

# RAGLAN TATTLER

ISSUE: October 2017

HAVILAH WEBSITE: [www.havilah.org.au](http://www.havilah.org.au)  
please contact Andrew on 5461 7387 or email  
[andrew.earl@havilah.org.au](mailto:andrew.earl@havilah.org.au) if you would like your  
Tattler sent via email



At a recent Special Morning Tea, the local craft shop group had a display of items available for purchase.

The men's day BBQ was well attended by both Raglan House and retirement living residents. The displays of various items was a great talking point amongst the men.

**Resident Meeting— Monday 6th November at 1.15 pm**

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

### RESIDENT SURVEY

#### RESIDENT SURVEYS - August 2017

Of the 58 (44 Harkness and 14 Raglan) residents surveyed:

100% of residents surveyed stated that they have access to external services such as doctors, dentist and podiatrist when required.

98% surveyed residents believe they are encouraged to maintain their mobility and dexterity.

98% of surveyed residents can find places to talk to visitors in private.

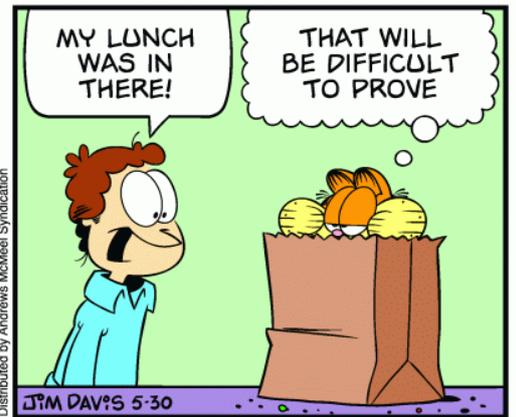
97% surveyed residents are happy with the choices of meals that are offered.



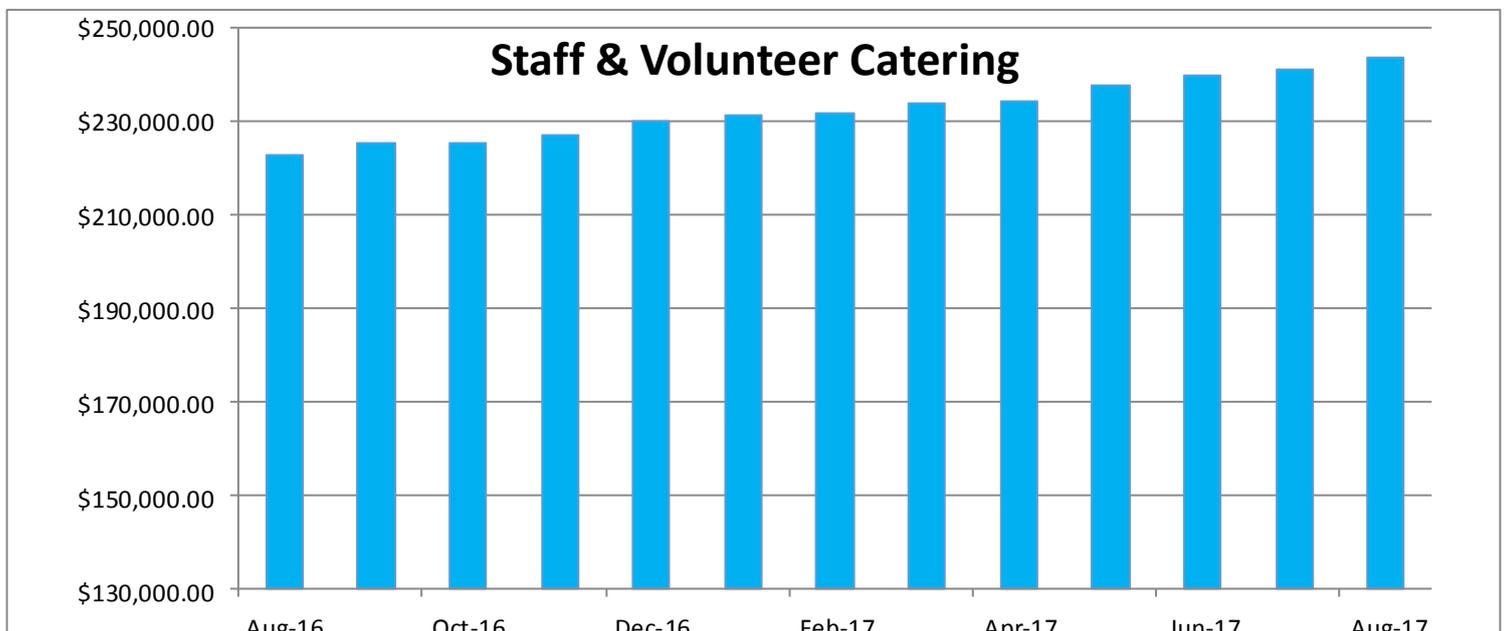
### FALLS PREVENTION



Have medications reviewed on a regular basis.  
Have an eye test with the optometrist at least once a year.



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



## OFF THE SHELF

### IT WAS ME ALL ALONG

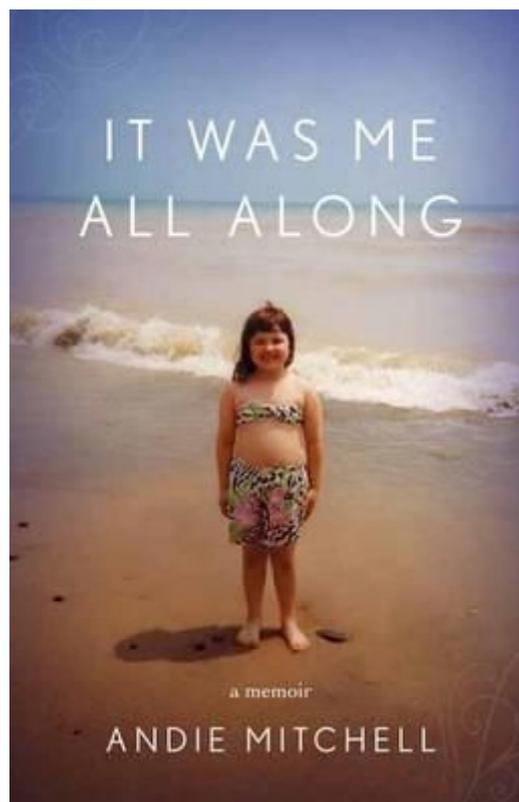
**Author - Andie Mitchell**

**A heartbreakingly honest, endearing memoir of incredible weight loss by a young food blogger who battles body image issues and overcomes food addiction to find self-acceptance.**

All her life, Andie Mitchell had eaten lustily and mindlessly. Food was her babysitter, her best friend, her confidant, and it provided a refuge from her fractured family. But when she stepped on the scale on her twentieth birthday and it registered a shocking 268 pounds, she knew she had to change the way she thought about food and herself; that her life was at stake.

*It Was Me All Along* takes Andie from working class Boston to the romantic streets of Rome, from morbidly obese to half her size, from seeking comfort in anything that came cream-filled and two-to-a-pack to finding balance in exquisite (but modest) bowls of handmade pasta.

This story is about much more than a woman who loves food and abhors her body. It is about someone who made changes when her situation seemed too far gone and how she discovered balance in an off-kilter world. More than anything, though, it is the story of her finding beauty in acceptance and learning to love all parts of herself.



*Loving my homyped*

Homyped Shoes Exhibition.

Friday 6th October at 10.30am in the ground floor lounge area, Neil street end

Both Country Care and Homyped will have a representative present.

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



**Country Care**



**We know using a hearing aid can reduce depression and anxiety – and even help to decrease the risk of dementia – yet hearing loss often goes untreated.**

Many people with hearing loss struggle to stay connected in a world they feel lost in, reluctant to seek help. These were some of the comments by David Myers, PhD, at the American Psychological Association's 123<sup>rd</sup> Annual Convention recently.

Myers said many people battle silently with 'invisible' hearing difficulties. Yet the latest studies show:

- Of people with hearing loss, those who didn't wear hearing aids were 50 per cent more likely to suffer from sadness or depression than those who did.
- Hearing aid users were much more likely to participate in social activities regularly.

### **People do nothing for six years**

On average, people wait for six years from the first signs of hearing loss before getting treatment, according to the US National Center for Health Statistics. Adults between the ages of 20 and 69 are half as likely as adults 70 or older to use hearing aids.

The reasons for this can be denial, vanity and lack of awareness of how much they are missing out on.

If you find yourself hard of hearing, you will tend to feel anger, frustration, depression and anxiety. You need to get used to the latest technology to help you regain control of your life and even to get to better cognitive functioning, Myers said.

### **Hearing loss linked to dementia**

Myers cited another study published in the *Archives of Neurology* which found hearing loss could also be a risk factor for dementia. The study found years of sensory loss leaves people more susceptible to dementia. Plus, the social isolation common among the hard of hearing is another risk factor for dementia and other cognitive disorders.

Myers advocates the use of a technology known as a 'hearing loop' which could also help those with hearing loss become more social and involved. He explained the 'hearing loop' is like Wi-Fi for hearing aids – the technology uses an inductive loop to transmit sound signals directly into an in-ear hearing aid or cochlear implant, where it is received by an inductive device called a telecoil.

### **Wi-Fi for hearing aids**

Efforts over the last dozen years to have hearing loops installed in public places around the US have gained some momentum with new American manufacturers stepping up to design and market hearing loop amplifiers for a wide variety of installations, from home TV rooms and taxis to auditoriums and airports.

The loop system, which enables hearing aids to serve as wireless speakers, is popular in Great Britain and Scandinavia but less widespread elsewhere. Proponents of the system say it works especially well in public spaces with background noise or reverberant sound, such as train stations, halls and auditoriums, cinemas, and places of worship.



## THINGS MY MOTHER USED TO SAY

I don't care if you're dying, you're going to school

Money doesn't grow on trees

Tidy your room, it looks like a pigsty

I've had it up to here with you.

If you can't say anything nice, then don't say anything at all.



HAVILAH HOSTEL INC.  
ANNUAL GENERAL MEETING

Thursday October 12th

8.00pm

Rooms 1-2 High School centre, Raglan Street, Maryborough.



## WORD OF THE MONTH

**LAMP RP HONY:** loudness and clarity of enunciation



The Central Highlands Library service visit's Raglan House every second Monday 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 it for you on the next visit.

The mobile Library is set up in the ground floor common lounge area, Neill Street end from 10.15am - 11.15am. Next visit is scheduled for the 9th October.

Postage stamps are now available for purchase at the main reception desk at Raglan House. Residents can post their mail in the post box in the main foyer near the lifts.

Reception hours are Monday - Friday, 9.00am - 12noon, except public holidays.



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



There has been a good response to our request for email addresses for emailing the TATTLER rather than posting it out. 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](http://www.havilah.org.au)

Please email your details directly to [andrew.earl@havilah.org.au](mailto:andrew.earl@havilah.org.au)

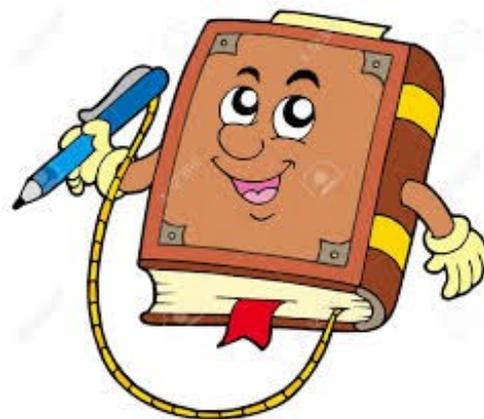
## VISITORS

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.



## FROM THE KITCHEN

The menu for each day is displayed on the dining tables. If residents do not wish to have the 'First Choice' they can notify the catering staff that would like the 'Second Choice' shown on the menu. **Additional Alternatives at Lunch time are** - salads, sandwiches, quiche, baked beans and spaghetti which are available on request. Please advise kitchen staff at breakfast if you would like one of the Lunch alternates rather than what is being offered on the menu for the day.

At tea time there is a selection of two soups, two mains and two sweets on the menu.

**Additional Alternatives at tea time are** - Salads, raisin toast and sandwiches. Please advise the kitchen prior to 3pm if you would like one of these alternate choices.

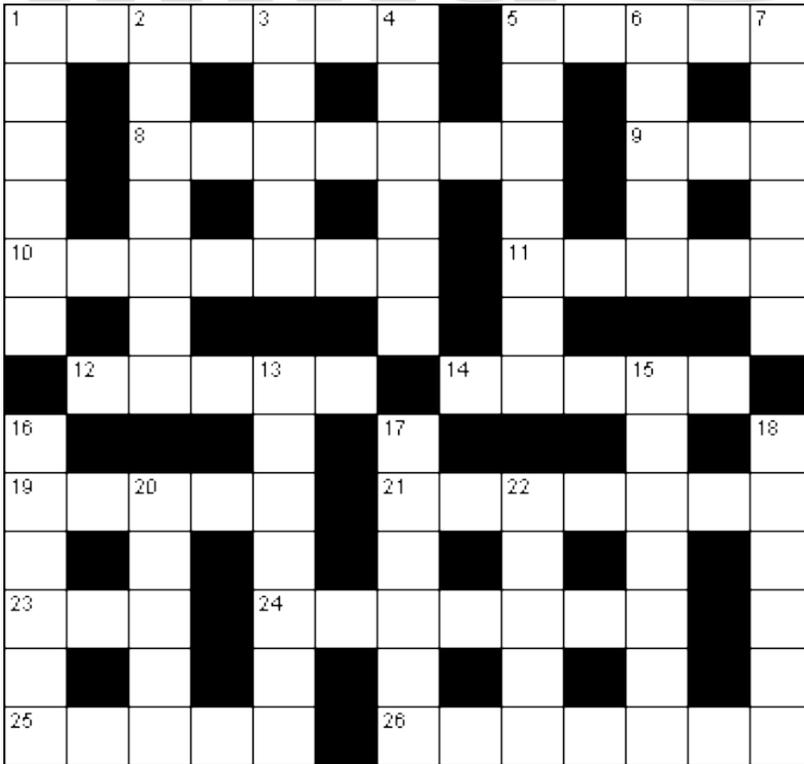
**Please take special note of the times for ordering of alternate meals.**

## 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, Mother's Day when special prices are set. Guests can attend Happy Hour free of charge.

Please advise the Kitchen at Raglan Street, 5459 0180. When booking meals for more than 5 people, please notify kitchen the day before.

# Mind Games



### Across

1. Requested the presence of someone (7)
5. Prominent (5)
8. Closest (7)
9. Compete for something (3)
10. Expressed mirth (7)
11. Scope (5)
12. Started (5)
14. Mentally responsive (5)
19. Inexpensive (5)
21. Imaginary creature (7)
23. Pasture (3)
24. Bulwark (7)
25. Pay out (5)
26. Proposition deducible from basic

### Down

1. Models of excellence (6)
2. Speculation (7)
3. Impart skills or knowledge (5)
4. Is afraid of (6)
5. Actual (7)
6. Corvine Bird (5)
7. Cricket Team (6)
13. Had a lofty goal (7)
15. Adult male chicken (7)
16. Weighing machine (6)
17. Pinnacle (6)
18. Apprise (6)
20. Efface (5)
22. Visual presentation (5)

### Word Search - MOVIES

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

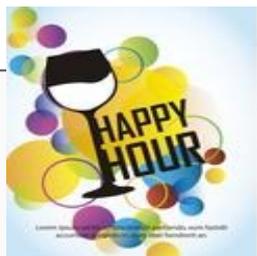
### ANAGRAMS: Famous Names from the Past

1. SILVERY SLEEP (5,7)  
(Singer/actor)
2. ART CHEF HID CLOCK  
(6,9) (Director)
3. A WALTZ OR FUN  
GAMES GO MAD (8,7,6)  
(Composer)
4. EXTERNAL HATE RAGED  
(9,3,5) (Conqueror)

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

ADAPTATION, AGAINST THE ROPES, ALIEN, ALONG CAME POLLY, AMADEUS, ANNIE HALL, BABE, BASIC INSTINCT, BEN HUR, BIG FISH, BREAVEHEART, CABARETE, CASABLANCA, CHICAGO, CONFIDENCE, DAREDEVIL, DIE HARD, DR ZHIVAGO, EVITA, GHANDI, GHOSTBUSTERS, GLADIATOR, GOLDFINGER, INSOMNIA, IRIS, JAWS, LANTANA, LOST IN TRASLATION, MAD MAX, MR DEEDS, NETWORK, PEARL HARBOUR, PLATOON, PSYCHO, ROCKY, SIGNS, STAR WARS, THE LORD OF THE RINGS, THE STING.

## 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.



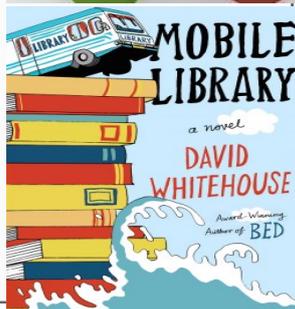
**Bus Trip Out** - Thursday afternoon departing at 1.30pm for lots of Fun points of interest throughout Central Victoria.

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 6th November 2017 at 1.15 pm



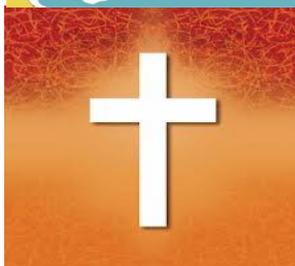
### Mobile Library— October Dates

Monday 9th and 16th October

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

21st October

Room 7 at 1.30pm

Including afternoon tea



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  
 Chairbics 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



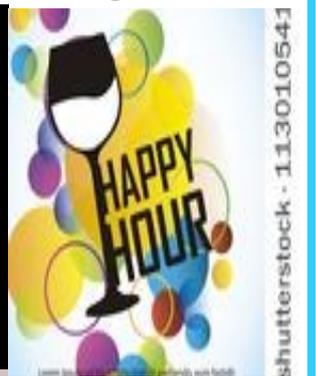
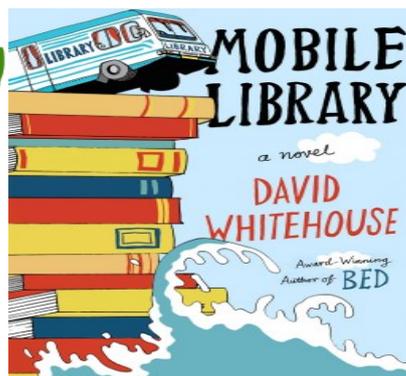
## FRIDAY

Special Morning Tea & Reminiscing chat 10 am  
 Bingo 1.30 pm  
 Chairbics 2.30 pm  
 Happy Hour 5.00pm



## SUNDAY

Devonshire Afternoon Tea.



shutterstock - 113010541

# PHOTO GALLERY



Whilst out on Street Walk, Kim, Alma and Dot caught up with staff member Alyse and new babe, Aylah.



Shirley looking fantastic on the catwalk.

Audrey and friend Margaret (above) and Dot (below) were all smiles at the function

Residents had a great time at the Highland Society Fashion Parade recently. Shirley Huggett showed her style on the catwalk, showing off the new season's fashions.

Alma caught up with bowling friend Margaret at the Fashion Parade





## Only one in two Australian adults are getting their free vaccines every year

By [Lauren Broomham](#) on September 8, 2017

Half of us (49 per cent) eligible for the Federal Government's Immunise Australia Program (IAP) are missing out.

Compare this to immunisation rates of 93 per cent for children and 73 per cent for teenagers.

The Conversation recently published [a piece by researchers](#) at the University of New South Wales Vaccine and Infection Research Lab that outlines what vaccinations should you be having as an adult and we think it's well-worth a read.

If you are born after 1965, you should have received two doses of a measles vaccine. No? Then it's time for a booster. This can be given as MMR (measles-mumps-rubella) or MMRV, which includes varicella (chickenpox).

You should also have the varicella vaccine on its own (not combined in MMRV) if you are older than 14 and haven't had chickenpox yet.

Booster doses of diphtheria, tetanus and whooping cough vaccines are also recommended at 50 years old and at 65 years and over if you haven't received one in the previous ten years.

People aged 60 and over are also recommended to get the shingles vaccine which is government funded for people aged 70 to 79.

Millions of people at risk

Critically, the researchers say the elderly should be vaccinated against both influenza and pneumonia.

These are both are funded by the government for people aged 65 and over, but only three-quarters (75 per cent) of over-65s have been vaccinated.

This drops to just 30 per cent for pneumococcal pneumonia in the same age range. For those aged 70 and older, the immunisation rate is 50 per cent.

We need to get rid of this idea that older people are less vulnerable to disease than children.

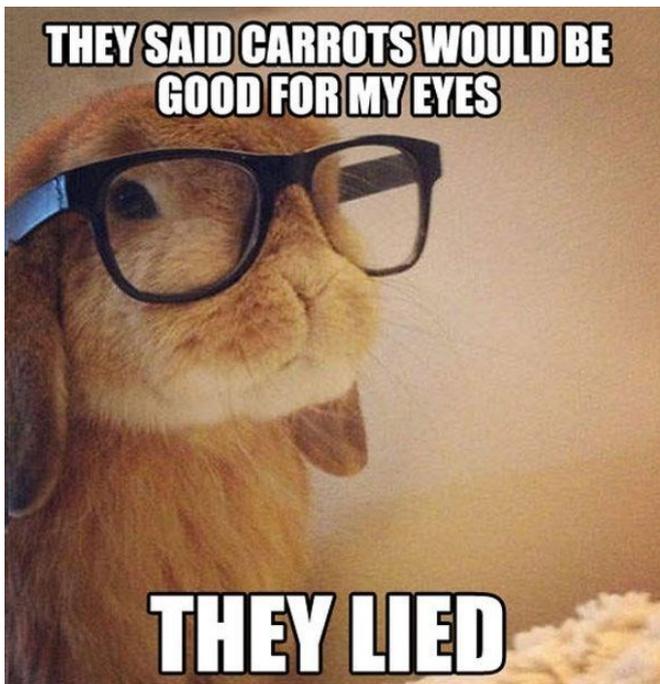
The reality is as we age, our immune system declines and this increases our risk of catching infections.

Why not take steps to protect yourself?

# Giggletime



A man moved to a mountain top to get rid of the hustle and be alone. One day he heard a knock at the door and no one was there but then he looked down and there sat a snail and it said "it is quite cold out here can I come in?" The man shouted "NO why don't you all understand I want to be alone!" and he kicked the snail down the mountain. One year later there was a knock at the door and no one was there and then he looked down and there again sat a snail and it said, "What did you do that for?"



"The last thing I remember is being thrown into the dryer."

Q: David's father had three sons: Snap, Crackle, and ?

A: David!

Q: If you were in a race and passed the person in 2nd place, what place would you be in?

A: 2nd place!

Q: What is the centre of gravity?

A: The letter V!

Q: What English word has three consecutive double letters?

A: Bookkeeper

Q: What has a head, a tail, is brown, and has no legs?

A: A penny!

Q: What goes up, but never comes down?

A: Your age!

Q: What gets bigger and bigger as you take more away from it?

A: A hole!

Q: How many months have 28 days?

A: All of them!

# 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.

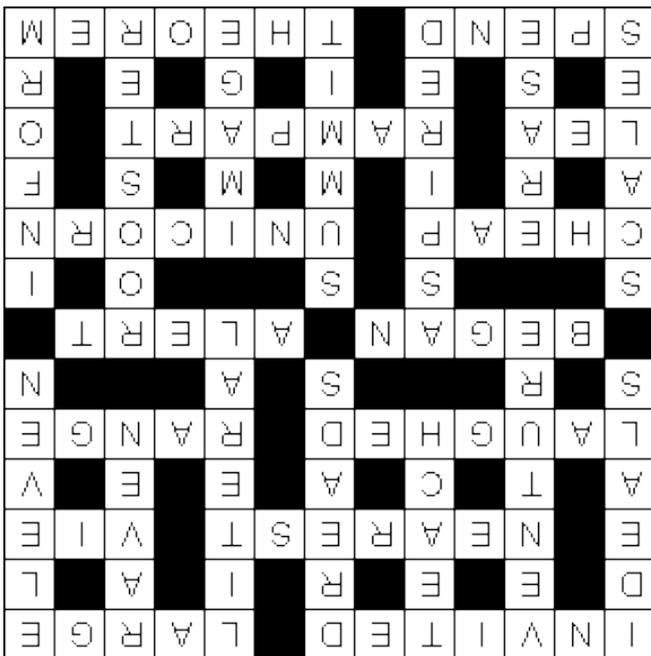
Havilah is a very safe facility and has many measures in place to stop the spread of fire and smoke and to provide for safe evacuation in the case of a fire – this includes fire and smoke compartments, and sprinklers and smoke alarms.

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

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



**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](mailto:deb.matthews@havilah.org.au)

You can also contact: **CEO Barb Duffin** 5461 7381 Mobile 0429 617380

email: [barb.duffin@havilah.org.au](mailto:barb.duffin@havilah.org.au) or

**Director of Care Kelsey Hooper** 54 617383 email: [kelsey.hooper@havilah.org.au](mailto: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.