

HAVACHAT

Issue February 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



Residents and friends enjoyed the festivities of New Years eve singing, clapping and toe tapping along with Scottish and dance music. All were impressed with both the Scottish and ballroom dancers. Devonshire Tea was on the menu for afternoon tea followed New Years Eve celebrations at Happy Hour.

Resident Meeting - Monday 12th February at 1.15pm in Callistemon Activities Room.

Resident Meeting Heath House - Monday 19th February at 2pm in Heath House.

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

**AUSTRALIA DAY CELEBRATIONS**

Havilah was decorated with Red, White and Blue for Australia Day on 26th January, all residents sat to a traditional lunch of Fish and chips out paper or the good old lamb cutlets and devouring sweets of the chocolate and raspberry lamingtons.



TALKING lifestyle
DIGITAL | ONLINE | MOBILE
Listen to us
 Sydney - 954 AM
 Melbourne - 1278 AM

Proof Australia is the most dangerous place on Earth? Our birds are deliberately starting fires

By [Lauren Broomham](#) on January 12, 2018



A scary new study has revealed some native birds are burning their prey alive. How? The birds have learned to swoop down and pick up burning sticks at the edge of bushfires. They then drop them in dry grass or bushes elsewhere to start new fires and flush out lizards, snakes and other prey they can feed on (and we wonder why overseas tourists are so terrified of travelling here).

One of the Twitter reactions to the news Using reports of fire-starting birds collected between 2011 and 2017 in the Northern Territory, researchers have confirmed at least three birds – the Black Kite (*Milvus migrans*), Whistling Kite (*Haliastur spenurus*), and Brown Falcon (*Falco berigora*) – are responsible for spreading fire. But apparently these “firehawks” are not a new phenomenon. “We’re not discovering anything,” co-author Mark Bonta told National Geographic. “Most of the data that we’ve worked with is collaborative with Aboriginal peoples... They’ve known this for probably 40,000 years or more.” I don’t care though – fire-starting birds?! When they rise up to declare themselves our overlords, I’m bowing down immediately.

Marlon Weems
 @GeekTrader

Replying to [@PAYOLETTER](#)

So Australian birds are basically having barbecue cookouts.

While we typically think of fire as either human-made or from lightning, that doesn't appear to tell the whole story. These birds seek out brushfires and carry sticks to them. Once they're lit, the birds transport these flaming branches in their talons or beaks to a grassy location, causing it to catch fire. The birds then feast on animals as they flee, or nibble on their charred remains afterward.

12:29 PM - 8 Jan 2018

HAVILAH HAIRDRESSER

Clipper Haircuts	\$10.00	Blow Wave	\$25.00
Mens Haircuts	\$20.00	Your Colour & Blow Wave	\$60.00
Wash & Dry	\$10.00	Hair Colour & Blow Wave	\$80.00
Ladies Trims	\$25.00	Perms	\$80.00
Ladies Sets	\$25.00		

RESIDENT SURVEYS - December 2017

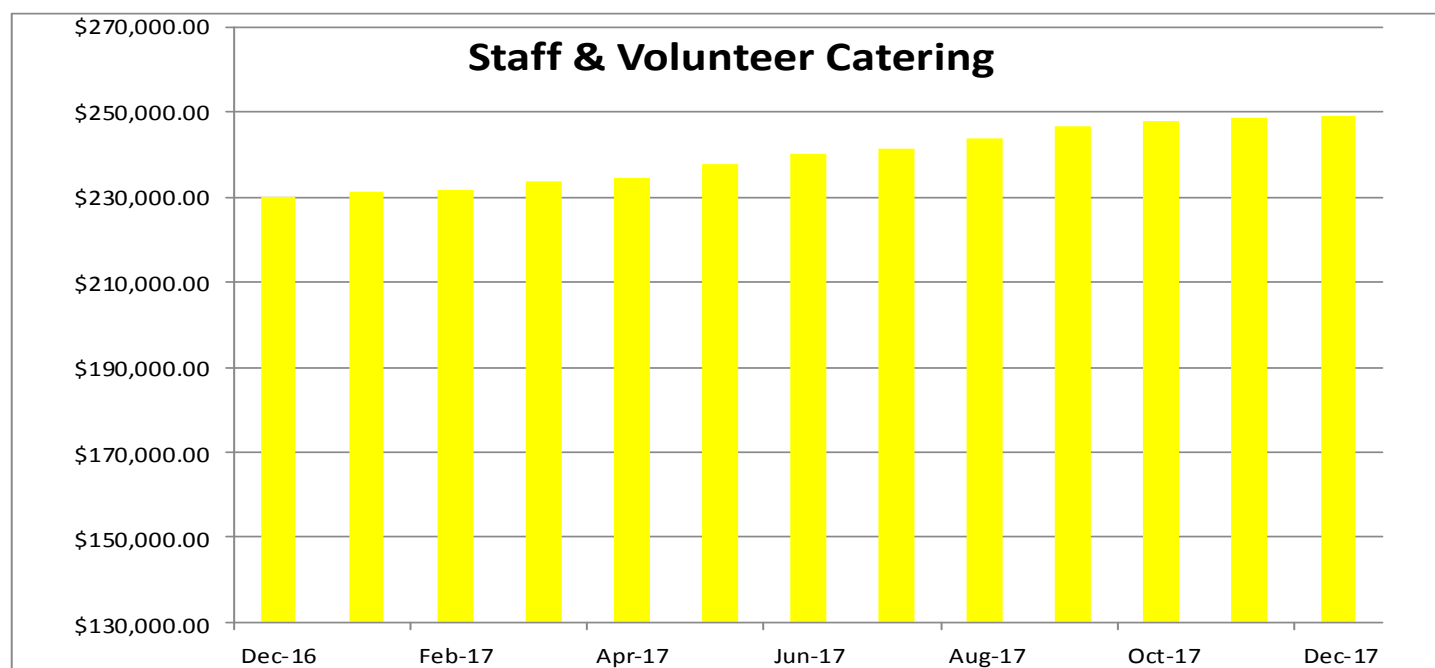
Of the 43 residents surveyed at Harkness Street :

98% of residents surveyed stated that they feel safe here at Havilah either always or most of the time.

100% of surveyed residents stated that the staff meets all their healthcare needs either always or most of the time.

91% of residents either strongly agree or agree that they know how to make a complaint, compliment or suggestion.

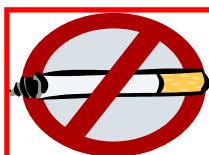
100% of residents who attend activities stated that they strongly agree that they are encouraged and supported to participate in activities they wish to attend.



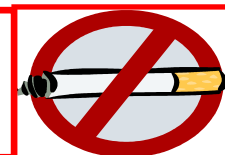
New volunteers are always welcome. Please see Sue or Raeleen.

HEATH HOUSE CAFÉ - HAV A LATTE

From Monday 19th of February the Café will open each afternoon from 2.00 to 3.30 pm. Residents from other areas of the facility will be assisted to visit the café as part of their lifestyle choices. Family members visiting other areas are welcome to use the café also. There is still some decorating and furnishings to go in and some of the new furnishings will not be in place prior to the 19th. There will also be café visits planned as part of our lifestyle program. Once all is done there will be an official opening. Any family members who are interested in volunteering in the café please see Sue Edmondson, Allison O'Connell or Karen Fleming. All volunteers will have Barista training.



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





THINGS MY MOTHER USED TO SAY

You need to appreciate what you have.

Life isn't fair.

Make it yourself.

If everyone jumped off the bridge, would you?

Don't open that umbrella in the house.

Masseur Havilah have their own Resident masseur who is available for massages at a cost of \$30 per session. If you would like to enquire about booking a session please contact Sue or Jo on 54617390.

FALLS PREVENTION

Make sure the floor is clear of magazines, newspapers and electrical cords to ensure there is a safe walking environment.



WORD OF THE MONTH

DOODLESACK - old English word to call the bagpipes.

DONATION: Late last year a new state of the art lifting chair was introduced for use at Heath House. The Raizer Chair is one of the latest, technologies designed to assist uninjured residents to their feet following a fall, minimising physical effort by staff and distress to residents. In donating the chair in recognition and appreciation of the good and kind care of his wife Helen by the Team at Heath House, Kent Teese, retirement living resident at Havilah on Palmerston said he was pleased the chair would help both residents and nursing staff in the future. On reading about the donation, long time supporter of Havilah and now resident at Melaleuca House Grace Rootes, thought this was a wonderful innovation and made a donation of an additional chair. Then, Judy Lind a resident at Havilah on Palmerston Retirement Village came forward with a further donation of a chair for use at Raglan House and within the Havilah on Palmerston Retirement Community. Thanks to this incredible generosity we now have two raizer chairs for use at Harkness and one for Havilah on Palmerston — How good is that!!!



Quiz and
Crossword
Solutions
from page 10

Answers to Movie Quiz

3. William Holden

2. 1939

1. Paul Newman



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.

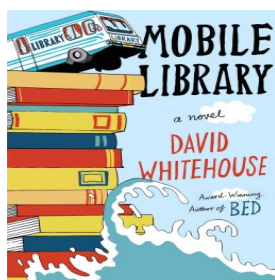
If you have an idea or suggestion for an outing, just let Activities Staff know and we will do our best to arrange the outing for you.



Resident/Advocate Meetings

Next meeting Monday 12th February 2018 at 1.15 pm

Heath House Monday 19th February 2018 at 2pm



Mobile Library - January Dates

Friday 9th February & 23rd February 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.



Church Services

UNITING CHURCH - 1st Tuesday each Month 10.30pm

SALVATION ARMY - 2nd Wednesday each Month 10.30am

WATTLE CITY CHURCH - 3rd Wednesday each Month 10.30am

CATHOLIC CHURCH - 4th Wednesday each Month 10.30am

CHURCH OF ENGLAND - 4th Tuesday each Month 10.30am



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
 Chairbics 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

Chairbics 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

Length of time at Havilah: I have been a resident for just over 12 months

My Story:

Eaglehawk was my birth place 87 1/2 years ago,. I lived and worked on my parents sheep and wheat farm at Leichardt near Bendigo. I had 6 sisters and 1 brother, we all played well together .At the age of 18 I travelled to Lorne with a girlfriend and we worked as waitresses, this is where I met my husband to be, I stayed in Lorne for 12 months before returning to the farm as my father was very unwell. I worked the farm for 3 years before marrying my husband Alan. Together we had 8 children, 5 boys and 3 girls, my husband died in 1979 and I have only 2 daughters and 1 son still living who are very kind to me.

Things you used to do for fun: When I was a child I loved to roll around the paddock in a large water tank and playing hide and seek with my siblings. When older I played cards, Euchre and 500 and loved other board games. I played competitive tennis in my early years and hit and giggle as I got older, I also loved gardening over the years.

About where you have lived: Early years lived at Leichardt near Bendigo, Colac, Hamilton, Glenthompson and have called Maryborough my home for over 50years.

Travel, sport, passions: I have travelled throughout Australia, only state is WA that I have not visited. Over the years I have enjoyed holidays at Lorne, Apollo Bay and loved Mt Gambier. I played a lot of tennis around the country areas during my younger years. My passion is spending time with family and friends being in the garden and dancing.

Nance Cooper



Things you enjoy to do now: I enjoy participating in the activities organised here at Havilah, and look forward to regular visits from family and friends, watching the tennis, cricket, footy on TV, and reading.

Your favourite topics: I enjoy documentaries, new stories and regular update on the my families achievements.

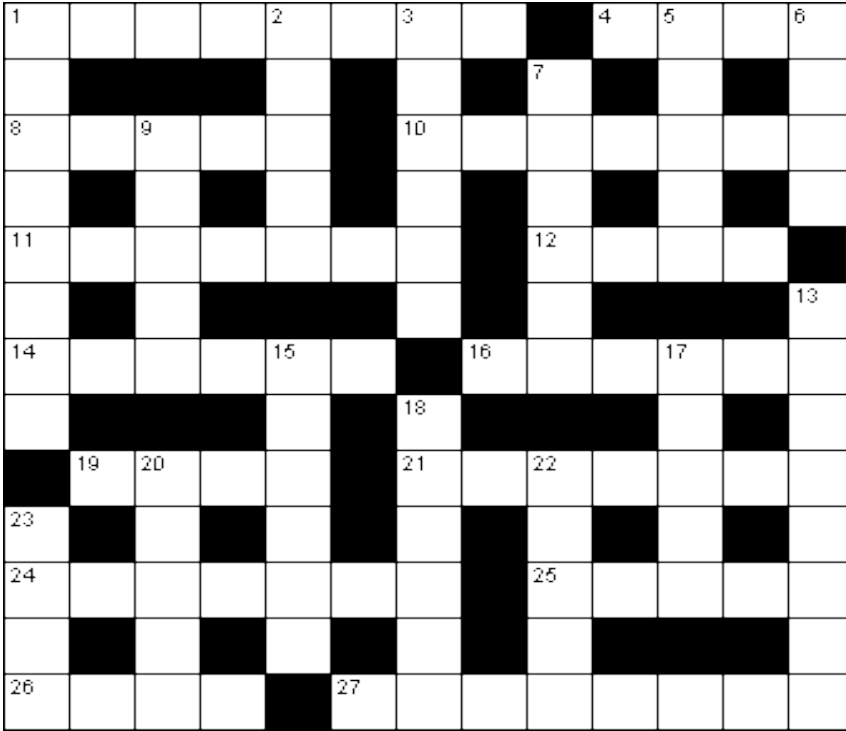
Favourite Food and Music: I would have to say that I enjoy a chinese meal and listening to John Denver music.

February 2018

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			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				

Mind Games

9



Across:

1. Consigns (8)
4. Upkeep (4)
8. Majestic (5)
10. Young Swans (7)
11. Svelte (7)
12. Short Letter (4)
14. Musical interval of weight tones (6)
16. Plant fibre (6)
19. Long Narrative poem (4)
21. Kind of nonfictional prose (7)
24. Nonattendance (7)
25. Sound (5)
26. Large woody plant (4)
27. Mental state induced by suggestion (8)

Down:

1. Ridicule (8)
2. Still legally acceptable (5)
3. An extreme attainment (6)
4. Alarm (5)
6. Facilitate (4)
7. Order of business (6)
9. Outstanding (5)
13. Famished (8)
15. Empty (6)
17. Confronted (5)
18. Seldom (6)
20. Ski run (5)
22. Public transport (5)
23. Immense (4)

Word Search - Occupations



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

ACCOUNTANT, ARCHITECT, ARTIST, ASTRONAUT, AUTHOR, BAKER, BRICKLAYER, BUILDER, BUTCHER, CARPENTER, CHEMIST, DENTIST, DOCTOR, DRIVER, ELECTRICIAN, FARMER, FIREFIGHTER, GLAZIER, HANDYMAN, JOURNALIST, LAWYER, MUSICIAN, NURSE, . PHOTOGRAPHER, PILOT, PLUMBER, POLITICIAN, SAILOR, SCIENTIST, SOLDIER, TAILOR, TEACHER.

MOVIE QUIZ

1. Who played Eddie Felson in the 1961 movie, The Hustler?
2. In what year was the movie classic Gone With the Wind released?
3. Who was Pike Bishop in the 1969 movie, The Wild Bunch?

Solutions can be found on page 5



Aged care residents team up with teens to write their memoirs

By [Lauren Broomham](#) on January 12, 2018

Residents at Allity's Walkerville Aged Care Home in Adelaide met with year 10 advanced English students at nearby Rostrevor College over 10 weeks to co-write their memoirs as part of the 'Write of Passage' program.

Each memoir was then produced as a book and presented by the students to the residents in front of family and friends.

93-year-old resident Kathie told the ABC she was initially reluctant to take part in the program, but sharing her stories with 15-year-old Clinton had been a life-changing experience.

"I think anyone, if they get the opportunity to do it, just do it. It's an eye-opener," she said. "I just like meeting people now."

Allity's Communications Director Janet Leung says the program has led to better health and well-being for the residents and given the students an appreciation for the wider world.

"Studies have shown that contact between generations benefits everyone and in this case we have definitely seen that," she said.

In fact the pilot has been such a success, Allity now says it will roll out the program across its aged care homes in NSW, Victoria, Queensland and South Australia nationally. Great stuff.

Residents who would like to take part in such a program at Havilah should let Sue know. If we have the interest we could talk to the local schools about being involved.



New Irrigation System:

At great expense Havilah have recently installed a new irrigation system throughout the lawn areas at Harkness Street, the maintenance crew have requested that residents, staff and visitors do not drive or park vehicles, golfers or wheelchairs on the lawns as it puts runnels in the lawn and may damage the new watering system, (with a great expense to repair.) It would be appreciated that all people comply to this request.



AND SOME POINTS TO PONDER:

If you attempt to rob a bank you won't have any trouble with rent/food bills for the next 10 years, whether or not you are successful.

Do twins ever realize that one of them is unplanned?

What if my dog only brings back my ball because he thinks I like throwing it?

If poison expires, is it more poisonous or is it no longer poisonous?

Which letter is silent in the word "Scent," the S or the C?

Why is the letter W, in English, called double U? Shouldn't it be called double V?

Maybe oxygen is slowly killing you and It just takes 75-100 years to fully work.

Every time you clean something, you just make something else dirty

The word "swims" upside-down is still "swims".

Intentionally losing a game of rock, paper, scissors is just as hard as trying to win.

100 years ago, everyone owned a horse and only the rich had cars. Today everyone has cars and only the rich own horses.

Your future self is watching you right now through memories.

If you replace "W" with "T" in "What, Where and When", you get the answer to each of them.

Many animals probably need glasses, but nobody knows it.

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 can 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.

Please keep your own money and valuables safe as Havilah will not assume responsibility for any lost items.

HAV'A'LAUGH



A group of engineering professors from a university were invited to fly in a new aeroplane prototype.

When they were seated and ready for take off, the pilot told them the plane had been designed and built by their former students.

All but one jumped up and headed frantically for the exits in a panic.

The pilot asked the ones remaining professor why he wasn't moving.

"I have confidence in my students and we are 100 percent safe, because I know for a fact that the engine on this piece of rubbish will never start."

A rabbit hopped into a corner store one morning and ordered a ham and cheese toastie.

The next morning he came in and ordered an avocado and baked bean toastie.

Every morning over the next two weeks the rabbit hopped into the shop and when the owner asked, "What would you like today Mr rabbit? He always ordered a different toastie.

One morning he hopped into the shop and when the shop keeper said, "Good morning Mr Rabbit, he replied, "I am not Mr Rabbit, I'm the ghost of Mr Rabbit".

The shopkeeper expressed his sympathy and asked what he had died of.

The rabbit replied, "Mix-a-my-toastie".



"I'm the doctor who brings the cards. I'm a cardiologist."

A married couple in their early 60's are celebrating their 40th wedding anniversary in a quiet, romantic, little restaurant. When suddenly a tiny fairy appeared on their table.

The fairy said: "For being together for such a long time and being loving to each other, I will grant you each a wish.

The husband answered: "Great! I want to travel around the world with my darling wife.

The fairy waved her magic wand, two tickets to cruise on the Queen Mary 2 appeared in his hands.

The wife thought for a moment: Well, this is all very romantic, but an opportunity like this is will never come again. My wish is to have a husband 30 years younger than myself.

The husband and fairy were very disappointed, but a wish is a wish.

So the fairy waved her magic wand –poof!- the wife became 92 years old.



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

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 High School Centre

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.