

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 15th February 2016

HAVACHAT

Good Turn Out for our Mental Health Awareness Day

Our Mental Health Awareness Day was a beautiful success with many residents and staff taking advantage of the access to information on display in the main lounge area. Staff wearing yellow throughout the facility heightened awareness of the day and encouraged residents and visitors to ask what it was all about. As mental health affects all of us, it was great to see the wide variety of topics covered and the openness of questions asked. A very special thank you to everyone who attended and took part.



Sandy (Quality and Education Coordinator) with Jennie W

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



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 jenni.dellavedova@havilah.org.au.
Your assistance with this is appreciated.

Resident Meeting— 8th February at 1.15 pm in Callistemon Activities Room and then March 14th.

Resident Meeting Heath House—15th February at 2.00 pm in Heath House and then March 21st.

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

The Brim Silos Masterpiece



Barb, one of our care staff, brought back this amazing picture (above) following a visit to rural Victorian town Brim. Just this month the disused silos overlooking the small town became a stunning piece of art. Brisbane artist Guido van Helten spent three weeks in a super cherry picker completing the 30 metre high portraits of 4 farmers from the local area.

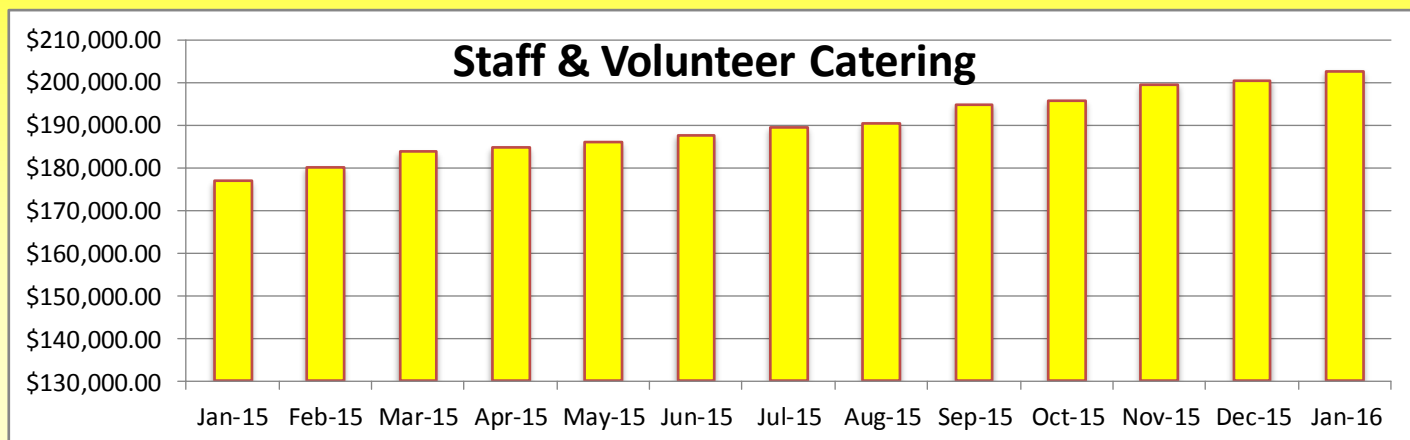
Brim, located on Henty Highway, 75 kilometres north of Horsham, with a population around 100, has been struggling with a shrinking population and drought. Brim was chosen for this inspirational project on its disused silos and the small town is already noticing a large influx of people stopping to view the portraits, meaning increased business for local establishments. Barb said that on the day she visited there were large numbers of cars and people.

Funds for the project were provided by Regional Arts Victoria and the Yarriambiack Shire Council, paint was donated by Taubmans and Loop Paints, and the local caravan park and pub provided free accommodation and meals to Guido. Guido has completed similar giant artworks in Ukraine, Norway, Italy, Denmark and Iceland.



Brisbane Artist Guido van Helten in the cherry picker. *This Photo: Paul Carracher*

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.



Hi from the desk of the Director of Care,

We seem to be getting a bit of rain lately, which brings me to resident safety and preventing falls. As it rains it leaves behind water, water on concrete can be slippery therefore when venturing outside or around the verandas be aware that the paths may be slippery and could be a falls risk.

A reminder to all family and friends when bringing in clothes for your loved one: Please ensure you see the girls in the laundry to have the residents name put on the garment, as clothes are very expensive and we currently have 97 residents, so if clothes are not labelled they become lost and this is very frustrating for all.

Dave

COMPLAINTS

We welcome feedback from residents, families and visitors and provide the 'Comment, Suggestion, Complaint and Compliment' form at the main Havilah entries.

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 strive to continuously improve our service and look forward to working with you to achieve the best care possible for our residents.



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



RESIDENT SURVEYS - December 2015

This month we asked residents for their ideas and listed below are their responses.

Raglan x 15 residents

Question: What new idea would you like to see Havilah adopt in 2016

11 x no suggestions happy with everything

4 residents responses as below

More staff

More activities in the cooler months when residents are not able to get out

New toaster- current one burns on one side

Air conditioner is uneven, one day too hot, next day too cold

More community newspapers- perhaps 2 copies for each floor

Water cooler upstairs

Harkness x 39 Residents

Question: What new idea would you like to see Havilah adopt in 2016?

18 x no suggestions, happy with things as they are

Bus

Bigger bus x2

Bus to go out earlier

Catering

Not so much stew

No chopped up or mixed vegies

The meals a bit warmer and more mash potato

The residents have more input into what food is served

Activities

More craft

Learn to crochet

More outdoor activities

More variety – something like quoits

Brain activities – word puzzles in a group setting

Other

A shelter for the lawn area the same as the one outside the library

A weekend away

Microphone for church service

More youngsters x2

A playground at the back lawn

Netballs rings for visiting children

A pool table

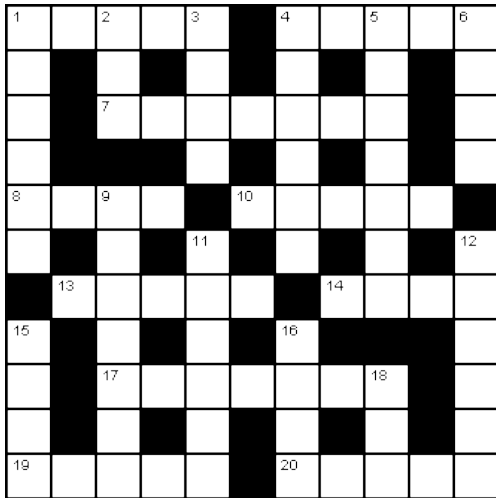
Somewhere to do washing other than the hand basin

Put in a bar with 50% off

More staff

Keep religion up. Have church everyday

Mind Games

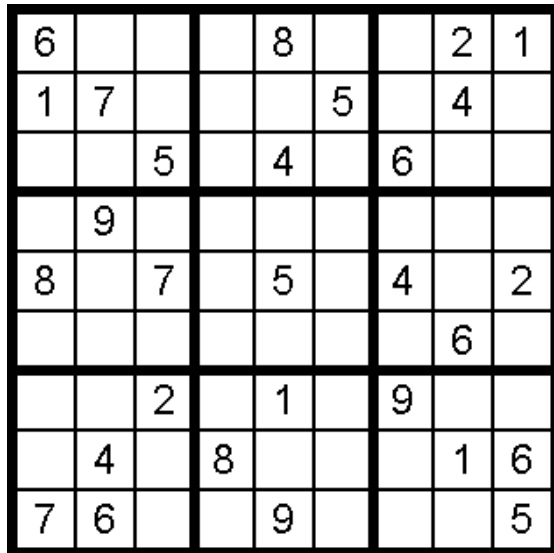


ACROSS

1. Obscure (5)
4. Nimble (5)
7. Monumental (7)
8. Fencing sword (4)
10. Test (5)
13. Woodwind instrument (5)
14. Celestial body (4)
17. Innovator (7)
19. Carapace (5)
20. Raucous (5)

DOWN

1. Smooth fabric (6)
2. Precious stone (3)
3. Simple (4)
4. Bee house (6)
5. Imprecise (7)
6. Reverberation (4)
9. Oval (7)
11. Saunter (6)
12. Blood vessel (6)
15. Optical device (4)
16. Ursine mammal (4)
18. Uncooked (3)



Rearrange the jumbled letters into an 11-letter word for a small creature?

PARCEL TRAIL

Use some of the letters to find three 5-letter words?

1. Month of the year
2. Danger
3. Jumped



WORD SEARCH—FLOWER POWER

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

ACACIA, ASPIDISTRA, ASTER, AZALEA, BEGONIA, BLUEBELL, BOUGAINVILLEA, BUTTERCUP, CARNATION, CHRYSANTHEMUM, CYCLAMEN, DAFFODIL, DAHLIA, DAISY, EDELWEISS, FOXGLOVE, FUCHSIA, GARDENIA, GERANIUM, HIBISCUS, HYACINTH, HYDRANGEA, IRIS, JASMINE, LILAC, LILY, LOBELIA, LUPIN, MARIGOLD, NASTURTIUM, ORCHID, PEONY, PRIMROSE, PRIMULA, ROSE, TULIP, VERBENA, VIOLET, WISTERIA.

GREAT THINGS TO DO IN FEBRUARY

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

Uniting Church

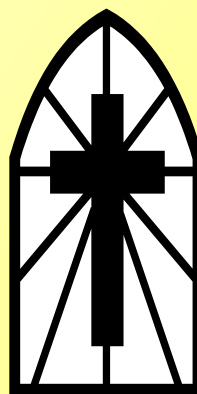
Salvation Army Church

Wattle City Church

Anglican Church

No Church

Catholic Church

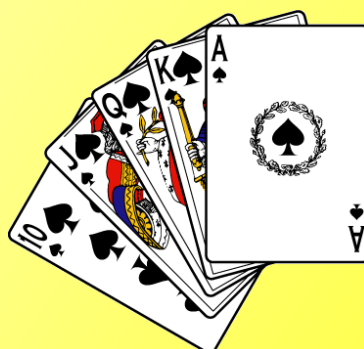


SPECIAL EVENTS

Special Bingo 1.30pm

Games Evening 6.30pm

Special Bingo 1.30pm



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

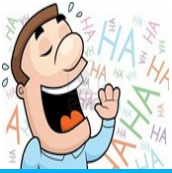
For any general enquiries: Families or residents can contact Havilah 24 hours a day, 7 days a week on Email: mail@havilah.org.au or Telephone: 54617387. Leave a message if it is out of office hours and staff will get back to you as soon as possible.

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



A man rushes his limp dog to the veterinarian. The doctor pronounces the dog dead. The agitated man demands a second opinion. The vet goes into the back room and comes out with a cat. The cat sniffs the body and meows. The vet says, "I'm sorry, but the cat thinks that your dog is dead, too." The man is still unwilling to accept that his dog is dead. The vet brings in a black Labrador. The lab sniffs the body and barks. The vet says, "I'm sorry, but the lab thinks your dog is dead, too." The man finally resigns to the diagnosis and asks how much he owes. The vet answers, "\$650." "\$650 to tell me my dog is dead?" exclaims the man. "Well," the vet replies, "I would only have charged you \$50 for my initial diagnosis. The additional \$600 is for the cat scan and lab tests."

Wife: "How would you describe me?"

Husband: "ABCDEFGH IJK."

Wife: "What does that mean?"

Husband: "Adorable, beautiful, cute, delightful, elegant, fashionable, gorgeous, and hot."

Wife: "Aw, thank you, but what about IJK?"

Husband: "I'm just kidding!"



Q: What starts with E, ends with E, and has only 1 letter in it?

A: An Envelope.

Two guys are walking through a game park & they come across a lion that has not eaten for days. The lion starts chasing the two men. They run as fast as they can and the one guy starts getting tired and decides to say a prayer, "Please turn this lion into a Christian, Lord." He looks to see if the lion is still chasing and he sees the lion on its knees. Happy to see his prayer answered, he turns around and heads towards the lion. As he comes closer to the lion, he hears the it saying a prayer: "Thank you Lord for the food I am about to receive."

Late one night a burglar broke into a house and while he was sneaking around he heard a voice say, "Jesus is watching you." He looked around and saw nothing. He kept on creeping and again heard, "Jesus is watching you." In a dark corner, he saw a cage with a parrot inside. The burglar asked the parrot, "Was it you who said Jesus is watching me?" The parrot replied, "Yes." Relieved, the burglar asked, "What is your name?" The parrot said, "Clarence." The burglar said, "That's a stupid name for a parrot. What idiot named you Clarence?" The parrot answered, "The same idiot that named the rottweiler Jesus."

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

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

**Sudoku, Quiz and Crossword Solutions
from page 5**

Jumbled word - CATERPILLAR
1. APRIL
2. PERIL
3. LEAPT

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

INDOOR BOWLS

Each Friday at 10am Raglan House

GAMES NIGHT

The February Games night is on Tuesday 16th February 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 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.