

ISSUED
March 2018



HOP TOPICS



HAVILAH WEBSITE www.havilah.org.au
Facebook Page access via the website



Havilah changes its name from HAVILAH HOSTEL Inc. TO HAVILAH Inc.

At a Special Meeting of Members held on 22nd February the Havilah Board recommended a change of name to the membership so as to align the name to current branding and to better reflect Havilah's current and future business interests. Board President Craig Bell and CEO Barb Duffin provided a detailed presentation to the meeting on the reasons for and benefits of the change which was unanimously supported by the members present. The change of name will take effect once all required notifications have been made. This is expected to take around one month.

HAVILAH MAJOR RAFFLE

1ST Prize \$10,000 Goods/Services from Business/Businesses of your choice.

2nd Prize \$5,000 Goods/Services from Business/Businesses of your choice.

Plus 10 x \$500 early bird prizes Goods/Services from Business/Business



Tickets are \$100 each. Please ask your friends and relatives if they would like a ticket or you may like to have a family Syndicate. Great Odds—Only 400 tickets
Please contact Raeleen 5461 7380 or Reception 5461 7300 if you would like a ticket. Once you notify that you would like a ticket you will be eligible for the early bird draws. Tickets need to be paid for in full by the 20th of June. The Major Draw is 23rd of June.



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.



Resident Meeting Thursday 15th March 2018 2.45 pm Room 7 High School Centre



TALKING Lifestyle
DIGITAL | ONLINE | MOBILE

Listen to us
Sydney - 954 AM
Melbourne - 1278 AM
Brisbane - 882 AM

Follow us on
facebook



Can being stubborn help you live longer? Jack Lemmon and Walter Matthau in the 1993 comedy 'Grumpy Old Men'.

By [Annie Donaldson](#) on January 12, 2018

US and Italian researchers have found that a group of Italian nonagenarians shared many common psychological traits – including a “stubborn” personality and a positive outlook on life.

Unlike most longevity studies that focus on genetics, they looked at the mental and physical health of a group of Italians aged 90 to 101 in Cilento in southern Italy – an area known for its high proportion of people aged over 90 – and their younger relatives aged 51 to 75.

Participants all shared a strong work ethic, with most still working either at home or on their land which gave them purpose in life.

And while the younger adults labelled their older relatives as “controlling” and “stubborn”, they had close relationships with their family and friends who provided a strong support network.

“(When) you surround yourself with people you like, it’s like ‘Cheers’ – you go where everybody knows your name. That makes you feel at home,” lead author and head of the University of San Diego Center of Healthy Aging Dr Dilip Jeste said.

Getting older not all doom and gloom

Interestingly, the researchers also discovered that while the oldest participants had poorer physical health compared to their younger family members, they had high levels of happiness and satisfaction with life and lower rates of depression and stress – something they attribute to their longevity.

“There is no one way to get to 90 or 100, and I don’t think it requires a radical change in personality, but this shows that there are certain attributes that are very important, including resilience, strong social support and engagement, and having confidence in yourself,” Dr Jeste adds.

As one participant said: “I am always thinking for the best. There is always a solution in life. This is what my father has taught me: to always face difficulties and hope for the best.”

A reason to always look on the bright side?

◇ **AND SOME MORE POINTS TO PONDER:**

- ◇ How come you press harder on a remote-control when you know the battery is dead?
- ◇ Why are they called buildings, when they're already finished? Shouldn't they be called builts?
- ◇ Why are they called apartments, when they're all stuck together?
- ◇ Why do people without out a watch look at their wrist when you ask them what time it is?
- ◇ Why does sour cream have an expiration date?
- ◇ The light went out, but where to?
- ◇ Why do banks charge you a "non-sufficient funds fee" on money they already know you don't have?
- ◇ Why is it you have a "pair" of pants and only one bra?
- ◇ Why is the alphabet in that order?



Accreditation—Unannounced Visits

Unannounced visits happened at each facility during February with great results. Two Assessors attended at Harkness and one at Raglan House. Assessed at Raglan were Outcomes 1.4 Comments Suggestions and Complaints and 1.6 Human Resource Management and at Harkness Outcomes 2.4 Clinical Care and 2.11 Skin Care with all assessed outcomes being met.

The assessor was complimentary about the facilities and services we provide. Residents interviewed said they were very happy with all aspects of the service which is what we strive for. Staff interviewed did extremely well demonstrating they know the systems and practices in place and that they know the residents they care for. The assessor mentioned particularly the interaction they observed between staff and residents. Thanks were messaged to all staff for their contribution to the assessment results which are a culmination of how we all do our job every day. Thank you to all residents and family members for your positive comments. The Assessor loved Raglan House - she said it was the best she has seen. This is a positive reflection on the services provided at each of Havilah's facilities and is in direct contradiction to recent negative media we are hearing and seeing in relation to residential aged care.

Home 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 and weekends telephone our on call maintenance on 0408645203

NOTICE BOARD



FALLS PREVENTION

Using walking aids at all times.

Making sure there is adequate lighting, especially at night.

Taking only prescribed medications.



Postage stamps are available for purchase at the ground floor nurses station. Residents can post their mail in the post box in the main foyer near the lifts. Reception hours in the High School Centre are Monday - Friday, 9.00am - 12noon, except public holidays.

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.

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

Justices of the Peace There are 2 Justices of the Peace living at Havilah on Palmerston If residents require their assistance you are welcome to contact them during Business Hours

CONTACT: Bob Osborne

Phone: 5461 2709 Mobile: 0409 189 681

Email: bobosborne8@iprimus.com;

or

Terry Simpson

Mobile: 0419 737 837



THINGS MY MOTHER USED TO SAY

- You can't always have what you want.
- Wait until you have to pay the bills.
- The sun doesn't rise or fall on your desires.
- Don't speak to me like that.

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



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





In The Kitchen

Recipe of the Month

Fruit cake crumble slice

Ingredients:

- 150g Butter, at room temperature.
- 2/3 cup icing sugar.
- 1 3/4 cups plain flour, sifted.
- 1/2 cup ground almonds.
- 400g can pie apple.
- 300g left over fruit cake, crumbled.
- Thick cream to serve.

Method:

- Preheat oven to 180^{OC} or 160^{OC} fan. Grease and line base and sides of 20cm square pan with baking paper, allowing it to overhang sides.
- Using an electric mixer. Beat butter and icing sugar together until creamy. Add flour and almonds and stir until mixture forms and crumble.
- Reserve 1 cup of crumble. Press remaining into prepared pan. Top with apple. Add fruit cake to reserved crumble and gently mix to combine. Scatter over apple and bake for 35 mins, until golden. Cool in pan.
- Cut into squares and serve with thick cream.



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 1st, 2nd and 3rd. The Competition is FREE to enter.

The 2018 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 19th March and must be returned by Wednesday 11th April.

PHOTO GALLERY



Raizer Chair Donation: Havilah staff and residents from Raglan house showed their appreciation to Judith Lind, resident from Palmerston Retirement Community for her generosity of donating a \$5,500.00 Raizer Chair for the use at Raglan House and within the retirement community. The informative presentation and demonstration took place on 21st February in room 7 at the High School Havilah on Palmerston.

Thankyou Judith.



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 retirement living 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 catch up with your neighbours in a relaxed and friendly environment.



Not all heroes wear capes: Tamworth man lauded – for covering up speed camera wearing a VB carton

By [Annie Donaldson](#) on March 1, 2018



The man, dubbed ‘Demerit Man’, has gained instant Internet notoriety after footage was posted on social media showing him running up to a mobile speed camera unit in the country NSW town and covering it with a tea towel.

“Protected by his photo-proof beer box hat, he swoops in to foil the plans of his arch-nemesis,” it reads. The clip’s since been viewed over 68,000 times – and attracted a fair few admirers.

“I think an Order of Australia medal should be awarded to this fine fellow!” one Facebook user wrote. Not everyone is impressed by the stunt however – NSW Roads and Maritime Services has launched an investigation into the incident.

But most people seem happy to label him as our unsung hero.

“This is why Australia is the greatest country in the world,” another comment reads.

Give the man a beer?



TAI CHI 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

♦ 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

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

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

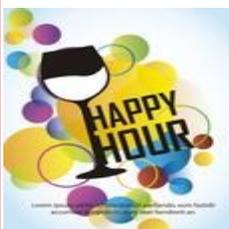
CEO 54617 381
0429617380

RAELEEN 54617 380



RESIDENTS MEETING & LIFESTYLE COMMITTEE Meeting will be

Thursday 15TH MARCH 2018 at 2.45pm,
Room 7 in the High School Centre (Coffee & Chat immediately after the meeting)

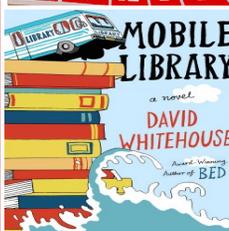


HAPPY HOUR

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



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



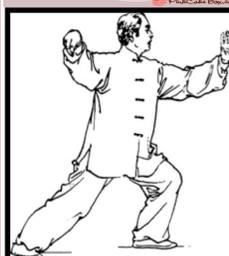
MOBILE LIBRARY— MARCH DATES

Monday 5th and Monday 19th 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 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



Movie Nights

3rd Tuesday of each month.

Rm 7 starting time of 6.30pm (Supper included)

20th March 2018

17th April 2018

15th May 2018

19th June 2018

Movie Afternoon: 3rd Saturday of the month - 17 March - 1.30pm



PROPOSED OUTINGS FOR 2018

Fortuna Villa - Bendigo - High Tea , last weekend of the month.

Tuki Trout Farm, Smeaton, catch your own fish for lunch, any Saturday or Sunday.

Gold Class movie session - Ballarat Regent Theatre.

Avoca riverside Market – 4th Sunday of the month.



Please contact Life Team Leader Kim with you expression of interest in any of the proposed outings.

Email:

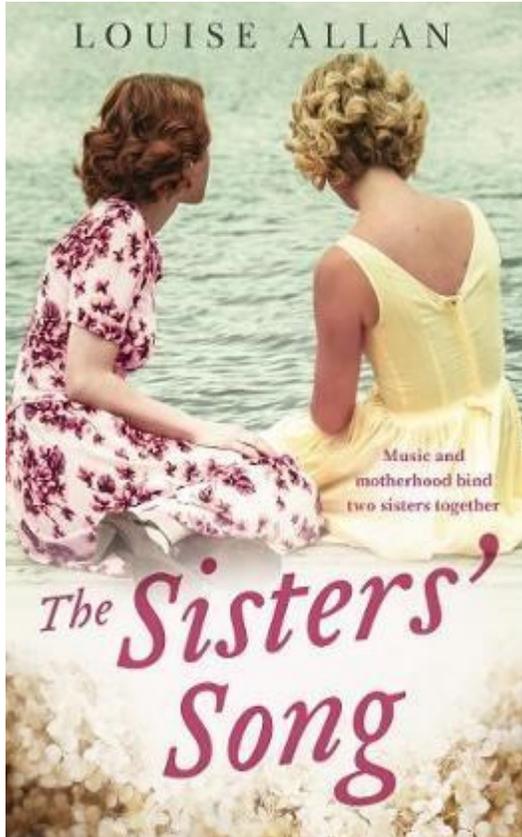
kim.davidson@havihah.org.au

Phone: 5459 0169



BOOK REVIEW

**The Sisters' Song
by
Louise Allan**



As children, Ida loves looking after her younger sister, Nora, but when their beloved father dies in 1926, everything changes. The two young girls move in with their grandmother who is particularly encouraging of Nora's musical talent. Nora eventually follows her dream of a brilliant musical career, while Ida takes a job as a nanny and their lives become quite separate. The two sisters are reunited when Nora's life takes an unwelcome direction and she finds herself, embittered and resentful, isolated in the Tasmanian bush with a husband and children. Ida longs passionately for a family and when she marries Len, a reliable and good man, she hopes to soon become a mother. Over time, it becomes clear that this is never likely to happen. In Ida's eyes, it seems that Nora possesses everything in life that could possibly matter yet she values none of it. Set in rural Tasmania over a span of seventy years, the strengths and flaws of motherhood are revealed through the mercurial relationship of these two very different sisters. The Sisters' Song speaks of dreams, children and family, all entwined with a musical thread that binds them together.

WORD OF THE MONTH

WINKLEPICKER - style of shoe or boot in the 1950's with a sharp and long pointed toe

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

**Quiz and
Crossword
Solutions from
page 13**



Answers to Quiz

1. John Batman.
2. A codling.
3. Dr John Flynn.
4. 1974.
5. The dog.
6. Nigel Mansell.

SMILE



A woman suddenly went into labour at the same time that the power went out.

Only one paramedic responded to the call. The house was very dark, so the paramedic asked the woman's five-year-old daughter, Kathleen, to hold a flashlight so he could see while he delivered the baby. Kathleen did exactly as she was asked. The mother pushed and pushed and after a little while, the baby was born.

The paramedic lifted him by his little feet and spanked him on his bottom. The baby began to cry.

The paramedic thanked Kathleen for her help and asked her what she thought about what she'd just witnessed.

"Well," said Kathleen, "He shouldn't have crawled in there in the first place. Smack his bottom again."

When KFC'S sales hit a lean patch, Colonel Sanders came up with a brilliant advertising idea.

He got in touch with the Pope and asked whether he could change the words of the Lord's Prayer from "Give us this day our daily bread" to "Give us this day a daily chicken".

"I can't possibly do that," said the Pope.

"Not even for \$1 million?" asked the Colonel.

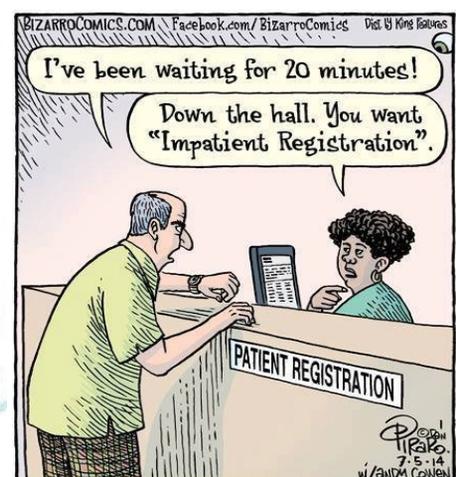
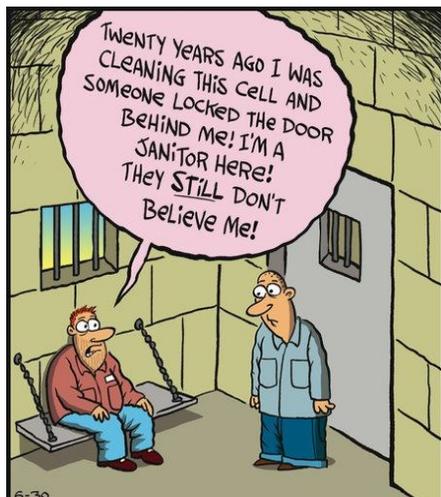
"No, not for \$1 million. The Lord's Prayer is sacred and not for corporate sponsorship," the Pope said.

"How about \$50 million?"

"OK it's a deal," said the Pope.

The next day the Pope went to a meeting of cardinals.

He said: "I have good news and bad news. The good news is, KFC is going to donate \$50 million to the Vatican. The bad news is, we lost the Tip Top account."



Three boys were boasting about their dads

"My dad's so fast he can fire an arrow at a tree, run like the wind and catch it before it hits it," said Micky.

"That's nothing. My dad's so fast he can drop a brick from the 10th floor of a building, run downstairs and catch it before it hits the ground," said Johnny.

"Nah, I win," said Pete

"My dad works for the council. He knocks off at 4.30, but he's always home before 3."

Number 16

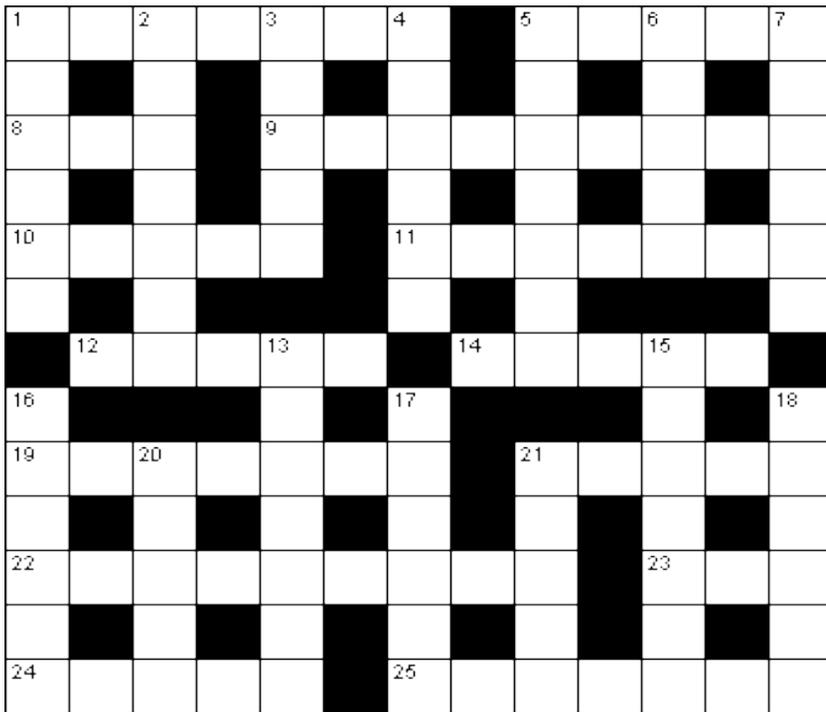
Quick and skilful		Clergyman		Extinct bird		Lair	Recite		Gardening tool		Plus	
Dwell							Insect				Burden	
						Large monkey						
						Type of drink						
Lieu		Agree							Conclusion			
		Era							Come into view			
						Fiend				At another time		
						Part of a bicycle					Edible fat	
Asking the identity of		Skulk							Collect or gather			
		Impede										
				Affirmative		Hurry					Water barrier	
Frozen						Long sea wave			Old horse	Wear away		
										Snare		
									Midge			
Snakelike fish		Relating to the sun								Couple	Cloak worn in Ancient Rome	Unit of power
		Smaller amount										
				Consumed								
						Space					Wildebeest	Spanish title
						Converged						
Kingdom									Asian temple			
Affirm		Direct the course								Metal bar		
									Absent without permission			

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

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

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

Mind Games



Across:

1. Meteorological conditions (7)
5. Accolade (5)
8. Conclusion (3)
9. Submersible warship (9)
10. Task (5)
11. Alphabetic character (7)
12. Guide (5)
14. Square root of footy-nine (5)
19. Tableland (7)
21. Hoard (5)
22. Disregarded (9)
23. Small vegetable (3)
24. Happening (5)
25. Sincere (7)

Down:

1. Twist
2. Gruelling (7)
3. Overly eager speed (5)
4. Burrowing mammal (6)
5. Greed (7)
6. Exculpation (5)
7. Resides (6)
13. Component (7)
15. Fugitive (7)
16. Parazoan (6)
17. Chelonian reptile (6)
18. Leave (6)
20. Slant (5)
21. Aromatic wood (5)

Word Search - Olympic Games

©

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

QUIZ

1. Who purchased land on the western shore of Port Phillip, Melbourne from the local aboriginals?
2. What is a baby cod called?
3. Who founded the Royal Flying Doctor Service?
4. In which year did Cyclone Tracey hit Darwin?
5. What animal was the Canary Islands named after?
6. Who was both an F1 driver and a singer?

Find the hidden words? They may be horizontal, vertical, diagonal, forwards or backwards.
 ARCHERY, ATHLETICS, BADMINTON, BASKETBALL, BEACH VOLLEYBALL, BOXING, CANOEING, CYCLING, DIVING, EQUESTRIAN, FENCING, FOOTBALL, GYMNASTICS, HANDBALL, HOCKEY, JUDO, MODERN PETATHALON, ROWING, RUGBY SEVENS, SAILING, SHOOTING, SWIMMING, SYNCHRONIZED SWIMMING, TABLE TENNIS, TAEKWONDO. TENNIS, TRAMPOLINE, TRIATHALON, VOLLEYBALL, WATERPOLO, WEIGHTLIFTING, WRESTLING.

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
Nurse Manager	Deb Matthews	deb.matthews@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

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.

HAVILAH ON PALMERSTON RECEPTION HOURS

MON-FRI 9.00 am—12.00 pm for account payments and enquiries 5459 0140

HARKNESS ST RECEPTION OFFICE HOURS

MON-FRI 9.00 am—4.00 pm for account payments and enquiries 5461 7300