

# HAVACHAT

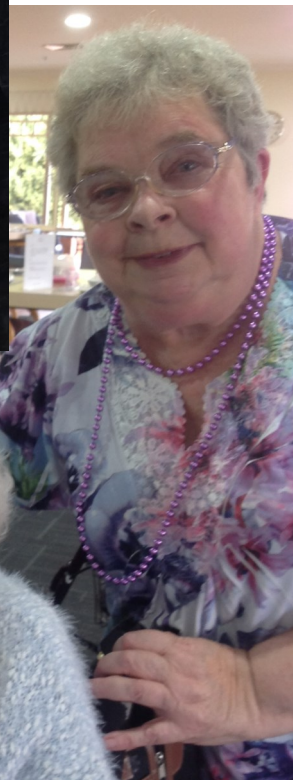
Issue June 2017

Please contact Andrew on 5461 7387 or email [andrew.earl@havilah.org.au](mailto: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)



Mothers Day was enjoyed by residents and their families with delicious afternoon teas and lunches on both Saturday and Sunday.



**Resident Meeting - Monday 12th June at 1.15pm in Callistemon Activities Room.**

**Resident Meeting Heath House - 19th June at 2pm in Heath House.**

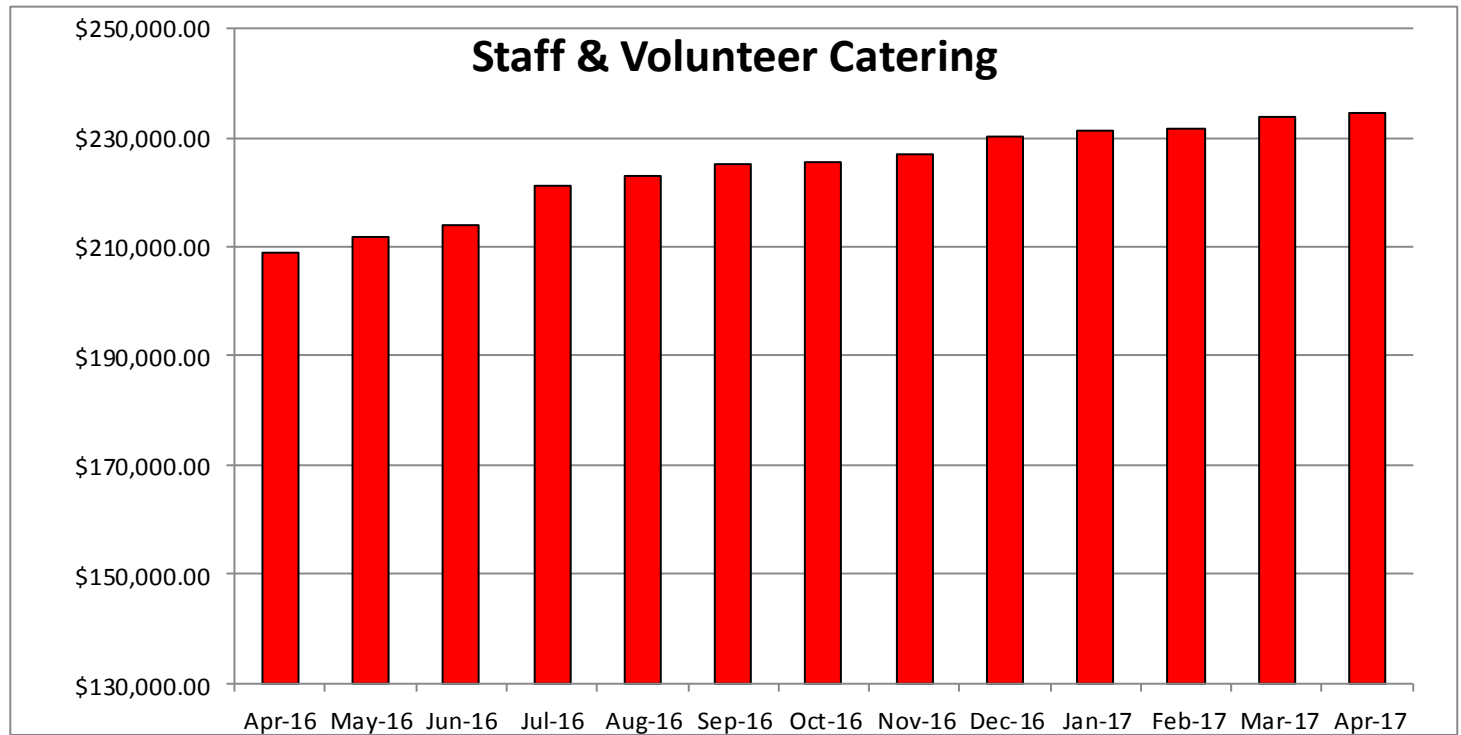
THESE MEETINGS ARE A FORUM FOR IDEAS AND NEW INITIATIVES  
WE WELCOME YOUR INPUT.



Activities during May centred around arranging flowers either in vases or decorating glitter covered shoes which were part of the Mothers' Day table decorations. All really enjoyed themselves and as can be seen there was much skill and talent displayed.



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



## RESIDENT SURVEY

### RESIDENT SURVEYS - April 2017

97% of residents surveyed state that the meals are large enough.

97% of surveyed residents have the opinion that they can go to bed when they like.

100% of residents commented in the survey that the staff are friendly.

98% of residents indicated in the survey that the crockery and cutlery in good order.



## 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 please read the Visitor Brochure available at each sign in book. This brochure includes general information for visitors including the Visitor Code of Conduct.

## NOTICE BOARD



The Football Tipping There are 3 holding first place on 49 points, they are Gus Hogg, Brian Dam and Cora Trower. In second position on the ladder we have a tie with Nancy McQueinn and Noel Pollerd on 48 points and in 3rd position Arthur Barns. At this stage no one has picked all the winning teams in a round.

### FOUND

A key has been handed in to reception from the Laundry. It is attached to 2 key rings. Please describe it when you come to reception to collect it.

### 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. Weekly draws so far are M Team, Ram Syndicate, Mike McCarthy, Stacey Beaudistdel, Brendans Tours, Kay Mullane & Gaye Turner (Synd), Ange O'Shea



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

When you point a finger at someone you are actually pointing three back at yourself.

If I learned something from her, it was worth it.

Always write thankyou notes, even if you don't like the gift.

Come home when the street lights turn on.

Where there's a will, there's a way.

If you want to get something done, ask a busy person.

## WORD OF THE MONTH

**SHROFF:** Banker or Money Lender in the Far East

## **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 : Raglan House Kitchen on 5459 0180.

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

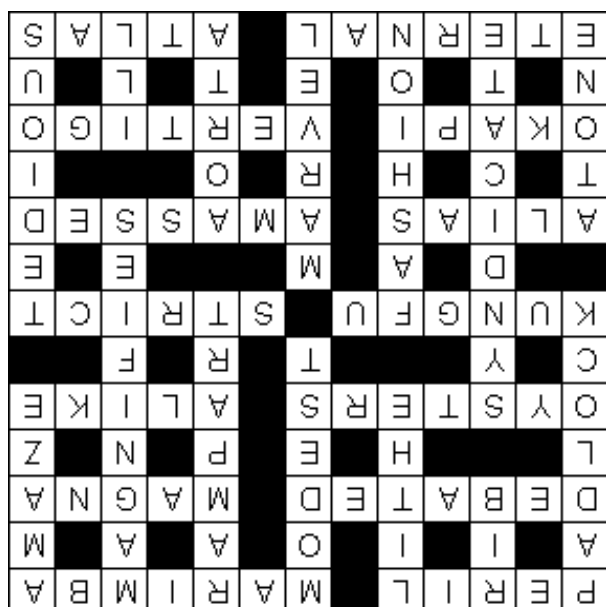


## **FALLS PREVENTION**

### **Move More Carefully**

Many People fall by moving too quickly from a sitting to a Standing position. Preventing falls like this is as easy as taking your time.

All you have to do is pause after going from lying down to sitting and from sitting to standing. Also take a pause before using the railing on stairs, whether up or down.



Answers to Anagrams

1. WHITE WATER
2. WEIGHTLIFTING
3. WRESTLING
4. FOOTBALL
5. ATHLETICS
6. MARATHON

**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.

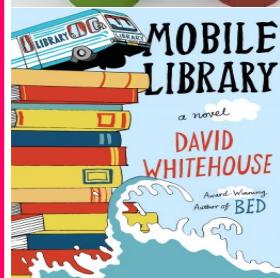
If you have an idea or suggestion for an outing, just let Activities Staff know and we will do our best to arrange the outing for you.



### Resident/Advocate Meetings

Next meeting Monday 12th June 2017 at 1.15 pm

Heath House Tuesday 19th June 2017 at 2pm



### Mobile Library— May Dates

Friday 2nd and 19th June 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

**CHURCH OF ENGLAND** - 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.



### 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.

Don't forget to check your Activities Calendar located on the back of your door for other daily activities

## 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  
 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 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

## *Sandra Eversham*

**Length of time at Havilah:** I have been a resident in Havilah for just over 5 years.

**My Story:** I was born in Toronto, Canada and moved to England when I was three years of age. On completion of my schooling I trained as a nurse. I met my husband who was in the Australian Navy on Christmas eve 1952 and we married on 17th January 1953. I took out an English citizenship to enable me to migrate to Australia with him. We raised 3 boys and 2 girls and have many grandchildren and great grandchildren.

**Things you used to do for fun:** I have always been an avid reader from a young age, I loved to skate and ice skate and swim when I was young.

**About where you have lived:** I have been from one side of the globe to the other. I have lived in Toronto Canada, Newcastle on Tyne in England, Tasmania, Sydney, Mt Tom Price, Townsville and Adelaide.

**Travel, sport, passions:** I have travelled a lot with moving around, ice skating was a passion and I used to play bowls and enjoyed this very much. (Have my name on the Board at the Highland Society.)

**Things you enjoy to do now:** I still love to read, play bingo and attend craft sessions here at Havilah and generally having a good talk with co-residents.

**Favourite Topics:** I enjoy talking about anything and everything, my younger years and experiences and take interest in other people.

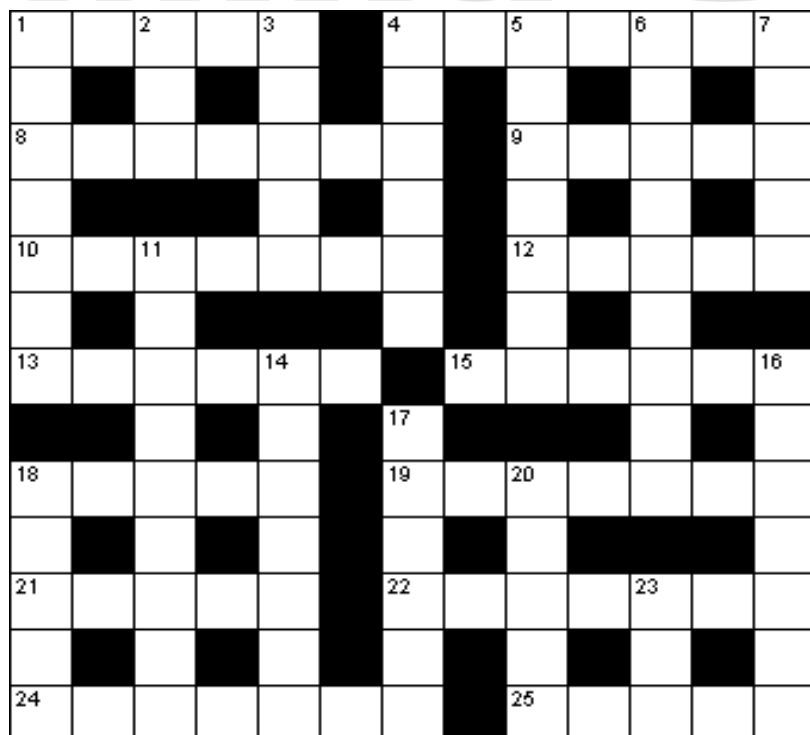


**Favourite Food and Music:** I really enjoy classical music where it is easy on the ear and love a good Chinese meal.

### *June 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		

# Mind Games



## Across

1. Danger (5)
4. Percussion instrument (7)
8. Deliberated (7)
9. Molten Rock (5)
10. Marine Mollusks (7)
12. Similar (5)
13. Martial Art (4,2)
15. Rigorous (6)
18. Assumed Name (5)
19. Accumulated (7)
21. Similar to a Giraffe (5)
22. Dizziness (7)
24. Perpetual (7)
25. Book of Maps (5)

## Down

1. Security Device (7)
2. Bone (3)
3. Supple (5)
4. Palin (6)
5. Fortification (7)
6. Enlarges (9)
7. Astound (5)
11. Consortium (9)
14. Mode (7)
16. Irksome (7)
17. Wonder (6)
18. Repent (5)
20. Artery (5)
23. Unwell (3)

## Word Search - LET'S DANCE

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

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

BALLET, BALLROOM, BARN DANCE, BELLY DANCING, BOLERO, BREAK  
 DANCING, CHA CHA CHA, CHARLESTON, CLOG DANCING, CONGA, DISCO,  
 FANDANGO, FLEMENCO, FOXTROT, GAVOTTE, HIGHLAN FLING, ITISH JIG,  
 JIVE, LINE DANCING, MINUEET, PAS DE DEUX, PASO DOBLE, QUICKSTEP, RAIN  
 DANCE, REEL, RUMBA, SAMBA, SQUARE DANCE, SWORD DANCE, TANGO,  
 TAP DANCING, TARANTELLA, TWIST, TWO STEP, WALTZ.

## ANAGRAMS: SPORT

1. A WET FEW RAN IT RIGHT (5,5,7)
2. GET WIN IF LIGHT (13)
3. RING WELTS (9)
4. LOB ALOFT (8)
5. LITHE CATS (9)
6. ROMAN HAT (8)

Solutions can be found on page 5

## HAV' A' LAUGH

A teacher was trying to make use of her psychology courses. She started her class by saying, "Everyone who thinks they're stupid, stand up."

A minute went by and no one stood up until little Larry popped up. The teacher said, "Do you think you're stupid, Larry?" "No miss, but I didn't like to see you standing there all by yourself."



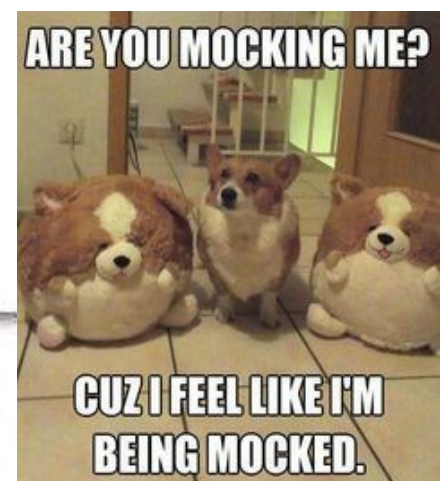
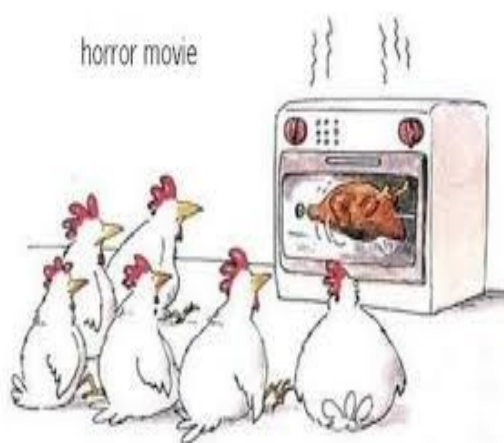
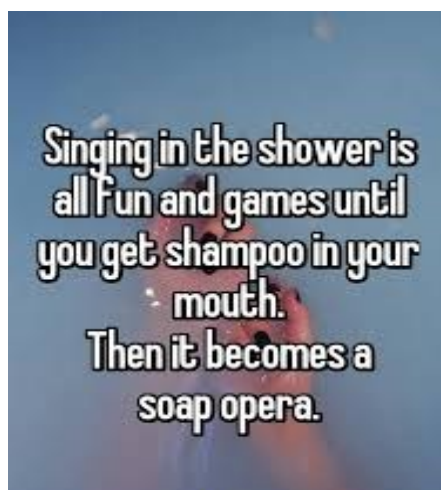
One night during a violent thunderstorm a mother was tucking her small son into bed. She was about to turn off the light when he asked with a tremor in his voice: "Mummy, will you sleep with me tonight?" The mother smiled and gave him a reassuring hug. "I can't dear," she said. "I have to sleep in Daddy's room."

A long silence was broken at last by a shaken little voice saying: "The big sissy."

Paddy and Murphy were working on a building site. Paddy says to Murphy, I'm gonna have the day off, I'm gonna pretend I'm mad. He climbs up the rafters, hangs upside down and shouts "I'M A LIGHT BULB! I'M A LIGHT BULB!" Murphy watches in amazement!

The foreman shouts "Paddy you're mad, go home. So he leaves the site. Murphy starts packing his kit up to leave as well. "Where do you think your going?" asks the foreman. "I can't work in the dark! Replied Murphy.

Three drunk guys entered a taxi. The driver knew that they were drunk so he started the engine and turned it off again. Then said, "We have reached your destination". The first guy gave him money, the second said, "Thankyou." The third guy slapped the driver. The driver was shocked thinking the third guy knew what he had done. But then asked "What was that for?". The third guy replied, "Control your speed next time, you nearly killed us.



## **HEALTH AND WELL BEING**

### **10 Easy Ways to Boost Brain Power**

- 1. Games, fun and solutions:** games that call for thinking and evaluating before action. Playing cards with others can stimulate brain function while providing sociable times with family and friends. Puzzles, including crosswords, picture puzzles and word searches are great stimulants.
- 2. Get the grandkids involved.** When grandchildren visit play games with them, do a jigsaw puzzle and if not completed in time, it can be finished when they visit again.
- 3. Start a diary:** Start a daily diary, buy a quality book or binder plus a special pen to start. Share what you accomplished much over the years that should be shared and recorded from today's memory and thinking. and a lot of stress and depression should start to disappear.
- 4. Focus on nutrition:** Proper nutrition is vital, particularly a diet strong in antioxidants. Fresh fruits and vegetables are vital to provide what other parts of the body or system may now be denying to the brain and its function. Other physical challenges are probably reducing the effectiveness of the immune system; therefore, the addition of all the more antioxidants can definitely benefit the brain and its function. Interestingly, most research endorses coffee and its caffeine ingredient as a benefit to better brain function. And caffeinated teas may be of similar benefit.
- 5. Stop smoking:** Of course, this will be a challenge. But there are no benefits, but only negative effects to the brain from smoking. Smoking also contributes to diseases, including COPD.
- 6. Start walking:** Physical exercise and movement is vital to the functioning of the older adult brain and its best functioning. Daily walking, to the extent that you are able and taking part in Chairbics and the falls reduction exercises would be appropriate and effective. The exercise produces aerobic benefits to the brain as well as the lungs, heart and general physical condition. If there are exercise programs you would like to try please contact the Lifestyle staff.
- 7. Invite visitors:** Loneliness is a real downer for older adults, particularly if they withdraw from social events or relationships. Invite visitors to visit, whether on a one-time or weekly basis. You have lots to talk about, historic times and events, current events and family.
- 8. Keep them laughing:** There's something to be said for the old saying "Laughter is the best medicine." The act of laughing has been proven to have health benefits. If you feel isolated a lot, movies and books can provide entertainment.
- 9. Get out and about:** Take part in the lifestyle activities on offer that enable you to socialise with others. If you have the opportunity go on an outing. It may be a bus trip or other excursion or out with family or friends. This continues to open the world to you, while ensuring that you are still being involved.
- 10. Recognize for your gains:** This is a scary time for most older adults. When you were working or being active in the community, you felt respected and important. In older age, that sense of acceptance or identification is often lost. Try to get involved in activities, where you can regain that sense of accomplishment. Additionally, praise yourself for even small accomplishments and recognize each success.



## Over 50 and struggling to sleep? There is a reason

From the Donaldson Sisters Newsletter By Lauren Broomham

A [new study](#) has revealed older adults are suffering from an “unmet sleep need” – and it could start as early as our mid-thirties.

The review published in the medical journal *Neuron* found as people age, we may be losing our ability to produce deep sleep – which could have a big impact on our mental and physical health.

“Every one of the major diseases that are killing us in first-world nations – from diabetes to obesity to Alzheimer’s disease to cancer – all of those things now have strong causal links to a lack of sleep,” co-author Matthew Walker says. “And all of those diseases significantly increase in likelihood the older that we get, and especially in dementia.”

### Getting to sleep a nightmare

Many of us believe we simply need less sleep as we get older. This is not true.

As the brain ages, the neurons and circuits in the areas that regulate sleep slowly degrade – resulting in less non-REM sleep. As non-REM deep sleep is essential to memory and cognition, that’s a big problem.

So can you do anything to stop the process?

The authors recommend people follow standard advice, including not drinking coffee in the late afternoon, avoid sleep-disrupting drugs like alcohol and keeping a regular sleep schedule.

But don’t rely on sleeping pills to do the job for you. The researchers say these sedate the brain rather than restoring younger sleep patterns.

Proof a good night’s sleep really can be a lifesaver?

## 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 for the best outcome 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

<b>CARDS (500)</b>	4th Thursday of each month at 7pm Raglan House
<b>INDOOR BOWLS</b>	Each Friday at 10am Raglan House or each Wednesday 1.30pm at Harkness  Each Friday at 10am Raglan House
<b>TAI CHI</b>	Each Monday and Wednesday 10.30- 11.30 Room 7—High School Centre

<b>CARDS (Show Poker)</b>	Each Tuesday 3.15 pm in Callistemon House
<b>STRENGTH EXERCISES</b>	Each Wednesday 11.15 am in Callistemon House or Mondays 2.30pm Raglan House
<b>HAPPY HOUR</b>	Each Friday at 4.30 pm in the Main Lounge at Harkness St or 5pm at Raglan Street
<b>ACTIVIES</b>	Each Saturday at 1.30pm Callistemon House and every alternate Saturday at 9.30am.