

RAGLAN TATTLER

ISSUE: August 2017

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



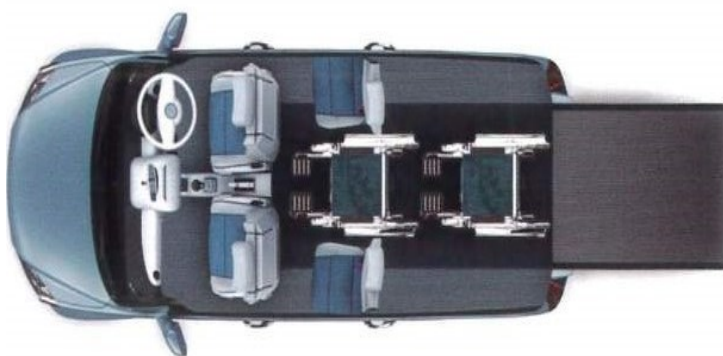
Residents and visitors enjoyed the “Winter Wonderland” theme for Christmas in July. The tables were dressed in silver and gold and a traditional Christmas feast with meats, sauces and plum pudding was served. Special thanks to the catering and activities staff for organising a fantastic meal and atmosphere for the day.

Resident Meeting— Monday 4th September at 1.15 pm

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



BOTTLED WATER A reminder that 150 ml bottled water is available for purchase through the kitchen or reception at 50cents a bottle. You are able to either pay for the water when you collect it or have it added to your fee account. Please ask staff to assist you if required.



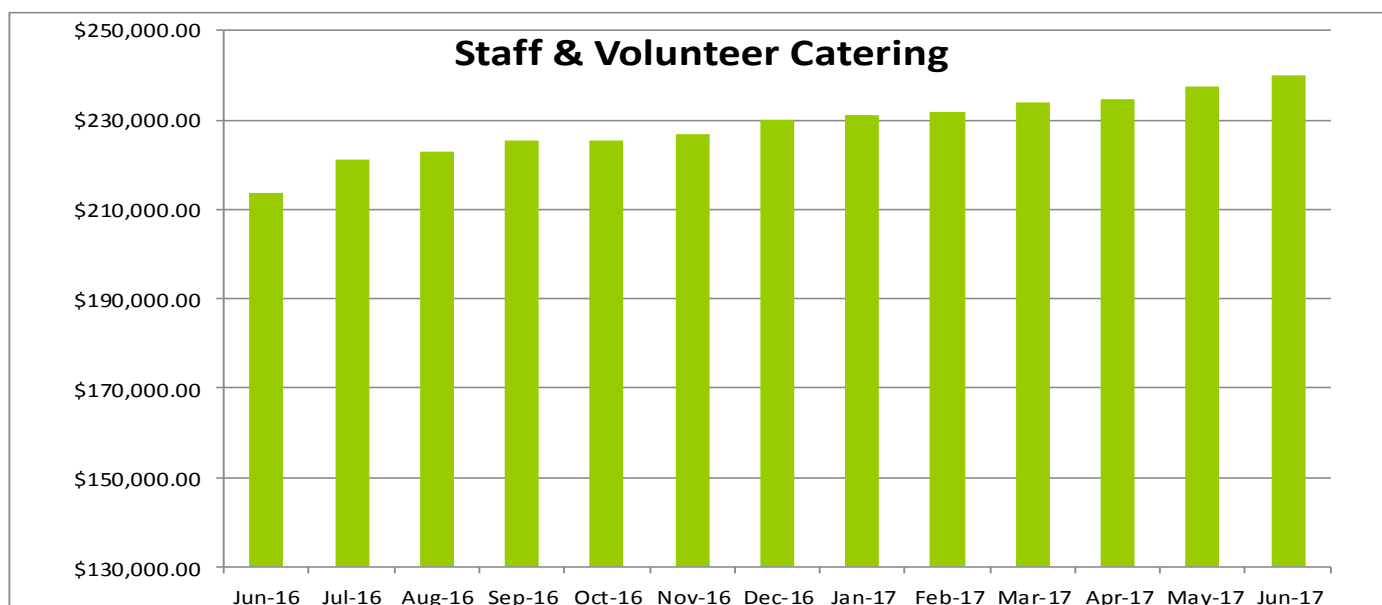
FAMILY PLUS

4♂ + 2♿ or 6♂ + 1♿ option

Our new Kia Carnival modified vehicle arrived this week. The vehicle cost \$77,000 ex GST, \$38,000 of this is in the modifications required for wheelchair access. The Kia will comfortably fit 7 persons including 1 wheelchair or 6 persons including 2 wheelchair passengers. (see configuration opposite) The vehicle will be used in the lifestyle program and is available for families requiring a wheelchair access vehicle to take residents to appointments. Please see Sue or enquire at Reception regarding this.

A big thank you to our volunteer catering committee for their continued fundraising commitment which has greatly assisted this purchase.

New volunteers are always welcome. Please see Sue or Raeleen.



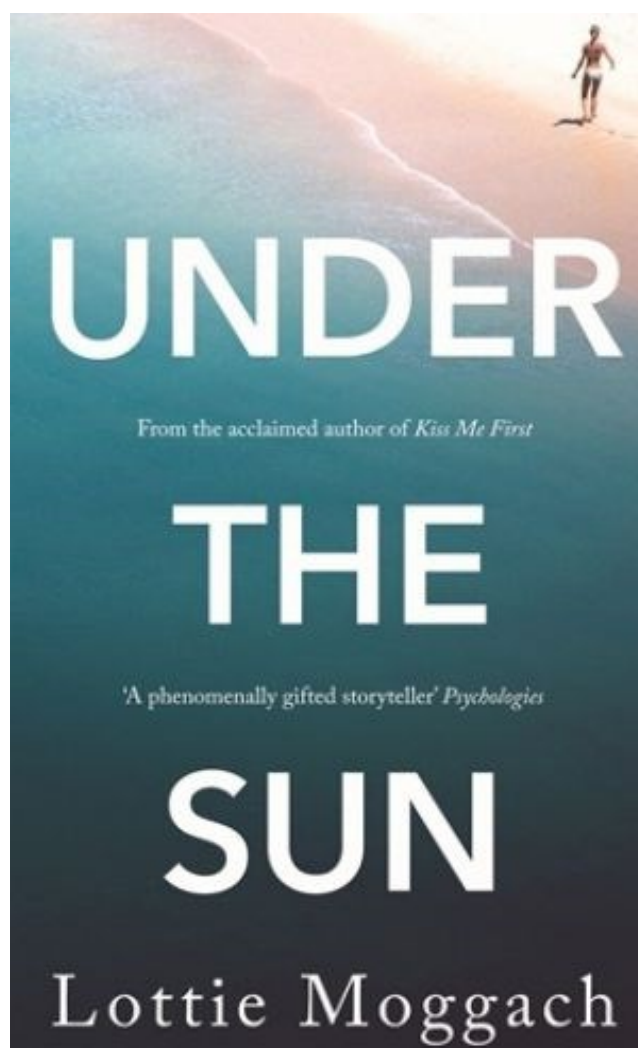
BOOK REVIEW of the MONTH

Under the Sun

by

Lottie Moggach

Anna is a graphic designer, and with her painter partner Michael has bought and restored a 200-year-old estate in southern Spain. But Michael, clearly a narcissistic prat, has fallen out of love and simply abandons Anna and all her dreams of living the dream, to say nothing of her depleted bank account. Trouble, predictably, ensues, and some of it is sinister. Lottie Moggach is the daughter of Deborah Moggach, author of the novel adapted as the *Best Exotic Marigold Hotel* movies. But Moggach the younger has already won prizes for her writing and is a force to be reckoned with, as quickly becomes clear in this book. While she shares her mother's general preoccupation with the lives of British expats in sunny climes, this is darker and less cheerful, though it ends on a familiar upward note.



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







TALKING lifestyle
DIGITAL | ONLINE | MOBILE

Listen to us
Sydney - 954 AM
Melbourne - 1278 AM
Brisbane - 882 AM

Follow us on
facebook 

Proof you're never too old? 91-year-old blind woman is Perisher's oldest skier

By Lauren Broomham on June 16, 2017



Earnestly speaking

Thoughts from Lauren Broomham



Patricia Sauvage, or 'Mrs Sauvage' as she is known, is a regular at the NSW ski resort – even though she's legally blind, HuffPost Australia reports.

The Brisbane grandmother is such a loyal visitor, she's even starred in some of Perisher's videos for the Aussie ski season which opened last week. Take a look at one of the clips here.

Mrs Sauvage discovered her passion for skiing when she first visited the snowfields back in 1964 with her husband. He wasn't keen on the white stuff, having been a POW in Japan during the winter. But she fell in love.

Mrs Sauvage now returns every year to hit the slopes with a buddy.

"I'm not aiming to do anything too fancy, I just want to be able to ski along and to do some nice little turns and get down safely and go up and do it again," she says.



FALLS PREVENTION

Making sure there is adequate lighting, especially at night

And

using your walking aid at all times



THINGS MY MOTHER USED TO SAY

If someone asked you to jump off a cliff, would you?

Trust me, it will all end in tears.

If you eat all your carrots, you'll be able to see in the dark.

Who is she, the cats mother.

Don't pull that face, if the wind changes it will stay like that forever.

RESIDENT SURVEY

RESIDENT SURVEYS - May 2017

Of the 54 (36 Harkness and 18 Raglan) residents surveyed:

100% believe they live in a safe environment.

100% stated that the bed linen is clean and comfortable .

90% said they are offered morning and afternoon refreshments.

98% said that they are supported to attend activities/events that they wish to participate in.



WORD OF THE MONTH

ZOANTHROPY: delusion of a person who believes himself changed into an animal



With only 4 home and away games left for the AFL season, the ladder for the Tipping competition is showing a very tight result. There are 3 tipsters who are leading the way on 104 points, they are Betty Higgins, Doug Rowe and Wilma Doble. Jointly in second position on 101 points is Terry Simpson, Elma Taylor and Dianne Rowe, Tom Hussey and John Byrne are holding third spot on 97 point each. Shirley Huggett is still holding up the ladder with 84 points.



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

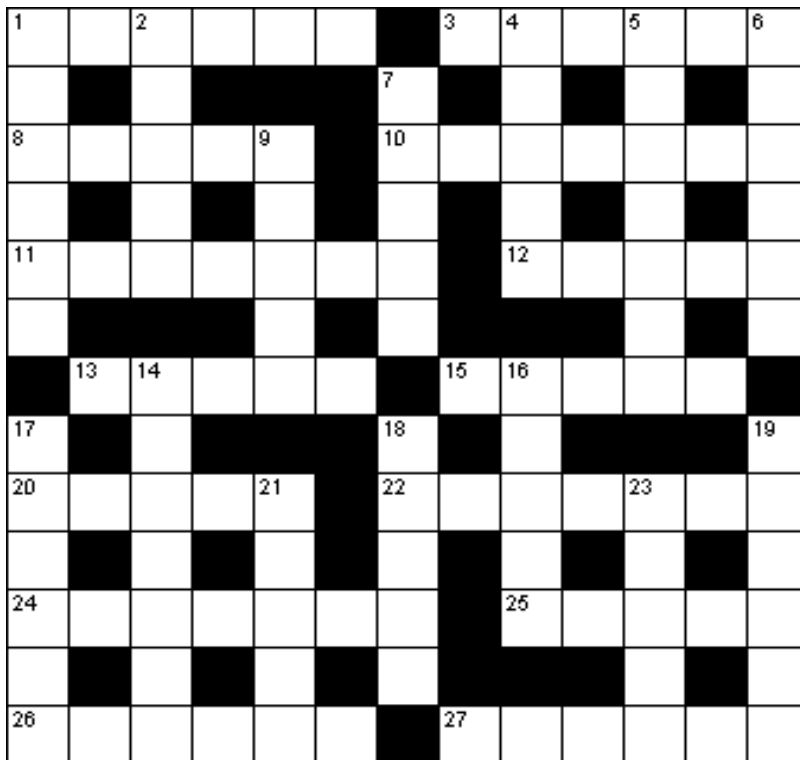




The cooking sessions are still very popular amongst the residents who attend, the kitchenette shelves are filled with kitchen utensils of the past and present. Volunteers Carol and Ivan are on hand to put a smile on the residents' faces whilst on the bus trips. Recent outings have been to the Boat Shed on the shores of Lake Wendouree and Warrenmang Winery.



Mind Games



Across

1. Bicycle for two (6)
4. Legal (6)
8. Metal Bar (5)
10. Voter (7)
11. Choices (7)
12. Stingless male Bee (5)
13. Ire (5)
15. Accumulate (5)
20. Entice (5)
22. Recess (7)
24. Let Go (7)
25. Automaton (5)
26. Riding (6)
27. Repented (6)

Down

1. Sartor (6)
2. Evening (5)
4. Make Better (50)
5. Asinine (7)
6. Food Store (6)
7. Laconic (5)
9. Fish (5)
14. Wandered (7)
16. Type of musical scale (5)
17. Begins (6)
18. Bet (5)
19. Combined (6)
21. Path (5)
23. Relating to a city (5)

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

ANAGRAMS: SPORT

1. NESTLE IN BAT (5,6)
2. IS NO CHARGER (5,6)
3. BAR ON MIND (9)
4. IN NETS (6)
5. KEY CHOICE (3,6)
6. MUSTIC SANG (10)
7. TAKES ICING (3,7)
8. NOW GLIB (7)

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

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

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 4th September 2017 at 1.15 pm

Mobile Library— July Dates

Monday 14th, 28th August

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 Tuesday each Month 2.30pm

ANGLICAN CHURCH - 2nd Wednesday each Month 2.30pm

SALVATION ARMY CHURCH - 4th Wednesday each Month 2.45pm

MOVIE AFTERNOON SATURDAY

19th August

1.30pm - Room 7

Including afternoon tea

Learn, Laugh and Live!



THE UNIVERSITY OF THE THIRD AGE

U3A University of the Third Age

Meet the 1st Monday of the Month

Bingo area at 9.30am



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

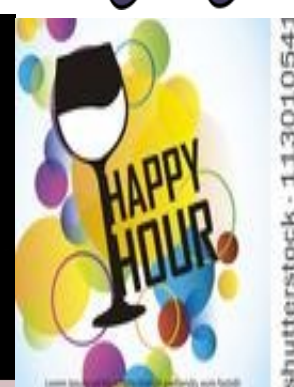
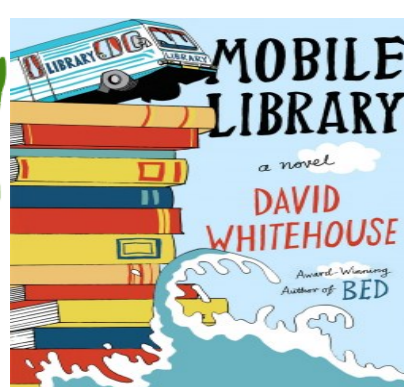
Chairobics 2.30 pm

Happy Hour 5.00pm



SUNDAY

Devonshire Afternoon Tea.



HEALTH AND WELL BEING

When your glasses stop helping

As we age, our vision will diminish, making it more difficult to read or perform common tasks that we once took for granted.

Deterioration of vision is just a normal part of the ageing process and for most of us prescription glasses will allow us to function without too much difficulty. But for some, loss of vision can be far more serious as it impacts the ability to enjoy everyday activities.

According to the World Health Organisation, it is estimated that 500,000 Australians are vision impaired and that number is expected to double by 2020.

If not treated early, cataracts, glaucoma and less well-known conditions such as diabetic retinopathy, age-related macular degeneration, retinitis pigmentosa and homonymous hemianopia can lead to blindness.

According to the 2016 National Eye Health Survey, 90 percent of vision impairment and blindness is preventable and treatable and it is recommended that adults have a full eye health check at least every two years.

Seek assistance

If you have reached a stage where, despite wearing your glasses, problems with your vision are impacting your enjoyment of life, the Royal Society for the Blind (RSB) provides a range of products and services that can be of assistance, and you don't have to be 'blind' to qualify.

The RSB's adaptive technology centre displays a range of products that can minimise the difficulties faced by people with low or diminishing vision, from simple low-tech devices that can help thread a needle or magnify the words in a newspaper or book, to the latest hi-tech gadgets and apps that can translate vision to audio or help you find your way to a new destination.

Low vision assessments

Of course, all of the technology in the world is of little help if it isn't suited to your individual needs, or requires training to use it. For this reason, the RSB recommends an assessment at their low vision centre to determine exactly what your issues are and the best ways to address them. This assessment goes beyond the type of service generally available from your regular optometrist and is performed by experts in the field of vision loss. In fact, many optometrists will refer their patients to the RSB when it becomes clear that glasses can no longer fully address the problem.

Once the results of your assessment have been determined, the RSB works with you to develop tailored strategies to manage the specific problems you face. It may be as simple as a magnification device, an alarm clock that tells you the time or an alarm that lets you know when you've poured enough hot water into your coffee cup.

Improve your confidence

If you are concerned about falling as a result of your vision, you can make an appointment with an RSB mobility specialist who will analyse your personal situation. The specialist will help you with strategies to remain safe and improve your confidence at home and in the community.

Your home environment can be assessed and solutions can be designed specifically for you. Trained counsellors are also available to help you adapt to changes in your life and there are activities to get you back on track doing the things you enjoy.

HEALTH AND WELL BEING

More women than men die from Heart disease every year



23,455 women die from CVD in Australia every year, compared with 21,937 men. That's around three women every hour.

This needs to change. We need to rid ourselves of this perception that heart disease is a 'man's disease'.

Men are much more likely to have their heart disease risk factors measured by their GP, according to a new report by The George Institute for Global Health and The University of Sydney.

Believe it or not, men look after themselves better. Their study, which looked at over 53,000 patients across 60 sites in Australia, found the odds of women being suitably screened was 12 per cent lower than men. Do we talk to our doctors well enough?

Risk factors for CVD include raised cholesterol and blood pressure levels, Type 2 diabetes and smoking.

Female smokers also have a 25 per cent higher risk of CVD than male smokers.

The research also found younger women aged 35 to 54 who were at high risk of cardiovascular disease (CVD) were 37 per cent less likely to be treated with the right preventative medicines, such as blood pressure drugs, statins and anti-platelets, than their male counterparts.

In contrast, women older than 65 were 34 per cent more likely than older men to have the right medications prescribed.

The authors say they now fear one of the reasons more middle-aged women are dying from heart disease is because they are not being treated correctly, with many not even being asked basic questions about their health by their GPs.

"These medications can greatly reduce the likelihood of having a heart attack or stroke. If these findings are representative, many women could be missing out on life saving treatment right now – just because of their age and gender," said Karice Hyun from the University of Sydney.



Giggletime

A cannibal is invited to a teambuilding week in the mountains.

The instructions say he can also bring one friend.

But when he arrives, he brings ten people. The organizer is shocked: "Come on Alan, what the heck, the invitation said you can only bring one person!"

"Yeah, but it also said bring your own food, didn't it?!"



Judge: "Why did you steal the car?"

Man: "I had to get to work."

Judge: "Why didn't you take the bus?"

Man: I don't have a driver's license for the bus.



AN old golden retriever starts chasing rabbits and, before long, discovers that he's lost. Wandering about, he notices a panther heading in his direction.

"Oh no. I'm in deep trouble now," thinks the retriever.

Noticing some bones on the ground close by, he immediately settles down to chew on them with his back to the approaching cat.

Just as the panther is about to leap, the old retriever exclaims loudly, "Boy, that was one delicious panther. I wonder if there are any more around here?"

Hearing this, the young panther halts his attack in mid-stride, a look of terror comes over him and he slinks away into the trees.

"Whew," says the panther.

"That was close. That old retriever nearly had me."

Meanwhile, a squirrel, who had been watching the whole scene from a nearby tree, figures he can put this knowledge to good use and trade it for protection from the panther.

He catches up with the panther and spills the beans. The young panther is furious at being made a fool of and, with the squirrel on his back, sets off after the conniving canine. Again the old retriever sees the panther coming with the squirrel on his back and thinks, "What am I going to do now?"

But instead of running, the dog sits down with his back to his attackers, pretending he hasn't seen them yet, and just when they get close enough to hear, the old retriever says:

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.

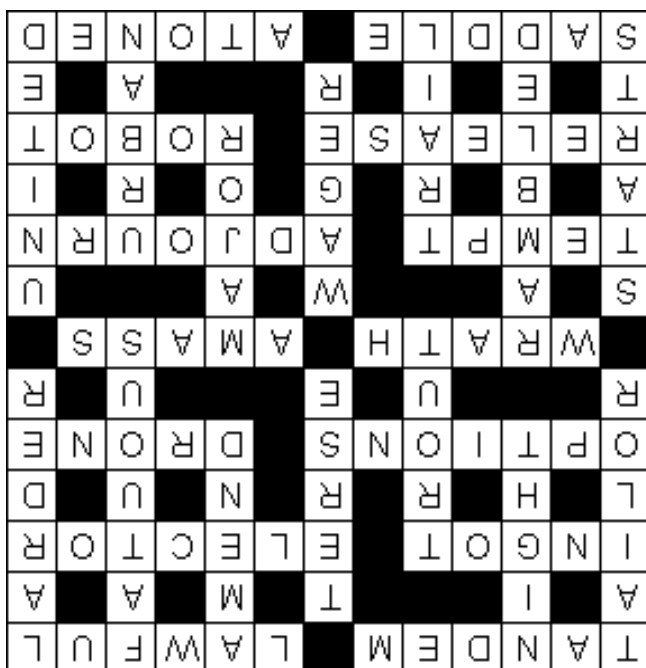
Havilah is a very safe facility and has many measures in place to stop the spread of fire and smoke and to provide for safe evacuation in the case of a fire – this includes fire and smoke compartments, and sprinklers and smoke alarms.

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 10



Answers to Anagrams

8. BOWLING
7. ICE SKATING
6. GYMNASTICS
5. ICE HOCKEY
4. TENNIS
3. BADMINTON
2. HORSE RACING
1. TABLE TENNIS



**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:

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.