

# HAVACHAT

Issue May 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)



## INVITATION

**MOTHERS DAY LUNCH - SUNDAY 14TH MAY**

**2 Courses with Chocolates and Drinks.**

**\$15 per head.**

**Devonshire Afternoon Tea**

**At 3.00pm**

**On Saturday 13th May**

**you are welcome to join us for  
Roast Lunch and  
Special Afternoon Tea**

**For catering purposes RSVP  
Wed 10th May  
To MainKitchen 54617388  
Heath House 54617482**

**Resident Meeting— 8th May at 1.15pm in Callistemon Activities Room.**

**Resident Meeting Heath House - 16th May at 2pm in Heath House.**

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



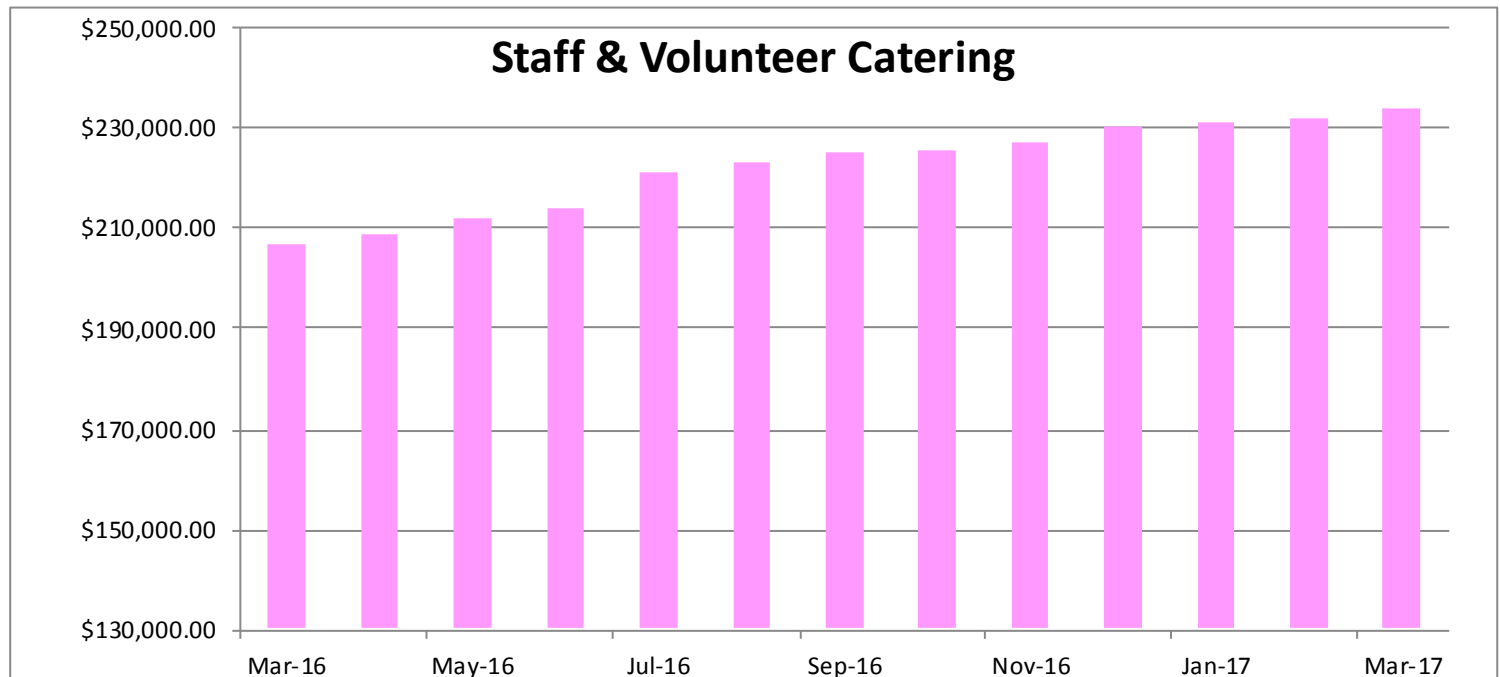


Easter festivities in Heath House were very well supported by residents families of all ages.

A huge thankyou to Alison and staff for a fantastic night with plenty of activities— everyone enjoyed the visit from Easter Bunny.



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



## RESIDENT SURVEYS

### RESIDENT SURVEYS - March 2017:

Of the 75 (49 Harkness + 26 Raglan) residents surveyed:

98% of residents are appreciative of the emotional support.

97% of residents surveyed feel that the care staff respond to call bells in a timely manner.

100% of surveyed residents are satisfied that their meal table is clean.

96% of residents surveyed believe that equipment in their rooms is in good working order.



### MEALS FOR FAMILY MEMBERS AND GUESTS.

We welcome resident guests for meals at a cost of **\$8.00** per head for all meals, with exception for special occasions, eg Christmas Day, Mothers Day when special prices are set. Guests can attend at Happy Hour free of charge.

Please advise the relevant kitchen prior to 10.00am by phoning the :  
Main Kitchen Harkness Street. 5461 7388

Heath House Kitchen. 5461 7482

When booking meals for more than 5 people, please notify the kitchen the day before.

## 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

We still have some tickets to sell. 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.

### VISITORS

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.

We encourage family and friends to visit at Havilah. We want you to feel welcome when you visit. If you are unsure about anything please ask one of our staff members to assist you.

Havilah must balance its responsibilities to residents, staff and volunteers under the various legislation. So that visitors may understand their rights and obligations a new Visitor Brochure has been produced and will be available at each sign in book by the end of the week.

The brochure includes general information for visitors including the Visitor Code of Conduct.



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 [andrew.earl@havilah.org.au](mailto:andrew.earl@havilah.org.au).

Your assistance with this is appreciated.



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



## THINGS MY MOTHER USED TO SAY

Someday you'll regret fighting with you sister and brother.

You can't always get what you want.

Wait until you have to pay the bills.

The sun doesn't rise and fall on your desires.

Don't speak to me like that.

A locked door only keeps an honest man out.

You need to appreciate what you have.

Don't open that umbrella in inside.

## WORD OF THE MONTH

**PAWK:** Drily Humourous

## **FALLS PREVENTION**

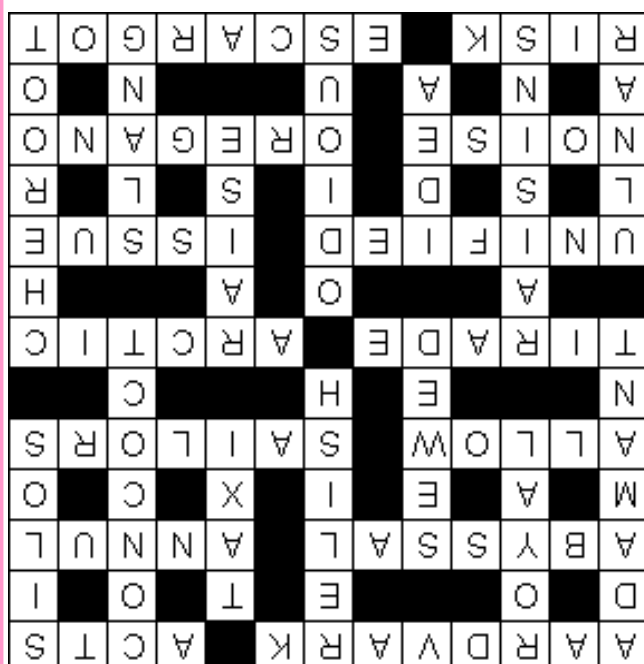
**Avoid wearing loose clothing.**

If you want to feel comfortable, consider that  
Baggy clothes can sometimes make you more  
Likely to fall.

Opt for better-fitting properly hemmed clothing that  
Doesn't bunch up or drag on the ground.



After the first 5 rounds of this AFL season, the leaders are Nancey McQuinn on 31 points, followed on 30 points are Brian Dam, Dot Sinclair, Bob Osborne and Cora Trower. There are 4 residents with 29 points, they are Hazel Dewhirst, Joan Douglas, Helen Hellsten and Allan Henderson.



## Answers to Anagrams

1. CUSTARD
2. PORRIDGE
3. SPAGHETTI
4. PRAWN
5. PEACH
6. APRICOT



**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.

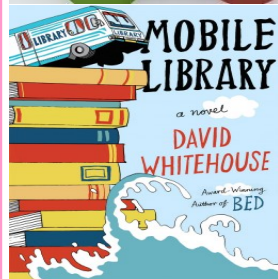
If you have an idea or suggestion for an outing, just let Activities Staff know and we will do our best to arrange the outing for you.



### Resident/Advocate Meetings

Next meeting Monday 8th May 2017 at 1.15 pm

Heath House Tuesday 16th May 2017 at 2pm

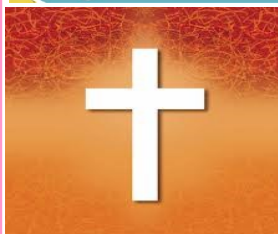


### Mobile Library— May Dates

Friday 5th and 19th May 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.

### 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.



## 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



## *Alby Hansen*

**Length of time at Havilah:** I have been a resident in Havilah for 9 months

**My Story:** I have been married to wife Lesley for 59 years, have 6 children, (3boys, 3girls) who all live reasonably close. Over the years I was a fairly successful greyhound trainer. In my younger days I played football for Corowa, Tyntynder, Stawell and trained with South Melbourne, (wasn't keen on leaving the country life).

**Things you used to do for fun:**

I regularly went rowing on Lake Mulwala, on one occasion I swallowed a fly and lost my false teeth (had to get a new set.). I had plenty of fun diving off the Corowa bridge (I know that is a no, no these days) and rode an Enfield motor bike.

**About where you have lived:** I was born in Murchison, then moved around from Corowa, Swan Hill, Kerang for 9 years where we had a bakery, then Newbridge for 19 years and now Maryborough for the past 22 years.

**Travel, sport, passions:** Over the years we have travelled up the East coast as far as Bundaburg, through to Darwin to the back of Burke, also Flinders Ranges. We have travelled to New Zealand and Norfolk Island which we thoroughly enjoyed, taking the mother in-law with us.

**Things you enjoy to do now:** I enjoy Footspa, chairbics with Sue and all the other great people, going on the Bus outings and Marbowls.

**Favourite Topics:** I love to talk about the



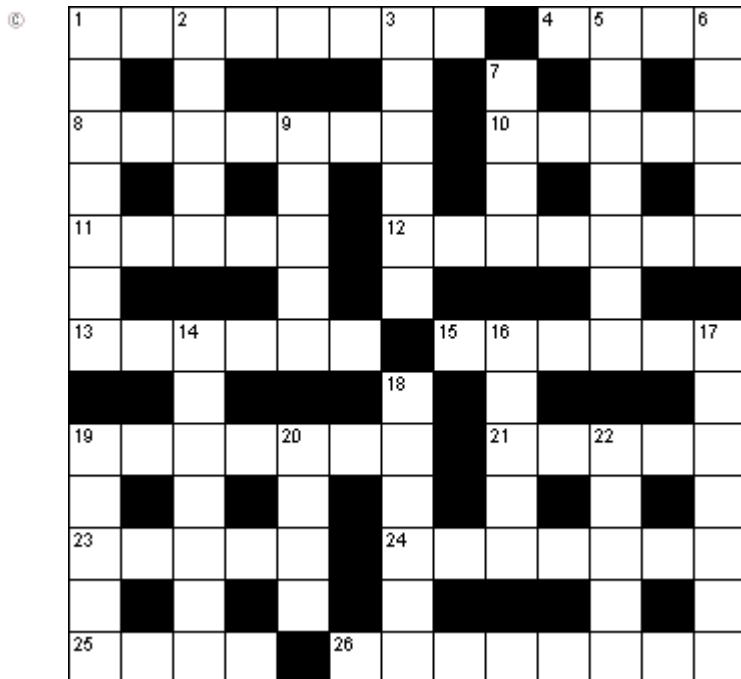
**Favourite Food and Music:** There are 2 foods that I will not eat, Brussel Sprouts and Cabbage. I love Country music, being involved for many years, playing in bands at many festivals especially in Barmera SA. This is when I invented Maria the Italian lass, but she got home sick and went back to Italy. I used to have a concert each year at Donavans Landing on the Glenelg River to raise funds for the Foreshore committee for upgrading facilities.

### *May 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. Anteater (8)
4. Parts of a play (4)
8. Unfathomable (7)
10. Declare Invalid (5)
11. Permit (5)
12. Mariner (7)
13. Denunciation (6)
15. Polar Region (6)
19. Amalgamated (7)
21. Publish (5)
23. Din (5)
24. Aromatic Herb (7)
25. Hazard (4)
26. Edible Snail (8)

## Down

1. Intransigent (7)
2. Majestic (5)
3. Gusto (6)
5. Devise or invent (7)
6. Storage towers (5)
7. Cab (4)
9. Darned (5)
14. Dried Grapes (7)
16. Salary increase (5)
17. Cigar (7)
18. Detestable (6)
19. Relating to an arm bone (5)
20. Notion (4)
22. Vernacular (5)

## Word Search—Laugh or Cry



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

BAWL, BEAM, BLUBBER, BRAY, CACHINNATE, CHORTLE, CRY, GIGGLE, GRIN, GUFFAW, HOWL, LAUGH, ROAR, SCREAM, SCREECH, SHRIEK, SIMPER, SMILE, SMIRK, SNICKER, SNIFFLE, SNIVEL, SNORT, SNUFFLE, SOB, TITTER, WAIL, WEEP, WHIMPER, YAWL..

## ANAGRAMS: Food and Drink

1. CAR DUST (7)
2. ORDER PIG (8)
3. PAST EIGHT (9)
4. CRACKPOT INLAW (5,8)
5. CHEAP (5)
6. A TROPIC (7)

Solutions can be found on page 5

## HAV'A'LAUGH



A woman was talking on the phone with her son, who had started training in the Navy. He was explaining how the sailors were learning to scuba dive. They used the buddy system, designed to ensure safety and occasionally dived into shark infested water.

“What do you do when you see a shark?” Mum asked,  
The son replied : “Swim faster than my buddy.”

A man knocked on the door and asked the woman who answered for a small donation towards the local swimming pool. The woman went away and returned and gave him a glass of water.



A young stockbroker decided to take a day off and visit some of his professors in his old school. When he made his way into the entrance he notices a dog was attacking a small child. He quickly grabbed the dog and throttled it with his two hands. The next day the local newspaper reported the story with the headline, “Valiant student saves boy from ferocious dog.

The stockbroker called the editor and strongly suggested that a correction be issued and that the paper tell the readers he was actually a successful Wall Street broker and not a student. The next day the newspaper issued a correction and the headline read, “Pompous stockbroker kills school mascot.”

Grandpa was telling his young grandson what life was like when he was a boy.

"In the winter we'd ice skate on our pond. In the summer we could swim in the pond, and pick berries in the woods. We'd swing on an old tire my dad hung from a tree on a rope. And we had a pony we rode all over the farm."

The little boy was amazed, and sat silently for a minute. Finally he said, "Granddad, I wish I'd gotten to know you a lot sooner!"

## **HEALTH AND WELL BEING**

### ***Preventing falls***

Falls can happen to anyone, but, unfortunately, as you grow older falls can become more common and you are more likely to injure yourself.

Most elderly people fall in and around the home. The good news is that there are a number of things you can do to help prevent falls and minimise your injuries if you do fall. Knowing your risk factors and taking a few precautions is a good start.

### ***What can I do to reduce my risk of falling?***

Things you can do to reduce your risk of falling include:

- eating healthy and nutritious food and drinking enough fluids
- maintaining a health and active lifestyle, with regular exercise to prevent your muscles weakening and joints stiffening such as tai chi
- taking medication only as prescribed
- wearing the right shoes – comfortable, firm-fitting, flat shoes with a low wide heel, laces, buckles or Velcro fastenings and rubber soles that grip
- wearing slippers which are good fitting
- not walking in socks unless they are non slip socks
- making sure clothing is not too long causing a trip hazard (touching the floor)
- hazard proofing your home to make it as safe as possible – removing slip or trip hazards like loose rugs or mats
- wiping up spills immediately
- making sure there is adequate lighting, especially at night
- using your walking aid at all times and seeking assistance from staff when mobilising
- Ask staff to ensure that you have all the items you require within reach

### ***Who can help?***

If you've had a fall, or you often feel like you're at risk of falling, don't just dismiss it as part of getting older, lack of concentration or clumsiness. Talk to a health professional and ask about different options that may help you.

***Doctors*** It is a good idea to talk with your doctor about how to prevent falls, particularly if you have one or more of the conditions linked to a higher risk of falls.

***Physiotherapists*** A physiotherapist may be able to help you with balance and strengthening exercises. You can also ask them about equipment such as a walking frame or stick to help you move about more safely.

***Podiatrists*** It may be a good idea to talk to a podiatrist if you have painful or swollen feet, tingling, pins and needles or bunions, as all of these things can affect your balance.

***Optometrists*** It may be a good idea to talk to an optometrist because your eyes not only help you to see but also to maintain your balance.

### ***What can I do to reduce the risk of injury if I fall?***

Wearing hip protectors or limb protectors can help prevent hip fractures and skin tears.





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## **A shoe designed to prevent falls in the elderly? It's real**

From the Donaldson Sisters Newsletter By Lauren Broomham

**Every year, one in three people aged over 65 suffer a fall – now a special shoe insole is aiming to drastically cut that number.**

The insoles are the brainchild of Victoria University researcher Dr Hanatsu Nagano (pictured) who developed them as part of his PhD over nearly a decade after two of his grandparents in Japan had serious falls.

"I wanted to make a social contribution to this very big problem by offering a product that is affordable, and can be easily made and used," he said.

A recent six-month trial found nearly 40 elderly people wearing the insoles did not fall at all. And only one of 12 insole-wearing hospital patients had a fall over a four-month period compared to three falls for a control group who were not wearing them.

So how do they work?

The insoles are designed with a forefront that helps to raise the minimum toe clearance – the cause of over 50 per cent of falls.

They also feature a series of raised bumps that follow a foot's ideal centre of pressure to help with side-to-side balance and a shock-absorbing contoured heel.

**A successful result**

Trials in Japan have shown the insoles dramatically reduced falls among the elderly, as well as with trip-prone hospital patients with conditions such as dementia, osteoarthritis, or knee surgery.

Dr Nagano estimates that the insoles could save 36.5 billion Yen (AUD\$500 million) in medical costs in Japan for every one per cent decrease in incidents of falls.

With Australia's over-65 population set to jump to 25 per cent by 2050, imagine what they could do here.

The insoles will be available here by the end of the year and will retail for around \$170 at pharmacies and speciality shoe stores.

**Editor's Comment:** How great will this be if they do work!!! We look forward to giving them a try at Havilah once they become available.

## 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 **54617388** Internal Dial **388**

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

## 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

**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.