ISSUED AUGUST 2016

RAGLAN TATTLER

Celebrating a Special Birthday

Jean Hill celebrated her 100th Birthday at Raglan. Congratulations!!

A great time was had by all.

Cake anyone.

Welcome Alma Brooker

Alma Brooker was Welcomed to Havilah with an Afternoon Tea. We hope she will have many happy years with us.

Word of the Month. '**Geoponics**" The art or Science of Agriculture

CALLING ALL KNITTERS

If knitting jumpers, baby clothes etc is becoming not for you and you want to keep exercising your hands here is opportunity for you.

The Anglican Church has joined with Havilah residents to knit squares to be made into rugs for the needy. These squares will be joined to make a suitable size rug.

Here are two patterns that will be suitable for the rugs. Can you help?

-Pattern 1

Start with 1 stitch. Increase 1 every row.

When you get to 70 stitches, decrease by 1 every row until finished.

Pattern 2

Cast on 70 stitches Plain knit

10 X 10 inch square (25.5 cm)

AFL 2016 SEASON FOOTY TIPPING COMPETITION

The football season is drawing to a close and the finals are starting next month. But more important to Havilah is

"who will win the Football Tipping Contest".

How the fortunes of the Clubs have influenced the results here at Havilah is amazing. There have been many ups and downs and we have some very clever tippers. Watch this space for the Winners.

At the moment we have a tie for first place with Dorrie Duffin and Ern Western, second place is Roma Smart and there is a 3 way tie for third with Audrey Story, Dorothy Sharp and Elma Taylor sharing

MONTHLY SURVEYS

Thank you to all residents who participated in the survey that Havilah conducts each month. The information gathered may seem unimportant but it is very I

Important as it gives some indication of the staff and facility performances. You will all have noted monthly survey was mentioned. As Arnie said "I'll be back" next month with more questions.

LOST AND FOUND

A wallet has been found in the facility. If you have lost one, please see the Director of Services, Cleta Roughhead, to identify same. Contact No 5459 0154

WHAT TO DO WHEN THE FIRE ALARM SOUNDS

Residents and Visitors should remain where they are and wait for staff to instruct you on evacuation. If you can see the fire you should move away from the immediate area and wait for instruction from staff. If the fire is in your room you should leave the room and close the door behind you.

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

There is a maximum of 6 resident rooms in each smoke/fire compartment and therefore should evacuation be required in the first instance it would only be for residents in the affected compartment.

The fire alarm automatically alarms at the fire station and the Brigade is here within minutes. Once the alarm has sounded the Brigade will attend even for false alarms. From the fire panel at the front of the building and on our staff pagers we can see which alarm has been actioned and therefore we immediately know the area to check.

When the Fire Alarm sounds RESIDENTS WILL BE KEPT INFORMED VIA STAFF AND THROUGH THE PUBLIC ADDRESS SYSTEM.

Havilah is a non smoking site which adds to the safety of residents and staff.

OPERATION CHRISTMAS CHILD

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Residents that wish to can Knit Dolls, Beanies & other items to love, these items can be added to the care boxes on our packing day.

Fund raising that has taken place will allow items to be purchased to be added.

Packing day will be 14th September. All residents that can come on that day will be welcomed.

MEDICATIONS AND VALUABLES

Please make sure that your valuables and medications are locked up in your 'locked drawer'. Also if you go out make sure your door is locked so your precious items in your unit is safe

There are 2 Justice's of the peace living in the Havilah On Palmerston Community.

If residents require their assistance your are welcome to contact them during business hours to arrange their services.

Contact Details:

Bob Osborne Phone: 5461 2709 Mobile: 0409 189 681

Email: bobosborne8@iprimus.com

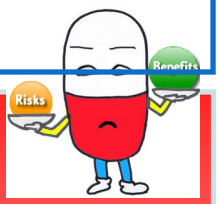
(Currently Away) Terry Simpson Mobile. 0419 737 837

MEDICAL APPOINTMENTS

Director Of Services Cleta Roughead requests all Residents to inform nursing staff the night before any medical appointments. This will give care staff the necessary time to prepare your medical files for you to take along to your medical appointments.

Residents are reminded to call into the Raglan downstairs Nurses station and collect your Medical file and take it with you to your appointment.

This includes appointments with GP's, Specialists, Opticians, Ophthalmologist and Dietician



MEDICATIONS

People often think complementary medicines are safe and will not cause any problems. However, complementary medicines may cause side effects or interact with prescription medicines, alcohol and other drugs, and other complementary medicines to cause side effects. It is important to tell all your health care professionals about all the medicines you are taking, including prescribed medicines, over the counter medicines and complementary medicines.

COMMUNICATION

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	barbceo@havilah.org.au
Director of Human Services	Kelsey Hooper	dhs@havilah.org.au
Director of Services	Cleta Roughead	raglan manager@havilah.org.au
Food Services Manager	Di Jackson	di.jackson@havilah.org.au

GREAT THINGS TO DO

Don't forget to check your Activities Calendar

UPCOMING EVENTS

Happy Hour Every Friday evening

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

Raglan House Resident Meeting at Downstairs Raglan House (Bingo Area) **Next Meeting on 5th September 2016 at 1.15PM**

MEETINGS ARE A FORUM FOR IDEAS AND NEW INITIATIVES TO BENEFIT RESIDENTS AND FAMILIES. WE WELCOME YOUR INPUT

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

If you have an idea or suggestion for an outing, just let Activities Co-coordinator Keith know and he will do his best to arrange the outing for you.

Mobile Library - The Maryborough Mobile Library will visit Raglan House on the 1st and 3rd Monday of the Month. The mobile library will display a variety of books in Room 7 in the Community Centre.

If you are not currently a member of the Maryborough library you can join on the day.

FALLS PREVENTION AND STRENGTHENING EXERCISES

Rhonda James Monday afternoons 2.30 - 3.00pm Downstairs Resident Lounge.
Care Staff will assist you to the Lounge if required.

WEEKLY ACTIVITIES

BUS TRIP OUT - Thursday's 1.30pm

NAIL-CARE WITH CUPPA & CHAT -
10.00am Wednesday mornings each week

FOOT SPA WITH CUPPA & CHAT-
9.30am Thursday mornings each week

MUSIC QUIZ - Monday 10.30am

BINGO - Monday to Friday 1.30pm

REMINISCING CHAT - Friday Morning 10.30am with Anne and June

MARBOWLS - Tuesday Morning 10.30am

CHAIROBICS - Tuesday & Friday 2.30pm

CRAFT WITH CUPPA & CHAT -
Selected Wednesday's 2.30pm (Check your calendar)

STRENGTH EXERCISES - Monday's 2.30pm with Physio Rhonda

OPERATION CHRISTMAS CHILD - Packing day -
Wednesday 14th September 2016 at 2.30pm

CHURCH SERVICES

UNITING CHURCH - 1st Wednesday each Month 2.45pm

ANGLICAN CHURCH - 2nd Thursday each Month 10.30am

SALVATION ARMY CHURCH - 4th Wednesday each Month 2.45pm

CONTACTING STAFF and other Useful Numbers

You can contact staff by using your **room phone**

In Raglan House Ring 161 24 Hours a day to get the Nurse on Duty

Press your **Green** Call Button for **Non Urgent** assistance and

Press your **YELLOW** call Button for **URGENT** assistance

Community Centre Ring 140 between 9am & 12 Noon Monday to Friday

The call system is for **emergency calls** so where possible for other than emergency issues please use your telephone to contact staff. This will ensure prompt action when you are in an emergency situation. There are call points in public areas for residents and family members to use when requiring staff attendance.

Please familiarise yourself with the position of these call points.

Wall phones are installed on the Nurses Station wall at Raglan House both Upstairs and Downstairs these phones provide greater accessibility to staff for families. Please make use of these phones as required.

FOR FAMILIES ringing from outside Havilah to speak to staff in Raglan House please call 5459 0150 if there is no answer on this number the call will be diverted to staff on the floor.

Other useful numbers can be found in your Resident Information Folder

COMMENTS, COMPLIMENTS, SUGGESTIONS AND COMPLAINTS FORMS ARE AVAILABLE AT THE DOWNSTAIRS & UPSTAIRS NURSES STATION WINDOWS.

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

Director of Services (RN1) Cleta Roughead 5459 0154 or internal dial 154.

The Director can be contacted by email using the email address: raglanmanager@havilah.org.au

You can also contact: **CEO Barb Duffin** 5461 7381 Mobile 0429 617380 email: barbceo@havilah.org.au or

Director of Human Services Kelsey Hooper 54 617383 email: dhs@havilah.org.au

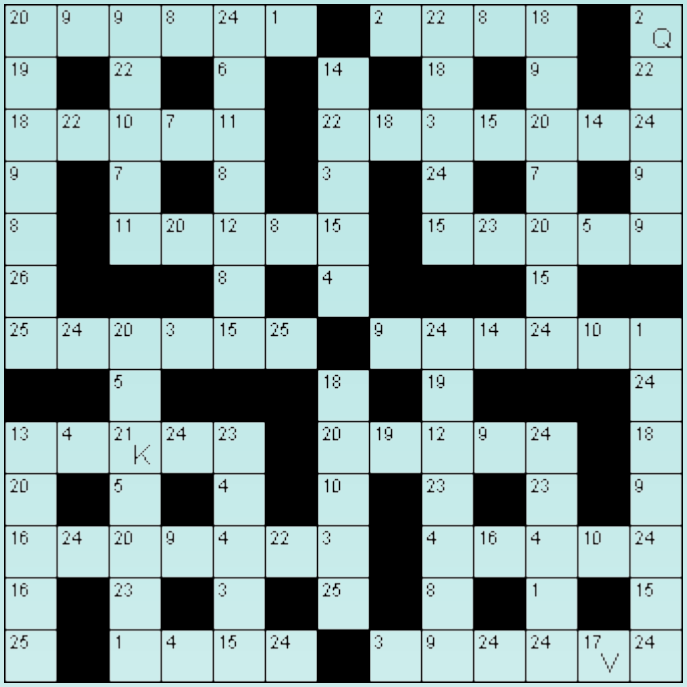
If you report an issue to any staff member they will fill out a form on your behalf.

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.

CODEWORD NO. 22



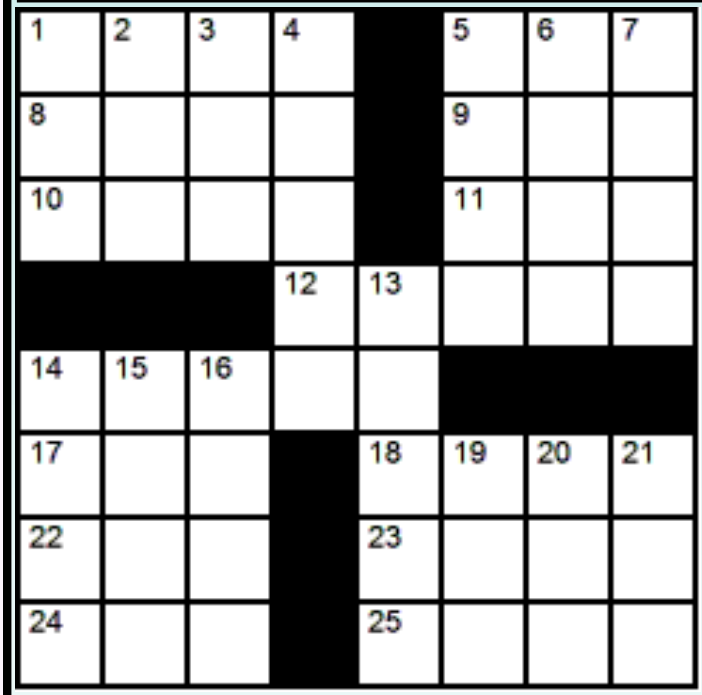
Each letter in this puzzle is represented by a number 1-26.

Can you crack the code and solve the crossword?

Every letter of the alphabet is used

1	2	3	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23	24	25	26

OCTO CROSS - CROSSWORD NO.6



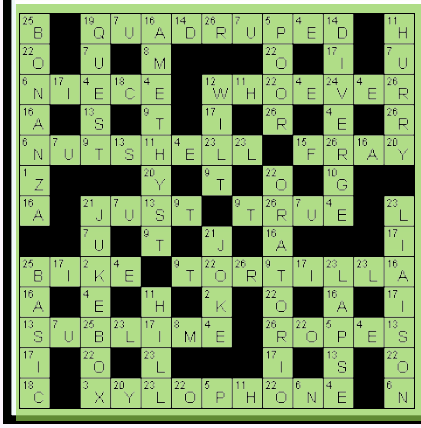
Across

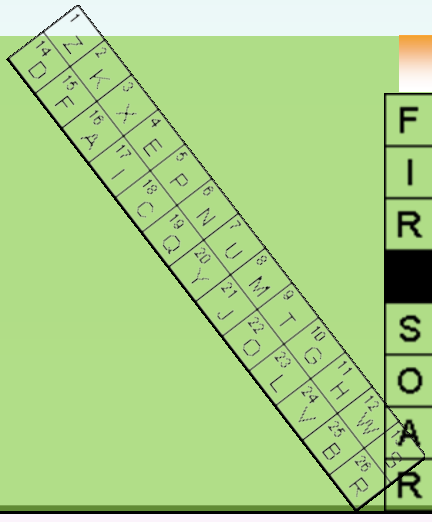
1. Scoff
5. Supply
8. Fiend
9. Enemy
10. Ripped
11. Brew
12. Heron
14. Free-for-all
17. Horse-drawn vehicle
18. Part of the eye
22. Poem

Down

1. Write briefly or hurriedly
2. Self
3. Make a mistake
4. Regenerate
5. A great distance
6. Part
7. Encounter
13. Glisten
14 Hilltop
15 Travel by horse
16 Matured

SOLUTION TO CODEWORD 21





SOLUTION TO OCTO

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

WORD SEARCH - circus

Can you find the hidden words? They may be horizontal, vertical or diagonal, forwards or backwards.

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

BAND, BIG TOP, CLOWNS, COSTUMES, DOGS, ELEPHANTS, FIRE EATER, HOOPS, HORSES, JUGGLER, LIONS, MUSIC, PARADE, RINGMASTER, RINGS, SAFETY NET, SIDESHOW, STRONGMAN, SWING, TENT, TIGERS, TIGHTROPE, TRAPEZE ACROBAT, ANIMALS, ARENA, AUDIENCE, BALANCE

HAV A LAUGH

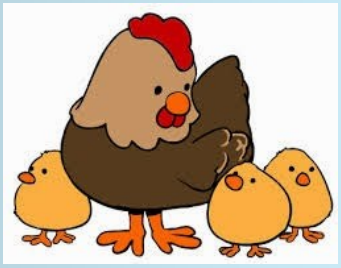
The Mystery Kitchen Utensil

My collection of vintage kitchen utensils includes one whose intended purpose was always a mystery. It looks like a cross between a metal slotted spoon and a spatula, so I use it as both. When not in use, it is prominently displayed in a decorative ceramic utensil caddy in my kitchen.

The mystery of the spoon/spatula was recently solved when I found one in its original packaging at a rummage sale.

IT'S A POOPER-SCOOPER

THINGS YOUR MOTHER USED TO SAY!!



Eat it or go hungry

A lady never chews with her mouth open

Wait till you get children of your own

Life isn't fair.

And how many times did you say that to your children!

VOTING

Congratulations to all who voted in the recent Federal Election. We now have to live with our choice.

Like many of us, I was bemoaning the fact that I had to vote, that is, until I saw a program on T.V. Some newly naturalized Australians were interviewed about them voting for the first time in Australia. The voting aged people who took part in the interview were so excited, in their home country they faced hours if not days of waiting to vote, they faced intimidation , physical violence and even death. Even then they were not sure whether their vote would make it to the counting place. They loved the democratic process we have here.
No wonder we are the lucky country.

On Wednesday 3rd August, Havilah was visited by a Dental Team. This day was well attended and everyone no matter the age learnt something new. For example, did you know you can get special mousse for your teeth. It helps restore the enamel. Who would have guessed?

HAPPY FATHERS DAY TO ALL THE DADS AT HAVILAH