

# RAGLAN TATTLER

ISSUE: June 2018

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  
Tattler sent via email



Mothers Day was well appreciated by residents and families . Delicious afternoon teas were served on Saturday and Sunday and the food services presented a lovely lunch on Sunday. All enjoyed themselves with their loved ones with lots of compliments to Havilah staff for the making it such a special day.

**Resident Meeting— Monday 2nd July 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



Sandra, Jan and Lizzie with Nurse Manager Lynne Brown

In appreciation of the care provided to their dad, the late Joe Wilson, Sandra Wilson and Jan Little (and Lizzie) have donated a special chair for the support of families during palliative care. Joe was one of the very first residents of Raglan House and this gesture from Sandra and Jan is appreciated very much.



## 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 Care Staff if you have any concerns.



## WEIRD and WONDERFUL WORDS

**ABSQUATULATE** - to leave somewhere abruptly

## 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.

## HAVILAH MAJOR RAFFLE

Lucky Weekly winners of the \$500 weekly early bird draws to date are:

Week one - Chris Dellavedova

Week two - Troy Driscoll

Week three - Jardine Kitchens.

Week four - Lyn Bond and Marg Rumpff

Week five - Les Chapman

Week six - Cheryl Griffin

Week seven - Ernie Bandy







Residents have journeyed to the Convent Gallery at Daylesford, Hav-a-Latte at the Harkness Street facility and a garden outing near Beaufort. Residents enjoyed interacting and catching up with people they know at Harkness Street and the lovely afternoon teas they had along the way.



### AND SOME MORE POINTS TO PONDER:

- How much deeper would the ocean be if sponges didn't grow in it?
- When 2 planes almost collide, why do they call it a near miss?? It sounds like a near hit!
- Why is a carrot more orange than an orange?
- Whose cruel idea was it for the word "lisp" to have an 's' in it?
- If someone with multiple personalities threatens to kill himself, is it considered a hostage situation?
- When companies ship Styrofoam, what do they pack it in?
- Can an obese person go skinny dipping?
- Why are there Interstate Highways in Hawaii?
- Why are cigarettes sold in Petrol stations when smoking is prohibited there?
- Why does sour cream have an expiry date?



Maryborough regional mobile library service visits Raglan house every fortnight at 10.15am on a Monday morning. Coming dates, 18<sup>th</sup> June. We are looking to have more Raglan House and retirement living residents borrowing books, music, dvds, audio books, large print books.

We will be running a lucky door prize for those that borrow a book each week. Come and have a look at the range and if they don't have what you are looking for, the library will get it in for you.

This is a wonderful service and it would be a shame to lose it.



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.





## PHOTO GALLERY



The Royal Wedding celebrations were well attended by Raglan House residents, everyone enjoyed each others company watching the ceremony on the TV. All present partook in the lovely and well presented supper with champagne. The tables looked wonderful with colours of roses and the English red, white and blue.







## Aged care: why you need an advanced care plan now



With reports about aged care homes “dumping” residents in emergency departments, we decided to take a look at hospital transfers from aged care facilities in the last year.

While these have increased, they don’t say how many of these admissions were for urgent medical treatment or end-of-life care.

The reality is there are more people entering aged care than ever before. Often they are older, in their 80’s or 90’s, with a range of serious health conditions. 2017 also saw severe flu and gastro outbreaks affect a number of facilities.

If residents need medical care, then they will be transferred to hospital for treatment – regardless of staffing arrangements.

There’s also the critical – and often overlooked – issue of end-of-life care.

Most of us would be unaware aged care facilities receive very little funding for palliative care – because it is funded under a separate arrangement, most aged care residents don’t qualify for funding.

Don’t leave decisions for the emergency room

A recent Productivity Commission report found thousands of Australians were dying in hospitals when they would rather be at home or in a familiar environment.

It recommended the Government relax the restrictions on palliative care funding in aged care and require facilities to have trained staff talk to residents about their future care needs.

We support this idea. It’s estimated around half of Australians won’t be able to make their own end-of-life decisions, but few of us have a plan in place.

The Commission wants us to use our 70-plus health check – or next annual check-up – to set up an advanced care plan that sets out who you would like to speak for you if you are too sick to do so yourself and what health care decisions you would like them to make.

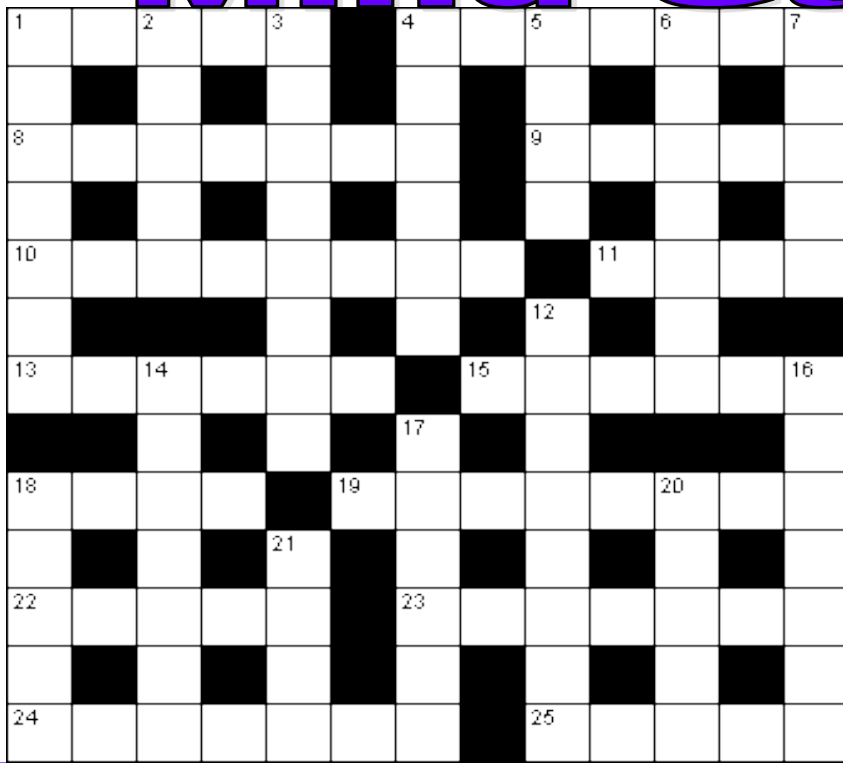
This should be then updated if you go into an aged care home.

It make sense. You will know your wishes are being respected – and ease the stress on your family to make decisions during a difficult time.

### **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.*

**The information required includes: Residents Name, Where they are going, Who with, Time out, Approximate time due back, Returned time, Signature and Date.**

**Across:**

1. Direction (5)
4. Equilibrium (7)
8. Brass Instrument (7)
9. Fruit (5)
10. Beamed (8)
11. Singing Couple (4)
13. Lind of lake (6)
15. Movie House (6)
18. Large and scholarly book (4)
19. Precise (8)
22. Tooth (5)
23. Inactivity (7)
24. Family name (7)
25. Laconic (5)

**Down:**

1. Notation cancelling a previous flat or sharp (7)
2. A regular route (7)
3. Seven - sided polygon (8)
4. Dairy products (6)
5. Jump (4)
6. Planet (7)
7. Choose by vote (5)
12. Venomous (8)
14. Risk taker (7)
16. Norm (7)
17. In operation (6)
18. Domesticates (5)
20. Theatrical performer (5)
21. Song for solo voice (4)

021

## Word Search - WEATHER

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

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

BLIZZARD, BREEZE, CHINOOK, CIRROCUMULUS, CIRROSTRATUS, CIRRUS, CLOUDY, COLD, CUMULONIMBUS, CUMULUS, CYCLONE, DOLDRUMS, DRIZZLE, DRY, FAIR, FOG, FREEZING, FROST, HAIL, HARMATTAN, HEATWAVE, HOT, HUMID, HURRICANE, LIGHTNING, MILD, MIST, MISTRAL, MOSOON, NIMBUS, OVERCAST, PRECIPITATION, RAIN, SHOWER, SIROCCO, SLEET, SLUSH, SNOW, STORM, STRATUS, SUNSHINE, THUNDER, TORNADO, TYPHOON, WIND, ZEPHYR.

## QUIZ

1. What was the name of Dame Edna's dead husband?
2. Who made the first solo flight from England to Australia?
3. What sportsman said, "My greatest strength is that I have no weaknesses"?
4. How many Australian cities have hosted the Olympic games?
5. What is the name of the range that runs along the East coast of Australia?

## 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.



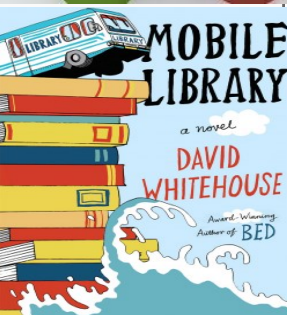
**Bus Trip Out** - Thursday afternoon departing at 1.30pm for lots of Fun points of interest throughout Central Victoria.

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 2nd July 2018 at 1.15 pm



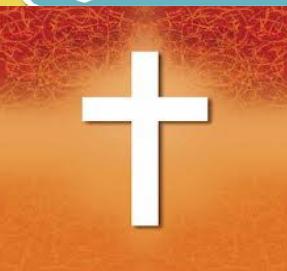
### Mobile Library— June 2018 Dates

Monday , 18th 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



### Saturday Movie Afternoon.

16th June 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

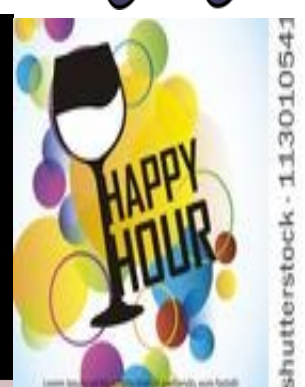
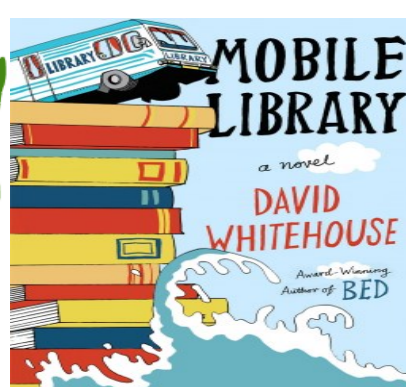


### SATURDAY

Movie Afternoon - every 3rd Saturday

### SUNDAY

Devonshire Afternoon Tea.



## BOOK REVIEW

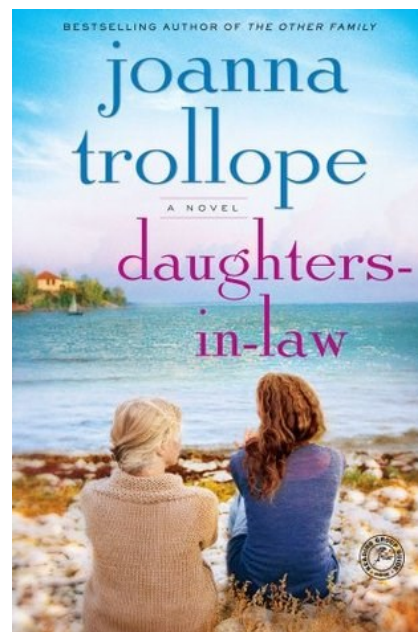
### BOOK REVIEW: DAUGHTERS - IN- LAW

By  
Joanna Trollope



As Anthony and Rachel Brinkley welcome their third daughter-in-law to the family, they don't quite realize the profound shift that is about to take place. For different reasons, the Brinkleys' two previous daughters-in-law hadn't been able to resist Rachel's maternal control and Anthony's gentle charm and had settled into their husbands' family without rocking the boat. But Charlotte-very young, very beautiful, and spoiled- has no intention of falling into step with the Brinkleys and wants to establish her own

household. Soon Rachel's sons begin to think of their own houses as home and of their mother's house as simply the place where their parents live-a necessary and inevitable shift of loyalties that threatens Rachel's sense of herself, breaks Anthony's heart, and causes unexpected consequences in all the marriages. Then a crisis brings these changes to the surface, and everyone has to learn what family love means all over again.



### RESIDENTS SURVEY: April 2018

#### Raglan House: 22 residents surveyed:

100% of residents indicated when surveyed that they are able to find information about activities easily most or all the time.

100% surveyed residents most of the time or always stated that their room was kept at a comfortable temperature.

100% of residents agreed or strongly agreed that they know they can get a hair cut or styled on site at the hairdressers.

100% of surveyed residents indicated that they agree or strongly agreed that the maintenance team are timely and efficient when repairs are needed.

### 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

Beggars can't be choosers.  
 Hear the sirens? They're coming to get you.  
 You'll have a great impact on the world.  
 Your mind works in mysterious ways.  
 You'd forget you head if wasn't screwed on.

## 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.

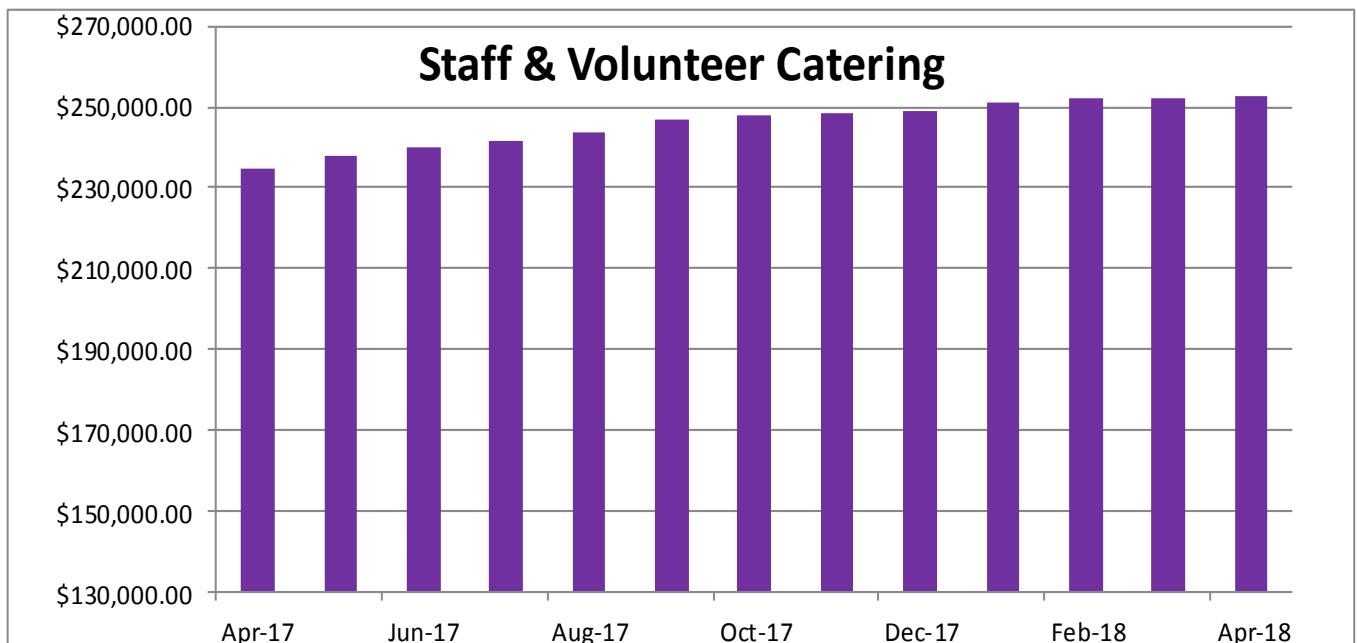


The Football season is well under way, with the Havilah on Palmerston tipping competition is showing some varied results at this stage, After round 11, Doug Rowe is leading with a score of 74 points, following closely behind on 72 points is Anne Stuart, and Dorrie Duffin 71 points.

At present there are 2 tipsters that are holding up the ladder from the bottom, they are Lorna Baines and maintenance Stu with a score of 44 points.

Anne Stuart tipped a full score of 9 winning teams in round one and Sherry Simpson picked the eight winners in round 10. It is getting close to midway through the season, but there is still time that other tipsters can improve and maybe take out the main prize at the end of the season.

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





A big Texan cowboy stopped at a local restaurant after a day of sightseeing in Mexico. Sipping his tequila, he noticed a scrumptious looking platter being served at the table next to him. He asked the waiter, "What is that you just served?" The waiter replied, "Ah senor, you have excellent taste! Those are called Cojones de Toto-bulls testicles from the bull fight this morning. A delicacy!"

The cowboy said, "What the heck; bring me some."

"I am sorry senor," the waiter said, "there is only one serving per day because there is only one bull fight each day. If you come early and order, we will save you the delicacy."

The next morning the cowboy placed his order and later was served the special of the day. After a few bites he called the waiter and said, "These are delicious, but they are much smaller than the ones I saw yesterday."

The waiter shrugged and replied, "Si senor; sometimes the bull wins."

A crowded tram was trundling down Elizabeth Street during Melbourne's peak hour. One lady was surrounded by her bags of shopping and was taking up a whole seat. A passenger saw an elderly man standing so asked the lady,

"Would you mind moving over so this man can sit?"

The lady replied, "No my buttocks are asleep".

A boy standing behind her said, "I can vouch for that- I just heard them snoring."

Teacher: "If I gave you 2 cats and another 2 cats and another 2, how many will you have?"

Johnny: "Seven."

Teacher: "No, listen carefully... If I gave you 2 cats, and another 2 cats and another 2, how many will you have?"

Johnny: "Seven."

Teacher: "Let me put it to you differently. If I gave you 2 apples, and another 2 apples and another 2, how many would you have?"

Johnny: "Six."

Teacher: "Good. Now if I gave you 2 cats, and another 2 cats and another 2, how many would you have?"

Johnny: "Seven!"

Teacher: "Johnny, where in the heck do you get seven from?!"

Johnny: Because I've already got a cat!"





## 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.



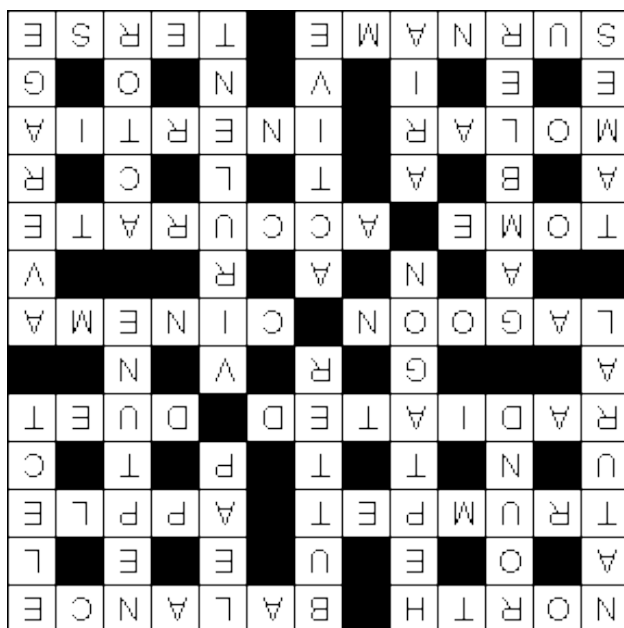
Havilah is a very safe facility and has many measures in place to stop the spread of fire and smoke and to provide for safe evacuation in the case of a fire – this includes fire and smoke compartments, and sprinklers and smoke alarms.

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. Norman.
2. Bert Hinkler.
3. John McEnroe
4. Two; Melbourne and Sydney.
5. Great Dividing Range.



**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 :

**Acting Nurse Manager (RN1) Lynne Brown** 5459 0154 or internal dial 154.

Lyn can be contacted by email using the email address: [lynne.brown@havilah.org.au](mailto:lynne.brown@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.