

ISSUED OCTOBER 2016

RAGLAN TATTTLER



RESIDENTS



Keeping
busy at
Marbowls
and Bingo



New \$5.00 notes

You may have read in the newspaper lately that the new \$5.00 note is causing problems in machines where you purchase drinks, sweets (dare I say it) cigarettes etc. where you can pay with a note. Apparently some of the machines are not set up to recognise these new notes.



RESIDENTS SURVEYS– August 2016

Of the 70 (46 Harkness + 24 Raglan) residents surveyed:

100% of residents said they are encouraged to make decisions about their personal routine.

97% of residents said they were able to reach to call button themselves

96% said they got help they needed to be admitted and get settled in

97% of residents said the facility is clean enough

FALLS PREVENTION



I spoke at the residents meeting about a nasty 4 letter F word. Despite what the audience thought I was going to talk about all agreed that FALL is definitely a word that neither they nor their friends wished to experience. Those at the meeting agreed that a fall may have devastating consequences but more often it just saps confidence and makes one fearful of further falls.

There are many things that residents can do to reduce the incidence of a fall. Keeping active is the most interesting and beneficial. Whether this is going to an exercise class such as Chairbics or Strength training or going for a walk around the facility, the room or out on street walks does not matter; just doing something is what counts.

As the weather improves consider going outside for a walk if safe to do so. Talk to staff about whether this is a good idea for you. Small amounts of sunlight make a difference not only to bone strength but also reduce falls. Sunlight also improves mood which may encourage further activity.

Talk to staff about participating in exercises, or consider having Rhonda the physio devise an exercise regime that you can do on your own if you don't want to join others.

More tips next month.

From Sandy Platt

Falls Program Coordinator



FROM THE DESK OF CLETA ROUGHEAD

DIRECTOR OF SERVICES

It is now over 12 months since I started in the position of DoSP (Director of Services Palmerston) at Raglan. There have been a number of changes introduced over the last 12 months that have hopefully been positive.

The weekly GP clinic introduced on Tuesday's (9-10am) with Dr Cuff has been running for over 6 months now. Due to demonstrated benefits to residents accessing a GP on site this service will continue. Any resident wishing to consult Dr Cuff at Raglan is most welcome to access this service, through contacting myself or the medication carer. Dr Tynan also visits residents at Raglan; he is here 5-6 weekly on the first Wednesday of the month. Dr Connell is also here weekly on Wednesday mornings.

The Podiatry service introduced on site this year, provided by Ballarat Podiatry, continues 6 weekly in the Raglan clinic with Podiatrist Caitlyn Little. Caitlyn is happy to see residents both in the clinic and in resident rooms according to your needs. Caitlyn also attends residents from our ILU who can make appointments to see Caitlyn by phoning me on PH 54590154. Due to the noted benefits and increasing uptake of onsite podiatry this service may expand in 2017 to be a whole day – watch this space for further updates.

On the topic of change commencing next week the bed changing schedule will be altered slightly. Below is a copy of the new schedule.

ROOMS: 1,4,16 & 17	will be changed Mondays
ROOMS: 2,3,18 & 19	will be changed Tuesdays
ROOMS: 9, 12, 20 & 21	will be changed Wednesdays
ROOMS: 5,6,22 & 23	will be changed Thursdays
ROOMS: 7,8,24 & 25	will be changed Fridays
ROOMS: 10, 11, 26,27 & 28	will be changed Saturdays
ROOMS: 13, 14, 15, 29, & 30	will be changed on Sundays

From The desk of the Director of Services

Cleta Roughead (cont)

Of course a most significant change this year has been the seasons, with our huge rainfall, the full dams, green grass and stunning canola crops. I know our farm is looking great with sheep grazing in lush paddocks and crops above fence height. I believe the raised water levels and lush countryside have enhanced the weekly bus trip around our local area this has been a highlight for many residents. Getting to work may have been challenging for many staff during the floods (I know I made good use of the 4 wheel drive to go cross country in search of a way round the floods), I thank all staff who made the effort to be at work during that difficult time , it was a great team effort.

It is a pleasure working with and knowing you all. I look forward to positive changes and continued improvement in the care and support we provide to all. My door is open and you are all welcome to speak to me or contact me by phone on 54590154 at any time.

A happy Memory for me:



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.



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.



RACV Energy Breakthrough 2016

From 17th—20th November The RACV Energy Breakthrough is an exciting program designed to provide opportunities for students, teachers, parents and local industry to work together to design and construct a vehicle, a machine or an innovation in technology that will represent an energy breakthrough.



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

HEALTH AND WELLBEING

PNEUMONIA

Most Seniors are unaware of pneumonia risk.

New research shows most older people have had a flu injection at some stage but are unaware there is also a vaccine for pneumonia, which is one of the top five leading causes of hospitalisation in Australia. Pneumococcal pneumonia, caused by the bacterium *Streptococcus pneumoniae*, is responsible for a large proportion of pneumonia cases among people aged 65 years and over. It is the only bacterial pneumonia for which vaccination is available.

University of Sydney paediatrician and immunisation expert Professor Robert Booy said it was important for Australian Seniors to be vaccinated against pneumococcal pneumonia as it may also help to curb the spread of the infection to other vulnerable people, such as their grandchildren.

Lung Foundation Australia CEO, Heather Allan, said the Pneumococcal vaccination is funded under the Government's National Immunisation Program (NIP) for all Australians 65 years and older and a second dose of vaccine is also available to many Australians, a minimum of five years following their first dose. The vaccination is subsidised on the PBS for all adults 18 years or over who are medically at risk, such as those with chronic lung, heart or liver disease or diabetes.

Discuss this with your Doctor if you have any questions regarding your vaccination status or for further information..





WORD SEARCH - zoom WORDS

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

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

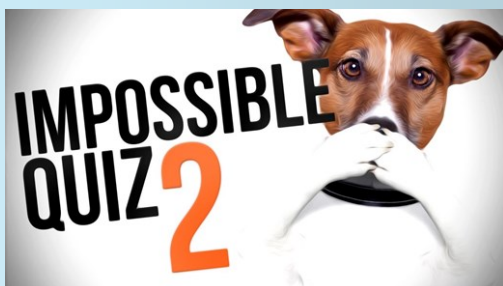
ACCELERATION, BRISK, CHARGE, DART, DASH, FAST, FESTINATE, FLEET, FLIT, FLYING, HASTEN, HIGH VELOCITY, HOTFOOT, HURRY, HURTLE, LOCOMOTION, MOVE, PACE, QUICK, RACE, RAPID, RATE, RUNNING, RUSH, SCOOT, SPEED, SWIFT, THRUST, TRAVEL, WHIZZ, ZOOM.



Arrow words No2



Lofty		Variety meat		Reservoir		Snakelike fish	Array		Crony		Australian state, initially	
Perplex						Persecute					Drink	
						Baked item						
Cape		Bird of prey							Depleted			
		Bid							Shooting star			
					Molecule					Legging		Traps
					Garish							
Fairy	Fragment						Type of nut					
	Words for a song											
			Satire	Well-being							Star	
Conifer												
Annoy				Pique		Metallic element	Barn					
							Redact					
								Musical work				
Perform		Lukewarm										
		Those people						Employer		Destiny		Typeface
			Edge tool		Pen tip					Chart		Twitch
					Epoch							
Form						Edible plant						
Photo equipment	Put to use							Smooth fabric				
						Facet						



Words my mother used to say

Bored! How can you be bored? I was never bored at your age.

Don't eat that, you'll get worms!

GIGGLE TIME

A man asks a farmer near a field, "Sorry sir, would you mind if I crossed your field instead of going around it? You see, I have to catch the 4:23 train"

The farmer says "Sure, go right ahead. And if my bull sees you, you'll even catch the 4:11 one."

A fire started in the grasslands close to a farm. The country fire department rushed to the scene, but the fire was more than they could handle. Someone suggested calling the volunteer fire department. Despite some doubt that they would be of any assistance, they were called. The volunteers arrived in a dilapidated old fire truck. They rumbled straight towards the fire, drove right into the middle of the flames and stopped! The firefighters jumped from the truck and frantically started spraying water in all directions. Soon they had snuffed out the centre of the fire leaving 2 parts which were easily put out.

As the farmer watched all this, he was impressed and grateful that his house and farm had been spared. He quickly got out his chequebook and donated \$1,000 to the volunteer fire department.

A local news reporter asked the volunteer fire captain how they planned to use the funds.

The captain replied. "The first thing we are gonna do is get the brakes on our fire truck fixed!"

Pessimist: "Things just can't get any worse!"

Optimist: "Nah, of course they can"



IMPORTANT INFORMATION

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.



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 Care	Kelsey Hooper	dhs@havilah.org.au
Director of Services	Cleta Roughead	cleta.roughead@havilah.org.au
Food Services Manager	Di Jackson	di.jackson@havilah.org.au

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) Clela 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.

Answers to last months quizzes

Questions	Answers
How many hairs does the average person have on their head?	(a) Approximately 25,000 (b) Approx. 125,000 (c) Approx. 1,125,000 t
How many bones make up our whole skeleton?	(a) 206 (b) 306 (c) 406
Which type of blood cells help our bodies to fight infection?	(a) White blood cells (b) Red blood cells (c) Both red and white blood cells
Approximately how many times does your heart beat every 24 hours?	(a) 1000 times (b) 10,000 times (c) 100,000 times
Your liver is your largest (solid) organ and is extremely important for your well-being. How many different functions does your liver perform to keep you fit and healthy?	(a) Around 5 functions (b) Around 50 functions (c) Around 500 functions
The 'taste buds' on your tongue detect five different tastes (salty, sweet, bitter, sour and umami). How many taste buds do you have on your tongue?	(a) About 5000 (b) About 50,000 (c) About 500,000
Your 'rotator cuff' is a group of muscles and tendons found in your?	(a) Knee (b) Shoulder (c) Hand
On average, women's noses are bigger than men's noses.	TRUE or FALSE ?
Our bodies cannot make the minerals they require (such as iron, calcium, copper and zinc), so all of our minerals are obtained from our food and drink.	TRUE or FALSE ?
The average adult human brain weighs about?	(a) 1.5kg (b) 2.5kg (c) 3.5kg

Arrow words Puzzle No 1

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

Winner of Trivia Quiz is Don Drake with 7 out of 10 questions correct.



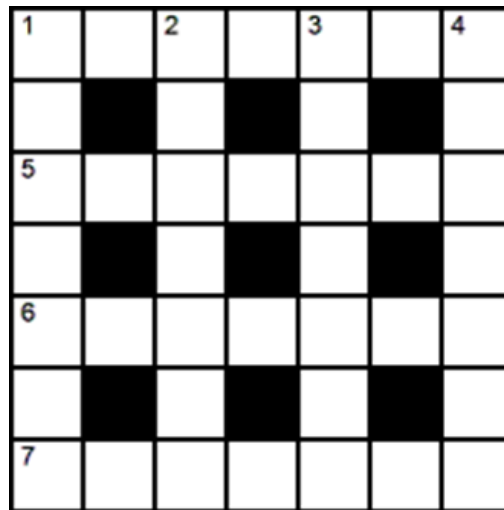
Mini Crossword No 1

Across

1. Perspicacious
5. Inactivity
6. Idiom
7. Voter

Down

1. Scam
2. Forward
3. Adjure
4. Quisling



Questions	Answers
What is a group of bears called?	a. Triage, b. Clan, c. Peck, d. Sleuth
What the collective term for Turkeys?	a. Rafter, b. Drift, c. Parliament, d. Congress
A group of which of these animals is called a charm?	a. Teal, b. Baboons, c. Ibex, d. Hummingbirds
All three of these animals, Auks, Ants, and Badgers, share the same collective term. What is the term?	a. Colony, b. Ambush, c. Swarm, d. Fortress
A crash is the collective term of which of these animals?	a. Elephants, b. Hippos, c. Dogs, d. Rhinos
The collective term for Foxes is	a. Skulk, b. Army, c. Knot, d. Gang
Which animal does not share the collective term herd?	a. Walruses, b. Boars, c. Bats, d. Buffalo
The collective term for tigers is?	a. Spring, b. Spinster, c. Ambush,
An Ostentation is the collective term for these animals.	a. Penguins, b. Ferrets, c. Vipers, d. Peacocks
A clowder is the collective term for which group of animals?	a. Cats, b. Zebras, c. Horses, d. Apes