

# RAGLAN TATTTLER

**ISSUE: November 2017**

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



## THE 2017 ANNUAL CHRISTMAS BARBEQUE



will be held on Friday 15th December  
commencing at 5.30 pm.

Please advise your attendance numbers by  
Friday 8th December 2017.

**All family and friends are welcome**  
**There are no limits on numbers attending**  
**Please advise Raglan Kitchen on 5459 0180; or**  
**Kim in Activities on 54590169 (Mon—Fri)**

## CHRISTMAS DAY

*Christmas Day Celebrations at Havilah  
are lots of fun, with good food and good  
cheer to be had by all.*

*Families and friends are welcome to join  
residents for a 2-course lunch at a cost of  
\$25.00 per head.*

*Bookings are essential, please RSVP by  
Tuesday 12th December.*

*Phone the Kitchen 54590180; or  
Kim in Activities 54590169*



**Resident Meeting— Monday 4th December at 1.15 pm**

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

## RESIDENT SURVEY

### RESIDENT SURVEYS - September 2017

Of the 20 residents surveyed at Raglan House :

95% of residents said they like the food at Havilah either always or most of the time.

100% of residents said that staff explain things to them either always or most of the time.

100% of residents either agree or strongly agree that Raglan House is run well.

95% of residents either agree or strongly agree that they are encouraged to do as much as possible for themselves.



## FALLS PREVENTION

Have Blood Pressure checked regularly.

Address any foot problems with a podiatrist.

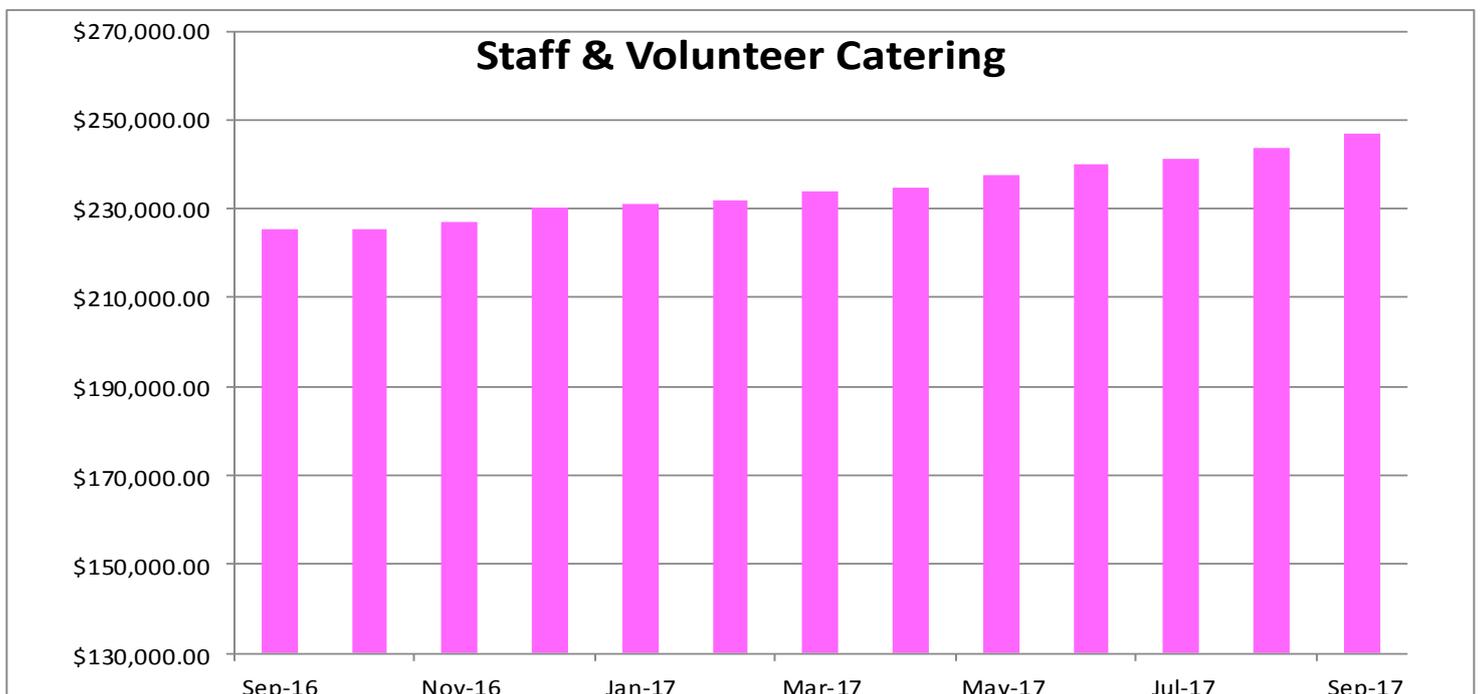


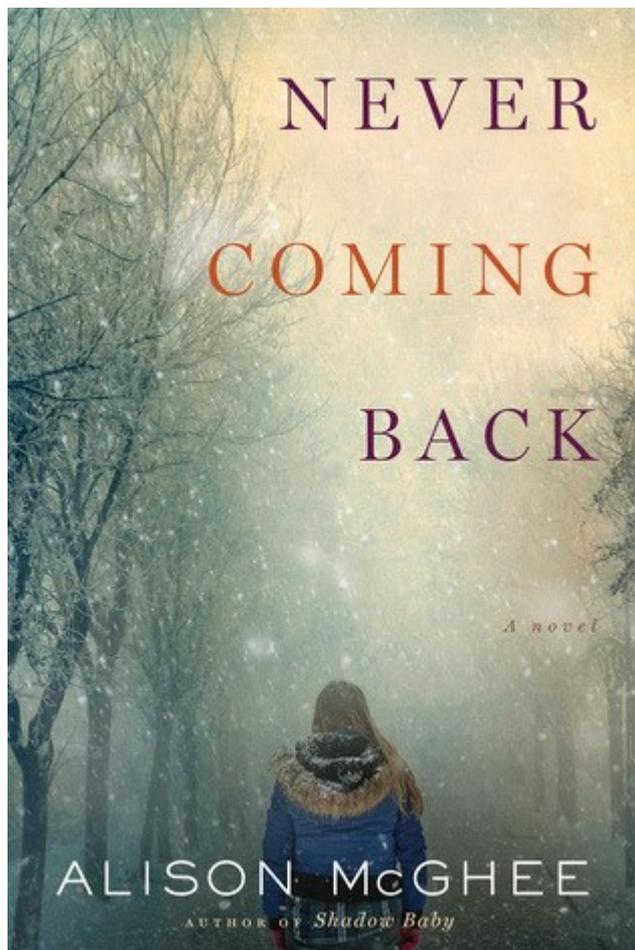
Postage stamps are now available for purchase at the ground floor nurses station. Residents can post their mail in the post box in the main foyer near the lifts.

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



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





## OFF THE SHELF

### Never Coming Back

**Author - Alison McGhee**

When Clara Winter left her rural Adirondack Mountain town for college, she never looked back. Her mother, Tamar, a fiercely independent but loving woman who raised Clara on her own, all but pushed her out the door, forcing Clara to build a new life for

herself, far from her roots, far from her high school boyfriend, far from the life she has always known.

Now more than a decade has passed, and Clara, a successful writer, has been summoned home. Tamar has become increasingly forgetful and can no longer live on her own. But just as her mother's memory is beginning to slip away, Clara's questions are building. Why was Tamar so insistent that Clara leave home all those years ago? Just what secrets was she hiding? If Clara, too, carries inside her the gene for early-onset Alzheimer's, what does that mean for her own future?

With great tenderness and humanity, Alison McGhee tells the story of a young woman finding her way in life, determined to know her mother - and by extension herself - before it's too late.



There has been a good response to our request for email addresses for emailing the TATTLER rather than posting it out. We understand that not everyone has an email account so those who have requested a copy and do not live locally will continue to receive it by mail.

The HAVACHAT is also available on Havilah's website at [www.havilah.org.au](http://www.havilah.org.au)

Please email your details directly to [andrew.earl@havilah.org.au](mailto:andrew.earl@havilah.org.au)



**TALKING Lifestyle**  
DIGITAL COURSE | MONTHLY

Listen to us  
Sydney - 954 AM  
Melbourne - 1278 AM  
Brisbane - 882 AM

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84-year-old pilot takes off on 13,000km solo flight around Australia

By Lauren Broomham on June 9, 2017



Lawrie Hutton, a member of the Broken Hill Aero Club, has set off in his old Cessna 172 to fly solo to the four most extreme points

on the Australian mainland – the longest flight he’s ever done, according to the ABC. Mr Hutton came up with the idea back in 2013 as a way of encouraging older one-time pilots to take up flying again – and inspire those interested in flying to follow their dream.

The trip will take the octogenarian adventurer down to Wilsons Promontory in the south, Cape Byron in the east, Cape York in the north and finally Steep Point in the west, flying in daily four-hour legs so he can land to re-fuel.

So will Mr Hutton be setting a record as our

oldest solo flyer?

He says he can’t recall meeting many other pilots his age who have attempted a similar journey.

“There was an old retired guy, a 93-year-old, who showed up at Broome on his around-Australia flight in a Brumby light aircraft. That would be quite a feat, I think, for that gentleman.”

His original plan had been to fly with his wife Jean, but she passed away in November last year.

“I’ve had a lot of support and encouragement to this point,” he said. “But, on the trip itself, I don’t have any direct support.”

“But ... I’m happy to fly on my own. You’re never too old – go for it!”

Inspirational words – we wish him well.



**REMINDER:** As the warmer weather is approaching, it is advisable when residents are going outside that they wear a hat at all times. It would be appreciated if families can ensure that residents have a hat available.



**ALL HAVILAH SITES ARE NON SMOKING SITES.  
PLEASE RESPECT THIS FOR THE SAFETY OF  
RESIDENTS, VISITORS AND STAFF.**



TUESDAY 7th NOVEMBER 2017

# Melbourne Cup

## MELBOURNE CUP CELEBRATIONS Tuesday 7th November

### Rooms 1 and 2 High School Centre

Beginning with a Special Luncheon of Oven Baked Chicken with Mustard Honey Sauce, vegetables and roasted Chat Potatoes or a Platter with Roast Beef, Salad and Pear Roll (dinner roll); arancini savoury bites; Savoury Muffins and Prawn Twisters followed by either cupcakes or fruit salad and icecream for dessert. An afternoon of raceday competitions and fun will follow culminating in the running of the Cup followed by Special Afternoon Tea. Visitors and Retirement Living Residents \$10/head. All are encouraged to dress for the occasion. Please see Kim if you would like to purchase a ticket in the Cup Sweeps.



Thoughts from [Lauren Broomham](#) on October 20th , 2017

**Strewth! Australia now has a new definition for ‘bogans’**  
**It’s not officially out ‘til next week, but the sixth edition of the Australian Concise Oxford Dictionary is already making headlines – for changing the meaning of the word ‘bogan’.**

Previously, the iconic slang term was defined as “a person who is regarded as being uncultured and unsophisticated, especially such a person from a low socio-economic or poorly educated background”.

Now it’s just “an uncultured and unsophisticated person; a boorish and uncouth person” – a reference to the number of “cashed-up” bogans now walking the streets (Mark Latham, we’re looking at you).

But it’s not the only definition to receive a tweak. More than 3,000 existing words have been updated including ‘Generation X’ and ‘internet’, while another 2,000 new words have been added to the lexicon including a few you may not be familiar with:

- **Anzackery:** The promotion of the Anzac legend in ways that are perceived to be excessive or misguided.
- **Hacktivist:** A person who gains unauthorised access to computer files or networks in order to further social or political ends.
- **Insta:** To spend time using the social networking website Instagram. 2 to post (an image etc.) on Instagram.
- **Kangatarian:** A person with a largely vegetarian diet who includes kangaroo meat as an environmentally-friendly source of protein.
- **First World problem:** A relatively trivial or minor problem or frustration (implying a contrast with serious problems such as those that may be experienced in the developing world).
- **Humblebrag:** An ostensibly modest or self-deprecating statement whose actual purpose is to draw attention to something of which one is proud.

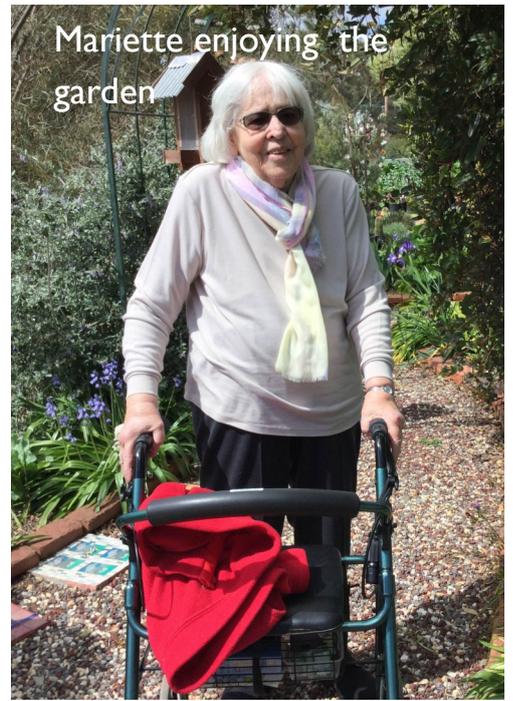
## WORD OF THE MONTH

**NUDIUSTERTIAN: - the day before yesterday**

# PHOTO GALLERY



The Bus outing was enjoyed at Barry Lacey's Bonsai Garden



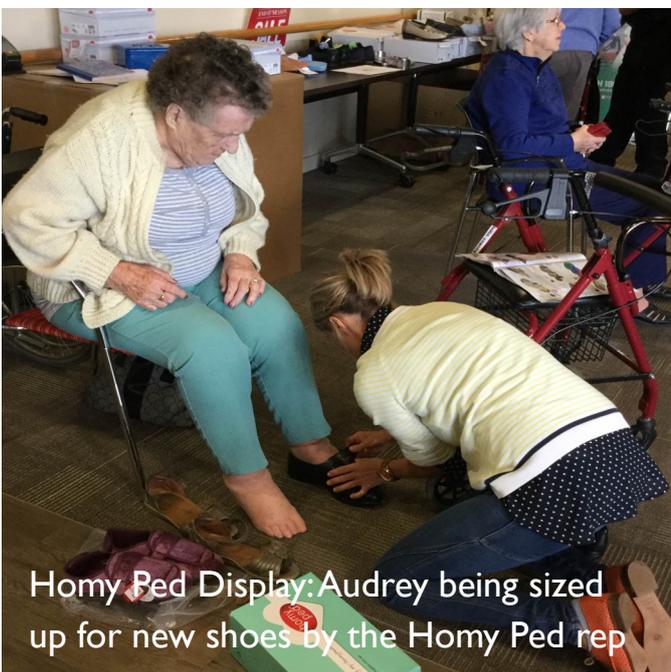
Mariette enjoying the garden



Angela choosing her cup for afternoon tea



Dot and Mr Plant

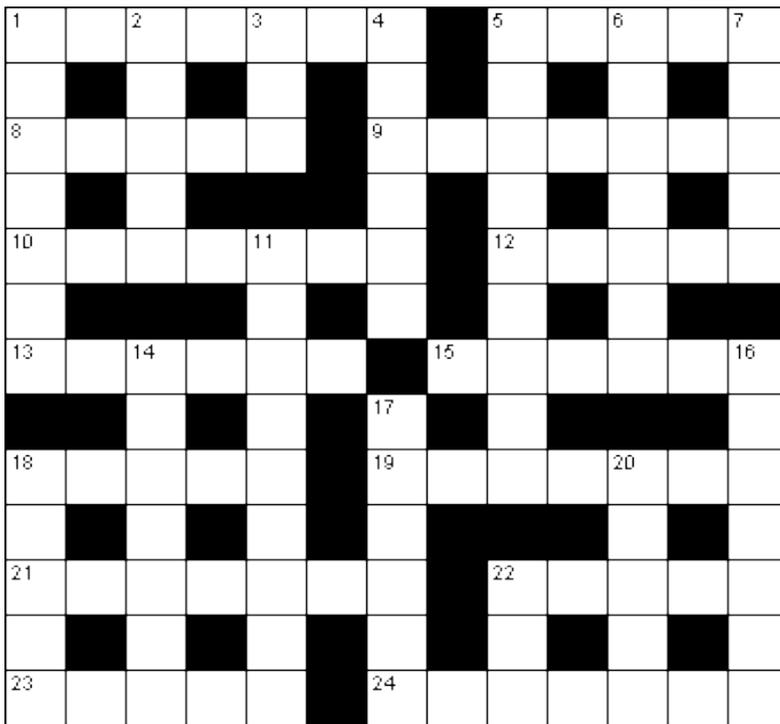


Homy Ped Display: Audrey being sized up for new shoes by the Homy Ped rep



Judy was delighted with her lucky prize at the Homy Ped display.

# Mind Games



**Across**

1. Entrust (7)
5. Small thin biscuit (5)
8. Dissonance (5)
9. Projecting upper floor (7)
10. The sheltered side (7)
12. Unvarnished (5)
13. Scheme (6)
15. Become visible (6)
18. Flowed back (5)
19. Athlete (7)
21. Hinged window blind (7)
22. Slight push (5)
23. Two or more contesting groups (5)
24. Striking (7)

**Down**

1. Tapers
2. Inexperienced (5)
3. Frozen water (3)
4. Personify (6)
5. Decorative covering (9)
6. Photographic film (7)
7. Synthetic silklike fabric (5)
11. Short accounts of incidents (9)
14. Quashed (7)
16. Private place with peace and quiet (7)
17. Marine mammal (6)
18. Alleviates (5)
20. Emblem (5)
22. Nothing (3)

**Word Search - MOVE IT**

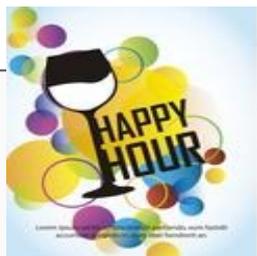


BOUND, CANTER, COMMUTE, CRAWL, CREEP, CRUISE, DRIFT, DRIVE, FLY, GALLOP, GLIDE, HAUL, HIKE, HOP, JUMP, LEAP, MARCH, MEANDER, MOVE, PROWL, RAMBLE, RIDE, ROAM, ROLL, ROVE, RUN, SAIL, SAUNTER, SCRAMBLE, SHUFFLE, SKIP, SLIDE, SLITHER, STROLL, SWIM, TOUR, TRAIPE, TRAMP, TRANSIT, TRAVEL, TREK, TROT, WADE, WALK, WANDER, WEAVE, WEND, WRIGGLE

**ANAGRAMS: Famous Names from the Past**

1. CASUAL JURIES (6,6) (EMPEROR)
2. PUBLIC SO MUCH SHORTER (11,8) (EXPLORER)
3. PEARL COAT (6,6) (QUEEN)
4. LOCATED MENU (6,5) (PAINTER)

## GREAT THINGS TO DO



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### Happy Hour Every Friday evening

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



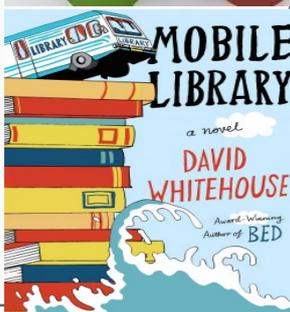
**Bus Trip Out** - Thursday afternoon departing at 1.30pm for lots of Fun points of interest throughout Central Victoria.

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



### Raglan House Residents/Advocate Meeting

Next meeting Monday 4th December 2017 at 1.15 pm



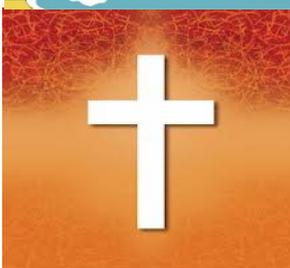
### Mobile Library— October Dates

Monday 6th & 20th November

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



### MOVIE AFTERNOON SATURDAY

18th November

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  
 Chairbics 2.30 pm  
 Cards Evening 6.30pm



## WEDNESDAY

Footspa & Nail Care with Cuppa and Chat 10 am  
 Bingo 1.30 pm  
 Cooking 2.45 pm



## THURSDAY

Street Walk 10.00am  
 Bingo 1.30 pm  
 Bus Trip 1.30pm  
 Craft 2.45pm



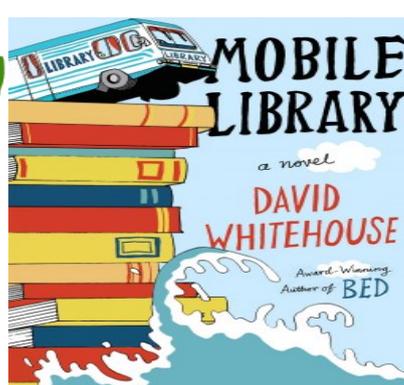
## FRIDAY

Special Morning Tea & Reminiscing chat 10 am  
 Bingo 1.30 pm  
 Chairbics 2.30 pm  
 Happy Hour 5.00pm



## SUNDAY

Devonshire Afternoon Tea.

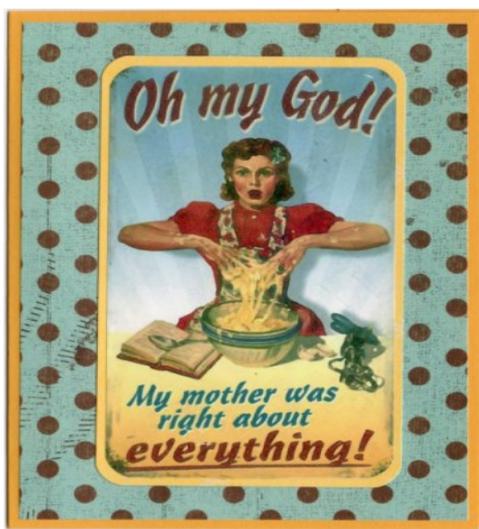


# PHOTO GALLERY



Another group baking session afternoon was attended by residents and visiting family members. All present were involved with the preparation of the delicious savoury pinwheels that were enjoyed with a cuppa for afternoon tea. The aroma of the cooking was drifting through the hallway was an inviting sign for others to come and see and of course sample the finished product.



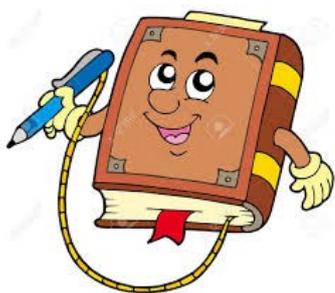


### THINGS MY MOTHER USED TO SAY

You should know better  
 Your room looks like a bomb has hit it  
 If you're going to eat like an animal then sit outside  
 You can stay in your room until your ready to come out and apologise.

### FROM THE KITCHEN

Residents are reminded that it is possible to order an alternate meal. Selection should be made from the dishes listed as available on the menu or on the whiteboard in the Dining Room. Please let the kitchen know of lunch time requests in the morning and alternate evening meal requests by Lunchtime.



### VISITORS

Just a reminder: Visitor Books are located at the main entries to the Havilah buildings. All visitors are required to sign in when entering Havilah and to sign out when leaving. The Resident Books are to be completed when residents leave and return.

Please advise the kitchen of any food either you or your visitors bring in to Havilah. This in no way limits family bringing in special treats but does provide a record for us in the event of a salmonella outbreak or the like.

Your assistance with this is appreciated. We encourage family and friends to visit at Havilah. We want you to feel welcome when you visit. If you are unsure about anything please ask one of our staff members to assist you. Havilah must balance its responsibilities to residents, staff and volunteers under the various legislation. So that visitors **may** understand their rights and obligations please read the Visitor Brochure available at each sign in book. The brochure includes general information for visitors including the Visitor Code of Conduct.

# Giggletime

Q: What can you catch but not throw?

A: A cold..

Q: Mr and Mrs Smith have seven daughters, if each one has a brother, how many children do they have?

A: 8 Children.

Q: What number can you take half and leave nothing?

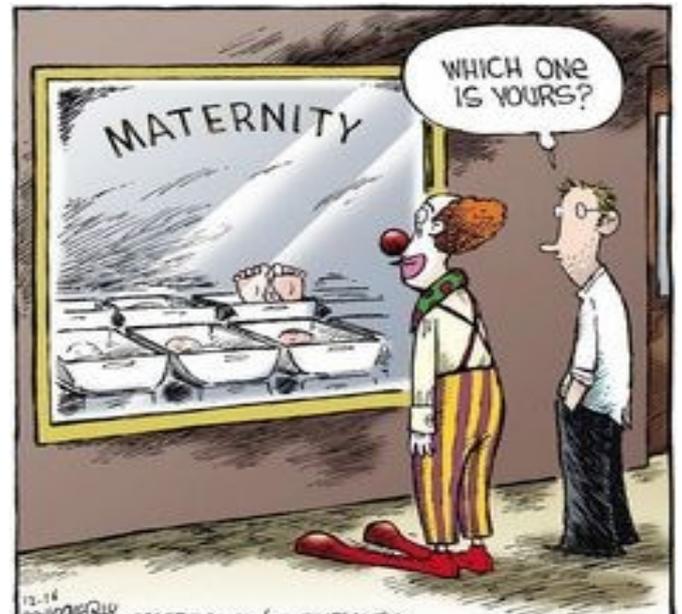
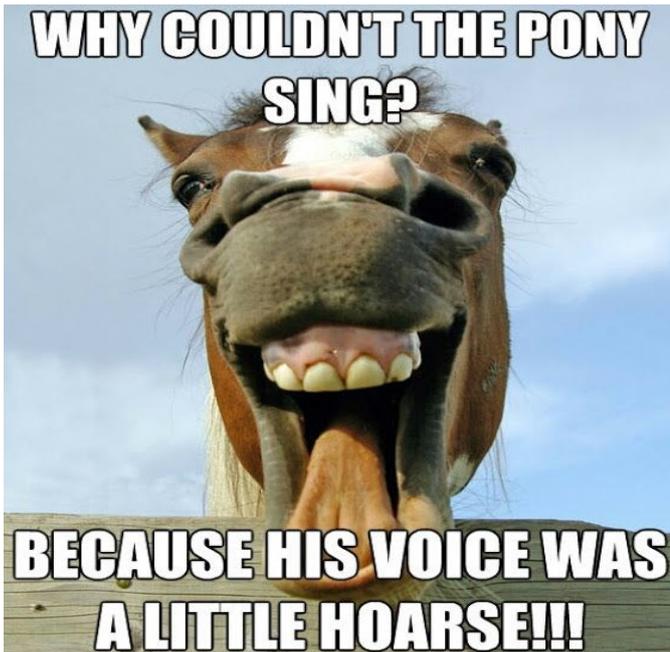
A: The number 8.

Q: A rooster lays on egg on top of the roof, which way does it roll?

A: Roosters don't lay eggs.

Q: What 5 letter word becomes shorter when you add 2 extra letters to it?

A: Short



A man was driving down a country road when he spots a farmer standing in the middle of a huge field of grass.

He pulls the car over to the side of the road and notices the farmer is just standing there, doing nothing, looking at nothing.

The man gets out of the car, walks all the way out to the farmer and asks him: "Ah excuse me mister, but what are you doing?"

The farmer replies: "I'm trying to win a Nobel prize."

"But how?" asks the man, puzzled. "Well, I heard they give the Nobel prize to people who are out standing in their field."

# 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.



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

Quiz and Crossword Solutions from page 10



### Answers to Anagrams

- 4. CLAUDE MONET
- 3. CLEOPATRA
- 2. CHRISTOHER
- 1. JULIUS CEASER



**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 of Raglan House are encouraged to communicate any issues they may have to :

**Nurse Manager (RN1) Deb Matthews** 5459 0154 or internal dial 154.

The Nurse Manager 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.