

ISSUED 22nd July 2014

RAGLAN TATTLER

THE ACTIVITY GROUP VISIT

The Central Goldfields Shire Activity Group visited Raglan House earlier this month to have a tour of Raglan House and then joined the Raglan House residents for High Tea. Goldfields Shire Co-Ordinator Leanne Tucker and Shire volunteers escorted the group for their visit to Raglan House. On arrival the group was met by Raglan House Director of Services Sandy Platt. Sandy gave the visitors a guided tour of the Havilah on Palmerston complex and its amenities. Leanne Tucker said the tour was very informative and gave her members a wonderful opportunity to see first hand the type of Aged Care accommodation available in Maryborough. Leanne stated the tour could help her members plan the next stage of their lives. After the Tour the Shires activity group was treated to High Tea with the Raglan House residents.



The Shire Activity Group enjoying High Tea



Raglan Residents and their Shire Guests

HEATH HOUSE - DINNER DANCE

Families and friends of Heath House are invited to join us for a dinner dance.

Date: Saturday 23rd August 2014 Time: 11.30 am

Place: Heath House

R.S.V.P. to 54617482 or put your name on the sign up sheet near the Raglan House downstairs nurses station.



AFL FOOTY TIPPING

Well folks were has the year gone, we are already up to Round 18. There are still plenty of tipsters who could claim the title for season 2014. If you are not in the hunt for the Title keep tipping and you could win \$10.00 for correctly tipping all 9 winners each week.

Good Luck to all for the remainder of the season.

Leaders after round 18.5 (Split Round) - 1st Place (106) Jean Smith & Betty Higgins
2nd (105) Doug Rowe Dorrie Duffin 3rd Place (104) Dot Kane

Round (17) Tipping all 9 winners Ann Stuart congratulations you both win \$10.00

CONGRATULATIONS TO OUR MAJOR AFFLE WINNERS

1ST Prize \$10,000 Goods/Services Retailer/s of choice

Ticket No. 14 RON GILES

2nd Prize \$5,000 Goods/Services Retailer/s of choice

Ticket No. 235 ABCD SYNDICATE



Congratulations to our early bird weekly prize winners of \$500.

Week 1 - Joan Fryer, Week 2 - Anne Jardine, Week 3 - Marlene Currie, Week 4 - Jeff Hooper,
Week 5 - Joan Hartley, Week 6 - Bernie Crameri, Week 7 - L & R Emerson, Week 8 - Bartlett
Girls, Week 9- Di Hooper, Week 10- Sandhurst Cleaning Supply

LAUNDRY

The laundry is a shared community resource of Raglan House for all residents to use for your convenience. To ensure the laundry is used in an efficient manner certain protocols need to followed;

1. Remove your washing in a timely manner from the washing machines.
2. Arrange with staff for assistance to remove washing if required.
3. Don't remove another residents clothing from the a washing machine ask a staff member to remove the washing for you.
4. Don't remove another residents clothing from the Clothes Dryer ask a staff member to remove the clothing for you.

This will ensure an equitable and respectful arrangement for all residents.

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.

RESIDENT MAIL

Resident can post their mail in the mail box provided in Raglan House located near the Lift on the ground floor. The mail is cleared daily.



THINKING OF OTHERS

Could residents please leave the **Community** newspapers and magazines in the Foyer, resident lounges and common areas for all residents to read and enjoy. Thanking all in advance for your co-operation



RAGLAN RATTLER EMAIL LIST

If you would like a Raglan Rattler Newsletter sent out you via email

Please contact Keith on 5459 0169 or 0408 774 715

EMAIL: keithf@havilah.org.au



RESIDENTS BE AWARE

At times residents receive phone calls from persons claiming that they are a representative of a telephone and electricity companies, asking for bank account details to clear outstanding balances. This type of phone call should at all times be ignored.

PLEASE DO NOT ADVISE YOUR BANK DETAILS TO ANYONE OVER THE 'PHONE AND REPORT ALL SUCH CALLS TO RECEPTION.

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 Human Services	Annie Constable	dhs@havilah.org.au
Director of Services	Sandra Platt	sandra.platt@havilah.org.au
Food Services Manger	Di Jackson	di.jackson@havilah.org.au

GREAT THINGS TO DO

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

UPCOMING EVENTS

Happy Hour



Friday evening in the Dining room

Commencing at 5.00pm Finger Food & Live entertainment.

1st Week: Pat Pattern 3rd: Maryborough Theater Group

4th Week: Seriously 60's Jeff and Meryl James.

Raglan House Resident Meeting Wed 13th August at 1.15pm Downstairs Raglan House (Bingo Area)



MEETINGS ARE A FORUM FOR IDEAS AND NEW INITIATIVES

TO BENEFIT RESIDENTS AND FAMILIES. WE WELCOME YOUR INPUT

Independent Residents 500 Card Night Tue 22nd July 2014



7.00pm Where Community Centre Meeting Room (Room 7)

Tea and Coffee and light supper provided All Welcome to Attend.

Independent Residents Coffee & Chat Thur 14th August 2014



At 2.30pm Where Community Centre Meeting Room (Room 7)

Tea and Coffee Afternoon tea Provided All Welcome to Attend.

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.



BE SAFER ON YOUR FEET



WEEKLY ACTIVITIES

BUS TRIP OUT - Thursday 1.30pm



NAIL-CARE - 10.00am Wednesday mornings each week

FOOT SPA - 9.30am Thursday mornings each week

HOY - Monday 10.30am

BINGO - Monday to Friday 1.30pm



CARPET BOWLS - Friday Morning 10.30am

MARBOWLS - Tuesday morning 10.30am

CHAIROBICS - Tuesday & Friday 2.30pm

STRENGTH EXERCISES Monday's each week at 2.30pm with Physio Rhonda



HIGH TEA - 2nd Wednesday's of the month 2.30pm

SING A LONG - 3rd Wednesday's of the month 3.00pm



CHURCH SERVICES

UNITING CHURCH - 1st Wednesday each Month 2.30pm

ANGLICAN CHURCH - 1st Thursday each Month 10.30am

WATTLE-CITY CHURCH - 3rd Thursday each Month 10.30am

AOG GENESIS CHURCH - 4th Thursday each Month 10.30am



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 IN THE FOYERS OF BOTH BUILDINGS

Residents and families are encouraged to communicate any issues they may have. There is a **Director of Services (RN1) Sandra Platt** 5459 0154 or internal dial 154. Email sandra.platt@havilah.org.au

You can also contact: **CEO Barb Duffin** 5461 7381 Internal Dial 381 Mobile 0429 617380 email: barbceo@havilah.org.au or **Director of Human Services Annie Constable** 54 617383 Internal Dial 383 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.

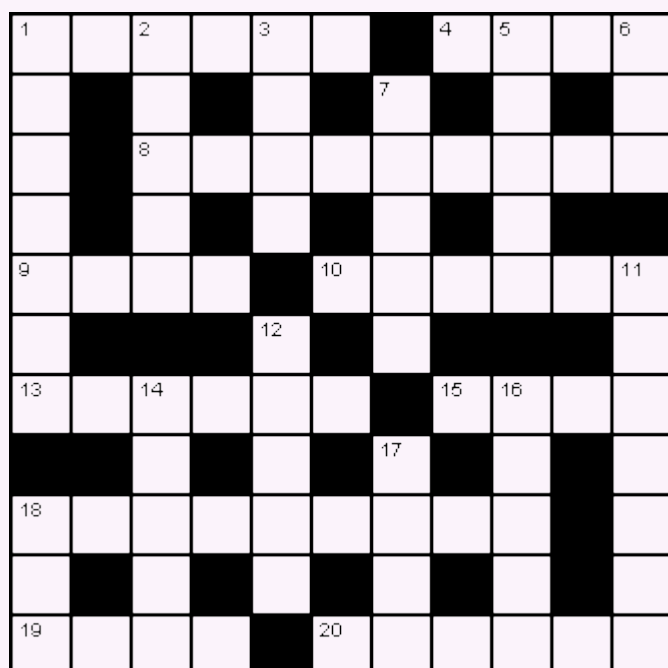
GENERAL ENQUIRIES

For any general enquiries: Families or residents can contact Havilah 24 hours a day, 7 days a week on Email: rhonda@havilah.org.au or Telephone: 54617387. Leave a message if it is out of office hours and staff will get back to you as soon as possible.

COMMUNITY CENTRE ADMINISTRATION OFFICE HOURS

MON-FRI 9.00 am—12.00 pm for account payments and enquiries

Quick Crossword No.5



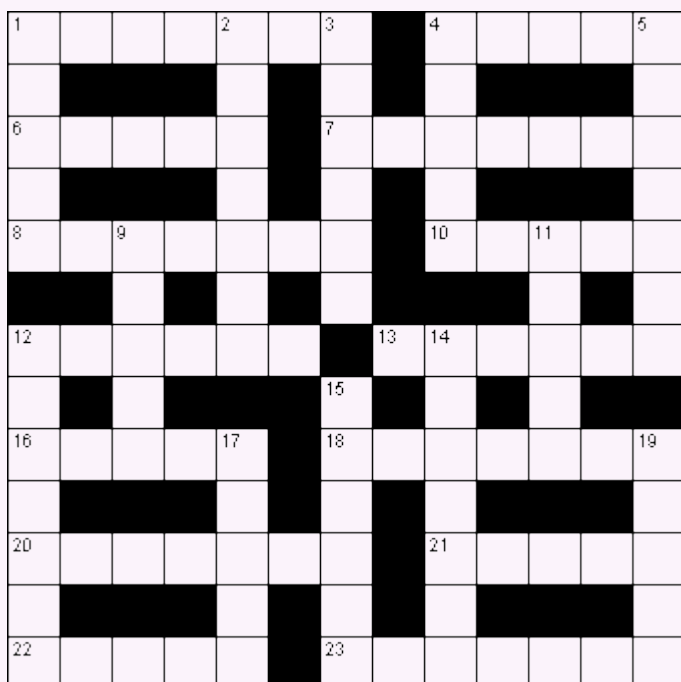
Across

1. Elementary (6)
4. Sort (4)
8. Made known (9)
9. Scintilla (4)
10. Season (6)
13. Fluent (6)
15. Unguent (4)
18. Reptile (9)
19. Bed on a ship or train (4)
20. Conflict (6)

Down

1. Law officer (7)
2. Intended (5)
3. Solitary (4)
5. Watercraft (5)
6. Conclusion (3)
7. Sound (5)
11. Violent disorder (7)
12. Flower (5)
14. Diadem (5)
16. Obviate (5)
17. Passport endorsement (4)
18. Young mammal (3)

Themed Crossword No.6



Across

1. State capital of Georgia (7)
4. Egyptian dam (5)
6. Italian isle (5)
7. Montgomery is the state capital (7)
8. Grand Canyon State (7)
10. Japanese city (5)
12. Capital of 16 across (6)
13. Capital of the Philippines (6)
16. European country (5)
18. Capital of Algeria (7)
20. North American mountain range (7)
21. Egyptian desert (5)
22. Tripoli is the capital (5)
23. Washington city (7)

Down

1. Capital of Ghana (5)
2. Capital of Kenya (7)
3. Biblical Mount (6)
4. San Antonio mission (5)
5. Falls (7)
9. Asian country (5)
11. Australian town, _____ Springs (5)
12. French wind (7)
14. State capital of Maine (7)
15. Topeka is the state capital (6)
17. Currency of Nigeria (5)
19. French river (5)

SOLUTION No.5



SOLUTION No.6



WORD SEARCH THIRSTY WORK

Can you find the hidden words? They may be horizontal,

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

ALCOHOL, ALE, APERITIF, APPLEJACK, BEER, BEVERAGE, BITTER, BOURBON, BRANDY, CAPPUCCINO, CHAMPAGNE, CIDER, CLARET, COCKTAIL, COCOA, COFFEE, CORDIAL, CREAM, ELIXIR, EXPRESSO, GIN, GINGER BEER, JUICE, LAGER, LIQUEUR, MARSALA, MARTINI, MILK, MINT JULEP, NIGHTCAP, OUZO, PERNOD, PILSNER, PUNCH, RETSINA, SANGRIA, SCHNAPPS, SCOTCH, SHANDY, SHERRY, SODA, SPIRITS, STOUT, TEA, TEQUILA, TODDY, TONIC, VODKA, WATER, WINE.

JUST FOR LAUGHS



If you are the baby of the family, feel honored. It means your parents finally made the perfect child so they stopped at you

Thinking that the political candidate needed to show a more human side of himself, his committee advised him to visit an old age home. Walking into the room of an old man, with the cameras whirring, the nominee was surprised when the old man offered him some peanuts from a bowl on the table. "Thank you", said the nominee after being offered more for the 3rd time, "why don't you have some yourself?" "Oh, I can't eat it" said the old man, "I don't have any teeth." "So why do you have them?" asked the confused nominee. "Oh, I like the chocolate around it" was the glib reply.

Joe was a steward for Fly High airlines. He watched as an older lady boarded the plane holding a dog in a cage. "Excuse me," said Joe "dogs are not allowed on board, you have to check it in with the baggage." The lady wasn't happy, but Joe was an experienced steward and succeeded in convincing the lady without much of a scene. Upon arrival, Joe took a peek in the cage, and to his great surprise, saw that the dog was dead! Frantic that they may get sued, Joe quickly sent one of his underlings out to town to buy a dog that looked exactly the same. Just in the nick of time the underling arrived with the dog. They quickly switched dogs and breathed a sigh of relief. "This isn't my dog!" said the lady as soon as she saw it. "I'm sure it is" insisted Joe "I was very careful about where I put it." "It's not my dog" argued the lady, "you see, I was bringing my dog to my home town to have him buried, and this dog is alive!"

Every Snack You Make
Every Meal You Bake
Every Bite You Take
I'll Be Watching You



An old man went to the Doctor complaining that his wife could barely hear. The Doctor suggested a test to find out the extent of the problem. "Stand far behind her and ask her a question, and then slowly move up and see how far away you are when she first responds." The old man excited to finally be working on a solution for the problem, runs home and sees his wife preparing supper. "Honey" the man asks standing around 20 feet away "what's for supper?" After receiving no response he tried it again 15 feet away, and again no response. Then again at 10 feet away and again no response. Finally he was 5 feet away "honey what's for supper?"

She replies "For the fourth time it's lasagna!"