

Please contact Jenni on 5461 7387 or email jenni.dellavedova@havilah.org.au if you would like your Havachat sent via email

HAVILAH WEBSITE:
www.havilah.org.au

Issued 18th January 2016

HAVACHAT



Resident Meeting—No meeting for January—next one shall be 8th February at 1.15 pm in Callistemon Activities Room

Resident Meeting Heath House—No meeting for January—next one shall be 15th February at 2.00 pm in Heath House

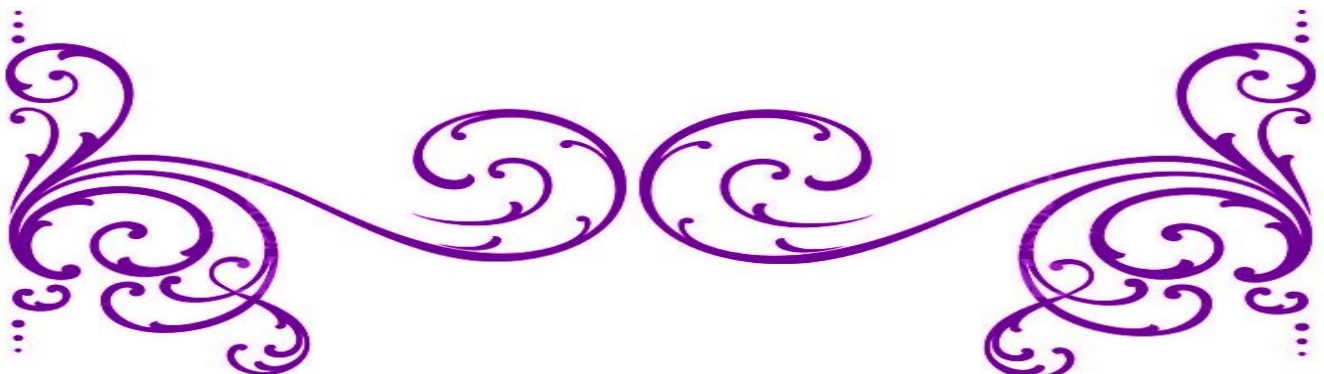
THESE MEETINGS ARE A FORUM FOR IDEAS AND NEW INITIATIVES
TO BENEFIT RESIDENTS AND FAMILIES. WE WELCOME YOUR INPUT.

GRANDMA'S WASHING DAY

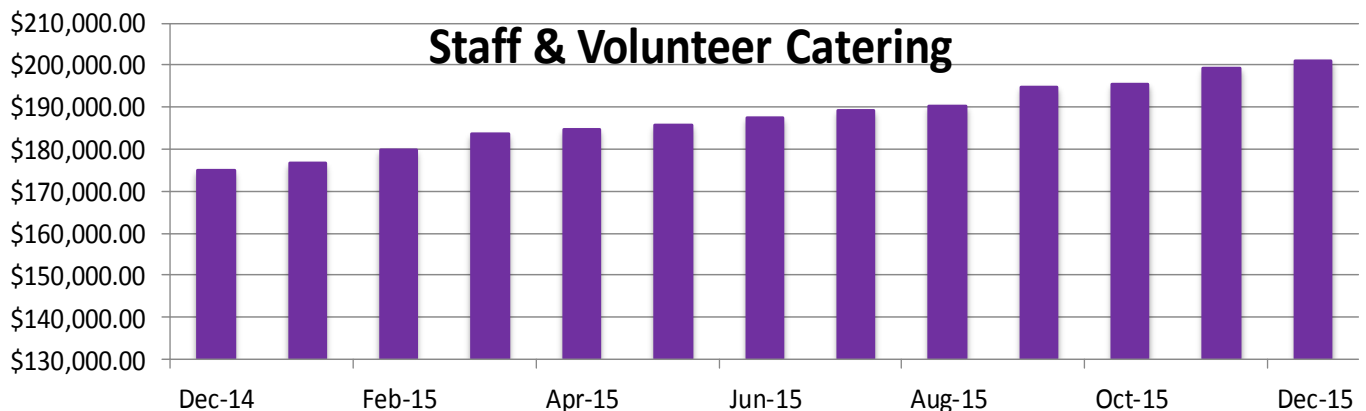
Years ago, when my mother was a bride, my grandmother gave her this routine for washing day. This treasured piece of advice hangs above my gleaming automatic washing machine to remind me how easy life is today.



1. Build fire in back yard to heat kettle of rainwater.
2. Set tub so smoke won't blow in eyes if wind is sharp.
3. Shave one whole cake of lye soap in boiling water.
4. Sort things. Make three piles: one pile white, one pile coloured, one pile work britches and rags.
5. Stir flour in cold water until smooth, then thin down with boiling water for starching.
6. Rub dirty spots on board, scrub hard, boil. Rub coloureds, don't boil, just rinse and starch.
7. Take white things out of kettle with broom handle, then rinse, blue and starch.
8. Spread tea towels on grass to dry.
9. Hang old rags on fence.
10. Pour rinse water on flower beds.
11. Scrub porch with hot soapy water.
12. Go put on clean dress, smooth hair with side-combs, brew cup of tea, sit and rest and rock awhile, and count blessings.



This table shows the amount of fundraising provided by 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 - November 2015:

Of the 50 (36 Harkness + 14 Raglan) residents surveyed:

98% of residents surveyed said the meals are sufficient.

100% of residents said they think the environment is managed in a safe way.

74% of residents participated in the Melbourne Cup activities.

100% of residents who participated in the Melbourne Cup activities said they enjoyed them.

HAVILAH AXILARY KIOSK

KIOSK HOURS: 10am—12noon every Thursday

The resident kiosk is situated in Acacia next to the Hairdressing salon.

It is stocked with goodies for you and our volunteer staff will be happy to help you.



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



Christmas Carols with
the Maryborough
Brownies



And the
CHRISTMAS
BARBEQUE



Havilah

Christmas

BBQ 2015





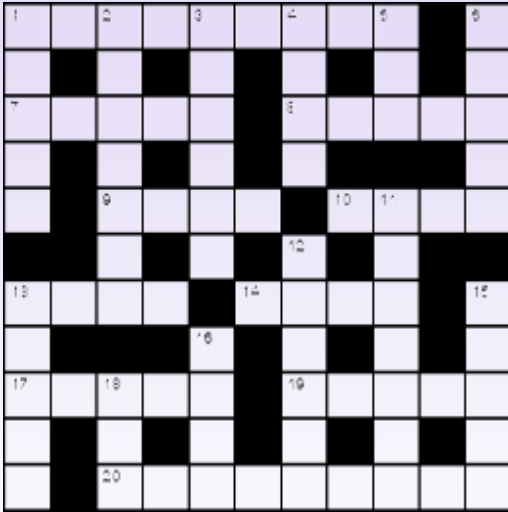
Hi from the desk of the Director of Care,

Christmas has come and gone the New Year is heralded in and people are starting back to work, I hope everyone had a happy Christmas and survived the New Year. The weather is very hot and sticky so just a reminder to ensure we all keep the fluids up and when venturing outside with loved ones and friends you have access to good shade and cool water.

I would like to remind family and friends when escorting a resident out for a full day or overnight stay the likely hood is that the resident will be taking medications. These medications are taken at a prescribed time, if you are the responsible person for the resident please see the medication staff for medications the resident will need and instructions on times they are due, if you are in any doubt please ask the staff to run through the process.

Dave

Mind Games

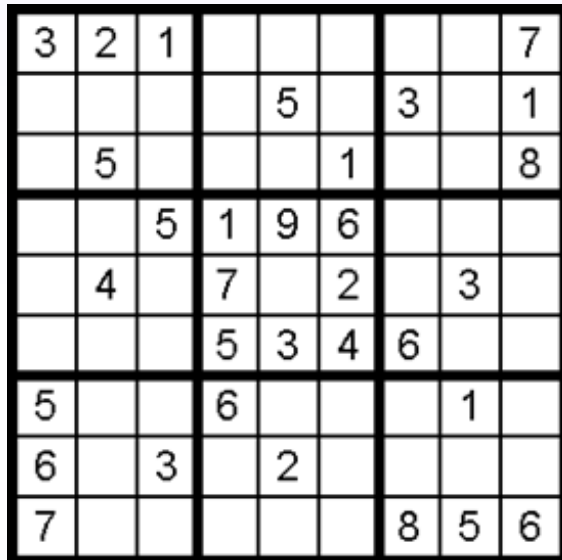


ACROSS

1. Friend (9)
7. Stringed instrument (5)
8. Part of a jacket (5)
9. Notion (4)
10. Prejudice (4)
13. Sand hill (4)
14. Vegetable (4)
17. Weak (5)
19. Freight (5)
20. Ended (9)

DOWN

1. Stateroom (5)
2. Large house (7)
3. Worshipped (6)
4. Not working (4)
5. Short sleep (3)
6. Book of maps (5)
11. Disregarded (7)
12. Writing implement (6)
13. Postpone (5)
15. Stay clear from (5)
16. Tribe (4)



Rearrange the jumbled letters into an 11-letter word for an insect? **GOPHER SPARS**

Can you also use some of the letters to find three 5-letter words?

1. An animal
2. Footwear
3. A fruit



WORD SEARCH



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

ABOUT, ABOVE, ABUTTING, ACROSS, ADJACENT, ADJOINING, ADVANCE, AROUND, ASCENDING, BACKWARDS, BELOW, BENEATH, CIRCLE, CONTIGUOUS, DECLINE, DECREASE, DESCENDING, DIAGONAL, DOWN, EAST, EBBING, FALLING, FLOWING, FORWARDS, HIGHER, HORIZONTAL, INCLINE, INCREASE, INSIDE, LEFT, LOWER, NEXT TO, NORTH, OUTSIDE, OVER, RETREAT, REVERSE, RIGHT, RISING, SOUTH, THROUGH, UNDER, UP, VERTICAL, VIA, WANING,

Solutions can be found on page 11.

GREAT THINGS TO DO IN JANUARY

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

HAPPY HOUR EACH FRIDAY 4.30—5.30pm

Live entertainment in main Dining Room.

Happy Hour activities continue at Heath House



CHURCH SERVICES – all Services begin at 10.30 am

Wed 6th

No Church

Wed 13th

No Church

Wed 20th

No Church

Tue 26th

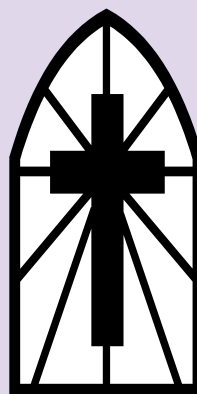
No Church

Wed 23rd

No Church

Wed 27th

Catholic Church



SPECIAL EVENTS

Sat 9th

Special Bingo 1.30pm

Tue 12th

Games Evening 6.30pm

Sat 23rd

Special Bingo 1.30pm

Tue 26th

Australia Day Special Morning tea 10am



WEEKLY ACTIVITIES

BUS TRIPS – Mondays and Fridays

Wednesdays Heath House



Nail Pedicure Pampers - Monday mornings

Foot Spas - Monday and Thursday mornings each week



BINGO at 1.45pm every Monday, Tuesday, Thursday & Friday (Callistemon Activities Room)

INDOOR BOWLS - Wednesdays 1.30pm
(Callistemon Activities Room)



SPECIAL MORNING TEA - Tuesdays 10.00am (Main Dining Room)

HAPPY HOUR EACH FRIDAY at 4.30 PM



TUESDAY - Street Walk 1.30pm

Afternoon Cards 3.15 pm

WEDNESDAY - Strength exercises 11.15am

Cooking classes 3.15pm

THURSDAY - Craft Group 3.15pm

FRIDAY - Video in Lounge 3.15pm

SATURDAY - **Heath House “CAFÉ” 3.00pm**

Yummy Afternoon Tea;

Milk Shakes; Iced Coffee

SUNDAY - Devonshire Afternoon Tea



COOKED BREAKFAST 1st Monday of Each Month

CONTACTING STAFF

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

In the main building Ring 370 between 7am and 11 pm; or 367 between 11 pm and 7 am

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**, if there is no answer on this number the call will be diverted to staff on the floor.

FOR FAMILIES ringing from outside Havilah to speak to staff in **Melaleuca House** please call the nurses station on **54617465**, 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 AND COMPLAINTS FORMS ARE AVAILABLE IN THE FOYERS OF BOTH BUILDINGS

Residents and families are encouraged to communicate any issues they may have. There is a **Director of Care (RN1)** 54 617489 or internal dial 489. Email dave.burridge@havilah.org.au

The RN Nursing Supervisor can be contacted on 54617394 or by internal dial 394.

The **Heath House** Team Leader / Senior can be contacted on 54 617461 or Internal Dial 461

The **Director of Human Services Kelsey Hooper** on 54 617383 Internal Dial 383 email: dhs@havilah.org.au.

You can also contact: **CEO Barb Duffin** 54 617381 Internal Dial 381 Mobile 0429 617380 email: barbceo@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.

GENERAL ENQUIRIES

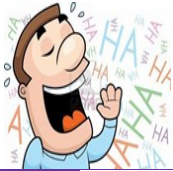
For any general enquiries: Families or residents can contact Havilah 24 hours a day, 7 days a week on Email: mail@havilah.org.au or Telephone: 54617387. Leave a message if it is out of office hours and staff will get back to you as soon as possible.

Residents can contact Rhonda simply by pressing the numbers 387 on room telephones.

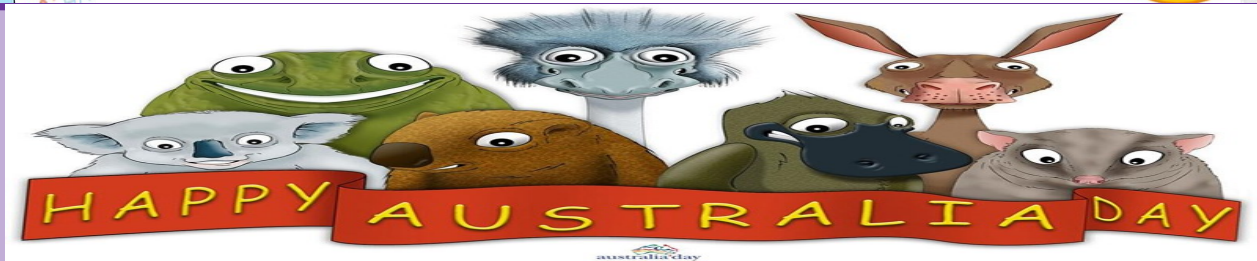
ADMINISTRATION OFFICE HOURS

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

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



HAV'A'LAUGH



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

Answer: Jumbled word: GRASSHOPPER
1. HORSE
2. SHOES
3. GRAPE

HAVACHAT

RETIREMENT LIVING ACTIVITIES

Please contact **Keith Fankhauser** for Havilah on Palmerston and Raglan House Phone: 5459 0169 Mobile: 0408 774 715

Email: keith.fankhauser@havilah.org.au

OR **Sue Edmondson** 54617390 for Harkness Street



MOVIE NIGHT

First Monday of the month at 7pm
Havilah on Palmerston (enter through Raglan House)

CARDS (500)

4th Thursday of each month at 7.00 pm Raglan House (except 24/12/15)

INDOOR BOWLS

Each Friday at 10am Raglan House (except 25/12/15)

GAMES NIGHT

The January Games night is on Tuesday 12th January at 6.30 pm at Harkness Street

CARDS (Show Poker)

Each Tuesday 3.15 pm in Callistemon House

STRENGTH EXERCISES

Each Wednesday 11.15 am in Callistemon House

HAPPY HOUR

Each Friday at 4.30 pm (except 25/12/15) in the Lounge at Harkness St



Harkness Retirement Residents have access to HAIRDRESSING and MEALS at both sites and FOOTCARE and PODIATRY at the Harkness Street site.

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