

HAVACHAT

Issue January 2018

Please contact Andrew on 5461 7387 or email andrew.earl@havilah.org.au if you would like your Havachat sent via email

HAVILAH WEBSITE: www.havilah.org.au



**HAPPY
NEW
YEAR
2018**

***May this New Year brings you a peace filled life,
warmth and togetherness in your family and
much
prosperity!
Happy New Year!***

Resident Meeting - Monday 8th January at 1.15pm in Callistemon Activities Room.

Resident Meeting Heath House - Monday 15th January at 2pm in Heath House.

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

PHOTO GALLERY

Family and Friends Christmas BBQ.

A fantastic evening was had by all residents and their family and friends who attended. With the extreme temperatures on the day it was decided to stage this event indoors, with the efforts of maintenance, activities, kitchen and general staff all area in the Main building, Correa and Heath house was transformed into a giant restaurant with tables and chairs throughout. Activities staff adorned all tables with cloths and decorations for the evening. Everyone commented on the team work that was put into the night to make it enjoyable for all present.



PHOTO GALLERY



Christmas day festivities were thoroughly enjoyed by all who attended the Traditional Christmas luncheon. Once again many thanks to the kitchen, activities and staff members who volunteered their time to make it a pleasurable and enjoyable day for all families and residents.



NOTICE BOARD

RESIDENT SURVEYS - November 2017

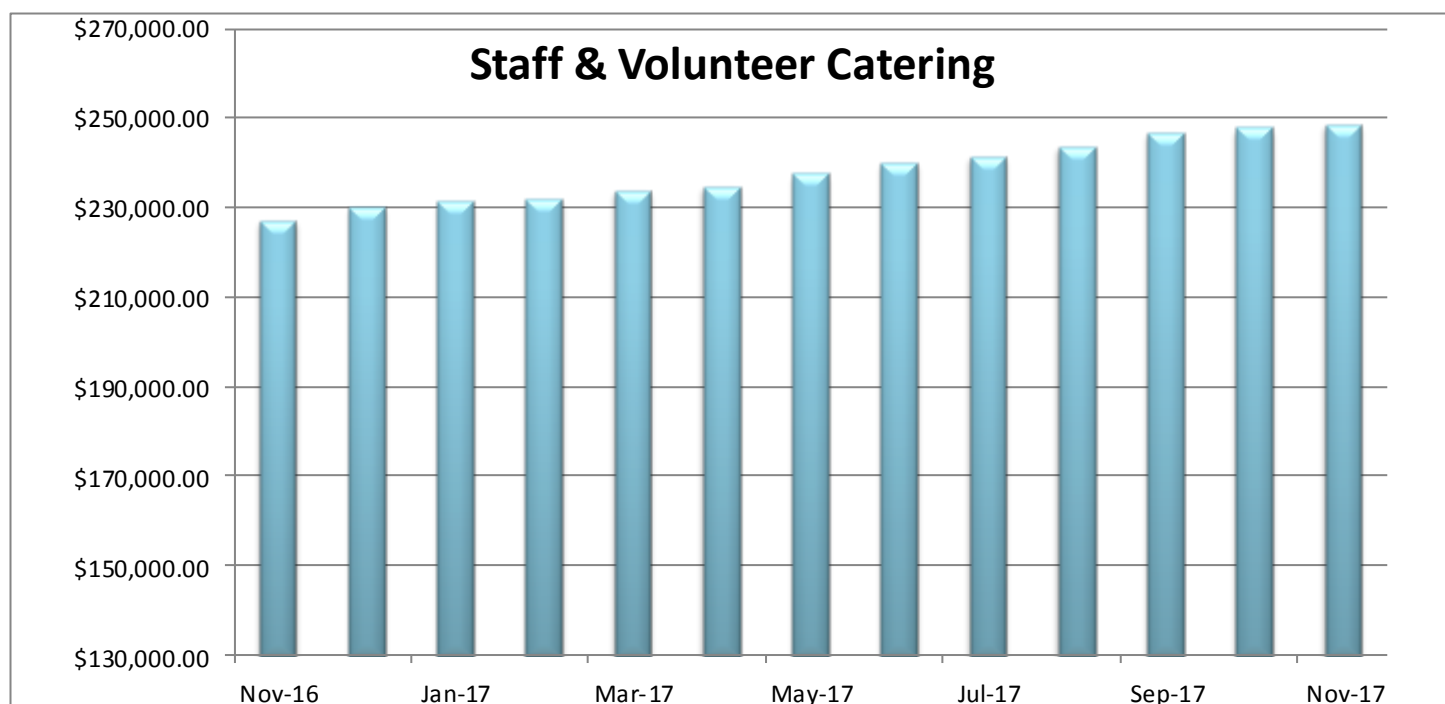
Of the 41 residents surveyed at Harkness Street :

81% of residents surveyed stated that they can access doctors and health professionals either always or most of the time

98% of surveyed residents conveyed that it is peaceful enough to sleep at night either always or most of the time.

98% of residents either strongly agreed or agree that if any repairs get done promptly in their room.

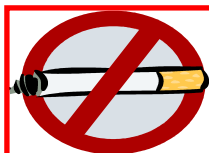
83 % surveyed residents strongly agree or agree that they are happy with the laundry service/facilities at Havilah.



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

HEATH HOUSE CAFÉ - HAV A LATTE

The installation works for this area have been completed, the cappuccino machine has been commissioned and Activities staff Andrew and Karen and volunteer Selina have had a training session to be proficient in the art of a Barista, thanks to the expert guidance from DeAnn Silver from Espresso Academy. The café will be an asset to Havilah by having an area for residents and families can enjoy a casual and relax atmosphere.



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



Go find something to do.

What would the Queen say.

Never write or type anything you don't want someone else to read.

Due to the change of seasons bringing longer days, auto lock down has moved to **7pm**.

A cartoon illustration of Goofy, a character from Disney's 'Mickey Mouse'. He is depicted in a dynamic, running pose, leaning forward with his right leg extended back and his left leg forward. He has a wide, toothy grin and is looking towards the viewer. He is wearing an orange long-sleeved shirt, blue trousers, and brown shoes. A green bow tie is visible around his neck. The background is plain white.

A cartoon illustration of Goofy falling upside down. He is wearing his signature orange shirt, blue pants, and brown shoes. His eyes are squeezed shut, and his mouth is open in a 'fish face' expression. His hands are outstretched, and his legs are bent at the knees. Motion lines around him indicate a rapid fall.

When children are visiting they must be accompanied by an adult at all times, they need to be mindful of residents equipment (eg: gophers) that are stored in the common area's throughout Hayilah.

YARBOROUGH - hand of cards containing no card above a nine.

A	R	D	E	N	T		C	E	L	L	A	R	
R		E		O		R		T		O		E	
T	A	L	E	S		E	L	E	C	T	E	D	
X		T		I		S		L		X		N	
E	S	T	A	B	L	I	S	H		E	M	U	
		E				W		T				H	
E	A	S	I	E	R		B	A	N	D	I	T	
G				L		S				E			
A	C	E			I	D	E	N	T	I	C	A	L
V		L		T		U		L		I		O	
L	O	G	I	C	A	L		U	T	T	E	R	
A		A		A		C		A		O		N	
S	I	E	S	T	A		A	V	E	N	U	E	

Answers to Anagrams

**Quiz and
Crossword
Solutions
from page 10**



- | | |
|-----|----------|
| 1. | BALLINA |
| 2. | BALMAIN |
| 3. | BENALLA |
| 4. | BENDIGO |
| 5. | CHILEY |
| 6. | DINMORE |
| 7. | TOORADIN |
| 8. | STORMLEA |
| 9. | WHYALLA |
| 10. | GLENSIDE |

GREAT THINGS TO DO



Happy Hour Every Friday evening

Commencing at 4.30pm, Music, Finger Food, Hot & Cold Beverage, Ice-creams and Ice-cream Cones.



Bus Trip Out - Monday and Friday afternoon, Wednesday afternoon for Heath residents, departing at 1.30pm for lots of fun points of interest throughout Central Victoria.

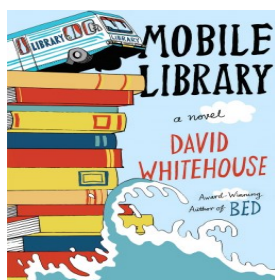
If you have an idea or suggestion for an outing, just let Activities Staff know and we will do our best to arrange the outing for you.



Resident/Advocate Meetings

Next meeting Monday 8th January 2018 at 1.15 pm

Heath House Monday 15th January 2018 at 2pm



Mobile Library— December Dates

Friday 5th January & 19th January commencing 10.15 am
Grevillea Atrium Area.

Books Movies, Music CD's and Talking books are available
If you are not currently a member you can join on the day.



**There will be no church services conducted
during the
Month of January**



HAVILAH KIOSK

Kiosk Hours: 10am—12noon every Thursday

The kiosk is situated in Acacia House next to the Hairdressing salon. Our volunteer staff will be happy to help you.

Don't forget to check your Activities Calendar located on the back of your door for other daily activities

WEEKLY ACTIVITIES

MONDAY

Nail Manicure Pamper 9.30am
Foot Spa 9.30am
Bus Trip 1.30pm—Bookings through
Activities Staff.
Bingo 1.45pm



TUESDAY

Special Morning Tea 10am
Chairobics 11.15am
Marbowls 1.30pm
Street Walk 1.30pm
Bingo 1.45pm
Afternoon Cards 3.15pm



WEDNESDAY

Strength Training 11.15am
Indoor Bowls 1.30pm
Bus Trip (Heath House) 1.30pm
Cooking classes 3.15pm



THURSDAY

Foot Spa 9.30a.m.
Bingo 1.45pm
Craft Group 3.15pm
Music DVD 3.15pm



FRIDAY

Chairobics 11.15am
Bus Trip 1.30pm
Bingo 1.45pm
Video in Lounge 3.15pm
HAPPY HOUR 4.30 PM—5.30pm



SATURDAY

Morning Activities (every 2nd) 9.30am
Special Bingo 1.30pm
Heath House "CAFÉ" 3.00pm
Yummy Afternoon Tea;
Milk Shakes; Iced Coffee



SUNDAY

Devonshire Afternoon Tea in Main Lounge
3.00pm

Graham Milne

Length of time at Havilah: Havilah has been my home for the past 5 months.

My Story: I was born March 1940, lived in Maryborough all my life, educated at Primary school 404 where I finished grade 6. Gained employment at local tool making factory P&N, worked there for 50 years upon Retirement. I married Heather (Dec) and we had one son Damien who lives in Darwin, and I have 3 grandchildren.

Things you used to do for fun: As I was growing up as a child I loved to play street cricket under the lights, bush walking and throwing rocks at birds.

About where you have lived: I am Maryborough Born and Bred. When I was a child I lived in Kars Street at the foot of Bristol Hill and later to Majorca Road, before moving to Havilah lived in Fink Street with a view from the front windows to the bush.

Travel, sport, passions: I didn't play sport but had a keen interest in football and cricket, have travelled the West coast of Australia several times and regular visits to Darwin. Over the years very much involved with the Salvation Army and a walking group, still attend on a regular basis.

Things you enjoy to do now: I enjoy walking, reading, watching the sport on TV, having social contact with other residents chatting or singing, going on organised bus outings and participating in other activities and continuing to be involved in the Salvation Army.

Favourite Topic: Watching the sport on TV and current affairs are my favourite topics and just about anything in general.



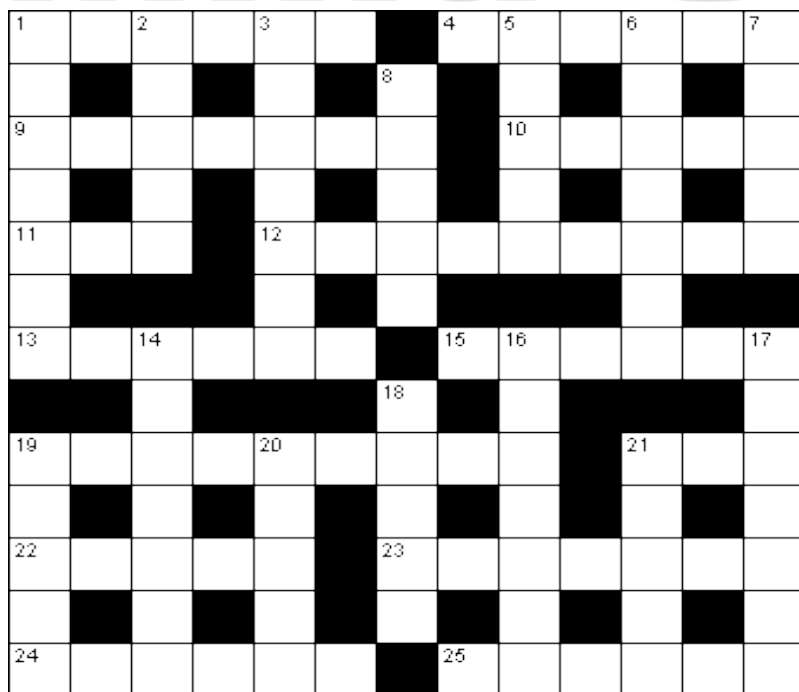
Favourite Food and Music: I enjoy all sorts of foods, and appreciate classical and brass band music.

January 2018

Mon	Tue	Wed	Thu	Fri	Sat	Sun
29	30	31				
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

HAPPY NEW YEAR
2018

Mind Games



Across

1. Afternoon nap in Spain (6)
4. Wide Street (6)
9. Coherent (7)
10. Speak (5)
11. Playing card (3)
12. Exactly the same (9)
13. Not as strict (6)
15. Armed thief (6)
19. Set up or found (9)
21. Australian flightless bird (3)
22. Stories (5)
23. Chosen by voted (7)
24. Fervid (6)
25. Basement (6)

Down

1. Save from destruction (7)
2. Bird of prey (5)
3. Haptic (7)
5. Strongroom (5)
6. Observed (7)
7. Join up (5)
8. Hints (5)
14. Resolved (7)
16. Sports contestant (7)
17. Booming noise (7)
18. More judicious (5)
19. Additional (5)
20. Large shaggy bovid(5)
21. Exalt (5)

Word Search - Musical Instruments

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

ANAGRAMS: AUSTRALIAN TOWNS

1. ALBINAL (NSW)
2. BIMANAL (NSW)
3. BALNEAL (VIC)
4. BOINGED (VIC)
5. CHIEFLY (ACT)
6. MINORED (QLD)
7. TANDOORI (VIC)
8. MOLERATS (TAS)
9. HALLWAY (SA)
10. SEEDLING

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

ACCORDIAN, BAGPIPES, BANJO, BASSOON, BELL, BUGLE, CASTANETS, CELLO, CLARINET, CLAVIER, CORNET, CYNBALS, DRUM, DULCIMER, EUPHONIUM, FLUEGELHORN, FLUTE, FRENCH HORN, GONG, GUITAR, HARMONICA, HARMONIUM, HARP, HARPSICHORD, KAZOO, KOTO, LUTE, LYRE, MANDOLIN, MARIMBA, OCARINA, ORGAN, PIANO, RE-CORDER, SITAR, TAMBOURINE, TIMPANI, TROMBONE, TRUMPET, TUBA, VIBES, VIOLA, VIOLIN, WHISTLE, ZITHER.

Solutions can be found on page 5

Happiness depends upon your outlook on life. – Find the good in all situations.

Attitude is just as important as ability.- Keep your attitude positive.

Passion find yours this year! – Do what you love and you will never work.

Positive thoughts make everything easier.- Stay focused and stay positive.

You are unique, with special gifts, use them. – Never forget you have talent.

New beginnings with a new year.

Enthusiasm a true secret of success.

Wishes may they turn into goals.

Years go by too quickly, enjoy them.- Wisdom from your elders, listen.

Energy may you have lots of it. – Take care of yourself.

Appreciation of life, don't take it for granted. – Live each day.

Relax take the time to relax in this coming year.- Keep a balance in your life.



US man awarded \$37,500 – after cops mistake his doughnut crumbs for drugs

By Lauren Broomham on October 20, 201

It sounds like a joke – but a Florida man has just been paid out by the city of Orlando over his 2015 arrest after police officers identified crumbs from his Krispy Kreme doughnut as methamphetamine.

Daniel Rushing, 65, had been pulled over by police for a traffic violation, but after officers identified a “rock-like substance” on the floor of his car as methamphetamine using a field drug test, he was handcuffed, arrested and strip searched.

However, the officers who did the test had not been trained to use the drug tests and another test by the police department determined it was sugar from the doughnut (the results did not say whether the substance was sweet and delicious).

Florida Police have since provided its officers with more training in using field drug kits, while Mr Rushing now hopes to clear his record.

He still eats a Krispy Kreme doughnut every Wednesday though.





Can you really feel at 'home' in an aged care home? A new report says yes

By [Jill Donaldson](#) on December 15, 2017



Having a sense of 'home' when you make the transition to residential aged care is just as important as the clinical care you received, according to the latest State of the Family Report from Anglicare Australia.

Not-for-profit aged care provider Benetas is aiming to do just that with a new approach that is seeing their facilities purposely designed as a 'home' first.

The model sees groups of eight residents living together in apartments with a shared living area, a dining room and a kitchen and the support of one main carer.

Residents can take part in activities with other residents, stay within their apartments and socialise with only their neighbours or just keep to their rooms.

Care services such as laundry and clinical services are also hidden away so there aren't drug trolleys or medical charts lying around.

And it's having a positive effect. "It is now not uncommon to see carers, residents and families milling around the kitchen bench together enjoying a cuppa and a yarn," says Benetas Research and Innovation Manager Catherine Joyce.

A sense of belonging

Benetas say they were driven to change their approach by the need to create a better sense of belonging and security for residents.

Outlined in the report is the fact is most people don't want to leave their home and move into residential aged care.

"I loved living in my own home. I built that home, and my daughter lived just next door. But when the time came and it became too much for my daughter to look after me I knew it was the right choice," Benetas resident Sheila says.

Often when someone has to make the move suddenly following a health crisis or hospital stay, there is a sense of grief and loss.

"I like it here but I wasn't in a position to make a choice about it..." resident Phil (name changed) says. "My son thought I'd like it here because of the ocean and I do...but not having a choice in it all and not being able to make my peace with leaving home has been tough."

Either way, it's not an easy transition for both residents and their families.

But with Consumer-Directed Care for aged care on its way, there will be more choice and control for residents to ensure their new home really does feel like 'home' – and that's got to be a good thing.

HAV'A'LAUGH



Three men were sitting together bragging about how they had given their new wives duties.

Terry had married a woman from Greece.

He bragged that he had told his wife she needed to do all the dishes and housework. He said that it took a couple days but on the third day he came home to a clean house and the dishes were all washed and put away.

Jimmie had married a woman from Italy.

He bragged that he had given his wife orders that she was to do all the cleaning, dishes, and the cooking. He told them that the first day he didn't see any results, but the next day it was better. By the third day, his house was clean, the dishes were done, and he had a huge dinner on the table.

The third man had married a Australian girl.

He boasted that he told her that her duties were to keep the house cleaned, dishes washed, laundry and ironing twice a week, lawns mowed, windows cleaned and hot meals on the table for every meal.

He said the first day he didn't see anything, the second day he didn't see anything, but by the third day most of the swelling had gone down and he could see a little out of his left eye, just enough to fix himself a bite to eat, load the dishwasher, and call a handyman.

ST Peter was sitting at the Pearly Gates when two blokes wearing hoodies arrived.

St Peter looked out and said: "Wait here. I shall be right back."

St Peter went over to God's chambers and told him who was waiting to come in.

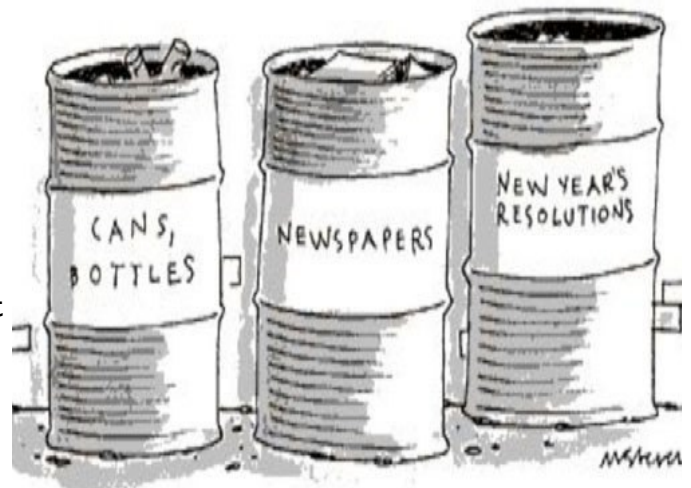
God said to Peter: "How many times do I have to tell you, you can't be judgmental here. This is Heaven. All are loved. All are brothers. Go back and let them in."

St Peter went back to the gates, looked around, and let out a heavy sigh.

He returned to God's chambers. "Well, they're gone."

"The blokes wearing hoodies?" asked God.

"No. The Pearly Gates."



An elderly man was having hearing problems and went to see a specialist. The doctor fitted him with some hearing aids that brought his hearing back to full strength.

After a few weeks the man came back to make sure the new equipment was working properly, which it was.

The hearing specialist said, "It all seems perfect. Your family should be delighted you can hear everything now."

"Oh no," the man responded. "I haven't told any of them. I just sit quietly, listening carefully. I've changed my will four times."

CONTACTING STAFF

You can contact staff by using your **room phone**

In the main building Ring 394

In Heath House Ring 626. In Melaleuca House Ring 627.

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 in the lounge areas at Heath House to 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 **Heath House** please call **54617481**,

FOR FAMILIES ringing from outside Havilah to speak to staff in **Melaleuca House** please call the nurses station on **54617495**, if there is no answer the call will be diverted to staff on the floor.

For all other areas of Havilah dial 54617300 and follow the prompts.

COMMENTS, COMPLIMENTS, SUGGESTIONS & COMPLAINTS

We welcome feedback from residents, families and visitors and provide the 'Comment, Suggestion, Complaint and Compliment' form at the main Havilah entrances. Residents and families are encouraged to communicate any issues they may have.

We strive to continuously improve our service and look forward to working with you to achieve the best possible outcomes for residents.

You can speak to the Unit Manager or Supervisor in your area or alternatively please contact **Director of Care Kelsey Hooper 54 617383 email: kelsey.hooper@havilah.org.au ;**

or CEO Barb Duffin 54617381 OR 0429617380 email: barb.duffin@havilah.org.au

GENERAL ENQUIRIES

For any general enquiries: Families or residents can contact Havilah 24 hours a day, 7 days a week on Email: mail@havilah.org.au or Telephone: 5461 7387. Leave a message if it is out of office hours and staff will get back to you as soon as possible.

Residents can contact reception by simply pressing the numbers 387 on room phones.

ADMINISTRATION OFFICE HOURS

MON-FRI 9.00 am—4.00 pm for account payments and enquiries

Postal Address: Havilah Hostel 11 Harkness Street, Maryborough Vic 3465

TO CONTACT THE KITCHEN

Main Kitchen **54617388**

Internal Dial **388**

Heath Kitchen **54617482**

Internal Dial **482**



WHEN THE FIRE ALARM SOUNDS

Please remain where you 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. Should evacuation be required only residents in the affected compartment would be affected in the first instance. The fire alarm automatically alarms to the brigade who are here within minutes. **YOU WILL BE KEPT INFORMED BY STAFF AND THROUGH THE PUBLIC ADDRESS SYSTEM.**



HAVACHAT

RETIREMENT LIVING ACTIVITIES

Please contact **Kim Davidson** for Havilah on Palmerston and Raglan House Phone: 5459 0169 OR **Sue Edmondson** 54617390 for Harkness Street



Australia Day Celebrations will be held on Friday 26th January.

The kitchen will be serving for lunch a choice of Fish and Chips individually wrapped or Crumb Lamb Cutlets with vegies for the main meal and for sweets a chocolate or raspberry lamingtons with cream or fruit salad and icecream.

CARDS (500)

4th Tuesday of each month at 6.30pm
Raglan House, 3rd Tuesday at 6.30pm Harkness

INDOOR BOWLS

Each Wednesday 1.30pm at Harkness

TAI CHI

Each Monday and Wednesday 10.30-11.30 Room -7

CARDS (Show Poker)

Each Tuesday 3.15 pm in Callistemon House

STRENGTH EXERCISES

Each Wednesday 11.15 am in Callistemon House or Mondays 2.30pm Raglan House

HAPPY HOUR

Each Friday at 4.30 pm in the Main Lounge at Harkness St or 5pm at Raglan Street

ACTIVITIES

Each Saturday at 1.30pm Callistemon House and every alternate Saturday at 9.30am.