

RAGLAN TATTLER

ISSUE: April 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



ST PATRICKS DAY

St Patricks Day was well received by residents and staff, having fun with everything green. All look the part in their green hats and enjoyed the traditional Irish meal and drinks served to celebrate the day.



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 7th May 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



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.



WORD OF THE MONTH

YARBOROUGH - hand of cards containing no card above nine.

Resident Survey - February 2017

22 Residents were surveyed at Raglan House the following responses were received:

100%, all residents of Raglan House stated that they hear the staff knock before entering their room.

100% of surveyed residents stated most of the time or always their room is cleaned to their satisfaction.

100% of residents with majority strongly agree that they are offered or have access to morning or afternoon tea each day.

100% of Raglan residents agree or strongly agree that the gardens are well maintained. Some residents also indicated that they wished to help maintain the surrounds.

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.





INVITATION

MOTHERS DAY LUNCH - SUNDAY 13TH MAY -12 noon

2 Courses with Drinks.

\$15 per head.

Devonshire Afternoon Tea

At 3.00pm

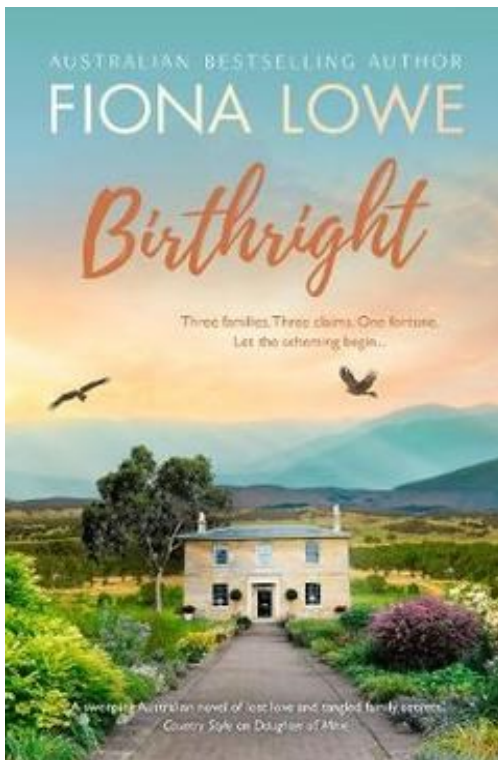
RSVP: Monday 7th May

**To Book please email: di.jackson@havilah.org.au or telephone:
54617387**

Special Afternoon Tea - Saturday 12th May.

BOOK REVIEW

Birthright By Fiona Lowe



Australian author Fiona Lowe returns with a juicy family saga, set against the backdrop of Victoria's high country, about unforgettable characters tangled together by a wealthy inheritance, secrets and betrayal.

Is an inheritance a privilege or a right?

Does it show love? Margaret, the matriarch of the wealthy Jamieson family, has always been as tight-fisted with the family money as she is with her affection. Her eldest daughter, Sarah, is successful in her own right as a wife, mother and part owner of a gourmet food empire. But it's not enough to impress her mother. Always in the shadow cast by the golden glow of her younger brother, Sarah feels compelled to meet Margaret's every demand to earn her love.

Does it give security? After a poverty-stricken childhood, Anita has claimed the social status she's worked so hard to achieve by marrying Cameron Jamieson. Although they have a comfortable life, she's never able to fully relax, fearing everything could change in a heartbeat.

Or does it mean freedom? Ellie, the youngest, has lived a nomadic and – according to her siblings – a selfish life, leaving them to care for their ageing mother. For her, freedom means staying far away from the strings attached to her inheritance, but she needs to consider her young son's future as well.

As their mother's health deteriorates, will long-held secrets and childhood rivalries smash this family into pieces?

An addictive and page-turning story of the relationships between siblings and of deceit, betrayal and revenge.



Residents enjoyed the Easter cooking session making chocolate crackle Easter nests and colouring. The decorations throughout the building were amazing with many compliments given by residents



AND SOME MORE POINTS TO PONDER:

- How come abbreviated is such a long word?
- If it's zero degrees outside today and it's supposed to be twice as tomorrow, how cold is it going to be?
- Why do scientist call it research when looking for something new?
- If vegetarians eat vegetables, what do humanitarians eat?
- When you erase a word with a pencil, where does it go?
- Why is it, when a door is open it's ajar , but when a jar is ope, it's not a door.
- How come Superman could stop bullets with his cheat, but always ducked when someone threw a gun at him?
- Why is lemon juice mostly artificial ingredients but dishwashing liquid contains real lemons.
- How much deeper would the ocean be if sponges didn't grow in it?
- Why buy a product that takes 2000flushes to get rid of it?



This is a day not of celebration but of national memory. It's a day when we learn, and learn again, of the horror of purposeless war. It is a day for looking after your mates, cherishing your home, your neighbourhood and family. It's a day for realising how rare this wonderful country of ours is and how precious it is.

There will be an ANZAC Day Service led by members of the local R.S.L. members will be conducted on Tuesday 24th April at 11.00am 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.



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

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

Influenza is a highly infectious virus. It spreads through droplets caused by sneezing or coughing. Symptoms develop rapidly one to three days after contact with an infectious person. Individuals are infectious for three to four days after infection and may transmit the virus one to two days before the onset of symptoms.

Influenza is a particular risk of serious illness and death to people 65 years of age and over and residents in long term health care facilities such as residential aged care homes.

Influenza can be prevented, or the severity of the illness reduced, by immunisation with the current vaccine each year. Vaccine is available free of charge to those 65 years of age or over. It is recommended that all residents at Havilah and their family and friends receive the annual influenza vaccination to minimise the risk of infection to themselves and others.

It is strongly recommended that you see your doctor immediately **AND DO NOT** visit a resident if you have been in contact with people with influenza-like symptoms or if you have three or more of the following symptoms:

Rapid onset of:

- Fever/chills
- Cough
- Stuffy/runny nose
- Muscle and joint pain
- Headache
- Tiredness/exhaustion
- Sore throat

Symptoms in older people may also include:

- Loss of appetite
- Onset or increase of confusion
- Shortness of breath
- Increasing Chronic Obstructive Airways disease symptoms.

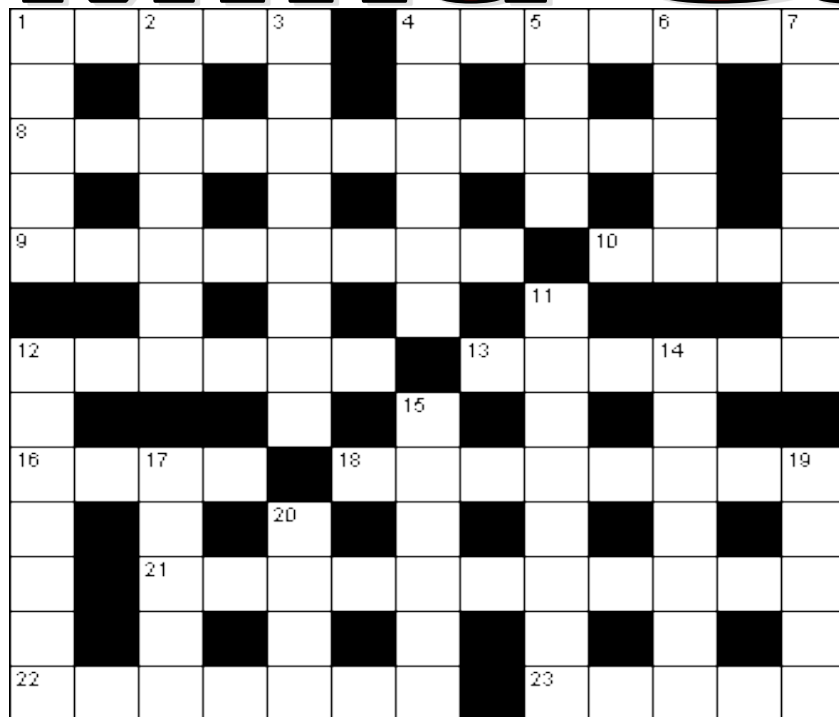


If there are suspected cases of Influenza in a Aged Care facility that you visit, you can reduce the risk of infection to yourself and others by:

- Only visiting one resident each time you visit
- Washing your hands thoroughly with soap and water before you enter a resident's room
- Minimising physical contact with the residents and staff
- Covering your mouth if you cough or sneeze
- Keeping your visit short
- Washing your hands with soap and water as soon as you leave the resident's room.

Hopefully this will be a starting point as we need to ensure family etc are well aware of not to visit when they are unwell.

Mind Games



Across:

1. Young person (5)
4. Sharp pointed implements (7)
8. Butterfly larva (11)
9. Exhilarated (8)
10. Yield (4)
12. Humble (6)
13. Ineffectual (6)
16. Moveable barrier (4)
18. Drover (8)
21. Glorious (11)
22. Scaling devices (70)
23. Surface boundaries (5)

Down:

1. Luxury craft (50)
2. Articulated (70)
3. Innocuous (8)
4. Disturbances (6)
5. Snakelike fish (4)
6. Big (5)
7. Earnest (7)
11. Sudden unexpected event (8)
12. Sorcerous (7)
14. Mass of frozen water (7)
15. Furniture items (6)
17. Diffident (5)
19. Days of the month (5)
20. Fiend (4)

Word Search - ON THE FARM

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

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

ACARDIAN, BARN, BUCOLIC, CATTLE, CHICKENS, COUNTRYSIDE, CULTIVATE, DAIRY, DUCKS, ESTATE, FARM, FIELD, FODDER, GEESE, GOAT, HARVEST, HOMESTEAD, HORSES, LIVESTOCK, MEADOW, MILL, PATORAL, PASTURE, PROVINCIAL, RANCH, RURAL, RUSTIC, SHEEP, SILLAGE, SILO, STABLE, TRACTOR.

QUIZ

1. Which country would you find the longest fence?
2. What is the official language of Nigeria?
3. Charles Kingsford Smith flew across the Pacific in a plane named what?
4. Which Australian state has no convict heritage?
5. Which country was called Siam until 1939?
6. In which year did Princess Dianne die.

GREAT THINGS TO DO



Happy Hour Every Friday evening

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



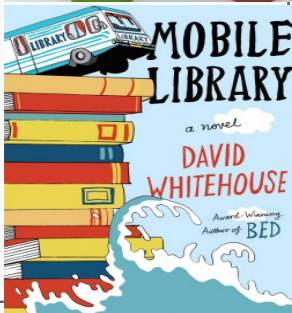
Bus Trip Out - Thursday afternoon departing at 1.30pm for lots of Fun points of interest throughout Central Victoria.

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 May 2018 at 1.15 pm



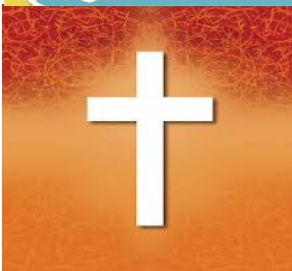
Mobile Library— May 2018 Dates

Monday 14th May and 28 May 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.

19th May 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

Chairobics 2.30 pm



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

Chairobics 2.30 pm

Happy Hour 5.00pm

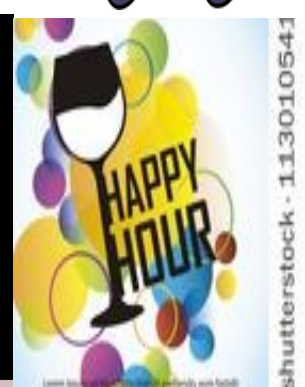
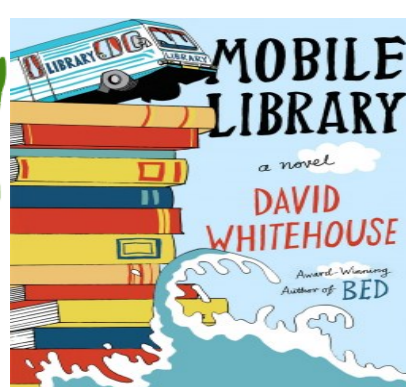


SATURDAY

Movie Afternoon - every 3rd Saturday

SUNDAY

Devonshire Afternoon Tea.



HEALTH AND WELL BEING

Vitamin B3 could treat glaucoma by Kirstie Chlopicki in Clinical Focus News, Top Stories March 14 2018

A humble vitamin B3 supplement could be the key to treating glaucoma, new research has found.

Melbourne's Centre for Eye Research Australia is in the midst of conducting a world-first human trial that uses vitamin B3 to treat the disease of the optic nerve.

Research fellow Dr Flora Hui said the six-month clinical trial aimed to use a high dosage of the vitamin to support existing glaucoma therapies such as daily eye drops.

"Imagine your car's engine is running a bit rough and as a result, the car doesn't drive smoothly. If you top up the engine with oil, the car runs better, even though you haven't fixed the underlying problem," Dr Hui said.

"Our study hopes to confirm that vitamin B3 can protect nerve cells from dying, in a similar way that adding oil to a faulty car engine can still allow it to run more smoothly."

CERA managing director and research leader Jonathan Crowston said glaucoma affected 60 million people worldwide.

"Glaucoma currently has no cure and vision loss is generally thought to be irreversible," he said.

"We have recently discovered that in the early stages after an injury, visual function can in fact recover, but that the ability to recover diminishes with increasing age.

"We have developed clinical tests that now allow us to look for visual recovery in the clinic and are beginning to look at treatment that could boost recovery. Our premise is that if you can improve optic nerve recovery after an injury that we can reduce the risk of glaucoma progressing."

In 2017, a US research team led by JAX Laboratories' Professor Simon John and Dr Pete Williams found that vitamin B3 given to glaucoma-prone mice prevented optic nerve degeneration and glaucoma. This treatment also reversed the negative effects of ageing in the mouses eyes.

"We were very excited by these findings and are now looking at the effect of vitamin B3 in glaucoma patients," Crowston said



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 free of charge.

Please advise the relevant kitchen prior to 10.00am by phoning the : Raglan House Kitchen on 5459 0180.

When booking meals for more than 5 people, please notify the kitchen the day before.



THINGS MY MOTHER USED TO SAY

Where there's a will, there's a way.
 If you want to get something done, ask a busy person.
 If you can't play nice, don't play at all.
 Getting dirty is good for you, it builds up ones resistance.

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

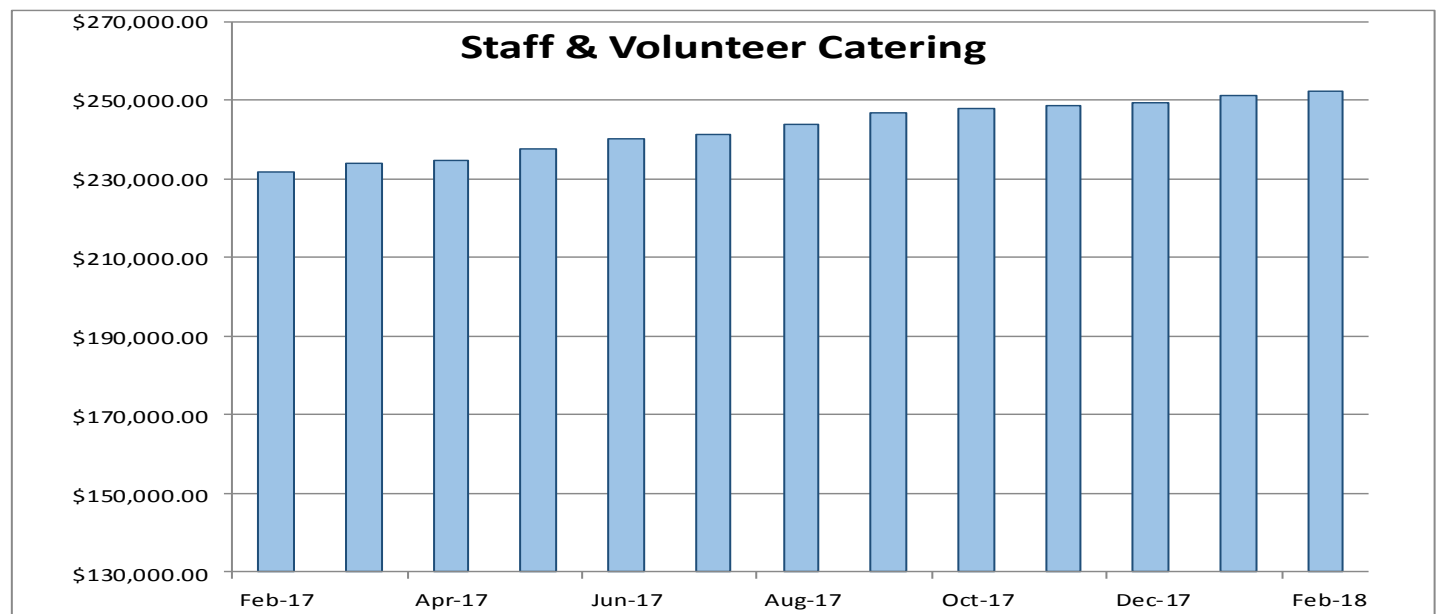


The Football season is well under way, the Havilah on Palmerston tipping competition is showing some varied results at this stage, Doug Rowe is leading the tipping with a score of 20 points, closely behind is Dorrie Duffin on 18 points and in equal third place with 17 points is Terry Simpson and Anne Stuart.

With a score of 11 points and holding up the ladder is Dot Sharp, Don Drake, Lorna Bains, and keeping them company is maintenance Stu.

There has only been one tipster with a full score in a round, congratulations to Anne Stuart in the first round.

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



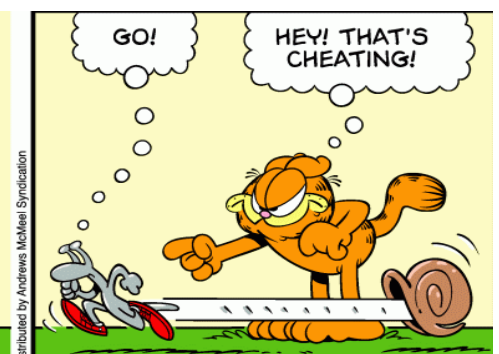
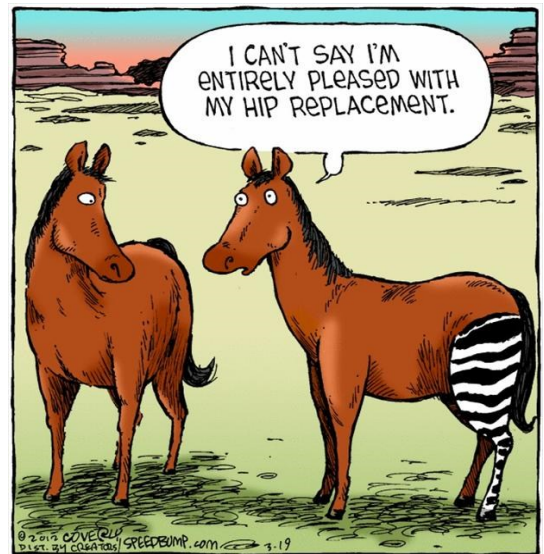


A man joins a soccer team and his new teammates inform him, "At your first team dinner as the new guy, you will have to give us a talk about sex." The evening arrives and he gives a detailed, humorous account of his sex life. When he got home, his wife asked how the evening went and not wanting to lie, but also not wanting to explain exactly what happened, he said, "Oh, I had to make a talk about yachting," his wife thought this a little peculiar but said nothing more and went to sleep. The next day she bumped into one of his new teammates at the supermarket and asked, "I heard my husband had to make a speech last night. How did it go?" His mate said smiling, "Oh, it was excellent! Your husband is clearly very experienced!." The wife looked confused and replied to his mate, "Strange, he has only done it twice and the second time he was sick."

Two Irishmen were working for the city public works department. One would dig a hole and the other would follow behind him and fill the hole in. They worked up one side of the street, then down the other, then moved on to the next street, working furiously all day without rest, one man digging a hole, the other filling it in again. An onlooker was amazed at their hard work, but couldn't understand what they were doing. So he asked the hole digger, "I'm impressed by the effort you two are putting in to your work, but I don't get it - why do you dig a hole, only to have your partner follow behind and fill it up again?"

The hole digger wiped his brow and sighed, "Well, I suppose it probably looks odd because we're normally a three-person team. But today the lad who plants the trees called in sick."

"Sugar why don't you sit down by the table and we'll start supper." Said Dorothy to her Husband of 50 years. "Sure thing," said her husband settling himself down. "Now darling, would you like the soup first or the salad?" Questioned Dorothy. "Umm I guess I'll take the soup." He responded. After a whole meal of one endearing term after another, their guest Bob couldn't contain his curiosity any longer. Bob snuck into the kitchen and asked, "Dorothy do you always talk to your husband like that?" "Bob, I'll be honest with you," Dorothy replied. "It's been five years now, I just can't remember his name, and I am just too embarrassed to ask him!"



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.

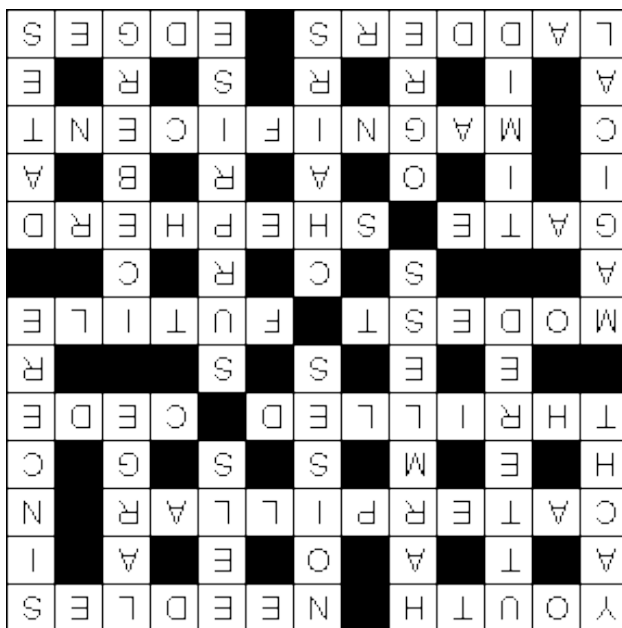
The fire alarm automatically alarms at the fire station and the Brigade is here within minutes. Once the alarm has sounded the Brigade will attend even for false alarms. From the fire panel at the front of the building and on our staff pagers we can see which alarm has been actioned and therefore we 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. Australia
2. English
3. Southern Cross
4. South Australia
5. Thailand
6. 1997



**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 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@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.