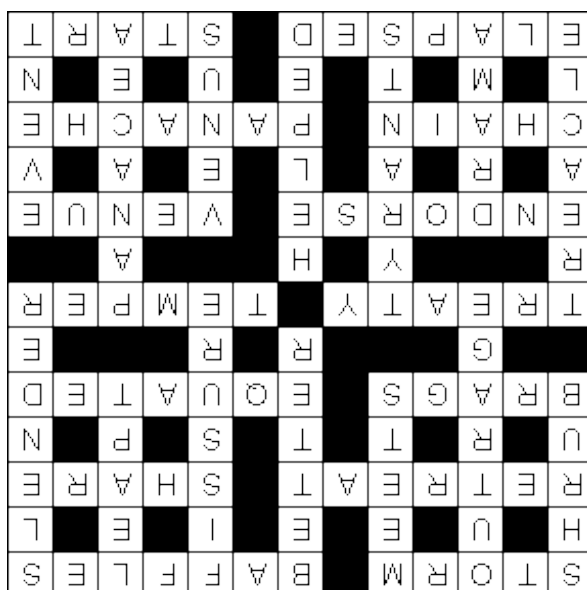
There is a maximum of 6 resident rooms in each smoke/fire compartment and therefore should evacuation be required in the first instance it would only be for residents in the affected compartment.

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.

**If you want to make a comment, suggestion, complaint or compliment but are unsure how to go about this , please ask a staff member to assist you.**



### Quiz and Crossword Solutions from page 7

### Answers to Quiz

1. South Australia.
2. Swimming.
3. Dame Enid Lyons.
4. 1956.
5. Up to 3.5m.
6. Country.



**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

**High School Centre (Reception)** 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.

**24 Hour Contact Raglan House. 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. This number is available for 24 hour emergency contact.

**Reception Hours—Account Payments and Enquiries** MON-FRI 9.00 am—12.00 pm  
54590140

**General Enquiries.** For any general enquiries: Families or residents can contact Havilah 24 hours a day, 7 days a week Telephone: 54617387. Leave a message if it is out of office hours and staff will get back to you as soon as possible.

**Pick up and Drop Off Points** Residents and families, please use the flat surfaces provided for residents being picked up or dropped off at Raglan House. These are the areas directly out from the Raglan House front doorway (Raglan Street entrance) and the Raglan House Court Yard Entrance. The nature strip areas and kerbing are not meant for walking on and do not provide a stable surface so please remain on the concrete paths and crossings to ensure safety.

**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.

Deb can be contacted by email using the email address: [deb.matthews@havilah.org.au](mailto:deb.matthews@havilah.org.au)

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

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

**Director of Care Kelsey Hooper** 54 617383 email: [kelsey.hooper@havilah.org.au](mailto:kelsey.hooper@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.

**External Complaints** through the Aged Care Quality and Safety Commission: 1800 951 822

**Elder Rights Advocacy** 1800 700 600 Email [era@era.asn.au](mailto:era@era.asn.au). [Www.era.asn.au](http://www.era.asn.au)