

RAGLAN TATTLER

ISSUE: July 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



All very much enjoyed the recent outing to the
Inglewood Eucalyptus Distillery Museum.



Resident Meeting— Monday 7th August at 1.15 pm

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



HAVILAH MAJOR RAFFLE

Winners of the major prizes in Havilah's major raffle were

Marlene Currie 1st Prize

Greg Murray 2nd Prize

Havilah on Palmerston Chef, Greg was over the moon with his second prize. We had wonderful support from our staff this year so great to see five staff featuring among the twelve draws.

The lucky winners will be able to spend \$10,000 and \$5,000 plus gst respectively on whatever they choose.

Winners of the \$500 weekly draws were The 'M' Team, RAM Syndicate, Mike McCarthy, Stacey Baudendistel, Brendan's Tours, Kaye Mullane and Gaye Turner, Ange O'Shea, Debbie Walker Shane Dellavedova and Kelsey Hooper

386 of the 400 available tickets were sold this year. A magnificent effort. Thank you to all who bought tickets and to our ticket sellers. Raeleen put in a mammoth effort to bring the number up to 386, thank you Raeleen.

BOTTLED WATER

The project by Central Highlands Water to improve water quality is finally completed. As previously advised the bottled water will now be removed from the various areas. This was put in place originally during the drought when low water levels caused issue with water taste through the Maryborough supply. With the improved reticulated supply this cost can no longer

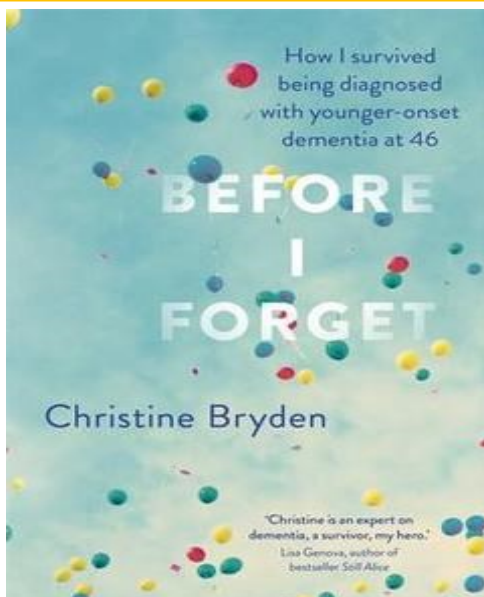
be warranted. For residents who choose to drink bottled water 150 ml bottles will be available for purchase at 50cents a bottle. This can be organised through the kitchen and also at reception. Residents can either pay for the water when they collect it or have it added to their fee account. Please ask staff to assist you if required.



The new fireplace looks fantastic and adds a homey ambience at Raglan House.

These will be added in other areas if residents enjoy using the space.

Congratulations to Kim for her interesting display of kitchena-lia in the kitchenette (bingo area)



BOOK REVIEW

Before I Forget:

How I Survived A Diagnosis Of Younger Onset Dementia At 46

By: Christine Bryden

'Some days all I want to do is give up the constant, exhausting struggle and stop trying to be normal. But I can't. It's not in me to walk away from a fight. I'll keep fighting and telling my story. Before I forget.' When she was just 46, Christine Bryden - science advisor to the prime minister and single mother of three daughters - was diagnosed with younger-onset dementia. Doctors told her to get her

affairs in order as she would soon be incapable of doing so. Twenty years later she is still thriving, still working hard to rewire her brain even as it loses its function. The unusually slow progress of her condition puts Christine in a unique position to describe the lived experience of dementia, a condition affecting tens of millions of people worldwide. In this revealing memoir, she looks back on her life in an effort to understand how her brain - once her greatest asset, now her greatest challenge - works now. She shares what it's like to start grasping for words that used to come easily. To be exhausted from visiting a new place. To suddenly realise you don't remember how to drive. To challenge, every day, the stereotype of the 'empty shell'. Brave and inspiring, this is Christine's legacy for people with dementia and those who care about them. 'Christine teaches us that we are more than what our brains are capable of remembering, that while we can still breathe and love, we all have something important to contribute to this world.' Lisa Genova, author of bestseller *Still Alice*.

HAVILAH HAIRDRESSER

New Prices as from Monday 1st August 2017

Mens Haircuts	\$20.00
Ladies Trims	\$25.00
Ladies Sets	\$25.00
Blow Wave	\$25.00
Your Colour & Blow Wave	\$60.00
Perms	\$80.00



WORD OF THE MONTH

KAKORRHAPHIOPHOBIA: fear of failure.



The AFL season is into the second half for the year, with only 1 point the difference between the top 3 tipsters. Presently Betty Higgins and Doug Rowe are joint leaders sitting on 80 points, 2nd position being held by Wilma Doble on 79 points and Terry Simpson on 68. Shirley Huggett is being a very strong lady holding up the leader board on 62 points.



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VICTORIA CRACKS DOWN – ON MOONING

No, really. From this week, Victorian police will no longer be turning the other cheek to people caught flashing their rear end in public.

Under new laws that came into effect from July 1, first-time offenders will face up to two months in jail while repeat offender could find themselves behind bars.

It sounds like a laugh, but there is a serious message behind the changes. The State Government has overhauled 50 sexual offences in an effort to cut down on offensive and abusive behaviours.

While “mooning” has always been a crime – albeit one most people would consider more the realm of drunken spectators at our national sporting events – the Victorian Attorney-General says that the changes will clarify the law as well as guarantee better protections for children from abuse.



The footy just won't be the same without the odd streaker though.



Earnestly speaking
Thoughts from Lauren Broomham



THINGS MY MOTHER USED TO SAY

Go to your room.
Wait and See.
Ask your father.
Say pardon, not "what."
Back in my day.

RESIDENT SURVEYS

RESIDENT SURVEYS - May 2017:

Of the 81 (53 Harkness and 28 Raglan) residents surveyed:

100% of residents surveyed have stated staff call them by their preferred name.

98% of surveyed residents believe they are given enough emotional support.

98% of residents feel that staff are well trained with the knowledge and skills to meet their needs.

84% of surveyed residents have all their clothing clearly labelled.



FALLS PREVENTION

Wearing the right shoes

Wear comfortable, firm-fitting, flat shoes with a low heel, laces, buckles or Velcro fastenings with rubber soles that grip.



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 to be completed when residents leave and return.

Please advise the kitchen of any food either you or your visitors bring 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. 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.

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

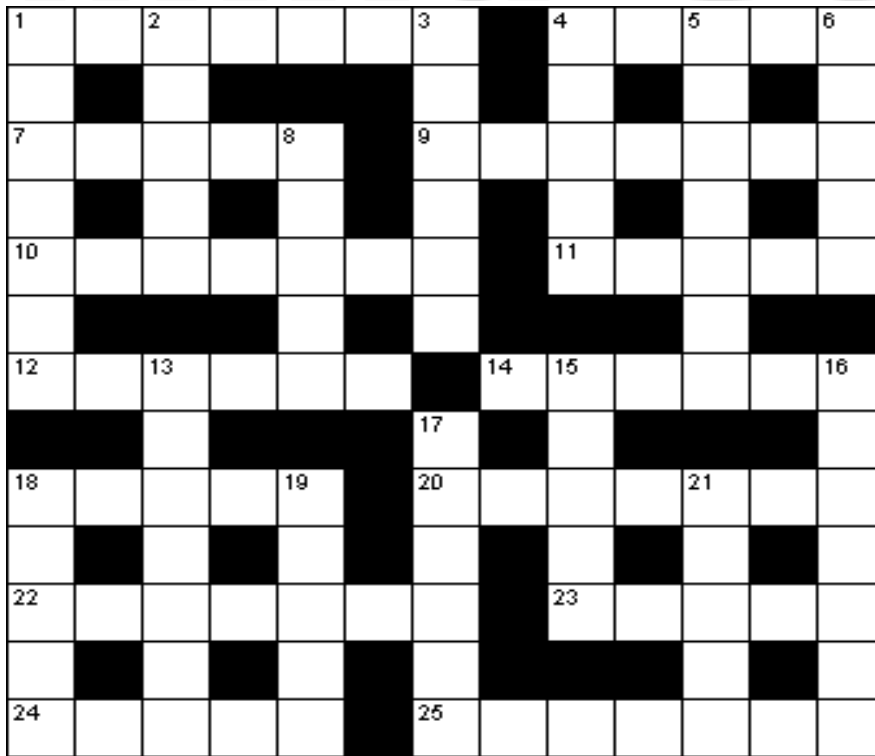




Special Morning Tea is a popular get together each Friday.

All enjoyed being hands on in the kitchen. Yumm

Mind Games



Across

1. Seafarer (7)
4. Attain (5)
7. Catlike mammal (5)
9. Type of rock (7)
10. Respire (7)
11. Gaze (5)
12. Resembling a horse (6)
14. Unit of time. (6)
18. Pandemonium (5)
20. Melodious (7)
22. Elusive (7)
23. Fibbing (5)
24. Foe (5)
25. Distinguished (7)

Down

1. Gruesome (7)
2. Variety show (5)
3. Elevated (6)
4. Parts of a ladder (5)
5. Fruit (7)
6. Precipitance (5)
8. Colossus (5)
13. Unwitting (7)
15. Tripod (5)
16. Joy (7)
17. Hinder (6)
18. Pancake (5)
19. Glossy (5)
21. Percussion instrument (5)

Word Search—Little and LARGE

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

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

ASTRONOMICAL, ATOM, COLOSSAL, DOT, ELEPHANTINE, ENORMOUS, GALACTIC, GARGANTUAN, GIANT, HUGE, IMMENSE, INFINITESIMAL, IOTA, ISOTOPE, JOT, JUMBO, LARGE, LITTLE, MASSIVE, MICROBE, MICROSCOPIC, MINISCULE, MINUTE, MITE, MOLECULE, MONOLITHIC, MONUMENTAL, NEUTRON, NUCLEUS, PARTICLE, PINCH, POINT, PROTON, SCINTILLA, SMALL, SMIDGEN, SPECK, TINY, TREMENDOUS, VAST.

ANAGRAMS: MUSICAL INSTRUMENTS

1. RING LATE (8)
2. COCOA RIND (9)
3. ROAM CHINA (9)
4. PORCH RADISH (11)
5. NIL TRACE (8)
6. NICER CANTO (10)

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 7th August 2017 at 1.15 pm

Mobile Library— July Dates

Monday 3rd, 17th and 31st July

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

Chairrobics 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

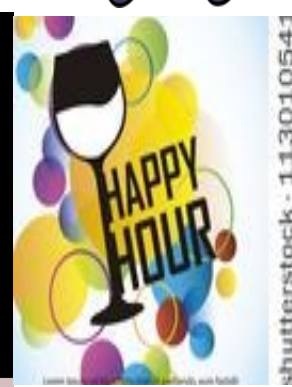
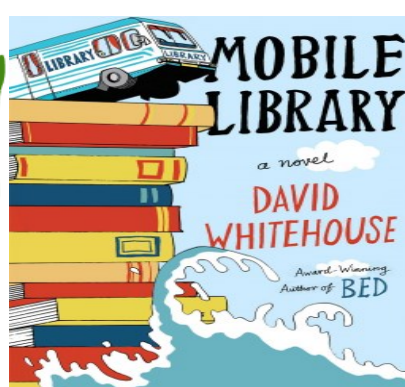
Chairrobics 2.30 pm

Happy Hour 5.00pm



SUNDAY

Devonshire Afternoon Tea.



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HEALTH AND WELL BEING

Tips for Good Mental Health

Good mental health is more than just the absence of mental illness. Here's 8 tips for building good mental health.

1. Build relationships

Having good relationships with other people is the most important factor contributing to a sense of wellbeing. This can include family, friends, workmates and others in the community. Investing time and energy in your relationships can lead to great benefits for all involved.

2. Exercise and stay healthy

Exercise has been shown to increase wellbeing as well as reduce symptoms of depression and anxiety. Good physical health is related to better mental health so a healthy diet, avoiding excess alcohol or drugs, and regular check ups with the doctor can all help.

3. Develop gratitude

Count your blessings. Try keeping a gratitude journal and write down 3 positive things for each day. This can lead to increased wellbeing.

4. Identify and use your strengths

We all have different strengths and weaknesses but finding out what you are really good at and using those talents can increase wellbeing. A strengths questionnaire is available at Authentic Happiness. Using your strengths to help others or contribute to the community creates a sense of meaning and purpose.

5. Create flow

Flow is the state of being so highly involved in an enjoyable activity that you lose track of time. This usually happens when the level of challenge is about right for your level of skill. Flow can happen during work, hobbies, creative arts or sports.

6. Give to others

Making a contribution to the community, however small, increases social wellbeing. Many people feel a sense of contributing through meaningful work, but this could also mean volunteering, helping a neighbour or performing small acts of kindness. Take some time to do the things you really enjoy. Pleasant events can lead to positive emotions that can cancel out negative feelings.

7. Spirituality or religion

For some people, being involved in spiritual or religious practices can improve wellbeing, help in coping with stress and reduce symptoms of mental illness. This can include belonging to a faith community, meditation, prayer, mindfulness or practices such as yoga and Tai Chi.

8. Seek help

If you are struggling to feel happy, cope with everyday life, find meaning or feel connected to others, see your doctor or a mental health professional. 1 in 5 Australians will experience a mental disorder at some time in their life - depression, anxiety and substance abuse are the most common disorders.



FROM THE NURSING MANAGERS DESK—Deb Matthews.

I would just like to reaffirm to all residents that the meal times remain at 12noon for lunch and 5.30pm for the evening meal. Residents who require trays to their rooms are to notify the kitchen prior or by 10.00am for lunch or 4.00pm for dinner, it is advised that if guests are attending meals that the kitchen is notified the day before.

As discussed at the last residents meeting that the continence aid bins will be removed from rooms and will be replaced with a supermarket styled bag and staff will place the continence aid in and remove from the room immediately.



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Depression now our No. 1 health problem worldwide

Over 300 million people suffer from depression around the world, with half not getting the treatment they need, the World Health Organisation says.

Global depression rates increased by 18 per cent between 2005 and 2015, overtaking lower respiratory disease as our biggest health problem.

The University of Queensland puts this down to population growth and ageing, as more people live into the ages where depression is most common.

In Australia, there are three million people living with depression or anxiety and the ABS estimates 45 per cent of us will have a mental health condition in our lifetime.

Older people in particular are more likely to experience contributing factors such as physical illness or personal loss, with the rates of depression for people living in aged care around 35 per cent according to beyondblue.

Yet there is still a stigma around the condition and a lack of support for sufferers in many countries according to the WHO.

Just 3 per cent of health budgets spent on mental health

On average, just three per cent of government health budgets goes to mental health, dropping to less than one per cent in low-income countries and up to five per cent in high-income nations.

But the WHO says for every US dollar invested in depression and anxiety treatment, countries would get back US\$4 due to people having better health and the ability to work.

We're lucky here in Australia that there are a wide range of mental health services available, but if we aren't using them, what's the point?

The WHO are running a year-long campaign called "Depression: let's talk" to encourage people to ask for help when they need it.

If you are living with depression, talking to someone you trust is often the first step towards treatment and recovery.

It's time to speak up.

You can contact any of the organisations below for help:

Lifeline 13 11 14

MensLine Australia 1300 78 99 78

beyondblue 1300 22 4636

Giggletime

A son tells his mother he doesn't want to go to school today.

When she asks why, he complains the teachers don't like him and the kids post dreadful things about him on social media.

His mother replies; "Son you have to go - you're 47 years old and you're the principal."



A man returns home from Africa feeling very ill. He goes to see his doctor, and is immediately rushed to the hospital for a range of extensive tests. The man wakes up after the tests in a private room at the hospital, and the phone by his bed rings.

"This is your doctor. We've had the results back from your tests and we've found you have and extremely nasty virus, which is extremely contagious.

"Oh my gosh," cries the man, who is in panic mode now.

"What are you going to do, doctor?"

Well we're going to put you on a diet of pizza, pancakes and pita bread."

"Will that cure me?" asked the man with hope.

The doctor replied, Well no, but... it's the only food we can get under the door.



"My doctor told me to avoid any unnecessary stress, so I didn't open his bill."



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.

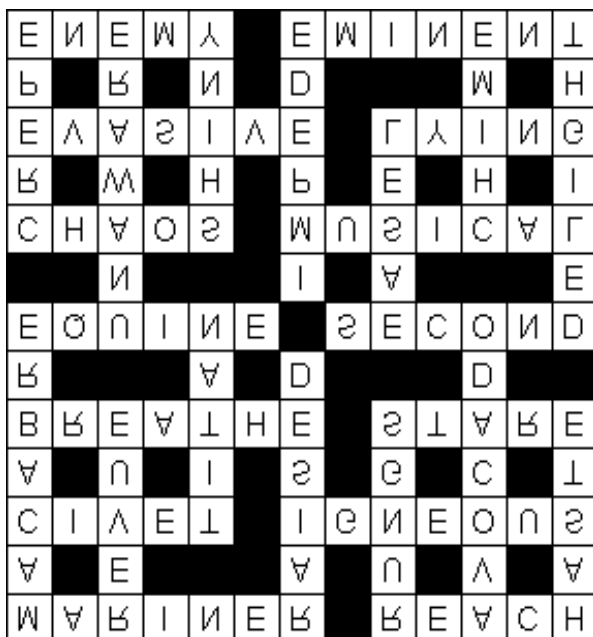
Havilah is a very safe facility and has many measures in place to stop the spread of fire and smoke and to provide for safe evacuation in the case of a fire – this includes fire and smoke compartments, and sprinklers and smoke alarms.

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. TRINAGLE
2. ACCORDION
3. HORMONICA
4. HARPSICHOORD
5. CLARINET



**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 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.