

Please contact Jenni on 5461 7387 or email jenni.dellavedova@havilah.org.au if you would like your Havachat sent via email



HAVILAH WEBSITE:
www.havilah.org.au

Issued 7th March 2016

HAVACHAT

RSL Award Brings Double Celebration



When Jennie W celebrated her birthday in February members from the local RSL snuck in to a surprise party in Melaleuca House with a special award. Jennie was presented with a Certificate of Appreciation from the RSL Victoria for Service going above and beyond that expected of its members. Jennie's effort in the local RSL included outstanding meeting attendance and years of tireless selling of poppies and badges.

RSL volunteers regularly grace Havilah visiting our veterans and socialising with residents. Two well known faces Charlie Williams and Jim Dewar provide a weekly commitment playing carpet bowls with our residents every Wednesday.

Pictured above with Jennie are Charlie Williams and Ray O'Keefe.

Thank you to everyone who has responded to our request for us to email the Havachat where there is an email address available. 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 jenni.dellavedova@havilah.org.au and to those who do not have email, your Havachat will continue to arrive in your mail box monthly.

Resident Meeting— 14th March at 1.15 pm in Callistemon Activities Room and then the 11th April 2016.

Resident Meeting Heath House—21st March at 2.00 pm in Heath House and then 18th April 2016.

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





By providing students with long term hands-on experience via this work placement students are better equipped to make career choices and are industry ready. Please look out for their faces and make them feel welcome in our Havilah community.

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

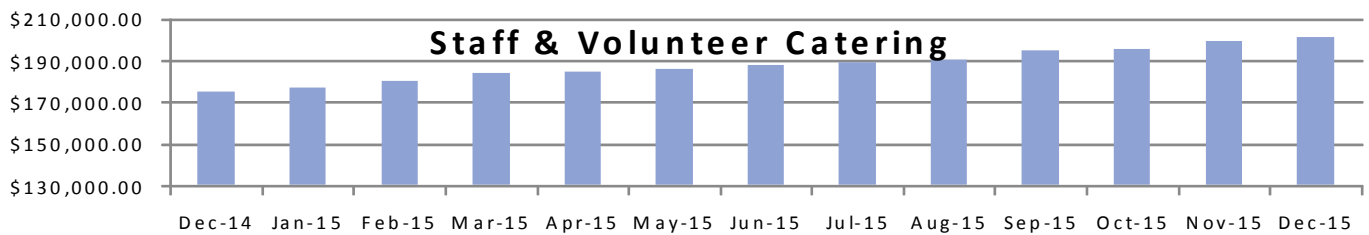


Jumbled word - ALBATROSS

1. BOAT
2. ATLAS
3. LASSO



This table shows the amount of fundraising provided by Havilah volunteer catering group. The Group provides catering for birthdays, parties, funerals and weekly dinners for Maryborough Rotary. New volunteers are always welcome. Please see Sue or Raeleen.



RESIDENT SURVEYS - January 2016:

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

97% of residents surveyed said they enjoyed the Christmas festivities at Havilah: Christmas Family BBQ/ Christmas lunch.

98% of residents said they are given the opportunity and support to continue with their chosen preferences in their life.

88% of residents said they know how to make a comment, complaint, suggestion or compliment

Note: See how to make a Comment, Compliment, Suggestion or Complaint on Page 8

95% of residents said they think they are kept well informed.

Hi from the desk of the Director of Care,

Contra to my last article, the rain has dried up and the dams are again empty and we are feeding out more “hopefully the weather will change”.

The new extension is coming along and appears to be on target for our projected opening day. With the completion of the new building, ground works will commence between the new and existing facilities and the back fence. This will give us some very nice outside areas to enjoy.

A reminder we are now in autumn and the flu season will be just around the corner, Havilah will be conducting its annual flu immunisation program. If residents or family have any queries regarding the program please speak to senior staff or myself and we will answer those queries.

Dave



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



How it all started.....Late one evening one of our residents was seen in the passage by another resident looking very glamorous in her flanny nighty, hair dishevelled and teeth by the bedside and the comment was made "What a wonderful calendar we would make!" The joke spread over the next few days with residents and staff and several residents even picked which month they would like to represent.So, not to let a good idea drift by.....And since the year has already started.....We are introducing our own version of a Residents Calendar here in the Havachat. And to start the ball rolling we would like to introduce you all to our Miss (or in this case, Mrs) **MARCH**



Name: Nancy Tonkin

Length of time at Havilah: 3 ½ years

Nancy's Story: I started school at 6 years old, walking 2 miles over rough paddocks to the Nowrie North school No. 4004. During my 8 years there the attendance varied from 9 to 27 children.

Things you used to do for fun

I worked on the farm and also in sales and as a shop assistant for 10 years. I knitted socks for both the army and the air force. I rode horses everywhere and played tennis and footy with my two brothers. Dancing and singing were also favourite pastimes.

About where you have lived

My beloved husband and I travelled all over Victoria. Southern N.S.W and Eastern S.A. We went on many trips to Qld., three trips to W.A. and five times to N.Z. We also did two month long trips to America.

MARCH 2016

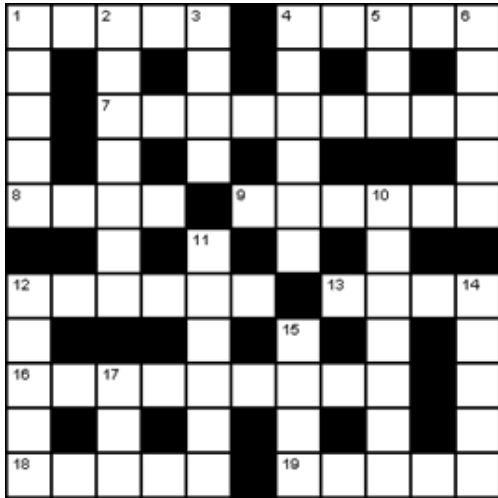
Mo	Tue	Wed	Thu	Fri	Sat	Sun
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Things you enjoy to do now: Reading, T.V news walking and gardening.

Your favourite topics: Reading, talking, craft and bus outings.

Favourite music and food: Dance music and hymns. Havilah's good meals and fruit

Mind Games

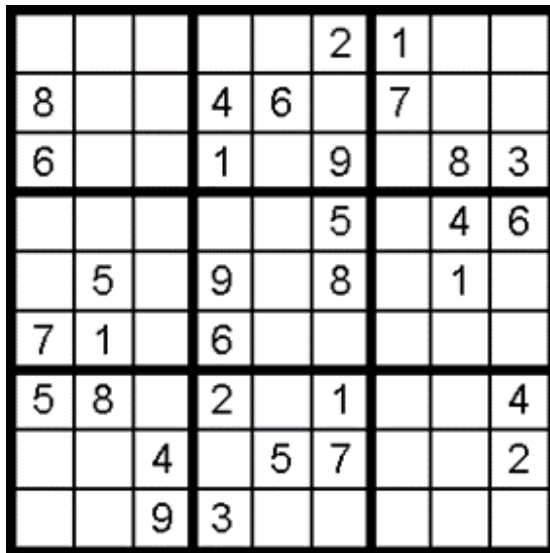


ACROSS

1. Snake (5)
4. Saying (5)
7. Villainous (9)
8. Way out (4)
9. Bee house (6)
12. Maelstrom (6)
13. Desiccated (4)
16. Allowed (9)
18. Trench (5)
19. Indigent (5)

DOWN

1. Obscure (5)
2. Wicker basket (7)
3. Prevalent (4)
4. Precipitous (6)
5. Fuss (3)
6. Composition (5)
10. Abbreviate (7)
11. Gusto (6)
12. Lacking taste (5)
14. Journal (5)
15. Stupefy (4)



Rearrange the jumbled letters into a 9-letter word for a large bird? LOBS A STAR

Can you also use some of the letters to find words with the following meanings?

1. Something used on water (4 letters)
2. Book of maps (5 letters)
3. Rope used to catch animals (5 letters)



WORD SEARCH—ON THE FARM

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

ARCADIAN, BARN, BUCOLIC, CATTLE, CHICENS, COUNTRYSIDE, CULTIVATE, DAIRY, DUCKS, ES-TATE, FARM, FIELD, FODDER, GEESE, GOAT, HARVEST, HOMESTEAD, HORSES, LIVESTOCK, MEADOW, MILL, PASTORAL, PASTURE, PROVIN-CIAL, RANCH, RURAL, RUSTIC, SHEEP, SILAGE, SILO, STABLE, TRACTOR.

Solutions can be found on page 2.



GREAT THINGS TO DO IN MARCH

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

HAPPY HOUR EACH FRIDAY 4.30—5.30pm

Live entertainment in main Dining Room.

Happy Hour activities continue at Heath House



CHURCH SERVICES – all Services begin at 10.30 am

Wed 2nd

Uniting Church

Wed 9th

Salvation Army Church

Wed 16th

Wattle City Church

Tue 22nd

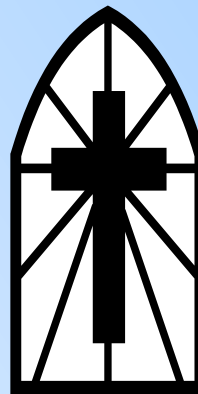
Anglican Church

Thu 24th

No Church

Wed 30th

Catholic Church



SPECIAL EVENTS

Sat 12th

Special Bingo 1.30pm

Mon 14th

Labour Day Public Holiday

Tue 15th

Games Evening 6.30pm

Thu 17th

St Patrick's Day

Fri 25th

Good Friday

Sat 26th

Easter Saturday and Special Bingo 1.30pm

Sun 27th

Easter Sunday

Mon 28th

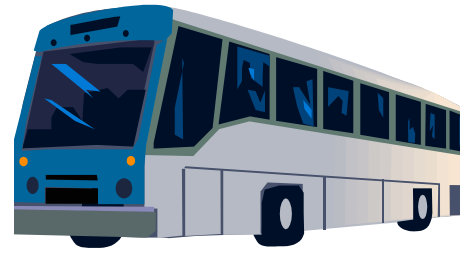
Easter Monday



WEEKLY ACTIVITIES

BUS TRIPS – Mondays and Fridays

Wednesdays Heath House



Nail Pedicure Pampers - Monday mornings

Foot Spas - Monday and Thursday mornings each week



BINGO at 1.45pm every Monday, Tuesday, Thursday & Friday (Callistemon Activities Room)

INDOOR BOWLS - Wednesdays 1.30pm
(Callistemon Activities Room)



SPECIAL MORNING TEA - Tuesdays 10.00am (Main Dining Room)

HAPPY HOUR EACH FRIDAY at 4.30 PM



TUESDAY - Street Walk 1.30pm

Afternoon Cards 3.15 pm

WEDNESDAY - Strength exercises 11.15am

Cooking classes 3.15pm

THURSDAY - Craft Group 3.15pm

FRIDAY - Video in Lounge 3.15pm

SATURDAY - **Heath House “CAFÉ” 3.00pm**

Yummy Afternoon Tea;

Milk Shakes; Iced Coffee

SUNDAY - Devonshire Afternoon Tea



COOKED BREAKFAST 1st Monday of Each Month

CONTACTING STAFF

You can contact staff by using your **room phone**

In the main building Ring 370 between 7am and 11 pm; or 367 between 11 pm and 7 am

In Heath House Ring 626. In Melaleuca House Ring 627.

The call system is for emergency calls so where possible for other than emergency issues please use your telephone to contact staff. This will ensure prompt action when you are in an emergency situation. There are call points in public areas for residents and family members to use when requiring staff attendance.

Please familiarise yourself with the position of these call points.

Wall phones are installed in the lounge areas at Heath House to provide greater accessibility to staff for families. Please make use of these 'phones as required.

FOR FAMILIES ringing from outside Havilah to speak to staff in **Heath House** please call **54617481**, if there is no answer on this number the call will be diverted to staff on the floor.

FOR FAMILIES ringing from outside Havilah to speak to staff in **Melaleuca House** please call the nurses station on **54617465**, if there is no answer the call will be diverted to staff on the floor.

For all other areas of Havilah dial 54617300 and follow the prompts.

COMMENTS, COMPLIMENTS, SUGGESTIONS AND COMPLAINTS FORMS ARE AVAILABLE IN THE FOYERS OF BOTH BUILDINGS

Residents and families are encouraged to communicate any issues they may have. There is a **Director of Care (RN1)** 54 617489 or internal dial 489. Email dave.burridge@havilah.org.au

The RN Nursing Supervisor can be contacted on 54617394 or by internal dial 394.

The **Heath House** Team Leader / Senior can be contacted on 54 617461 or Internal Dial 461

The **Director of Human Services Kelsey Hooper** on 54 617383 Internal Dial 383 email: dhs@havilah.org.au.

You can also contact: **CEO Barb Duffin** 54 617381 Internal Dial 381 Mobile 0429 617380 email: barbceo@havilah.org.au

If you report an issue to any staff member they will fill out a form on your behalf.

Complaints can be made openly, anonymously or your name can be kept confidential.

Havilah respects the right of residents and families to raise complaints anonymously, however it is more difficult to obtain the best outcome from anonymous complaints or feed back to the complainant the actions taken as a result of the complaint.

We welcome your input as to the things you don't like and the things that you do as this assists us in providing a quality service.

GENERAL ENQUIRIES

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

Residents can contact Rhonda simply by pressing the numbers 387 on room telephones.

ADMINISTRATION OFFICE HOURS

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

Postal Address: Havilah Hostel 11 Harkness Street, Maryborough Vic 3465



HAV'A LAUGH



From the coastal paper 'The Port Report'

Unknown Airlines: Repair Division

Remember it takes a college degree to fly a plane.

After every flight, Unknown Airline pilots fill out a form, called a 'Gripe Sheet' which tells mechanics about the problems with the aircraft. The mechanic corrects the problems, document their repairs on the form, and the pilots review the Gripe sheets before the next flight. Never let it be said that ground crews lack a sense of humour. Here are some actual maintenance complaints submitted by Unknown Airline's pilots (marked with a P) and the solutions recorded (marked with a S) by the maintenance technicians. By the way, Unknown Airline has an impeccable record for airline safety!

P: Left inside main tire almost needs replacement.

S: Almost replaced left inside main tire.

P: Test flight okay, except auto-land very rough.

S: Auto-land not installed on this aircraft.

P: Something loose in cockpit.

S: Something tightened in cockpit.

P: Dead bugs on windshield.

S: Live bugs on back-order.

P: Autopilot in altitude-hold mode produces a 200 feet per minute descent.

S: Cannot reproduce problem on ground.

P: Evidence of leak on right main landing gear.

S: Evidence removed.

P: DME volume unbelievably loud.

S: DME volume set to more believable level.

P: Friction locks cause throttle levers to stick.

S: That's what friction locks are for.

P: IFF inoperative in OFF mode.

S: IFF always inoperative in OFF mode.

P: Suspected crack in windshield.

S: Suspect you're right.

P: Number three engine missing.

S: After brief search, found engine on right wing.

P: Aircraft handles funny.....(I love this one!)

S: Aircraft warned to straighten up, fly right, and be serious.

P: Target radar hums.

S: Reprogrammed target radar with lyrics.

P: Mouse in cockpit.

S: Cat installed.

And the best one for last.....

P: Noise coming from under instrument panel. Sounds like a midget pounding on something with a hammer.

S: Took hammer away from midget.



The best **makeup** is a Smile.

The best **jewelry** is
Modesty.

The best **clothing** is
Confidence.

The best **medicine** is a
Positive Mind.

Why did the Easter egg hide?



He was a little chicken!

HAVACHAT

RETIREMENT LIVING ACTIVITIES

Please contact **Keith Fankhauser** for Havilah on Palmerston and Raglan House Phone: 5459 0169 Mobile: 0408 774 715 Email: keith.fankhauser@havilah.org.au
OR Sue Edmondson 54617390 for Harkness Street



MOVIE NIGHT

First Monday of the month at 7pm
 Havilah on Palmerston (enter through Raglan House)

CARDS (500)

4th Thursday of each month at 7.00 pm Raglan House

INDOOR BOWLS

Each Friday at 10am Raglan House

GAMES NIGHT

This months Games night is on Tuesday 15th March at 6.30 pm at Harkness Street

CARDS (Show Poker)

Each Tuesday 3.15 pm in Callistemon House

STRENGTH EXERCISES

Each Wednesday 11.15 am in Callistemon House

HAPPY HOUR

Each Friday at 4.30 pm in the Lounge at Harkness St

SPECIAL BINGO

Sat 12th and Sat 26th March in Callistemon House

Harkness Retirement Residents have access to **HAIRDRESSING** and **MEALS** at both sites and **FOOTCARE** and **PODIATRY** at the Harkness Street site.

Please contact Raeleen or Rhonda if you would like to make use of any of these services.