

HAVACHAT

Issue April 2018

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



ST PATRICKS DAY

St Patricks Day was well received by residents and staff, having fun with everything green. All look the part in their green hats and enjoyed the traditional Irish meal and drinks served to celebrate the day.



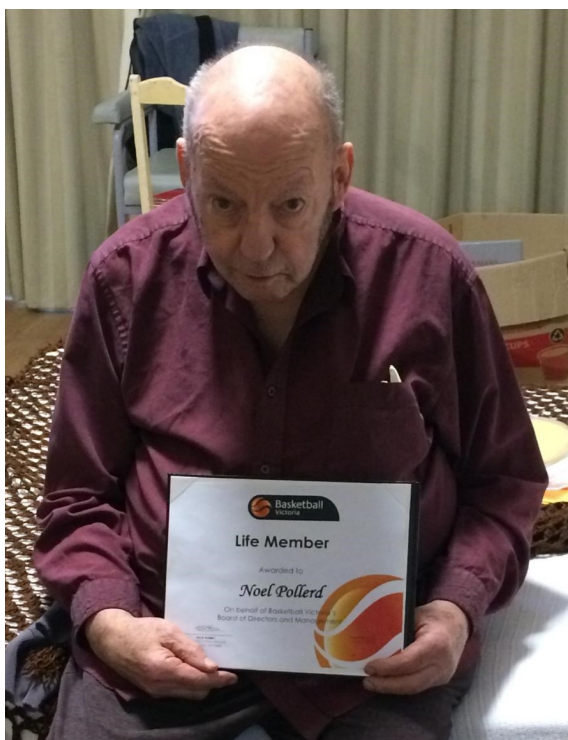
Resident Meeting - Monday 8th May at 1.15pm in Callistemon Activities Room.

Resident Meeting Heath House - Monday 21st May at 2pm in Heath House.

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



Easter at Harkness Street was a huge weekend, Heath House had the Mad Hatters Easter Party with many family and friends enjoying each others company for a meal, fun and games and easter egg hunt.



Noel Pollerd was recently awarded Life Membership from Basketball Victoria for his achievements throughout many years associated with the sport as a coach and administrator at both state and local levels. Noel, is also a Life Member of the Local basketball Association and Country Vic Basketball, he has given many tireless hours to the sport.



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 of your choice.

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.



Football Tipping: The AFL season has began for 2018 with the first round being played on the weekend of 22nd March. Residents tipping was very close across the board, if this is an indication from the beginning it will be a close year. Residents who are not in the tipping and wish to be can contact activity staff to be included in the competition. Leaders and last placing for the rounds will be published each month and the Leader boards are on display in each building. Prize money of \$10.00 to the tipster with 9 winners is awarded on a weekly basis and at the end of the year \$50.00, \$30.00, \$20.00 respectively are awarded for first, second and third.



INVITATION

MOTHERS DAY LUNCH - SUNDAY 13TH MAY – 12 noon

2 Courses with Drinks.

\$15 per head.

Devonshire Afternoon Tea

At 3.00pm

RSVP: Monday 7th May

To book please email: di.jackson@havilah.org.au or at reception in person or by telephone: 54617387

Also

For family and guests visiting on Saturday 12th May

Special Afternoon Tea - at 3.00 pm

Emailing the Havachat

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

Your assistance with this is appreciated.

HEALTH AND WELL BEING

Influenza is a highly infectious virus. It spreads through droplets caused by sneezing or coughing. Symptoms develop rapidly one to three days after contact with an infectious person. Individuals are infectious for three to four days after infection and may transmit the virus one to two days before the onset of symptoms.

Influenza is a particular risk of serious illness and death to people 65 years of age and over and residents in long term health care facilities such as residential aged care homes.

Influenza can be prevented, or the severity of the illness reduced, by immunisation with the current vaccine each year. Vaccine is available free of charge to those 65 years of age or over.

It is recommended that all residents at Havilah and their family and friends receive the annual influenza vaccination to minimise the risk of infection to themselves and others. For residents, your GP will order the vaccination which will be administered on site at Havilah.

For families and visitors, It is strongly recommended that you see your doctor immediately AND DO NOT visit a resident if you have been in contact with people with influenza-like symptoms or if you have three or more of the following symptoms:

Rapid onset of:

- Fever/chills
- Cough
- Stuffy/runny nose
- Muscle and joint pain
- Headache
- Tiredness/exhaustion
- Sore throat

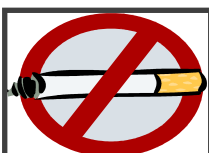
Symptoms in older people may also include:

- Loss of appetite
- Onset or increase of confusion
- Shortness of breath
- Increasing Chronic Obstructive Airways disease symptoms.

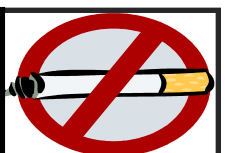


If there are suspected cases of Influenza in a Aged Care facility that you visit, you can reduce the risk of infection to yourself and others by:

- Only visiting one resident each time you visit
- Washing your hands thoroughly with soap and water before you enter a resident's room
- Minimising physical contact with the residents and staff
- Covering your mouth if you cough or sneeze
- Keeping your visit short
- Washing your hands with soap and water as soon as you leave the resident's room.



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





THINGS MY MOTHER USED TO SAY

Where there's a will, there's a way.
 If you want to get something done, ask a busy person.
 If you can't play nice, don't play at all.
 Getting dirty is good for you, it builds up your resistance.



FALLS PREVENTION

Be aware of the impact your medications may have on your balance.
 Allow extra time to gain your balance when you stand up.



RESIDENT SURVEYS - February 2017

Of the 39 residents surveyed the following responses were received:

95% of residents surveyed stated that they hear the staff knock on their door prior to entering.

100% of residents most of the time or always are satisfied the way their room is cleaned.

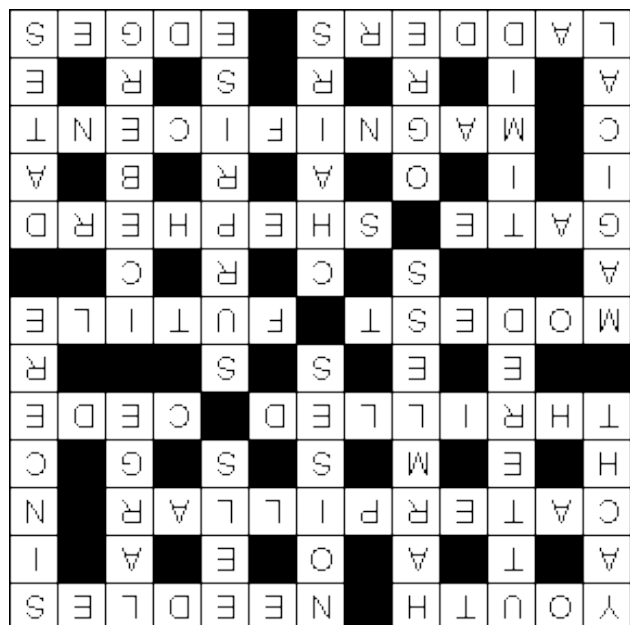
95% surveyed residents agree or strongly agree that they are offered or have access to morning and afternoon tea each day.

100% residents surveyed agree or strongly agree that the gardens and surrounds are will maintained.



WORD OF THE MONTH

YARBOROUGH - hand of cards containing no card above nine.



**Quiz and
Crossword
Solutions
from page 9**



Answers to Quiz

1. Australia
2. English
3. Southern Cross
4. South Australia
5. Thailand
6. 1997

GREAT THINGS TO DO



Happy Hour Every Friday evening

Commencing at 4.30pm, 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.

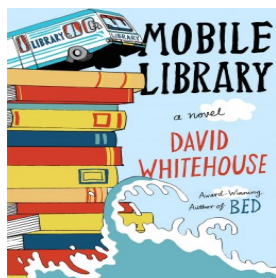
If you have an idea or suggestion for an outing, just let Activities Staff know and we will do our best to arrange the outing for you.



Resident/Advocate Meetings

Next meeting Monday 9th April 2018 at 1.15 pm

Heath House Monday 16th April 2018 at 2pm



Mobile Library - May Dates

Friday 4th May and 18th May commencing 10.15 am
Grevillea Atrium 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 Tuesday 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

CHURCH OF ENGLAND - 4th Tuesday each Month 10.30am



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 Manicure 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
 Music DVD 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 2nd) 9.30am
 Special Bingo 1.30pm
Heath House "CAFÉ" 1.30pm - 3.00pm
 Yummy Afternoon Tea;
 Milk Shakes; Iced Coffee



SUNDAY

Devonshire Afternoon Tea in Main Lounge
 3.00pm

Elaine Tysoe

Length of time at Havilah:

I have been a resident here at Havilah for 21 months

My Story:

I was born in Maryborough in 1934, my parents were Frank and Melva Lunn who operated Lunn's Café and Bakery. I was educated at primary school 404 and later Maryborough Technical College. When I was 16 years old I helped my father make the bricks for our house in Derby Road. Upon leaving school, I gained employment at the Maryborough Knitting Mills, worked as a florist for Eddie Tyers and later Joan Tunks, and then opened my own florist shop in Nolan Street,. I was married to Harry (dec), and have 4 children and grand and great grand children.

Things you used to do for fun:

As a child loved to play with friends, played basketball at school, went to the movies with my sister over many years and also used to have a little flutter on the pokies.

About where you have lived:

I have lived most of my life in Maryborough, had a few years at Allendale near Creswick.

Travel, sport, passions:

Over the years before Harry passed away, we were regulars on Hollands Bus trips, enjoying many shows and, day trips and short holidays, become involved pennant lawn bowls for Carisbrook and used to love walking with my daughter **and her dog**.

Things you enjoy to do now:

I participate in activities here at Havilah, having footspas, playing bingo, going on the bus outings, visits from family and outings with them.



Your favourite topics:

I haven't really a favourite topic other than chatting with family.

Favourite Food and Music:

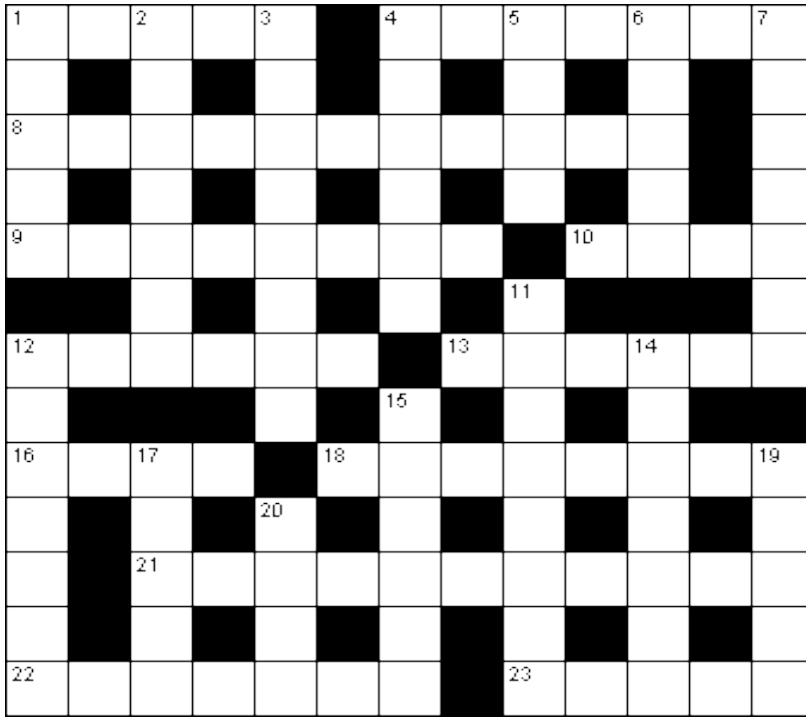
My favourite singer and music is Elvis Presley, also enjoy Nat King Cole's, Unforgettable. My favourite food is a well made jelly slice and icecream.

April 2018

Mon	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						

Mind Games

9



Across:

1. Young person (5)
4. Sharp pointed implements (7)
8. Butterfly larva (11)
9. Exhilarated (8)
10. Yield (4)
12. Humble (6)
13. Ineffectual (6)
16. Moveable barrier (4)
18. Drover (8)
21. Glorious (11)
22. Scaling devices (70)
23. Surface boundaries (5)

Down:

1. Luxury craft (50)
2. Articulated (70)
3. Innocuous(8)
4. Disturbances (6)
5. Snakelike fish (4)
6. Big (5)
7. Earnest (7)
11. Sudden unexpected event (8)
12. Sorcerous (7)
14. Mass of frozen water (7)
15. Furniture items (6)
17. Diffident (5)
19. Days of the month (5)
20. Fiend (4)

Word Search - ON THE FARM

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

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

ACARDIAN, BARN, BUCOLIC, CATTLE, CHICKENS, COUNTRYSIDE, CULTIVATE, DAIRY, DUCKS, ESTATE, FARM, FIELD, FODDER, GEESE, GOAT, HARVEST, HOMESTEAD, HORSES, LIVESTOCK, MEADOW, MILL, PATORAL, PASTURE, PROVINCIAL, RANCH, RURAL, RUSTIC, SHEEP, SILLAGE, SILO, STABLE, TRACTOR.

QUIZ

1. Which country would you find the longest fence?
2. What is the official language of Nigeria?
3. Charles Kingsford Smith flew across the Pacific in a plane named what?
4. Which Australian state has no convict heritage?
5. Which country was called Siam until 1939?
6. In which year did Princess Dianne die.

Solutions can be found on page 5

Vitamin B3 could treat glaucoma

By: Kirstie Chlopicki in Clinical Focus, News, Top Stories March 14, 2018



A humble vitamin B3 supplement could be the key to treating glaucoma, new research has found.

Melbourne's Centre for Eye Research Australia is in the midst of conducting a world-first human trial that uses vitamin B3 to treat the disease of the optic nerve.

Research fellow Dr Flora Hui said the six-month clinical trial aimed to use a high dosage of the vitamin to support existing glaucoma therapies such as daily eye drops.

"Imagine your car's engine is running a bit rough and as a result, the car doesn't drive smoothly. If you top up the engine with oil, the car runs better, even though you haven't fixed the underlying problem," Dr Hui said.

"Our study hopes to confirm that vitamin B3 can protect nerve cells from dying, in a similar way that adding oil to a faulty car engine can still allow it to run more smoothly."

CERA managing director and research leader Jonathan Crowston said glaucoma affected 60 million people worldwide.

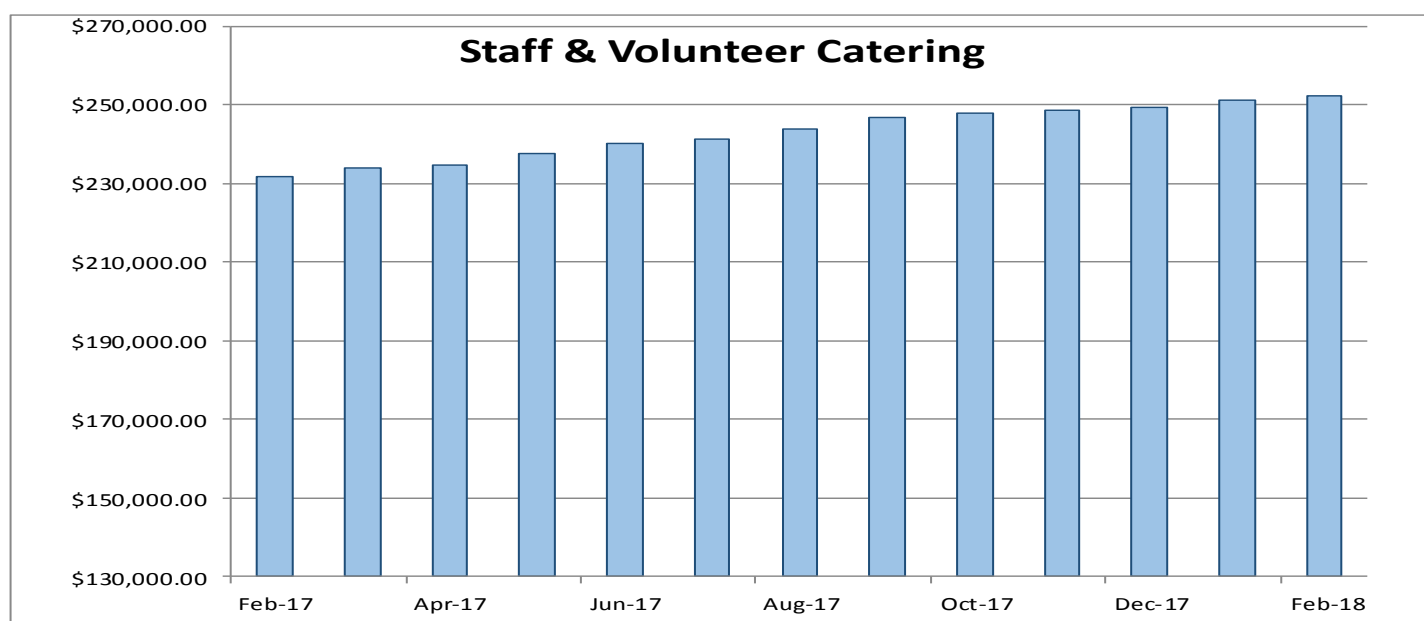
"Glaucoma currently has no cure and vision loss is generally thought to be irreversible," he said.

"We have recently discovered that in the early stages after an injury, visual function can in fact recover, but that the ability to recover diminishes with increasing age.

"We have developed clinical tests that now allow us to look for visual recovery in the clinic and are beginning to look at treatment that could boost recovery. Our premise is that if you can improve optic nerve recovery after an injury that we can reduce the risk of glaucoma progressing."

In 2017, a US research team led by JAX Laboratories' Professor Simon John and Dr Pete Williams found that vitamin B3 given to glaucoma-prone mice prevented optic nerve degeneration and glaucoma. This treatment also reversed the negative effects of ageing in the mice's eyes.

"We were very excited by these findings and are now looking at the effect of vitamin B3 in glaucoma patients," Crowston said



New volunteers are always welcome. Please see Sue or Raeleen.

ANZAC DAY - WEDNESDAY 25th April



This is a day not of celebration but of national memory. It's a day when we learn, and learn again, of the horror of purposeless war. It is a day for looking after your mates, cherishing your home, your neighbourhood and family. It's a day for realising how rare this wonderful country of ours is and how precious it is.

There will be an ANZAC Service led by members of the local R.S.L. to be conducted in the Main Dining room at 10.00am on Tuesday 24th April

On Anzac Day residents can attend the ANZAC Service at McLandress Square. As in previous years the Maryborough Car Club will be provide transport for residents to attend the service in vintage cars. Please discuss with Lifestyle staff if you would like to attend. Lifestyle staff can organise visits to McLandress Square to place flowers at family crosses prior to Anzac Day. Please let staff know if you would like to have this organised for you.

AND SOME MORE POINTS TO PONDER:

- How come abbreviated is such a long word?
- If it's zero degrees outside today and it's supposed to be twice as tomorrow, how cold is it going to be?
- Why do scientist call it research when looking for something new?
- If vegetarians eat vegetables, what do humanitarians eat?
- When you erase a word with a pencil, where does it go?
- Why is it, when a door is open it's ajar, but when a jar is ope, it's not a door.
- How come Superman could stop bullets with his cheat, but always ducked when someone threw a gun at him?
- Why is lemon juice mostly artificial ingredients but dishwashing liquid contains real lemons.
- How much deeper would the ocean be if sponges didn't grow in it?
- Why buy a product that takes 2000flushes to get rid of it?

Signing In and Out

We ask that all residents and their families please complete the details in the Sign Out Book when leaving Havilah and when returning.

The information required includes: Residents Name, Where they are going, Who with, Time out, Approximate time due back, Returned time, Signature and Date.



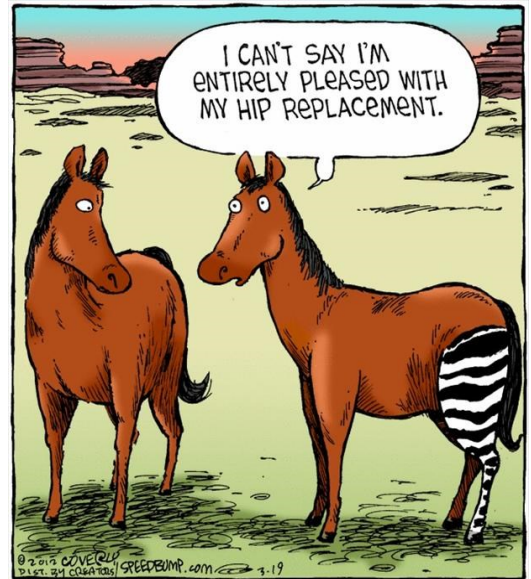


A man joins a soccer team and his new teammates inform him, "At your first team dinner as the new guy, you will have to give us a talk about sex." The evening arrives and he gives a detailed, humorous account of his sex life. When he got home, his wife asked how the evening went and not wanting to lie, but also not wanting to explain exactly what happened, he said, "Oh, I had to make a talk about yachting," his wife thought this a little peculiar but said nothing more and went to sleep. The next day she bumped into one of his new teammates at the supermarket and asked, "I heard my husband had to make a speech last night. How did it go?" His mate said smiling, 'Oh, it was excellent! Your husband is clearly very experienced!.' The wife looked confused and replied to his mate, "Strange, he has only done it twice and the second time he was sick."

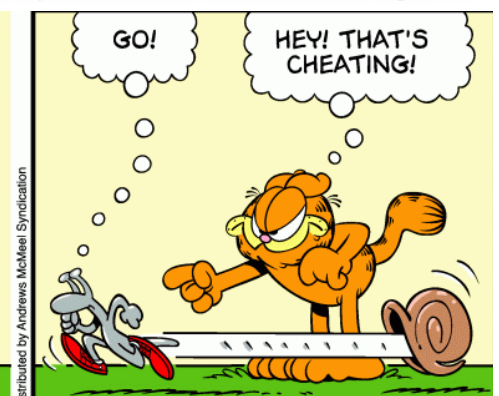
Two Irishmen were working for the city public works department. One would dig a hole and the other would follow behind him and fill the hole in. They worked up one side of the street, then down the other, then moved on to the next street, working furiously all day without rest, one man digging a hole, the other filling it in again. An onlooker was amazed at their hard work, but couldn't understand what they were doing. So he asked the hole digger, "I'm impressed by the effort you two are putting in to your work, but I don't get it - why do you dig a hole, only to have your partner follow behind and fill it up again?"

The hole digger wiped his brow and sighed, "Well, I suppose it probably looks odd because we're normally a three-person team. But today the lad who plants the trees called in sick."

"Sugar why don't you sit down by the table and we'll start supper." Said Dorothy to her Husband of 50 years. "Sure thing," said her husband settling himself down. "Now darling, would you like the soup first or the salad?" Questioned Dorothy. "Umm I guess I'll take the soup." He responded. After a whole meal of one endearing term after another, their guest Bob couldn't contain his curiosity any longer. Bob snuck into the kitchen and asked, "Dorothy do you always talk to your husband like that?" "Bob, I'll be honest with you," Dorothy replied. "It's been five years now, I just can't remember his name, and I am just too embarrassed to ask him!"



Well, it's pretty obvious who humans like best: Have you ever seen a "No Cats Allowed" sign?



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.

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 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 KITCHEN

Main Kitchen **54617388** Internal Dial **388**

Heath Kitchen **54617482** Internal Dial **482**



WHEN THE FIRE ALARM SOUNDS

Please remain where you 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**

Film Afternoon/ Evening 3rd Saturday of the month at 1.30pm - afternoon tea provide
 3rd Tuesday of the month at 6.30 - supper included.

INDOOR BOWLS Each Wednesday 1.30pm at Harkness

TAI CHI Each Monday and Wednesday 10.30-11.30 Room -7 High School Centre

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

ACTIVITIES Bingo every Saturday at 1.30pm Callistemon House and Marbowls 10th and 24th March at 10.30am in the Correa lounge area.