

ISSUED
March 2017



HOP TOPICS



OUT & ABOUT MORNING TEA IN THE QUADRANGLE



There has been a great response to the Tai Chi program with residents either by participating or having a look for interest. We are hoping that there will be more residents start to actively participate in the forth coming weeks.

TAI CHI SESSIONS



With Master Barry Lacey

Where: Room 7 High School Centre

When: Monday and Wednesday

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

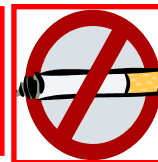
**VERY GOOD FOR BALANCE AND
FOR PEOPLE WITH ARTHRITIS**

**FREE for Havilah On Palmerston resi-
dents –**

**friends are welcome at the fee of \$5.00
per session**



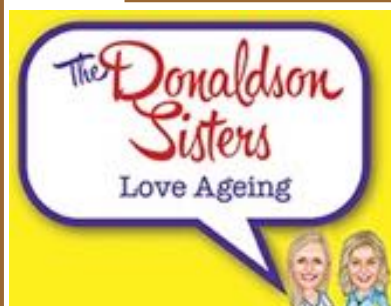
**PLEASE RESPECT THE NON SMOKING AREAS
AT HAVILAH ON PALMERSTON**



RECIPE OF THE MONTH

RAISIN RASCALS

1 cup sugar
 4 ozs (120gms) butter
 1 cup Self Raising Flour
 1 egg
 1 cup dried fruit (I use sultanas)
 Cream butter & sugar, when creamy add egg.
 Beat until blended, then add fruit and flour alt.
 Place on greased oven trays and bake in mod. (180 degrees C) Oven until golden brown (doesn't take long).
 They spread a bit so leave room between them.



FROM THE DONALDSON SISTERS NEWSLETTER (MARCH EDITION)

Would you believe our fine Australian men are the longest living in the world? It's true

Australian boys born in 2010 can now expect to live until 80.10, longer than any other country. By 2030, this will rise to 84.

According to the study published in The Lancet, they will only be overtaken by South Korean men in 2030 – by just 25 days.

We Australian women currently have the fourth longest life expectancy at 84.53. Girls born in 2030 will live until 87.57, the sixth longest.

Historically women have lived longer than men – so why is the gap closing?

Lead author Professor Majid Ezzati of London's Imperial College explained: "Men traditionally had unhealthier lifestyles, and so shorter life expectancies. They smoked and drank more, and had more road traffic accidents and homicides. However as lifestyles become more similar between men and women, so does their longevity."

Women drinking and smoking more

Certainly we women seem to be picking up some of men's bad habits, such as heavier drinking, as this story shows.

But there's a serious side too.

For the first time ever, life expectancy has hit 90. A 65-year-old Australian woman in 2030 is set to live an extra 24 years – for men, it's an extra 20 years.

And remember these figures reflect average life expectancy – so half of us will go beyond this number.

Longer lives don't always equal better quality of life. We will need to work for longer and save more for our retirement – and try to stay in better health before we do retire.

www.thedonaldsonsisters.com.au

NOTICE BOARD

DEB MATTHEWS APPOINTED NURSE MANAGER - HAVILAH ON PALMERSTON

Deb Matthews has been appointed to fill Cleta's position. As announced last month Cleta will be leaving on Friday 31st March. Most residents and families will know Deb who has been at Havilah for almost 9 years and has worked consistently at Raglan House. Although it is always difficult stepping into someone else's shoes, and Cleta will be very much missed, Deb's most recent roles of Nursing Supervisor and Unit Manager at Havilah's Harkness Street site together with her experience at Raglan House will very much assist a smooth transition. **CONGRATULATIONS DEB!**



Football Tipping: The Havilah on Palmerston Footy Tipping Competition will soon be underway.

Prize money of \$10.00 to the tipster with 9 winners is awarded on a weekly basis and end of year the prize pool of \$50.00, \$30.00, \$20.00 respectively for first, second and third.

The Competition is FREE to enter.

The 2017 AFL Draw will be available in Reception. Each week place your tips in the box provided at Reception. Please include your Name and the Round Number with your selections. Tips must be in the day before the first game of the round. Stu's tips will be allocated for participants who fail to submit their tips.

Please Contact Kim on 5459 0169 for further details.

A second competition will be held this year where selections are made for all rounds pre season.

1st 2nd and 3rd prizes will be awarded.

Forms to fill out for this Competition will be available at Reception from Monday 27th March and must be returned by Wednesday 12th April.

BOOKING / ORDERING A MEAL

To ensure your selection is always available, residents should call the Kitchen 5459 0180, between 8 am - 5 p.m. and make a selection from the menu for the required meal service.

HOP TOPICS EMAIL PROJECT Thank you to everyone who has responded to our request for email addresses to allow your HOP Topics to be emailed to you. The response has been wonderful and yet again demonstrates the consideration shared in our Havilah community. Anyone yet to provide an email alternative, please email details to andrew.earl@havilah.org.au and to those who do not have email, your HOP Topics will continue to arrive in your mail box monthly.

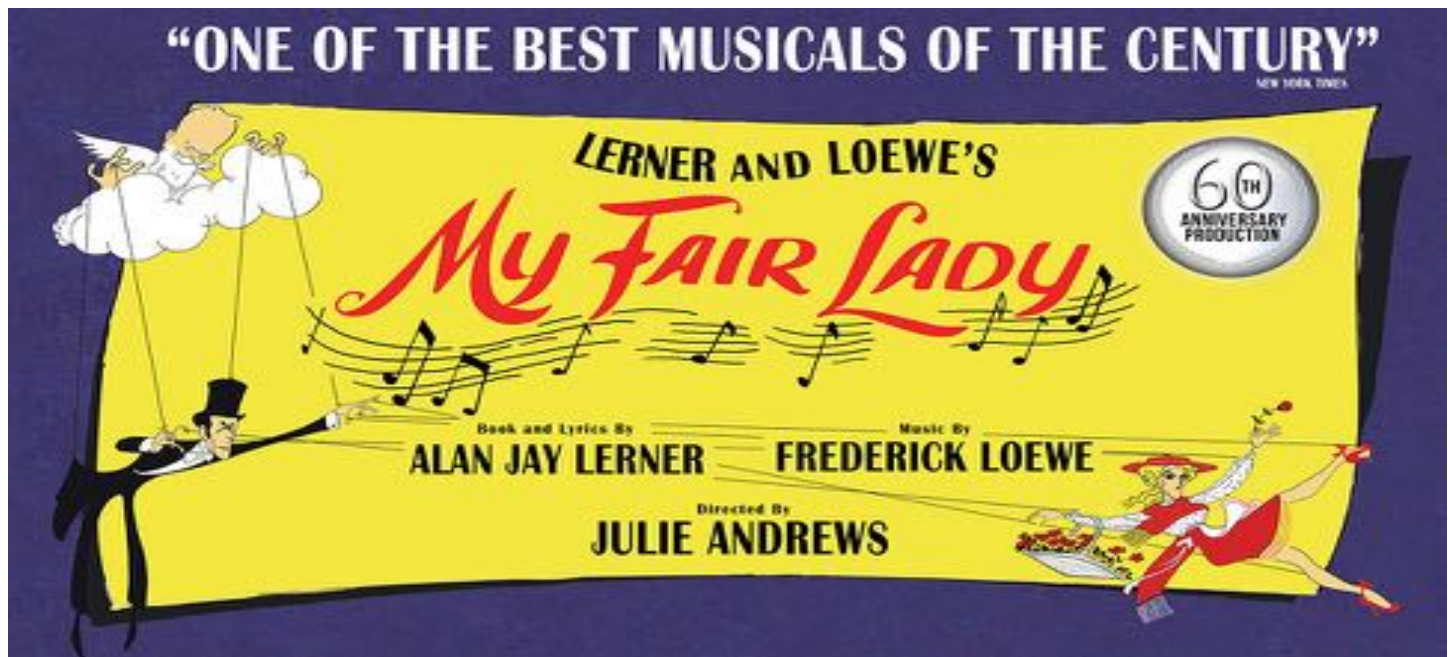


FALLS PREVENTION

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



NOTICE BOARD



My Fair Lady is showing at the Regent Melbourne from 12th May.

If there is interest Havilah will arrange transport and tickets for the Havilah Retirement Community to see this live show.

Residents would pay for their own tickets—for good seats this is expected to be between \$110-\$150 with Concessions of around \$10 per ticket for Aged, Invalid, Disabilities, TPI, War Veteran, Pensioner and Seniors Card Holders.

Havilah would arrange transport and pay the transport cost.

A Matinee Session is envisaged so should not be too late home. It would possibly be late May or June as early tickets appear to be selling quickly.

**TO EXPRESS YOUR INTEREST—
PLEASE PHONE OR EMAIL KIM OR
ADVISE AT RECEPTION**



HAVILAH MAJOR RAFFLE

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

1ST Prize \$10,000

Goods/Services Retailer/s of choice

2nd Prize \$5,000

Goods/Services Retailer/s of choice

PLUS 10 x \$500 early bird prizes

Tickets are \$100 each and payment can be made over 10 weeks if desired. Please ask your friends and relatives if they would like a ticket or you may like to have a family Syndicate. Only 400 tickets sold so the odds are very good. We very much appreciate your support. Please contact Raeleen 54617380 or Reception

HAVILAH APPRENTICE CHEFS' "PRACTICE DINNER PARTIES"

Havilah currently has several staff completing their Chef's Course. Food Services Manager Di Jackson has organised for them to prepare several Dinner Parties as they proceed through their Course.

Havilah's retirement community will be invited to be guests at these Dinners. Don't be concerned if you do not receive an invitation in the first round as invitations will be sent out in four separate lots over the coming months. We will commence with Raglan Street—Inkerman Street end and move around the site from that point. There will be no charge for residents to attend.

CURRENT PROJECTS—Havilah on Palmerston

Home Theatre in Room 7

Planning has commenced for installation of equipment in room 7 of the High School Centre for showing of movies and tv onto a large screen to include drop down screen and speakers. This will improve the facilities currently available for movie nights and watching sporting events.

Footpath Works Neill Street

We are hopeful that planned works to improve the Neill Street footpath will be completed by the end of the month. The works have been delayed due to illness of the Contractor.

Tennis Court Site

The Havilah Board is working with its Design Consultant Brian Douglass, towards completing concept drawings for submission for planning by mid year. Residents will be consulted and plans made available once we have sufficient detail for the plans to be made public. Aged care places were applied for under the 2016 aged care funding round and if successful would form part of Havilah's future development at Palmerston.



TO ALL OF OUR WONDERFUL VOLUNTEERS

Know you are appreciated and are making a difference to the lives of others every day

If you would like to join our volunteer team please talk to Kim or notify Reception and we will contact you.

"one of the greatest gifts you can give is your time."

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

WEEKEND 5461 7394

LIFESTYLE 54617 390

CEO 54617 381
0429617380

RAELEEN 54617 380

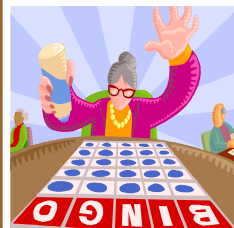


RESIDENTS MEETING & LIFESTYLE COMMITTEE Meeting will be
 Thursday 20th April 2017 at 2.45pm, Room 7 in the High School Centre (Coffee & Chat immediately after the meeting)

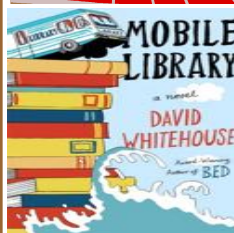


HAPPY HOUR

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— MARCH DATES

Monday 13th and 27th March
 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
 Room 7 High School Centre

♦ **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

What's On & Events

CHURCH SERVICES Room 7—High School Centre

UNITING CHURCH - 1st Wednesday of the month at 2.30pm.

ANGLICAN CHURCH - 2nd Wednesday of the month at 10.30am

SALVATION ARMY CHURCH - 4th Wednesday each Month 2.45pm



♦ 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



Everyone is welcome to attend the "Special Morning Tea" held in Room 7 on the second Friday of each month starting at 10am. The mornings have become a huge success with both the ILU and Raglan House residents attending and enjoying the vintage china with carefully decorated tables and scrumptious delights for morning tea. The china is a great talking point. Newcomers are very welcome to attend and is a great way to meet your neighbours in a relaxed and friendly environment.



BBQ

21st March at 6.00pm

Cost \$5.00 per head

We will be hosting a BBQ and meet and greet, all residents are encouraged to attend, come along and enjoy the evening with your neighbours.

Please place names on list in reception for catering purposes.



HEALTH AND WELLBEING

TIPS FOR HEALTHY AGING

There is a special part of the brain that guides memory and spatial navigation. When we start to forget things and have trouble getting around it is this part of the brain to blame. This area doesn't have to slow down with aging. There are some fun, simple and easy ways to keep the mind and body in top shape.

Physical Exercise.

Daily stretching is important to keep flexibility. 5 minutes of stretching/exercise in the morning would be helpful and it is never too late to start. Going for a walk, gardening or anything that keeps you moving is good. Exercise helps control weight, lower blood pressure and strengthen muscles which in turn making you less likely to fall.

Mental Exercise.

Imagine your brain running on a treadmill, working off the mire of aging. Mental exercise keeps the brain taut and sharp. Doing crosswords and puzzles, join book discussions and quizzes all exercise the brain.

Don't Retire.

That is not to say don't leave the work force. Just don't quit life completely. Volunteer (even in an age care facility there is something to help with, even if it is helping to put out chairs for activities or collecting plates at your table at morning tea), go out or participate in something.

Don't Smoke or Drink.

Quit the nicotine and save the alcohol for special occasions. (like Happy Hour).

Go to Bed.

Try to get at least 6 hours sleep a night. This gives the body and brain a chance to repair itself and to store memories. Make sure your room is right for sleeping. Good temperature, low light or dark room and quiet.

Make sure you get plenty of fibre.

Eat fruit and vegetables, nuts and grains (like porridge for breakfast), and don't forget to drink plenty of fluids such as water. I know there is no fibre in water but it helps with the fibre.

Reduce Stress, be a ray of Sunshine. It is difficult for anyone to eliminate stress and anxiety completely from their lives. Try to identify what stresses you and avoid it. Get a massage, gentle exercise and socialise with friends helps.

Stay Social.

It is difficult to see friends and loved ones pass on late in life, but a lonely life may lead to depression. Connect daily with a friend, family member or loved one.

REMEMBER LIFE IS FOR LIVING

THINGS MY MOTHER USED TO SAY

Those who swear don't have much of a vocabulary..

Hear the sirens? They're coming to get you.

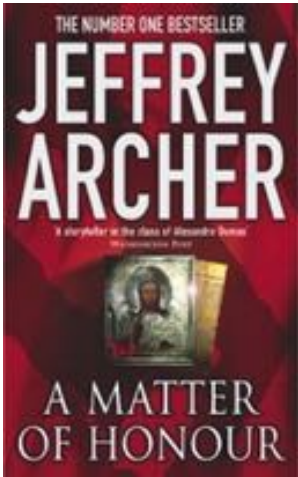
Don't put anything smaller than an elbow in your ear.

Getting dirty is good for you, it builds up your resistance.

It isn't lady-like to drink from a bottle.

If you can't play nice, you can't play at all.

BOOK REVIEW



A MATTER OF HONOUR
BY JEFFREY ARCHER

This book was published in 1986, so it is an oldie but as they say it is a goodie. The book starts with the death of the 'hero's father and in his will Adam being left a mysterious letter which his father gave him the choice to open or not. It seems innocent enough. A disgraced British colonel bequeathing a mysterious letter to his only son. But the moment Adam Scott opens the yellowing envelope, he sets into motion a deadly chain of events that threatens to shake the very foundations of the free world.



Within days, Adam's lover is brutally murdered and he's running for his life through the great cities of Europe, pursued not only by the KGB, but by the CIA and his own countrymen as well. Their common intent is to kill him before the truth comes out. While powerful men in smoke-filled rooms plot ever more ingenious means of destroying him, Adam finds himself betrayed and abandoned even by those he holds most dear. When at last he comes to understand what he is in possession of, he's even more determined to protect it, for it is more than a matter of life and death-it's a matter of honor. Think Swiss bank account, Russian Orthodox icon, Herman Goring and you get to the stage that you just keep reading to find out what it is all about.



E		E	N	D	E	D		C	V	I	O	E
A		L		E		E			O			C
I	N	A	B	L		B	A	M	B	G	E	D
A		N		A		O		O		E		I
W	A	C	E	B	E	D		I	N	F	E	B
		A				A		D				B
Z	A	M	B	G	E		C	I	N	E	M	A
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O	B	D	E	B		U	N	I	C	O	B	N
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I	C	N	O	B	E	D		I	Z	Z	U	E
A		W				E		G		I		T
Z	B	O	O	N		T	B	A	I	G		Z

Quiz and Crossword
Solutions from page 11

Answers to Anagrams

- 1. Mineral Water
- 2. Cauliflower
- 3. Ginger Ale
- 4. Tomato
- 5. Cider
- 6. Artichoke
- 7. Champagne





SMILE TIME

A BIG game hunter went on a safari with his wife and mother-in-law. One morning, while still deep in the jungle, the hunter's wife awoke to find her mother gone. She woke her husband, and they both set off in search of the woman.

In a clearing not far from the camp, they came upon a chilling sight. The mother-in-law was standing face to face with a ferocious lion.

"What are we going to do?" his horrified wife asked.

"Nothing," her husband replied.

"The lion got himself into this mess, let him get himself out of it."

A teacher asked her students to use the word "beans" in a sentence. "My father grows beans," said one girl. "My mother cooks beans," said a boy. A third student spoke up, "We are all human beans."

Autumn Jokes:

A couple goes to an art gallery. They find a picture of a naked woman with her privates covered with leaves.

The wife doesn't like it and moves on but the husband keeps looking.

The wife asks: "What are you waiting for?"

The husband replies: "Autumn."

If money really did grow on trees,

Autumn would be my favourite season.



What did one autumn leaf say to another?
I'm falling for you.

A man asks a farmer near a field, "Sorry sir, would you mind if I crossed your field instead of going around it? You see, I have to catch the 4:23 train." The farmer says, "Sure, go right ahead. And if my bull sees you, you might even catch the 4:11 one."

In a boomerang shop: A customer said to the shop assistant that he would like to buy a new boomerang. The customer also said, can you tell me how to throw the old one away?"



Defect		African equine		Crest		Snake-like fish	Floating wreckage		Lodge		Timid	
Wool							To and				Enclosure	
						Wince						
						Always						
Team		Spanish dance							A negative			
		Fruit of the oak							Ocean current			
					Ballot					Boundary		Golf stroke
					Fruit							
Argument for	TV service						Slumber					
	Low noise											
			Pinch	Short trip to do something							Unskilled actor	
Large vase												
Eats all kinds of food				Coating		Rodent	Physical strength					
							Zeal					
								Orderly				
Fairy		Punishable							Jab		Travel by horse	Nuisance
		Quick										
			Large antelope		Strike lightly							
					Operated				Pull		Swindle	
Avid						Observe						
Go back	Creep						Praise					
						Ruler						

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.

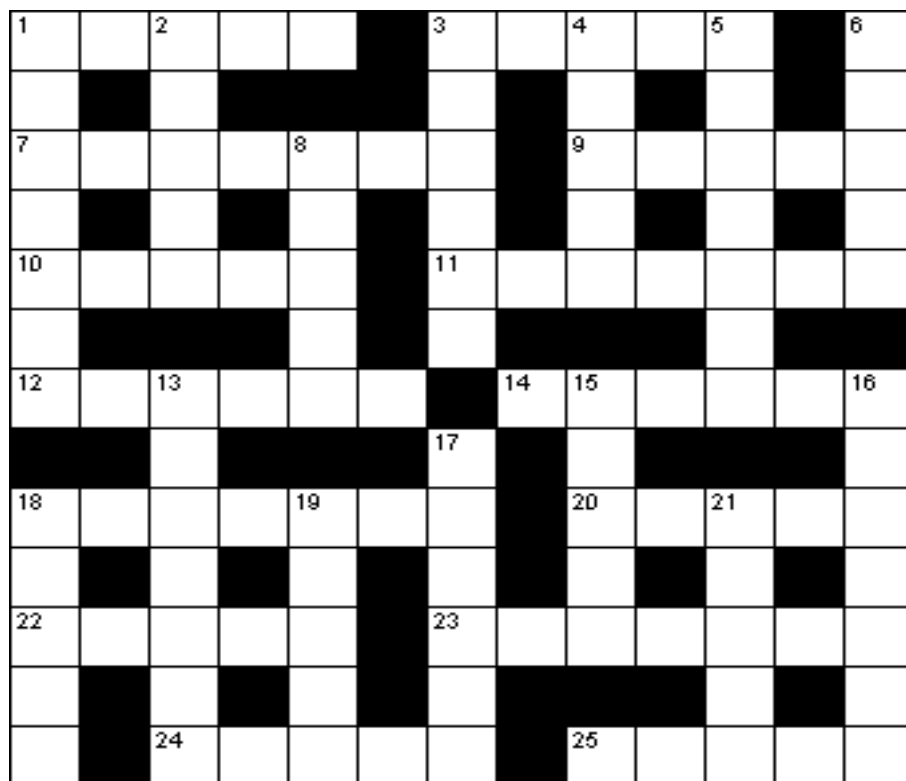
		6						
9						4	2	
3					6			
				4	1		5	
				6			2	
2	3	7					8	
					5			
			1			3	7	
		4		8	7			

LEVEL MEDIUM

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

LEVEL EASY

Mind Games



Across

1. Utensil (5)
3. Path (5)
7. Disregarded (7)
9. Send Out (5)
10. Military Command (5)
11. Mythical beast (7)
12. Taste (6)
14. Movie House (6)
18. Bet (7)
20. Deduce (5)
22. Unsuitable (5)
23. Roamed (7)
24. Finished (5)
25. Small boat (5)

Down

1. Mariners (7)
2. Possessed (5)
3. Boredom (6)
4. Legal excuse (5)
5. Svelte (7)
6. Beer mug (5)
8. Relating to country life (5)
13. Tycoon (7)
15. Dialect (5)
16. Condense (7)
17. Worshipped (6)
18. Forgo (5)
19. Graded (5)
21. Criminal (5)

Word Search—Keep Fit

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

ANAGRAMS: Food and Drink

1. RAW INERT MEAL (7,5)
2. AWFUL RECOIL (11)
3. IN REAL EGG (6,3)
4. A MOTTO 960
5. CRIED (5)
6. RICH EAT OK (9)
7. CHANGE MAP (9)

Can you find the hidden words? They may be horizontal,

AEROBICS, ATHLETICS, BALANCE BEAM, BARBELL, BICEPS, BIKE, BODY BUILDING, DELTOID, DIET, EXERCISE, FITNESS, GYMNASIUM, HEALTH, HORSE, JOGGING, MEDICINE BALL, MUSCLES, NUTRITION, PARALLEL BARS, PECTORAL, PHYSIQUE, PUSH UPS, RINGS, ROWING MACHINE, RUNNING, SPORT, SWIMMING, TRAINER, TRAMPOLINE, TREADMILL, TRICEPS, WEIGHTS, WORKOUT.

Answers : Page 8

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