

ISSUE June 2018



HOP TOPICS



WEBSITE: www.havilah.org.au

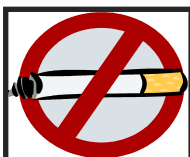
You can access the Havilah Facebook Page via the website



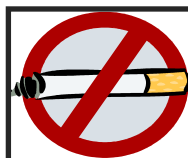
Residents out and about enjoying special morning tea, Mothers Day and the Royal Wedding functions.



On Friday 25th May Country Care put on a display of their products which was patronised. Residents had the opportunity to have their gophers serviced and other aids attended to, were and also able to obtain information from Country Care Rep Owen,



**PLEASE RESPECT THE NON SMOKING AREAS
AT HAVILAH ON PALMERSTON**



In The Kitchen:**Curtis Stone's herb and garlic sausages with chickpeas and spinach****INGREDIENTS:**

- 2 tablespoon olive oil
- 8 Beef, herb and garlic sausages
- 1 medium onion finely chopped
- 200g carrots, peeled, finely chopped
- 400g can Chickpeas, rinsed, drained
- 1 garlic clove, finely chopped
- 1 teaspoon paprika
- 1 cup (250ml) Chicken stock
- 60g Baby spinach and rocket

METHOD:

- Heat in a large frying pan over medium-high heat. Add 1 tablespoon of oil and sausages. Cook turning as needed, for 8 minutes or until sausages are brown on all sides and almost cooked through. Transfer to a plate.

- Return pan to medium and add 1/2 tablespoon of remaining oil. Add the onion and carrots and cook for 8 minutes or until vegetables soften. Add chick peas, garlic and paprika and cook, stirring frequently, for 2 minutes. Add stock and return sausages to pan. Cover and simmer for 3 minutes or until sausages are cooked through. Remove pan from heat and transfer sausages to plate.

- Stir the spinach and rocket into the chick-pea mixture. Season with salt and pepper. Return sausages to pan. Drizzle with remaining oil.

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?

EFTPOS

For the convenience of residents, EFTPOS facilities are located at reception in the High 'School Centre for payment of Accounts.



Postage stamps are available for purchase at the main reception desk, between the hours 9am - 12noon, Monday - Friday.

Reception hours in the High School Centre are Monday - Friday, 9.00am - 12noon, except public holidays.

**Emailing HOP TOPICS**

If you provide us with your email address, we can email your Newsletter to you. Please email your details to andrew.earl@havilah.org.au.

Your assistance with this is appreciated.



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.



The Football season is well under way, with the Havilah on Palmerston tipping competition showing some varied results at this stage. After round 11, Doug Rowe leads with a score of 74 points, following closely behind on 72 points is Anne Stuart, and Dorrie Duffin 71 points.

At present there are 2 tipsters that are holding up the ladder from the bottom, they are Lorna Baines and maintenance Stu with a score of 44 points.

Anne Stuart tipped a full score of 9 winning teams in round one and Sherry Simpson picked the eight winners in round 10. It is getting close to midway through the season, but there is still time that other tipsters can improve and maybe take out the main prize at the end of the season.

Justices of the Peace There are 2 Justices of the Peace living at Havilah on Palmerston. If residents require their assistance you are welcome to contact them during Business Hours.



CONTACT: Bob Osborne

Phone: 5461 2709 Mobile: 0409 189 681

Email: bobosborne8@iprimus.com;

or

Terry Simpson

Mobile: 0419 737 837

TAI CHI With Master Barry Lacey

Where: Room 7 High School Centre

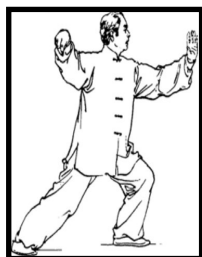
When: Monday and Wednesday

Monday session 1.30 to 2.30 pm

Wednesday session 10.30 to 11.30 am

Come along and try, there is no age limit

**VERY GOOD FOR BALANCE AND
FOR PEOPLE WITH ARTHRITIS**



FREE for Havilah On Palmerston residents –

**friends are welcome at the fee of
\$5.00 per session**



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 GP if you have any concerns.



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
 Week seven - Ernie Bandy
 Week eight - Sandy Platt

**WEIRD and WONDERFUL WORDS**

ABSQUATULATE - to leave somewhere abruptly

Home Maintenance Reporting

Residents are requested to report all maintenance issues to Reception Monday to Friday between 9.00am & 12 noon telephone 54590140 or call in. For urgent items during business hours call maintenance direct on 0417679803 or contact Reception at Harkness 54617387.

Alternatively residents can email any issues to
palmerston@havilah.org.au

For after hours and weekends telephone our on call maintenance on 0408645203

♦ **MARYBOROUGH MENS SHED**

Meets Tuesday and Thursday mornings at 9 a.m at its shed at 42a Newton St. Maryborough.

New members welcome

for information contact 0417365642

♦ **MARYBOROUGH BRANCH CWA.**

Meets at the Maryborough School House in Gillies St. on the 2nd Tuesday of the month Craft is held at 10 a.m. followed by a general meeting at 1.30 p.m. New members most welcome.

Contact Shirley on 5461 1657 or Rachel on 0419125459

TO ALL OF OUR WONDERFUL VOLUNTEERS

Know you are appreciated and are making a difference to the lives of others every day

If you would like to join our volunteer team please talk to Kim or notify Reception and we will contact you.

“one of the greatest gifts you can give is your time.



HEALTH AND WELLBEING





TALKING Lifestyle
DIGITAL | ONLINE | MOBILE

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

Follow us on
facebook 

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.



HEALTH AND WELLBEING

Tips to improve your memory

Do you feel like you're forgetting things that you usually remember very easily?

You are not alone. Anyone, at any age, can experience memory lapses.

The hippocampus is the section of the brain that's responsible for creating and retrieving memories. It loses 5% of its nerve cells every ten years.

Understandably, seniors can feel very isolated when they start to forget important things in their life—whether it's the reason you walked into the kitchen or your relatives' birthdays.

Dr Ryan Harvey from House Call Doctor says, "It's important to remember that your memory is like a muscle. You need to exercise it to make it stronger."

There is evidence showing cognitive brain training can improve memory, attention and information processing speed.

And it's very possible for seniors to improve memory function. Here are Dr Harvey's 7 tips for improving your memory with brain training.

Test your information recall

"Try to list items, like groceries, favourite flowers or anything else you think of," says Dr Harvey. An hour later, see how many things you can recall. Start with simple lists and progress to more complicated ones to strengthen your memory.

Download a memory app

"If you have access to a tablet, play a game on an app that's specific to training your memory," says Dr Harvey. There are many popular apps to download that are designed to assist with memory training.

Get a little musical

"Start learning a musical instrument, or go to singing lessons," says Dr Harvey.

Take a cooking class

"Cooking classes are a great way to train your memory with recipes, and also learn new skills," says Dr Harvey. Your brain's memory will be stimulated through cooking by using all five senses of smell, touch, sight, taste and sound.

Start a jigsaw puzzle

Jigsaw puzzles are a fantastic way to sharpen your memory, but they also enhance your creativity, visual perception, and critical thinking. Choose one that's complex enough to challenge you.

Create word pictures

Try to visualise the spelling of a word in your head. Then, try to think of any other words that begin or end with the same two letters. This will really put your memory to work!

4-details observation exercise

Memorise four details about every person you meet during the day.

Let's say you catch up with your friend. You could make a list of what they're wearing, like:

- They are wearing a blue scarf
- They are wearing a white long-sleeved top
- They are wearing grey pants
- They are wearing blue earrings

Try to recall these four details about your friend at the end of the day.

"The 4-details observation exercise is very beneficial for passive memory training," says Dr Harvey.

Eat well, stay active and sleep

Your mind relies on the energy and power it gets from a good diet, consistent workouts and deep sleep.

"Look for food with omega-3 and antioxidants, as they give your brain the energy it needs to remember," says Dr Harvey. Find out what foods have omega-3 and antioxidants in them.

"Exercise at your own level, whether that means cycling, walking or dancing," says Dr Harvey. This will increase the amount of oxygen that goes to your brain, which reduces the risk of developing problems that cause memory loss, such as cardiovascular disease.

The Sleep Foundation recommends older adults need between seven and eight hours of sleep. Dr Harvey says, "Sleep lets our brain cement the new information we're taking in for a better recall later on."

Missing even a few hours can significantly affect your memory, creativity, problem solving abilities and critical thinking.

What's On & Events

CONTACT NUMBERS

FOR PALMERSTON ST

Reception 5459 0140
MON-FRI 9AM-12 NOON
 (other than public holidays)

Raglan House 5459 0150

Nurse Manager 5459 0154

Lifestyle 5459 0169

Maintenance BH 0417 679 803

Maintenance AH 0408 645 203

Kitchen 5459 0180

CONTACT NUMBERS

FOR HARKNESS ST

MON-FRI

9AM-5PM 5461 7300

5PM-7 AM 5461 7394

WEEKEND 5461 7394

LIFESTYLE 54617 390

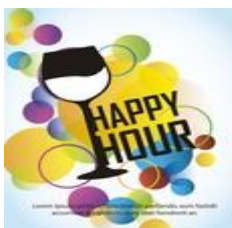
CEO 54617 381
0429617380

RAELEEN 54617 380



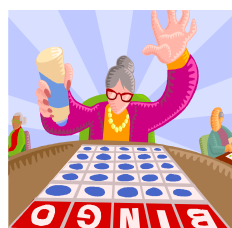
RESIDENTS MEETING & LIFESTYLE COMMITTEE Meeting will be

Thursday 5th July 2018 at 2.45pm,
 Room 7 in the High School Centre (Coffee & Chat immediately after the meeting)

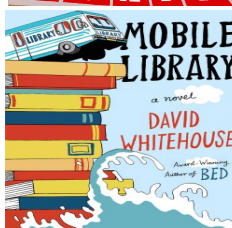


HAPPY HOUR

Every Friday night in the High School Centre Function Room (Rooms 1 and 2) commencing at 5.00pm
 entertainment, finger food & drinks.



BINGO Monday- Friday 1.30 P.M. Ground Floor Raglan House



MOBILE LIBRARY— JUNE DATES

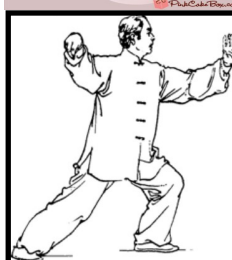
Monday 18th June.

Raglan House—Ground Floor—Neill Street end



SPECIAL MORNING TEA—COMING DATES

2nd Friday of each Month
 Room 7 High School Centre



TAI CHI

Monday session – 1.30 to 2.30 pm

Wednesday session - 10.30 to 11.30 am
 Room 7 High School Centre

♦ STRENGTH EXERCISES AND FALLS

PREVENTION

Every Monday at 2.30 Raglan House Ground floor

♦ CHAIROBICS

2.30 P.M. Tuesday & Fridays Ground Floor Raglan House

COMMUNITY OWNED

QUALITY LIFESTYLE

ON CALL MAINTENANCE

after hours and weekend calls.

0408 645 203

What's On & Events

CHURCH SERVICES Room 7—High School Centre



UNITING CHURCH - 1st Tuesday of the month at 2.30pm.

ANGLICAN CHURCH - 2nd Thursday of the month at 10.30am

SALVATION ARMY CHURCH - 4th Wednesday each Month 2.45pm



Movie Nights

3rd Tuesday of each month.

Rm 7 starting time of 6.30pm (Supper included)

There will be no Movie nights during the winter months, keep watching this space for dates when resumes.

Movie Afternoon: 3rd Saturday of the month - 16th June - 1.30pm

PROPOSED OUTINGS FOR 2018

Fortuna Villa - Bendigo - High Tea , last weekend of the month.

Gold Class movie session - Ballarat Regent Theatre.

Avoca Riverside Market – 4th Sunday of the month.

Please contact Lifestyle Team Leader Kim with you expression of interest in any of the proposed outings or have any suggestions for an outing.



Email: kim.davidson@haviiah.org.au

Phone: 5459 0169



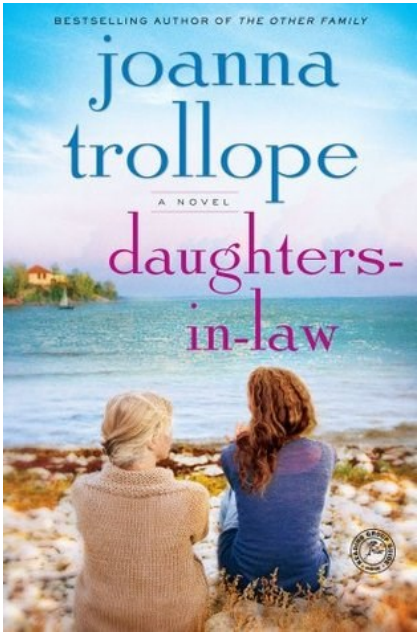
BOOK REVIEW

BOOK REVIEW:
DAUGHTERS - IN- LAW
By
Joanna Trollope



As Anthony and Rachel Brinkley welcome their third daughter-in-law to the family, they don't quite realize the profound shift that is about to take place. For different reasons, the Brinkleys' two previous daughters-in-law hadn't been able to resist Rachel's maternal control and Anthony's gentle charm and had settled into their husbands' family without rocking the boat. But Charlotte—very young, very beautiful, and spoiled—has no intention of falling into step with the Brinkleys and wants to establish

her own household. Soon Rachel's sons begin to think of their own houses as home and of their mother's house as simply the place where their parents live—a necessary and inevitable shift of loyalties that threatens Rachel's sense of herself, breaks Anthony's heart, and causes unexpected consequences in all the marriages. Then a crisis brings these changes to the surface, and everyone has to learn what family love means all over again.



Maryborough regional mobile library service visits Raglan house every fortnight at 10.15am on a Monday morning. Coming dates , 18th June. To ensure we keep this valuable visiting service, it would be good to have more residents coming along. You can borrow books, music, dvds, audio books, large print books. We will be running a lucky door prize for those that borrow a book each week. Come and have a look at the range and if they don't have what you are looking for, the library will get it in for you.

S	U	R	N	A	M	E	T	E	R	S	E
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M	O	L	A	R	I	N	E	R	T	I	A
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A	O	E	U								
N	O	R	T	H	B	A	L	A	N	C	E

Quiz and
Crossword
Solutions from
page 13



Answers to Quiz

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

SMILE TIME



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 senior, 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 senior," 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 da. 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 senior; 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 another 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!"

Molten rock		Start		Grade		Spoil	Chewy candy		Lout		Trap	
Photo equipment							Annoy				Prison term	
						Leave empty						
						Want						
Street Urchin		Collect							Healthy			
		Landed estate							Follower			
					Test							
					Lariat					Pace		Bobbin
Devotee	Joint						Tightwad					
	Counting device											
			Greek deity	Arrival							Space	
Constrictor							Vassal					
							Gaseous element					
								Gem				
Public transport		Wear away							Not any		Light fog	Merely
		Mark										
			The night before			Spanish title						
						Consume			Light brown		Paddle	
Part of a play							Idea					
Straight	Relating to birds							Rhinal				
							Guard					

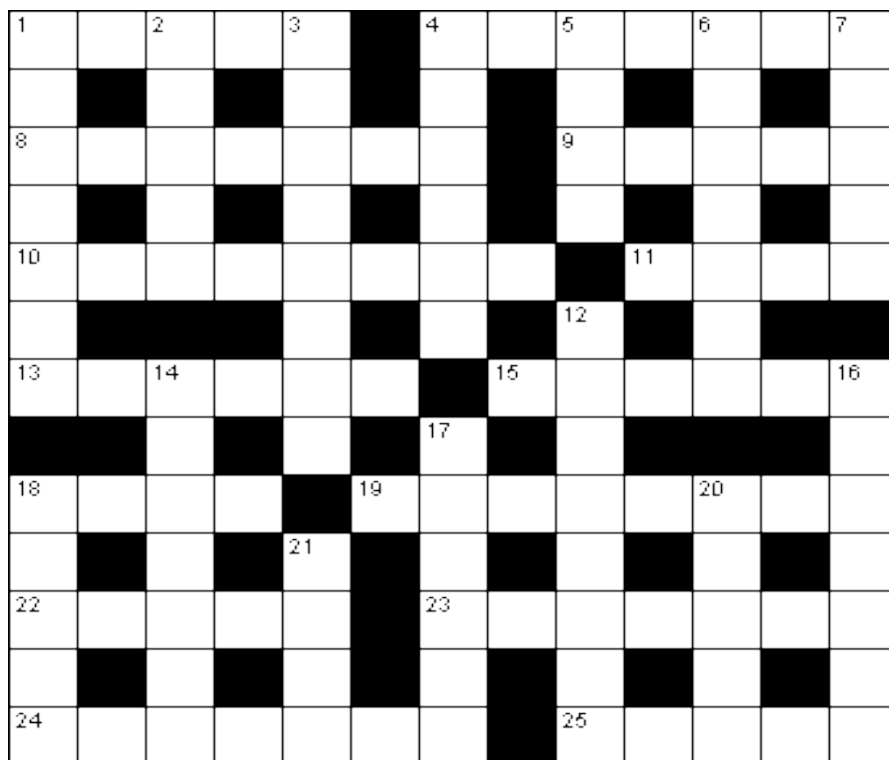
Number 19

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

LEVEL MEDIUM 391

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

LEVEL EASY 391

**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)

021

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. In what is the of the range that runs along the East coast of Australia?

NOTICE BOARD

Emergency Procedure

Call 000 to report any incidents to Police of Vandalism, Violence, Loitering or any Anti-Social behaviour. Please use the same procedure for Medical Emergency or Fire Emergency. Then when safe to do so report the Incident to Havilah and we can provide assistance if required.

USING EMAIL TO CONVERSE WITH OUR MANAGEMENT TEAM

Sometimes it is out of hours when you think of things you might like to raise with us. For those with email access you can have a conversation by email with our management team.

Chief Executive	Barb Duffin	barb.duffin@havilah.org.au
Food Services Manger	Di Jackson	di.jackson@havilah.org.au
Acting Nurse Manager	Lynne Brown	lynne.brown@havilah.org.au
Director of Care	Kelsey Hooper	kelsey.hooper@havilah.org.au

COMMENTS, COMPLIMENTS, SUGGESTIONS AND COMPLAINTS FORMS ARE AVAILABLE IN THE FOYERS OF THE HIGH SCHOOL CENTRE AND RAGLAN HOUSE

Residents are encouraged to communicate any issues they may have. There is **CEO Barb Duffin** 5461 7381 Mobile 0429 617380

email: barb.duffin@havilah.org.au

Director of Care Kelsey Hooper 54 617383

email: kelsey.hooper@havilah.org.au

Acting Nurse Manager Havilah on Palmerston Lynne Brown

email: lynne.brown@havilah.org.au

Havilah respects the right of residents to raise complaints anonymously, however it is more difficult to obtain the best outcome from anonymous complaints or feed back to the complainant 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: Residents can contact Havilah 24 hours a day, 7 days a week on Email: 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.

HAVILAH ON PALMERSTON RECEPTION HOURS

MON-FRI 9.00 am—12.00 pm for account payments and enquiries 5459 0140

HARKNESS ST RECEPTION OFFICE HOURS

MON-FRI 9.00 am—4.00 pm for account payments and enquiries 5461 7300