

ISSUED
February 2017

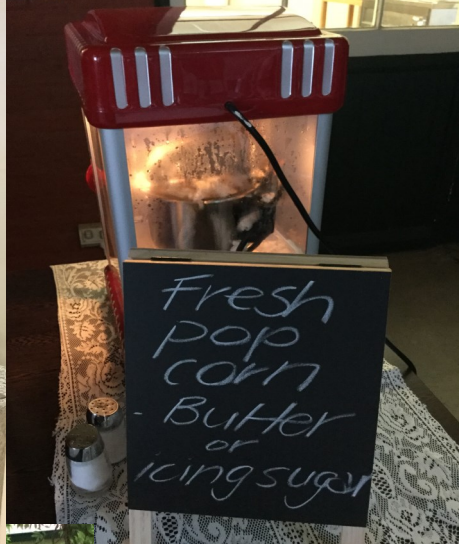


HOP TOPICS



SPECIAL MORNING TEA





Congratulations to Kim and her volunteers. A great night was had by all who attended.



FALLS PREVENTION

Is there enough light in my room at night?

Can I see my way to get to the toilet at night?



Strawberry and Grilled Lamb Salad

(Serves 4)

500 gms lamb rump , fillet or backstrap. (I use lamb steaks, its cheaper)

1 teaspoon ground cumin

Salt & pepper

Tablespoons olive oil

1 bunch asparagus or 12 green beans

1 punnet strawberries, rinsed, green tops removed

3/4 punnet yellow teardrop tomatoes, halved or use a yellow capsicum diced

1 small red onion, sliced

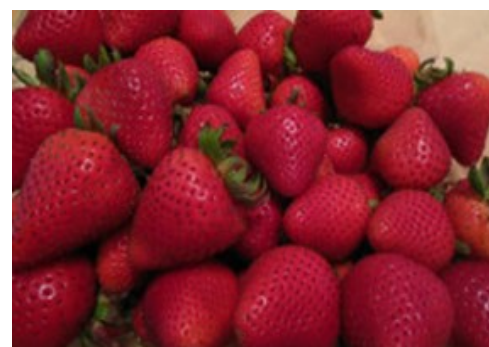
3-4 sprigs flat leaf parsley, coarsely chopped

1 1/2 tablespoons balsamic vinegar

1/2 teaspoon crushed garlic

150 gms rocket or coral lettuce

200 gms feta cheese



Trim lamb and place in a dish with cumin, salt & pepper and 1 tablespoon of the olive oil.

Marinate for 1 hour turning occasionally. Heat heavy pan over high heat and cook the lamb for about 3 minutes each side. Remove from pan and let sit for 6-7 minutes before slicing. Blanch the asparagus/beans in lightly salted boiling water for 1 minute. Drain and refresh in cold water, drain again. Cut into 5 cm lengths and toss with the strawberries, tomatoes, parsley and red salad onion. Add balsamic vinegar, remaining olive oil, garlic and salt and pepper and toss well.

To finish salad, slice the lamb and cut feta into cubes. Gently mix the lettuce/rocket and feta with the strawberry salad and pile onto plates. Toss the sliced lamb in the bowl used to mix the salad, to moisten with the remaining dressing, and drape over the salad.

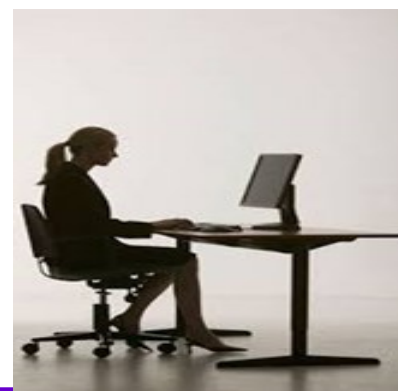
NOTICE BOARD

FROM THE DESK OF CLETA ROUGHEAD DIRECTOR OF SERVICES

From Monday Feb 6th until March 13th a trial will take place at Raglan with dinner being served from 5pm. During this time residents will be surveyed regarding how you feel about the earlier dinner time. During the trial residents are invited and encouraged to provide written feedback on the Compliments, Comments and Complaint forms. Following the trial resident's comments and other responses to the 5 pm meal time will be reviewed allowing a final decision to be made to implement to 5pm meal time permanently or to revert back to the 5.30pm tea time. This decision will be circulated to residents by memo prior to completion of the trial and by Friday March 10th.

As many already know I have resigned from my position as DoSP. This has been a difficult decision and I will greatly miss both working at Havilah and with you. I will however be around for a little longer with my final day of work at Raglan being Friday March 31st.

Finally the next podiatry session at Raglan with Ballarat podiatry will be on Friday March 3rd. For appointments please contact DoSP - Cleta



NEW PROGRAM

TAI CHI

With Master Barry Lacey

Where: Room 7 High School Centre

When:

Monday session – 1.30 to 2.30 pm

Wednesday session - 10.30 to 11.30 am

Come along and try, there is no age limit

VERY GOOD FOR BALANCE AND PEOPLE WITH ARTHRITIS

**FREE for Havilah On Palmerston residents –
friends are welcome at the fee of \$5.00 per session**



NEILL STREET FOOTPATH Havilah Contractor Mark Murray (Conkerb) will commence works to improve the footpath fronting the Neill Street Units by the end of February. The quoted price for the work is \$5,900.

RAGLAN HOUSE ACCREDITATION Following assessment over the 22nd and 23rd November 2016, we have now received official advice from the Aged Care Quality Agency that Raglan House has been reaccredited for a further 3 years with compliance in 44 of 44 Quality Standard Outcomes.

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

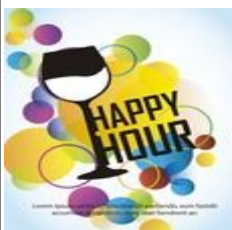
Lifestyle 54617 390

WEEKEND 5461 7394



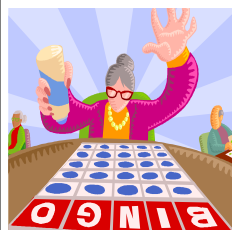
RESIDENTS MEETING & LIFESTYLE COMMITTEE Meeting will be

Thursday 16th February 2017 at 2.45pm,
 Room 7 in the High School Centre (Coffee & Chat immediately after the meeting)

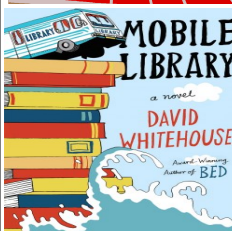


HAPPY HOUR

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



BINGO Every week day 1.30 P.M. Ground Floor Raglan House



MOBILE LIBRARY— FEBRUARY DATES

Monday 13th and 27th February
 Raglan House—Ground Floor—Neill Street end



SPECIAL MORNING TEA—COMING DATES

2nd Friday of each Month
 Room 7 High School Centre



TAI CHI

Monday session – 1.30 to 2.30 pm

Wednesday session - 10.30 to 11.30 am

♦ 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

CHURCH SERVICES
Room 7—High School Centre

SALVATION ARMY CHURCH - 4th Wednesday each Month 2.45pm



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.
Contact Shirley on 5461 1657 or Rachel on 0419125459



Bus Departing at 10.00am from Quadrangle
Limited Seats— Contact Kim Davidson. 54590169



HEALTH AND WELLBEING

OSTEOPOROSIS

What is Osteoporosis:

Osteoporosis which literally means 'bones with holes', is a condition in which bones lose their strength and thickness, leading to a higher risk of fractures than normal. Osteoporosis occurs when bones lose minerals such as calcium more quickly than the body can replace them. Calcium is a major structural element of bones, so any great loss will lead to a reduction in bone thickness. As the result, bones become weaker, more fragile and can break more easily, even with a minor bump or fall. Any bone can be affected, but bones of the hip, spine and wrist are the most commonly affected sites. Osteoporosis is a common skeletal condition and more than 8 out of 10 are women aged 55 and over. However, gentlemen, you also can develop the condition.

Symptoms and causes:

Typically there are no symptoms in the early stages of bone loss. But once your bones have been weakened by Osteoporosis Back pain, Loss of height, a stooped posture and bone fractures may occur.

Risk factors:

A number of factors can increase the likelihood that osteoporosis may develop which include age, race, lifestyle choices, including excessive alcohol consumption and tobacco use, Dietary factors, medications and medical conditions and family history.

Osteoporosis is largely preventable:

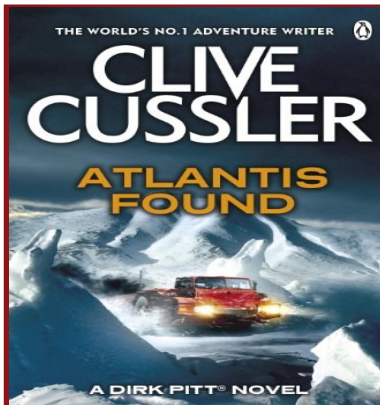
Some risk factors cannot be changed, although men and women of all ages can take steps to support their bone health, these include –

Ensuring you eat well balanced diet with plenty of calcium rich foods, consult your doctor about the use of calcium supplements.

Avoid smoking and limiting alcohol and caffeine consumption.

Exercise regularly particularly weight bearing and strength activities.

Making sure Vitamin D levels are sufficient. If sunlight exposure is inadequate then Vitamin D supplements may be needed (not without consulting your Doctor). 10 minutes of sunlight a day is more than enough to meet Vitamin D needs.



BOOK REVIEW

ATLANTIS FOUND

By Clive Cussler

Around the world ancient artefacts are suddenly appearing, hinting at a catastrophe that will soon visit Earth ...

Dirk Pitt is on hand at a Colorado archaeological site where an ancient and mysterious artefact has been found - one that is perhaps linked to other strange objects turning up across the globe. And soon Pitt's skills and ingenuity are desperately needed to rescue the team after a suspicious explosion seals them deep underground. This is the first of numerous attempts on the life of the archaeological team and Pitt and his team as they chase the hints of other sites around the world that hold more clues to the approaching disaster.

It quickly becomes clear that the artefacts carry a message: warning of global Armageddon. Yet a shadowy organisation called the Fourth Empire not only wants to stop others from heeding that warning, but is also actively seeking to accelerate the end it foretells.

Now Pitt and NUMA must face this diabolical foe, who will stop at nothing to wipe out all life on earth ...

This is another novel relating to 'the end is nigh' but it is a good read and a good adventure story.

About Clive Cussler

Clive Eric Cussler is an American adventure novelist and underwater explorer. His thriller novels, many featuring the character Dirk Pitt, have reached The New York Times fiction best-seller list more than 20 times. Cussler is the founder and chairman of the real-life National Underwater and Marine Agency, which has discovered more than 60 shipwreck sites and numerous other notable underwater wrecks. He is the sole author or lead author of more than 70 books



Quiz and Crossword Solutions from page 11

Answers to Anagrams

1. Charm
2. Males
3. Lemon
4. Omits
5. Snail



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
Director of Services	Cleta Roughead	cleta.roughead@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

Director of Care Kelsey Hooper 54 617383

email: kelsey.hooper@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: 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.

HAVILAH ON PALMERSTON 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



A Dachshund walks into a telegraph office, picks up a blank form, and writes: "Woof. Woof. Woof. Woof. Woof. Woof. Woof. Woof. Woof."

The clerk looks over the paper for a minute before telling the dog, "You know, there are only nine words here. You could add another 'Woof' for the same price."

The Dachshund shakes his head at the clerk in disbelief. "But that would make no sense at all."



We shouldn't knock the weather. If it didn't change once in a while, nine tenths of the people couldn't start a conversation.

A couple begun to long for the pitter-patter of little feet, so they bought a dog. It's cheaper, and you get more feet.



An old farmer is inconsolable after his dog goes missing. He takes out an ad in the newspaper, but two weeks later, there's still no sign of the mutt. "What did you write in the ad?" his wife asks. "Here, boy," he replies.

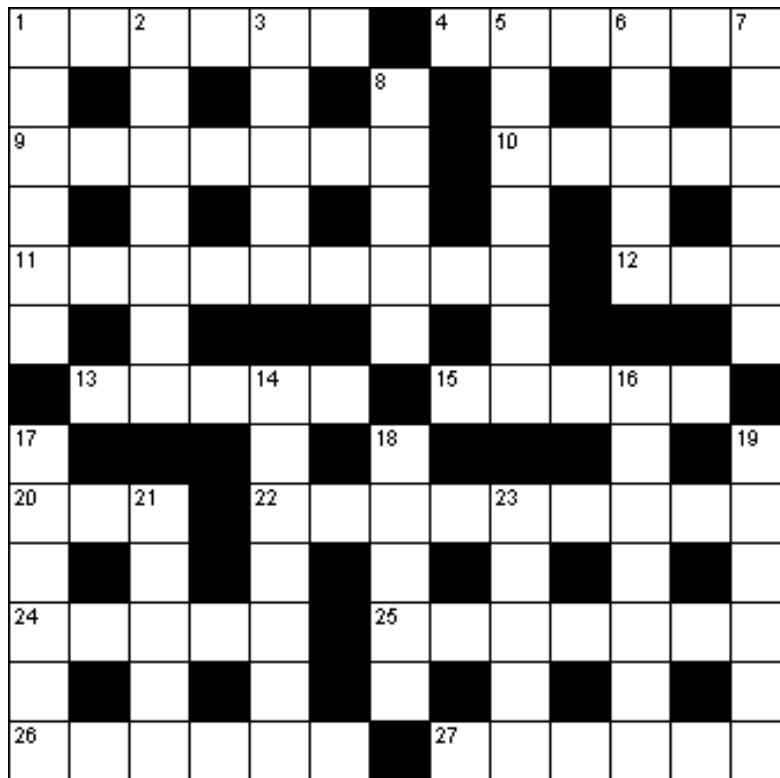
When a zoo's gorilla dies, the zookeeper hires an actor to don a costume and act like an ape until the zoo can get another one.

In the cage, the actor makes faces, swings around, and draws a huge crowd. He then crawls across a partition and atop the lion's cage, infuriating the lion. The actor stays in character—until he loses his grip and falls into the lion's cage.

Terrified, the actor shouts, "Help! Help me!" Too late. The lion pounces, opens its massive jaws, and whispers, "Shut up! Do you want to get us both fired?!"



Mind Games



Across

1. Pub (6)
4. Take for granted (6)
9. Weird (7)
10. Take place (5)
11. Expiation (9)
12. Sense Organ (3)
13. Stage whisper (5)
15. Paragon (5)
20. Sphere (30)
22. Vortex (9)
24. Tine (5)
25. Ameliorated (7)
26. Cure (6)
27. Extremely bad (6)

Down

1. Tropical bird (6)
2. Asinine (7)
3. Ambit (5)
5. Yelled (7)
6. Relative (5)
7. Mistakes (6)
8. Varieties (5)
14. Injured (7)
16. Foreshorten (7)
17. Barrel maker (6)
18. Wold and savage (5)
19. Blot (6)
21. Flower (5)
22. Part of a play (5)

Word Search—Just in Time

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

ANAGRAMS

1. March
2. Meals
3. Melon
4. Moist
5. Nails

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

AGES, ATTOSECOND, CALENDAR, CENTUARY, CLOCK, DATE, DAYS, DECADE, EONS, EPHEMERA, ERAS, ETERNITY, FEMTOSECOND, FOREVER, FORTNIGHT, FUTURE, HOUR, HOURGLASS, INFINITY, INSTANT, LEAP YEAR, MICROSECOND, MILLENNIUM, MILLISECOND, MINUTE, MOMENT, MONTH, NANOSECOND, OLYMPIAD, PAST, PERIOD, PICOSSECOND, PRESENT, SECOND, SUNDIAL, TIME, WATCH, WEEK, YEAR, YORE.

Answers : Page 8

Musical instrument		Racket		Afresh		Curious	Claim		Wane		Charge	
Overseas							Mature				Jump	
						Suitable for farming						
						Unused						
Aquatic birds		Blue-violet							Insect			
		Expel							Parallel of latitude			
					Quick and skillful					Division of quantity		Swarm
					Result							
Expert	Gem						Burst out					
	Naive											
			Twitch	Famous admiral							Novel	
Perform				Spell		Lair	Backbone					
Height							Long poem					
								Part of a list				
Constrictor		Crawl										
		Desiccated										
			Single number		Nothing							
					Sticky substance							
Incorrect						Noisy insect						
Claim back	Become liable to						Inspect accounts					
						Fervid						

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.

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

LEVEL MEDIUM

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

LEVEL EASY