

RAGLAN TATTLER

ISSUE: June 2017

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



Mothers Day was a very enjoyable occasion for all concerned at Raglan House, with many families visiting residents enjoying each others company for the lunches and afternoon teas offered on both Saturday and Sunday of the weekend.

Resident Meeting— Monday 3rd July at 1.15 pm

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

FALLS PREVENTION

Move More Carefully



Many People fall by moving too quickly from a sitting to a standing position. Preventing falls like this is as easy as taking your time.

All you have to do is pause after going from lying down to sitting and from sitting to standing. Also take a pause before using the railing on stairs, whether up or down.



Linen

Could residents please inform care staff if they have any soiled linen in their rooms. This includes Face Washers, Shower Mats or Towels. Staff can provide fresh clean linen immediately on request, Please Call 661 or 662. Requesting clean linen will ensure good hygiene throughout the facility.

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.

COMMUNITY CENTRE ADMINISTRATION OFFICE HOURS

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

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 still to be completed when residents leave and return.

Please also note any food either you or your visitors bring in and to Havilah, please advise the kitchen. 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.



Over 50 and struggling to sleep? There is a reason

From the Donaldson Sisters Newsletter By Lauren Broomham

A [new study](#) has revealed older adults are suffering from an “unmet sleep need” – and it could start as early as our mid-thirties.

The review published in the medical journal *Neuron* found as people age, we may be losing our ability to produce deep sleep – which could have a big impact on our mental and physical health.

“Every one of the major diseases that are killing us in first-world nations – from diabetes to obesity to Alzheimer’s disease to cancer – all of those things now have strong causal links to a lack of sleep,” co-author Matthew Walker says. “And all of those diseases significantly increase in likelihood the older that we get, and especially in dementia.”

Getting to sleep a nightmare

Many of us believe we simply need less sleep as we get older. This is not true.

As the brain ages, the neurons and circuits in the areas that regulate sleep slowly degrade – resulting in less non-REM sleep. As non-REM deep sleep is essential to memory and cognition, that’s a big problem.

So can you do anything to stop the process?

The authors recommend people follow standard advice, including not drinking coffee in the late afternoon, avoid sleep-disrupting drugs like alcohol and keeping a regular sleep schedule.

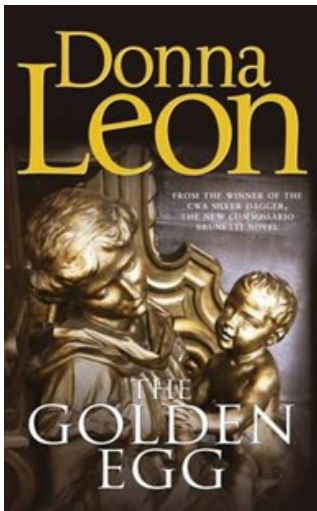
But don’t rely on sleeping pills to do the job for you. The researchers say these sedate the brain rather than restoring younger sleep patterns.

Proof a good night’s sleep really can be a lifesaver?

BOOK REVIEW

THE GOLDEN EGG

By Donna Leon



As you probably have guessed

I rather like this Author. This one is not my favourite but still a good read.

Commissario Guido Brunetti looks into the suspicious death of Davide Cavanella, the deaf and mentally disabled man who worked for his neighborhood dry cleaner. It strikes Brunetti as sad, as well as sinister, that he's unable to find any public record of Davide, that his mother can't produce her son's birth or baptismal certificates, school documents or any other verification of his life. In the eyes of the state, Davide never existed. "It daunted Brunetti, the pathos of it."

Brunetti is haunted by the silent world Davide inhabited

As Leon wryly points out in this unusually reflective detective story, the same system that couldn't keep track of Davide has somehow managed to overlook evidence that the mayor's son is complicit in a bribery scheme. "Why do we tolerate this," Brunetti's secretary asks when presented with this latest flagrant example of corruption, "and not go after them with clubs?" That's something Brunetti often wonders. And he sadly concludes that short of emigration or suicide, there aren't many options for people whose political system is so dysfunctional.

There has been a good response to our request for email addresses for emailing the TATTLER rather than posting it out. This is due to the large increase in the postage costs. 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.

RAGLAN TATTLER

RESIDENT SURVEYS

RESIDENT SURVEYS - April 2017:

Of the 77 (49 Harkness + 28 Raglan) residents surveyed

97% of residents surveyed stated that the meals are large enough.

97% of surveyed residents have the opinion that they can go to bed when they like.

100% of surveyed residents commented in the survey that the staff are friendly.

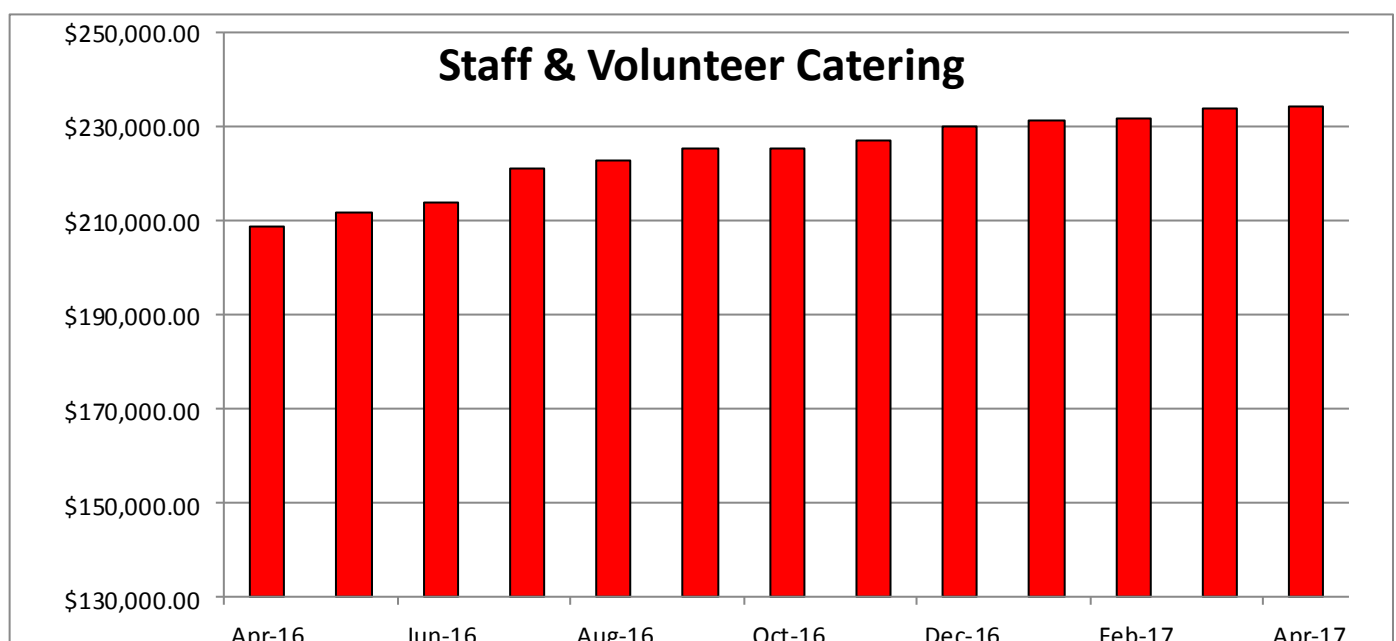
96% of residents indicated in the survey that the crockery and cutlery is in good order.

RESIDENTS BE AWARE

At times residents receive phone calls from persons claiming that they are a representative of a telephone and electricity companies or alike asking for bank account details to clear outstanding balances. This type of phone call should at all times be ignored. We advise residents to simply hang up and inform staff.

PLEASE DO NOT ADVISE YOUR BANK DETAILS TO ANYONE OVER THE 'PHONE

This table shows the amount of fundraising provided by the Havilah volunteer catering group. The Group provides catering for birthdays, parties, funerals and weekly dinners for Maryborough Rotary. New volunteers are always welcome. Please see Kim



THINGS MY MOTHER USED TO SAY

When you point a finger at someone you are actually pointing three back at yourself.

If I learned something from her, it was worth it.

Always write thank you notes, even if you don't like the gift.

Come home when the street lights turn on.

Where there's a will, there's a way.

If you want to get something done, ask a busy person.

WORD OF THE MONTH

SHROFF: Banker or Money Lender in the Far East



Current leaders are Betty Higgins on 65 points, followed by Doug Rowe, Elma Taylor and Wilma Doble on 61 points and on 60 points Terry Simpson. Stuarts tips are currently sitting on 58 points.



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 relevant kitchen prior to 10.00am by phoning the : Raglan House Kitchen on 5459 0180.

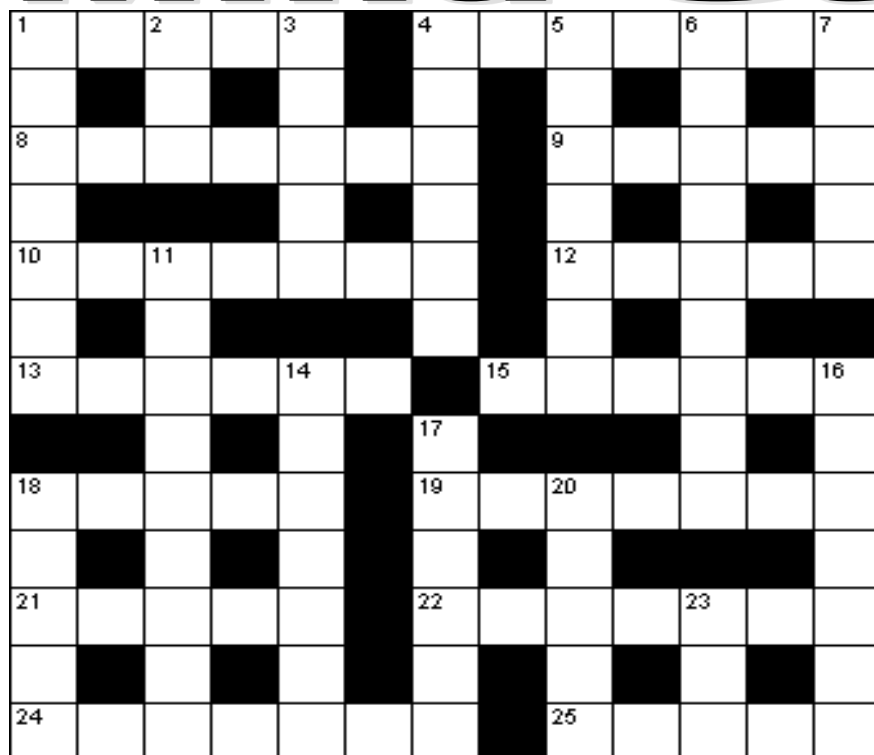
When booking meals for more than 5 people, please notify the kitchen the day before.



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



Mind Games



Across

1. Danger (5)
4. Percussion instrument (7)
8. Deliberated (7)
9. Molten Rock (5)
10. Marine Mollusks (7)
12. Similar (5)
13. Martial Art (4,2)
15. Rigorous (6)
18. Assumed Name (5)
19. Accumulated (7)
21. Similar to a Giraffe (5)
22. Dizziness (7)
24. Perpetual (7)
25. Book of Maps (5)

Down

1. Security Device (7)
2. Bone (3)
3. Supply (5)
4. Palin (6)
5. Fortification (7)
6. Enlarges (9)
7. Astound (5)
11. Consortium (9)
14. Mode (7)
16. Irksome (7)
17. Wonder (6)
18. Repent (5)
20. Artery (5)
23. Unwell (3)

Word Search—LET'S DANCE

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

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

BALLET, BALLROOM, BARN DANCE, BELLY DANCING, BOLERO, BREAK DANCING, CHA CHA CHA, CHARLESTON, CLOG DANCING, CONGA, DISCO, FANDANGO, FLEMENCO, FOXTROT, GAVOTTE, HIGHLAN FLING, ITISH JIG, JIVE, LINE DANCING, MINUEET, PAS DE DEUX, PASO DOBLE, QUICKSTEP, RAIN DANCE, REEL, RUMBA, SAMBA, SQUARE DANCE, SWORD DANCE, TANGO, TAP DANCING, TARANTELLA, TWIST, TWO STEP, WALTZ.

ANAGRAMS: SPORT

1. A WET FEW RAN IT RIGHT (5,5,7)
2. GET WIN IF LIGHT (13)
3. RING WELTS (9)
4. LOB ALOFT (8)
5. LITHE CATS (9)
6. ROMAN HAT (8)

GREAT THINGS TO DO

UPCOMING EVENTS

Happy Hour Every Friday evening

Commencing at 5.00pm, Music, Finger Food, Hot & Cold Beverage, 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 3rd July 2017 at 1.15 pm

Mobile Library— May Dates

Monday 5th and 18th June

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 Wednesday each Month 2.30pm

ANGLICAN CHURCH - 2nd Wednesday each Month 10.30am

SALVATION ARMY CHURCH - 4th Wednesday each Month 2.45pm

Football Tipping: The approaching football season brings with it the **Havilah Footy Tipping Competition**.

End of Year prize pool \$50, \$30, \$20 respectively for 1st 2nd and 3rd. **Each round tipsters with 9 winners are awarded \$10.**

Free to Enter.

Learn, Laugh and Live!



U3A University of the Third Age

Meet the 1st Monday of the Month

Bingo area at 9.30am

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

Chairobics 2.30 pm



WEDNESDAY Nail Care with Cuppa and Chat 10 am

Bingo 1.30 pm

Cooking 2.45 pm



THURSDAY

Footspa with Cuppa and Chat 9.30 am

Bingo 1.30 pm

Bus Trip 1.30pm

Craft 2.45pm



FRIDAY

Special Morning Tea & Reminiscing chat 10 am

Bingo 1.30 pm

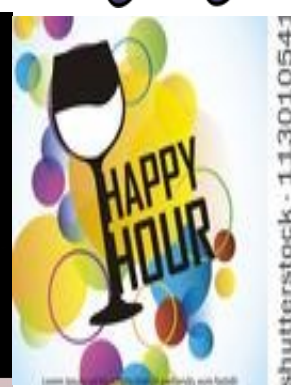
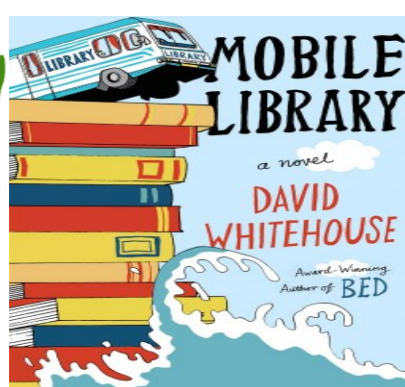
Chairobics 2.30 pm

Happy Hour 5.00pm



SUNDAY

Devonshire Afternoon Tea.



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Barry Lacey recently came to Havilah on Palmerston to do a Bonsai demonstration for residents. Barry brought in Bonsai trees from his collection and did a demonstration on cutting, wiring soil preparation and planting. Everyone who attended enjoyed the interactive day taking great interest in the art with many questions after the demonstration. Barry also conducts the tai chi classes on Monday and Wednesday's in the High School Centre—Room 7.

HEALTH AND WELL BEING

10 Easy Ways to Boost Brain Power

- 1. Games, fun and solutions:** games that call for thinking and evaluating before action. Playing cards with others can stimulate brain function while providing sociable times with family and friends. Puzzles, including crosswords, picture puzzles and word searches are great stimulants.
- 2. Get the grandkids involved.** When grandchildren visit play games with them, do a jigsaw puzzle and if not completed in time, it can be finished when they visit again.
- 3. Start a diary:** Start a daily diary, buy a quality book or binder plus a special pen to start. Share what you accomplished much over the years that should be shared and recorded from today's memory and thinking. and a lot of stress and depression should start to disappear.
- 4. Focus on nutrition:** Proper nutrition is vital, particularly a diet strong in antioxidants. Fresh fruits and vegetables are vital to provide what other parts of the body or system may now be denying to the brain and its function. Other physical challenges are probably reducing the effectiveness of the immune system; therefore, the addition of all the more antioxidants can definitely benefit the brain and its function. Interestingly, most research endorses coffee and its caffeine ingredient as a benefit to better brain function. And caffeinated teas may be of similar benefit.
- 5. Stop smoking:** Of course, this will be a challenge. But there are no benefits, but only negative effects to the brain from smoking. Smoking also contributes to diseases, including COPD.
- 6. Start walking:** Physical exercise and movement is vital to the functioning of the older adult brain and its best functioning. Daily walking, to the extent that you are able and taking part in Chairbics and the falls reduction exercises would be appropriate and effective. The exercise produces aerobic benefits to the brain as well as the lungs, heart and general physical condition. If there are exercise programs you would like to try please contact the Lifestyle staff.
- 7. Invite visitors:** Loneliness is a real downer for older adults, particularly if they withdraw from social events or relationships. Invite visitors to visit, whether on a one-time or weekly basis. You have lots to talk about, historic times and events, current events and family.
- 8. Keep them laughing:** There's something to be said for the old saying "Laughter is the best medicine." The act of laughing has been proven to have health benefits. If you feel isolated a lot, movies and books can provide entertainment.
- 9. Get out and about:** Take part in the lifestyle activities on offer that enable you to socialise with others. If you have the opportunity go on an outing. It may be a bus trip or other excursion or out with family or friends. This continues to open the world to you, while ensuring that you are still being involved.
- 10. Recognize for your gains:** This is a scary time for most older adults. When you were working or being active in the community, you felt respected and important. In older age, that sense of acceptance or identification is often lost. Try to get involved in activities, where you can regain that sense of accomplishment. Additionally, praise yourself for even small accomplishments and recognize each success.

Giggletime

A teacher was trying to make use of her psychology courses. She started her class by saying, "Everyone who thinks they're stupid, stand up."

A minute went by and no one stood up until little Larry popped up. The teacher said, "Do you think you're stupid, Larry?" "No miss, but I didn't like to see you standing there all by yourself."



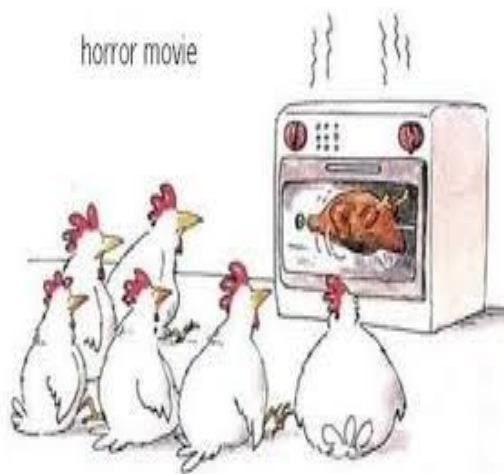
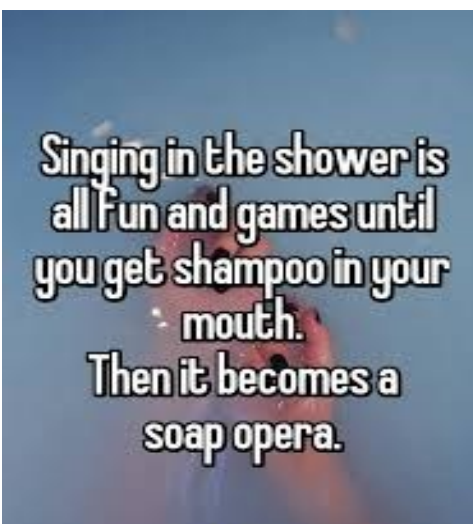
One night during a violent thunderstorm a mother was tucking her small son into bed. She was about to turn off the light when he asked with a tremor in his voice: "Mummy, will you sleep with me tonight?" The mother smiled and gave him a reassuring hug. "I can't dear," she said. "I have to sleep in Daddy's room."

A long silence was broken at last by a shaken little voice saying: "The big sissy."

Paddy and Murphy were working on a building site. Paddy says to Murphy, I'm gonna have the day off, I'm gonna pretend I'm mad. He climbs up the rafters, hangs upside down and shouts "I'M A LIGHT BULB! I'M A LIGHT BULB!" Murphy watches in amazement!

The foreman shouts "Paddy you're mad, go home. So he leaves the site. Murphy starts packing his kit up to leave as well. "Where do you think your going?" asks the foreman. "I can't work in the dark! Replied Murphy.

Three drunk guys entered a taxi. The driver knew that they were drunk so he started the engine and turned it off again. Then said, "We have reached your destination". The first guy gave him money, the second said, "Thankyou." The third guy slapped the driver. The driver was shocked thinking the third guy knew what he had done. But then asked "What was that for?". The third guy replied, "Control your speed next time, you nearly killed us.



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.

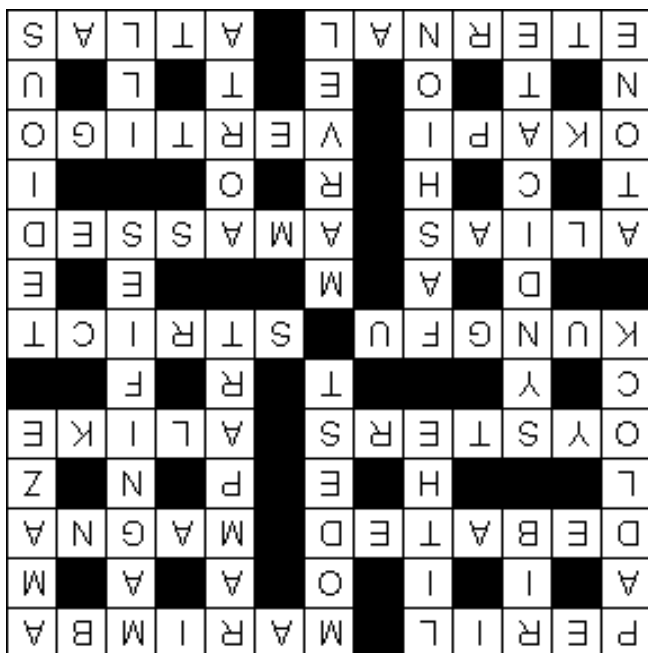
Havilah is a very safe facility and has many measures in place to stop the spread of fire and smoke and to provide for safe evacuation in the case of a fire – this includes fire and smoke compartments, and sprinklers and smoke alarms.

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.



Quiz and Crossword Solutions from page 7

Answers to Anagrams

1. WHITE WATER RAFTING
2. WEIGHTLIFTING
3. WRESTLING
4. FOOTBALL
5. ATHLETICS
6. MARATHON



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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:

raglanmanager@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.