

RAGLAN TATTTLER

ISSUE: December 2017

HAVILAH WEBSITE: www.havilah.org.au
please contact Andrew on 5461 7387 or email
andrew.earl@havilah.org.au if you would like your
Tattler sent via email



*Wishing you and your
family a very Merry
Christmas.*

*May this joyful season
greet you with health and
happiness.*

FUNCTIONS FOR YOUR DECEMBER CALENDAR:

**Friday 15th December at 5.30 pm. ANNUAL CHRISTMAS
BARBECUE**

All family and friends are welcome

There are no limits on numbers attending

**To respond—Please advise Kitchen: 5459 0180 or Kim in Activities 5459 0169 or email
by Wednesday 6th December mail@havilah.org.au.**

THURSDAY 21ST Christmas Lights Tour

CHRISTMAS DAY AT HAVILAH

**3 Course Lunch \$25 per head. Bookings essential. RSVP by Tuesday
12TH December.**

JANUARY 1ST— 9.00pm NEWSYEARS DAY FIRE WORKS

**Top Floor Raglan House - Drinks and Nibbles pre viewing of the Princes
Park Fire Works display**

Resident Meeting— Monday 1st January 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.

If residents require their assistance you 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



INTRODUCING THE 2017-2018 HAVILAH BOARD

Craig Bell was re elected as President for the 2017-2018 year. A Life Governor of Havilah, Craig was first elected to the Board in March 1998. He has served previous terms as President from 2001-2003 and from 2015-2017. He has held office as Vice President from 1999/2001 and again 2013 to 2015. He was Treasurer from 2009-2012.

Vice President is **Shane Dellavedova** and Treasurer is **Brian O'Connor**.

Their fellow Board Members are

Jacqui Durbridge

Randall Edwards

Merv Gay

Robyn Jennings

Lenette McKnight

Danny Tatchell

RESIDENT SURVEY - October 2017

Of the 20 residents surveyed at our Ragkan Street site:

100% said that staff treated them with respect always or most of the time.

100% said that staff follow up on things raised with them either always or most of the time.

90% said that they agree or strongly agree that staff manage their pain well with the other 10% either managing their own medication or do not suffer pain.

100% either agree or strongly agree that they are satisfied with the amount of food they get.



FALLS PREVENTION

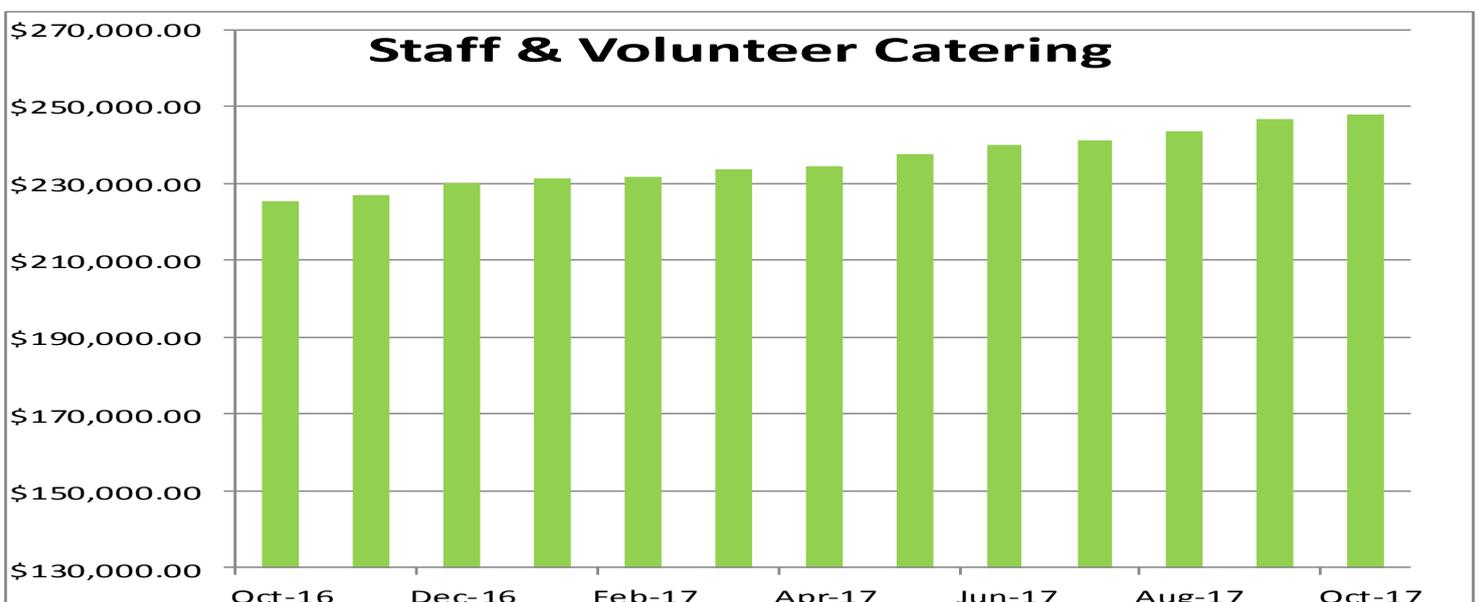
Be active everyday.

Go for short walks with a friend.

Participate in organised exercise sessions.



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





OFF THE SHELF

A Long Way From Home

Author - Peter Carey

Australia's master novelist takes us on the race of a lifetime.

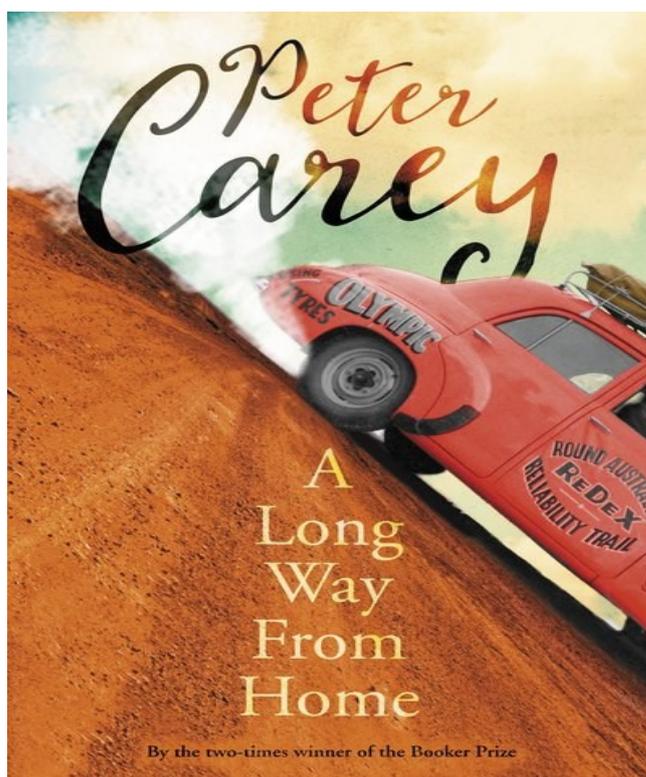
Irene Bobs loves fast driving. Her husband is the best car salesman in western Victoria. Together they enter the Redex Trial, a brutal race around the ancient continent over roads no car will ever quite survive.

With them is their lanky fair-haired navigator, Willie Bachhuber, a quiz show champion and failed schoolteacher whose job it is to call out the turns, the grids, the creek crossings on a map that will finally remove them, without warning, from the lily-white Australia they know so well.

This thrilling, high-speed story starts in one way and then takes you someplace else. It is often funny, the more so as the world gets

stranger, and always a page-turner, even as you learn a history these characters never knew themselves. Set in the 1950s amid the consequences of the age of empires, this brilliantly vivid and lively novel reminds us how Europeans took possession of a timeless culture – the high purpose they invented and the crimes they committed along the way.

Peter Carey has twice won the Booker Prize for his explorations of Australian history. *A Long Way from Home* is his late-style masterpiece.



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

Please email your details directly to andrew.earl@havilah.org.au



Silent disco' fever spreads to aged care

by Laura Broomham

In a first-of-its kind project, silent discos – where people dance to music listened to on headphones and usually the domain of Generation Y – are being used to help residents with dementia in NSW.

RSL LifeCare's Anzac village in Narrabeen in Sydney's northern suburbs runs the Moove and Groove program once a week, with residents coming together to listen to classic songs from the 50, 60s and 70s as well as more modern tunes led by a 'DJ' facilitator.

The program's creator Alison Harrington told the [ABC](#) the effects of the class are amazing.

"One lady who hardly ever speaks a word, for an hour after the class she was going around talking fluidly to everyone," Ms Harrington said.

"Everyone comes out smiling."

Bringing back musical memories

Aggression, agitation and frustration are common among people with dementia, but staff report the residents are calmer and more settled after a dance session – a fact that has already been proven by previous research.



The Netherlands is paving its roads – with used loo paper

By Annie Donaldson

No, really it's true. A bike path connecting two towns in the cycling-friendly country has become the first to be paved with recycled toilet paper.

The paper is used to add cellulose (plant fibres) into the open-graded asphalt friction course (OGFC), which is used on most Dutch roads.

This helps to maintain traction on slippery roads and makes the asphalt better at draining water – a necessity in the flood-prone nation.

With the Dutch flushing away an estimated 180,000 tonnes of toilet paper every year, it's a smart solution for a serious head-scratcher.

While used toilet paper is relatively easy to recycle, not many people want to come into contact with items that have touched poop, so it can't be turned into napkins or other paper products.

Another reminder that just because toilet paper grows on trees, there's no reason to waste it.



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



PHOTO GALLERY Spring Carnival



Melbourne Cup day festivities was a huge day for the Havilah on Palmerston community. Everyone in attendance enjoyed themselves during the day with a lovely meal, having a flutter on the races and being involved in other activities in the afternoon. Some people went home a little richer whilst others are still waiting for their horses to cross the line.





Benetas' "Besties" campaign highlights special bond between aged care residents

By [Lauren Broomham](#) on October 13, 2017



Timed to coincide with this year's Seniors Festival, the not-for-profit provider launched the program to celebrate the unique friendships between residents in its 13 aged care homes.

Carol Inglis, 79, and Carol Jackson, 78, from Benetas Corowa Court Aged Care Apartments in Mornington are just two of the "Besties" to feature, and say their friendship has changed their outlook on ageing.

"We think the same way, say the same things and share the same sense of humour," Mrs Jackson said.

The pair can often be found sharing a meal at their 'Naughty Table' in the dining room or buzzing down Main Street on their matching scooters.

They also keep themselves busy hosting weekly exercise classes at their home and coordinating the fortnightly word puzzle competition, where they compete against other Benetas homes.

MONEY and VALUABLES

Residents are asked to limit the amount of money or valuables kept on their person or in their rooms. There is a locked drawer in each room for residents who have the capacity to ensure that they can keep money and valuables locked away. EFT facilities are available at reception and purchases at the kiosk, hairdressing, footcare etc can be added to the monthly accounts .

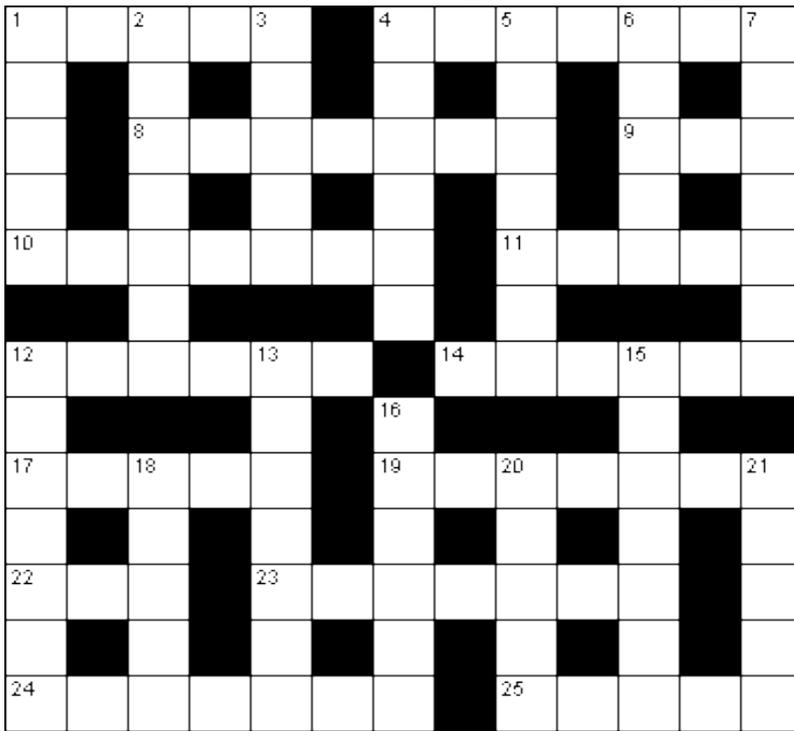
Please keep your own money and valuables safe as Havilah will not assume responsibility for any lost items..



FROM THE KITCHEN

The new summer menu commences this week. Please feed back to kitchen staff your thoughts on the new menu. 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.

Mind Games



Across

1. Gem (5)
4. Shade of yellow tinged with orange (7)
8. Symetrically arranged (7)
9. Pouch (3)
10. Two-wheeled vehicle (7)
11. Publish (5)
12. Patisserie (6)
14. Syntactic category (6)
17. Wanderer (5)
19. Stone Pillar (7)
22. Mesh (3)
23. Floorshow (7)
24. Stayed Clear (7)
25. Groups of cattle (50)

Down

1. Jests (5)
2. Male witch or demon (7)
3. Source of illumination (5)
4. Remuneration (6)
5. Surreptitious (7)
6. Hazards (5)
7. Type of power (7)
12. Very rich vein of precious ore (7)
13. Made smaller (7)
15. Vagrant (7)
16. Prohibit (6)
18. Slogan (5)
20. Planet (5)
21. Praise (5)

Word Search - Murder Mystery

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

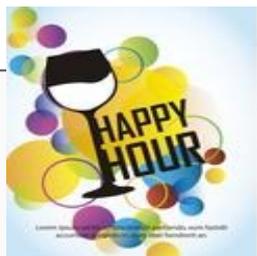
Find the hidden words? They may be horizontal, vertical, diagonal, forwards or backwards.

ALIBI, ARREST, CAPTURE, CAUTION, CHARGE, CLUE, CRIME, CRIMINAL, DETECTIVE, EVIDENCE, FORENSIC, INVESTIGATION, MOTIVE, MURDER, MYSTERY, OPPORTUNITY, PERPETRATOR, PLOT, POLICE, PURSUIT, SENTENCE, SOLVE, SUSPECT, WEAPON

ANAGRAMS: Sport

1. IS KING (6)
2. SNORE OK (7)
3. GAIN ONCE (8)
4. OWN RIG (6)
5. WET OR OPAL (5,4)
6. STRANGE KIWI (5,6)
7. RACED FLAT KIND (5,3,5)
8. GRAB WIND SOON (12)
9. PLOT VALUE (4,5)

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.



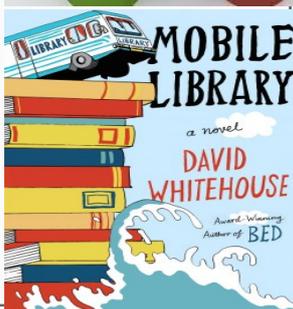
Bus Trip Out - Thursday afternoon departing at 1.30pm for lots of Fun points of interest throughout Central Victoria.

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



Raglan House Residents/Advocate Meeting

Next meeting Monday 1st January 2017 at 1.15 pm



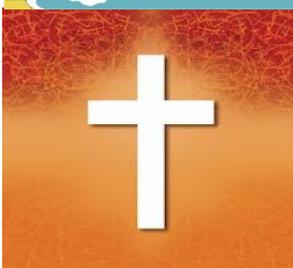
Mobile Library— December Dates

Monday 4th & 18th December

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

16th December

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



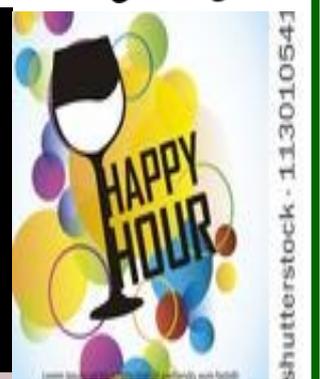
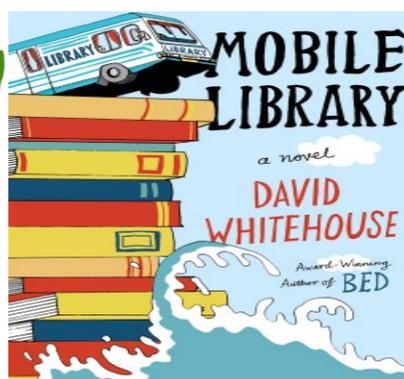
FRIDAY

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



SUNDAY

Devonshire Afternoon Tea.



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PHOTO GALLERY



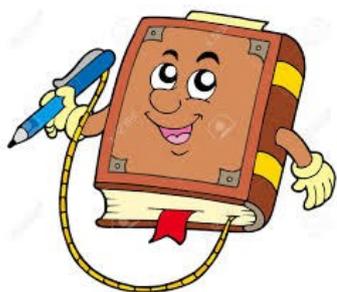
Residents enjoy their bus outings and Special morning Teas with the retirement living residents, A recent bus outing was to the Iris farm at Avoca, with a variety of colours making a beautiful display.





THINGS MY MOTHER USED TO SAY

Don't look at me with those eyes.
 If you want to act like a child, I'll treat you like one.
 Quiet down, I can't hear myself think.
 One day you'll thank me.
 Because I said so, that's why!



VISITOR/RESIDENT Sign In/Sign Out Books

Just a reminder to visitors to please sign the Visitor Books located on entry and departure. The Resident Books are to be completed when residents leave and return. This is so that in an emergency we know who is present within the building.

We also ask that residents and visitors advise the kitchen in relation to any food brought 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. We must balance our 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. This brochure includes general information for visitors including the Visitor Code of Conduct.

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.



WORD OF THE MONTH

PAUCILOQUENT: uttering few words; brief in speech

Giggletime

A bloke went to the pet shop and said to the owner: "I'd like to buy a budgie, but I want a really good budgie that talks."

So the owner sold him a lovely blue and yellow budgie and a cage and the man took his new pet home.

Two days later he was back, saying the budgie had not spoken a word.

The shop owner asked: "Is he happy? Jumping up and down on his perch?"

"Perch? He hasn't got a perch," said the chap.

"Got to have a perch," said the shop owner. So the chap duly bought one for \$20.00

Two days later he was back reporting the same problem.

The shop owner asked this time if he had a bell.

"No, doesn't have a bell."

"Oh well, you've got to have a bell," the shop owner said, and sold the man a bell.

Two days later he's back. Same problem.

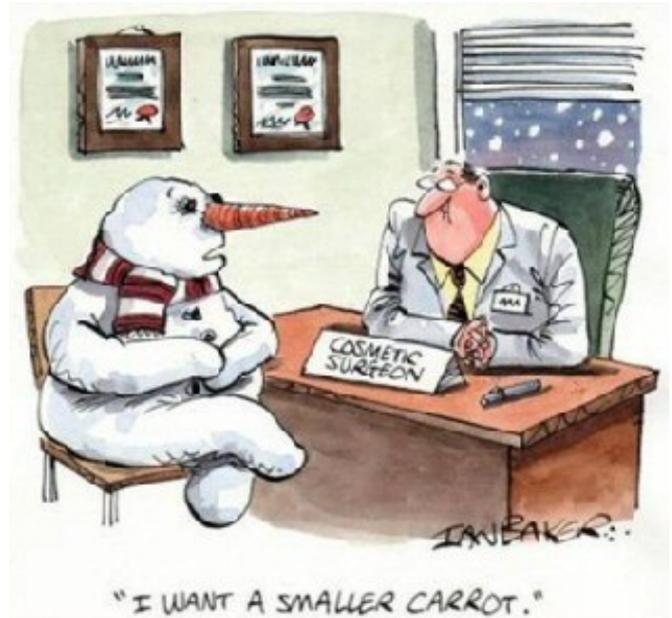
"Has he got a mirror and ladder?" the shop owner asked.

"No neither of those, \$40.00 later the owner walked out with both items.

Two days later the snap comes back and with much sadness and anger and reports that the bird was dead.

The shop owner inquired if the bird said anything before he died.

"Oh yes, replied the man, " He said, "Doesn't that shop sell bird seed.



An artist had been working on a nude portrait for some time, everyday he would work till late, bringing perfection with every stroke of his paint brush.

As each day passed, he gained a better understanding of the female body and was able to really make his paintings shine.

After a month, the artist had become weary from this non-stop effort and decided to take it easy for the day.

The model arrived this day so the artist suggested that they have a talk and a nice glass of wine, they talked for a few hours, getting to know each other better when the artist heard a car pull up outside.

"Quick," said the artist to his model, "It's my wife, take you clothes off."



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.

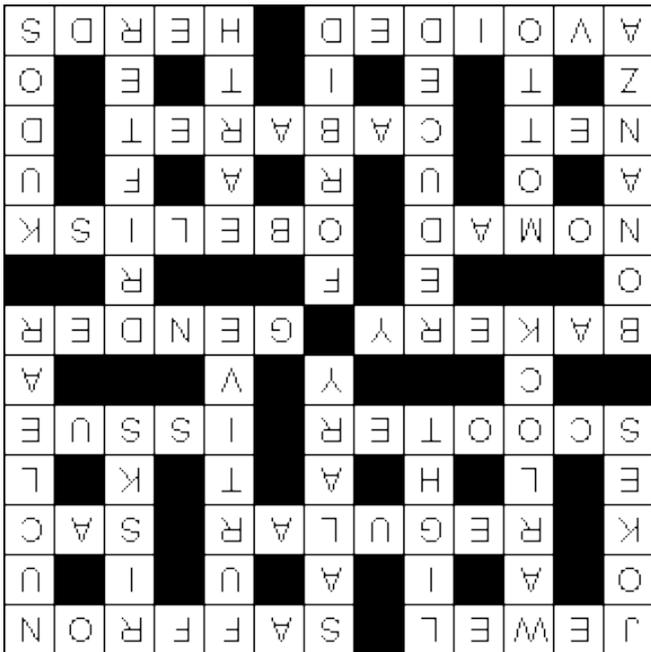
Havilah is a very safe facility and has many measures in place to stop the spread of fire and smoke and to provide for safe evacuation in the case of a fire – this includes fire and smoke compartments, and sprinklers and smoke alarms.

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 10



Answers to Anagrams

- 9. POLE VAULTING
- 8. SNOWBOARDING
- 7. TRACK AND FIELD
- 6. WATER SKIING
- 5. WATER POLO
- 4. ROWING
- 3. CANOEING
- 2. SNOOKER
- 1. SKIING



**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 :

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

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

email: barb.duffin@havilah.org.au or

Director of Care Kelsey Hooper 54 617383 email: 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.