

RAGLAN TATTLER

ISSUE: April 2017

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



Resident Meeting— Monday 1st May at 1.15 pm

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

FROM THE DESK OF DEB MATTHEWS

DIRECTOR OF SERVICES



It is with pleasure I have the opportunity to formally introduce myself to those of you that do not know me. My name is Debra, known as Deb, Matthews. I commenced as Nurse Unit Manager of raglan house on 31/03/2017, however I have worked for Havilah for a period of more than 7 years. I look forward to working with all residents in Raglan House and those in the ILU's. I believe in the Open Door policy and it will be maintained for anyone to visit and discuss any matters which may arise.

ANZAC DAY TUESDAY 25TH APRIL



*They shall not grow old, as we that are left grow old
Age shall not weary them, nor the years condemn.
At the going down of the sun and in the morning
We will remember them.*

Lest We Forget.

There will be an ANZAC Day Service led by members of the local R.S.L. members will be conducted on Monday 24th April in the Quadrangle (weather permitting) otherwise in Rooms 1 and 2—High School Centre

On Anzac Day residents can attend the ANZAC Service at McLandress Square. As in previous years the Maryborough Car Club will be present to transport residents to the service in vintage cars. Please discuss with Lifestyle staff if you would like to attend. Lifestyle staff can organise visits to McLandress Square to place flowers at family crosses prior to Anzac Day. Please let staff know if you would like to have this organised for you.

There has been a good response to our request for email addresses for emailing the TATTLER rather than posting it out. This is due to the large increase in the postage costs. We understand that not everyone has an email account so those who have requested a copy and do not live locally will continue to receive it by mail.

The HAVACHAT is also available on Havilah's website at www.havilah.org.au

Please email your details directly to
andrew.earl@havilah.org.au.

RAGLAN TATTLER

St Patricks Day Celebrations continued throughout the day, at Morning Tea, Lunch and Happy Hour.

April 2017



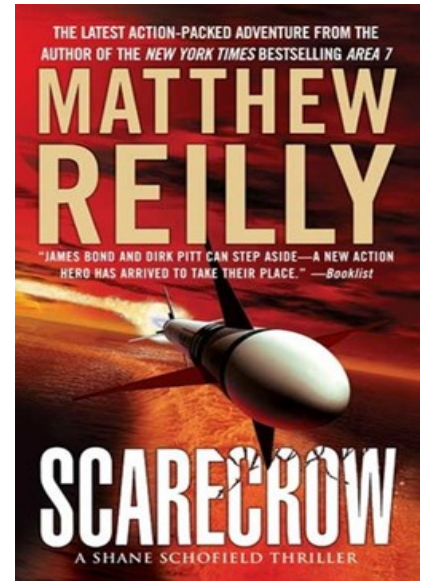
BOOK REVIEW

SCARECROW

by

Matthew Reilly

It is the greatest bounty hunt in history. The targets are the finest warriors in the world-commandos, spies, terrorists. And they must all be dead by 12 noon, today. The price on their heads: almost \$20 million each. Among the names, one stands out. The enigmatic Marine, Shane Schofield, who goes by the call-sign "Scarecrow." Schofield is plunged into a race around the world, pursued by a fearsome collection of international bounty hunters. The race is on and the pace is frantic as he fights for survival, in the process unveiling a vast international conspiracy and the terrible reason why he cannot, under any circumstances, be allowed to live!



In danger is his girlfriend who has been kidnapped to force Schofield to surrender to one of the teams of bounty hunters. Another bounty hunter appears on the scene to protect Schofield...what is going on?

Can he work it out before it is too late.

Schofield led his men into hell in *Ice Station*. He protected the President against all odds in *Area 7*. But this time it's different, because he is the target.

Another Matthew Reilly thriller that is difficult to put down.



RESIDENT SURVEYS

RESIDENT SURVEYS - February 2017:

Of the 70 (48 Harkness + 22 Raglan) residents surveyed:

98% of residents surveyed feel that they are respected by staff, volunteers and contractors.

97% surveyed residents believe that we provide enough Religious and Spiritual sessions to meet their needs.

100% of residents find that Havilah management are approachable, friendly and courteous.

100% of surveyed residents have stated that they are addressed according to their wishes.



FALLS PREVENTION

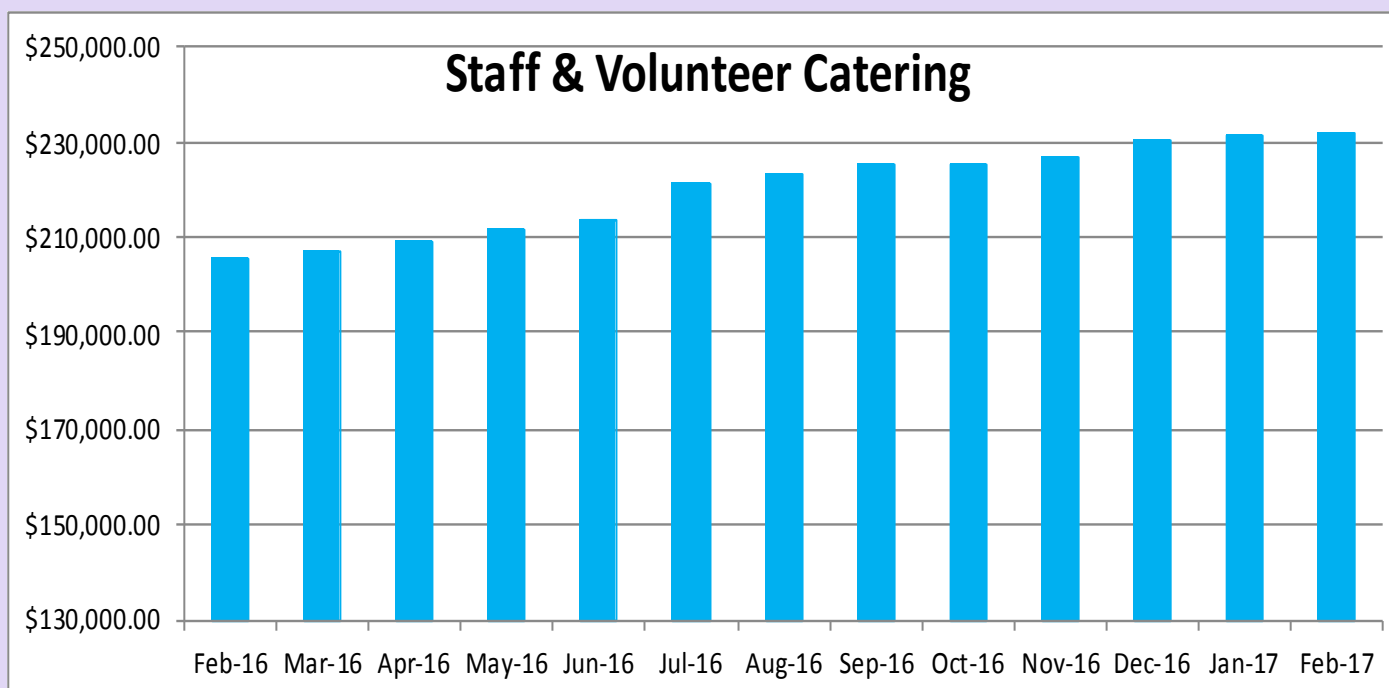
Be aware of the impact your medications may have on your balance.

Allow extra time to gain your balance when you stand up.

Talk to your G. P. or the Care Staff if you have any concerns.



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

Make it yourself.
Life isn't fair.
If everyone jumped off a bridge, would you?
Go find something to do.
If you're bored, you can help me clean.
What would the Queen say?
Never write or type anything you don't want someone else to read.
Money can't buy you happiness, but it sure helps.



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.



ELEVATOR PROTOCOL

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

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

WORD OF THE MONTH

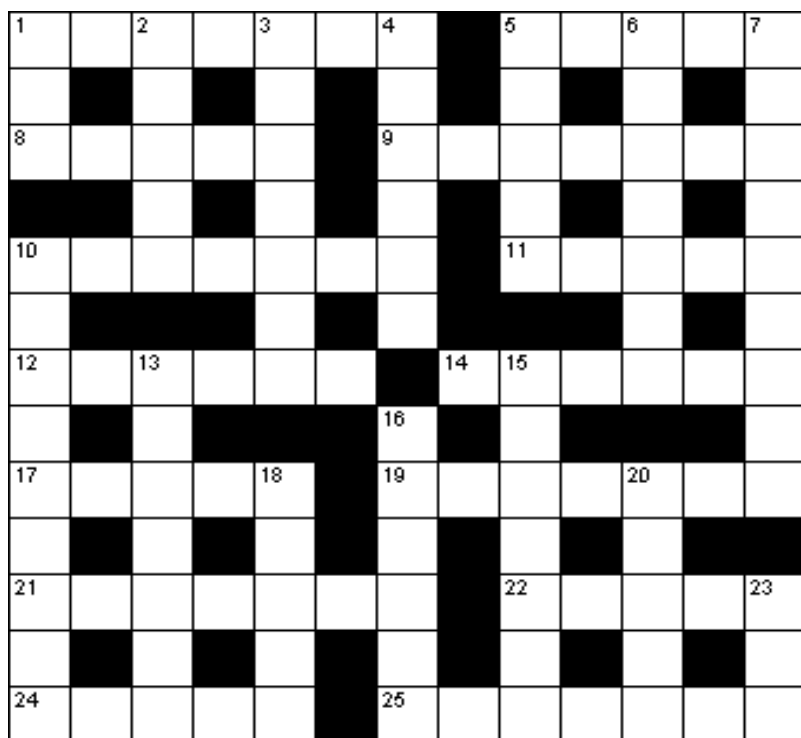
Grabble: Group about, feel for something; sprawl on all fours (often for something).



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



Mind Games



Across

1. Assortment (7)
5. Group of insects (5)
8. Large herbivorous mammal (5)
9. Pagan (7)
10. Infeigned (7)
11. Ledge (5)
12. Lifted (6)
14. Appraise (6)
17. Notions (5)
19. Fruit (7)
21. Direction (7)
22. Taut or Rigis (5)
24. Days of the month (5)
25. Embroidered (7)

Down

1. Chart (3)
2. Inert gas (5)
3. Dissimilar (7)
4. Reverberated (6)
5. Photos (5)
6. Attain (7)
7. Public declarations (9)
10. Decorated food (9)
13. Imprecise (7)
15. Abridge (7)
16. Captured (6)
18. Secret agents (5)
20. Invalidate (5)
23. Conclusion (3)

Word Search—Keep Fit

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

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

ACKNOWLEDGE, ADDRESS, ANSWER, CALL, CHAT, COMMUNE, COMMUNICATE, CONTACT, CONVERSE, CONVEY, DELIVER, DISCOURSE, DISPLAY, ENQUIRE, EXCHANGE, GESTURE, GOSSIP, GREET, HEAR, IMPART, INFORM, INTERACT, LETTER, LISTEN, ORATE, PHONE, PONTIFICATE, QUESTION, RENDER, REQUEST, SHOW, SIGN, SPEAK, TALK, TOUCH, TRANSFER, TRANSMIT, UTTER, WRITE.

ANAGRAMS: Food and Drink

1. A SUGAR SAP (9)
2. REA JUG ON ICE (6,5)
3. EMU LEG (6)
4. EAT (3)
5. COOL CHEAT (9)
6. REGAL (5)
7. PUB TUNE TREAT (6,6)

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 1st May 2017 at 1.15 pm

Mobile Library— April Dates

Monday 10th and 24th April

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

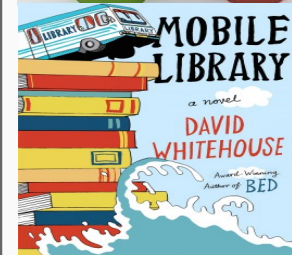
ANZAC Service at Havilah with the local R.S.L. Members

Monday 24th April at 10.45am in the Quadrangle (weather permitting)

Otherwise in Rooms 1&2 High School Centre

ANZAC DAY Service—McLandress Square

Tuesday 25th April for service at 10.30 a.m.



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

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



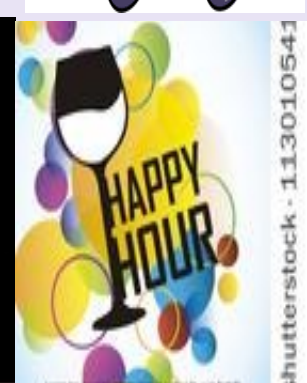
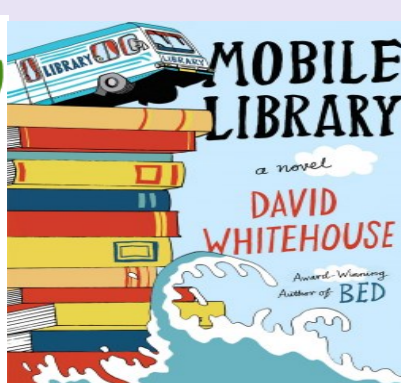
FRIDAY

Special Morning Tea & Reminiscing chat 10 am

Bingo 1.30 pm

Chairobics 2.30 pm

Happy Hour 5.00pm





Activities and Outings are still very popular with all residents in Raglan House, recently the bus outing went to Lambley Nursery and Gardens and at Cooking sessions residents have enjoyed making Rumballs, Banana Muffins and Angela showing her expertise in making Donuts.



HEALTH AND WELLBEING

INFLUENZA (FLU)

Influenza (flu) is a highly contagious viral infection that spreads easily from person to person through coughing, sneezing and close contact.

Unlike a cold, symptoms such as fever, sore throat and muscle aches develop suddenly with flu and last about a week. In some cases, severe illness and complications such as pneumonia and bronchitis can develop, which can result in hospitalisation and even death. The flu can also make some existing medical conditions worse.

The flu virus can be especially dangerous for elderly people, pregnant women, Aboriginal and Torres Strait Islander people and very young children, as well as for people with underlying medical conditions.

SYMPTOMS

Flu symptoms tend to develop abruptly one to three days after infection, and can include: tiredness, high fever, chills, headache, coughing, sneezing, runny noses, poor appetite, and muscle aches. Most people who get the flu will suffer from mild illness and will recover in around four weeks. However, some people can develop more severe health problems, including pneumonia, bronchitis, chest and sinus infections, heart, blood system or liver complications, which can lead to hospitalisation and even death

PREVENTION

Annual vaccination is the best way of preventing the flu and any associated illness.

You should get the flu shot every year because the flu virus is constantly changing. Every year, the flu vaccine changes too, so it protects against the flu strains which are most likely to be around during that winter.

There is now evidence that the effectiveness of the influenza vaccine wanes over time and its important be protected when the flu is most common, around August. Ask your doctor for advice on the best time to receive your vaccination.

Residents can receive their flu vax at Raglan House.



Giggletime



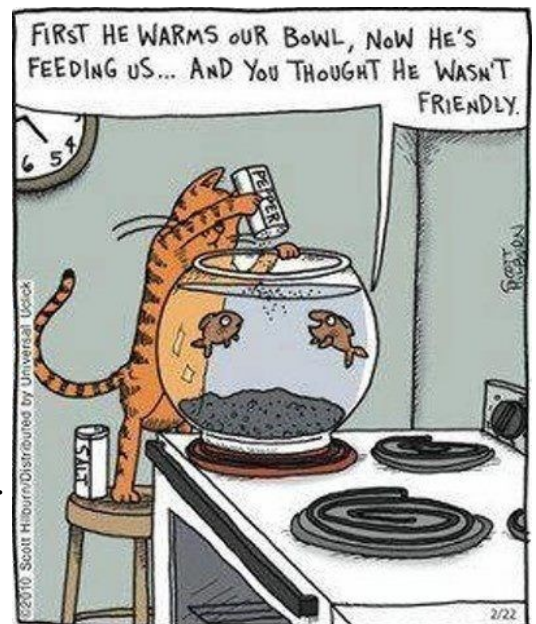
It was a baby mosquito's first day to fly out from home. When the mosquito came back home later that day, the father mosquito asked, "How was your journey?" The baby mosquito replied, "It went great. Everyone was clapping for me!"

A dentist told a mother, "I'm sorry madam, but I'll have to charge you a \$100 for pulling your boy's tooth." The mother exclaimed, "A \$100! You said it was only \$20!" "Yes," replied the dentist, "but he yelled so loudly that he scared four other patients out of the waiting room!"

FROM THE CHURCH NOTICEBOARD

- * Miss Charlene Mason sang "I will not pass this way again" giving obvious pleasure to the congregation.
- * Tuesday at 4PM there will be an ice cream social. All ladies giving milk will please come early.
- * Weight Watchers will meet at 7 p.m. Please use large double door at the side entrance.
- * Potluck supper: prayer and medication to follow.
- * At the evening service tonight, the sermon topic will be "What is hell?". Come early and listen to our choir practice.
- * Irving Benson and Jessie Carter were married on October 24 in the church. So ends a friendship that began in their school days.

A magician worked on a cruise ship in the Caribbean. The audience would be different each week, so the magician did the same tricks each week. However, there was a problem, the captain's parrot saw the shows each week and began to understand how the magician did every trick. Once he understood, he started shouting out the secrets in the middle of the show, "Look, it's not the same hat." "Look, he is hiding the flowers under the table." "Hey, why are all the cards the Ace of Spades?" The magician was furious but couldn't do anything, it was, after all, the captain's parrot. One day, the ship had an accident and sank. The magician found himself with the parrot, adrift on a piece of wood, in the middle of the ocean. They stared at each other with hatred, but did not utter a word. This went on for a day, then another, and another. Finally, after a week, the parrot said, "Okay, I give up. Where is the boat?"



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.

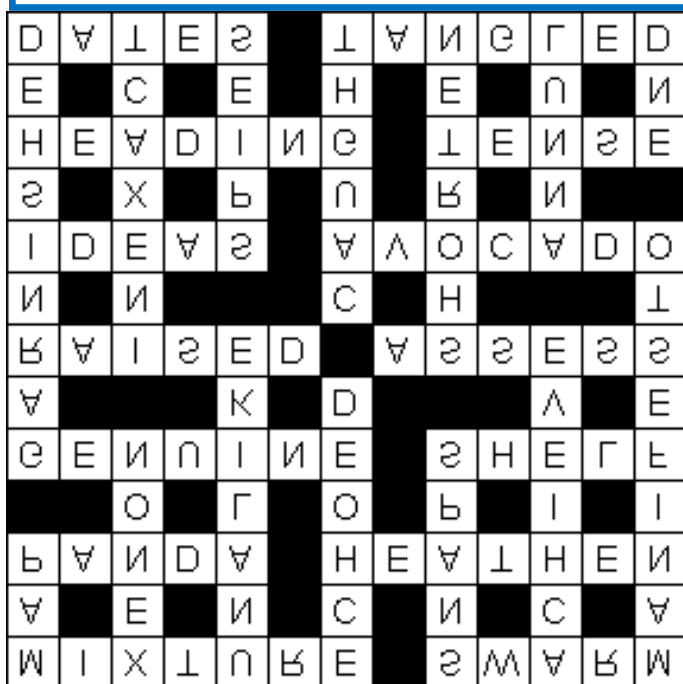
Havilah is a very safe facility and has many measures in place to stop the spread of fire and smoke and to provide for safe evacuation in the case of a fire – this includes fire and smoke compartments, and sprinklers and smoke alarms.

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

Answers to Anagrams

1. Asparagus
2. Orange Juice
3. Legume
4. Tea
5. Chocolate
6. Lager
7. Peanut Butter



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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 :

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

The Nurse Manager 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: barb.duffin@havilah.org.au or

Director of Care Kelsey Hooper 54 617383 email: 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.