



WEBSITE: [www.havilah.org.au](http://www.havilah.org.au)

You can access the Havilah Facebook Page via the website



## A MASSIVE YEAR FOR ACCREDITATION AT HAVILAH IN 2019

Both Havilah sites are subject to re-accreditation this year. The Harkness application is already in so the assessment can be at any time pre 21st May. Raglan will be sometime towards the end of the year.

We continue to hear reports of facilities not meeting the Accreditation Standards. This has been a concerning trend over the past 6—12 months, which points to a changed audit methodology as many of these services, like Havilah, have never had unmet outcomes in the past.

As all assessments are now unannounced we do not know when the assessors will arrive on site. These assessments are conducted by multiple assessors over several days so are quite an impact on the normal running of our extremely busy services. In addition Raglan House will receive at least one unannounced support visit prior to its re-accreditation at the end of the year. These single day annual visits have always been unannounced so no changes in this regard.

## And then there is the Royal Commission

Hopefully this will not affect Havilah to any great degree however all providers are INVITED to lodge a submission by 8th February and at the same time we are reminded that the Commission has the power to REQUIRE submissions. From that we would assume that we should get cracking on Havilah's submissions (they would like one from each service) which we are advised should be comprehensive but not exceed 50 pages for each service. There are positives in that in addition to the requirement to provide copious information going back five years there is an opportunity to include particular areas we think need to be changed and how they might be changed. From my perspective it will be well worth putting together 100 pages of information if we can achieve good outcomes on funding and workforce issues.

As always, please do not hesitate to contact me with any issues or concerns you may have. I am happy for residents to contact me out of hours when needed.

*My best wishes to you and your family for a year ahead filled with happiness, good health and prosperity*

*Babs*

## FROM THE CEO

### 2019 PROMISES TO BE A BUSY AND EXCITING YEAR FOR HAVILAH.

#### Regional Rural and Remote Infrastructure Grant Program.

**Great news:** Havilah has successfully gained a grant of \$381,900 through this program for works at Havilah on Palmerston. The works include

Installation of a 69.3kW Solar Power System \$119,800  
 A 38.7m<sup>2</sup> extension to the resident dining room \$218,600;  
 and establishment of 104m<sup>2</sup> of large item storage including secure enclosed gopher parking for nine gophers \$43,500.

Stu will be happy, he has been waiting almost 7 years for his shed.

Unfortunately the application for Harkness was not successful but it was a long shot that both applications would get up being in the same town. The fact that Palmerston is a very small residential aged care service fitted the criteria very well and we are extremely happy with the almost \$382,000 granted.

The good news is that this injection of funds will allow works applied for at Harkness to install solar power and change the balcony balustrades at Heath House to also be carried out. So definitely a win win for both sites.

### Havilah on Palmerston Development

As reported in the previous edition of HOP Topics the Planning Permit has been lodged with Central Goldfields Shire for the development of the former tennis court site at Havilah on Palmerston. An Information Session was held on 18th December and a copy of the information provided is available on request. Please telephone or email Raeleen T:54 617380 E:[raeleen.brooker@havilah.org.au](mailto:raeleen.brooker@havilah.org.au) or myself T:0429617380 E:[barb.duffin@havilah.org.au](mailto:barb.duffin@havilah.org.au) if you would like a copy. The proposal includes two multi storey buildings including one 24 unit residential aged care building (similar to Raglan House) and one 18 unit retirement living building, linked by a covered walkway. We expect to turn the first sod on the development later this year. Fingers crossed that the planning approval process proceeds without issue.



Retirement living residents, Raglan House residents and representatives from the Lions Club joined together for a Christmas special morning tea. All had a great time having a chat and laugh and enjoying the festive atmosphere.



## EFTPOS

For the convenience of residents, EFTPOS facilities are located at reception in the High School Centre for payment of Accounts.



Postage stamps are available for purchase at the reception desk at the High School Centre. Reception hours are Monday - Friday, 9.00am - 12noon, except public holidays.





## PHOTO GALLERY



The annual Christmas BBQ was well attended by the retirement community, family and friends, with many compliments received for the hospitality that was given to all. A huge thankyou to all Havilah staff and volunteers who made this event very enjoyable. The winner of the decorated Christmas cake was Lorna Baines.



**Justices of the Peace** There are 2 Justices of the Peace living at Havilah on Palmerston

If residents require their assistance you are welcome to contact them during Business Hours

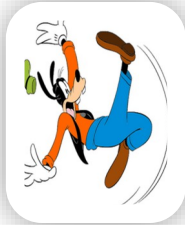
**CONTACT: Bob Osborne**

Phone: 5461 2709 Mobile: 0409 189 681

Email: bobosborne8@iprimus.com; or

**Terry Simpson**





## FALLS PREVENTION

Regular podiatry for foot care helps with balance.  
The use of appropriate walking aids.  
Realising the time to attend the bathroom.



Thank you to all our volunteers from the retirement community.. We appreciate your generosity so much. New volunteers are always welcome. Please advise Kim or Reception if you are interested in volunteering.



## The conversations of life

### Hang in there: study finds laughter replaces bickering as couples get older



Honeymoon long since over? Don't worry – a University of California study has found the arguments that can mark the early and middle years of marriage usually give way to humour and acceptance as couples age.

The researchers based this finding on a series of observational interviews over 13 years with 87 middle-aged and older husbands and wives who'd been married for between 15 to 35 years.

Overall, they observed the longer couples were married, the more teasing and jokes – and less criticism – they dis-

played towards each other (good to know!)

It supports an earlier study that concluded wives were more 'emotionally expressive' than their husbands (we're guessing this means more tears) and as they grew older, tended towards more domineering behaviour (I don't know what they're talking about).

But in general, this behaviour dropped off across all ages and genders as people got older.

Happy wife (and husband) = happy life

The study authors say it explains one of the great paradoxes of life – while people lose family and friends as they get older, those in happy marriages are relatively happy with low rates of depression and anxiety.

We think it makes perfect sense. There is this ageist idea that couples get less happy over time when in fact, many people become more focused on the positives in their lives as they age – spouses included.

So, the next time, you and your significant other are arguing over who takes the dog for a walk, take heart – one day you'll be laughing about this.

Unless they forget your anniversary.

### SHORT FUNNY SAYINGS:

- I am on a seafood diet. I see food, and I eat it.
- I don't need a hair stylist, my pillow gives me a new hairstyle every morning.
- Don't worry if plan A fails, there are 25 more letters in the alphabet.
- If I'm not back in 5 minutes, just wait longer....
- A balanced diet means a cupcake in each hand.
- Don't drink while driving - you might spill your beer.
- I refuse to answer that question on the grounds that I don't know the answer.
- My wallet's like an onion. When I open it, it makes me cry...
- I'm not clumsy, the floor just hates me, the table and chairs are bullies and the walls get in my way.
- Life is short, smile while you still have teeth.
- I'm not lazy, I'm just very relaxed.
- You're born free, then you're taxed to death.



### A NIGHT AT THE MOVIES

#### "Christopher Robin" Starring Ewan Mc Gregor

Christopher Robin, now a family man living in London, receives a surprise visit from his old childhood pal, Winnie the Pooh. With Christopher's help, Pooh embarks on a journey to find his friends Tigger, Eeyore, Owl, Piglet, Rabbit, Kanga and Roo. Once reunited, the lovable bear and the gang travel to the big city to help Christopher rediscover the joy of life.

Showing **TUESDAY 15th January** at 6.30pm, supper provided.



**3rd SUNDAY OF THE MONTH**  
Next Market: 20th January 2019



**SUNDAY TOURIST MARKET**

On Nolan and Alma streets

**8:00am to 1:00pm**

1<sup>st</sup> Sunday of each month

Trevor Stevens - 0407 114 770

[maryborough.vic.lions.org.au](http://maryborough.vic.lions.org.au) [maryborough@lions201v1-4.org.au](mailto:maryborough@lions201v1-4.org.au)  
[www.facebook.com/MaryboroughVicLionsMarket](https://www.facebook.com/MaryboroughVicLionsMarket)

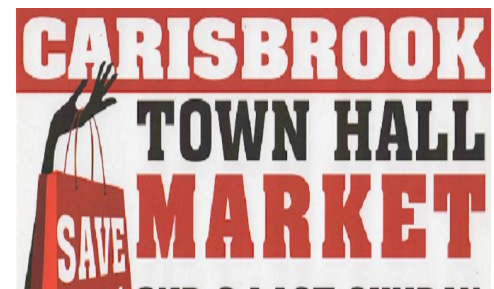
**MARYBOROUGH LIONS CLUB**

Road Closure Intersection of Nolan and Alma Streets 6:00am to 2:00pm

**1st SUNDAY OF THE MONTH**  
Next Market 6th January 2019



**2nd Sunday of each month**  
Next Market 13th January 2019



**Next Market 27th January 2019**



**2019 Central Goldfields Shire Australia day Celebration**  
**Saturday 26th January 2019**  
**Station Domain 10.00am**

#### Emailing HOP TOPICS

If you provide us with your email address, we can email your Newsletter to you. Please email your details to [andrew.earl@hivilah.org.au](mailto:andrew.earl@hivilah.org.au).  
Your assistance with this is appreciated.



## BOOK REVIEW



Amid the Australian Army hospitals of World War I Egypt, two deeply determined individuals find the resilience of their love tested to its limits.

It's 1911, and 21-year-old Evelyn Northey desperately wants to become a doctor. Her father forbids it, withholding the inheritance that would allow her to attend university. At the outbreak of World War I, Evelyn disobeys her father, enlisting as an army nurse bound for Egypt and the disastrous Gallipoli campaign.

Under the blazing desert sun, Evelyn develops feelings for polio survivor Dr William Brent, who believes his disability makes him unfit to marry. For Evelyn, still pursuing her goal of studying medicine, a man has no place in her future. For two such self-reliant people, relying on someone else for happiness may be the hardest challenge of all.

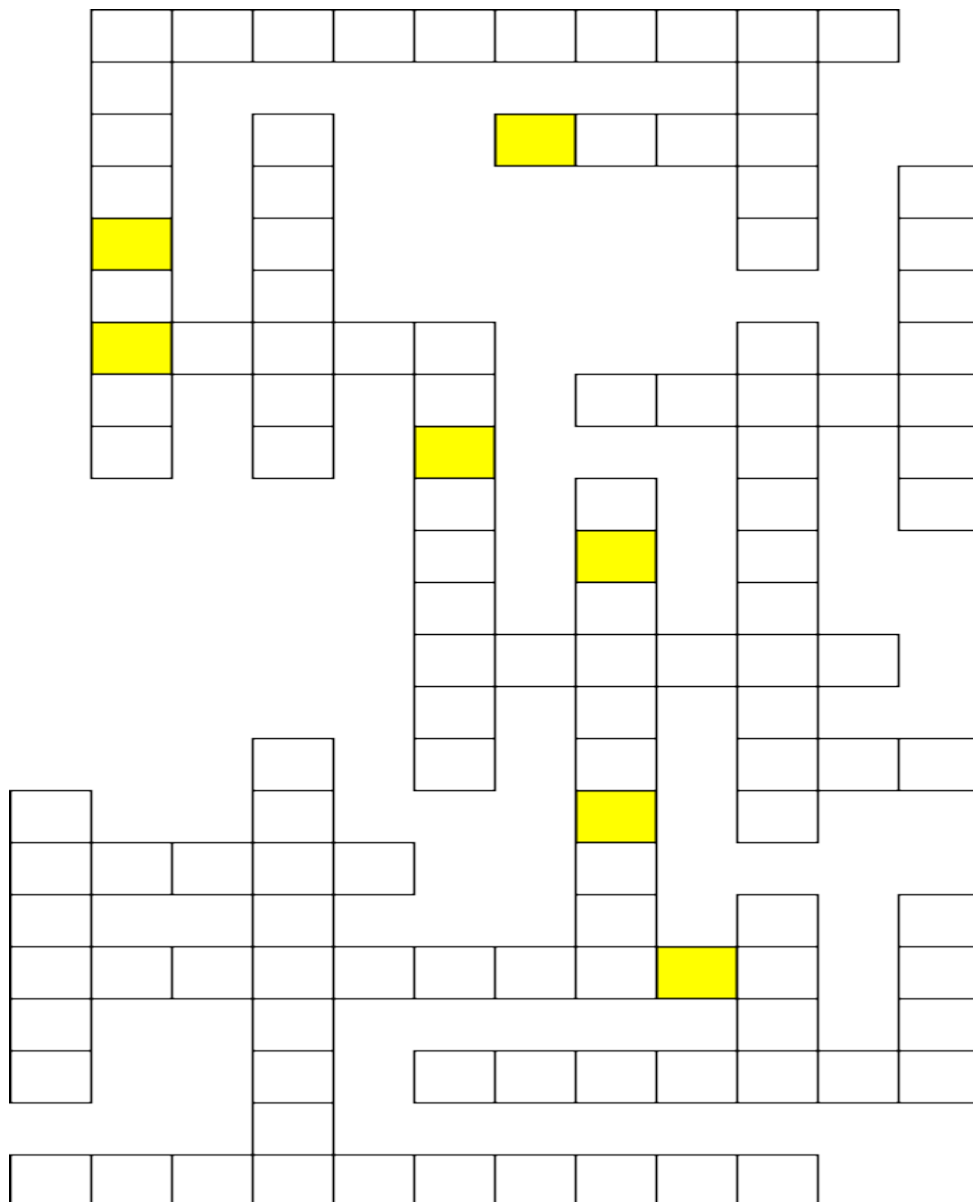
From the casualty tents, the fever wards and the operating theatres of the palace; through the streets of Cairo during Ramadan, to the parched desert and the grim realities of war, Pamela Hart, beloved bestselling Australian author of *THE WAR BRIDE*, tells the heart-wrenching story of four years that changed the world forever.



**PLEASE RESPECT THE NON SMOKING AREAS  
AT HAVILAH ON PALMERSTON**



**TAI CHI will resume after the  
Christmas, New Year break on  
Wed 30th Jan and Mon 4th Feb**



RAY

**BABE**

# IAWS

TAXI

ALIAN

FARGO

## SHREK

## SPRINKLER TWIN

6 letter word

## CLOSER

PSYCHO

**7 letter word**

# AMADEUS

## ADDRESS NETWORK

## VERTIGO

**9 letter word**

ALEXANDER

GLADIATOR

## SPARTACUS

**10 letter word**

**BRAVEHEART**

## CASABLANCA

GOODFELLAS

METROPOLIS

## UNFORGIVEN

Criss-Cross 02

**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 1-9

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

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

LEVEL 430

LEVEL 430

## 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**  
**For 24 Hour Contact**

**Nurse Manager 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**

**WEEKEND 5461 7394**

**LIFESTYLE 54617 390**

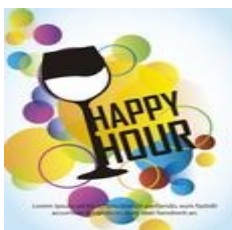
**CEO 54617 381**  
**0429617380**

**RAELEEN 54617 380**



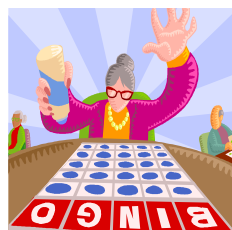
### RESIDENTS MEETING & LIFESTYLE COMMITTEE Meeting will be

Thursday 17th January 2019 at 2.45pm,  
 Room 7 in the High School Centre (Coffee &  
 Chat immediately after the meeting)

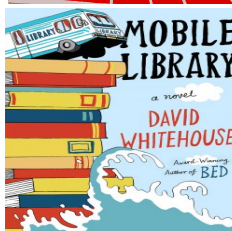


### HAPPY HOUR

Every Friday night in the High School Centre  
 Function Room (Rooms 1 and 2) commencing  
 at 5.00pm  
 entertainment, finger food & drinks.



**BINGO** Monday- Friday 1.30 P.M. Ground  
 Floor Raglan House



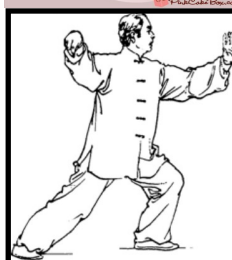
### MOBILE LIBRARY EVERY 2ND MONDAY

21st January, 4th and 18th February  
 Raglan House—Ground Floor—Neill  
 Street end



### SPECIAL MORNING TEA—COMING DATES

2nd Friday of each Month  
 North End Common area Raglan House  
 All ILU's and Raglan residents are invited to  
 attend.



### TAI CHI

Monday session – 1.00 to 2.30 pm

Wednesday session - 10.00 to 11.30 am  
 Room 7 High School Centre

### ♦ STRENGTH EXERCISES AND FALLS PREVENTION

Every Monday at 2.30 Raglan House Ground floor

### ♦ CHAIROBICS

2.30 P.M. Tuesday & Fridays Ground Floor Raglan House



## What's On & Events

### CHURCH SERVICES Room 7—High School Centre

UNITING CHURCH - 1st Tuesday of the month at 2.30pm.

ANGLICAN CHURCH - 2nd Thursday of the month at 10.30am



### MOVIES

3rd Tuesday of each month Rm 7 starting time of 6.30pm (Supper included)

**15th January and 19th February 2019**

#### ♦ MARYBOROUGH MENS SHED

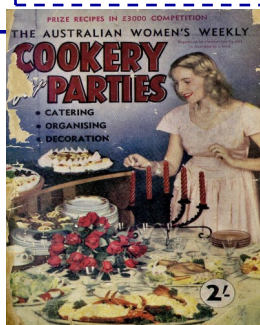
Meets Tuesday and Thursday mornings at 9 a.m at its shed at 42a Newton St. Maryborough.

New members welcome

for information contact 0417365642

#### ♦ MARYBOROUGH BRANCH CWA.

Meets at the Maryborough School House in Gillies St. on the 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.



### THINGS MY MOTHER USED TO SAY

Go play outside, it's a beautiful day!  
How do you know you don't like it if you haven't tasted it?  
I hope one day your children are just like you.  
I just want what's best for you.  
I will always love you, no matter what.

**Maintenance Reporting** Residents are requested to report all maintenance issues to Reception Monday to Friday between 9.00am & 12 noon telephone 54590140 or call in. For urgent items during business hours call maintenance direct on 0417679803 or contact Reception at Harkness 54617387.

Alternatively residents can email any issues to [palmerston@hivilah.org.au](mailto:palmerston@hivilah.org.au)

For after hours and weekends telephone our on call maintenance on 0408645203

**NOTE:** This also applies to garden and grounds issues that need addressing. If you report these or any other items as a maintenance request and you are not satisfied with the response to your request please contact CEO Barb Duffin either by telephone or email. The various numbers are included each month in this Newsletter. Barb's mobile number is included and you can contact her 24/7. Best not ring after midnight though unless it is a real emergency.

## IN THE KITCHEN

### EGG & BACON HASH BROWN TRAY BAKE



#### INGREDIENTS:

- 6 (about 700g) Desiree potatoes, grated with skin on.
- 35g Butter, melted.
- 1tablespoon SR flour.
- 6 Large rashers bacon, rind trimmed.
- 60g Baby spinach leaves.
- 6 Eggs.
- 2 Tomatoes, seeded, finely chopped.
- 1/2 small red onion, finely chopped
- 1/2 teaspoon balsamic vinegar.

#### METHOD:

- Preheat oven to 220C/200C fan force.
- Line 25.5x36cm baking dish with baking paper.
- Rinse the grated potato under cold running water. Place in a clean tea towel and squeeze out excess moisture.
- Place the potato in a large bowl. Pour over the butter and toss to combine. Add the flour, then season. Use hands to toss again until combines. Spread the potato mixture evenly in the prepared dish and bake for 15 minutes.
- Use the back of a spoon to make 6 indents in the potato mixture. Fold the bacon rashers into little cup shapes and place inside the indents. Place the spinach leaves in the bacon cups. Ensuring there are no gaps. Crack an egg into each indent. Bake for 15 - 20 minutes or until the potato is golden and the eggs are just set. The yolks should still be a little soft.
- Combine the tomato, onion and vinegar in a bowl and sprinkle over tray bake.



### WEIRD and WONDERFUL WORDS

**FLOCCINAUCIBIHILIPILIFICATION** - the action or habit of estimating something as worthless (a word generally only quoted as a curiosity)



#### Quiz and Crossword Solutions from page 7 & 13

1. George Selth Coppin.
2. The Mahogany Ship.
3. 1974
4. 1860

L	U	S	H	V	E	H	E	M	E	N	T
E	N	D	N	S	S	S	S	S	S	S	S
C	H	I	A	N	T	I	N	A	I	V	E
X	A	E	R	E	R	E	O	H	A	C	
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J	E	O	P	A	R	D	Y	E	D	G	E

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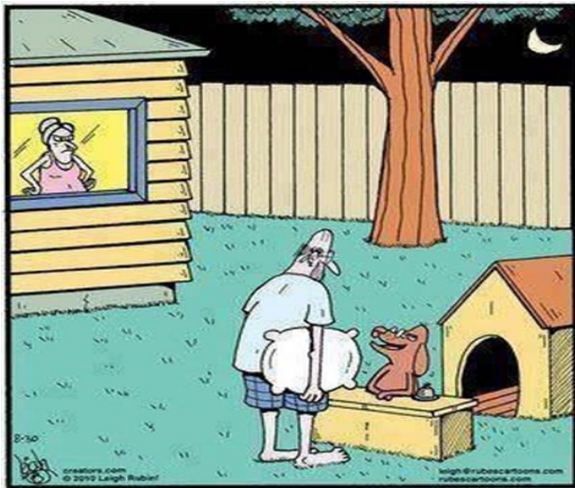
## SMILE TIME



Recently a routine police patrol was parked outside a bar in the Outback. After last call, the officer noticed a man leaving the bar so apparently intoxicated that he could barely walk. The man stumbled around the parking lot for a few minutes, with the officer quietly observing. After what seemed an eter-

nity, in which he tried his keys on five different vehicles, the man managed to find his car and fall into it. He sat there for a few minutes as a number of other patrons left the bar and drove off. Finally he started the car, switched the wipers on and off; it was a fine, dry summer night,

flicked the blinkers on and off a couple of times, honked the horn and then switched on the lights. He moved the vehicle forward a few inches, reversed a little, and then remained still for a few more minutes as some more of the other patrons' vehicles left. At last, when his was the only car left in the parking lot, he pulled out and drove slowly down the road. The police officer, having waited patiently all this time, now started up his patrol car, put on the flashing lights, and promptly pulled the man over and administered a breathalyser test. To his amazement, the breathalyser indicated no evidence that the man had consumed any alcohol at all! Dumbfounded, the officer said, "I'll have to ask you to accompany me to the police station. This breathalyser equipment must be broken." "I doubt it," said the truly proud Redneck. "Tonight I'm the designated decoy."



**"Welcome back, sir. Are you planning on being our guest for one night only, or will this be your usual extended stay?"**

A couple go for a meal at a Chinese restaurant and order the "Chicken Surprise". The waiter brings the meal, served in a lidded cast iron pot. Just as the wife is about to serve herself, the lid of the pot rises slightly, and she briefly sees two beady little eyes looking around before the lid slams back down.

"Good grief, did you see that?" she asks her husband.

He hadn't, so she asks him to look in the pot. He reaches for it and again the lid rises, and he sees two little eyes looking around before he too slams down the lid. Rather perturbed, he calls the waiter over, explains what is happening and demands an explanation.

"Please sir," says the waiter, "what you order?"

The husband replies, "Chicken Surprise."

"Ah... so sorry," says the waiter, "I bring you Peeking Duck"

A man walking through a supermarket to pick up a few things noticed an old lady following him around.

Thinking nothing of it, he ignored her and continued on shopping.

Finally he went to the checkout, but the old lady got in front of him.

"Pardon me," she said, "I'm sorry if my staring at you has made you feel uncomfortable. It's just that you remind me of my son who recently died."

"I'm very sorry," replied the young man. "Is there anything I can do for you?"

"Yes," she said, "As I'm leaving, can you say 'Goodbye, Mother!'"

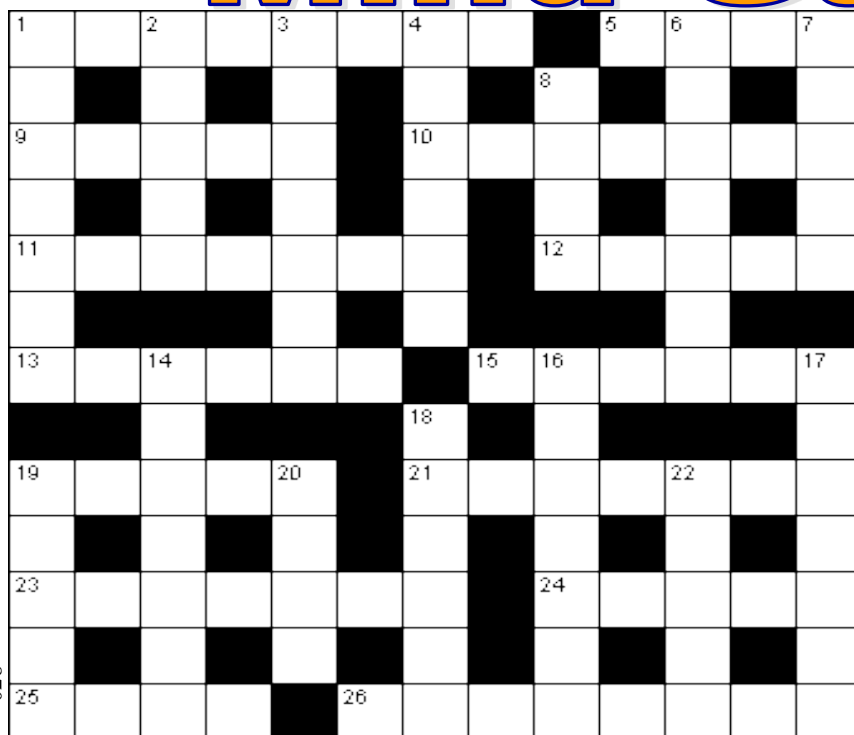
The young man then stepped up to the checkout, put his few items through the register and then saw that his total was \$127.50.

"How can that be?" he asked, "I only bought a few things."

"Your mother said that you would pay for her things," the checkout girl said



**"He's our new Blood and Haematology Specialist."**

**Across:**

1. Peril (8)
5. Rim (4)
9. Similar (5)
10. Extinct Elephant (7)
11. Aromatic seasoning (7)
12. Wild Feline (5)
13. Gaped (6)
15. Winner (6)
19. Go in (5)
21. Farmer's calendar (7)
23. Italian red wine (5)
24. In experienced (5)
25. Luxuriant (4)
26. Fierce (8)

**Down:**

1. Envious (7)
2. Mediterranean fruit tree (5)
3. Norm (7)
4. Type of plum (6)
6. Shortage of rainfall (7)
7. Used as and anesthetic (5)
8. Leave out (4)
14. Achieves (7)
16. Vast (7)
17. Wealthiest (7)
18. Of the sea (6)
19. Surpass (5)
20. Rip (4)
22. Dissonance (5)

## Word Search - What's your Game?

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

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

BACCARAT, BLACKJACK, BRIDGE, CANFIELD, CASINO, CHICAGO, CLOCK, CRIBBAGE, ECARTE, EUCHRE, FANTAN, GO FISH, HEARTS, KLONDIKE, MAICHIGAN, NEWMARKET, OLD MAID, PATIENCE, PIQUET, POKER, PYRAMID, SEVENS, SNAP, SOLITAIRE, SPIDER, STOPS, TWENTY-ONE, WHIST.

## QUIZ

1. Who was known as the father of the theatre?
2. Claimed to be buried near Warrnambool is which 400 plus year old ship?
3. In which year did Cyclone Tracey hit Darwin?
4. In which year did Burke & Wills set out from Melbourne to cross the continent from South to North?



## NOTICE BOARD

### 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.

### 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	barb.duffin@havilah.org.au
Food Services Manger	Di Jackson	di.jackson@havilah.org.au
Nurse Manager	Deb Matthews	deb.matthews@havilah.org.au
Director of Care	Kelsey Hooper	kelsey.hooper@havilah.org.au

### **COMMENTS, COMPLIMENTS, SUGGESTIONS AND COMPLAINTS FORMS ARE AVAILABLE IN THE FOYERS OF THE HIGH SCHOOL 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: [barb.duffin@havilah.org.au](mailto:barb.duffin@havilah.org.au)

**Director of Care Kelsey Hooper** 54 617383

email: [kelsey.hooper@havilah.org.au](mailto:kelsey.hooper@havilah.org.au)

**Nurse Manager Havilah on Palmerston Deb Matthews**

email: [deb.matthews@havilah.org.au](mailto:deb.matthews@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: [mail@havilah.org.au](mailto:mail@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.

### **RAGLAN HOUSE NURSE 24 HOUR CONTACT NUMBER**

Telephone 54 590150

### **HAVILAH ON PALMERSTON RECEPTION HOURS**

MON-FRI 9.00 am—12.00 pm for account payments and enquiries 5459 0140

### **HARKNESS ST RECEPTION OFFICE HOURS**

MON-FRI 9.00 am—4.00 pm for account payments and enquiries 5461 7300

**ON CALL MAINTENANCE after hours and weekend calls. 0408 645 203**