

ISSUED
January 2017



HOP TOPICS



**May every day of the New Year
glow with good cheer and happiness
for you and your family.**

Most of us make (and break) New Year resolutions—here are some you might like

Tomorrow is the first page of a 365 page book—write a good one

Although no-one can go back and make a brand new start anyone can start from now and make a brand new ending

I have no way of knowing how people really feel, but the vast majority of those I meet couldn't be nicer. Every once in a while someone barks at me. My New Years resolution is not to bark back.

The best comes from William Shakespeare who said "Come gentlemen, I hope we shall drink down all unkindness."

2016

RESIDENTS AND FRIENDS CHRISTMAS BBQ.



NOTICE BOARD



FALLS PREVENTION

**Is there enough light in my room at night?
Can I see my way to get to the toilet at night?**



NEWSLETTER MAIL OUT

We are updating our mail out details.

Could Residents, family and friends who would like to receive our newsletter by email please advise Andrew Earl **as soon as possible** of your email address so that the newsletter can be forwarded to you.

Andrew's contact is andrew.earl@havilah.org.au

Newsletters are also available on the Havilah Website www.havilah.org.au

Editors apology

Sincere apology to residents and families for the advertising of our Christmas luncheon as a 3 course meal. It was a lovely two courses, which was enjoyed by those who attended.



BOOKING / ORDERING A MEAL

To ensure your selection is always available, residents should call the Kitchen 5459 0180, between 8 am - 5 p.m. and make a selection from the menu for the required meal service.

This procedure is to ensure there are sufficient portions prepared for each of the choices available to satisfy resident selections.

Thank you for your assistance with this.

STU 'S NEWS

REMINDER FOR STU'S GREEN WASTE AND GENERAL WASTE TIP DAY

Friday, 13th January 2017.

PLEASE DO NOT put rubbish out prior to this date

Residents who wish to leave out items for transport to the Recycling Centre are asked to leave their items on the nature Strip outside of your Unit for collection. Stu will collect the items.

Please supply Stu with Council Tip coupons to cover the cost of the waste disposal. Residents are reminded that some items such as Tyres, Electrical products, etc incur additional cost for disposal.

FROM THE DESK OF CLETA ROUGHEAD DIRECTOR OF SERVICES

I hope everyone has enjoyed the joy and celebrations of Christmas and feels refreshed and ready for great things in 2017. Many residents have been on leave over the Christmas period, it is wonderful to have all returning with stories of your families and time away. I look forward to catching up with all.

We start 2017 with Optometry examinations for residents. Wild Open Road Optometry will be at Raglan on Thursday, January 12 and 19th. All residents are invited to have ocular health and vision checks on these days. Please DoSP (Cleta Roughead) on Phone 154 (internal) or 54590154 (external) if you would like to be included and have your vision checked by the Optometrist at Raglan.

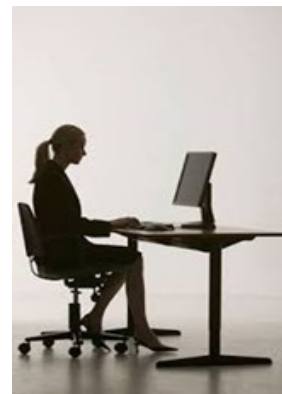
Following resident discussion and consent we will trial a change to the evening dinner time at Raglan. The trial period is planned to commence from February 6th to March 13th. Dinner time will change to 5 p.m. during the trial and resident

feedback is both encouraged and welcome.

Residents are encouraged to provide feedback through the Comment, Complaint and Compliment forms and/or directly to the DoSp (Cleta Roughead). All resident feedback will be taken into account prior to making this change permanent.

Reminder that Ballarat Podiatry—Caitlyn Little will be at Raglan on January 20th and 27th for foot and nail care needs. Contact Cleta Roughead for appointments.

Roma Smart moved to Lyndoch Living in Warrnambool on December 20th. For those who are after Roma's address, please let me know as I am sure she would love to hear from you.



RECIPE OF THE MONTH

Chicken Teriyaki Serves 4

500gms boneless chicken thighs (or breast)

4 tablespoons mirin (or Mirin seasoning from the supermarket Asian section)

4 tablespoons soy sauce (or light soy sauce)

2 tablespoons sake (or cooking sake from supermarket Asian section)

2 tablespoons caster sugar.

Mix all marinade ingredients in bowl and stir to combine.

Marinate chicken in mixture for 15 minutes (overnight is best) in frig.

Heat vegetable oil in frying pan. Fry chicken skin side down on med. heat until skin is brown.

Turn chicken over and fry other side on low heat.

Pour the sauce used for marinade into the pan. Cover pan and steam cook chicken on low heat until done.

Remove lid and simmer until sauce becomes thick. Remove from heat.

Stir chicken and place on serving plate. Drizzle additional sauce over the chicken.

Serve with rice and steamed vegs.

I use this marinade as a stir fry sauce. About half mixture is good for 2 people. Marinade keeps well in frig. The stir fry doesn't have to be chicken can be pork, beef or vegetable. I haven't tried it with seafood however.



What's On & Events

CONTACT NUMBERS

FOR PALMERSTON ST

Reception 5459 0140
MON-FRI 9AM-12 NOON
(other than public holidays)

Raglan House 5459 0150

Cleta 5459 0154

Lifestyle 5459 0169

Maintenance BH 0417 679 803

Maintenance AH 0408 645 203

Kitchen 5459 0180

CONTACT NUMBERS

FOR HARKNESS ST

MON-FRI

9AM-5PM 5461 7300

5PM-7 AM 5461 7394

Lifestyle 54617 390

WEEKEND 5461 7394

- ♦ **Residents Meeting & Lifestyle Committee Meeting** will be Thursday 16th February 2017 at 2.45pm, Room 7 in the High School Centre (Coffee & Chat immediately after the meeting)
- ♦ **HAPPY HOUR**
Every Friday night in the High School Centre Function Room (Rooms 1 and 2) commencing at 5.00pm entertainment, finger food & drinks.
- ♦ **MARYBOROUGH MENS SHED**
Meets Tuesday and Thursday mornings at 9 a.m at its shed at 42a Newton St. Maryborough. New members welcomed and for information contact 0417365642
- ♦ **MARYBOROUGH BRANCH OF THE CWA.**
Meets at the Maryborough School House in Gillies St. Group meets 2nd Tuesday of the month Craft is held at 10 a.m. followed by a general meeting at 1.30 p.m. New members most welcome. Contact Shirley on 5461 1657 or Rachel on 0419125459
- ♦ **STRENGTH EXERCISES AND FALLS PREVENTION**
Every Monday at 2.30 Raglan House Ground floor Note will be replaced by Chairbics while Rhonda is on leave during January
- ♦ **BINGO**
Every week day 1.30 P.M. Ground Floor Raglan House
- ♦ **CHAIROBICS**
2.30 P.M. Tuesday & Fridays Ground Floor Raglan House



CHURCH SERVICES



Please note there are no on site Church Services for January

See local newspaper for individual church services over this period.

What's On & Events

FRIDAY 13TH JAN 10.30 A.M.
HIGH TEA ROOM 7



TUESDAY 17TH JAN 7 PM MEET AND GREET BBQ AND MOVIE UNDER THE STARS . \$10/HEAD BYO BLANKET AND DRINKS



SUNDAY 19TH FEB BUS OUTING TO TALBOT FARMERS MARKET PLEASE MEET IN THE QUADRANGLE AT 10A.M. SEE DETAILS BELOW FROM THE TALBOT FARMERS MARKET WEBSITE.



On the third Sunday of every month the tiny town of Talbot comes alive as thousands of visitors enjoy the vibrant village atmosphere of the Talbot Farmers Market.

Explore the stall lined streets displaying an impressive range of seasonal fruit and organic vegetables, local artisan cheese, fresh bread, local wine, gourmet oils, delicious delicacies and more. In true country farmers' market style you will also find pigs, lambs and chooks, stockfeed, cut flowers, plants and seedlings.

While some of our stall holders have mobile EFTPOS facilities, PLEASE come prepared with cash and continue to support our stallholders and the farmers market, thank you

HEALTH AND WELLBEING

FOOT CARE



How can seniors take care of their feet?

Foot problems are especially common in older people, for a variety of reasons. Feet lose cushioning as they age, and the skin and nails can grow dry and brittle. Many seniors have poor circulation, and this can slow the healing of foot sores.

Finding comfortable shoes that fit is the best thing you can do for your feet. It's especially important to avoid tight or high-heeled shoes that put undue pressure on the foot. The constant rubbing and pinching from this "fashionable" footwear are a major cause of corns, calluses, and bunions. (Not surprisingly, these conditions occur four times as often in women as in men.) Keep in mind that feet can become wider in your later years, so you should always have them measured before buying new shoes.

Another way to protect your feet is to keep your blood flowing freely. If you usually spend much of the day in a chair, you can improve your circulation by stretching, walking, and other exercises. Avoid wearing tight socks or sitting too long with your legs crossed. And here's yet another reason to avoid tobacco: Smoking narrows the arteries and can hamper blood flow.

You can also avoid problems such as foot odor by alternating what shoes you wear each day, and by washing your feet every day and drying them carefully. (Drying between your toes and elsewhere will also help you ward off irritating problems like athlete's foot.)

What are the foot problems seniors commonly face?

Athlete's foot. The fungus thrives in warm, dark, moist areas, which makes the foot an inviting target. If you notice redness, blisters, peeling, and itching (especially between the toes), quickly blast the fungus with an ANTIFUNGAL CREAM. You can prevent athlete's foot by keeping your feet clean and dry and wearing open-toe sandals.

Dry skin. You can reduce the burning and itching of dry skin with moisturizers, preferably the kind with petroleum jelly or lanolin.

Corns and calluses. Wearing properly fitting shoes is the best way to prevent this painful condition. If they do arise, it is best to consult a Podiatrist or the Foot Care nurse.

Heel spurs. If you put too much pressure on your feet -- by being overweight, standing too long, or wearing shoes that don't give proper support.

Hammertoes. When a toe doesn't have room to move, the knuckle can swell and draw the toe back. Hammertoes are especially troublesome for seniors because they can affect balance and increase the risk of falls. The remedy is simple: Wear shoes and socks that give your toes ample space.

Ingrown toenails. This painful nuisance occurs when a sharp piece of nail pierces the skin. Instead of trying to pull the nail off, carefully trim it straight across, keeping it even with the top of the toe. Regular trimming will also help prevent future problems.

Remember the best way to help prevent any of these problems is to see your Foot Care Nurse or Podiatrist on a regular basis.

Dates for the Ballarat Podiatrist visits 2017. Please make note of dates on your calendar. REMEMBER you need to book as per last months Newsletter,

Friday January 20th and 27th
Friday March 3rd and 10th
Friday April 21st and 28th
Friday June 2nd and 9th
Friday July 14th and 21st
Friday August 25th

Friday September 1st
Friday October 6th and 13th
Friday November 17th and 24th
Friday December 15th and 22nd

BOOK REVIEW THE KILL ARTIST by Daniel Silva

Immersed in the quiet, meticulous life of an art restorer, former Israeli intelligence operative Gabriel Allon keeps his past well behind him. But now he is being called back into the game—and teamed with an agent who hides behind her own mask... as a beautiful fashion model.

Their target: a cunning terrorist on one last killing spree, a Palestinian zealot who played a dark part in Gabriel's past. And what begins as a manhunt turns into a globe-spanning duel fueled by both political intrigue and deep personal passions...

I have to confess to being a great fan of this author. This little snippet of a review is trying not to give too much away. Check it out and I'm sure you will be just as great a fan!

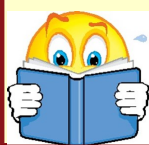
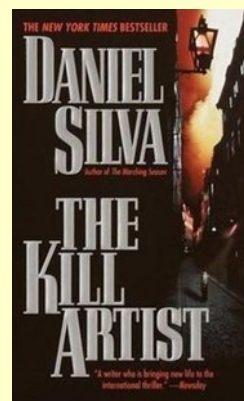
About the author

He has been called his generation's finest writer of international intrigue and one of the greatest American spy novelists ever. Compelling, passionate, haunting, brilliant: these are the words that have been used to describe the work of award-winning #1 *New York Times* bestselling author Daniel Silva.

Silva began his writing career as a journalist with a temporary position at United Press International in 1984. His assignment was to cover the Democratic National Convention. United Press International made Silva's position permanent and, a year later, transferred him to the Washington, D.C., headquarters. After two more years, he was appointed as UPI's Middle East correspondent and moved to Cairo, Egypt.

In 1994 he began work on his first novel, *The Unlikely Spy* (1996). The novel debuted on the *New York Times* best-seller list on January 26, 1997; it remained on the list for five weeks, rising to number 13. In 1997 Silva left CNN to pursue writing full-time.

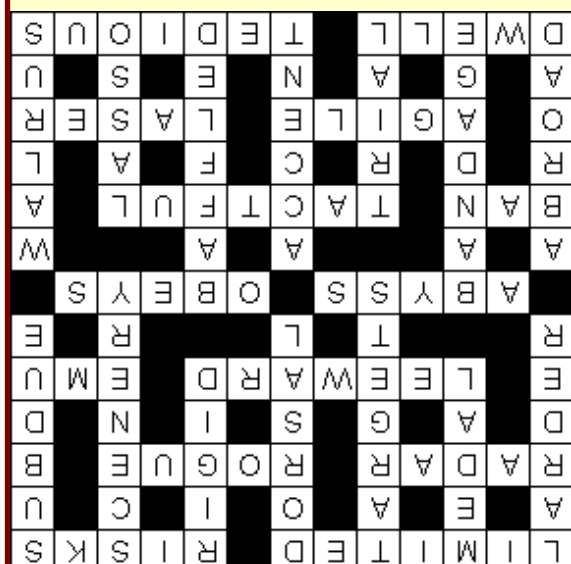
Since then Silva has written 18 more spy novels, all best-sellers on the *New York Times* list. The main focus is Gabriel Allon, an Israeli art restorer, spy and assassin, who is a key figure in all but three of Silva's titles. The series has been a *New York Times* bestseller since its first installment in 2001. Seven of the series' titles hit number one on the New York Times list of best sellers. Some of his novels are set against Islamic terrorism, some relate to villains set in Russia, and some are about historic events related to World War II and the Holocaust. Silva did not come into the Allon series with a significant understanding of the world of art restoration but was able to use a neighbor's expertise to help him turn a spy-assassin into an artist.



Next Mobile Library visit is the Monday, 30th January, 2017



Quiz and Crossword Solutions from page 11



Answers to Anagrams—Actors:

1. Tom Cruise
2. Meryl Street
3. Marlon Brando
4. Kate Winslet
5. Emma Thompson
6. Alan Rickman

USING EMAIL TO CONVERSE WITH OUR MANAGEMENT TEAM

Sometimes it is out of hours when you think of things you might like to raise with us. For those with email access you can have a conversation by email with our management team.

Chief Executive	Barb Duffin	barbceo@havilah.org.au
Food Services Manger	Di Jackson	di.jackson@havilah.org.au
Director of Services	Cleta Roughead	cleta.roughead@havilah.org.au
Director of Human Services	Kelsey Hooper	dhs@havilah.org.au



Emergency Procedure

Call 000 to report any incidents to Police of Vandalism, Violence, Loitering or any Anti-Social behaviour. Please use the same procedure for Medical Emergency or Fire Emergency. Then when safe to do so report the Incident to Havilah and we can provide assistance if required.



COMMENTS, COMPLIMENTS, SUGGESTIONS AND COMPLAINTS FORMS ARE AVAILABLE IN THE FOYERS OF THE COMMUNITY CENTRE AND RAGLAN HOUSE

Residents are encouraged to communicate any issues they may have. There is **CEO Barb Duffin** 5461 7381 Mobile 0429 617380 email: barbceo@havilah.org.au

Director of Care Kelsey Hooper 54 617383 email: dhs@havilah.org.au

Director of Services Cleta Roughead email: cleta.roughead@havilah.org.au

Havilah respects the right of residents 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.

GENERAL ENQUIRIES

For any general enquiries: Residents can contact Havilah 24 hours a day, 7 days a week on Email: rhonda@havilah.org.au or Telephone: 54617387. Leave a message if it is out of office hours and staff will get back to you as soon as possible.

PALMERSTON ST ADMINISTRATION OFFICE HOURS

MON-FRI 9.00 am—12.00 pm for account payments and enquiries

HARKNESS ST ADMINISTRATION OFFICE HOURS

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



SMILE TIME



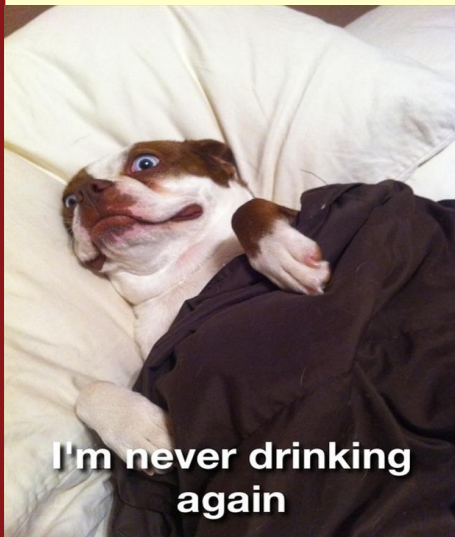
Three drunks get into a taxi and tell the driver where to go. The driver has an idea of the address so he starts the engine, waits a few seconds and turns off the car. He says, "Alright guys we're here!" The first drunk tips him \$10 and gets out. The second drunk tips him \$20 and gets out. The third drunk the slaps the driver across the face. Worried that the drunk had realized the car hadn't moved an inch, he asks the drunk, "What was that for?" The drunk says, "Control your speed next time. You almost killed us!"

A police officer jumps into his squad car and calls the station.

"I have an interesting case here," he says. "A woman shot her husband for stepping on the floor she just mopped."

"Have you arrested her?" asks the sergeant.

"No, not yet. The floor's are still wet."



more awesome stuff at ThumbPress.com

A salesman talked my uncle into buying 10,000 personalized pens for his business with the promise that he would be eligible to win a 32-foot yacht. A born gambler, my uncle agreed.

Well, he won, and a few weeks after the pens arrived, his prize showed up. A salesman talked my uncle into buying 10,000 personalized pens for his business with the promise that he would be eligible to win a 32-foot yacht. A born gambler, my uncle agreed.

Well, he won, and a few weeks after the pens arrived, his prize showed up: a 12-inch plastic yacht with 32 plastic feet glued to the bottom.



"Tom, this is Kate from the office. Boy, you're a hard person to reach when you're on vacation!"

A couple of tourists were dining at a fine restaurant in Paris. After waiting for an hour, the husband finally was able to catch the waiter's eye. "I want a bottle of your best wine," he ordered.

"What year?" asked the waiter.

"Right now!" bellowed the tourist.

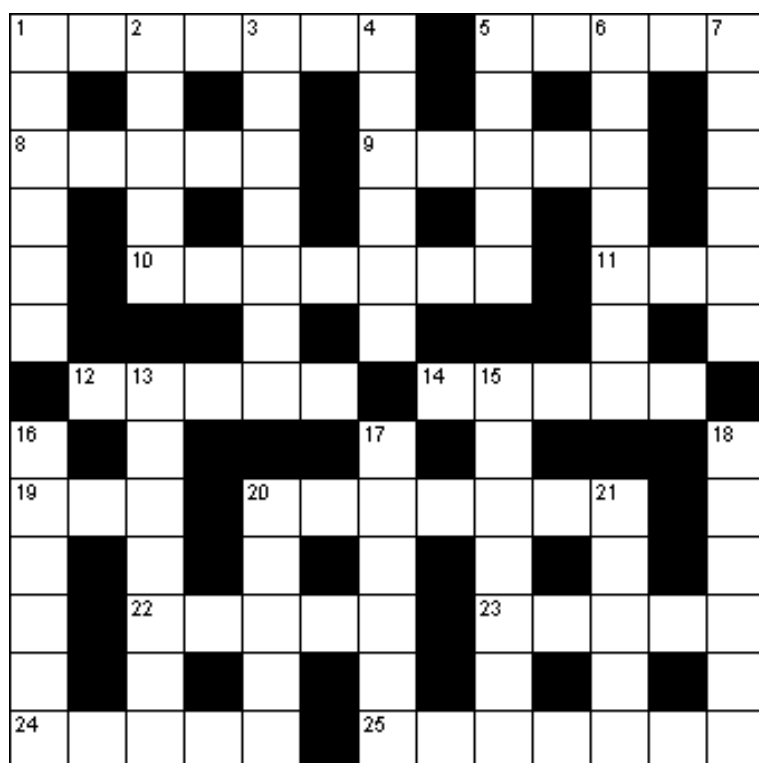
This morning on the way to work I wasn't really paying attention and I drove into the back of a car at some traffic lights. The driver got out and it turned out he was a dwarf.

He said, "I'm not happy."

I said, "Well, which one are you then?"

Mind Games

Crossword



Across

1. Restricted (7)
5. Perils (5)
8. Detection Device (5)
9. Villain (5)
10. The Sheltered Side (7)
11. Flightless bird of Australia (3)
12. Chasm (5)
14. Complies (5)
19. Prohibit (3)
20. Diplomatic (7)
22. Nimble (5)
23. Light beam (5)
24. Reside (5)
25. Boring (7)

Down

1. Food Store (6)
2. Decoration (5)
3. Goals (7)
4. Fin (6)
5. Stiff (5)
6. Stage Set (7)
7. Repress (6)
13. Dressing (7)
15. Perplexed (7)
16. Overseas (6)
17. Dialect (6)
18. Tusked marine mammal (6)
20. Test (5)
21. Lariat (5)

Word Search In Your Dreams



ANAGRAMS—ACTORS

1. Mice Tours
2. Perm Restyle
3. Barn Moorland
4. Tinsel Tweak
5. Phantom Memos
6. Animal Crank

Can you find the hidden words? They may be horizontal, vertical, diagonal, forwards or backwards.

CATNAP, DAYDREAM, DOZE, DREAM, DROWSY, EXHAUSTED, FANTASY, FATIGUED, FORTY WINKS, HIBERNATE, IMAGINATION, KIP, MIRAGE, NIGHTMARE, NOD OFF, RELAX, REPOSE, REST, SHUTEYE, SIESTA, SLEEP, SLUMBER, SNOOZE, STARGAZE, TIRED, VISION, WEARY.

Solutions can be found on Page 8

Answers to last month's Trivia Quiz

	Clues	Answers
1	26 L of the A	26 Letters in the Alphabet
2	7 W of the W	7 Wonders of the World
3	12 S of the Z	12 Signs of the Zodiac
4	18 H on a GC	18 Holes on a Golf Course
5	5 T on a F	5 Toes on a Foot
6	90 D in a R A	90 Degrees in a Right Angle
7	3 W on a T	3 Wheels on a Tricycle
8	1000 M in a M	1000 Millimetres in a Metre
9	13 in a B D	13 in a Bakers Dozen
10	6 S on the A F	6 Stars on the Australian Flag
11	7 D of the W	7 Days of the Week
12	64 S on a C B	64 Squares on a Chess Board
13	9 L of a C	9 Lives of a Cat
14	8 T on an O	8 Tentacles on an Octopus
15	6 B in an O of C	6 Balls in an Over of Cricket
16	20 Y in a S	20 Years in a Score
17	A T W in 80 D	Around the World in 80 Days
18	2 E and 2 E on Y H	2 Ears and 2 Eyes on your Head
19	26 F in a Y	26 Fortnights in a Year
20	21 S in a G	21 Shillings in a Guinea

SUDOKU Sudoku is easy to play and the rules are simple. Fill in the blanks so that each row, each column, and each of the nine 3x3 grids contain one instance of each of the numbers 1 through 9.

4		7					3	
				2			5	
	8			1		2		7
			3				9	
2								
			4			8		5
		9						1
7			6	8				
	4	1						

LEVEL MEDIUM

	8	9	4	1				
		6	7			1	9	3
2						7		
3	4		6				1	
			9					5
				2			5	
6	5			4			2	
7	3		1					

LEVEL EASY