

## HAVILAH MAJOR RAFFLE

There have been three early bird draws conducted for our Major Raffle  
Lucky Winners to date are;

Week one: Alan Duffin      Week two: Sharelle Mortlock

Week three: Wendy and Ivy Johnson

All Tickets were sold again this year—a Fantastic Result .

**A big Thank you to Raeleen for another year of organising this fundraiser and to all of our supporters who bought and sold tickets.**

**Board Member Lenette McKnight created a new record this year with 83 tickets sold.**



**INVITATION**  
**MOTHERS DAY LUNCH - SUNDAY 12TH MAY – 12 noon**  
**2 Courses with Drinks.**  
**\$15 per head.**  
**Devonshire Afternoon Tea**  
**At 3.00pm**  
**RSVP: Wednesday 8th May**  
**To book please email: [di.jackson@havilah.org.au](mailto:di.jackson@havilah.org.au) or at reception in person or by telephone: 54617387**  
**Also**  
**For family and guests visiting on Saturday 11th May**  
**Special Afternoon Tea - at 3.00 pm**



The conversations of life

## Rainbows and Opals – a book about one resident's ongoing experience in an aged care home

By Jill Donaldson on March 20, 2019

Published in October 2018, originally as a gift for his children Anne and David, Ted Tarrant's book *Rainbows and Opals* is an insightful, at times amusing, and very real commentary on what living in an aged care home is really like.

Why Rainbows and Opals?

With increasing dependence on each other and declining health issues, Ted and Edna Tarrant decided they wanted to move into an Opal Aged Care home at a time when their life journey needed a new direction and a "rainbow vision" to follow.

According to Ted they found their end of the rainbow at Opal South Valley in Highton, Victoria – 8kms south of Geelong – on 22 April 2018.

Having written a series of humorous short stories on request for the Geelong Advertiser in 2006, Ted began taking notes on "The Funny Side of Life at Opal".

However, with concern about the ever-threatening "spectre of litigation" making writing humorous stories impractical, Ted changed his mind to writing a series of essays to help his children and close friends realise that Edna and he were happy with their new life.

When Edna unexpectedly passed away in June 2018, four months short of their 50<sup>th</sup> wedding anniversary, Ted, who was still dealing with his grief, became concerned that his children might think that he would not cope with the separation and the lack of meaningful relationships.

He became determined to allay their concerns and show them that a new vocation in life was opening up for him at Opal.

Expressing his thoughts and experiences, he developed a series of chapters "involving the Opal Administration to check the balance of humour with real living as he knew it."

"A few photos here and there to brighten up the presentation and a catchy title to bring it to life. The

rest is history. It became a short book and so the first edition was born," says Ted.

Ted explains "it was meant to be for my kids. It was never meant to be for sale; I never thought it to be an advert for Opal; or, some sort of propaganda piece for nursing homes."

"In an age of suspicion about aged care nursing homes we need an uplift, understanding, respect and community support."

Ted has made his contribution as meaningful conversations about living in an Australian aged care home. Edward J Tarrant was born in 1930 in Rosanna, VIC and spent 44 years working in Secondary Education and Administration. Ted qualified for three Olympic events in 1948 for the London Games, formerly known as the Olympiad XIV – but refused due to conflicting dates with final Secondary studies. Ted played VFL (now AFL) football for Collingwood 'Curtain Raiser Games' in 1944.



Pictured: Ted Tarrant with his son David Tarrant.





The Easter themed special morning had a great number of Retirement Living residents attend with the Raglan residents, tables were decorated with plenty of eggs and rabbits, plenty of food to indulge with a cuppa. A very social morning had by all.





Sydney Aged Care Royal Commission hearing begins on Monday 6 May and will run over two weeks. This hearing will inquire into the quality and safety of residential aged care, with a focus on care for people living with dementia.

Australia's population is ageing and there are increasing numbers of older Australians living with dementia. This hearing will provide insights into whether the residential aged care system is coping with these challenges and, if not, what is going wrong. There will be a focus on the key elements of quality dementia care.

The hearing will begin with direct accounts of the experiences of people living in the residential aged care system, and accounts from people living with dementia and their carers. These personal accounts are expected to provide powerful and compelling insights into the experience of residential aged care, particularly for those living with dementia.

The first four days of the hearing will inquire into allegations of poor care and mistreatment by certain providers, and will hear evidence from those providers. These case studies are expected to shed light on particular issues relevant to the quality and safety of care provided to residents living with dementia.

In its second week (13-17 May), the Commission will hear from aged care workers, nurses, clinical experts, innovative provider organisations, policy advocates and representatives from the Department of Health and the Aged Care Quality and Safety Commission.

Dementia is an umbrella term for more than 100 progressive conditions of the brain, including Alzheimer's disease. Many of these conditions can have a very long and gradual progression. Their effects vary widely, from individual-to-individual.

Dementia and its potential effects are often misunderstood, both in residential care and in the wider community. People living with dementia generally respond very well to care that shows empathy, that is holistic and responsive to individual needs, and that involves the maintenance and development of relationships, human

contact and social connection.

The Commission is aware of significant public and professional concern about the use of physical restraints and overuse of psychotropic drugs (in particular antipsychotics and benzodiazepines) in residential aged care to manage behaviour of people living with dementia. Clinical evidence about these practices will be a focus of the hearing. The evidence is expected to be overwhelmingly against them.

The hearing will also involve consideration of the exposure of residents with dementia to substandard clinical and personal care.

Residents and families understandably have a heightened state of concern in relation to care provided in residential aged care and home care due to the negative media reports. This adds to the stresses faced every day by many excellent and committed staff working in the industry. We are hopeful that the Royal Commission will be able to come up with the answers to sustain a high quality industry into the future. The Commission is not due to return their findings until April 2020.

### Pre-election promises leave out aged care and the aged care workforce

With both major parties saying they will wait until after the Royal Commission to act on underfunding and remuneration for aged care workers providers are not in a position to act in relation to rostering more staff hours particularly in relation to caring for residents living with dementia.

With the election looming, all major parties are making announcements that they think will get them the most votes.

It makes sense that they think supporting child care and child care workers will get them the most votes.

Child care policies reach a big audience – young working parents and grandparents of the 1.3 million Australian kids in child care, plus the staff themselves.

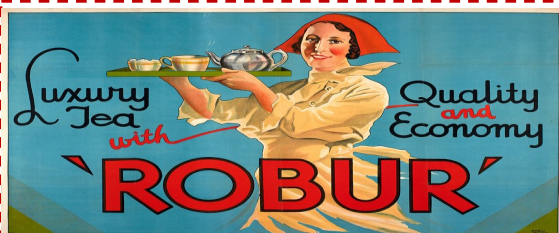
But in aged care, we have only 200,000 residents, and staff and family members.

A SAD THOUGHT



### FALLS PREVENTION

Be active everyday, - go for a walk with a friend.  
Consider participating in exercises classes.  
Wear comfortable, firm fitting shoes with a low heel,  
laces, buckles or Velcro fasteners.



### THINGS MY MOTHER USED TO SAY

Be Good.  
Don't make me get up!  
Bored! How can you be bored? I was never bored at your age.  
Clean up after yourself!

### Emailing HOP TOPICS

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

Your assistance with this is appreciated.

## What the? Beer tastes better if we think a man made it, says research



It would seem gender stereotypes even extend into our shopping habits.

A new study by researchers at Stanford University has found that in traditionally 'male-oriented' markets – like beer, power tools or car parts – female-made products apparently

don't stack up.

The researchers asked study participants to rate 360 different products on 'masculinity' or 'femininity' before landing on two products that clearly went one of the two ways: craft beer (masculine) and cupcakes (feminine).

They asked over 200 volunteers to rate a craft beer label, changing only the name of the brewer in each case, to see if gender affected their opinion. Then they did the same with the cupcakes, altering the name of the baker.

### Women invented beer

On average, participants said they would pay less for a beer, and had lower expectations of taste and quality, when they believed the brewer was a woman.

But for the cupcakes – there was almost no difference in attitudes about female versus male bakers.

"What we're seeing here is that woman-made goods for sale in male-typed markets are being penalized for no reason other than the fact they are made by women", said researcher Sarah Soule.

"We've looked at craft beer and cupcakes, but this could extend to any type of product from academic research to entrepreneurship ... and that has very serious implications."

Disappointing news. Guess none of the participants knew that the first people to start making beer 5,000 years ago were – you guessed it – women



Why do people say heads up, when you should duck?

Why can't donuts be square?

If you blew a bubble in space, would it ever pop?

Why is it that no matter what colour bubble

bath you use, the bubbles are always white?

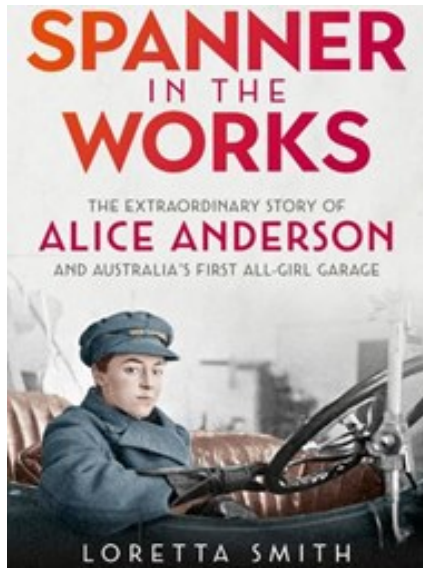
At a picture theatre, which arm rest is yours?

Why is the Lone ranger called "Lone" if he always has his friend Tonto with him?

If ghosts can walk through walls and glide down stairs, why don't they fall through the floor?

Thank you to all our volunteers from the retirement community.. We appreciate your generosity so much. New volunteers are always welcome. Please advise Kim or Reception if you are interested in volunteering.

## BOOK REVIEW



ALICE Anderson's short life was remarkable. She was a pioneer of motoring, taking to the unforgiving inland — largely unmade — roads in 1926. She also ran Australia's first all-female motor garage, in Kew. While the garage is well gone, her

nantly by men.

It might seem incongruous but on that night in August 1926 when Anderson was to leave the safety of Melbourne to head inland, she was farewelled at Melbourne's exclusive Lyceum Club for women.

In one way, this seemed entirely apt for Anderson; wearing jodhpurs and boots was an expression of an independent woman with prodigious self-belief. In this she appealed to women beginning to position themselves in male-dominated careers. Motor garages were essentially the province of men.

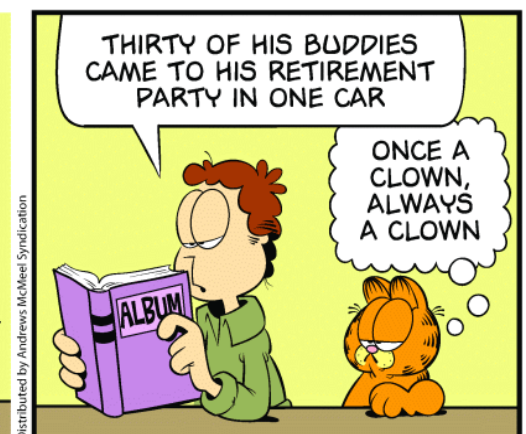
It is the thread of emerging feminism post-WWI emanating from the Kew garage, where gender roles are challenged from appearance to work, which gives the book contemporary relevance.

Historically, *A Spanner in the Works* is important for its social documentation of versatile women in time well gone.

name continues in the livery of a driving school in the Kew area.

This excellent biography captures Anderson compellingly. She was a spirited example to women who were independently minded in a society defined predomi-

### WEIRD and WONDERFUL WORDS ZOOLATRY - the worship of animals

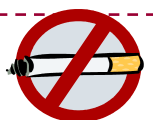


EFTPOS

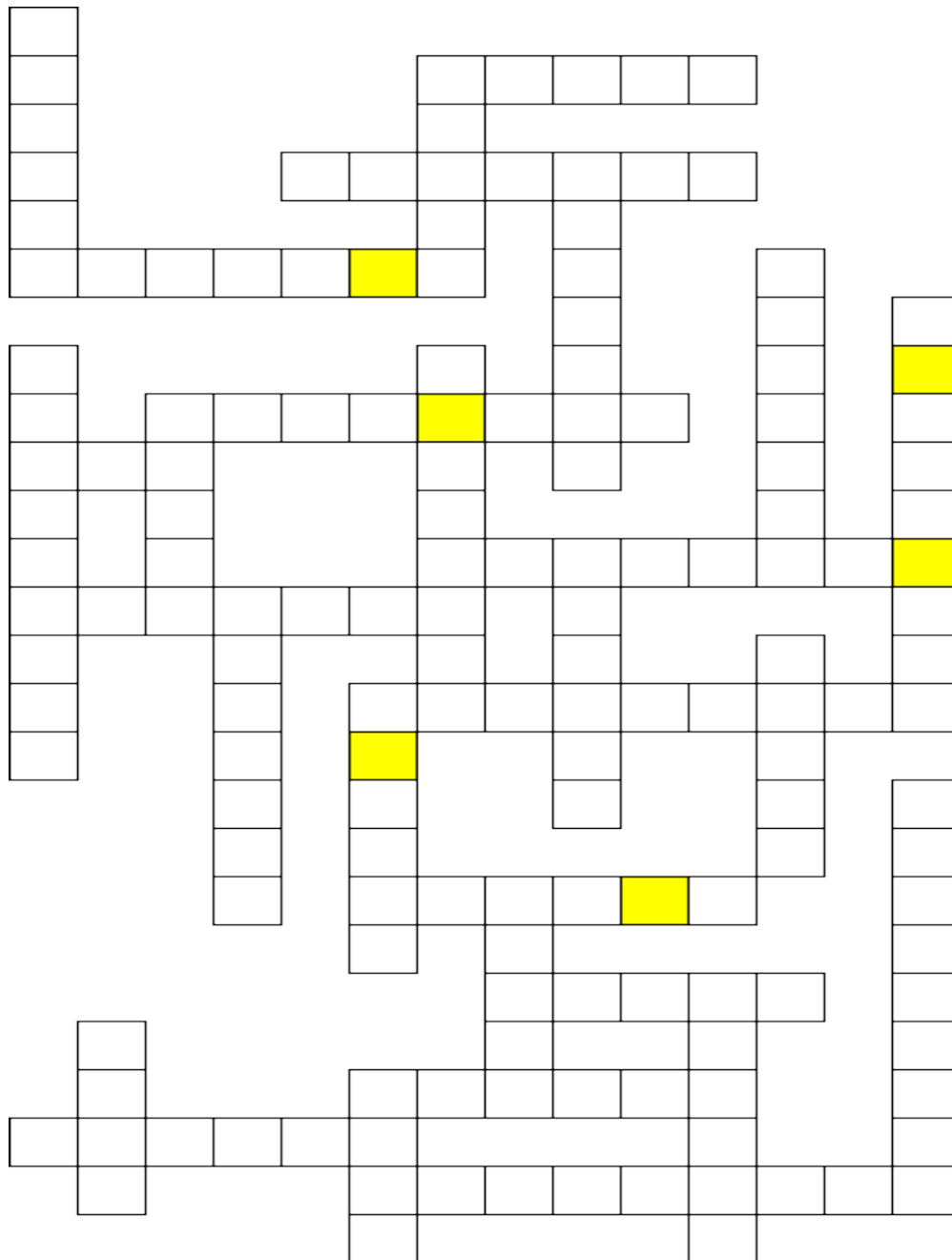
For the convenience of residents, EFTPOS facilities are located at reception in the High 'School Centre for payment of Accounts.



**PLEASE RESPECT THE NON SMOKING AREAS  
AT HAVILAH ON PALMERSTON**





**3 Letter Words:**

PEA

**4 Letter Words:**

BEAN

LEEK

**5 Letter Words:**

APPLE

LEMON

MANGO

MELON

OLIVE

ONION

**6 Letter words:**

BANANA

CELERY

LEGUME

LENTIL

ORANGE

POTATO

TOMATO

**7 Letter Words:**

APRICOT

AVOCADO

CABBAGE

LETTUCE

RHUBARB

SPINACH

**8 Letter Words:**

BROCCOLI

CUCUMBER

MUSHROOM

**9 Letter Word:**

ATICHOKE

ASPARAGUS

AUBERGINE

PINEAPPLE

TANGERINE

**SUDOKU** Sudoku is easy to play and the rules are simple. Fill in the blanks so that each row, each column, and each of the nine 3x3 grids contain one instance of each of the numbers 1-9

			2					
	7	1			8	5	3	
	8		5				6	
		9	7				8	
		7						
				4				1
			8				9	
1				2	9			4
	5							2

Medium 505

	7			2				
	9		3	7				
		5		8				1
		4	7					9
				9	6			
				8		6	5	4
	2							
					1		4	3
4		7	9	5		2	6	

Easy 505

## What's On & Events

### CONTACT NUMBERS

#### FOR PALMERSTON ST

**Reception 5459 0140**  
**MON-FRI 9AM-12 NOON**  
 (other than public holidays)

**Raglan House 5459 0150**  
**For 24 Hour Contact**

**Nurse Manager 5459 0154**

**Lifestyle 5459 0169**

**Maintenance BH 0417 679 803**

**Maintenance AH 0408 645 203**

**Kitchen 5459 0180**

### CONTACT NUMBERS

#### FOR HARKNESS ST

#### MON-FRI

**9AM-5PM 5461 7300**

**5PM-7 AM 5461 7394**

**WEEKEND 5461 7394**

**LIFESTYLE 54617 390**

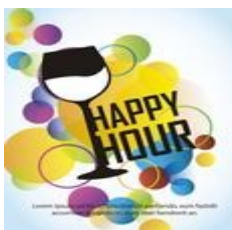
**CEO 54617 381**  
**0429617380**

**RAELEEN 54617 380**



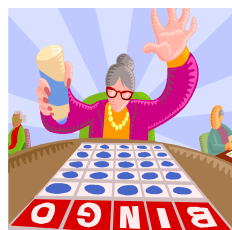
### RESIDENTS MEETING & LIFESTYLE COMMITTEE Meeting will be

Thursday 16th May 2019 at 2.45pm,  
 Room 7 in the High School Centre (Coffee & Chat immediately after the meeting)

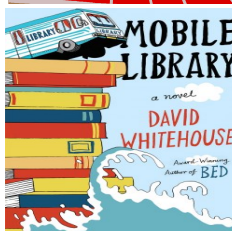


### HAPPY HOUR

Every Friday night in the High School Centre Function Room (Rooms 1 and 2) commencing at 5.00pm  
 entertainment, finger food & drinks.



**BINGO** Monday- Friday 1.30 P.M. Ground Floor Raglan House



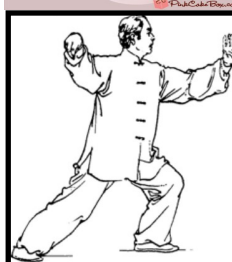
### MOBILE LIBRARY:

**NEXT DATES:** 6th and 20th May, and 10th and 22nd June  
 Raglan House—Ground Floor—Neill Street end



### SPECIAL MORNING TEA—COMING DATES

2nd Friday of each Month  
 North End Common area Raglan House  
 All ILU's and Raglan residents are invited to attend.



### TAI CHI

Monday session – 1.00 to 2.30 pm

Wednesday session - 10.00 to 11.30 am  
 Room 7 High School Centre

### ♦ STRENGTH EXERCISES AND FALLS PREVENTION

Every Monday at 2.30 Raglan House Ground floor

### ♦ CHAIROBICS



## What's On & Events

UNITING CHURCH - 1st Tuesday of the month at 2.30pm.

CHURCH of CHRIST - 1 Wednesday of the month at 10.00am

ANGLICAN CHURCH - 2nd Thursday of the month at 10.30am

SALVATION ARMY CHURCH - 4th Wednesday each Month 2.45pm



**CHURCH SERVICES Room 7—High School Centre**

## time to talk

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

**Next Date 8th May 10.00am**

Raglan House—first floor

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

### ♦ MARYBOROUGH MENS SHED

Meets Tuesday and Thursday mornings at 9 a.m at its shed at 42a Newton St. Maryborough.

New members welcome

for information contact 0417365642

### ♦ MARYBOROUGH BRANCH CWA.

Meets at the Maryborough School House in Gillies St. on the 2nd Tuesday of the month Craft is held at 10 a.m. followed by a general meeting at 1.30 p.m. New members most welcome.

Contact Shirley on 5461 1657 or Rachel on 0419125459



The AFL Footy season is well on its way with 6 rounds already been played. The scores have been varied from the tipsters with different residents showing that skill of picking the winners. After round 6 the leader in the competition is Di-

anne Rowe with a total of 35 points, followed by Eddie Meagher in second place with 33. Closely in joint third position is Gary Hutchinson and Merv Huggett with 32 points. Shirley Huggett is holding up the ladder with a total of 22 points.

**Prize pool: 1st - \$50.00, 2nd - \$30.00 3rd - \$20.00 and last place \$10.00.**

Weekly prizes are also awarded for tipping all the winners in the round.

MAR 17 2019	JUNE 16 2019	SEP 15 2019
APR 21 2019	JULY 21 2019	OCT 20 2019
MAY 19 2019	AUG 18 2019	NOV 17 2019



## In The Kitchen

### One— Pan Caprese Chicken



#### INGREDIENTS:

- 1/2 French shallot, finely chopped
- 1 large garlic clove, crushed
- 2 tablespoons extra virgin olive oil
- 1/3 cup fresh basil leaves, plus 1 tbs finely chopped, extra
- 2 large (about 700g) chicken breasts, halved lengthways
- 300g mixed baby tomatoes, halved
- 4 (about 140g) bocconcini, sliced
- 1 tablespoon red wine vinegar
- 1/2 teaspoon caster sugar

Crusty bread, to serve

#### Method:

- Combine the shallot, garlic, 1 tbs of the oil and the extra basil in bowl. Season. Heat the remaining oil in a large ovenproof non-stick frying pan over medium- high heat. Season the chicken and cook, turning, for 4 minutes or until browned. Remove the pan from the heat
- Preheat the oven grill to high. Scatter the tomato around the chicken. Spread with half the basil mixture. Top with the bocconcini and spoon over the remaining basil mixture. Drizzle tomato with vinegar and sprinkle with sugar. Season. Grill for 4 minutes or until the cheese melts and tomatoes blister. Sprinkle with the basil.
- Serve with the crusty bread.



#### Quiz and Crossword Solutions from page 7 & 13

- |       |                  |
|-------|------------------|
| 1.    | George Adams.    |
| 2.    | Corps.           |
| 3.    | The Silver City. |
| 4.    | An Australian    |
| 5.    | Bird.            |
| 6.    | A fish.          |
| 1835. |                  |

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

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Jack strode into 'John's Stable' looking to buy a horse. "Listen here" said John, "I've got just the horse your looking for, the only thing is, he was trained by an interesting fellow. He doesn't go and stop the usual way. The way to get him to stop is to scream heyhey the way to get him to go is to scream Thank God. Jim nodded his head, "fine with me, can I take him for a test run?" Jim was having the time of his life this horse sure could run he thought to himself. Jim was speeding down the dirt road when he suddenly saw a cliff up ahead "stop!"

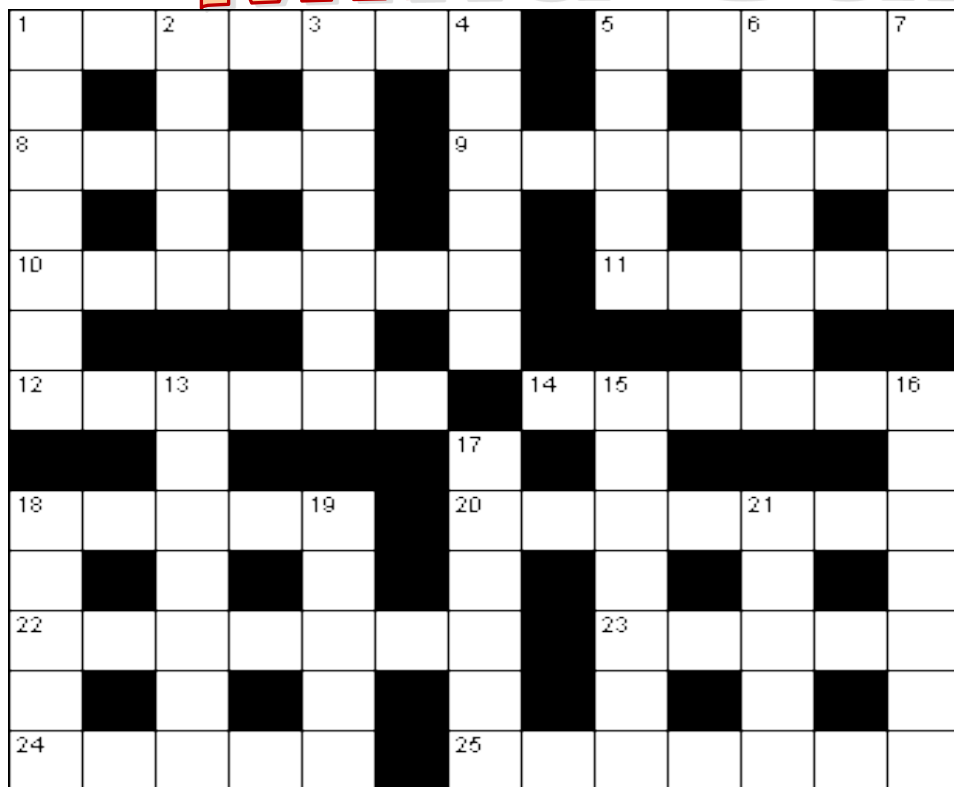
screamed Jim, but the horse kept on going. No matter how much he tried he could not remember the words to get it to stop. "yoyo" screamed Jim but the horse just kept on speeding ahead. It was 5 feet from the cliff when Jim suddenly remembered "heyhey!" Jim screamed. The horse skidded to a halt just 1 inch from the cliff. Jim could not believe his good fortune, he looked up to the sky, raise his hands in the air, breathed a deep sigh of relief and said with conviction "Thank God."

A fellow walked into a bank in the middle of Melbourne asking for a loan for \$4000 dollars. "Well, before we lend you the money we are going to need some kind of security" the bank teller said. "No problem" the man responded here are the keys to my car "you'll see it, it's a black Porsche parked in the back of the parking lot." A few weeks later the man returned to pay off his loan. While he was paying it up, along with the interest of \$11 dollars, the manager came over, "sir, we are very happy to have you're business, but if you don't mind me asking, after you left we looked into you and found out that you are a millionaire, why would you need to borrow \$4000 dollars?" "Well, the fellow responded it's quite simple, where else can I park my car for three weeks in Melbourne for \$11 dollars?"



"Don't mind me, I'm just a little under the weather today."

Jim's car is swerving all over the road so a policeman pulls him over, "Step out of the car" says the policeman, "I am going to need you to take a breathalyser test." "I can't", Jim responds "You see I have very bad asthma and that can set off an attack." "Alright," says the policeman, "then you're going to have to take a blood test." "Can't do that either," Jim responds, "I am a haemophiliac, if a wound is opened, I won't stop bleeding, and I could bleed to death." "Ok," the policeman answers "then I will need a urine sample." "Sorry," says Jim "I also have diabetes, that could push my sugar count really low." "Fine, so just come on out, and walk a straight line for me." "Can't do that either" responds Jim. "Why not?" Demanded the exasperated policeman. "Well, because I'm drunk!"

**Across:**

1. Theft (7)
5. Ambit (5)
8. Relating to a city (5)
9. Closet (7)
10. Foster (7)
11. Public Square (5)
12. Floor covering (6)
14. Soldiers (6)
18. Percussion instruments (5)
20. Burrowing rodent (7)
22. View (7)
23. Stroll (5)
24. Choose (5)
25. Pull out (7)

**Down:**

1. Curt (7)
2. Watercourse (5)
3. Leave out (7)
4. Distant but visible (6)
5. Acute (5)
6. Aromatic herb (7)
7. Additional (5)
13. Habitual method (7)
15. Oddment (7)
16. Excess (7)
17. Opportunity (6)
18. Stingless male bee (5)
19. Change position (5)
21. Shinbone (5)

©

**WORD SEARCH - Out There**

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

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

ASTEROID, ASTRONAUT, ASTRONOMY, ASTROPHYSICS, ATMOSPHERE, BLACKHOLE, CAPSULE, COSMOS, COUNTDOWN, CREW, EXPLORATION, FLIGHT, GALAXY, GRAVITY, LAUNCH, LIGHT YEAR, METEOR, MISSION, MODULE, MOON, NEBULA, ORBIT, PLANET, PULSAR, ROCKET, SATELLITE, SOLAR SYSTEM, SPACECRAFT, SPACE STATION, STAR, SUPERNOVA, TAKEOFF, TRAJECTORY, UNIVERSE, VOYAGE

**QUIZ**

1. Who started Tattersalls lotteries?
2. What does the C stand for in ANZAC?
3. What is Broken Hill's nickname?
4. What is a bustard?
5. What is a snoek?
6. When did Cobb & Co start operating?



## NOTICE BOARD

### Emergency Procedure

Call 000 to report any incidents to Police of Vandalism, Violence, Loitering or any Anti-Social behaviour. Please use the same procedure for Medical Emergency or Fire Emergency.

Then when safe to do so report the Incident to Havilah

and we can provide assistance if required.

### USING EMAIL TO CONVERSE WITH OUR MANAGEMENT TEAM

Sometimes it is out of hours when you think of things you might like to raise with us. For those with email access you can have a conversation by email with our management team.

Chief Executive	Barb Duffin	barb.duffin@havilah.org.au
Food Services Manger	Di Jackson	di.jackson@havilah.org.au
Nurse Manager	Deb Matthews	deb.matthews@havilah.org.au
Director of Care	Kelsey Hooper	kelsey.hooper@havilah.org.au

### **FEEDBACK - We welcome your feedback, FEEDBACK FORMS ARE AVAILABLE IN THE FOYERS OF THE HIGH SCHOOL CENTRE AND RAGLAN HOUSE**

Residents are encouraged to communicate any issues they may have to

**CEO Barb Duffin** 5461 7381 Mobile 0429 617380

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

**Director of Care Kelsey Hooper** 54 617383

email: [kelsey.hooper@havilah.org.au](mailto:kelsey.hooper@havilah.org.au)

**Nurse Manager Havilah on Palmerston Deb Matthews**

email: [deb.matthews@havilah.org.au](mailto:deb.matthews@havilah.org.au)

Havilah respects the right of residents 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.

### **GENERAL ENQUIRIES**

For any general enquiries: Residents can contact Havilah 24 hours a day, 7 days a week on Email: [mail@havilah.org.au](mailto:mail@havilah.org.au) or Telephone: 54617387. Leave a message if it is out of office hours and staff will get back to you as soon as possible.

### **RAGLAN HOUSE NURSE 24 HOUR CONTACT NUMBER Telephone 54 590150**

### **HAVILAH ON PALMERSTON RECEPTION HOURS**

MON-FRI 9.00 am—12.00 pm for account payments and enquiries 5459 0140  
(Closed Public Holiday)

### **HARKNESS ST RECEPTION OFFICE HOURS**

MON-FRI 9.00 am—4.00 pm for account payments and enquiries 5461 7300  
(Closed Public Holidays)

**ON CALL MAINTENANCE after hours and weekend calls. 0408 645 203**