RAGLAN TATTLER

ISSUE: September 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

WELCOME TO SPRING

Resident Meeting— Monday 2nd October at 1.15 pm

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

RESIDENT SURVEY

RESIDENT SURVEYS - July 2017

Of the 52 (36 Harkness and 16 Raglan) residents surveyed:

92% of residents stated that they know how to make a comment, complaint, suggestion or compliment.

94% surveyed residents believe they receive sufficient assistance with their oral/dental care.

88% of residents are supported to maintain friendships within Havilah.

100% of surveyed residents are comfortable with their room temperature.

FALLS PREVENTION

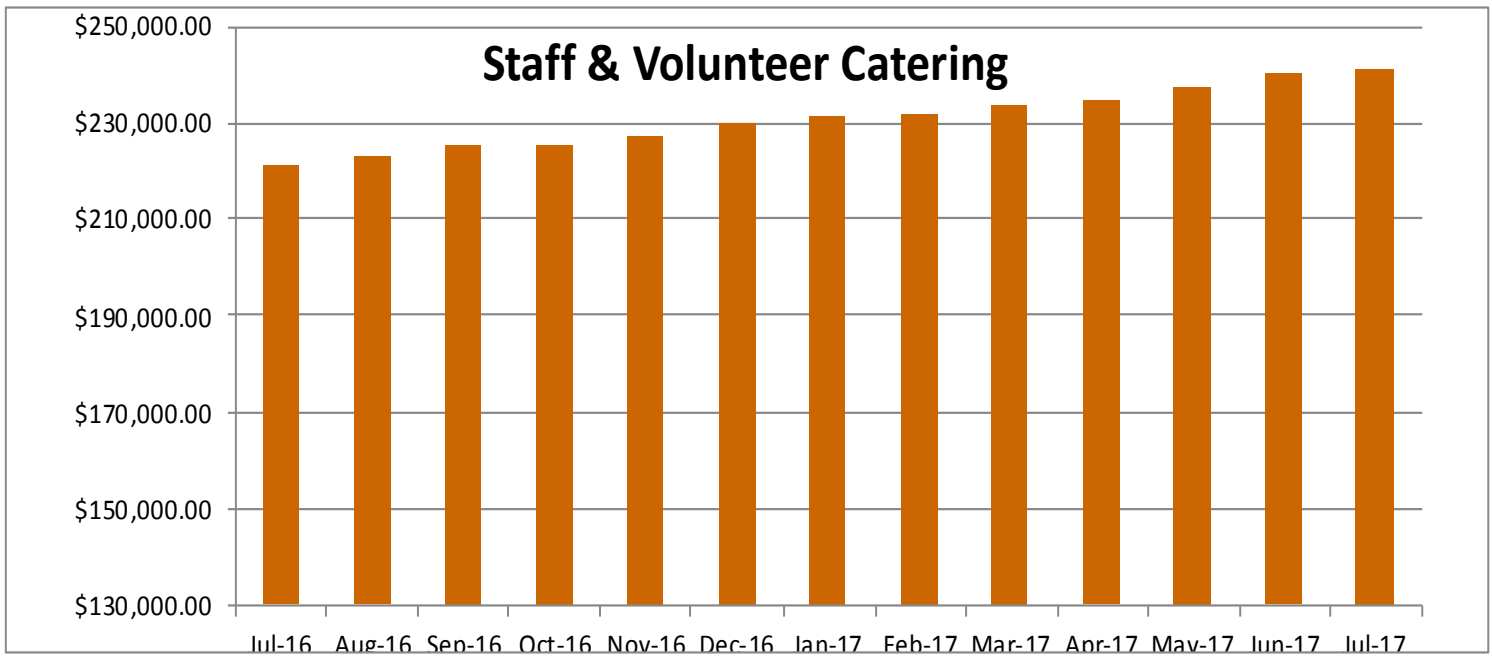
Ensure all equipment and aids are in the excellent condition.

Avoid having clutter around areas that needs regular access.

The Central Highlands Library service visit Havilah every second Friday in the month. Come and talk to Kerry the Librarian who will help you find the book your after. They have a great range of books to select from and if there is something that you specifically want they can arrange for you on the next visit.

The mobile Library is set up in the ground floor common area from 10.15am - 11.15am. Next visit is scheduled for the 11th September.

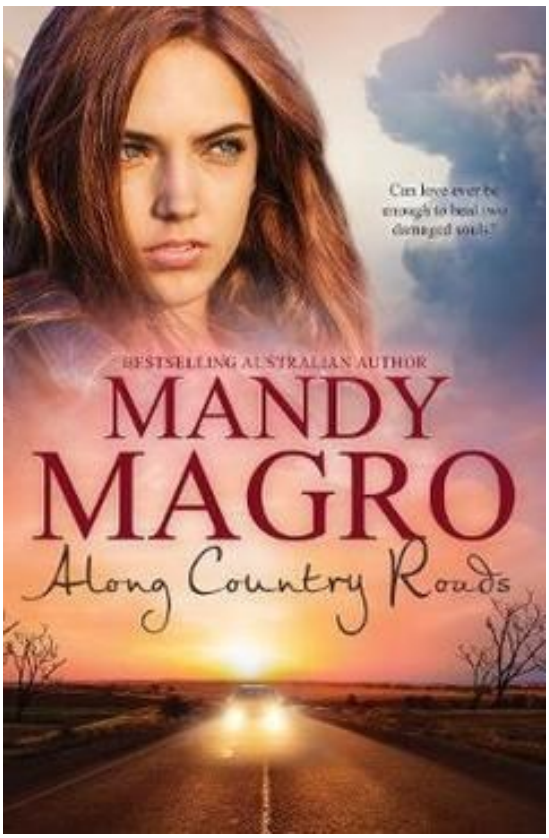
New volunteers are always welcome. Please see Sue or Raeleen.



OFF THE SHELF

Along the Way

By Mandy Magro



She's on the run from a troubled past – in a stolen four-wheel drive.

Matilda Denver seeks the sanctuary of sleepy Moonstone Valley where she hopes to heal and make a fresh start. But her plans go awry when the vehicle breaks down and she's stranded at the side of a deserted country road.

Ryan Hunter, after working himself into the ground at his interstate truck-driving job since his sister's death, is making his last run before a well-earned month off. On the last stretch home, he happens across a beautiful woman and scraggy dog hitchhiking. It's not long before he connects Matilda's bruises to her past and what she's on the run from. He instinctively wants to protect Matilda and offers her a place to stay at his property, Heartsong.

Although both battling their own demons, they start to discover how much they have in common – and soon they're also battling the strong desire to fall hard for each other. But when Ryan tries to help by organising for the four-wheel drive to be fixed, he unwittingly gives away Matilda's location and now her life may be on the line. Can Ryan find her before it's too late?

homy ped®

Loving my homypeds

Homyped Exhibition.

Friday 6th October at 1.30pm in the main lounge area.

Country Care in conjunction with Homyped will hold a display with a representative from both companies.

Country Care

Catalogues will be available a couple of weeks prior for residents to look through. Sales or Orders can be placed on the day.

At last medicinal cannabis is being grown in Australia

By Lauren Broomham on March 15, 2017

The Department of Health's Office of Drug Control (ODC) has issued the first licence to legally grow and harvest medicinal cannabis in Australia to the Melbourne-based Cann Group.

While the supply from the licence is currently limited to Victoria, licences for other states are expected to be issued soon.

Health Minister Greg Hunt has also fast-tracked importation of the drug from overseas while the local supply develops.

The licence comes a year after the Federal Government passed laws paving the way for people with chronic or painful illnesses such as cancer, severe epilepsy and motor neurone disease to use medicinal cannabis.

But how easy is it for these patients to access?

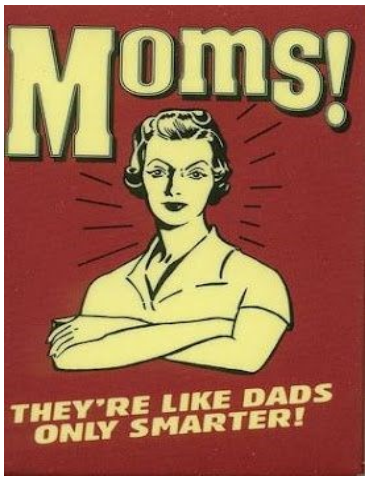
A growing market

Medicinal cannabis is categorised as a restricted medicinal drug, the same as morphine.

Only patients with a valid prescription from their GP can obtain and use medicinal cannabis grown in Australia. It also needs to be listed on the Therapeutic Goods Act and covered by the relevant state and territory legislation.

Currently doctors have to import approved products, a long and expensive process for patients and their families.

Many simply turn to the black market instead and face prosecution if they are caught.



THINGS MY MOTHER USED TO SAY

Don't say I didn't warn you.

Take you coat off when you get inside or you won't feel the benefit when you go outside.

Close the door, you weren't born in a tent.

Because I said so.

There is no word such as can't.

HAVILAH HOSTEL INC.

ANNUAL GENERAL MEETING

Thursday October 12th

8.00pm

Rooms 1-2 Raglan House , Raglan Street, Maryborough.

WORD OF THE MONTH

TITTYNOPE: a small quantity of something left over

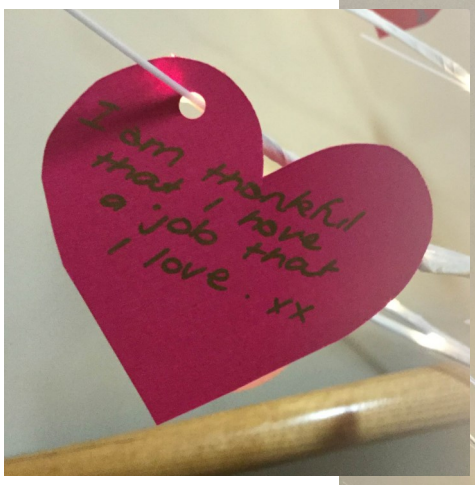
The 2017 AFL footy tipping awards were presented at Happy Hour recently. We had 4 tipsters tipping 9 winners in a round. They were Terry Simpson, Bob Osborne, Betty Higgins and Dorrie Duffin. First place was Wilma Doble with 132, runner up Doug Rowe with 131 and third place was Betty Higgins with 130. Shirley Huggett was our wooden spooner for the season on 107

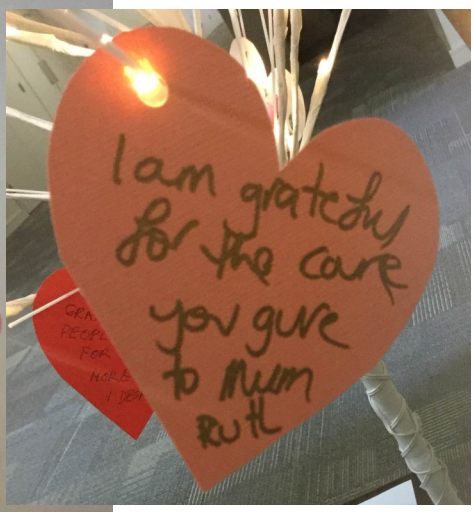
Congratulations to all our winners and those who participated this year. AFL Grand Final Day celebrations will be held on the last Saturday in September.

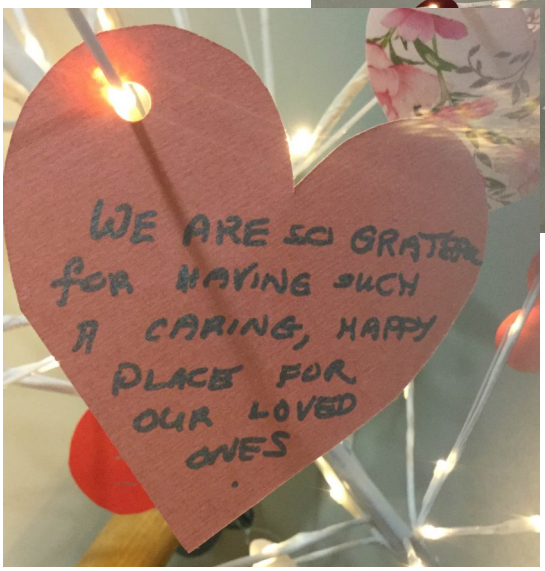
ALL HAVILAH SITES ARE NON SMOKING SITES. PLEASE RESPECT THIS FOR THE SAFETY OF RESIDENTS, VISITORS AND STAFF.

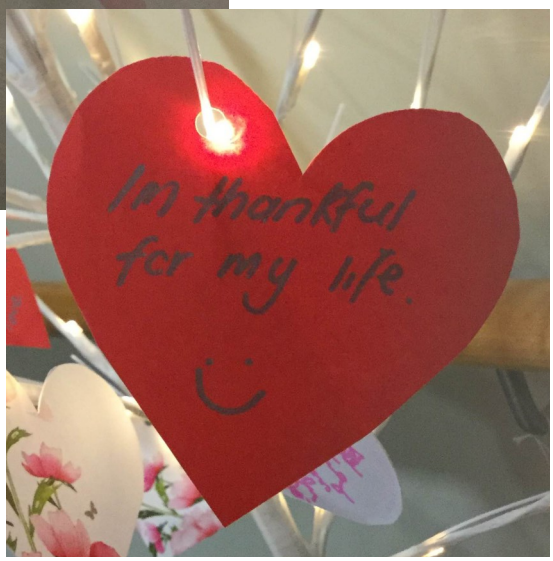
Raglan House GRATITUDE TREE

The Gratitude Tree has become a vocal point in the Raglan House Foyer, with residents, families, friends and staff contributing to adding their thoughts on what they are grateful for in life. The Gratitude Tree has now been placed onto out Activities calendar scheduled for the first Wednesday at 2.30pm. This activity is to help create positive and uplifting environment.

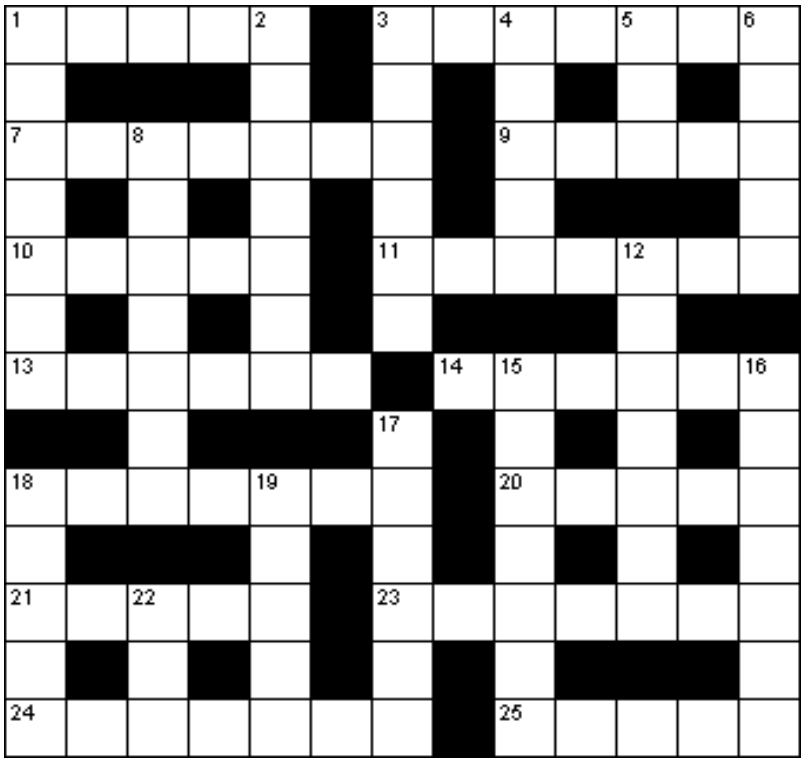








Mind Games



Across

1. Goddess of love (5)
3. Revoke (7)
7. Floor show (7)
9. Oversight (5)
10. Last Letter of the Greek alphabet (3)
11. Rising warm air current (7)
13. Symbol of disgrace or infamy (6)
14. Sour (6)
18. Inscutable (7)
20. Type of snake (5)
21. Photo book (5)
23. Luxurious (7)
24. Commotion (7)
25. Restorative (5)

Down

1. Asinine (7)
2. Satire (7)
3. Turn on an axis (6)
4. Unguent (5)
5. Mischievous fairy (3)
6. Live (5)
8. Transience (7)
12. Gruesome (7)
15. Explanation (7)
16. Forceful and extreme (7)
17. Educational Institution (6)
18. Intone (5)
19. Musical Speed (5)
22. Saloon (3)

Word Search - MONEY, MONEY, MONEY

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

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

AFGHANI, AURAR, BAHT, BANI, CENT, CENTAI,CENTIMES, DINAR,DIRHAM, DOLLAR, DRAM, EURO, FORINT, FRANC, HALERU, JAIO, KORUNA, KRONA, KRONER, KRONUR, LIRA, MANAT, PAISE, PARA, PESO, POUND, QUINDARKA, RAND, RINGGIT, RIYAL, RUBLE, RUPEE, RUPIAH, SANTIMI, SHEKEL, SHILLING, STOTINKI, TAKA, TUGRIK, WON, YEN, YUAN.

ANAGRAMS: Famous Names from the Past

1. MARRY NO OILMEN (5,6) (actress)
2. HOMBURG THERAPY (8,6) (actor)
3. TEN ELITE BRAINS (6,8) (physicist)
4. COOL ROMP (5,4) (explorer)
5. ADMONISH TOES (6,6) (inventor)

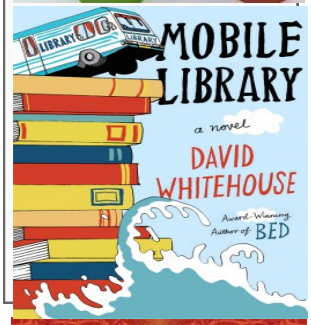
Solution page 13

GREAT THINGS TO DO

Happy Hour Every Friday evening
Commencing at 5.00pm, Music, Finger Food, Hot & Cold Beverages, Ice-creams and Ice-cream Cones.

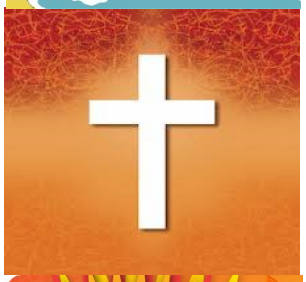
Bus Trip Out - Thursday afternoon departing at 1.30pm for lots of Fun points of interest throughout Central Victoria.
If you have an idea or suggestion for an outing, just let Activities Co-coordinator Kim know and she will do her best to arrange the outing for you.

Raglan House Residents/Advocate Meeting
Next meeting Monday 2nd October 2017 at 1.15 pm



Mobile Library— July Dates
Monday 11th, 25th September
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
16th September
Room 7 –1.30pm
Including afternoon tea

Learn, Laugh and Live!
U3A
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

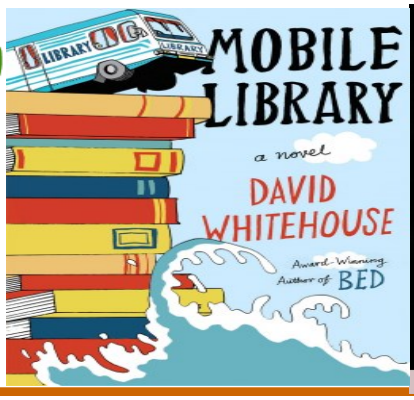
TUESDAY
Marbowls 10.30 am
Bingo 1.30 pm
Chairobics 2.30 pm
Cards Evening 6.30pm

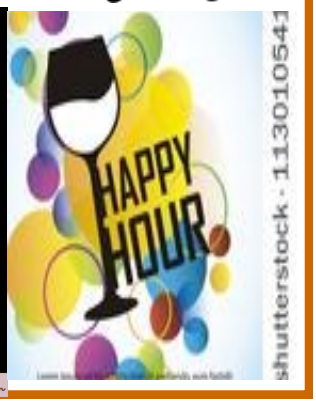
WEDNESDAY
Footspa & Nail Care with Cuppa and Chat 10 am
Bingo 1.30 pm
Cooking 2.45 pm

THURSDAY
Street Walk 10.00am
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.





Left - Alma and Anne enjoy a chat at Special Morning Tea

Above - Heather and Dot at the Cooking session

PHOTO GALLERY

Left - Betty and Gwen preparing in the kitchen

The ladies taking interest at the Bible Museum in St Arnaud

Ruth having a laugh at afternoon tea on the bus Outing.

Ann, June and Beryl at Special Morning Tea.

Think that frailty is just an inevitable part of ageing? Think again, says science

In fact, age-related frailty is both treatable and preventable – just like heart disease, diabetes and obesity – according to a new study.

Frailty symptoms include fatigue, muscle weakness, slower movements, and unintentional weight loss, as well as psychological and cognitive symptoms such as isolation, depression and trouble thinking clearly.

These have been linked to falls, disability, infections, and hospitalization – all of which can lead to an earlier death.

Generally someone is diagnosed as being frail when they fit three or more symptoms and it's estimated that between seven to 12 per cent of people aged 65 years and over and 25 per cent of those 85-plus suffer from frailty.

But the rate of 'pre-frailty' in people 65 and over is even higher – between 35 and 50 per cent – and most people just resign themselves to it.

But the study by the team at the University of Opole and the Opole University of Technology in Poland says a few simple changes can make a big difference.

Exercise and good nutrition is key

Unsurprisingly, age-appropriate exercise is top of the list to help elderly people stay fit. They say older people should also have their weight and diet monitored to avoid malnutrition.

But just as critical is the need to socialise, with loneliness and loss of purpose considered just as harmful.

The researchers refer to a study of a 10-year community-based intervention program in Japan that gave elderly participants regular check-ups and encouraged them to take part in group activities.

The result? The rate of disability for the group was lowered while their life expectancy at age 70 was significantly prolonged.

Interestingly, many of the younger residents who worked as survey interviewers said that it made them aware of the frailty problem, while other older residents became familiar with the idea of healthy ageing and improved their lifestyle.

The researchers say it's important to prepare people for a longer life, rather than ageing – we have to agree.

Giggletime

BY the time the sales rep pulled into a little town, every hotel room was taken.

“I don’t mind sharing a room,” he told one manager.

“Well, I do have a double room with one occupant — another sales rep,” admitted the manager, “and he might be glad to split the cost.

“But to tell you the truth, he snores very loudly.”

“No problem,” the rep assured him. “I’ll take it.”

The next morning, the manager asked: “How’d you sleep?”

“Never better,” replied the rep.

“No problem with the other guy snoring, then?”

“He was already in bed, snoring away, so I went over, gave him a kiss on the cheek, said, ‘Goodnight, beautiful’, and went to bed.

“It’s simple. My nurse blindfolds me, I spin around a few times, and then I try to reattach your tail.”

A man goes into the confessional box after years being away from the church.

He pulls aside the curtain, enters and sits himself down.

There’s a fully equipped bar with crystal glasses, the best vestry wine, Guinness on tap, cigars and liqueur chocolates nearby, and on the wall a fine photographic display of fine ladies who appear to have mislaid their garments.

He hears the priest come in:

“Father, forgive me for it’s been a very long time since I’ve been to confession and I must admit that the confessional box is much more inviting than it used to be.”

The priest replies, “Get out, you idiot. You’re on my side.

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.

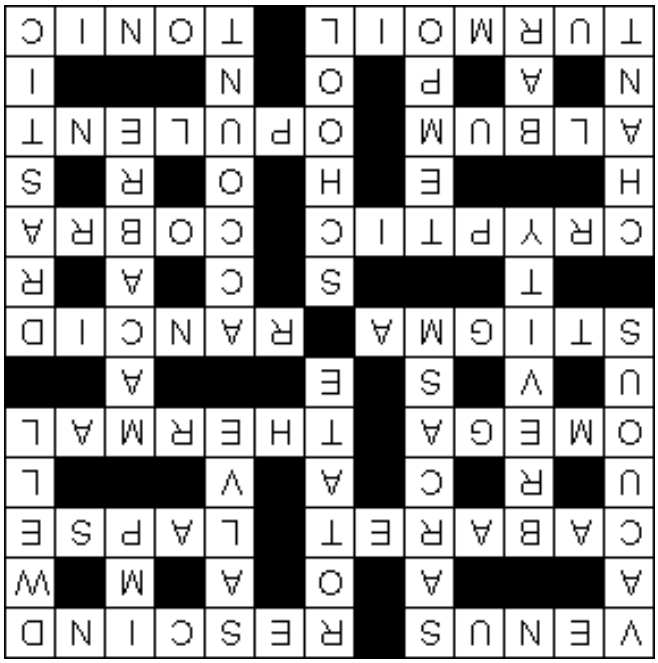
Havilah is a very safe facility and has many measures in place to stop the spread of fire and smoke and to provide for safe evacuation in the case of a fire – this includes fire and smoke compartments, and sprinklers and smoke alarms.

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

1. MARILYN MONROE
2. HUMPHREY BOGART
3. ALBERT EINSTEIN
4. MARCO POLO
5. THOMAS EDISON

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.