

# RAGLAN TATTLER

ISSUE: May 2019

HAVILAH WEBSITE: [www.havilah.org.au](http://www.havilah.org.au)  
please contact Andrew on 5461 7387 or email  
[andrew.earl@havilah.org.au](mailto:andrew.earl@havilah.org.au) if you would like your Tat-  
tler sent via email



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



### INVITATION

**MOTHERS DAY LUNCH - SUNDAY 12TH MAY – 12 noon**

**2 Courses with Drinks.**

**\$15 per head.**

**Devonshire Afternoon Tea**

**At 3.00pm**

**Visitors 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: 5459 0180**

**Also**

**For family and guests visiting on Saturday 11th May**

**Special Afternoon Tea - at 3.00 pm**

**Resident Meeting— Monday 3rd June 2019 at 1.15 pm**

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



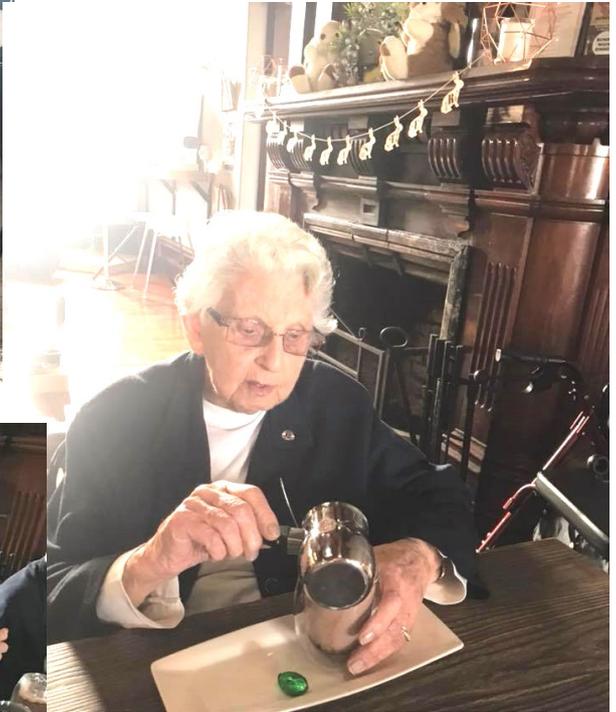
Easter activities were held with Special Morning tea with the Retirement Living residents, craft sessions, the ground floor decorated in the Easter theme and many family and friends visiting during the holiday period.



# PHOTO GALLERY



The Easter bus outing was to Traks Cafe at the local railway station, where residents indulged in some very wicked delights having hot chocolates filled with marshmallows and eggs



## LIFESTYLE

Havilah have their own Resident masseur who is available for massages at a cost of \$30 per session. If you would like to enquire about booking a session please contact Kim or Jo on 5459 0169.



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

By Jill Donaldson on March 20, 2019

The conversations of life

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."

**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

"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 and his son David Tarrant.

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.

**Please arrange to speak to the Director of Care or the CEO if you are concerned or have questions in relation to any matters raised in the Royal Commission or in the Media.**



### 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!



#### RESIDENT SURVEY:

March 2019

Raglan House: 23 residents surveyed:

100% of surveyed residents indicated that their room is lit appropriately for them to sleep at night.

91% of residents surveyed feel that they are comfortable to make a complaint about the care of facilities at Havilah most of the time or always.

96% of residents surveyed agreed or strongly agreed that they were felt welcomed when they first moved in.

100% of residents agree or strongly agreed that they are aware that family and friends are welcome to visit.



### 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.



### RESIDENT MASSEUR

Havilah have their own Resident masseur who is available for massages at a cost of \$30.00 per session. If you would like to enquire about booking a session please contact Kim on 5459 0169 or Internal 169

#### 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](mailto:andrew.earl@havilah.org.au).

Your assistance with this is appreciated.

**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?**

**The newspapers and periodicals that are supplied in communal areas of Raglan House are supplied by Havilah for the enjoyment of all residents. Residents are asked not to take these back to their rooms. Thank you for your assistance with this.**



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 Dianne

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.

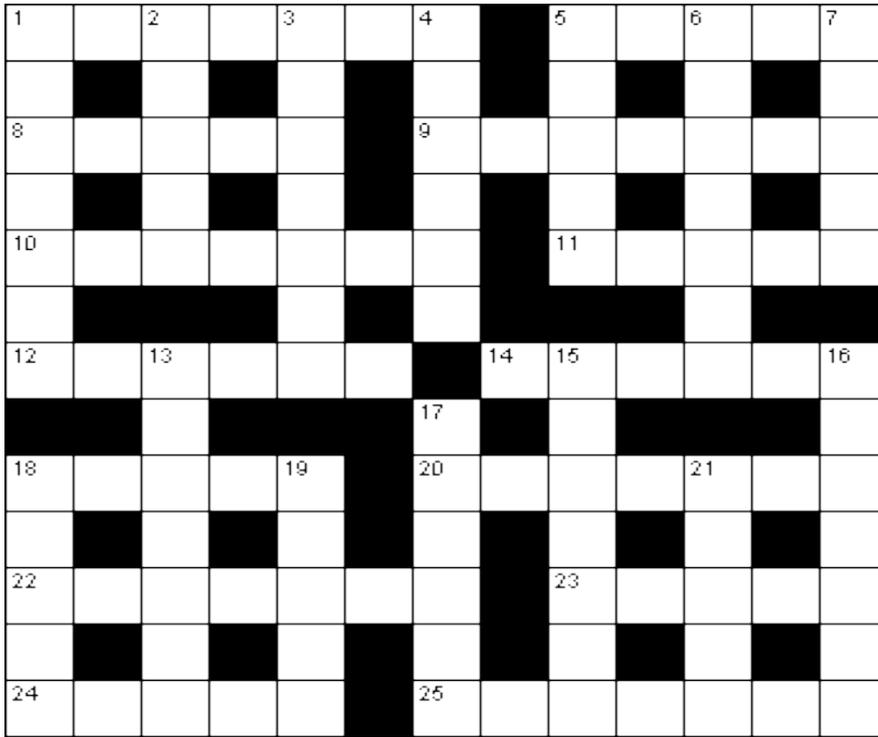
### **Signing In and Out**

*We ask that all residents and their families please complete the details in the Sign Out Book when leaving Havilah and when returning. This is so we are aware of who is in the facility at any time for reasons of evacuation.*

*Please fill out the following information: Residents Name, Where they are going, Who with, Time out, Approximate time due back, Returned time, Signature and Date. We want to know that everyone is safe and this information assists us should you not return when expected.*

The Central Highlands Library service visit's Raglan House. 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 in the North end on the ground floor. from 10.15am - 11.15am.





**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)

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**WORD SEARCH - Out There**

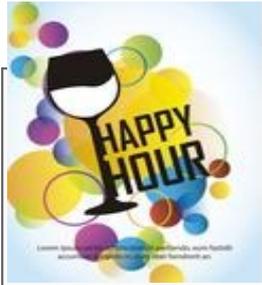
M E T S Y S R A L O S A C V S W K M D  
 D N O I T A T S E C A P S P E T T G D  
 A V O N R E P U S A B A A R T E I A M  
 E R E H P S O M T A S C C A V K B S N  
 O G V G J E C G T T E T K D E C R T O  
 M A M R M P L P R C R E E S V O O R I  
 E L I A O L I O R P O E R R A R Y O T  
 T A S V O J N 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, COUNT-DOWN, 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?



### Happy Hour Every Friday evening

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



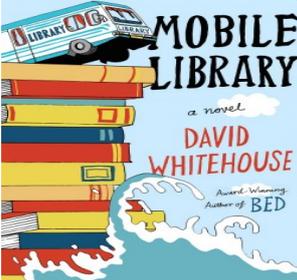
**Bus Trip Out** - Thursday afternoon departing at 1.30pm for lots of Fun points of interest throughout Central Victoria.

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 3rd June 2019 at 1.15 pm



### Mobile Library:

**Next dates: 13th and 27th May, and 10th and 22nd June**

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

**CHURCH OF CHRIST** - 1st Wednesday each month 10.00am

## time to talk

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

**Next Date 8th May @ 10.00am**

Great chance for the men to get together and chat about secret men's business, first floor Raglan House.

Learn, Laugh and Live!



THE UNIVERSITY OF THE THIRD AGE

### U3A University of the Third Age

Meet the 1st Monday of the Month

Bingo area at 10.00am

## 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 2.45pm



### THURSDAY

Street Walk 9.30am

Bingo 1.30 pm

Bus Trip 1.30pm

Afternoon Movie 2.45pm



### FRIDAY

Special Morning Tea 10.00 am

Bingo 1.30 pm

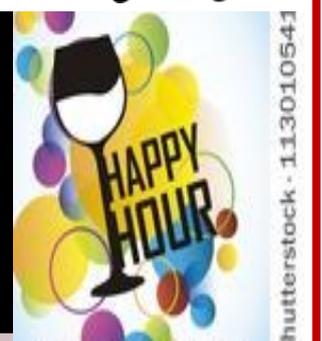
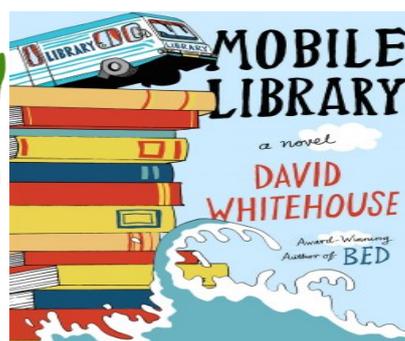
Chairobics 2.30 pm

Happy Hour 5.00pm



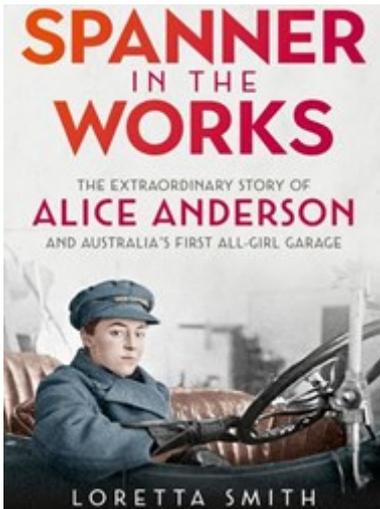
### SUNDAY

Devonshire Afternoon Tea each Sunday 3.00pm



Don't forget to check your Activities Calendar to see what's on each day

## 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 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 predominantly 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.



### Justice of the Peace

The Havilah on Palmerston community has the services of a Justice of the Peace,  
Contact:

Terry Simpson Mobile: 0419 737 837

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



### Linen

Could residents please inform care staff if they have any soiled linen in their rooms. This includes Face Washers, Shower Mats or Towels. Staff can provide fresh clean linen immediately on request, Please Call 661 or 662.

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

Postage stamps are available for purchase at the main reception desk, between the hours 9am - 12noon, Monday - Friday.

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



**FROM THE KITCHEN :**

The menu for each day is displayed on the dining tables. If residents do not wish to have the 'First Choice' for lunch please notify the catering staff that you would like the 'Second Choice' shown on the menu. The first and second choice change every day. There are also choices listed for soft and pureed diets including sweets. Just in case you do not like either choice offered there are additional alternatives available every day and these are listed on the menu. Please advise kitchen staff at breakfast or up to 10.00am if you would like one of the Lunch alternates rather than what is being offered as first or second choice. For those who have breakfast in your room the daily menu is included on your breakfast tray. Please inform the care staff of your choices for the day.

At tea time there is a selection of two soups, two mains and two sweets on the menu.

**Tea time alternatives each day are** - Salads, raisin toast and sandwiches. Please advise the kitchen prior to 3pm if you would like one of these alternate choices.

***So that staff can have your meal ready for you at mealtime please take special note of the times for ordering of alternate meals, therefore at breakfast or by 10 a.m. for lunch and by 3pm for tea.***

**For breakfast** residents may have whatever cereals and breads they wish. Please notify the kitchen who will arrange to get this in if it is not held as normal stock.

**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, Special Morning Tea on Tuesdays and Sunday Devonshire afternoon tea without charge. Tea and coffee making facilities and biscuits are on hand in the kitchenettes for residents and visitors.

Please advise the relevant kitchen prior to 10.00am by phoning **54590 180** When booking meals for more than 5 people, please notify the kitchen the day before.

**REPORTING FOOD BROUGHT IN FOR RESIDENTS**

As all food prepared by Havilah is closely monitored under the Food Safety Standards it is a requirement that **All food brought in to Havilah** by residents or their families/visitors must be reported. There is a register available in each Foyer and in the Kitchen for you to record this. Food put in the fridges must have the resident's name and the date clearly marked. Your assistance with this is appreciated.

If there is food that you enjoy that you would like to see on the menu you can discuss this with Food Services Manager Di Jackson, or Nurse Manager Deb Matthews or alternatively fill out a form and place in the Suggestion Box.



**Auto Lock Down:**

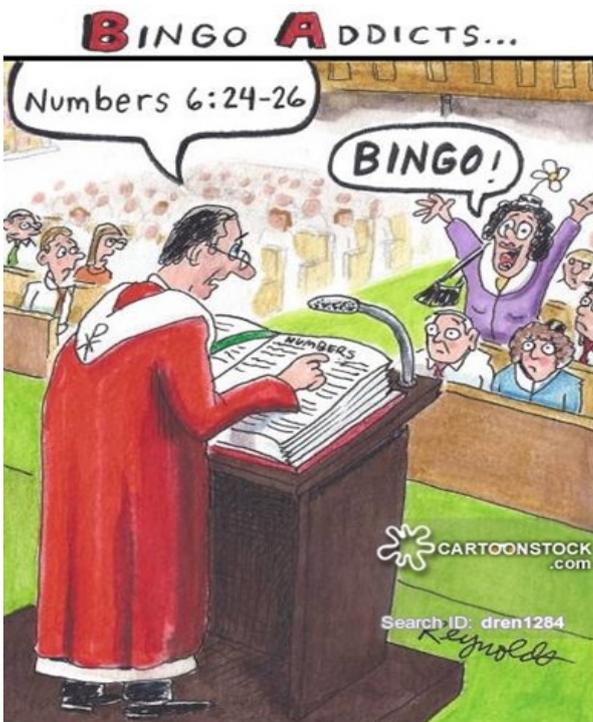
Due to the change of seasons and daylight savings coming to an end, auto lock down has moved to **6pm**.

LIFE IS  
BETTER  
WHEN  
YOU'RE  
LAUGHING.

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 \$4,000 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 your 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 \$4,000 dollars?" "Well, the fellow responded it's quite simple, where else can I park my car for three weeks in Melbourne for \$11 dollars?"



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!"



## **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

**High School Centre (Reception)** 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 needed.

**24 Hour Contact Raglan House. 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. This number is available for 24 hour emergency contact.

**Reception Hours—Account Payments and Enquiries** MON-FRI 9.00 am—12.00 pm 54590140

**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.

**Other useful numbers can be found in your Resident Information Folder**

**Pick up and Drop Off Points** Residents and families, please use the flat surfaces provided for residents being picked up or dropped off at Raglan House. These are the areas directly out from the Raglan House front doorway (Raglan

Street entrance) and the Raglan House Court Yard Entrance. The nature strip areas and kerbing are not meant for walking on and do not provide a stable surface so please remain on the concrete paths and crossings to ensure safety.

**FEEDBACK—** We welcome feedback from residents, families and visitors and forms are available at the downstairs and upstairs nurses station windows.

Residents and families are encouraged to communicate any issues they may have to :

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

Deb can be contacted by email using the email address: [deb.matthews@havilah.org.au](mailto:deb.matthews@havilah.org.au)

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

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

**Director of Care Kelsey Hooper** 54 617383 email: [kelsey.hooper@havilah.org.au](mailto: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.

**External Complaints** through the Aged Care Quality and Safety Commission: 1800 951 822

**Elder Rights Advocacy** 1800 700 600 Email [era@era.asn.au](mailto:era@era.asn.au) [www.era.asn.au](http://www.era.asn.au)

*ERA is a member of OPAN the Older Persons Advocacy Network, delivering the National Aged Care Advocacy Program, an Australian Government Initiative providing advocacy services to recipients of Australian Government Aged Care Services.*