

HAVACHAT

Issue June 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



Mothers Day was well appreciated by residents and families for the efforts that Havilah went to for the weekend. Delicious afternoon teas were served on the Saturday and Sunday and the food services presented a lovely lunch on the Sunday. All visitors enjoyed themselves with their loved ones over the weekend and complimented Havilah staff for the making it a special day.

Resident Meeting - Monday 11th June at 1.15pm in Callistemon Activities Room.
Resident Meeting Heath House - Monday 18th June at 2pm in Heath House.
THESE MEETINGS ARE A FORUM FOR IDEAS AND NEW INITIATIVES
WE WELCOME YOUR INPUT.

HAVILAH MAJOR RAFFLE



. Lucky Weekly winners of the \$500 weekly early bird draws to date are:

Week one - Chris Dellavedova

Week two - Troy Driscoll

Week three -Jardine Kitchens.

Week four -Lyn Bond and Marg Rumpff

Week five - Les Chapman

Week six—Cheryl Griffin



Football Tipping: The 2018 AFL season is in full swing with the teams giving mixed results, After round 10, we have 3 joint leaders with 51 points being Cheryl Robertson, Graham Milne and Merle Hibbins. Following closely behind on 50 points is Betty Fleming, Roslyn Cohn and Bob Smith. Sitting in third place with 49 points is Hazel Dewhirst and Cora Trower.. The strong tipster who is holding up the ladder is currently Dot Rowland on 33 points. Cheryl Robertson had a lucky week in round 10 being the only tipster who has picked a full house for the season so far. Leaders and last placing for the rounds will be published each month and the Ladder boards on display throughout the facility are updated regularly. 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.

Notice to Residents, Family and Friends

With the days becoming shorter and the colder weather approaching, all exterior doors at Havilah are now automatically locked at 6.00pm each evening and reopen at 6.00am in the morning. Thank you .

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.



PHOTO GALLERY





THINGS MY MOTHER USED TO SAY

Beggars can't be choosers.
 Hear the sirens? They're coming to get you.
 You'll have a great impact on the world.
 Your mind works in mysterious ways.
 You'd forget your head if wasn't screwed on.



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 - April 2018

Of the 33 residents surveyed at Harkness:

97% of residents surveyed stated that they are able to find information about activities easily most or all the time.

97% of residents indicated that most of the time or always their room is kept at a good temperature that suits them.

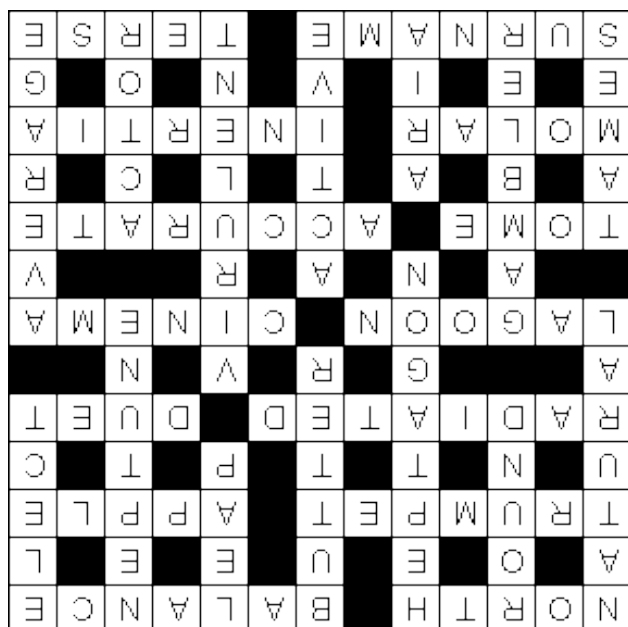
100% residents surveyed agree or strongly agree that they know they can get their hair cut or styled at the onsite hairdressers.

100% of surveyed residents agree or strongly agree that the maintenance team are efficient and timely when repairs are required.



WEIRD and WONDERFUL WORDS

ABSQUATULATE - to leave somewhere abruptly



Quiz and Crossword Solutions from page 9

Answers to Quiz

1. Norman.
2. Bert Hinkler.
3. John McEnroe
4. Two; Melbourne and Sydney.
5. Great Dividing Range.



HEALTH AND WELL BEING



TALKING lifestyle
DIGITAL | ONLINE | MOBILE

Listen to us
Sydney - 954 AM
Melbourne - 1278 AM
Brisbane - 882 AM

Follow us on
facebook



Aged care: why you need an advanced care plan now



With reports about aged care homes “dumping” residents in emergency departments, we decided to take a look at hospital transfers from aged care facilities in the last year.

While these have increased, they don't say how many of these admissions were for urgent medical treatment or end-of-life care.

The reality is there are more people entering aged care than ever before. Often they are older, in their 80's or 90's, with a range of serious health conditions. 2017 also saw severe flu and gastro outbreaks affect a number of facilities.

If residents need medical care, then they will be transferred to hospital for treatment – regardless of staffing arrangements.

There's also the critical – and often overlooked – issue of end-of-life care.

Most of us would be unaware aged care facilities receive very little funding for palliative care – because it is funded under a separate arrangement, most aged care residents don't qualify for funding.

Don't leave decisions for the emergency room. A recent Productivity Commission report found thousands of Australians were dying in hospitals when they would rather be at home or in a familiar environment.

It recommended the Government relax the restrictions on palliative care funding in aged care and require facilities to have trained staff talk to residents about their future care needs.

We support this idea. It's estimated around half of Australians won't be able to make their own end-of-life decisions, but few of us have a plan in place.

The Commission wants us to use our 70-plus health check – or next annual check-up – to set up an advanced care plan that sets out who you would like to speak for you if you are too sick to do so yourself and what health care decisions you would like them to make.

This should be then updated if you go into an aged care home.

It make sense. You will know your wishes are being respected – and ease the stress on your family to make decisions during a difficult time.

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.

GREAT THINGS TO DO



Happy Hour Every Friday evening

Commencing at 4.30pm, Music, Finger Food, Hot & Cold Beverage, Ice-creams and Ice-cream in 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.

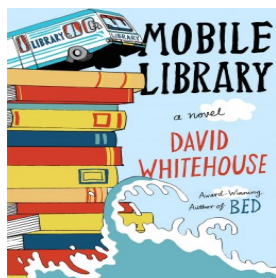
If you have an idea or suggestion for an outing, just let Activities Staff know and we will do our best to arrange the outing for you.



Resident/Advocate Meetings

Next meeting Monday 11th June 2018 at 1.15 pm

Heath House Monday 18th June 2018 at 2pm



Mobile Library - June Dates

Friday 8th June and 22nd June 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

ANGLICAN CHURCH - 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

Murray Thiele

Length of time at Havilah: I have resided at Havilah for the past 3 months

My Story: I was born in Avoca and lived in Warrenmang for only 3 weeks before moving to Acheron. Here I lived in a tent with my parents for the first 2 years of my life. During the war, I was one of the children evacuated from major cities and sent to Kinglake, where I lived for a number of years. In 1954 I married Esma and not long after we made a start on what later became a large family. Esma and I have 3 children, Cleve, Narine and Wayde, who have each blessed us with grandchildren and helped to create the next generation of the Thiele clan -

Talanna, Rieve, Genya, Edward, Rohan and Taya. I have dabbled in many areas over the years, working in the forest, bee farming, sawmilling, commercial diving and assisting in the creation and start up of three major businesses.

Things you used to do for fun: I enjoyed staying fit by cutting timber on a portable mill, staying inspired by attending rallies such as Lake Goldsmith that feature old machinery, cars, trucks and motorbikes, and of course staying young by driving my 1973 Buick.

About where you have lived: I moved around a bit in my early years before settling back into my hometown of Avoca. I have lived in Avoca, Acheron Way, Essendon, West Coburg, Kinglake, Moonambel and then back to Avoca.

Travel, sport, passions: I have been fortunate enough to be able to call myself a seasoned traveller, travelling to many parts of the world for both business and pleasure. Some countries I have visited include Chile, Canada, Alaska, America, UK, New Zealand and many Asian countries including Japan and Hong Kong. I would have to say that Hong Kong is my favourite as I have visited there more than 20 times. I always enjoyed small bore rifle shooting, in which I won many championships, golf, working with machinery and spearfishing - to this day I still hold a record from the 1960's for landing a Bore Fish. My love of spearfishing later lead to a career in commercial diving.



Things you enjoy to do now: Although my spearfishing days have past, I still enjoy keeping up to date with old cars, machinery, trucks, watching old films and reminiscing about the "olden days" when friends and family visit.

Your favourite topics: My Family and reminiscing about the days gone past.

Favourite Food and Music: I have always enjoyed band music, as a teenager, I competed in Royal South Street and won medals three years running for playing the cornet. When required at school, I was called upon to play "the Last Post."

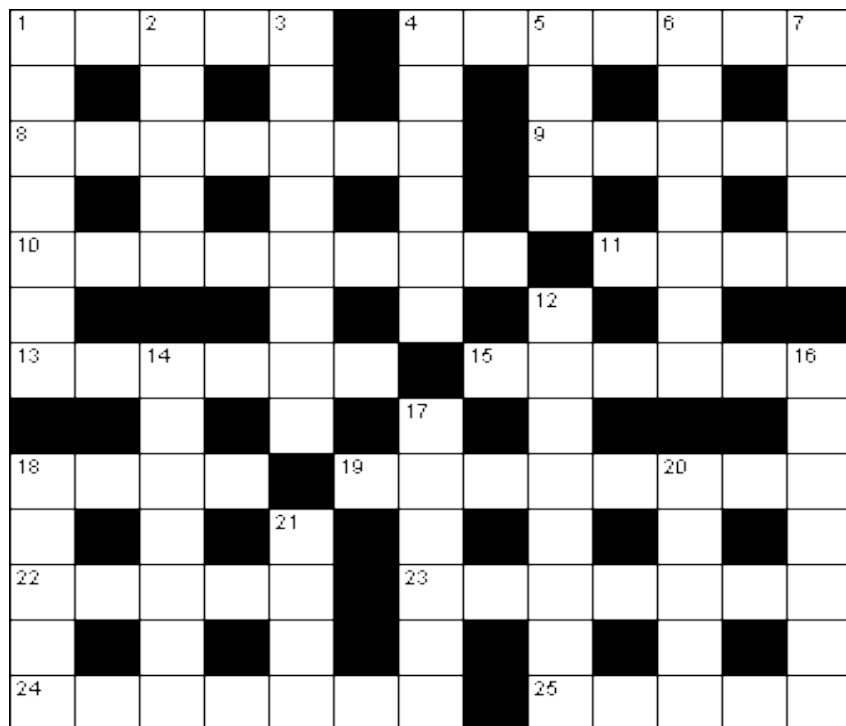
My favourite foods are home cooked roasts, soups, bread and butter pudding and the "finger-licking good", KFC.

May 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	31			

Mind Games

9



Across:

1. Direction (5)
4. Equilibrium (7)
8. Brass Instrument (7)
9. Fruit (5)
10. Beamed (8)
11. Singing Couple (4)
13. Lind of lake (6)
15. Movie House (6)
18. Large and scholarly book (4)
19. Precise (8)
22. Tooth (5)
23. Inactivity (7)
24. Family name (7)
25. Laconic (5)

Down:

1. Notation cancelling a previous flat or sharp (7)
2. A regular route (7)
3. Seven - sided polygon (8)
4. Dairy products (6)
5. Jump (4)
6. Planet (7)
7. Choose by vote (5)
12. Venomous (8)
14. Risk taker (7)
16. Norm (7)
17. In operation (6)
18. Domesticates (5)
20. Theatrical performer (5)
21. Song for solo voice (4)

Word Search - WEATHER

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

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

BLIZZARD, BREEZE, CHINOOK, CIRROCUMULUS, CIRROSTRATUS, CIRRUS, CLOUDY, COLD, CUMULONIMBUS, CUMULUS, CYCLONE, DOLDRUMS, DRIZZLE, DRY, FAIR, FOG, FREEZING, FROST, HAIL, HARMATTAN, HEATWAVE, HOT, HUMID, HURRICANE, LIGHTNING, MILD, MIST, MISTRAL, MOSOON, NIMBUS, OVERCAST, PRECIPITATION, RAIN, SHOWER, SIROCCO, SLEET, SLUSH, SNOW, STORM, STRATUS, SUNSHINE, THUNDER, TORNADO, TYPHOON, WIND, ZEPHYR.

QUIZ

1. What was the name of Dame Edna's dead husband?
2. Who made the first solo flight from England to Australia?
3. What sportsman said, "My greatest strength is that I have no weaknesses"?
4. How many Australian cities have hosted the Olympic games?
5. What is the name of the range that runs along the East coast of Australia?

Solutions can be found on page 4



HAVILAH HAIR-

DRESSER

Clipper Haircuts

\$10.00

Mens Haircuts

\$20.00

Wash & Dry

\$10.00

Ladies Trims

\$25.00

Ladies Sets

\$25.00

Blow Wave

\$25.00

Your Colour & Blow Wave

\$60.00

Hair Colour & Blow Wave

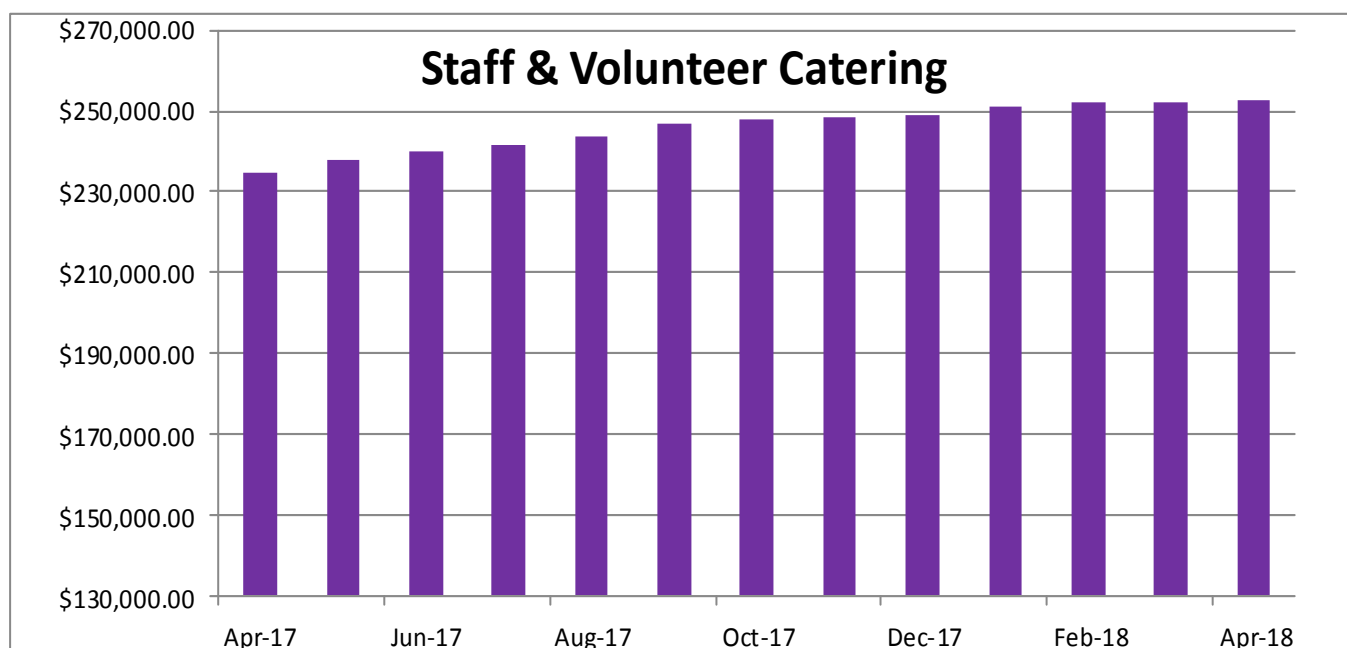
\$80.00

Perms

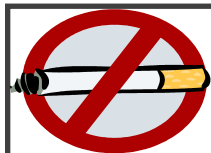
\$80.00

AND SOME MORE POINTS TO PONDER:

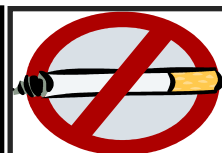
- How much deeper would the ocean be if sponges didn't grow in it?
- When 2 planes almost collide, why do they call it a near miss?? It sounds like a near hit!
- Why is a carrot more orange than an orange?
- Whose cruel idea was it for the word "lisp" to have an 's' in it?
- If someone with multiple personalities threatens to kill himself, is it considered a hostage situation?
- When companies ship Styrofoam, what do they pack it in?
- Can an obese person go skinny dipping?
- Why are there Interstate Highways in Hawaii?
- Why are cigarettes sold in Petrol stations when smoking is prohibited there?
- Why does sour cream have an expiry date?



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



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



HEALTH AND WELL BEING



New approach needed for musculoskeletal treatments

As muscle, bone and joint conditions continue to become more common, new research has found those suffering from musculoskeletal problems could benefit from a different approach to treatment.

The national report released today was commissioned by MOVE and conducted by PwC, and identifies changes that could improve patient outcomes and treatment costs.

According to the report, musculoskeletal conditions such as arthritis, chronic back pain and osteoporosis affect 6.8 million Australians, and cost tax payers \$55 billion each year.

PwC senior partner James van Smeerdijk said the rising figures showed a new approach with less surgery and joint replacements was necessary.

“At the moment we are spending billions of dollars, and patients are still not getting the best outcomes,” he said.

“If we fund only what works, increase awareness and update our approach to care delivery, it will go a long way towards getting Australians moving.”

The report identified the best preventative treatment as physical activity for all ages –

whether it be training for a marathon and hitting the gym or a less strenuous activity like gardening or walking to the mailbox.

Report recommendations included: movement therapy as first line of care; increase osteoporosis screening, faster referral to specialist services, remove unnecessary interventions, update approach to delivery of care, increase awareness, and fund only what works.

Australian Physiotherapy Association chief executive Cris Massis said there were many things people could do to help themselves and reduce the severity of their condition.

“Helping people to move, manage pain and maintain a healthy weight will relieve pressure on hospitals and make a real difference to their lives,” he said.

To coincide with the release of the report, a national public awareness campaign – #PainfulTruths – was also launched to show why better outcomes are urgently needed for those living with musculoskeletal conditions. More than 700,000 residents had been diagnosed with musculoskeletal conditions since the last report in 2013.

REPORTING FOOD BROUGHT IN FOR RESIDENTS

As all food prepared by Havilah is closely monitored under the Food Safe Standards it is a requirement that **All food brought in to Havilah** by residents or their families/visitors must be reported to kitchen staff. Food put in the fridges must also have the residents name and the date clearly marked. Your assistance with this is appreciated.



A big Texan cowboy stopped at a local restaurant after a day of sightseeing in Mexico. Sipping his tequila, he noticed a scrumptious looking platter being served at the table next to him. He asked the waiter, "What is that you just

served?" The waiter replied, "Ah senor, you have excellent taste! Those are called Cojones de Toto-bulls testicles from the bull fight this morning. A delicacy!"

The cowboy said, "What the heck; bring me

some.

"I am sorry senor," the waiter said, "there is only one serving per day because there is only one bull fight each day. If you come early and order, we will save you the delicacy."

The next morning the cowboy placed his order and later was served the special of the day.

After a few bites he called the waiter and said, "These are delicious, but they are much smaller than the ones I saw yesterday."

The waiter shrugged and replied, "Si senor; sometimes the bull wins."

A crowded tram was trundling down Elizabeth Street during Melbourne's peak hour. One lady was surrounded by her bags of shopping and was taking up a whole seat. A passenger saw an elderly man standing so asked the lady, "Would

you mind moving over so this man can sit?"

The lady replied, "No my buttocks are asleep".

A boy standing behind her said, "I can vouch for that- I just heard them snoring."

Teacher: "If I gave you 2 cats and another 2 cats and another 2, how many will you have?"
Johnny: "Seven."

Teacher: "No, listen carefully... If I gave you 2 cats, and another 2 cats and another 2, how many will you have?"
Johnny: "Seven."

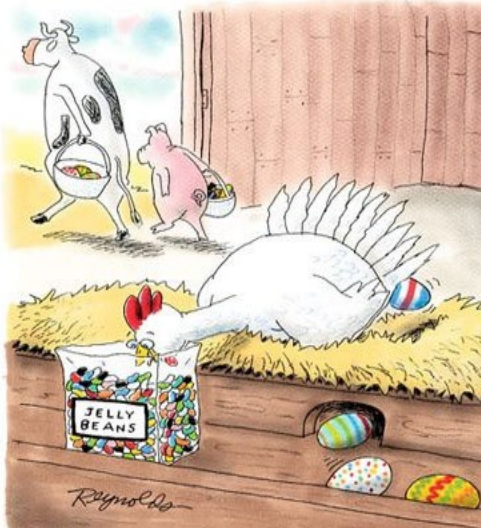
Teacher: "Let me put it to you differently. If I gave you 2 apples, and another 2 apples and an-

other 2, how many would you have?"
Johnny: "Six."

Teacher: "Good. Now if I gave you 2 cats, and another 2 cats and another 2, how many would you have?"
Johnny: "Seven!"

Teacher: "Johnny, where in the heck do you get seven from?!"

Johnny: Because I've already got a cat!"



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.–No screenings during the
winter months - Watch this space for dates

Room 7 High School Centre

Havilah on Palmerston

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 ,
alternate Saturdays at 10.30am in the
Correa lounge