

RAGLAN TATTLER

ISSUE: March 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



Havilah changes its name from HAVILAH HOSTEL Inc. TO HAVILAH Inc.

At a Special Meeting of Members held on 22nd February the Havilah Board recommended a change of name to the membership so as to align the name to current branding and to better reflect Havilah's current and future business interests. Board President Craig Bell and CEO Barb Duffin provided a detailed presentation to the meeting on the reasons for and benefits of the change which was unanimously supported by the members present. The change of name will take effect once all required notifications have been made. This is expected to take around one month.

HAVILAH MAJOR RAFFLE

1ST Prize \$10,000 Goods/Services from Business/Businesses of your choice.

2ND Prize \$5,000 Goods/Services from Business/Businesses of your choice.

Plus 10 x \$500 early bird prizes Goods/Services from Business/Business of your choice.

Tickets are \$100 each. Please ask your friends and relatives if they would like a ticket or you may like to have a family Syndicate. Great Odds—Only 400 tickets



Please contact Raeleen 5461 7380 or Reception 5461 7300 if you would like a ticket. Once you notify that you would like a ticket you will be eligible for the early bird draws. Tickets need to be paid for in full by the 20th of June. The Major Draw is 23rd of June.



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.

Your assistance with this is appreciated.

Resident Meeting— Monday 2nd April at 1.15 pm

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

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



Resident Survey - January 2017

21 Residents were surveyed at Raglan House:

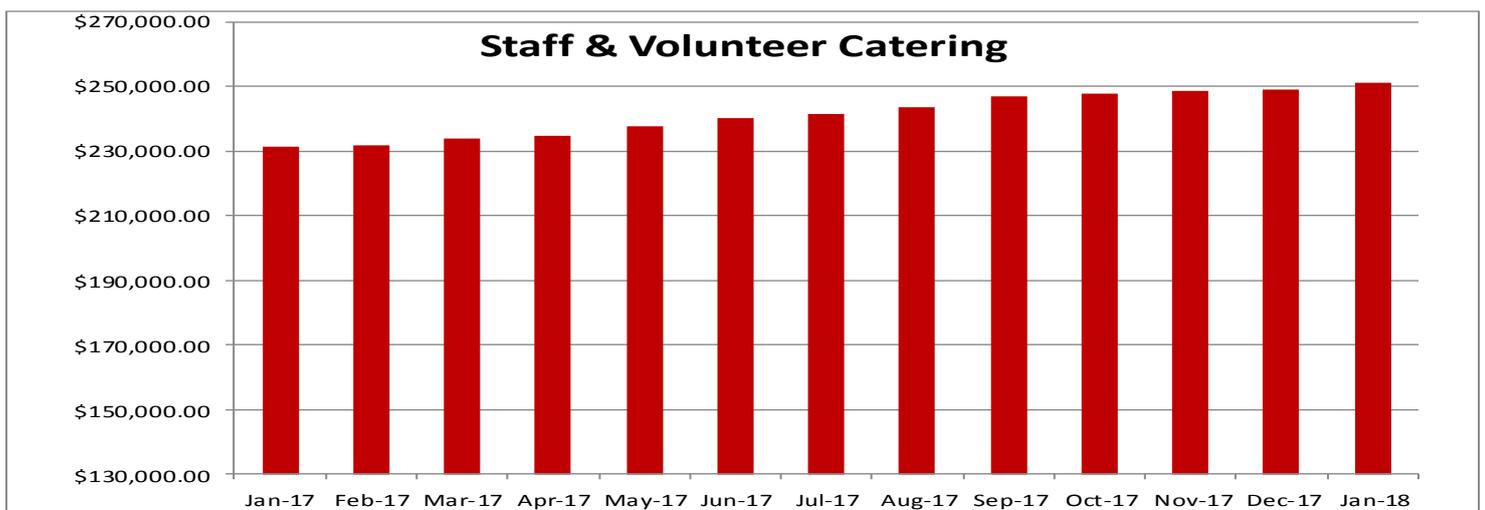
- 95% of surveyed residents most of the time or always said that staff explain things to them.
- 90% of surveyed residents stated that they liked the food most of the time or always.
- 86% of the residents surveyed stated that if they were sad or worried they could talk to staff.
- 14% answered neutral to this question.
- 95% of surveyed residents agreed or strongly agreed that the staff know what they are doing.

Accreditation—Unannounced Visits

Unannounced visits have happened at each facility during February with great results at both facilities. At Raglan Outcomes 1.4 Comments Suggestions and Complaints and 1.6 Human Resource Management were assessed with both outcomes met.

The assessor was complimentary about the facilities and services we provide. Residents interviewed said they were very happy with all aspects of the service which is what we strive for. Staff interviewed did extremely well demonstrating they know the systems and practices in place and that they know the residents they care for. The assessor mentioned particularly the interaction they observed between staff and residents. Thanks were messaged to all staff for their contribution to the assessment results which are a culmination of how we all do our job every day. Thank you to all residents and family members for your positive comments. The Assessor loved Raglan House - she said it was the best she has seen.

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



FALLS PREVENTION

- Using walking aids at all times.
- Making sure there is adequate lighting, especially at night.
- Taking only prescribed medications.



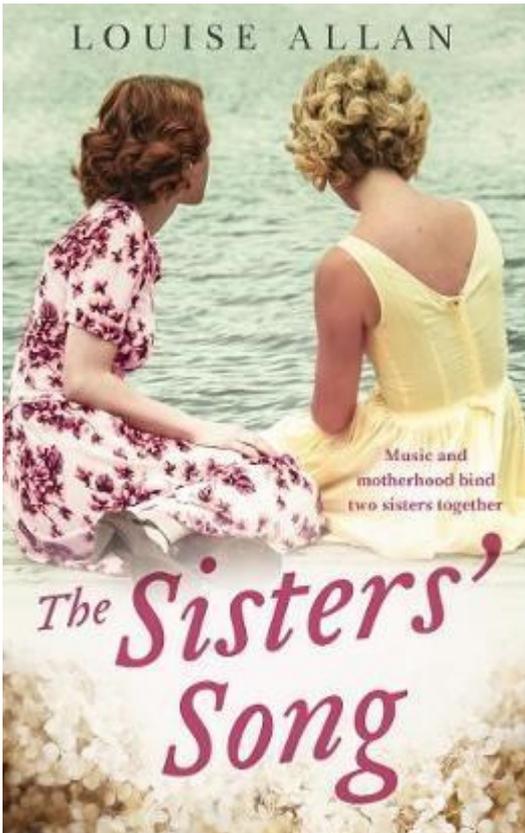
BOOK REVIEW

The Sisters' Song

by
Louise Allan



As children, Ida loves looking after her younger sister, Nora, but when their beloved father dies in 1926, everything changes. The two young girls move in with their grandmother who is particularly encouraging of Nora's musical talent. Nora eventually follows her dream of a brilliant musical career, while Ida takes a job as a nanny and their lives become quite separate. The two sisters are reunited when Nora's life takes an unwelcome direction and she finds herself, embittered and resentful, isolated in the Tasmanian bush with a husband and children. Ida longs passionately for a family and when she marries Len, a reliable and good man, she hopes to soon become a mother. Over time, it becomes clear that this is never likely to happen. In Ida's eyes, it seems that Nora possesses everything in life that could possibly matter yet she values none of it. Set in rural Tasmania over a span of seventy years, the strengths and flaws of motherhood are revealed through the mercurial relationship of these two very different sisters. *The Sisters' Song* speaks of dreams, children and family, all entwined with a musical thread that binds them together.



The Central Highlands Library service visit's Raglan Street every second and fourth 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 on the ground floor Neill Street end of Raglan House area from 10.15am - 11.15am.

The service will not be attending on Monday 12th March due to Labor Day long weekend.

WORD OF THE MONTH

WINKLEPICKER - style of shoe or boot in the 1950's with a sharp and long pointed toe



Friends and family
joined Dorrie Duffin to
celebrate her 100th
Birthday at Raglan
House on 26th February.



Thank you
to everyone
who made
this such an
amazing day.



◇ **AND SOME MORE POINTS TO PONDER:**

- ◇ How come you press harder on a remote-control when you know the battery is dead?
- ◇ Why are they called buildings, when they're already finished? Shouldn't they be called built?
- ◇ Why are they called apartments, when they're all stuck together?
- ◇ Why do people without out a watch look at their wrist when you ask them what time it is?
- ◇ Why does sour cream have an expiration date?
- ◇ The light went out, but where to?
- ◇ Why do banks charge you a "non-sufficient funds fee" on money they already know you don't have?
- ◇ Why is it you have a "pair" of pants and only one bra?
- ◇ Why is the alphabet in that order?
- ◇ If you got into a taxi and he started driving backwards, would the taxi driver end up owing you money?

Raizer Chair Donation: Havilah staff and residents from Raglan house showed their appreciation to Judith Lind, resident from Palmerston Retirement Community for her generosity in donating a \$5,500.00 Raizer Chair for the use at Havilah on Palmerston.

A very big thank you to Judith



THANK
YOU!




TALKING lifestyle
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Melbourne - 1278 AM
Brisbane - 882 AM
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Can being stubborn help you live longer? Jack Lemmon and Walter Matthau in the 1993 comedy 'Grumpy Old Men'.

By [Annie Donaldson](#) on January 12, 2018

US and Italian researchers have found that a group of Italian nonagenarians shared many common psychological traits – including a “stubborn” personality and a positive outlook on life.

Unlike most longevity studies that focus on genetics, they looked at the mental and physical health of a group of Italians aged 90 to 101 in Cilento in southern Italy – an area known for its high proportion of people aged over 90 – and their younger relatives aged 51 to 75.

Participants all shared a strong work ethic, with most still working either at home or on their land which gave them purpose in life.

And while the younger adults labelled their older relatives as “controlling” and “stubborn”, they had close relationships with their family and friends who provided a strong support network.

“(When) you surround yourself with people you like, it’s like ‘Cheers’ – you go where everybody knows your name. That makes you feel at home,” lead author and head of the University of San Diego Center of Healthy Aging Dr Dilip Jeste said.

Getting older not all doom and gloom

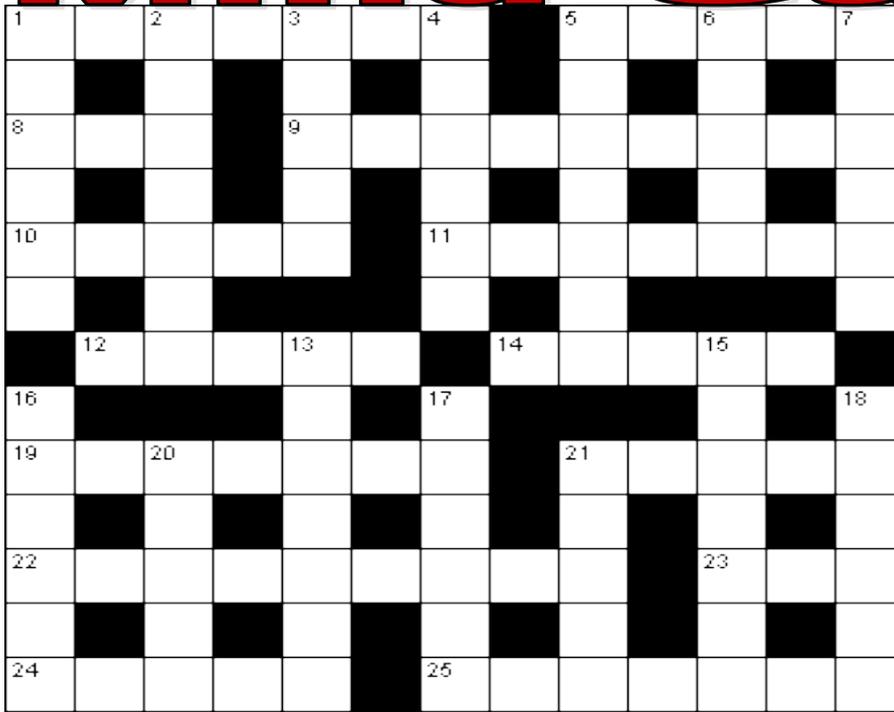
Interestingly, the researchers also discovered that while the oldest participants had poorer physical health compared to their younger family members, they had high levels of happiness and satisfaction with life and lower rates of depression and stress – something they attribute to their longevity.

“There is no one way to get to 90 or 100, and I don’t think it requires a radical change in personality, but this shows that there are certain attributes that are very important, including resilience, strong social support and engagement, and having confidence in yourself,” Dr Jeste adds.

AS ONE PARTICIPANT SAID: “I AM ALWAYS THINKING FOR THE BEST. THERE IS ALWAYS A SOLUTION IN LIFE. THIS IS WHAT MY FATHER HAS TAUGHT ME: TO ALWAYS FACE DIFFICULTIES AND HOPE FOR THE BEST.”

A REASON TO ALWAYS LOOK ON THE BRIGHT SIDE?

Mind Games



Across:

1. Meteorological conditions (7)
5. Accolade (5)
8. Conclusion (3)
9. Submersible warship (9)
10. Task (5)
11. Alphabetic character (7)
12. Guide (5)
14. Square root of footy-nine (5)
19. Tableland (7)
21. Hoard (5)
22. Disregarded (9)
23. Small vegetable (3)
24. Happening (5)
25. Sincere (7)

Down:

1. Twist
2. Gruelling (7)
3. Overly eager speed (5)
4. Burrowing mammal (6)
5. Greed (7)
6. Exculpation (5)
7. Resides (6)
13. Component (7)
15. Fugitive (7)
16. Parazoan (6)
17. Chelonian reptile (6)
18. Leave (6)
20. Slant (5)
21. Aromatic wood (5)

Word Search - Olympic Games

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

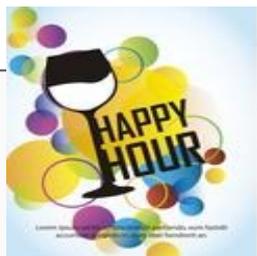
Find the hidden words? They may be horizontal, vertical, diagonal, forwards or backwards.

ARCHERY, ATHLETICS, BADMINTON, BASKETBALL, BEACH VOLLEYBALL, BOXING, CANOEING, CYCLING, DIVING, EQUESTRIAN, FENCING, FOOTBALL, GYMNASTICS, HANBALL, HOCKEY, JUDO, MODERN PETATHALON, ROWING, RUGBY SEVENS, SAILING, SHOOTING, SWIMMING, SYNCHRONIZED SWIMMING, TABLE TENNIS, TAEKWONDO. TENNIS, TRAMPOLINE, TRIATHALON, VOLLEYBALL, WATERPOLO, WEIGHTLIFTING, WRESTLING.

QUIZ

1. Who purchased land on the western shore of Port Phillip, Melbourne from the local aboriginals?
2. What is a baby cod called?
3. Who founded the Royal Flying Doctor Service?
4. In which year did Cyclone Tracey hit Darwin?
5. What animal was the Canary Islands named after?
6. Who was both and FI driver and a police officer?

GREAT THINGS TO DO



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Happy Hour Every Friday evening

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



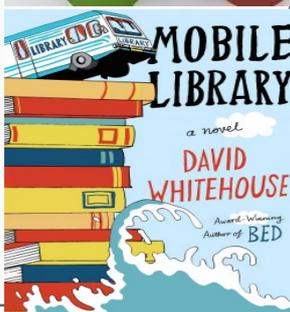
Bus Trip Out - Thursday afternoon departing at 1.30pm for lots of Fun points of interest throughout Central Victoria.

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 2nd April 2018 at 1.15 pm



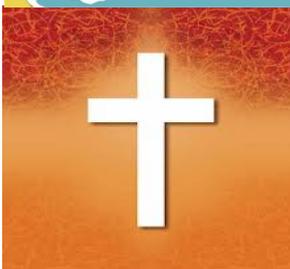
Mobile Library— March 2018 Dates

Monday 12th and 26th March 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 March 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

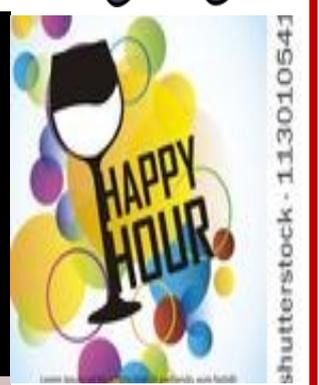
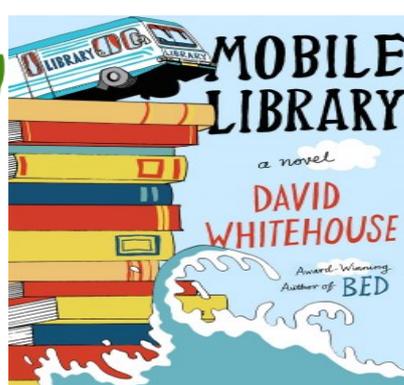


SATURDAY

Movie Afternoon - every 3rd Saturday

SUNDAY

Devonshire Afternoon Tea.



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TALKING
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Listen to us
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Melbourne - 1278 AM



Good news: new free flu vaccines on the way for over-65's

By Lauren Broomham On February 23, 2018

The Federal Government has fast-tracked two “enhanced” flu vaccines that will be available for free from April onwards through the National Immunisation Program.

Last year, there were over 1,000 flu-related deaths in Australia – 90 per cent of those were people aged over 65.

We often think of the flu as a minor illness, but it can be fatal, especially if someone has a pre-existing condition.

Older people’s immune systems also don’t respond to flu vaccines as well as younger people so they may not work as effectively.

The Government says the new vaccines are specifically designed for older people and target the strains, particularly the mutation, which was so deadly last year.

It’s welcome news. While being vaccinated doesn’t guarantee you won’t get the flu, it is important to cut your risk and prevent its spread to others who may be vulnerable.

It’s estimated that [up to 3.8 million Australians](#) who are eligible for free vaccinations don’t have them.



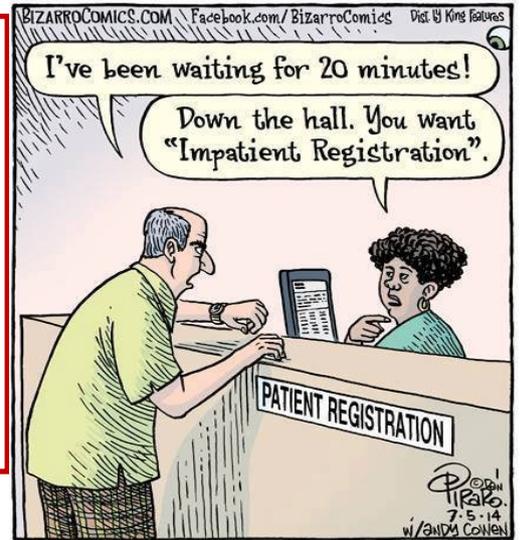
Postage stamps are available for purchase at the ground floor nurses station. Residents can post their mail in the post box in the main foyer near the lifts.



THINGS MY MOTHER USED TO SAY



You can't always have what you want.
 Wait until you have to pay the bills.
 The sun doesn't rise or fall on your desires.
 Don't speak to me like that.



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.

HIGH SCHOOL CENTRE RECEPTION HOURS

MON-FRI 9.00 am—12.00 pm for account payments and enquiries



St Patrick's Day is on Saturday March the 17th and will be celebrated with a special Irish menu, consisting of Irish food and Guinness.

Easter Sunday is the 1st April and Sunday's lunch will be of Easter fare and chocolate Easter eggs.



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.



A woman suddenly went into labour at the same time that the power went out.

Only one paramedic responded to the call. The house was very dark, so the paramedic asked the woman's five-year-old daughter, Kathleen, to hold a flashlight so he could see while he delivered the baby.

Kathleen did exactly as she was asked. The mother pushed and pushed and after a little while, the baby was born.

The paramedic lifted him by his little feet and spanked him on his bottom. The baby began to cry.

The paramedic thanked Kathleen for her help and asked her what she thought about what she'd just witnessed.

"Well," said Kathleen, "He shouldn't have crawled in there in the first place. Smack his bottom

When KFC'S sales hit a lean patch, Colonel Sanders came up with a brilliant advertising idea.

He got in touch with the Pope and asked whether he could change the words of the Lord's Prayer from "Give us this day our daily bread" to "Give us this day a daily chicken".

"I can't possibly do that," said the Pope.

"Not even for \$1 million?" asked the Colonel.

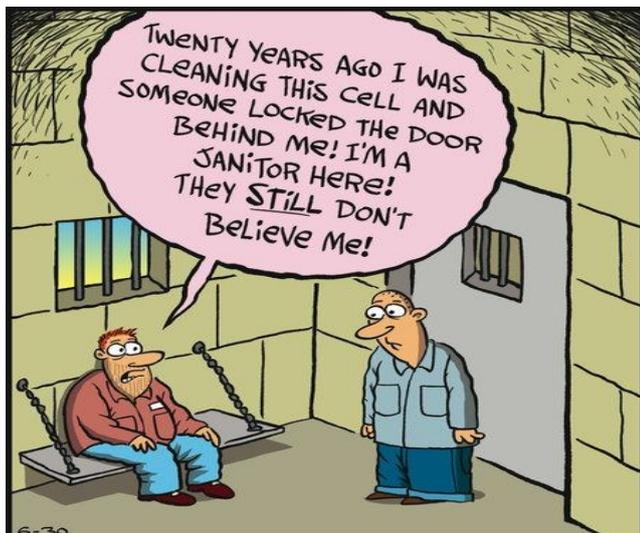
"No, not for \$1 million. The Lord's Prayer is sacred and not for corporate sponsorship," the Pope said.

"How about \$50 million?"

"OK it's a deal," said the Pope.

The next day the Pope went to a meeting of cardinals.

He said: "I have good news and bad news. The good news is, KFC is going to donate \$50 million to the Vatican. The bad news is, we lost the Tip Top account."



"In retrospect, I could have done more with my lives."

Three boys were boasting about their dads

"My dad's so fast he can fire an arrow at a tree, run like the wind and catch it before it hits it," said Micky.

"That's nothing. My dad's so fast he can drop a brick from the 10th floor of a building, run downstairs and catch it before it hits the ground," said Johnny.

"Nah, I win," said Pete

"My dad works for the council. He knocks off at 4.30, but he's always home before 3."

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.

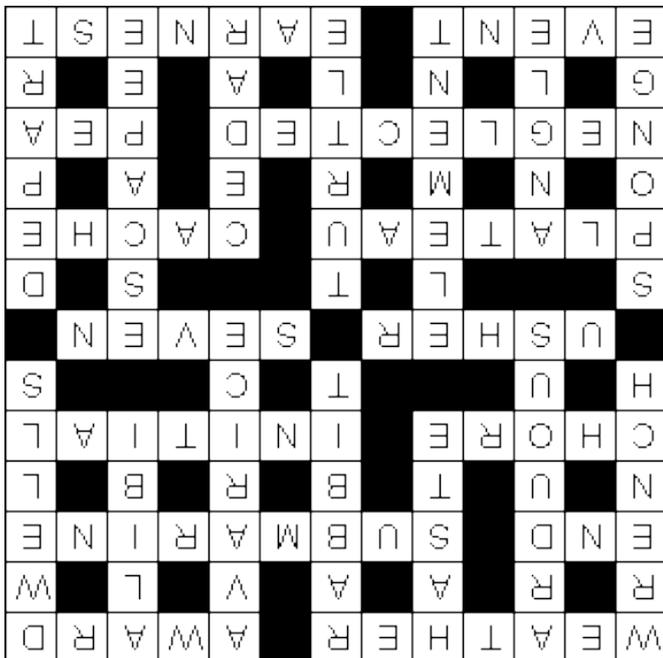
Havilah is a very safe facility and has many measures in place to stop the spread of fire and smoke and to provide for safe evacuation in the case of a fire – this includes fire and smoke compartments, and sprinklers and smoke alarms.

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.



Quiz and Crossword Solutions from page 7

Answers to Quiz

1. John Batman.
2. A coding.
3. Dr John Flynn.
4. 1974.
5. The dog.
6. Nigel Mansell.



**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.