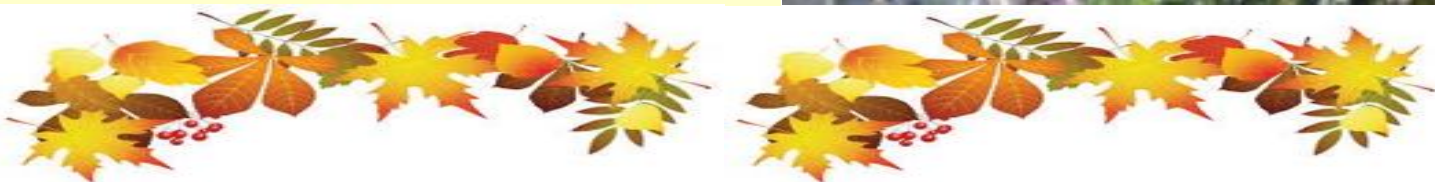


# HAVACHAT

Issue March 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](http://www.havilah.org.au)



Out comes the special china for special morning tea each Tuesday morning , lovely cakes and fruit and all the finery. Come along and enjoy!



**Resident Meeting— 14th March at 1.15pm in Callistemon Activities Room.**

**Resident Meeting Heath House - 21st March at 2pm in Heath House.**

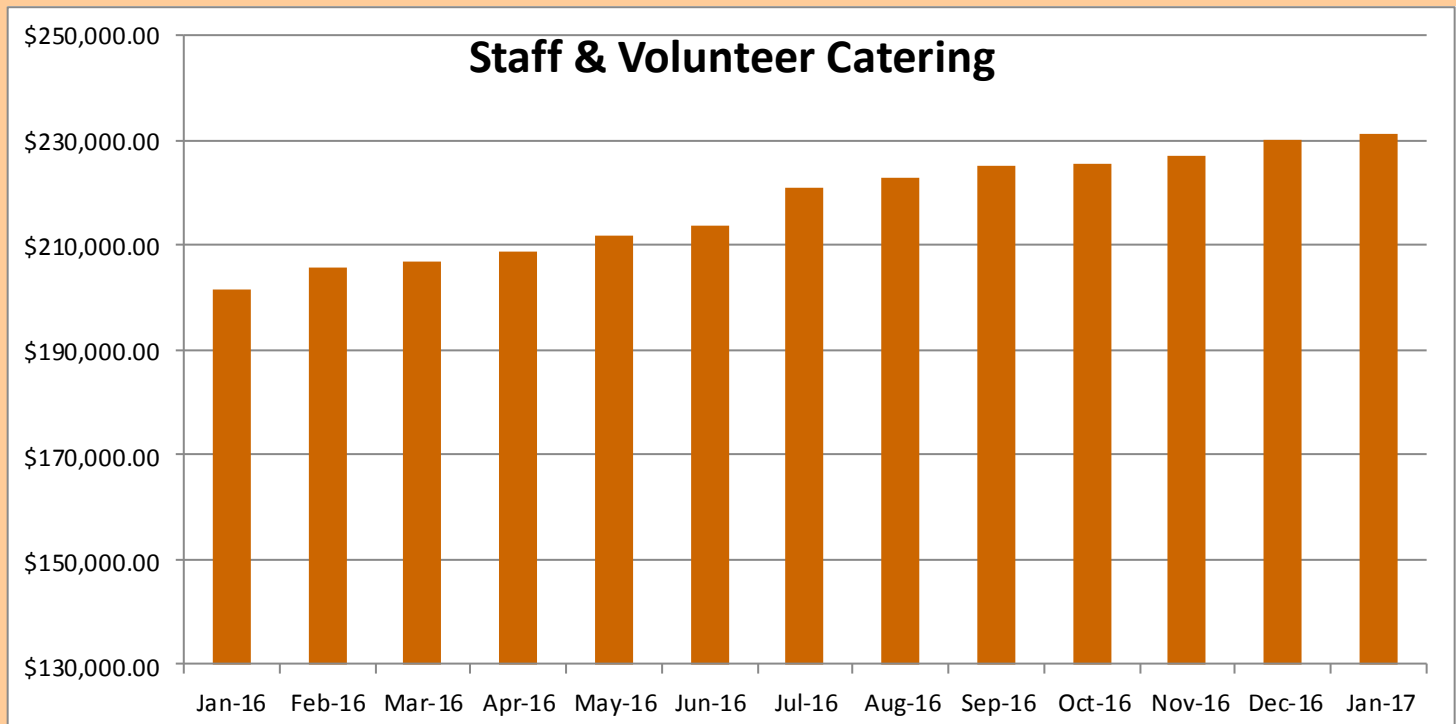
THESE MEETINGS ARE A FORUM FOR IDEAS AND NEW INITIATIVES  
WE WELCOME YOUR INPUT.



Recent Bus Outings to Olive and Lavender—Avoca  
&  
O'Hara's—Clunes



We welcome new members please contact Raeleen or Sue if you would like to be involved.



## NEWSLETTER POSTAGE COSTS

**HAVACHAT**

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.

## RESIDENT SURVEYS

### RESIDENT SURVEYS - January 2017:

Of the 65 (49 Harkness + 16 Raglan) residents surveyed:

97% of residents enjoyed the Christmas family BBQ and lunch and other Christmas festivities that were offered.

98% of residents believe they are given the opportunity and support with their chosen preferences in their lives.

88% are aware of the procedure to make a comment, complaint, suggestion or compliment.

95% of residents believe they are kept well informed.

## NEWSPAPERS

Please do not remove newspapers or magazines from the dining room tables to take to rooms. These papers are for residents to read in the main area only. Residents wishing to read the papers in their rooms need to order their own personal news papers from the newsagent and they will be delivered. If you need assistance with this please ask at Reception. You will receive an account from the Newsagent should you order your own newspaper/s and periodicals.





## NOTICE BOARD

### MONEY and VALUABLES

Residents are asked to limit the amount of money or valuables kept on their person or in their rooms. There is a locked drawer in each room for residents who have the capacity to ensure that they will keep money and valuables locked away. EFT facilities are available at reception and purchases at the kiosk, hairdressing, footcare etc can be added to the monthly accounts.

Havilah will not be responsible for any missing money or valuables.



### FALLS PREVENTION

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



### WORD OF THE MONTH

**Spatial:** relating to the position, area, and size of things within an area...



**Football Tipping:** With the Football season approaching, Life-style Staff will be talking to you in the lead up to the 2017 Toyota AFL Premiership Season for your interest in being involved in the weekly tipping competition.

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.



### 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 to Havilah, please 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.



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



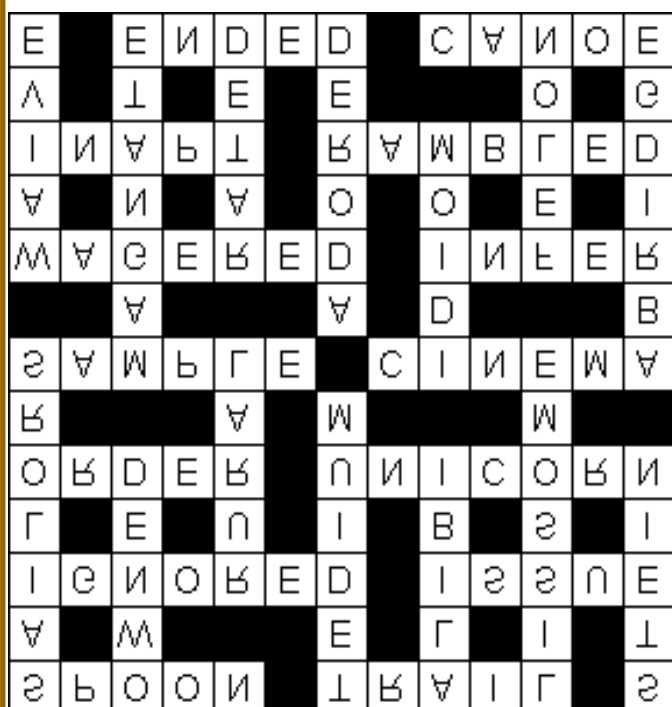


## HEATH HOUSE INITIATIVES

The Board have given approval for the establishment of a café at Heath House. This is part of a range of initiatives to add value to the lives of residents living with dementia. Approval was also given to upgrade balcony balustrades to glass to provide improved vision from resident rooms. Planning will commence immediately for these projects. Commencing Monday 6th March as a trial, designated lifestyle staff will be in the unit Monday to Friday. The

lifestyle team is excited to be part of this project which they are confident will add value to the services we offer. If all goes well with the trial this will be extended to seven days.

Havilah is fortunate to have the BEACON ambassadors from the Maryborough Education Centre involved in the project. In February the BEACON ambassadors contacted Havilah saying they appreciate how important Havilah is to the community and expressing an interest in running a fundraising event to support a Havilah project. They are excited to be involved in the café project and will be running a sausage sizzle and raffle at Safeway on Friday 10th of March from 10.00 am until 2 pm. The proceeds will go towards a cappuccino machine for the new café. Please support the students in their endeavours on behalf of Havilah if you are out and about at that time.



## Answers to Anagrams

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



**Quiz and Crossword  
Solutions from page 10**

## GREAT THINGS TO DO



### Happy Hour Every Friday evening

Commencing at 5.00pm, Music, Finger Food, Hot & Cold Beverage, Ice-creams and Ice-cream Cones.



**Bus Trip Out** - Monday and Friday afternoon, Wednesday afternoon for Heath residents, departing at 1.30pm for lots of fun points of interest throughout Central Victoria.

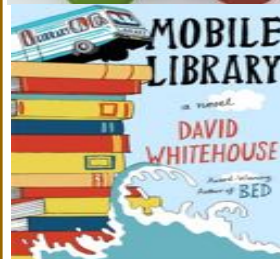
If you have an idea or suggestion for an outing, just let Activities Staff know and we will do our best to arrange the outing for you.



### Resident/Advocate Meetings

Next meeting Monday 13th March 2017 at 1.15 pm

Heath House Tuesday 21st March at 2pm



### Mobile Library— March Dates

Friday 10th and 24th March commencing 10.15 am  
Grevillea Lounge Area.

Books Movies, Music CD's and Talking books are available  
If you are not currently a member you can join on the day.



### CHURCH SERVICES

**UNITING CHURCH** - 1st Wednesday each Month 10.30pm

**SALVATION ARMY** - 2nd Wednesday each Month 10.30am

**WATTLE CITY CHURCH** - 3rd Wednesday each Month 10.30am

**CATHOLIC CHURCH** - 4th Wednesday each Month 10.30am



### Football Tipping:

**End of Year prize pool \$50, \$30, \$20** respectively for 1st 2nd and 3rd. **Each round tipsters with 9 winners are awarded \$10.**

**Free to Enter.** Lifestyle staff will talk to you about taking part.



### HAVILAH KIOSK

**kiosk Hours: 10am—12noon every Thursday**

The kiosk is situated in Acacia House next to the Hairdressing salon. Our volunteer staff will be happy to help you.

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

## WEEKLY ACTIVITIES

### MONDAY

Nail Pedicure Pamper 9.30am  
 Foot Spa 9.30am  
 Bus Trip 1.30pm—Bookings through  
 Activities Staff.  
 Bingo 1.45pm



### TUESDAY

Special Morning Tea 10am  
 Chairbics 11.15am  
 Marbowls 1.30pm  
 Street Walk 1.30pm  
 Bingo 1.45pm  
 Afternoon Cards 3.15pm



### WEDNESDAY

Strength Training 11.15am  
 Indoor Bowls 1.30pm  
 Bus Trip (Heath House) 1.30pm  
 Cooking classes 3.15pm



### THURSDAY

Foot Spa 9.30a.m.  
 Bingo 1.45pm  
 Craft Group 3.15pm



### FRIDAY

Chairbics 11.15am  
 Bus Trip 1.30pm  
 Bingo 1.45pm  
 Video in Lounge 3.15pm  
**HAPPY HOUR 4.30 PM—5.30pm**



### SATURDAY

Morning Activities (every 2<sup>nd</sup>) 9.30am  
 Special Bingo 1.30pm  
**Heath House "CAFÉ" 3.00pm**  
 Yummy Afternoon Tea;  
 Milk Shakes; Iced Coffee



### SUNDAY -

Devonshire Afternoon Tea



**Name: Bruce Hosken**

**Length of time at Havilah:** I have been a resident of Havilah since the start of June 2016

**My Story:** I was born in Maryborough, attended primary school 404 and then went onto the Maryborough Technical College. Upon leaving school at the young age of 14 I went to work with my father in the family business "Hosken's Bakery,. When he decided to retire I took a new career path and went into farming in 1969. In a 30 year period I owned 2 farms around the Finely (NSW) area with irrigation and grew rice. I moved back to Maryborough in 1999 to retire and married Shirley.

**Things you used to do for fun:** I have always been a mad sports fan, especially cricket and football. The most memorable moments is when I represented Maryborough in the country week cricket team and played 2 games on the MCG. I played football for the original Rovers team and for played in Premiership Carisbrook sides. I have also played competitive table tennis, golf and took up playing bowls when I retired.

**About where you have lived:** I was born and bred in Maryborough, moved to Finely and then to Deniliquin (NSW)

**Travel, sport, passions:** I have been overseas numerous times travelling through Canada, Alaska, China, Norway, Sweden and other European countries. I am still very passionate about sport and Harness racing and family.

## *Bruce Hosken*



**Things you enjoy to do now:** I participate in the various activities offered at Havilah, listening and watching Sport on the TV or radio.

**Favourite topics:** I am easy with any type of subject for conversation, love to talk about sport.

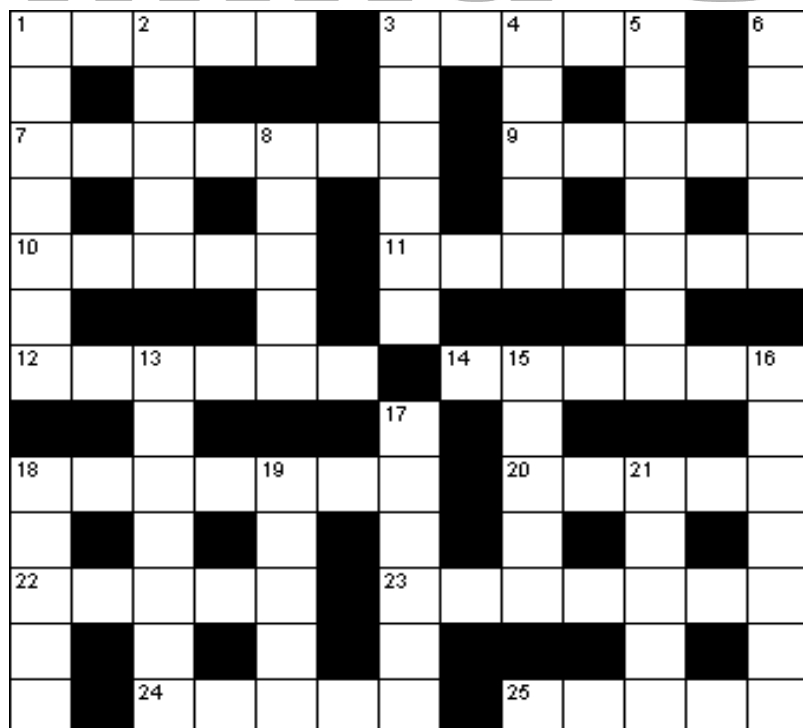
**Favourite Food and Music:** I enjoy any type of food especially a steak cooked to my liking, have been to various concerts over the years and was thoroughly entertained by Andre Rieu.

## *March 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	29	30	31		



# 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

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

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.

## 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)

Solutions can be found on page 5

## HAV'A'LAUGH



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."

A blonde and a redhead have a ranch. They have just lost their bull. The woman needs to buy another, but only has \$500. The redhead tells the blonde, "I will go to the market and see if I can find one for under that amount. If I can, I will send you a telegram." She goes to the market and finds one for \$499. Having only one dollar left, she goes to the telegraph office and finds out that it costs one dollar per word. She is stumped on how to tell the blonde to bring the truck and trailer. Finally, she tells the telegraph operator to send the word "comfortable." Sceptical, the operator asks, "How will she know to come with the trailer from just that word?" The redhead replies, "She's a blonde so she reads slow: 'Come for ta bull.'"

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?"







Betty loved the china



Hazel enjoying the occasion with daughter Cheryl.



Betty thought it was a great morning tea



Thumbs up from Jim

## Heath House Special Morning Tea



Helen always ready for a laugh.



## HEALTH AND WELLBEING

### **TIPS FOR HEALTHY AGEING**

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**

## 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](mailto: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	<b>54617388</b>	Internal Dial <b>388</b>
Heath Kitchen	<b>54617482</b>	Internal Dial <b>482</b>

## 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.**



# 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

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**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

**ACTIVIES** Each Saturday at 1.30pm Callistemon  
House and every alternate Saturday at  
9.30am.