



WEBSITE: www.havilah.org.au

You can access the Havilah Facebook Page via the website



HAVILAH MAJOR RAFFLE Once again it is time for our annual major raffle. This is an important part of our fundraising program each year with the proceeds used towards capital purchases such as equipment.

Tickets are \$100 each and payment can be made over 10 weeks

All prizes are for Goods/Services at Retailer/s of choice

1ST Prize \$10,000

2ND Prize \$5,000

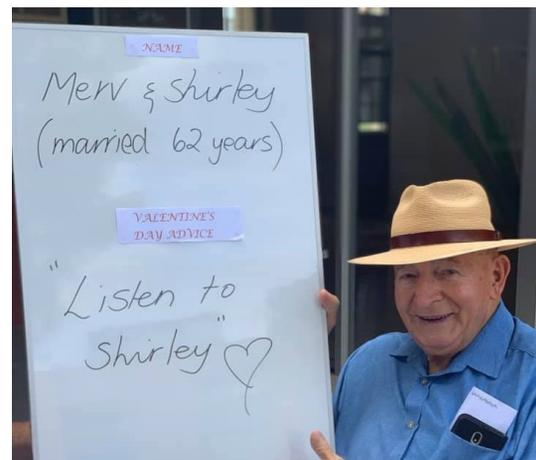
PLUS 10 x \$500 early bird prizes

Please ask your friends and relatives if they would like a ticket or you may like to have a family Syndicate.

Only 410 tickets available so the odds are very good.

We would very much appreciate your support.

To purchase a ticket or collect a book to sell, please contact Raeleen 54617 380 or Harkness Reception 5461 7387



A special Valentines Day morning tea was held out in the courtyard, the weather held out and proved to be a pleasant morning . Words of wisdom were given from many who attended, but one stood out from Merv, still happily together after 62 years, which shows they do have a great bond with each other,



**Retirement Community - Bi Monthly Resident Meeting Thursday 19th March 2020, 2.45 pm
Raglan House - Ground Floor - Neill Street end
Afternoon Tea Provided**



The conversations of life

Want to keep your memory sharp as you get older? Up your vegies and protein, says new research

By Lauren Broomham on February 28, 2020



Researchers from the University of Technology Sydney (UTS) have found that eating a high amount of fruit and vegetables is linked with lowered odds of developing memory

UTS research fellow Dr Lu-na Xu

(pictured in-set) studied data from around 139,000 older Australians and discovered strong links between certain food groups, memory loss and comorbid heart disease or diabetes.

This link varied between the different aged groups – with those at the highest risk of memory loss and comorbid heart disease being people aged over 80 with a low consumption of cereals (which includes bread, pasta, oats and rice).

Dr Xu says with many older Australians also living with other chronic health conditions, the data points

to the need for healthy eating guidelines that are specific to people's age which currently don't exist.

Until then, you can check out the current Government guidelines on healthy eating here.

With memory loss a key risk factor for dementia – the second leading cause of death in Australia – it's a good reminder that we really are what we eat.



Maintenance Reporting

Residents are requested to report all maintenance issues to Reception Monday to Friday between 9.00am & 12 noon telephone 54590140 or call in. For urgent items during business hours call maintenance direct on 0417679803 or contact Reception at Harkness 54617387.

Alternatively residents can email any issues to palmerston@havilah.org.au

For after hours, weekends and public holidays telephone our on call maintenance on 0408 645 203

NOTE: This also applies to garden and grounds issues that need addressing.

For any reported items that have not been addressed in a timely manner or are not addressed to your satisfaction, please contact CEO Barb Duffin telephone 0429617380 or email barb.duffin@havilah.org.au

Barb's mobile number is included in each edition of HOP Topics and you can contact her 24/7. Best not ring after midnight though unless it is a real emergency.



HAPPY WANDERERS

WALKING GROUP

Leave in cars on Thursdays at 9:30AM from the Hockey Field carpark Princess Park.

Cost \$1 per month, includes tea, coffee & biscuits and a free sausage sizzle several times a year.

All ages welcome, walk 3 meters or 3 Kilometres.

Established 20 years.

No meetings, no office bearers, just a friendly social get together.

Bring a smile, a chair & hot water.

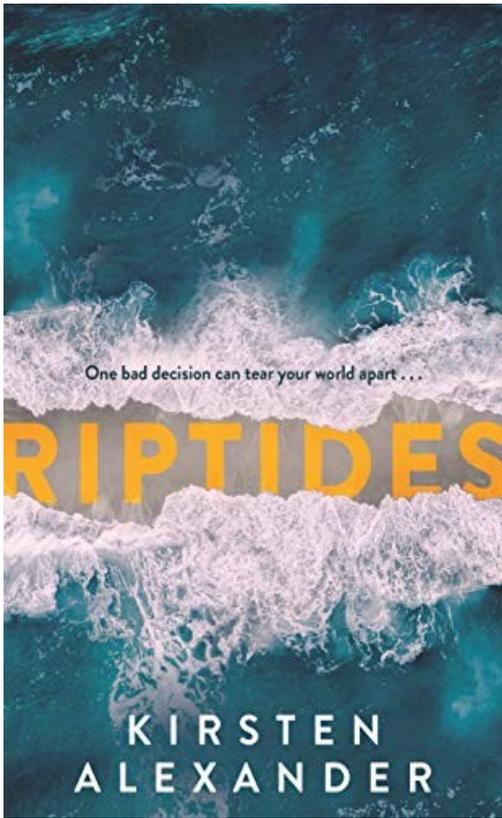
See Julie at Hairdressing on Tuesdays

Or phone Col Mason 54647329



Havilah on Palmerston Diners club recently enjoyed a lovely meal and evening at Caroline's Restaurant in Carisbrook. They were treated to delicious culinary delights, good company and some light entertainment. Everyone who attended commented that they wished to revisit at a later date. The diners club ventures out every two months to experience the food establishments throughout the area.

BOOK REVIEW



In 1974, in country Queensland, Charlie Campbell forces a car off an unlit and rarely travelled dirt road into a tree, killing the pregnant driver. The crash wakes Charlie's sister, Abby, who'd been sleeping in the passenger seat next to him. They were heading to their father's farm.

crime will cost them their father and their future. Charlie leans on his older sister to lead them out of trouble, to act as the protector she's had to be since their mother died. But their secret grows more complicated by the day.

A dead woman has no place in either of their plans. They drive away, leaving her on the ground as heavy rain falls. They cannot help her, there are no witnesses, and there is too much at stake.

Abby, however, is not one to give up. She keeps the single piece of evidence hidden, and decides to redeem herself. She determines to raise Skye's son as her own, study, and make a difference. She is convinced that she and Charlie can get back on track. But along the way, they need to reconsider exactly what it is they want.

When they arrive at the farm, the siblings learn that the dead woman, Skye, was their father's fiancée.

They resolve to tell no one what they've done — to admit to this



WEIRD and WONDERFUL WORDS

BOILOVER—a surprise result in a sporting event



Justice of the Peace

If residents require the assistance of a Justice of the Peace you are welcome to contact



Terry Simpson

Mobile: 0419 737 837

During business hours



EFTPOS

For the convenience of residents, EFTPOS facilities are located at reception in the High School Centre for payment of Accounts.

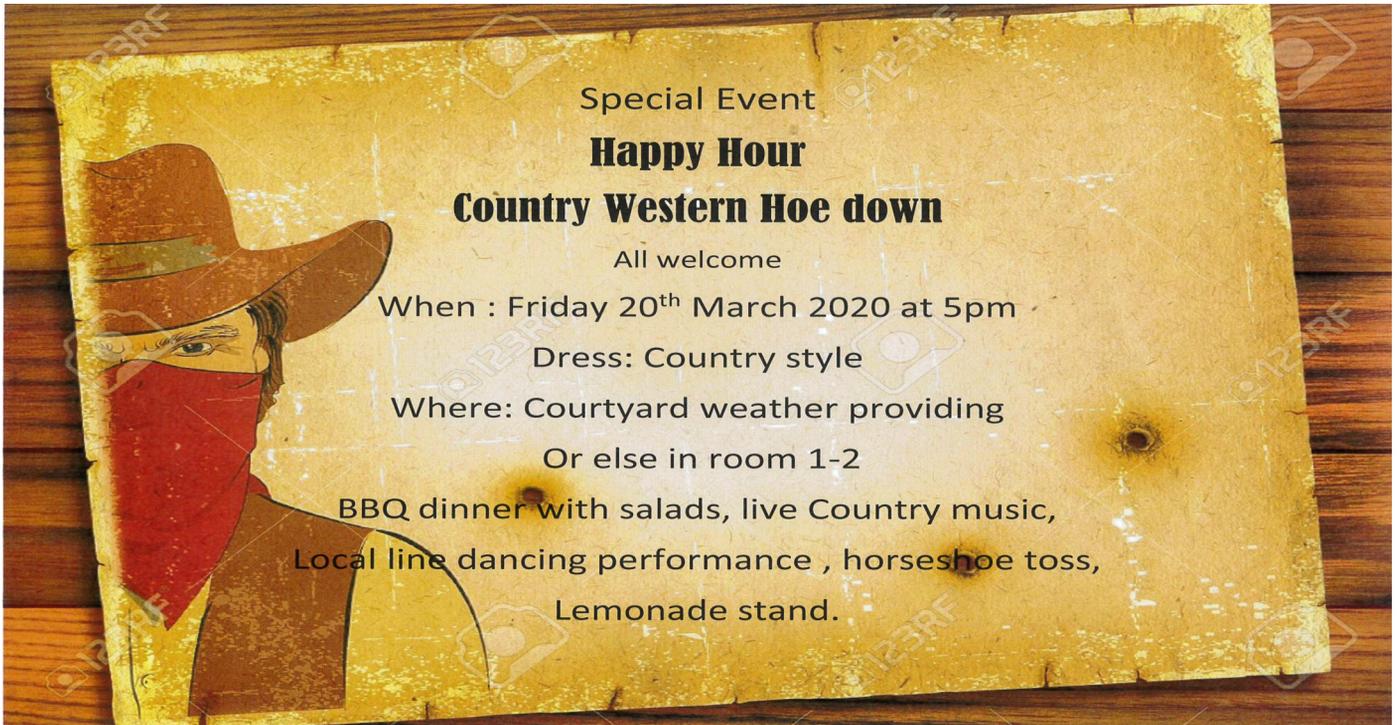
Emailing HOP TOPICS

If you provide us with your email address, we can email your Newsletter to you. Please email your details to andrew.earl@havilah.org.au.

Your assistance with this is appreciated.



Expressions of interest wanted to start a book club with Havilah on Palmerston and Raglan house residents. Books will be sourced through the Maryborough Regional Library with a new book received at a monthly meeting to discuss the book over supper each month. Book club provide papers with topics for discussion within each book. Please phone ATL Kim on 54590169 for more information.



**AFL 2020
FOOTY TIPPING
COMPETITION**
FREE TO ENTER



If you would like to participate in the Football tipping competition, see Kim or please take a pack which has all of your tipping needs including the draw and blank tipping forms. Make your selections on the supplied entry sheet for the 1st round and each consecutive round

Then Place your entry sheet in the box in front of the nurses station ground floor

Season prizes 1st, 2nd, 3rd & Last Place

There is a \$10.00 Prize each week for correctly tipping all 9 winning teams. Ladder will be posted weekly in main foyer and reception areas.

Season commences Thursday 19th March 2020

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
For 24 Hour Contact**

Nurse Manager 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

WEEKEND 5461 7394

LIFESTYLE 54617 390

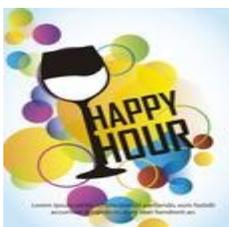
**CEO 54617 381
0429617380**

RAELEEN 54617 380



RESIDENTS MEETING & LIFESTYLE COMMITTEE

Meeting will be
Thursday 19th March 2020 at 2.45pm,
Raglan House –Ground Floor-Neill Street end.
(Coffee & Chat immediately after the meeting)

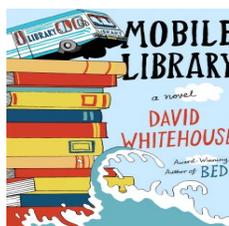


HAPPY HOUR

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



BINGO Monday- Friday 1.30 P.M. Ground
Floor Raglan House



MOBILE LIBRARY:

MARCH 23RD, APRIL 6TH AND 20TH
Raglan House—Ground Floor—Neill
Street end



SPECIAL MORNING TEA

2nd Friday of each Month
North End Common area Raglan House
All Retirement Living and Raglan residents are
invited to attend.



TAI CHI

Monday session – 1.00 to 2.30 pm
Wednesday session - 10.00 to 11.30
am



2nd Wednesday each Month

Next Date 11th March **10.00am**
Raglan House—first floor

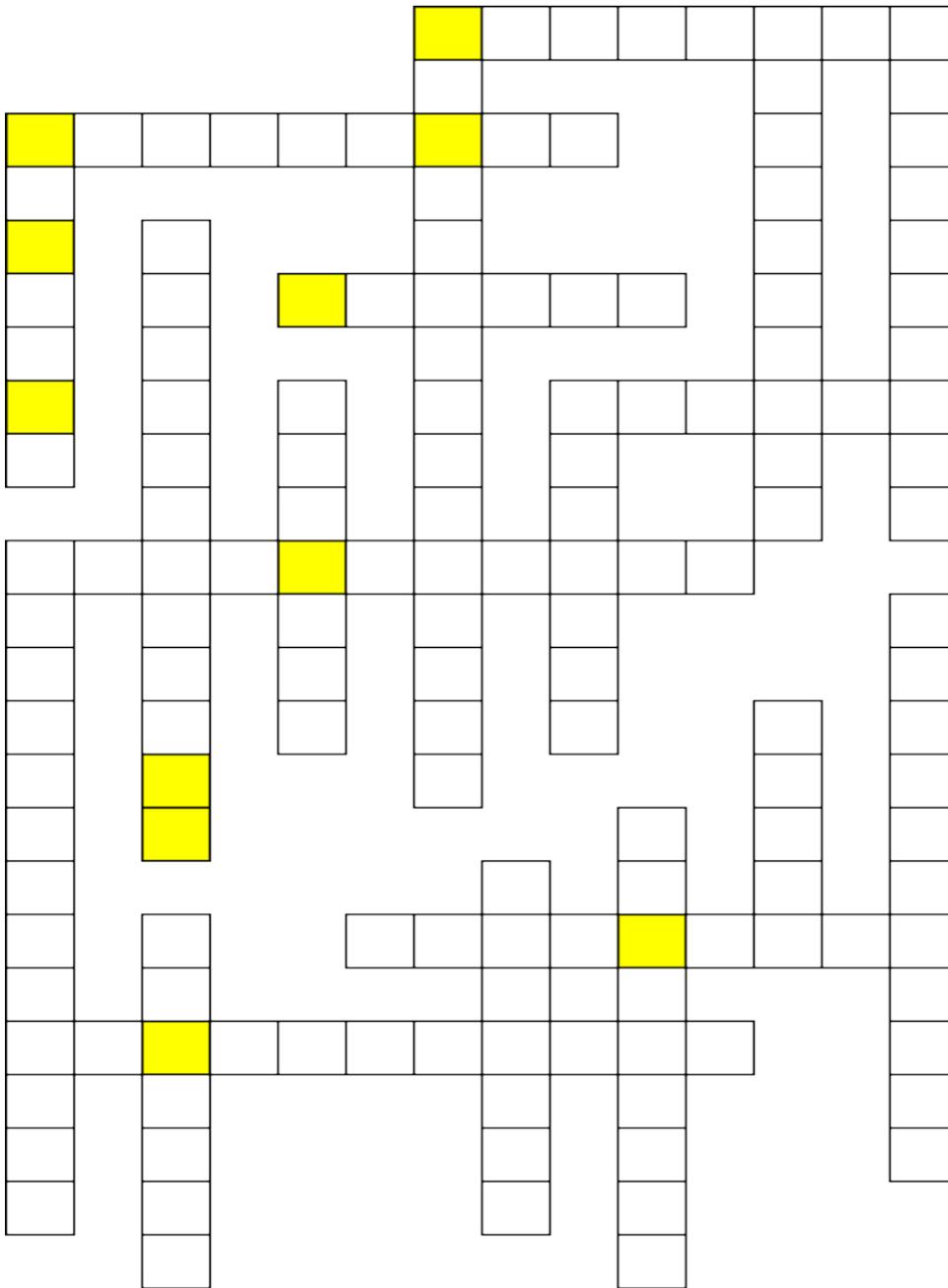
◆ **STRENGTH EXERCISES AND FALLS PREVENTION**

Every Monday at 2.30 Raglan House Ground floor

◆ **CHAIROBICS**

2.30 P.M. Tuesday & Fridays Ground Floor Raglan House





5 Letter words:
CIRCE

6 Letter Words:
MERLIN
YVONNE

7 Letter Words:
AGRIPPA
CLIODNA
MORGANA
MRS FIGG
PTOLEMY

8 Letter Words:
HOGWARTS

9 Letter Word:
AUNT MATGE
BLETCHLEY
KATIE BELL

10 Letter Word:
RON WEADLEY
SUSAN BONES

11 Letter Word:
DRACO MALFOY
GRINDELWALD
SIRIUS BLACK

12 Letter Word:
HANNA HABBOTT

13 Letter Word:
DUDLEY DURSLEY

15 Letter Word:
HERMIONE GRANGER

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 1-9

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

Medium 602

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

Easy 602

Falls Prevention



Ensure that you have your feet attended to by a podiatrist.

Maintenance and upkeep of walking aids.

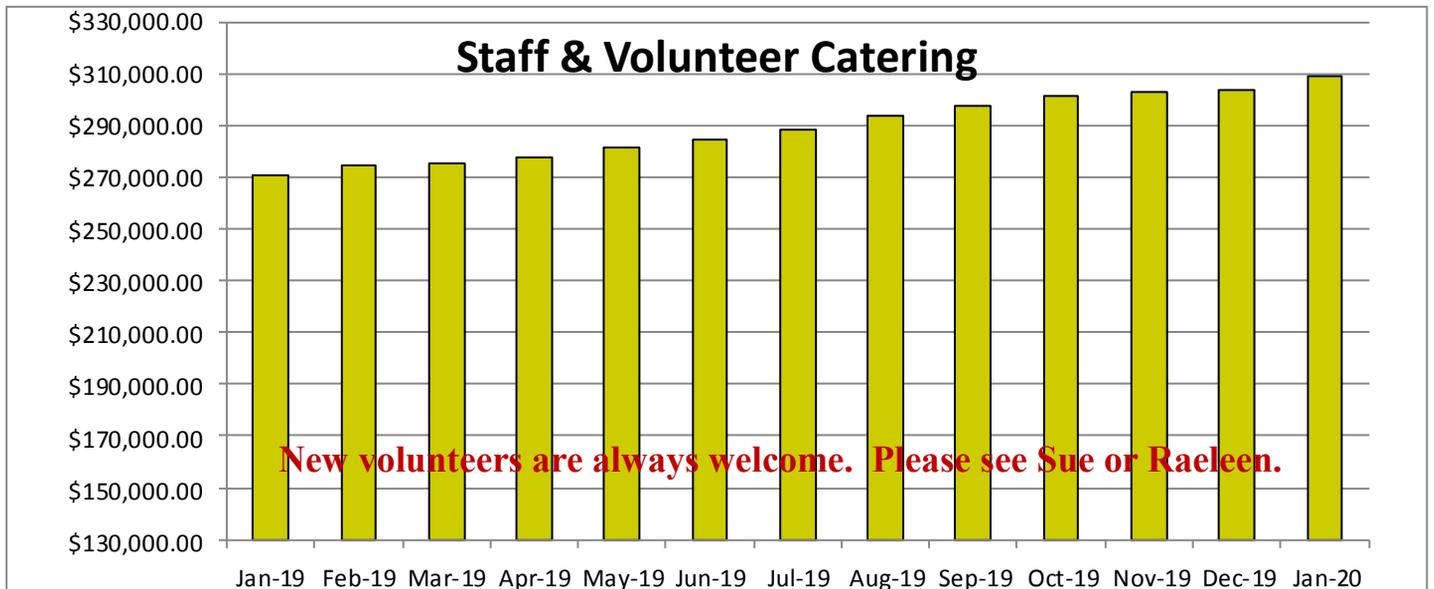
Keep rooms and walking areas clutter free.



The Central Highlands Library service visit's Raglan House.

Come and talk to Kerry the Librarian who will help you find the book you are after. There is a great range of books to select from and if there is something that you specifically want they can arrange this for you on the next visit.

The mobile Library is set up in the North end on the ground floor. from 10.15am - 11.15am.



Many years ago Havilah published a recipe book with resident and family favourites, ranging from soups to casseroles, desserts, cakes and slices etc. This publication proved to be a worth while fund raiser for Havilah.

We are looking to do another one using some recipes from the original publication and requesting current families who would like to submit their own favourite.

Recipes and pictures can be sent via email to andrew.earl@havilah.org.au or by leaving at main reception desk at Harkness Street during office hours.



Please comply with parking signs, therefore only cars displaying Disables stickers in Disables Parking zones, No Parking, and No Parking zones.



Thank you to all our volunteers from the retirement community. We appreciate your generosity so much. New volunteers are always welcome. Please advise Kim or Reception if you are interested in volunteering.

What's On & Events

UNITING CHURCH - 1st Tuesday of the month at 2.30pm.
 ANGLICAN CHURCH - 2nd Thursday of the month at 10.30am
 SALVATION ARMY CHURCH - 4th Wednesday each Month 2.45pm



CHURCH SERVICES Room 7—High School Centre

- ♦ **MARYBOROUGH MENS SHED**
 Meets Tuesday and Thursday mornings at 9 a.m at its shed at 42a Newton St. Maryborough.
 New members welcome
 for information contact 0417365642
- ♦ **MARYBOROUGH BRANCH CWA.**
 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



2020 Talbot Farmers Market

Dates:

March: 15th	June: 21st
April: 19th	July: 19th
May: 17th	August: 16th
	September: 20th
	October: 18th
	November: 15th
	December: 20th

2020 Avoca Riverside Market

Dates:

March: 22nd	June: 28th
April: 26th	July: 26th
May: 24th	August: 23rd
	September: 27th
	October: 25th
	November: 22nd
	December: 27th



RAGLAN HOUSE GARDENING CLUB MEETS EACH TUESDAY AT 10.30am

Interested gardeners from the retirement community who would like to join in this group are very welcome.

Please talk to Kim if you would like to get involved.

Expressions of interest invited for Wimmera/Mallee Silo Art trail overnight trip.



Kim has put together a bus outing for up to 14 residents from the Retirement Community using both our Bus and Kia van for a 2 day outing to view the Wimmera/Mallee silo art trail. Driving from Maryborough to Rupanyup stopping at Rupanyup for lunch. Travelling from there to Sheep Hills, Brim, Rosebery, Lascelles, Patchewollock to view the silo art at each stop and then onto Sea Lake to stay the night. Accommodation is \$130 approx for 2 people sharing a room, we may get a discount for a group booking and seniors discount. Dinner will be BBQ and salads that we will have brought with us using facilities provided. There are options to do a sunset or sunrise tour of Lake Tyrell, the largest salt lake in Australia.

Next morning we will head off towards the

last silo at Nullawil, then stopping at Charlton to enjoy a counter meal before heading home through St Arnaud. The trip is planned for Wednesday 25th March—

Thurs 26th March 2020

Accommodations have been booked. Those attending please meet in the courtyard at 9am on the 25th for a 9.15 departure time.

Please phone Kim (lifestyle team leader and resident liaison HOP) on 54590169 or txt mobile ph 0429034827 for further information.



THINGS MY MOTHER USED TO SAY

Hay is for Horses

Put a sock in it.

Don't burn the candle at both ends.

You'll understand when you are parent.

Green Pasta with chicken tenders.

Ingredients:

- 375 penne pasta
- 2 bunches asparagus, trimmed, cut into thirds
- 150g broccoli florets
- 1/2 cup peas
- 2tbs olive oil
- 8 chicken tenderloins
- 200g tub hummus
- 1 avocado
- 1 tbs lemon juice
- 1/2 cup parsley
- 1/2 cup fresh basil leaves
- Lemon wedges to serve

Instructions:

- Cook the pasta in a large saucepan of boiling water until tender, adding asparagus, broccoli and peas in the last 2 minutes of cooking. Drain, reserving 1/2 cup of the cooking liq-

- uid,. Return pasta mixture to pan. Meanwhile, heat the oil in a frying pan over medium-high heat. Cook the chicken for 3 minutes each side or until golden and cooked through.
- While the chicken is cooking, place the hummus, avocado, lemon juice, parsley and basil in a food processor. Process until smooth.
- Transfer the hummus mixture and 1/3 cup of the reserved cooking liquid to the pasta mixture, adding a little more of the reserved cooking liquid if sauce is too thick. Toss to combine. Season. Divide among serving bowls and top with the chicken. Serve with lemon wedges.

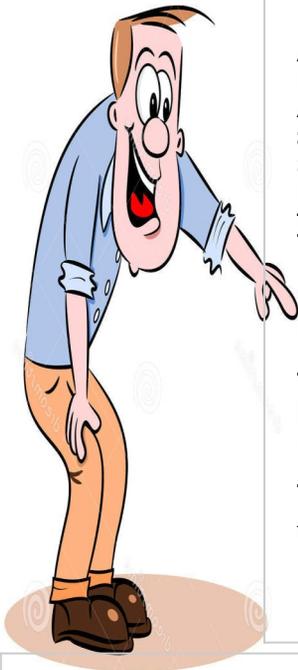


Quiz and Crossword Solutions from page 7 & 13



1. Ruth Park.
2. Moonee Ponds
3. Rockmelon
4. Femur

T	A	R	T	A	N	U	E	N	G	N	L	C	A	J	O	L	E	9	3	5	1	2	6	8	4	7	9	7	2	3	1	6	5	4	8	
O	P	O	L	Y	G	O	N	I	E	E	E	I	L	S	S	U	E	M	7	1	2	8	9	4	3	5	6	4	5	6	9	2	8	1	3	7
C	R	A	W	L	T	H	I	S	T	L	E	C	R	A	W	L	E	S	8	9	4	2	7	3	1	6	5	8	4	9	1	5	2	3	7	6
A	G	E	N	D	A	T	Y	R	A	N	T	A	G	E	N	D	A	T	1	5	6	9	4	8	2	7	3	2	1	7	4	6	3	8	5	9
T	A	C	T	I	L	E	P	R	O	B	E	T	A	C	T	I	L	E	2	7	3	5	6	1	4	8	9	5	6	3	8	7	9	2	1	4
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T	A	R	G	E	T	H	V	E	D	E	R	T	A	R	G	E	T	5	4	9	6	8	2	7	3	1	3	2	5	6	9	7	4	8	1	
T	A	R	G	E	T	H	V	E	D	E	R	T	A	R	G	E	T	6	8	7	3	1	9	5	2	4	7	9	1	5	8	4	6	2	3	



A lawyer's dog, runs around town unleashed, heads for a butcher shop and steals a roast. An angry butcher goes to the lawyer's office and politely asks, "If a dog running unleashed steals a piece of meat from my store, do I have a right to demand payment for the meat from the dog's owner?"

The lawyer smiles and answers, "Absolutely."

"Then you owe me \$8.50. Your dog was unleashed and stole a roast from me today."

The lawyer, without a word, writes the butcher a check for \$8.50. The butcher, having a feeling of satisfaction, leaves.

Three days later, the butcher finds a bill from the lawyer: \$100 due for a consultation.



Two sisters, one blonde and one brunette, inherit the family ranch in 1875. Unfortunately, after just a few years, they are in financial trouble. In order to keep the bank from repossessing the ranch, they need to purchase a bull so that they can breed their own stock. Upon leaving for another ranch to check on the possibility of buying a bull, the brunette tells her sister, When I get there, if I decide to buy the bull, I'll contact you to drive out after me and haul it home.

The brunette arrives at the man's ranch, inspects the bull, and decides she wants to buy it. The man tells her that he will sell it for \$499. After paying him, she drives to the nearest town to send her sister a telegram to tell her the news. She walks into the telegraph office, and says, I want to send a telegram to my sister telling her that I've bought

a bull for our ranch. I need her to hitch the trailer to our pickup truck and drive out here so we can haul it home.

The telegraph operator explains that he'll be glad to help her, then adds, It's just 99 cents a word. Well, after paying for the bull, the brunette only has \$1 left. She realizes that she'll only be able to send her sister one word. After thinking for a few minutes, she nods, and says, I want you to send her the word comfortable. The operator shakes his head. How is she ever going to know that you want her to hitch the trailer to your pickup truck and drive out here to haul that bull back to your ranch if you send her the word, comfortable? The brunette explains, My sister's blonde. The word's big. She'll read it real slow. (com-for-da-bull)

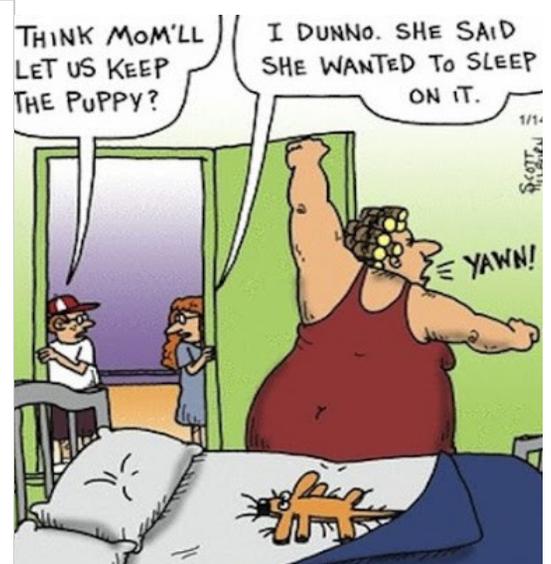
A woman is in bed with her lover who also happens to be her husband's best friend. They had sex for hours, and afterwards, while they're just laying there, the phone rings.

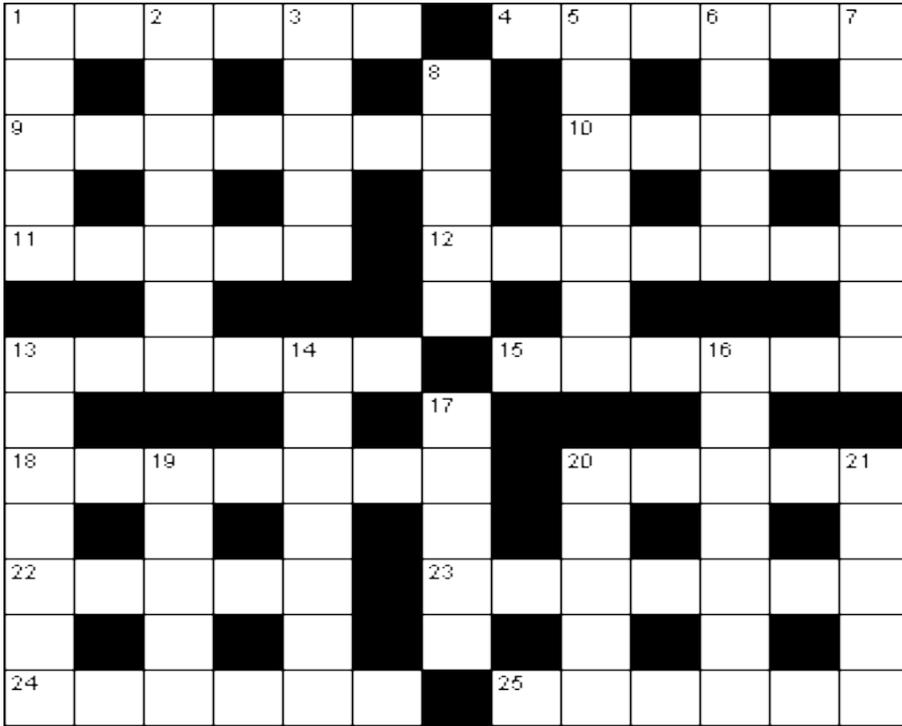
Since it is the woman's house, she picks up the receiver. Her lover looks over at her and listens, only hearing her side of the conversation...

She is speaking in a cheery voice, "Hello? Oh, hi. I'm so glad that you called. Really? That's wonderful. I am so happy for you. That sounds terrific. Great! Thanks. Okay. Bye."

She hangs up the telephone and her lover asks, "Who was that?"

"Oh" she replies, "that was my husband telling me all about the wonderful time he's having on his fishing trip with you."





ACROSS:

1. Plaid
4. Inveigle
9. Plane figure with straight sides
10. Publish
11. Creep
12. Plat with prickly-edged leaves
13. Schedule
15. Desport
18. Producing a sensation of touch
20. Investigation
22. Performed
23. Gathered together in large numbers
24. Objective
25. Formal proposal to buy

DOWN:

1. Subject
2. Let go
3. Investor in theatrical production
5. Nimbleness
6. Beginning or early stages
7. Best environment for plants or animals
8. Become one
13. Draw in
14. Diminish
16. Kept away from
17. Impart skills or knowledge
19. Supply food ready to eat
20. Provide evidence for
21. Type of duck

041

WORD SEARCH - Explorers



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

AMUNDSEN, BARBOSA, BASS, BOONE, BURKE AND WILLS, CABOT, CARTIER, COLUMBUS, COOK, CORTES, DIAS, DRAKE, ERIKSSON, FAWSETT, FLINDERS, FROBISHE, GRAY, HAWKINS, HERIOLFSSON, HUDSON, KINGLSEY, LIVINGSTONE, MAGELLAN, MARCO POLO, PARK, RALEIGH, SCOTT, SHACKLETON, STURT, TASMAN, TENZING, VANCOUVER, VASCO DA GAMA, VESPUCCI

QUIZ

1. Which Australian author wrote the novel The Harp in the South?
2. Dame Edna Everage was originally created as a housewife from what Melbourne suburb?
3. In some parts of Australia, the cantaloupe is commonly known as?
4. What is the medical name for the thighbone?

NOTICE BOARD

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 TALK TO 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
Nurse Manager	Deb Matthews	deb.matthews@havilah.org.au
Director of Care	Kelsey Hooper	kelsey.hooper@havilah.org.au

FEEDBACK - We welcome your feedback, FEEDBACK FORMS ARE AVAILABLE IN THE FOYERS OF THE HIGH SCHOOL CENTRE AND RAGLAN HOUSE

Residents are encouraged to communicate any issues they may have to

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

Nurse Manager Havilah on Palmerston Deb Matthews

email: deb.matthews@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.

RAGLAN HOUSE NURSE 24 HOUR CONTACT NUMBER Telephone 54 590150

HAVILAH ON PALMERSTON RECEPTION HOURS

MON-FRI 9.00 am—12.00 pm for account payments and enquiries 5459 0140
(Closed Public Holiday)

HARKNESS ST RECEPTION OFFICE HOURS

MON-FRI 9.00 am—4.00 pm for account payments and enquiries 5461 7300
(Closed Public Holidays)

ON CALL MAINTENANCE after hours and weekend calls. 0408 645 203