

Please contact Jenni on 5461 7397 or email [jenni.dellavedova@havilah.org.au](mailto:jenni.dellavedova@havilah.org.au) if you would like your Havachat sent via email

HAVILAH WEBSITE:  
[www.havilah.org.au](http://www.havilah.org.au)

Issued 6th April 2016

# HAVACHAT



**Resident Meeting— 11th April at 1.15 pm in Callistemon Activities Room and then the 9th May 2016.**

**Resident Meeting Heath House—18th April at 2.00 pm in Heath House and then 16th May 2016.**  
THESE MEETINGS ARE A FORUM FOR IDEAS AND NEW INITIATIVES  
TO BENEFIT RESIDENTS AND FAMILIES. WE WELCOME YOUR INPUT.



Please do not remove newspapers or magazines from the dining room tables to take to rooms. 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.



We welcome feedback from residents, families and visitors and provide the 'Comment, Suggestion, Complaint and Compliment' form at the main Havilah entries. 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 strive to continuously improve our service and look forward to working with you to achieve the best care possible for our residents.

The lost clothing department in the laundry has become full with unlabelled clothing once again. Residents and family members are encouraged to visit the laundry to see if they can identify any missing clothing. Residents are reminded that after a month in the lost clothing they are sent to the Carisbrook Opportunity shop.

It is stocked with goodies for you  
and our volunteer staff will be happy to help you.



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

Jumbled word - THURSDAY

1. RUSH
2. STAR
3. HARD



# HAVILAH MAJOR RAFFLE

**1<sup>ST</sup> Prize \$10,000 Goods/Services Retailer/s of choice**

**2<sup>nd</sup> Prize \$5,000 Goods/Services Retailer/s of choice**

**Plus 10 x \$500 early bird prizes Goods/Services Retailer/s of 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 Rhonda 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 26th of June. The Major Draw is 25th of June.

## Auto Lock Down:

Due to the change of seasons bringing shorter days, auto lock down will move to **7pm** from 04/04/16 and to **6pm** from the 1st May 2016.

## Extension on Track



Our latest 13 room extension is progressing well and the new rooms are planned to be ready for occupancy from 24th June 2016.

## Footy Tipping Comp has commenced

The 2016 Havilah Footy Tipping Comp has commenced and is open to all residents wishing to participate. If you are not already on the list, please notify the activity staff who will call in each week to get your tips. Weekly results are on display in the activity notice boards throughout Havilah.

## The History of Footy

A letter by Tom Wills was published in *Bell's Life in Victoria & Sporting Chronicle* on 10 July 1858, calling for a "foot-ball club, a rifle club, or other athletic pursuits" to keep cricketers fit during winter. An experimental match was played at the Richmond Paddock (later known as Yarra Park next to the MCG) on 31 July 1858, very few details of the match have survived.



On 7 August 1858, a famous match between Melbourne Grammar School and Scotch College began, umpired by Wills and John Macadam. A second day of play took place on 21 August and a third and final day on 4 September. The two schools have competed annually ever since. However the rules used by the two teams in 1858 were not official since Wills had not yet begun to write them. H.C.A. Harrison Wills's cousin was instrumental in developing the game but not in the very early years.

The Melbourne Football Club rules of 1859 are the oldest surviving set of laws for Australian football. They were drawn up at the Parade Hotel East Melbourne on 17 May by Wills, William Hammersley, J. B. Thompson and Thomas Smith (some sources erroneously include H. C. A. Harrison). The 1859 rules, drawn up three days after the Melbourne club was officially founded did not include some elements that soon became important to the game, such as the requirement to bounce the ball while running. Melbourne's game was not immediately adopted by neighbouring clubs before each match the rules had to be agreed by the two teams involved. By 1866 however several other clubs had agreed to play by an updated version of Melbourne rules.

The original handwritten rules dated May 1859 were signed by Tom Wills, William Hammersley, J. Sewell, J. B. Thompson, Alex Bruce, T. Butterworth and Thomas Smith:

- 1 *The distance between the goal post shall be decided upon by the captains of the sides playing.*
- 2 *The captains on each side shall toss for choice of goal. The side losing the toss has the kick-off from the centre-point between the goals.*
- 3 *A goal must be kicked fairly between the posts without touching either of them or a portion of the person of any player of either side.*
- 4 *The game shall be played within the space of not more than 200 yards wide, the same to be measured equally upon each side of the line drawn through the centre of the two goals and two posts to be called the kick-off points shall be erected at a distance of 20 yards on each side of the goal posts at both ends and in a straight line with them.*
- 5 *In case the ball is kicked behind the goals, anyone of the side behind whose goal it is kicked, may bring it back 20 yards in front of any portion of the space between the kick-off posts and shall kick it as nearly as possible in the line of the opposite goal.*
- 6 *Any player catching the ball directly from the boot may call 'mark'. He then has a free kick. No players from the opposite side being allowed to come into the spot marked.*
- 7 *Tripping and pushing are both allowed but no hacking when any player is in rapid motion or in possession of the ball except for the case provided by rule 6.*
- 8 *The ball may be taken in hand only when caught from the boot or on the hop. In no case shall it be lifted from the ground.*
- 9 *When the ball goes out of bounds (the same being indicated by a row of posts) it shall be brought back to the point where it crossed the boundary line and thrown in right angles with that line.*
- 10 *The ball while in play may under no circumstances be thrown.*



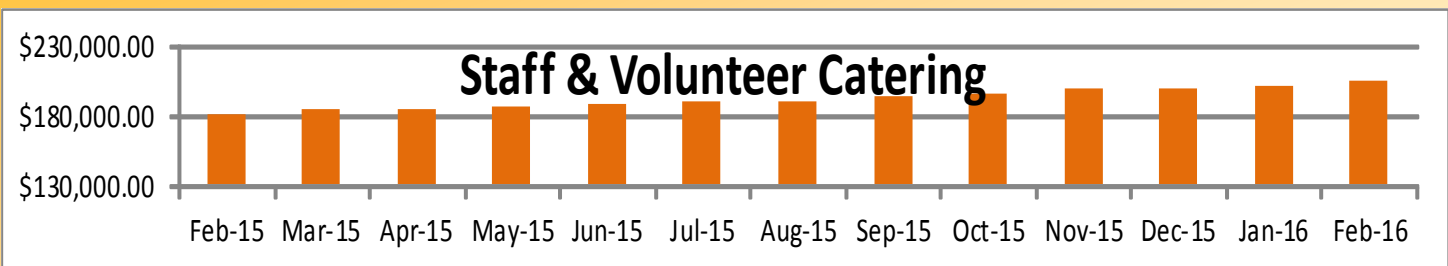
Hi from the desk of the Director of Care,

The weather has changed, day light savings has ceased and the winter woollies are being dusted off, which is a timely reminder that at this time of the year we need to be dressed appropriately as it is cooler in the morning and at night but still quite warm and pleasant in the middle of the day. On a brighter note the footy season has started and the mighty Pies were struck down against Sydney as I write we will be playing the Tigers and like all Pie supporters we are confident of a win, if not I believe we may be in big trouble this year.

At Havilah we'd love to hear from you, and would like to thank everyone who has gone above and beyond to positively impact on the lives of our residents. One way of doing this is by making sure that our aged care staff are properly acknowledged for their efforts.

We would greatly appreciate your time in sharing your Havilah experience by completing the Comments, Suggestions, and Complaints Form located at the reception areas. All feedback is greatly appreciated. Dave

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 - February 2016:

Of the 56 (41 Harkness + 15 Raglan) residents surveyed:

86% of residents surveyed said they use the on-site Hairdresser.

100% of residents who said they use the Havilah hairdresser service said they are satisfied with the services including ease of getting an appointment, attitude and skills of the hairdresser.

91% of residents said they use the on-site nail and foot care nurse.

98% of residents said they are satisfied with the nail and foot care they receive from the foot care nurse.

All residents who were surveyed who did not use the services either managed their own needs or continue with previous providers as they access the community. All were aware of the services and may use them at some time in the future.



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



**APRIL ....*****Dot Sinclair******APRIL 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	

**Name: Dot Sinclair****Length of time at Havilah:** Over 2 years**Things you used to do for fun**

I always loved cooking and gardening. I was a keen sewer, making the children, grandchildren and my own clothing. Another passion was going to the RSL and Hospital Balls and Old Time Dances. I was a member of the RSL Auxiliary and we catered for balls, weddings and the dances.

**About where you have lived**

I lived in Gillies street Maryborough since 1945, just after the war. We first came to Maryborough in 1932. My father was on the railways and we had moved often.

**Travel, sports and passions**

I have been to Alice Springs, Sydney and Queensland to visit family. I enjoy the football and am a keen supporter of the Hawks. I played indoor and outdoor bowls with Carisbrook. Bowling Club.

**Things you enjoy to do now:** Playing cards, cooking and craft. I enjoy having morning and afternoon tea with friends and going on family outings.

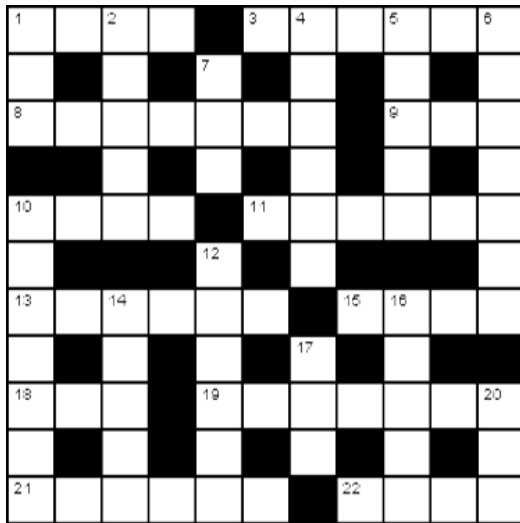
**Your favourite topics:** Talking about old times.

**Favourite music and food:** I like pickled pork and Chinese food and I really enjoy listening to Abba and the Beatles.

**Doctors' Visits**

Residents are reminded to pick up paperwork from the Care Station prior to visiting your GP. This information should be handed in to the Care Station on your return. This is so that Havilah can keep up to date with Doctors instructions and comments re your health.

# Mind Games

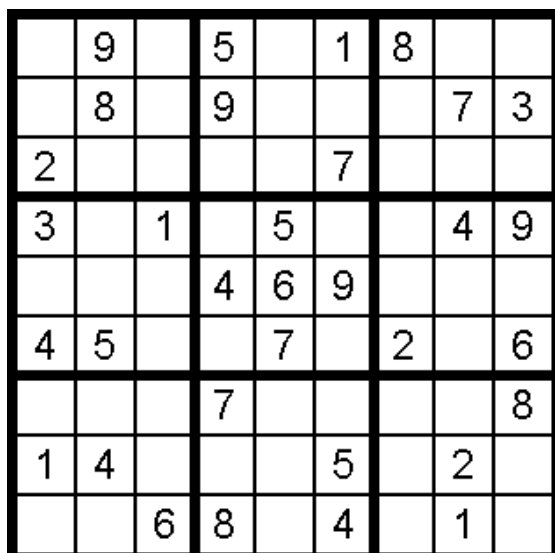


## ACROSS

1. Nil (4)
3. Cask (6)
8. Security device (7)
9. Water barrier (3)
10. Terse (4)
11. Rudderless (6)
13. Technical terminology (6)
15. Zealous (4)
18. Written record of events (3)
19. Countries (7)
21. Currency unit (6)
22. Labyrinth (4)

## DOWN

1. Fastner (3)
2. Detection instrument (5)
4. Japanese martial art (6)
5. Armbones (5)
6. Restricted (7)
7. Adult male swan (3)
10. Coaxed (7)
12. Part of the eye (6)
14. Majestic (5)
16. Stringed instrument (5)
17. Consumed (3)
20. Litigate (3)



Can you rearrange the jumbled letters into an 8-letter word that happens every week?

## SHUT YARD

Can you also use some of the letters to find three 4-letter words with the following meanings?

1. Hurry
2. Leading actor
3. Difficult



## WORD SEARCH—BROADWAY SHOWS

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

A CHORUS LINE, AIDA, A LITTLE NIGHT MUSIC, ANNIE GET YOUR GUN, BEAUTY AND THE BEAST, CABARET, CAMELOT, CAROUSEL, CATS, CHICAGO, COPACABANA, EVITA, GUYS AND DOLLS, GYPSY, HELLO DOLLY, JOLSON, KISS ME KATE, LES MISERABLES, MISS SAIGON, RAGTIME, RIVERDANCE, SHOWBOAT, SINGIN' IN THE RAIN, SOUTH PACIFIC, SUNSET BOULEVARD, THE KING AND I, THE PHANTOM OF THE OPERA, WESTSIDE STORY.

Solutions can be found on page 2.



## GREAT THINGS TO DO IN APRIL

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 6<sup>th</sup>

Uniting Church

Wed 13<sup>th</sup>

Salvation Army Church

Wed 20<sup>th</sup>

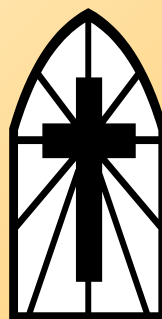
Wattle City Church

Tue 26<sup>th</sup>

Anglican Church

Wed 27<sup>th</sup>

Catholic Church



### SPECIAL EVENTS

Sat 16<sup>th</sup>

Special Bingo 1.30pm

Tue 19<sup>th</sup>

Games Evening 6.30pm

Mon 25<sup>th</sup>

ANZAC Day

Sat 30<sup>th</sup>

Special Bingo 1.30pm

ANZAC  
DAY



*They shall grow not 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.*





## WEEKLY ACTIVITIES

**BUS TRIPS** – Mondays and Fridays  
(Excluding ANZAC Day)

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](mailto: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](mailto:dhs@havilah.org.au).

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

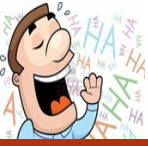
Residents can contact Rhonda simply by pressing the numbers 387 on room telephones.

## 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



An engineer crosses a road when a frog calls out to him, "If you kiss me, I'll turn into a beautiful princess." He bends over, picks up the frog and puts it in his pocket. The frog speaks up again and says, "If you kiss me and turn me back into a beautiful princess, I will stay with you for one week." The engineer takes the frog out of his pocket, smiles at it and returns it to the pocket. The frog then cries out, "If you kiss me and turn me back, I'll do whatever you say!" Again the engineer takes the frog out, smiles at it and puts it back into his pocket. Finally, the frog asks, "What is the matter? I've told you I'm a beautiful princess, I'll stay with you and do whatever you say. What more do you want?" The engineer says, "Look, I'm an engineer. I don't have time for a girlfriend, but a talking frog, now that's cool!"



A dog walked in to the telegram office one day. He took out a blank form and wrote on it: "Woof. Woof. Woof. Woof. Woof. Woof. Woof. Woof. Woof."

Then he handed it to the clerk. The clerk examined the paper and said to the dog, "You know there are only nine words here? You could send another 'Woof' for the same price."

The dog replied, "But that would make no sense at all!"

I said to the gym instructor, "Can you teach me to do the splits?"

He said, "How flexible are you?"

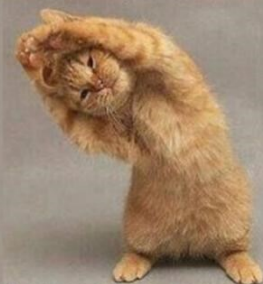
I said, "I can't make Tuesdays."



## I'M NOT OLD

I woke up,  
I lifted my arms,  
I moved my knees,  
I turned my neck....

Everything made the same noise:  
'Crrrrrrrrrrrrraaaaaaaacccck!'



....I came to a conclusion:  
I am not old,  
I am crispy!



# 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](mailto: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 19th April 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 16th and Sat 30th April 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.