RAGLAN TATTLER

ISSUE: December 2018

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:

ANNUAL CHRISTMAS BARBECUE—FRIDAY 14th DECEMBER at 5.30 pm.

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 Monday 10th December mail@havilah.org.au.

CHRISTMAS LIGHTS TOUR THURSDAY—20th DECEMBER

contact Kim.

CHRISTMAS DAY AT HAVILAH

2 Course Lunch $25 per head. Bookings essential.

RSVP by Tuesday 11TH December.

NEWS YEARS DAY FIRE WORKS 9.00 PM

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

Resident Meeting— Monday 3rd January 2019 at 1.15 pm

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

PHOTO GALLERY—Halloween

Halloween..

They're creepy and they're spooky and all together kooky, the Havilah family!! Halloween celebrated with a bit of fun at Raglan house.

PHOTO GALLERY—Melbourne Cup

Melbourne Cup day celebrations were well attended by residents, of Raglan House, the retirement community, family and friends.

The well supported rose competition was new this year and the outstanding display filled the room with a delightful aroma and a wonderful display of colour,

All who attended enjoyed the picnic style lunch, sweeps and games and cheering on their horse in the Cup.

Eddie Meagher has organised to have these 6 beautiful colourful finches come and live with everyone at Havilah on Palmerston. This feathered family of 6 have kindly been donated by Frank and Noreen Martin. Residents have been out in the courtyard checking out our newest residents and are also enjoying the potted colour currently displayed around Raglan House.

Our ladies have been trying out a new recipe for cheese and dip pastry Christmas trees this week. A fun afternoon with our happy group working in pairs and new Volunteer Ruth lending a helping hand.

THINGS MY MOTHER USED TO SAY

Go play outside, it's a beautiful day!

How do you know you don't like it if you haven't tasted it?

I hope one day your children are just like you.

I just want what's best for you.

RESIDENT SURVEY: October2018

Of the 25 residents surveyed at Raglan House

40% of residents surveyed indicated that they would sometimes or regularly participate in gardening if we had raised garden beds for their use. 60% of residents would never or occasionally participate in the activity.

92% of surveyed residents most of the time or always are able to reach their call bells at night.

100% of residents agree or strongly agree that they receive a copy of the Tattler newsletter each month.

100% of surveyed residents agree or strongly agree that any repairs needed in their room is done promptly.

Want to live forever? Then choose one of these professions:

Old **bankers** never die, they just lose their interest!

Old **lawyers** never die, they just lose their appeal.

Old **limbo dancers** never die, they just go under.

Old **printers** never die, they're just not the type.

Old **tanners** never die, they just go into hiding.

Old **wrestlers** never die, they just lose their grip.

Old **chauffeurs** never die, they just lose their drive.

"I'm running behind. Can you take half the list and deliver the toys?"

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.

FALLS PREVENTION

Ask for assistance when lifting or moving objects

Remove clutter around room

Cleaning up spills to avoid wet floors

The conversations of life

Bowled over! Australia-first table cricket trial gives aged care residents the chance to beat the bat

By Lauren Broomham on November 9, 2018

ACH Group has become the first provider to pilot a table cricket trial at two of its aged care homes in Adelaide – ViTA at Daw Park and Perry Park at Port Noarlunga.

Invented by UK sports charity The Lord's Taverners and run by the South Australian Cricket Association (SACA).

The program is aimed at people whose mobility is limited, allowing them to enjoy the game – without the need to get on the pitch.

It's played on a table tennis table or similar with side panels used for the boundary and fielders.

The 'batter' uses a small wooden bat while a bowling ramp allows the bowler to aim the ball – and the residents at ViTA loved the first session.

Perry Park resident Audrey Hutchins is from a family of cricket tragics and says she loved the chance to come to the crease.

"I still like to watch the Test games; I've never found it boring," she said.

ACH says they now hope to continue to offer the game in collaboration with other providers and organisations – howzat!

Wednesday 19th December 2018

ANNUAL RAGLAN HOUSE GINGERBREAD HOUSE MAKING DAY

2.45pm Come along and join in the festive spirit and fun making gingerbread houses with our wonderful band of volunteers and Raglan house residents to give to their families at Christmas. We will be donating left over gingerbread houses to the Salvation Army Christmas appeal for local families with young children in need. Community giving back to the community.

Justices of the Peace

There are 2 Justices of the Peace available within the Havilah on Palmerston Community.

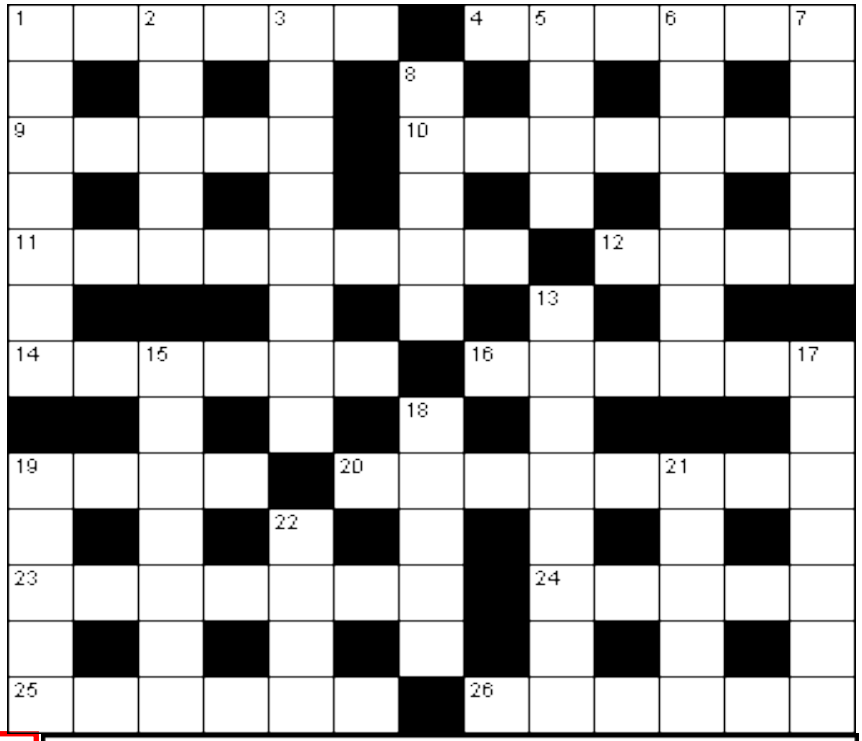
Residents are welcome to contact them during Business Hours

Contact: Bob Osborne Phone: 5461 2709 Mobile: 0409 189 681

Email: bobosborne8@iprimus.com; or

Terry Simpson Mobile: 0419 737 837

Mind Games



Across:

1. Cultivate plot (6)
4. Written musical composition (6)
9. Film (5)
10. Refrain from voting (7)
11. Listlessness (8)
12. Meat or vegetables cooled slowly (4
14. Shrink (6)
16. Evaded (6)
19. Part of the neck (4)
20. Resident (8)
23. Inactivity (7)
24. Play (5)
25. Excused (6)
26. Deferred payment (6)

Down:

1. Risk taker (7)
2. Stud (5)
3. Pananche (8)
5. Monetary value (4)
6. Responded (7)
7. Tendon (5)
8. Freight (5)
13. Flatfish (8)
15. Use up (7)
17. Take away (7)
18. Large expanse of water (5)
19. Dissonance (5)
21. Accolade (5)
22. Pace (4)

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Word Search - Sweet Things

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

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

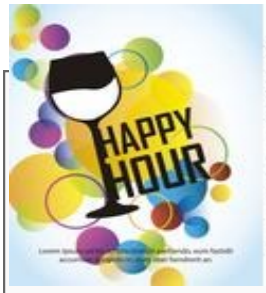
AMBROSIA, BLANCHMANGE, BON BON, BRITTLE, BUTTER-SCOTCH,CANDY, CANDY APPLE, CANDY FLOSS, CARAMEL CHEWING GUM, CHOCOLATE, CONFECTION, CONFITURE, CREAM, DESSERT, FONDANT, FUDGE, GUMDROP, HONEY, ICECREAM, JELLY BEAN, JUNKET, LOLLIPOP, MARSHMELLOW. MARZIPAN, MOLASSES, MOUSSE, NECTAR, NONPAREIL, NOUGAT, PRALINE, ROCK, SACCHARINE, SUGAR, SWEETMEET, SWEETS, SYRUP, TOFFEE, TREACLE.

QUIZ

1. In what year did Australia first win the Rugby world cup?
2. In a deck of cards, what is the only king without a moustache?
3. Which horse have won the Melbourne Cup at 100/1 odds?
4. What is the best poker hand?
5. What is the world's longest venomous snake?

Solution page 13

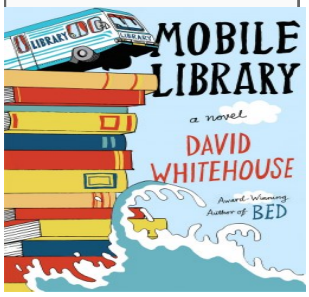
GREAT THINGS TO DO



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 7th January 2019 at 1.15 pm



Mobile Library— each 2nd Monday of the month
Next date 17th 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

<u>Church Services</u>
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.
22nd December 2018
Room 7 at 1.30pm
Including afternoon tea

Learn, Laugh and Live!
U3A
THE UNIVERSITY OF THE THIRD AGE

U3A University of the Third Age
Meet the 1st Monday of the Month
Bingo area at 10.00am

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

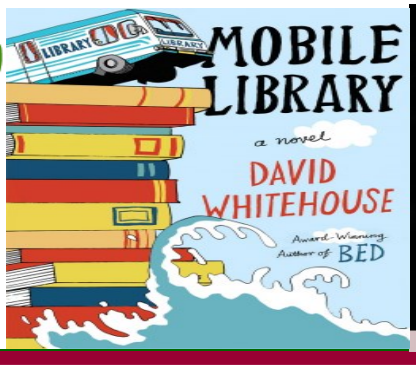
WEDNESDAY
Footspa & Nail Care 10.00am
Bingo 1.30pm
Craft/Cooking/Cuppa & chat 2.30pm

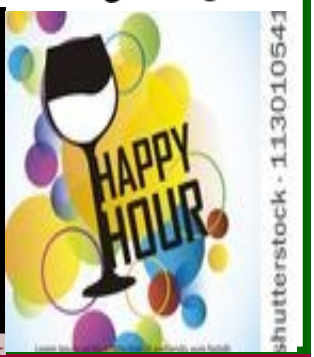
THURSDAY
Street Walk 10.00am
Bingo 1.30 pm
Bus Trip 1.30pm

FRIDAY
Special Morning Tea 10.00 am
Bingo 1.30 pm
Chairobics 2.30 pm
Happy Hour 5.00pm

SATURDAY
Movie Afternoon - Next show 22nd December 1.30pm

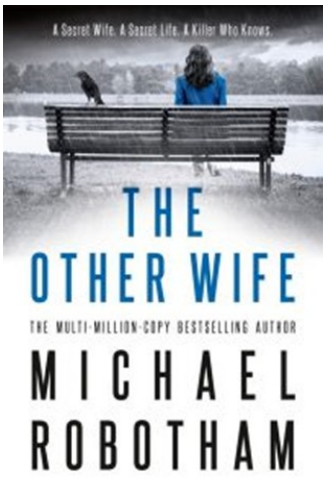
SUNDAY
Devonshire Afternoon Tea each Sunday 3.00pm





Don't forget to check your Activities Calendar to see what's on each day

BOOK REVIEW



William and Mary have been married sixty years.
William is a celebrated surgeon, Mary a devoted wife.
Both are strong believers in right and wrong.
William and Olivia have been together twenty years.
Olivia was once a tennis star, but her career has long since faded.
Joe O'Loughlin knows only one of these stories to be true'.

When Joe O'Loughlin receives the call that his father, William, is in hospital in an induced coma, he has no idea that his life as he knows it is about to change forever – and not because of his father's condition.

When Joe enters the hospital room, he sees a woman sitting beside his father's bed, her hands entwined with his, tears streaming down her face. The woman is not his mother. She's a stranger – but she is also claiming to be William's wife. Is Joe's father – the forever upstanding citizen – living a double life?

The strangeness doesn't end there. This woman is covered in William's blood, and is claiming that she found him at the bottom of the stairs in their house. Can she be trusted? Is she really William's wife – or the one who hurt him?

So, begins the psychological thriller *The Other Wife* by mega-bestselling author Michael Robotham. As a confused and troubled Joe starts investigating his father's life, secrets and inconsistencies are unearthed. This book is about much more than lies – it's about the consequences of fabrication; the power that secrets have to destroy not only our own lives, but the lives of those around us.

The Other Wife is one giant, delicious maze, with twists and turns at every page. One of Australia's most celebrated authors, Robotham has a gift for suspenseful writing, knowing just how much information to divulge, and how much to keep hidden away until the perfect moment. For readers who enjoy mystery and intrigue, *The Other Wife* will have you reading until the early hours of the morning, unable to peel yourself away.

There's no doubt that Robotham has a way with words. Witty and quick, his writing is electric, flowing with intense sharpness and clarity. A true crime writer, he has an amazing capacity for detail, finding meaning in everyday objects and events.

The characters in this book are layered and complex. Everything and everyone is connected, meaning that the reader really gets to know each character, and develops an attachment that leaves you wanting to know more about their lives, even after the book ends.

The Other Wife is a nail-biting psychological thriller, totally addictive from the very first page.

WEIRD and WONDERFUL WORDS

EUCATASTROPHE - a happy ending to a story

EFTPOS

For the convenience of residents, EFTPOS facilities are located at reception in the High 'School Centre for payment of Accounts.

Postage stamps are available for purchase at the main reception desk, between the hours 9am - 12noon, Monday - Friday.

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

FROM THE KITCHEN

From all the food services staff, we wish you all the very best for Christmas.

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 kitchen prior to 10.00am by phoning the Raglan House kitchen on 54 59 0180. When booking meals for more than 5 people, please notify the kitchen the day before.

REPORTING FOOD BROUGHT IN FOR RESIDENTS As all food prepared by Havilah is closely monitored under the Food Safe Standards it is a requirement that **All food brought in to Havilah** by residents or their families/visitors must be reported to **kitchen staff**. Food put in the fridges must also have the residents name and the date clearly marked. Your assistance with this is appreciated.

If there is food that you enjoy that you would like to see on the menu you can discuss this with Food Services Manager Di Jackson or you can place your suggestions in the Suggestion Box.

Residents will enjoy a change in menu's as from December 3rd the new menu will reflect the flavours of the warmer months.

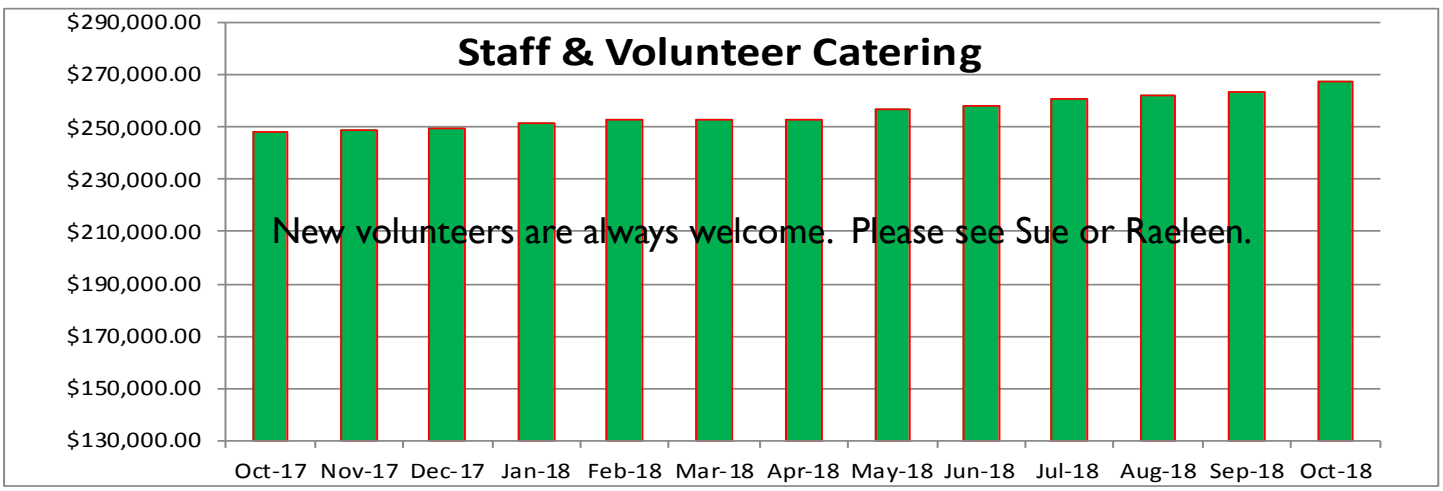
The menu for each day is displayed on the dining tables. If residents do not wish to have the 'First Choice' for lunch please notify the catering staff that you would like the 'Second Choice' shown on the menu. Just in case you do not like either choice offered there are additional alternatives available every day. Lunchtime alternates are - Quiche, Cold Meat and Salad, Baked Beans, Spaghetti or Sandwiches. Please advise kitchen staff at breakfast or up to 10.00am if you would like one of the Lunch alternates rather than what is being offered as first or second choice on the menu for the day.

At tea time there is a selection of two soups, two mains and two sweets on the menu.

Tea time alternatives each day are - Salads, raisin toast and sandwiches. Please advise the kitchen prior to 3pm if you would like one of these alternate choices.

So that staff can have your meal ready for you at mealtime please order alternate meals at breakfast or by 10 a.m. for lunch and by 3pm for tea.

With the weather being unpredictable at present, all staff are to ensure that residents are dressed appropriately and rooms at comfortable temperature for them as per the day, make sure they receive fluids on a regular basis to keep them hydrated and if are outdoors doors for a walk, wheelchair walk or sitting outdoors in the sunshine reading, a hat and a suitable sunscreen applied is advisable



Giggletime

One December, a postman was making his deliveries and pickups, and at one house he came upon a letter addressed to God.

He didn't intend to read it, but the envelope was not sealed, and the letter fell out and open. He could see it was a plea for help.

The husband and wife were both out of work and had no money for Christmas presents for their little boy. The letter asked for just $20 to help them buy something for their son.

Moved by this, the postman opened his wallet and found all he had was $15 in cash. He all put the money in the envelope, sealed it, and wrote "from God" on the outside.

Two days later at the same house, there was another letter addressed to God. This time he knew what it probably was, so he opened it and read it.

It said, "Dear God, Thanks for the money for presents for our little boy. This really means a lot.

But we asked for $20 and there was only $15 in the envelope. We don't blame you, God. It was probably those crooks at the post office."

A sweet grandmother rang St Vincent's Hospital and timidly asked, "Is it possible to speak to someone who can tell me how a patient is doing?"

The operator said, "I'll be glad to help dear."

"What's the name and room number of the Patient?"

The grandmother in her weak, tremulous voice said "Norma Findlay, room 32."

The operator replied, "Let me put you on hold while I check with the nurse's station."

After a few minutes, the operator returned to the phone and said, "I have good news."

"Her nurse just told me that Norma is doing well, her blood pressure is fine, her blood work just came back normal and her doctor has scheduled her to be discharged tomorrow."

The grandmother said, "Thankyou, that wonderful, I was so worried. Gold bless you for the good news."

The operator replied, "You're more than welcome, is Norma your sister?"

The grandmother said, "No, I'm Norma in room 32, no one tells me anything.

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.

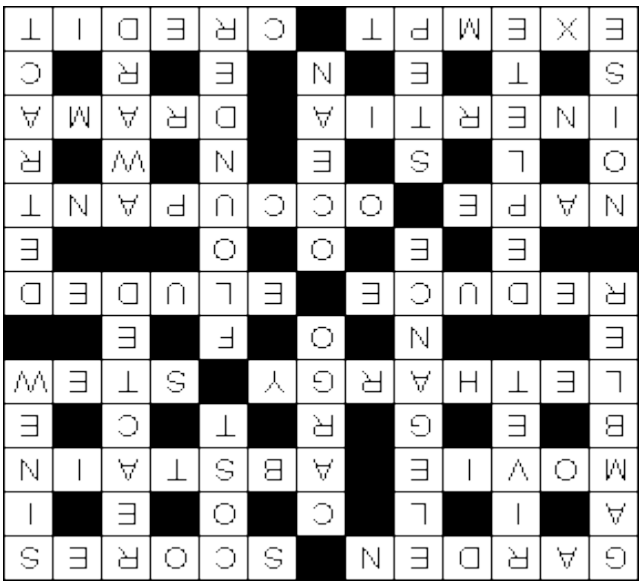
There is a maximum of 6 resident rooms in each smoke/fire compartment and therefore should evacuation be required in the first instance it would only be for residents in the affected compartment.

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.

If you want to make a comment, suggestion, complaint or compliment but are unsure how to go about this , please ask a staff member to assist you.



Quiz and Crossword Solutions from page 7

Answers to Quiz

1. 1991
2. The King of Hearts
3. The Pearl (1871, Wodan (1936 and Old Rowley (1940)
4. A Royal Flush
5. King Cobra

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

High School Centre (Reception) 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.

24 Hour Contact Raglan House. 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. This number is available for 24 hour emergency contact.

Reception Hours—Account Payments and Enquiries MON-FRI 9.00 am—12.00 pm 54590140

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.

Pick up and Drop Off Points Residents and families, please use the flat surfaces provided for residents being picked up or dropped off at Raglan House. These are the areas directly out from the Raglan House front doorway (Raglan Street entrance) and the Raglan House Court Yard Entrance. The nature strip areas and kerbing are not meant for walking on and do not provide a sta-

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.

Deb 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.