

RAGLAN TATTLER

ISSUE: March 2017

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



BUS OUTING— BEALIBA RAILWAY STATION.

Residents enjoyed a bus outing with Volunteers Ivan and Carol to the Bealiba Station where a guided tour of the station and private gardens was provided together with afternoon tea on the old station platform.

Resident Meeting— Monday 3rd April at 1.15 pm

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



FISH & CHIP LUNCHEON.

From the fryer to the paper.



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.

RAGLAN TATTLER

SPECIAL MORNING TEA



DEB MATTHEWS APPOINTED NURSE MANAGER - HAVILAH ON PALMERSTON

Deb Matthews has been appointed to fill Cleta's position. As announced last month Cleta will be leaving on Friday 31st March. Most residents and families will know Deb who has been at Havilah for almost 9 years and has worked consistently at Raglan House. Although it is always difficult stepping into someone else's shoes, and Cleta will be very much missed, Deb's most recent roles of Nursing Supervisor and Unit Manager at Havilah's Harkness Street site together with her experience at Raglan House will very much assist a smooth transition. **CONGRATULATIONS DEB!**

BOOK REVIEW

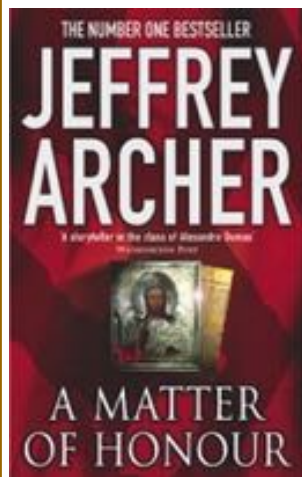
A MATTER OF HONOUR

by

JEFFERY ARCHER

This book was published in 1986, so it is an oldie but as they say it is a goodie.

The book starts with the death of the 'hero's father and in his will Adam being left a mysterious letter which his father gave him the choice to open or not.



It seems innocent enough. A disgraced British colonel bequeathing a mysterious letter to his only son. But the moment Adam Scott opens the yellowing envelope, he sets in motion a deadly chain of events that threatens to shake the very foundations of the free world.



Within days, Adam's lover is brutally murdered and he's running for his life through the great cities of Europe, pursued not only by the KGB, but by the CIA and his own countrymen as well. Their common intent is to kill him before the truth comes out. While powerful men in smoke-filled rooms plot ever more ingenious means of destroying him, Adam finds himself betrayed and abandoned even by those he holds most dear.

When at last he comes to understand what he is in possession of, he's even more determined to protect it, for it is more than a matter of life and death-it's a matter of honour. Think Swiss bank account, Russian Orthodox icon, Herman Goring and you get to the stage that you just keep reading to find out what it is all about.

RESIDENT SURVEYS

RESIDENT SURVEYS - January 2017:

Of the 65 (49 Harkness + 16 Raglan) residents surveyed:

97% of residents enjoyed the Christmas family BBQ and lunch and other Christmas festivities that were offered.

98% of residents believe they are given the opportunity and support with their chosen preferences in their lives.

88% are aware of the procedure to make a comment, complaint, suggestion or compliment.

95% of residents believe they are kept well informed.

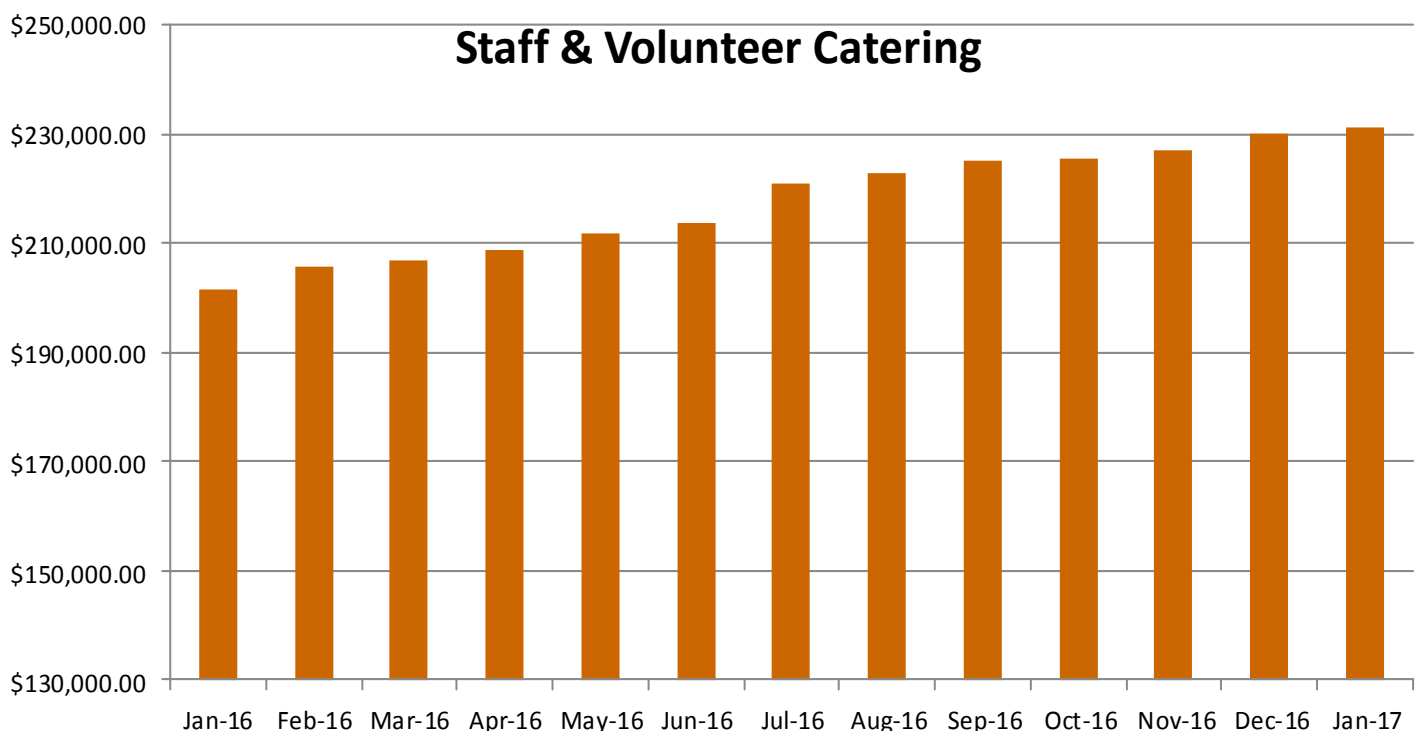
FALLS PREVENTION



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



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



THINGS MY MOTHER USED TO SAY

Those who swear don't have much of a vocabulary..

Hear the sirens? They're coming to get you.

Only eat the snow just below the top layer..

Lay means to put or place..

Don't put anything smaller than an elbow in your ear.

Getting dirty is good for you, it builds up ones resistance.

It isn't lady-like to drink from a bottle.

If you can't play nice, you can't play at all.



If you are not attending Happy Hour

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.

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.

It'll settle down after a couple of washes



WORD OF THE MONTH

Spatial:

relating to the position, area, and size of things within an area...



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



Mind Games



Across

1. Utensil (5)
3. Path (5)
7. Disregarded (7)
9. Send Out (5)
10. Military Command (5)
11. Mythical beast (7)
12. Taste (6)
14. Movie House (6)
18. Bet (7)
20. Deduce (5)
22. Unsuitable (5)
23. Roamed (7)
24. Finished (5)
25. Small boat (5)

Down

1. Mariners (7)
2. Possessed (5)
3. Boredom (6)
4. Legal excuse (5)
5. Svelte (7)
6. Beer mug (5)
8. Relating to country life (5)
13. Tycoon (7)
15. Dialect (5)
16. Condense (7)
17. Worshipped (6)
18. Forgo (5)
19. Graded (5)

Word Search—Keep Fit

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

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

AEROBICS, ATHLETICS, BALANCE BEAM, BARBELL, BICEPS, BIKE, BODY BUILDING, DELTOID, DIET, EXERCISE, FITNESS, GYMNASIUM, HEALTH, HORSE, JOGGING, MEDICINE BALL, MUSCLES, NUTRITION, PARALLEL BARS, PECTORAL, PHYSIQUE, PUSH UPS, RINGS, ROWING MACHINE, RUNNING, SPORT, SWIMMING, TRAINER, TRAMPOLINE, TREADMILL, TRICEPS, WEIGHTS, WORKOUT.

ANAGRAMS: Food and Drink

1. RAW INERT MEAL (7,5)
2. AWFUL RECOIL (11)
3. IN REAL EGG (6,3)
4. A MOTTO 960
5. CRIED (5)
6. RICH EAT OK (9)
7. CHANGE MAP (9)

GREAT THINGS TO DO

UPCOMING EVENTS



Happy Hour Every Friday evening

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



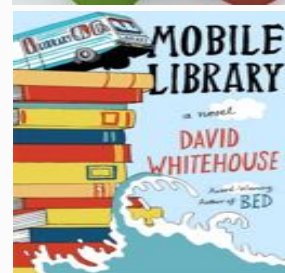
Bus Trip Out - Thursday afternoon departing at 1.30pm for lots of Fun points of interest throughout Central Victoria.

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 3rd April 2017 at 1.15 pm



Mobile Library— February Dates

Monday 13th and 27th 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 Wednesday each Month 2.30pm

ANGLICAN CHURCH - 2nd Wednesday each Month 10.30am

SALVATION ARMY CHURCH - 4th Wednesday each Month



Football Tipping: The approaching football season brings with it the **Havilah Footy Tipping Competition**.

End of Year prize pool \$50, \$30, \$20 respectively for 1st 2nd and 3rd. **Each round tipsters with 9 winners are awarded \$10.**

Free to Enter. Please let Kim know if you would like to take part..

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

Chairobics 2.30 pm

WEDNESDAY Nail Care with Cuppa and Chat 10 am

Bingo 1.30 pm

Cooking 2.45 pm

THURSDAY

Footspa with Cuppa and Chat 9.30 am

Bingo 1.30 pm

Bus Trip 1.30pm

Craft 2.45pm

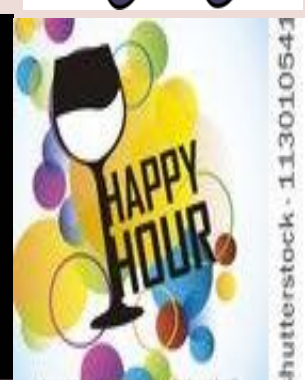
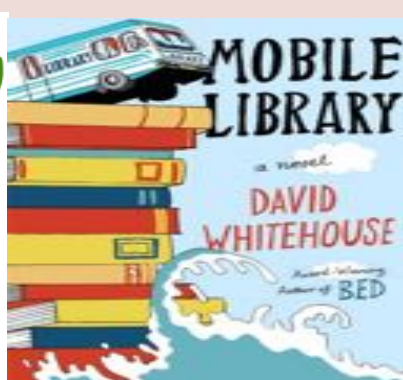
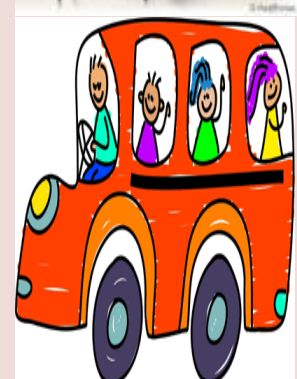
FRIDAY

Special Morning Tea & Reminiscing chat 10 am

Bingo 1.30 pm

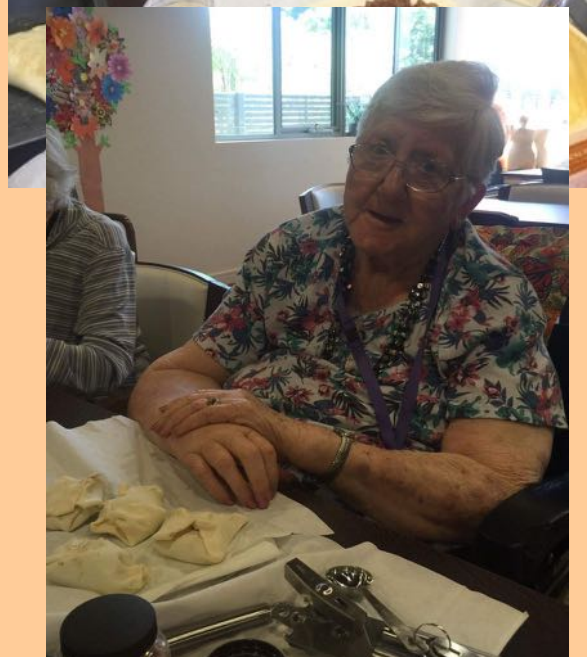
Chairobics 2.30 pm

Happy Hour 5.00pm



COOKING SESSIONS

The cooking activity session's are very popular with the residents, the newly purchased oven has had a great initiation with muffins, scones and apple pastries being baked. We will be organising to have a guest cook once a month, either a resident or a family member to showcase their favourite recipe. Family and friends are very welcome to come and assist with the sessions.



HEALTH AND WELLBEING

TIPS FOR HEALTHY AGING

There is a special part of the brain that guides memory and spatial navigation. When we start to forget things and have trouble getting around it is this part of the brain to blame. This area doesn't have to slow down with aging. There are some fun, simple and easy ways to keep the mind and body in top shape.

Physical Exercise. Daily stretching is important to keep flexibility. 5 minutes of stretching/exercise in the morning would be helpful and it is never too late to start. Going for a walk, gardening or anything that keeps you moving is good. Exercise helps control weight, lower blood pressure and strengthen muscles which in turn making you less likely to fall.

Mental Exercise. Imagine your brain running on a treadmill, working off the mire of aging. Mental exercise keeps the brain taut and sharp. Doing crosswords and puzzles, join book discussions and quizzes all exercise the brain.

Don't Retire. That is not to say don't leave the work force. Just don't quit life completely. Volunteer (even in an age care facility there is something to help with, even if it is helping to put out chairs for activities or collecting plates at your table at morning tea), go out or participate in something.

Don't Smoke or Drink. Quit the nicotine and save the alcohol for special occasions. (like Happy Hour).

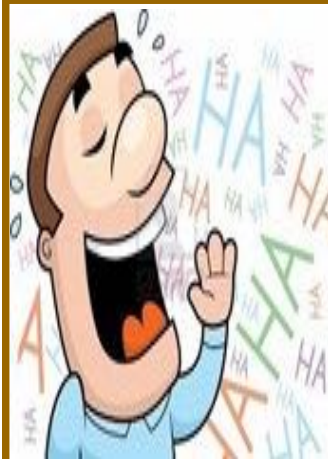
Go to Bed. Try to get at least 6 hours sleep a night. This gives the body and brain a chance to repair itself and to store memories. Make sure your room is right for sleeping. Good temperature, low light or dark room and quiet.

Make sure you get plenty of fibre. Eat fruit and vegetables, nuts and grains (like porridge for breakfast), and don't forget to drink plenty of fluids such as water. I know there is no fibre in water but it helps with the fibre.

Reduce Stress, be a ray of sunshine. It is difficult for anyone to eliminate stress and anxiety completely from their lives. Try to identify what stresses you and avoid it. Get a massage, gentle exercise and socialise with friends helps.

Stay Social. It is difficult to see friends and loved ones pass on late in life, but a lonely life may lead to depression. Connect daily with a friend, family member or loved one.

REMEMBER LIFE IS FOR LIVING



Giggletime

A BIG game hunter went on a safari with his wife and mother-in-law. One morning, while still deep in the jungle, the hunter's wife awoke to find her mother gone.

She woke her husband, and they both set off in search of the woman. In a clearing not far from the camp, they came upon a chilling sight. The mother-in-law was standing face to face with a ferocious lion.

"What are we going to do?" his horrified wife asked. "Nothing," her husband replied. "The lion got himself into this mess, let him get himself out of it."

A teacher asked her students to use the word "beans" in a sentence. "My father grows beans," said one girl. "My mother cooks beans," said a boy. A third student spoke up, "We are all human beans."

A blonde and a redhead have a ranch. They have just lost their bull. The women need to buy another, but only have \$500. The redhead tells the blonde, "I will go to the market and see if I can find one for under that amount. If I can, I will send you a telegram." She goes to the market and finds one for \$499. Having only one dollar left, she goes to the telegraph office and finds out that it costs one dollar per word. She is stumped on how to tell the blonde to bring the truck and trailer. Finally, she tells the telegraph operator to send the word "comfortable." Sceptical, the operator asks, "How will she know to come with the trailer from just that word?" The redhead replies, "She's a blonde so she reads slow: 'Come for ta bull.'"



A man asks a farmer near a field, "Sorry sir, would you mind if I crossed your field instead of going around it? You see, I have to catch the 4:23 train."

The farmer says, "Sure, go right ahead. And if my bull sees you, you'll even catch the 4:11 one."

In a boomerang shop: A customer said to the shop assistant that he would like to buy a new boomerang. The customer also said, can you tell me how to throw the old one away?"

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.



Quiz and Crossword Solutions from page 7

Answers to Anagrams

1. Mineral Water
2. Cauliflower
3. Ginger Ale
4. Tomato
5. Cider
6. Artichoke
7. Champagne



**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) Cleta Roughead 5459 0154 or internal dial 154.

The Director can be contacted by email using the email address:

raglanmanager@havilah.org.au

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

email: barbceo@havilah.org.au or

Director of Care Kelsey Hooper 54 617383 email: 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.