

# HAVACHAT

Issue April 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)



The Luck  
of  
The Irish  
St Patricks Day



**Resident Meeting— 11th April at 1.15pm in Callistemon Activities Room.**

**Resident Meeting Heath House - 18th April at 2pm in Heath House.**

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



## Bus Outing to the Ballarat Mill Market



Pat being friendly to the local.



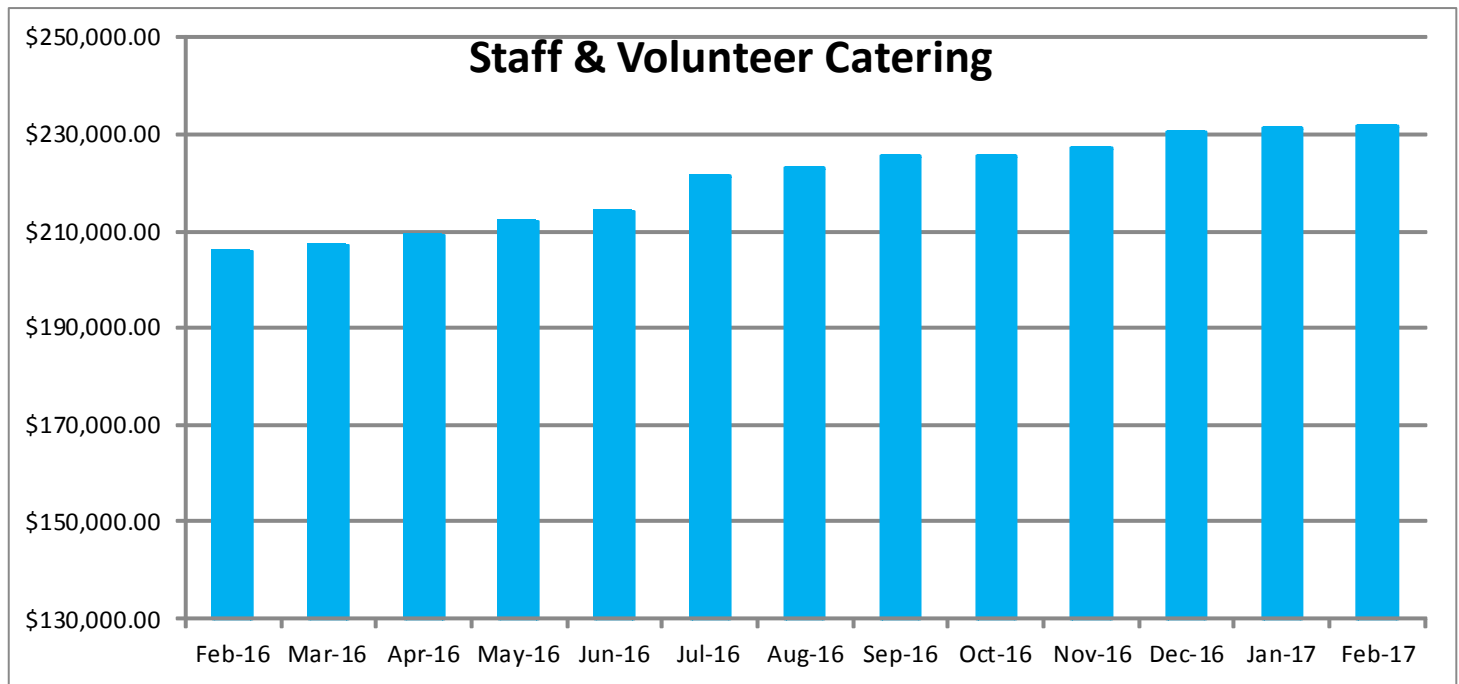
The ladies had a lovely lunch and look around at the Mill Market.

Hilda interested in the wares.





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



## RESIDENT SURVEYS

### RESIDENT SURVEYS - February 2017:

Of the 70 (48 Harkness + 22 Raglan) residents surveyed:

98% of residents surveyed feel that they are respected by staff, volunteers and contractors.  
 97% surveyed residents believe that we provide enough Religious and Spiritual sessions to meet their needs.

100% of residents find that Havilah management are approachable, friendly and courteous.

100% of surveyed residents have stated that they are addressed according to their wishes.

## ANZAC DAY TUESDAY 25<sup>TH</sup> APRIL



*They shall not grow old, as we that are left grow old  
 Age shall not weary them, nor the years condemn.  
 At the going down of the sun and in the morning  
 We will remember them.*

*Lest We Forget.*

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 Monday 24th April

On Anzac Day residents can attend the ANZAC Service at McLandress Square. As in previous years the Maryborough Car Club will be present to transport residents to 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.

## NOTICE BOARD

**HAVILAH MAJOR RAFFLE**

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

**2<sup>ND</sup> 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 21st of June. The Major Draw is 24th of June.

**EASTER ROAD CLOSURES**

Due to the Annual Veteran Cycling Championships over the Easter weekend on Saturday 15th April, Burns Street between Tullaroop Road and Jubilee Oval will be closed 8.30am - 11.30am.

On Monday 17th April Burns Street will be affected between Christian Street and Lake Road until 4.30pm.



There has been a good response to our request for email addresses for emailing HAVACHAT rather than posting it out. This is due to the large increase in the postage costs. We understand that not everyone has an email account so those who have requested a copy and do not live locally will continue to receive it by mail.

The HAVACHAT is also available on Havilah's website at [www.havilah.org.au](http://www.havilah.org.au)

Please email your details directly to



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



## THINGS MY MOTHER USED TO SAY

Make it yourself.  
 Life isn't fair.  
 If everyone jumped off a bridge, would you?  
 Go find something to do.  
 If you're bored, you can help me clean.  
 What would the Queen say?  
 Never write or type anything you don't want someone else to read.  
 Money can't buy you happiness, but it sure helps.

## WORD OF THE MONTH

**Grabble:** Group about, feel for something; sprawl on all fours (often for something)



### FALLS PREVENTION

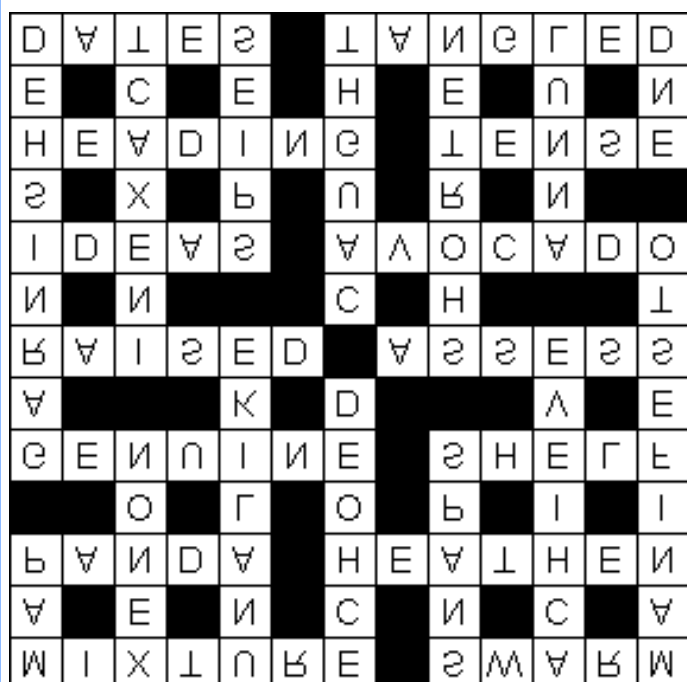
Be aware of the impact your medications may have on your balance.

Allow extra time to gain your balance when you stand up.  
 Talk to your G. P. or Care Staff if you have any concerns.



### Auto Lock Down:

Due to the change of seasons bringing shorter days, auto lock down will move to **7pm** from 02/04/17 and to **6pm** from the 1st May 2017.



### Answers to Anagrams

1. Asparagus
2. Orange Juice
3. Legume
4. Tea
5. Chocolate
6. Lager
7. Peanut Butter



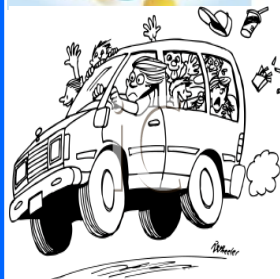
**Quiz and Crossword  
 Solutions from page 10**

## 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.

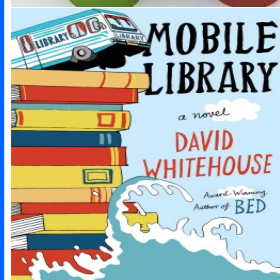
If you have an idea or suggestion for an outing, just let Activities Staff know and we will do our best to arrange the outing for you.



### Resident/Advocate Meetings

Next meeting Monday 8th May 2017 at 1.15 pm

Heath House Tuesday 18th April at 2pm

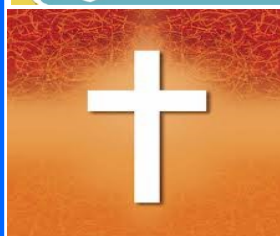


### Mobile Library— March Dates

Friday 14th and 28th April 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.** Contact Lifestyle staff if you would like to join in.



**ANZAC Service at Havilah** with the local R.S.L. Members

Monday 24th April at 10 am in the Main Dining room

**ANZAC DAY Service—McLandress Square**

Tuesday 25th April for service at 10.30 a.m.

Maryborough Car Club will transport residents to the service



### 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:** Mary Jenkins

**Length of time at Havilah:** I have resided as a resident of Havilah for 3 years this month.

**My Story:** I was born at Nurse Walker's Nursing Home in High Street, attended primary school at the East 2828, and went on to High school. Upon leaving school I worked in the office at Fishers, Maples (Furniture Store), Lucas's (Haberdashery Store) and the clinic. When I married I moved to Melbourne and worked as a wards clerk at the Women's Hospital.

**Things you used to do for fun:** I loved to go to the pictures, play hockey and swim go dancing, and visiting friends.

**About where you have lived:** I have lived in Maryborough and North Ringwood.

**Travel, sport, passions:** I have travelled around Victoria, haven't been overseas, in my younger days I loved to play hockey (or have a go, wasn't very good) and enjoyed swimming. I have always been an avid reader of books and the papers and a very keen knitter.

**Things you enjoy to do now:** I enjoy going on the bus outings with other residents to the various places surrounding Maryborough, watching the TV and listening to the radio to keep up with the current news locally and abroad. I look forward to visits from friends and family and going out for morning or afternoon coffee.

**Favourite Topics:** I love to read and have a chat to people about anything and everything.

*Mary Jenkins*



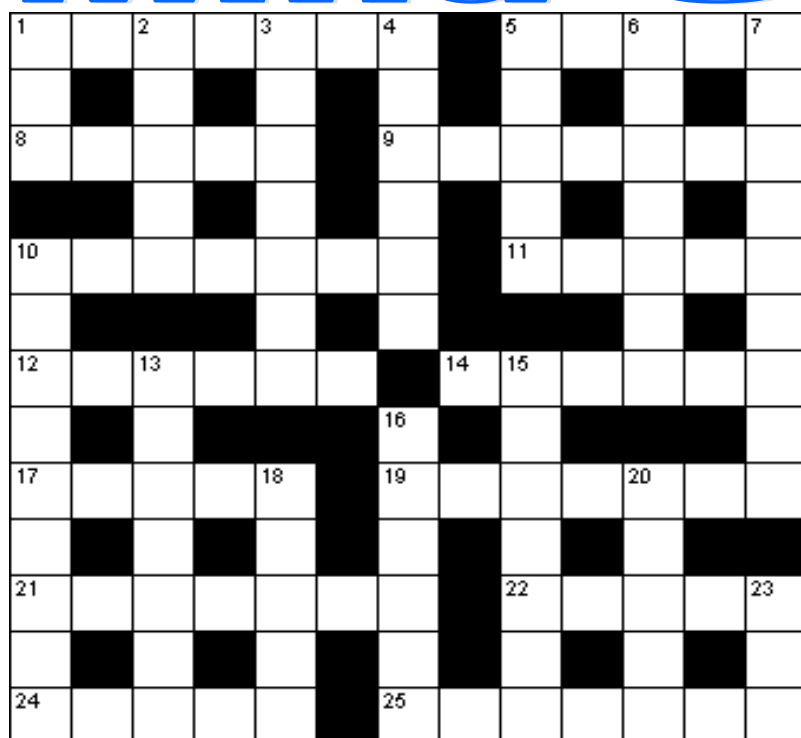
**Favourite Food and Music:** I thoroughly enjoy listening to light opera, but I do have an interest in all types of music. I am very partial to all foods, will always give foods a try once.

*April 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



# Mind Games



## Across

1. Assortment (7)
5. Group of insects (5)
8. Large herbivorous mammal (5)
9. Pagan (7)
10. Infeigned (7)
11. Ledge (5)
12. Lifted (6)
14. Appraise (6)
17. Notions (5)
19. Fruit (7)
21. Direction (7)
22. Taut or Rigid (5)
24. Days of the month (5)
25. Embroidered (7)

## Down

1. Chart (3)
2. Inert gas (5)
3. Dissimilar (7)
4. Reverberated (6)
5. Photos (5)
6. Attain (7)
7. Public declarations (9)
10. Decorated food (9)
13. Imprecise (7)
15. Abridge (7)
16. Captured (6)
18. Secret agents (5)
20. Invalidate (5)
23. Conclusion (3)

## Word Search—Keep in Touch

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

## ANAGRAMS: Food and Drink

1. A SUGAR SAP (9)
2. RE A JUG ON ICE (6,5)
3. EMU LEG (6)
4. EAT (3)
5. COOL CHEAT (9)
6. REGAL (5)
7. PUB TUNE TREAT (6,6)

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

ACKNOWLEDGE, ADDRESS, ANSWER, CALL, CHAT, COMMUNE, COMMUNICATE, CONTACT, CONVERSE, CONVEY, DELIVER, DISCOURSE, DISPLAY, ENQUIRE, EXCHANGE, GESTURE, GOSSIP, GREET, HEAR, IMPART, INFORM, INTERACT, LETTER, LISTEN, ORATE, PHONE, PONTIFICATE, QUESTION, RENDER, REQUEST, SHOW, SIGN, SPEAK, TALK, TOUCH, TRANSFER, TRANSMIT, UTTER, WRITE.

Solutions can be found on page 5

## HAV'A'LAUGH



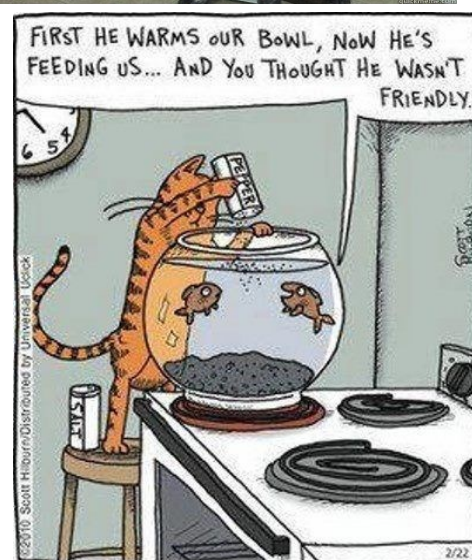
It was a baby mosquito's first day to fly out from home. When the mosquito came back home later that day, the father mosquito asked, "How was your journey?" The baby mosquito replied, "It went great. Everyone was clapping for me!"

A dentist told a mother, "I'm sorry mad-am, but I'll have to charge you a \$100 for pulling your boy's tooth." The mother exclaimed, "A \$100! You said it was only \$20!" "Yes," replied the dentist, "but he yelled so loudly that he scared four other patients out of the waiting room!"



## FROM THE CHURCH NOTICEBOARD

- \* Miss Charlene Mason sang "I will not pass this way again" giving obvious pleasure to the congregation.
- \* Tuesday at 4PM there will be an ice cream social. All ladies giving milk will please come early.
- \* Weight Watchers will meet at 7 p.m. Please use large double door at the side entrance.
- \* Potluck supper: prayer and medication to follow.
- \* At the evening service tonight, the sermon topic will be "What is hell?". Come early and listen to our choir practice.
- \* Irving Benson and Jessie Carter were married on October 24 in the church. So ends a friendship that began in their school days.



A magician worked on a cruise ship in the Caribbean. The audience would be different each week, so the magician did the same tricks each week. However, there was a problem, the captain's parrot saw the shows each week and began to understand how the magician did every trick. Once he understood, he started shouting out the secrets in the middle of the show, "Look, it's not the same hat." "Look, he is hiding the flowers under the table." "Hey, why are all the cards the Ace of Spades?" The magician was furious but couldn't do anything, it was, after all, the captain's parrot. One day, the ship had an accident and sank. The magician found himself with the parrot, adrift on a piece of wood, in the middle of the ocean. They stared at each other with hatred, but did not utter a word. This went on for a day, then another, and another. Finally, after a week, the parrot said, "Okay, I give up. Where is the boat?"







Craft and Cooking Activities sessions at Havilah





## HEALTH AND WELLBEING

### INFLUENZA (FLU)

Influenza (flu) is a highly contagious viral infection that spreads easily from person to person through coughing, sneezing and close contact.

Unlike a cold, symptoms such as fever, sore throat and muscle aches develop suddenly with flu and last about a week. In some cases, severe illness and complications such as pneumonia and bronchitis can develop, which can result in hospitalisation and even death. The flu can also make some existing medical conditions worse.

The flu virus can be especially dangerous for elderly people, pregnant women, Aboriginal and Torres Strait Islander people and very young children, as well as for people with underlying medical conditions.

### SYMPTOMS

Flu symptoms tend to develop abruptly one to three days after infection, and can include: tiredness, high fever, chills, headache, coughing, sneezing, runny noses, poor appetite, and muscle aches. Most people who get the flu will suffer from mild illness and will recover in around four weeks. However, some people can develop more severe health problems, including pneumonia, bronchitis, chest and sinus infections, heart, blood system or liver complications, which can lead to hospitalisation and even death.

### PREVENTION

Annual vaccination is the best way of preventing the flu and any associated illness.

You should get the flu shot every year because the flu virus is constantly changing. Every year, the flu vaccine changes too, so it protects against the flu strains which are most likely to be around during that winter.

There is now evidence that the effectiveness of the influenza vaccine wanes over time and its important be protected when the flu is most common, around August. Ask your doctor for advice on the best time to receive your vaccination.

Residents at Havilah can receive their vaccinations on site.





## 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.