

HAVACHAT

Issue February 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



NEWSLETTER POSTAGE COSTS

Due to the large increase in the cost of stamps and postage at the beginning of this year, we ask that if you currently receive the Havachat via mail and have an email address, could you please give us the details so we can email your Havachat. We understand that not everyone has an email account so those who do not will continue to receive it by mail.

Please email your details directly to andrew.earl@havilah.org.au.

Your assistance with this is appreciated.

HAVACHAT

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.



Alby enjoying his milkshake



Mary's eyes are bigger than her stomach

Nancy, George and Noela treating themselves to coffee and cake



Shirley and Mary had the afternoon out.



Alby and Lesley are all smiles.





**Marbowls, Bingo,
& Indoor Bowls.**



NOTICE BOARD

With the hot weather easing, it is still important that the residents have a hat when they go outdoors. It would be appreciated if all families can make sure that their parent or sibling has a hat in their rooms. Staff take residents outdoors to sit or for a walk around the grounds and the sun can still have some heat.

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.



FALLS PREVENTION

Ensure that you have your eyes tested each year and have your glasses adjusted and fitting correctly. Consider using single vision lenses if falls are becoming an issue.



DOCTORS' VISITS

Residents and families are reminded to pick up paperwork from the Care Station prior to visiting your off site GP. This information should be handed in to the Care Station on your return. This is so that Havilah can keep up to date with Doctors instructions and comments re your health.

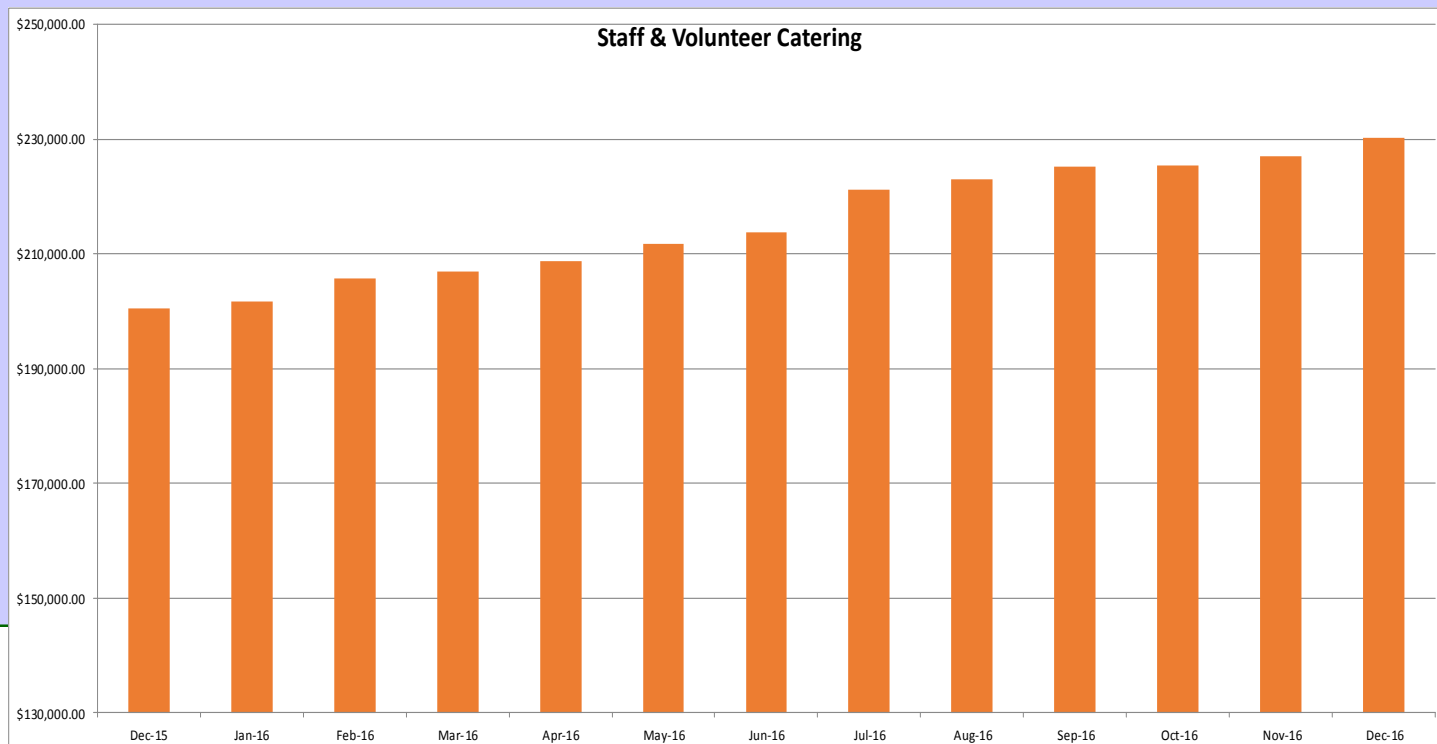
VISITORS SIGN IN/OUT BOOKS



Just a reminder: Visitor Books are located at the main entries to the Havilah buildings. All visitors are required to sign in when entering Havilah and to sign out when leaving. The Resident Books are still to be completed when residents leave and return.

Please also note any food either you or your visitors bring in and advise the kitchen. This in no way limits family bringing in special treats but does provide a record for us in the event of a salmonella outbreak or the like. Your assistance with this is appreciated.

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 - December 2016:

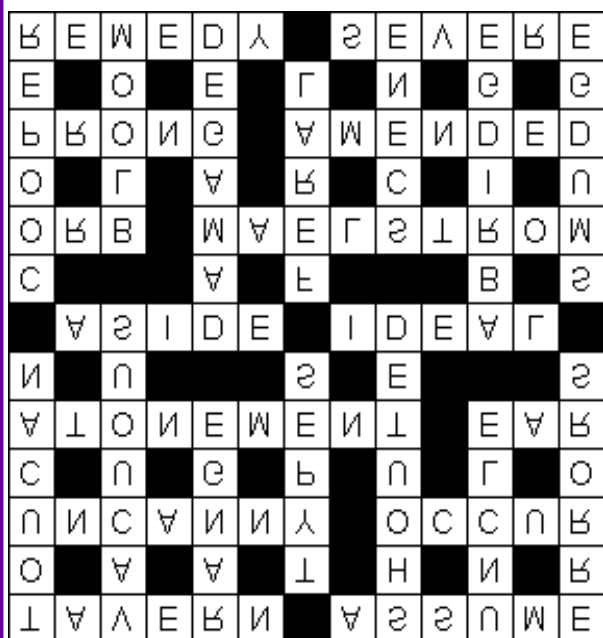
Of the 65 (45 Harkness + 20 Raglan) residents surveyed:

97.8% of residents believe the equipment in their room is in good working order.

100% agree that medication staff deliver their medication in a timely manner.

95.6% stated they believe that the menu is offered with a variety of choice.

100% are satisfied that Havilah celebrate enough significant events to meet their needs.



Answers to Anagrams

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



**Quiz and Crossword
Solutions from page 10**

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

HAPPY HOUR EACH FRIDAY NIGHT 4.30—5.30pm

Live entertainment in the main Dining Room.

Happy Hour Activities also at Heath House.

CHURCH SERVICE:

All Services commence at 10.30am

Wed 1st

Uniting Church

Wed 8th

Salvation Army Church

Wed 15th

Wattle City Church

(additional Service at Heath House at 11.15pm)

Wed 22nd

Catholic Church (followed by Musical Morning.)

Tues 28th

Anglican Church



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



WEEKLY ACTIVITIES

MONDAY

Nail Pedicure Pamper 9.30am
Foot Spa 9.30am
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



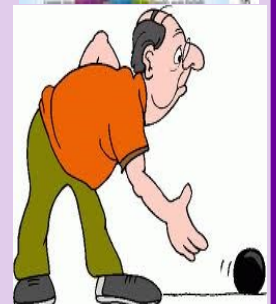
SATURDAY

Morning Activities (Every 2nd)
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

Name: Joan Douglas

Joan Douglas

Length of time at Havilah: I have been a resident in Havilah 3 years on the 3rd march

My Story: I was born in Richmond, Melbourne, when I was 8 years old, my father gained employment as a Plumber/Gas fitter with local building and joinery company W Phelan and Sons, which was located in Tuaggra Street where the Child care centre is now. I attended Primary school 404 then to the Maryborough Technical College. After completing my secondary schooling, I obtained an office position with W Phelan and Sons located on top of the their hardware store where Treasure Hunters is now in High Street. I have been married to Stuart for nearly 59 years and we have 3 sons and 7 grandchildren, and 1 great grandchild.

Things you used to do for fun: When I was younger I enjoyed being with friends, riding our bikes, going to the movies at the Paramount Theatre on a Saturday afternoon, playing tennis and going swimming.

About where you have lived: I have lived in Melbourne, Romsey (near Woodend), Finley (NSW) where my husband Stuart and son Andrew grew rice. Maryborough seems to be a town that makes you come back to, "it's home."

Travel, sport, passions: I haven't travelled a lot, I was happy to be at home on the farm at Wareek with our 3 sons.

Things you enjoy to do now: One of my new friends here has taught me to



crochet, (it has taken time and determination), I enjoy playing Bingo, Chairrobics, chats over coffee with my friends here in Havilah and reading.

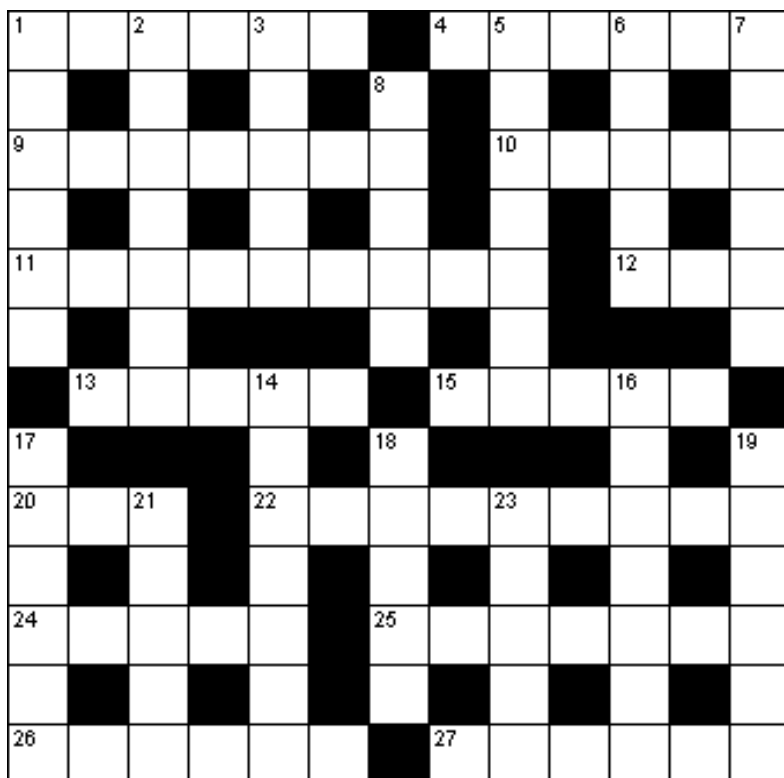
Favourite topics: I enjoy discussing anything and everything about daily affairs.

Favourite Food and Music: I am very fond of country and western, I do like to listen to a good tenor voice such as Michael Crawford, Andrea Borchelli and Jim Neighbours.

February 2017

| Mo | 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



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 (3)
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

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, SUN-DIAL, TIME, WATCH, WEEK, YEAR, YORE.

ANAGRAMS

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

Solutions can be found on page 5

HAV'A'LAUGH



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 began 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.

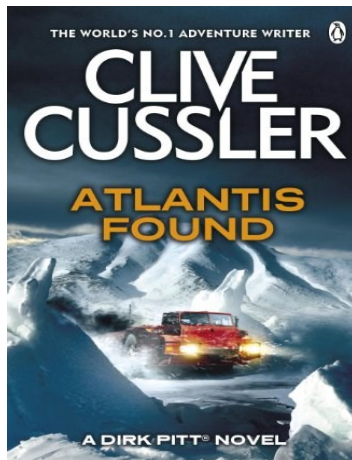
When a zoo's gorilla dies, the zookeeper hires an actor to don a costume and act like an ape until the zoo can get another one.

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?!"



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 clue 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 the Author: 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.

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.

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 Thursday of each month at 7pm
Raglan House

INDOOR BOWLS

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

Each Friday at 10am Raglan House

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.

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.**