

ISSUED 27TH June 2014

RAGLAN TATTLER

FREE EYE TESTING

The Victorian Eyecare Service (VES) recently come to Raglan House to conduct eye testing. The Victorian Eyecare Service provides optometry care at low cost for persons who hold a pensioner concession card or health care card and live in rural Victoria. The VES is available throughout rural Victoria through a large network of participating optometrists and ophthalmologists. The primary care consultation fee is normally bulk billed and patients make a fixed contribution to the cost of glasses or contact lenses. The balance of the cost is subsidised by a State Government grant. The Victorian Eyecare Service is funded by the Government of Victoria and administered by the Australian College of Optometry.

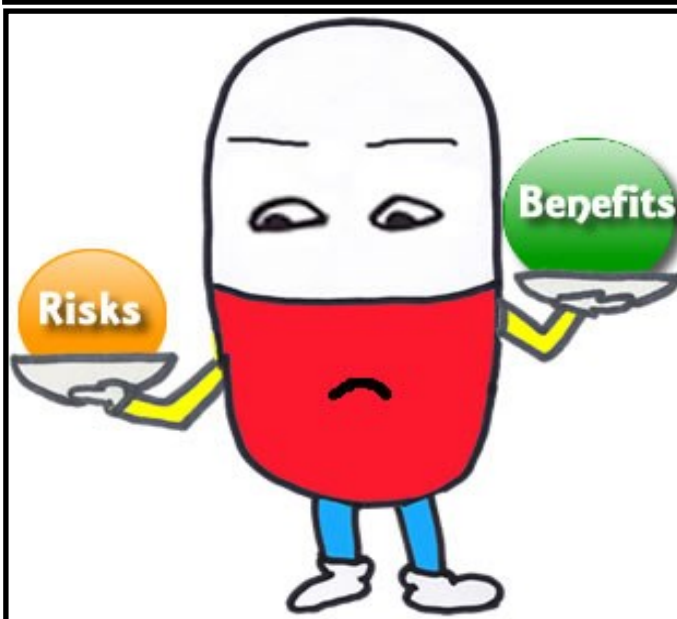
SKYDANCERS

Resident recently had a lovely outing to Skydancers at Harcourt. Pictured below the resident's are seen enjoying their day out. The bus goes out each week to different point of interest throughout country Victoria. Resident have a look around and then are treated to an afternoon Tea.



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.



LAUNDRY

The laundry is a shared community resource of Raglan House for all residents to use for their 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. Call for staff for assistance to remove washing if required.
3. Do not remove anther residents clothing from the a washing machine ask a staff member to remove the washing for you.
4. Do not 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.

SIGN OUT BOOK

A reminder to residents and families to sign the sign out book when residents are leaving the facility. This book needs to be signed when leaving and returning so that we are aware of all residents currently present at Havilah in the case of an emergency. Please also inform the kitchen if you will not be requiring a meal.



GIFTS:

We ask that Residents do not make gifts to individual members of staff of Havilah. Individual staff accepting gifts put their jobs in jeopardy so please do not be upset when gifts are refused. We would appreciate your co-operation in relation to this. A smile and thank you lets us know that you are happy at Havilah and our staff are rewarded by the knowledge that they have contributed to your wellbeing and enjoyment of each day.



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.



AFL FOOTY TIPPING

We are past the half way mark of the season in this years footy tipping competition and there are plenty of tipsters in contention for the title.

If your towards the back of the field keep tipping each week to claim a \$10.00 prize for correctly tipping all 9 winning teams. Good Luck to all.

Leaders after round 14 - 1st Place (83) Jean Smith & Dot Kane 2nd (82) Dorrie Duffin 3rd Place (81) Lesley Boxall & Doug Rowe

Round (12) Tipping all 9 winners: Merv Huggett & Cass Reason congratulations

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.

Raglan House Resident Meeting Wed 11th June 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

Father Ed & Rita Concert



Friday 4th July 2014

Commencing at 2.00pm in the function room

High Tea - Shire's Aged Community Group Visiting



Wednesday 9th July 2014

Commencing at 2.30pm in the function room

Havilah Hostel Auxiliary Annual General Meeting



Wednesday 16th July 2014 at 2.00pm

Guest Speaker Jill Morse Afternoon Tea Provided ALL WELCOME

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 11.15am 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

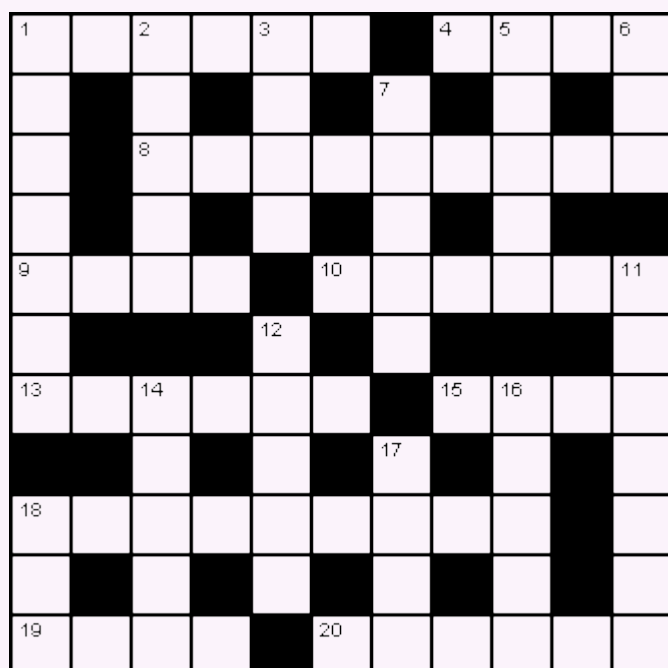
ANGLICAN CHURCH - 1st Thursday each Month 10.30am

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

AOG GENESIS CHURCH - 4th Thursday each Month 10.30am



Quick Crossword No.5



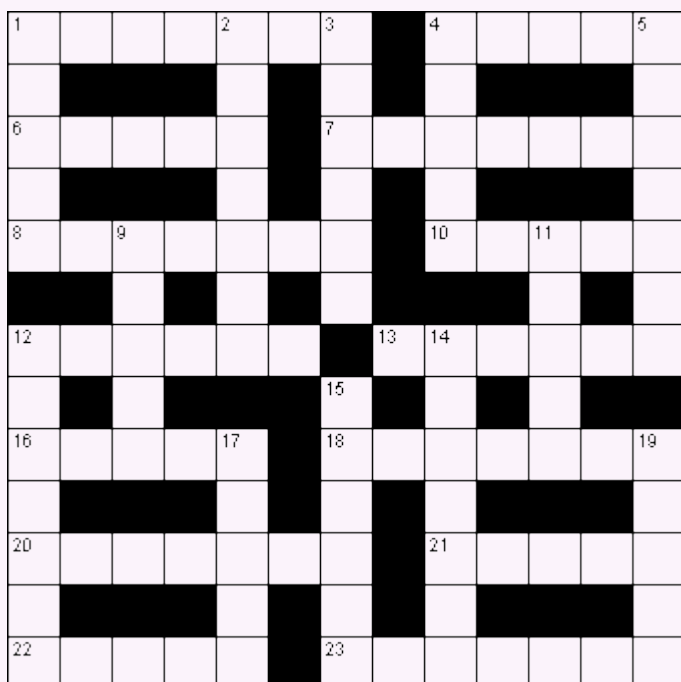
Across

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



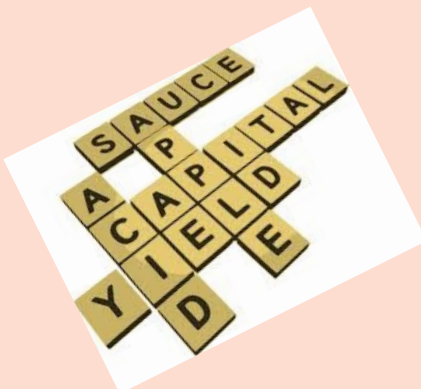
Across

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



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

WORD SEARCH LONG AND SHORT

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

ABBREVIATED, ABRIDGED, AGES, BRIEF, CEASELESS, COMPRESSED, CONDENSED, CUT BACK, DECREASED, DIMINISHED, ENDLESS, EPHEMERAL, ETERNAL, EXTENDED, FLEETING, INCESSANT, INCREASED, INTERMINABLE, LENGTHY, LESSEN, LITTLE, LONG, MOMENTARY, PERPETUAL, PRECIS, PROLONGED, PROTRACTED, REDUCED, SHORT, TRUNCATED.



A man walks into a bar and asks the bartender, "If I show you a really good trick, will you give me a free drink?" The bartender considers it, then agrees. The man reaches into his pocket and pulls out a tiny rat. He reaches into his other pocket and pulls out a tiny piano. The rat stretches, cracks his knuckles, and proceeds to play the blues. The bartender pours the man a drink on the house and he puts the rat and piano away. After the man finished his drink, he asked the bartender, "If I show you an even better trick, will you give me free drinks for the rest of the evening?" The bartender agrees, thinking that no trick could possibly be better than the first. The man reaches into his pockets again and pulls out the tiny rat and tiny piano. The rat stretches, cracks his knuckles, and proceeds to play the blues. The man reaches into a third pocket and pulls out a small bullfrog, who begins to sing along with the rat's music. While the man is enjoying his beverages, a stranger confronts him and offers him \$100,000.00 for the bullfrog. "Sorry," the man replies, "he's not for sale." The stranger increases the offer to \$250,000.00 cash up front. "No," he insists, "he's not for sale." The stranger again increases the offer, this time to \$500,000.00 cash. The man finally agrees, and turns the frog over to the stranger in exchange for the money. "Are you insane?" the bartender demanded. "That frog could have been worth millions to you, and you let him go for a mere \$500,000!" "Don't worry about it," the man answered. "The frog was nothing special. You see, the rat's a ventriloquist."

JUST FOR LAUGHS

My mother hates sports so after being forced to go to a football game with her grandchildren this was her conclusion. Football consists of 22 men on the field desperately in need of a rest, and 40,000 in the stands desperately in need of exercise.



A football coach walked into the locker room before a game, looked over to his star player and said, "I'm not supposed to let you play since you failed math, but we need you in there. So what I have to do is ask you a math question, and if you get it right, you can play." The player agreed, and the coach looked into his eyes intently and asks, "Okay, now concentrate... what is two plus two?" The player thought for a moment and then he answered, "4?" "Did you say 4!?" the coach exclaimed, excited that he got it right. At that, all the other players on the team began screaming, "Come on coach, give him another chance!"