

HAVACHAT

Issue 9th January 2017

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



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 a few 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

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

Resident Meeting— 14th February at 1.15pm in Callistemon Activities Room.

Resident Meeting Heath House - 21st February at 2pm in Heath House.

THESE MEETINGS ARE A FORUM FOR IDEAS AND NEW INITIATIVES TO BENEFIT RESIDENTS AND FAMILIES. WE WELCOME YOUR INPUT.



Gaurav and Puneeta Maheshwari from the Maryborough Dental Practice invited Havilah residents to share a Christmas lunch at the Maryborough Highland Society on Saturday 3rd December.

50 residents from Harkness Street, Raglan House together and Havilah's retirement community and volunteers really enjoyed the day. An amazing gesture from Gaurav and Puneeta - a big thank you from all at



**MARYBOROUGH DENTAL PRACTICE
CHRISTMAS LUNCH
MARYBOROUGH HIGHLAND SOCIETY.**





Havilah Family & 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?



Editors apology

A 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 much enjoyed by those who attended. A big thank you to Sue, her staff and team of volunteers who set up and created such a great atmosphere for residents and families to be together on this special day.

MONEY and VALUABLES

Residents are asked to limit the amount of money or valuables kept on their person or in their rooms. There is a locked drawer in each room for residents who have the capacity to ensure that they will keep money and valuables locked away. EFT facilities are available at reception and purchases at the kiosk, hairdressing, footcare etc can be added to the monthly accounts. Havilah will not be responsible for any missing money or valuables.

RESIDENTS BE AWARE

At times residents receive phone calls from persons asking for bank details. This type of phone call should at all times be ignored.

PLEASE DO NOT ADVISE YOUR BANK DETAILS TO ANYONE OVER THE PHONE AND REPORT ALL SUCH CALLS TO RECEPTION.

REPORTING FOOD BROUGHT IN FOR RESIDENTS

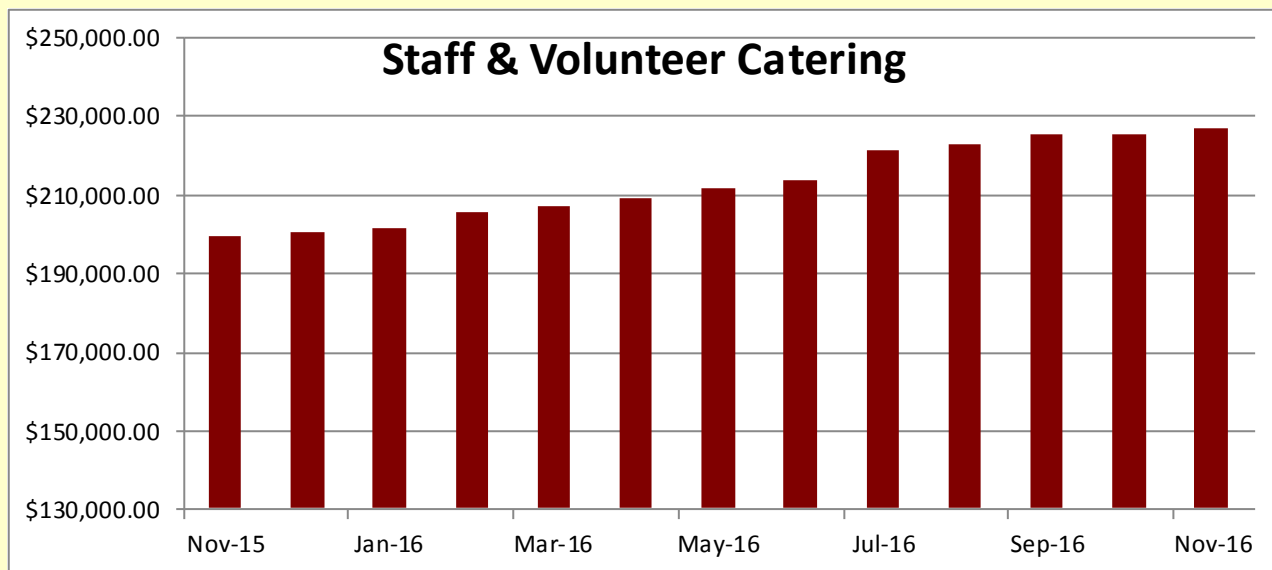
All food brought in by residents or their families/visitors must be reported to kitchen staff. Food put in the fridges must also have the residents name and the date clearly marked.

PARKING The undercover area at the front of the main foyer is only a 5 minute drop off/pick up for residents. The area is to be kept clear for Emergency Vehicles. When parking in the carpark at the front of the main building visitors are asked to only park in the line marked areas. Where there are no parking spaces available, parking available in the Harkness Street and at the rear of Melaleuca House (enter from Burns Street).

Signing In and Out

We ask that all residents and visitors complete the details in the Sign In/Out Books when exiting or entering the facility. This assists us to know who is in the facility in the event of an emergency situation.

This table shows the amount of fundraising provided by the Havilah volunteer catering group. The Group provides catering for birthdays, parties, funerals and weekly dinners for Maryborough Rotary. New volunteers are always welcome. Please see Sue or Raeleen.



RESIDENT SURVEYS

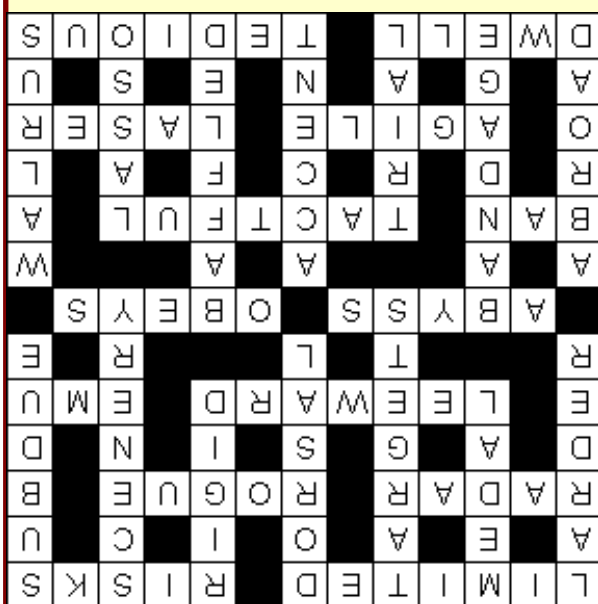
RESIDENT SURVEYS - November 2016:

Of the 67 (45 Harkness + 22 Raglan) residents surveyed:

100% of residents are happy that they can get outdoors when they want.

100% surveyed residents agree that staff let them do things that you wish to do yourself.

100% of residents stated that they have easy access to the things they want.



Answers to Anagrams—Actors:

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



**Quiz and Crossword
Solutions from page 10**



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



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

CHURCH SERVICES – NOTE: There will be no Church services conducted throughout the month of January.

SPECIAL EVENTS - 26th January, Australia Day Celebration Luncheon

AWESOME FACTS:



1. Australia is as wide as the distance between London and Moscow.
2. The biggest property in Australia is bigger than Belgium.
3. More than 85% of Australians live within 50km of the coast.
4. In 1880, Melbourne was the richest city in the world.
5. Gina Rinehart, Australia's richest woman, earns \$1 million every half hour, or \$598 every second.
6. In 1892, a group of 200 Australians unhappy with the government tried to start an offshoot colony in Paraguay to be called 'New Australia'
7. Per capita, Australians spend more money on gambling than any other nation.
8. In 1832, 300 female convicts mooned the Governor of Tasmania. It was said that in a rare moment of collusion with the Convict women, the ladies in the Governor's party could not control their laughter."
9. Australia is home to the longest fence in the world. It is 5,614 km long, and was originally built to keep dingos away from fertile land.
10. Australia was one of the founding members of the United Nations.
11. Melbourne is considered the sporting capital of the world, as it has more top level sport available for its citizens than anywhere else.
12. Before the arrival of humans, Australia was home to megafauna: three metre tall kangaroos, seven metre long goannas, horse-sized ducks, and a marsupial lion the size of a leopard.

MARYBOROUGH REGIONAL LIBRARY.

The first visit for the New Year from the Mobile Library Service will be on Friday 27th January. The service will operate in the Grevillea common area.

WEEKLY ACTIVITIES



MONDAY

Nail Pedicure Pamper a.m.
Foot Spa a.m.
Bus Trip 1.30 pm
Bingo 1.45 pm



TUESDAY

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



WEDNESDAY

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



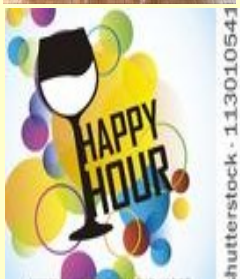
THURSDAY

Foot Spa a.m.
Bingo 1.45 pm
Craft Group 3.15pm



FRIDAY

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



SATURDAY

Special Bingo
Heath House "CAFÉ" 3.00pm
Yummy Afternoon Tea;
Milk Shakes; Iced Coffee



SUNDAY -

Devonshire Afternoon Tea

COOKED BREAKFAST 1st Monday of Each Month

January:

Jessie Dearing*January 2017*

Mo	Tue	Wed	Thu	Fri	Sat	Sun
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	29

Favourite topics: I take a great interest in my family.

Favourite Food and Music: I love any toe tapping music and my favourite food is any type of seafood and I love to indulge in chocolate.

Name: Jessie Dearing

Length of time at Havilah: 7 and half years.

My Story: I was born in London, “a true Cockney” within the sounds of the “Bow Bells”. Due to my fathers work as a lighter-man on the coal barges on the River ‘Thames’, we moved around a quite a lot. Due to the war I could nor continue schooling and at the age of 14 obtained employment as shop assistant in a ladies fashion house and I married at the age of 19.

Things you used to do for fun: In my younger days I used to love cycling throughout the country side, going on holidays with my grandmother picking hops, we used to sit on the cart and throw them at other people walking past.

About where you have lived: I lived in Retherhind, Catford in England before moving to Australia in 1960. The family settled in Cheltenham, then on retirement moved to Forrest in the Otway ranges. In 2007 moved to Dunolly.

Travel, sport, passions: During my school years I was a champion swimmer, enjoyed athletics participating in long jump, high jump, and running. I have travelled throughout Australia thoroughly enjoyed bus trips and the train trip on the Ghan.

Things you enjoy to do now: I enjoy Bingo, Carpet bowls, talking and tormenting the staff. Generally having a good laugh with everyone.

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.

Please note that anonymous complaints are difficult to action so if you wish for an issue to be fully addressed please put your name and contact clearly on the form. We will keep your complaint confidential if you wish this. 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 KITCHENS

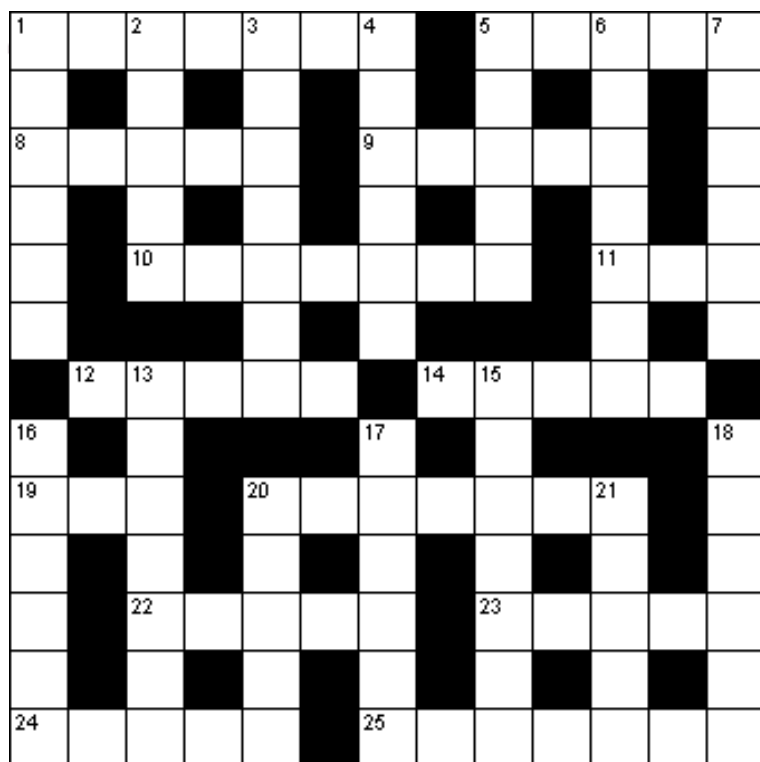
Main Kitchen **54617388** Internal Dial **388**

Heath Kitchen **54617482** Internal Dial **482**

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. 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.**

Mind Games



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

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

ANAGRAMS—ACTORS

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

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.



HAV'A'LAUGH

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

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 then 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!"

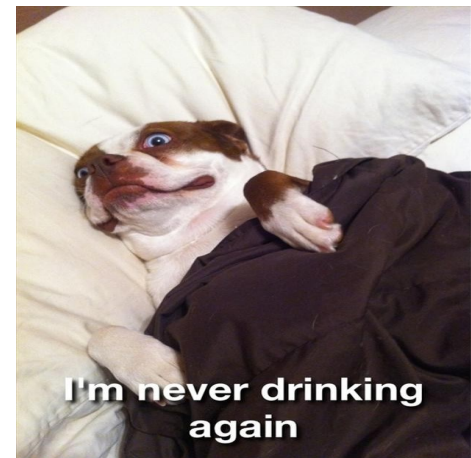
"I have an interesting case here," he says. "A woman shot her husband for stepping on the floor she just mopped."

"Have you arrested her?" asks the sergeant.

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

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.



more awesome stuff at ThumbPress.com



"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?"

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

SPECIAL EVENT

BBQ and Movie Night
 at Raglan Street

Tues 17th January \$10.00 per person
 BYO Blankets and Drinks (Please place
 names on the list in Raglan Reception
 area or call 5459 0140 Mon-Fri 9am—
 12am) Must arrange own transport if
 coming from Harkness St or Havilah
 Place.

Cards (500)

4th Thursday of each month at 7pm
 Raglan House

Indoor Bowls

Each Friday at 10am Raglan House or
 each Wednesday 1.30pm at Harkness

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
 (replaced with Chairbics for the month of
 January)

HAPPY HOUR

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

ACTIVIES

Each Saturday at 1.30pm Callistemon
 House.

Retirement Residents have access to HAIRDRESSING and MEALS at both
 sites and also FOOTCARE and PODIATRY .

Please contact Raeleen or Rhonda if you would like to make use of any of
 these services.