

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 2nd May 2016

# HAVACHAT



## INVITATION

Havilah Residents would like to invite  
Their Family and Friends to a  
**SPECIAL FAMILY DAY LUNCH**

**Saturday 7th May**

2 Courses — \$13 per head — drinks included

And also to:

## MOTHERS DAY LUNCH

**Sunday 8th May**

2 Courses with Choccies and drinks  
— \$15 per head

For catering purposes  
RSVP must be received by  
Wed 4th May  
To Rhonda: 54617300



**Resident Meeting— 9th May at 1.15 pm in Callistemon Activities Room and then the 12th June 2016.**

**Resident Meeting Heath House—16th May at 2.00 pm in Heath House and then 19th June 2016.**

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

Hi from the desk of the Director of Care,

Well the ups and downs of the footy season are upon us and some surprises are happening, having just watched the mighty pies on ANZAC day I am full of confidence we can make the finals.

The flu season is now with us and although the weather has not really changed yet, all our residents will have had their flu vaccinations, and hopefully will keep well. Today as I write, we have a little precipitation in the air. It would be great to think the rain may last for an extended period and if this is the case, a reminder when going outside to take your umbrella and good walking shoes and as an added extra a rain coat would be handy all helping to keep the coughs and colds at bay.

The new facility is progressing well and changes will be seen from now on with the grounds being updated and the final touches being put on the outside. Soon the area around the kitchen will be opened up and the new Nurses Station will come into operation, with the old Nurses Station being redeveloped.

Dave



### Auto Lock Down:

Due to the change of seasons bringing shorter days, auto lock down has moved to **6pm** from the 1st May 2016.

# 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.**



**Winner Week 1: Ticket 046 Stringers Dairies**

**Winner Week 2: Ticket 242 Rosa Mc Quilten**

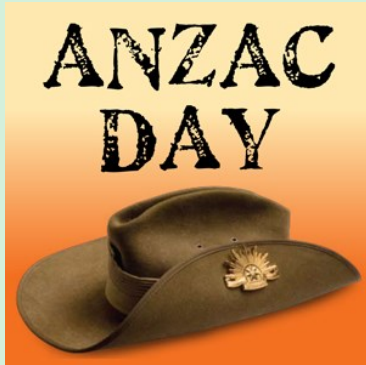
Thank you to everyone for your generous support as all tickets have now been sold.

A reminder that tickets need to be paid for in full by the 26th of June.

The Major Draw is 25th of June.



*Havilah residents participate in the ANZAC Day Parade.*



Olwyn and Margaret



Bob



Betty and Lawrence



Melva





Havilah had it's own ANZAC service for those residents unable to attend the local services. This was conducted by the Maryborough RSL and had a good reception from residents.



## HAVILAH AUXILIARY KIOSK

**KIOSK HOURS: 10am—12noon every Thursday**

The resident kiosk is situated in Acacia next to the Hairdressing salon.

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

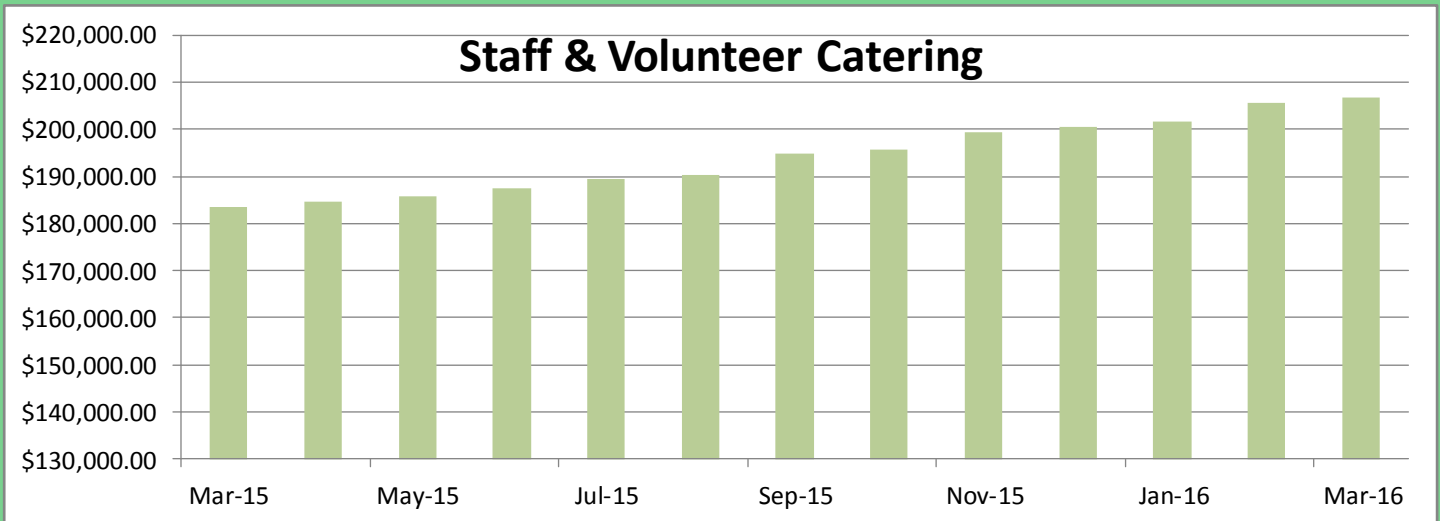


2	4	9	7	1	3	6	5	8	2	7	8	1	5	3	6	9	5	8	2
6	1	8	5	9	2	3	4	7	1	9	3	8	1	2	6	4	5	7	6
7	3	5	8	4	6	9	2	1	9	3	8	1	2	6	4	5	7	6	9
8	6	4	2	7	5	1	9	3	8	1	2	6	4	5	7	6	9	5	8
5	9	7	3	8	1	2	6	4	5	7	6	9	5	8	2	7	1	3	6
3	5	6	4	2	8	7	1	9	3	8	1	2	6	4	5	7	6	9	5
9	8	2	1	5	7	4	3	6	9	5	8	2	7	1	3	6	9	5	8
4	7	1	6	3	9	5	8	2	7	1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

**Sudoku, Quiz and Crossword Solutions from page 7**

Jumbled word - HELICOPTER  
1. CHOIR  
2. PIECE  
3. CHORE

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 - March 2016:**

Of the 62 (42 Harkness + 20 Raglan) residents surveyed:

96% of residents surveyed said they do not feel hungry between meals (as plenty of food and choice at meal times and fruit available in between).

94% of residents said they enjoy the activities we provide, 6% said they were either not interested or not well enough to enjoy.

98% of residents said the temperature in their room was to their liking.

98% of residents surveyed said they are aware clothing needs to be clearly labelled before sending it to the laundry.

Residents who said they do occasionally get hungry between meals said they are aware they can have larger meals and can request additional food, and said they do so when needed.

Residents suggestions for activities have also been actioned.

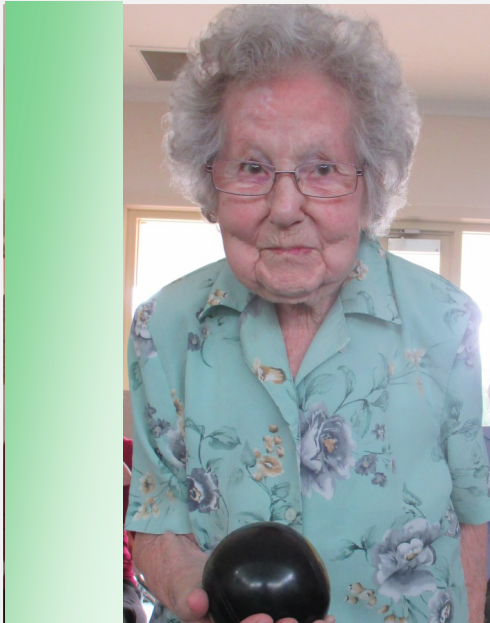


**ALL HAVILAH SITES ARE NON SMOKING  
SITES. PLEASE RESPECT THIS FOR THE  
SAFETY OF RESIDENTS AND STAFF.**





**May....**



**Amelia Rolph**

**May 2016**

Mo	Tue	Wed	Th	Fri	Sat	Sun
30	31					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

**Name:** Amelia 'Millie' Rolph

**Length of time at Havilah:** 2 1/2 years

**My Story:** I was born in England in West Ham on the 4th May 1913 (*making Millie 103 this month! Happy Birthday from us all at Havilah*)

I came to Australia on the 31st December 1995 aged 81 years moving into Mariners Reef Road Maryborough

**Things you used to do for fun**

I loved my garden, growing a few vegetables, flowers and fruit. I liked to knit and crochet.



**About where you have lived**

I lived at Mariners Reef Road from 1995 for 18 years, to be near my daughter and son. I was able to walk to the shops.

**Travel, sports and passions:** I travelled to the continent from the U.K, Singapore from Australia travelled to Jakarta, Canberra and NSW to visit family.

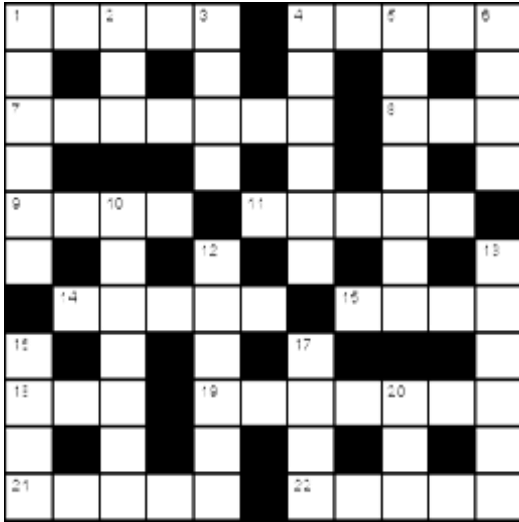
**Things you enjoy to do now:** Indoor bowls, craft and meeting people at morning and afternoon tea.

**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.  
*Your assistance with this is much appreciated.*

# Mind Games



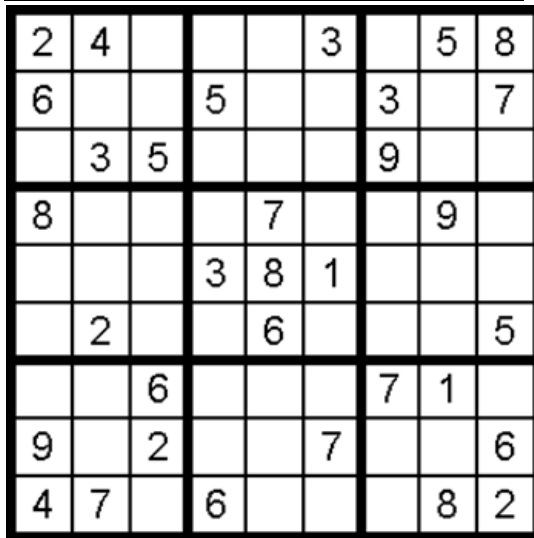
## ACROSS

1. Comical (5)
4. One of the senses (5)
7. Freedom (7)
8. Regret (3)
9. Woodwind instrument (4)
11. Ire (5)
14. Valuable item (5)
15. Singing voice (4)
18. Large antelope (3)
19. Greed (7)
21. Force out (5)
22. Compare (5)



## DOWN

1. Bird of prey (6)
2. Seize suddenly (3)
3. Tall story (4)
4. Attempting (6)
5. Dreamlike (7)
6. Level (4)
10. Vague (7)
12. Leave (6)
13. Forward-looking (6)
16. Monster (4)
17. Shopping precinct (4)
20. Writing fluid (3)



Can you rearrange the jumbled letters into a 10-letter word for a flying machine?

## CHEER PILOT

Can you also use some of the letters to find three 5-letter words with the following meanings?

1. Group of church singers
2. Part of something
3. A job to be done



## WORD SEARCH—Day and Night

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

AFTERNOON, BEDTIME, DARKNESS, DAWN, DAYBREAK, DAYLIGHT, DAYTIME, DIURNAL, DUSK, EVENING, EVENTIDE, FIRST LIGHT, FORENOON, GLOAMING, LIGHT, MIDNIGHT, MOONBEAM, MOONLIGHT, MORN, MORNING, NIGHT, NIGHTFALL, NIGHTTIME, NOCTURNAL, NOON, RAYS, STARLIGHT, SUNBEAM, SUNDOWN, SUNLIGHT, SUNRISE, SUNSET, SUNSHINE, TWILIGHT.

Solutions can be found on page 34

## GREAT THINGS TO DO IN MAY

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 4<sup>th</sup>**

Uniting Church

**Wed 11<sup>th</sup>**

Salvation Army Church

**Wed 18<sup>th</sup>**

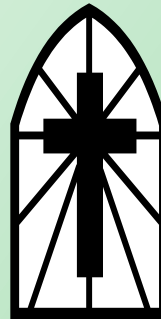
Wattle City Church

**Tue 24<sup>th</sup>**

Anglican Church

**Wed 25<sup>th</sup>**

Catholic Church



### SPECIAL EVENTS

**Sat 7<sup>th</sup>**

Family Day Luncheon

**Sun 8<sup>th</sup>**

Mothers Day Luncheon

**Sat 14<sup>th</sup>**

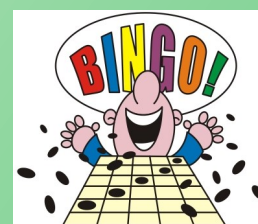
Special Bingo 1.30pm

**Tue 17<sup>th</sup>**

Games Evening 6.30pm

**Sat 28<sup>th</sup>**

Special Bingo 1.30pm





## 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](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





According to a news report, a certain private school in Washington recently was faced with a unique problem. A number of 12-year-old girls were beginning to use



# HAV'A'LAUGH

lipstick and would put it on in the bathroom. That was fine, but after they put on their lipstick they would press their lips to the mirror leaving dozens of little lip prints. Every night, the maintenance man would remove them and the next day, the girls would put them back. Finally the principal decided that something had to be done. She called all the girls to the bathroom and met them there with the maintenance man.... She explained that all these lip prints were causing a major problem for the custodian who had to clean the mirrors every night. To demonstrate how difficult it had been to clean the mirrors, she asked the maintenance man to show the girls how much effort was required. He took out a long-handled squeegee, dipped it in the toilet, and cleaned the mirror with it. Since then, there have been no lip prints on the mirror. There are teachers, and then there are educators...



I don't think you understand the gravity of this situation



God: "Whew! I just created a 24-hour period of alternating light and darkness of Earth."

Angel: "What are you going to do now?"

God: "Call it a day."

A guy goes into a bar and orders a beer. As he takes a sip of his beer, he hears a tiny little voice say: "Nice tie." He looks around but sees no one. He takes another sip of his beer and hears: "A nice shirt, too." Again he looks around and sees no one.

He signals the bartender over, and hesitantly explains that he's hearing voices talking to him...

"Of course," smiles the bartender. "It's the peanuts -- they're complimentary."



Oh, I think I do

A C-141 transport aircraft was preparing for departure from a base in Thule, Greenland. They had been waiting for the truck to arrive to pump out the aircraft's sewage holding tank.

The Aircraft Commander was in a hurry, the truck was late in arriving, and the Airman performing the job was extremely slow in getting the tank pumped out.

The Aircraft Commander berated the Airman for his lack of speed and promised to pursue punitive action.

The Airman responded, "Sir, I have no stripes, it is 20 below zero, I am stationed in Thule, Greenland, and I am pumping sewage out of airplanes. Just what are you planning to do to punish me?"



# 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 17th May 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 Main Lounge at Harkness St

### SPECIAL BINGO

Sat 14th and Sat 28th May 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.