

HAVACHAT

Issue July 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



HAVILAH MAJOR RAFFLE

Week one - Chris Dellavedova

Week two - Troy Driscoll

Week three -Jardine Kitchens.

Week four - Lynn Bond and Marg Rumpff

Week five - Les Chapman



Week six - Cheryl Griffin

Week seven - Ernie Bandy

Week eight - Sandra Platt

Week nine - Quincey Jac

Week ten - Robert Hurse



The lucky winner of the \$10,000.00 was **Sheryl Doran** and the \$5,000.00 went to **Neil Davies**. Congratulations to both winners and Havilah give a huge thankyou to everyone who supported this fundraiser.



With the winter weather setting in over the past week, please be mindful that when venturing outdoors for a walk, an activity or for an appointment that you are dressed appropriately to suit the conditions, Staff will ensure that resident rooms are at a comfortable temperature during the day and night. Please don't hesitate to ask staff if you need assistance in adjusting the heating in your room or in public areas.

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.

Resident Meeting - Monday 13th August at 1.15pm in Callistemon Activities Room.

Resident Meeting Heath House - Monday 16th July at 2pm in Heath House.

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



Bubbles Galore:

Wonderful photos of residents and staff enjoying the fun of the bubble activity, everyone was very enthusiastic attempting to catch the bubbles and having a laugh.



Football Tipping: The 2018 AFL season is in full swing, gearing up for the second half of the season, there have been many upsets within the tipping ranks. After round 13, there

are 2 joint leaders, we have 3 joint leaders with 51 points being Betty Fleming and Cheryl Robertson with a score of 75.

Graham Milne has lost a bit of the pace slipping down to joint second place with Cora Trower with a score of 72 points. Third place tipster is Gus Hogg on 71 points. With having the byes

over the past weeks there has been many residents that have picked the 6 winners. The strongest person in the competition at this stage in Shirley Nicholson who is holding up the ladder with a total 47 points. Leaders and last placing for the rounds will be published each month and the Ladder boards on display throughout the facility are updated weekly. Prize money of \$10.00 to the tipster for picking a full round 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, \$10.00 for last place tipster.

PHOTO GALLERY



Ann Williamson celebrated her 100th birthday in June, Ann enjoyed her day with family, relatives and friends here at Havilah for an afternoon tea in the Correa lounge area, Ann was impressed with her cake being decorated in the black and white colours for Collingwood.



George, Frank and Neeta found a lovely warm and sunny spot to sit and enjoy the winter sunshine.



Gus, Graham and Eunice out and about enjoying afternoon tea on bus outings in June.

THINGS MY MOTHER USED TO SAY

A little "birdie" told me.
 All I do is follow you around, picking up after you.
 Are you deaf or something.
 Are you lying to me.
 As long as you live under my roof, you will do as I say.
 Beds are NOT made for jumping on .



FALLS PREVENTION

Get up slowly from sitting or lying position,
 pause before 'taking a step'.

Walk more slowly.

Stay seated if you are dizzy or sit down immediately.



A fall can result in serious injury

Staff are here to assist you so please do not attempt self care at risk to yourself

RESIDENT SURVEYS - May 2018

Of the 31 residents surveyed at Harkness:

100% of residents surveyed indicated that they are called by their preferred names most of the time or always.

100% of surveyed residents stated that if they have any pain that pain relief is managed well by staff most of the time or always.

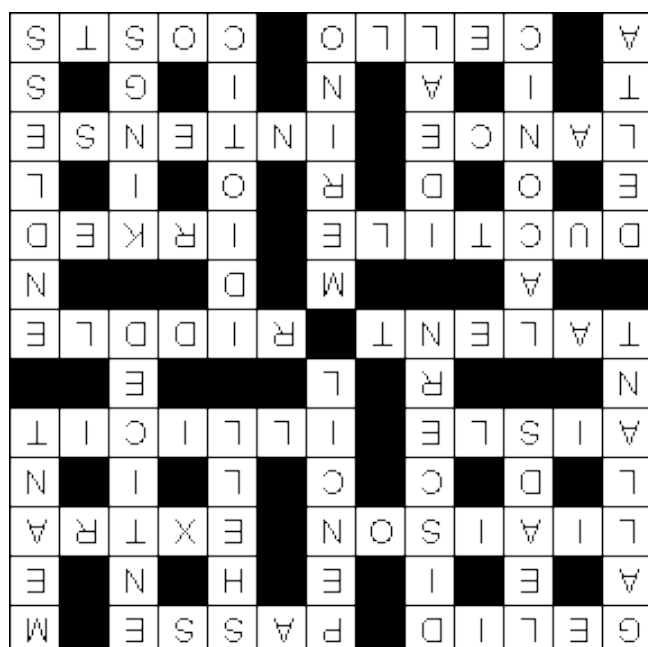
97% of residents stated that they agree or strongly agree that they find Havilah is comfortable and homely.

84% of residents surveyed agree or strongly agree that staff assist with their dental care needs when or if required. The other 16% were neutral commenting that they manage their own dental care.



WEIRD and WONDERFUL WORDS

BIBLIOPOLE - a person who buys and sells books, especially rare ones.



Quiz and Crossword Solutions from page 9

Answers to Quiz

1. Canada.
2. Florence Griffiths Joyner.
3. 1992.
4. Kim Hughes.
5. A Puggle.
6. The 1950's.



FROM THE KITCHEN

The menu for each day is displayed on the dining tables. If residents do not wish to have the 'First Choice' for lunch please notify the catering staff that would like the 'Second Choice' shown on the menu. Just in case you do not like either choice offered there are additional alternatives available every day. Lunchtime alternates are - salads, sandwiches, quiche, baked beans and spaghetti. Please advise kitchen staff at breakfast if you would like one of the Lunch alternates rather than what is being offered on the menu for the day.

At tea time there is a selection of two soups, two mains and two sweets on the menu.

tea time alternatives each day are - Salads, raisin toast and sandwiches. Please advise the kitchen prior to 3pm if you would like one of these alternate choices.

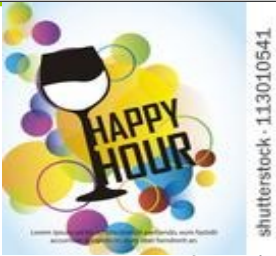
So that staff can have your meal ready for you at mealtime please take special note of the times for ordering of alternate meals, therefore at breakfast for lunch and by 3pm for tea.

BUDGET 2018/2019 The Board set the budget for the coming year at its June Meeting. Operationally figures are very tight however it is pleasing to note that Havilah remains one of the 57% of facilities currently operating in surplus (although declining). Labour costs have risen to \$9.2Million an increase of 4.5% on last years budget and 3.4% on last years estimated actual.

Capital Works: \$210,000 has been allowed for general equipment such as floorline beds, lifting and clinical equipment and security. The Board has also made allowance this year for Theatre Room and Virtual Reality Equipment, replacement of floorcoverings and furnishings. Continuation of works at Heath House to replace window furnishings in resident rooms, extend the kitchenettes, screening and floorcoverings in communal areas has been provided for, together with resources to facilitate the opening up of the 1-10 side of the unit. Externally upgrade of external blinds, resurfacing of the driveway and improved parking are all included. The big ticket item this year is installation of solar power at both sites due to rising electricity costs. We have been very fortunate up to now with locked in electricity pricing that has saved us a lot of \$s however that contract has ceased from 30 June. For 18/19 we know the increase will be \$65,000 on the previous year which is a very big hit and power costs are projected to remain at this higher level in the forward years of the budget. The installation estimated to cost around half a million \$'s for both sites will have a pay back period of slightly under 5 years.



In a further very generous gesture Kent Teese and family have donated an Oscar vertical lift chair valued at \$7,500 to be used in Heath House. Kent and daughter Allison attended to present the chair and listen to a presentation by Laurie Smith and CEO Barb Duffin on the many benefits of this new equipment.



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 13th August 2018 at 1.15 pm

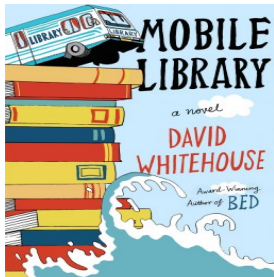
Heath House Monday 16th July 2018 at 2pm



Winter Wonderland Special Luncheon & Afternoon Tea.

Wednesday 18th July.

Christmas style luncheon of roast meats and vegetables and traditional plum pudding.



Mobile Library - July and August Dates

Friday 20th July and 3rd & 17th August 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 - MAIN BUILDING

MONDAY Nail Manicure Pamper 9.30am
Foot Spa 9.30am
Bus Trip 1.30pm
Bingo 1.45pm

TUESDAY Special Morning Tea 10am
Chairrobics 11.15am
Marbowls 1.30pm
Street Walk 1.30pm
Bingo 1.45pm
Afternoon Cards 3.15pm

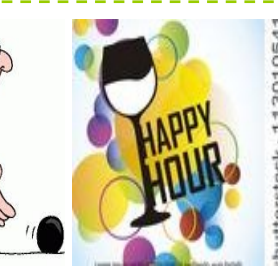
WEDNESDAY
Strength Training 11.15am
Indoor Bowls 1.30pm
Bus Trip (Heath House) 1.30pm
Cooking classes 3.15pm

THURSDAY Foot Spa 9.30a.m.
Bingo 1.45pm
Craft Group 3.15pm
Music DVD 3.15pm

FRIDAY
Chairrobics 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

SUNDAY Devonshire Afternoon Tea in
Main Lounge 3.00pm



WEEKLY ACTIVITIES - HEATH HOUSE

MONDAY Activity Time/Craft 10.30am, 3.00pm
& 6.00pm
Hand Care/Facials 1.30pm
Sonas 4.00pm

TUESDAY Special Morning Tea 10.00am
Activity Time 10.30pm & 6.00pm
One on One 2.15pm
Daily Living Activity 3.00pm
Sonas 4.00pm

WEDNESDAY
Organ Music 10.00am
Bus Trip or Movie 1.30pm
Guitar Music 2.00pm
Activity Time 3.00pm & 6.00pm
Sonas 4.00pm

THURSDAY
Activity Time 10.30pm,
1.45pm & 6.00pm
Cooking 1.30pm
Sonas 4.00pm

FRIDAY
Activity Time 10.30pm,
3.00pm & 6.00pm
Group Games 1.45pm
Sonas 4.00pm
Happy Hour 4.30pm

SATURDAY
Activity Time 10.30am,
1.30pm & 6.00pm
Delta Dogs (2nd & 3rd Sat)
1.30pm
Café 3.00pm
Sonas 4.00pm

SUNDAY
Activity Time 10.30am,
1.30pm & 6.00pm
Devonshire Afternoon Tea
3.00pm
Sonas 4.00pm

The Hav-a-Latte Café is open between 1.30pm and 3.00pm for residents, family and friends,
Enjoy a coffee whilst visiting Havilah

Elaine Krause

Length of time at Havilah: I have been a resident at Havilah a short time of 6 weeks

My Story: I was born in Malvern nearly 83 years ago, I was the middle child of George and Freda Unkenstein, my father was a chartered accountant. I attended Auburn South Primary school and secondary schooling was at Methodist Ladies College in Hawthorn. I then went on to study 2 years at Toorak Teachers College. Met John Krause a German migrant who worked for the Victorian railways and married in 1957 at the Wesley church in Melbourne.

Our daughter Rosemary was born in 1959 and son Michael in 1962. I returned to teaching in 1967 Both children are married and I have 4 grandchildren. I retired in 1990 to go travelling. My husband passed away in 2005 and when my daughter moved to Dunolly, I decided to come to Maryborough.

Things you used to do for fun: Over the the years I enjoyed playing tennis, hockey, golf, croquet and umpiring netball. I attended many youth camps with the church group and went ballroom dancing most Saturday nights. I was also involved in Guiding and Scouting when the children were growing up.

About where you have lived: I lived in Hawthorn from the age of 2 until I married and built a home in Mooroolbark in 1950. We moved to Ringwood in 1970 to a new house and we lived there for 35 years. I moved to a retirement village in Croydon for 13 years before coming to Maryborough.

Travel, sport, passions: I have travelled around the world for 3 months seeing countries such as USA, Eastern Canada, UK, and Europe. Have also travelled to New Zealand and all the states of Australia. I enjoy watching the cricket, football and tennis, and have been a member of the Melbourne Football Club for many years, (without success - perhaps this year we will make the finals.)



Things you enjoy to do now: I enjoy watching the grandchildren grow up and choose their careers as we did with our own children. I love my knitting, crotchet and embroidery but this is now limited due to arthritis in both hands.

Your favourite topics: Following the sport is a favourite topic of mine, watching the children and grandchildren develop and mature and follow their dreams and also take interest in current affairs locally and overseas.

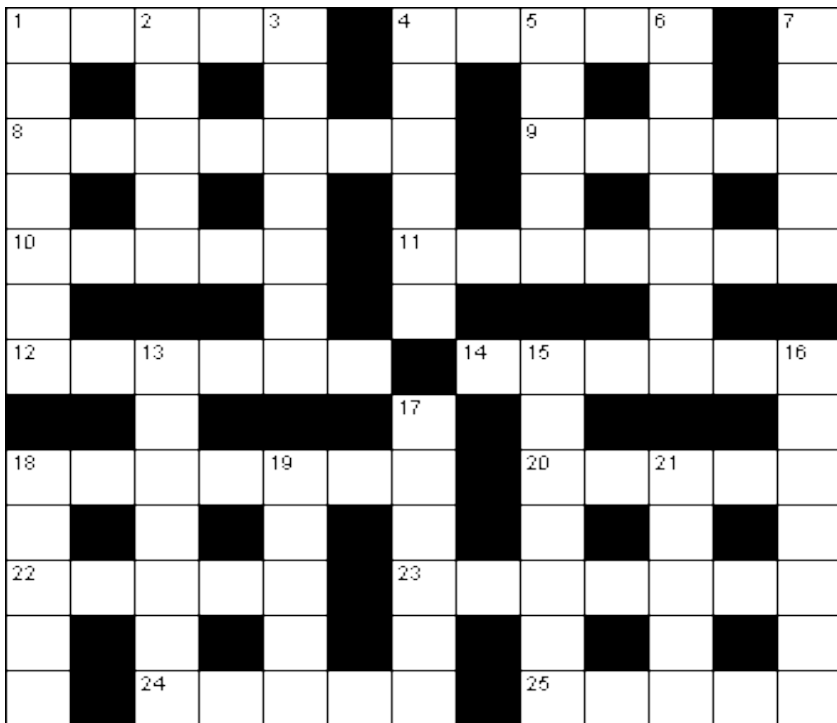
Favourite Food and Music: I love to listen and sing-a-long to the old classics such as Frank Sinatra, and enjoy musicals. I thoroughly enjoy a well cooked roast with plenty of vegetables and love all fruits,

July 2017

Mon	Tue	Wed	Thu	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

Mind Games

9



Across:

1. Extremely cold (5)
4. Out of fashion (5)
8. Communication channel (7)
9. Crowd scene actor (5)
10. Part of a church (5)
11. Unlawful (7)
12. Natural abilities or quantities (6)
14. Conundrum (6)
18. Malleable (7)
20. Irritated (5)
22. Spear (5)
23. Acute (7)
24. Stringed instrument (5)
25. Overheads (5)

Down:

1. Chivalrous (7)
2. Guides (5)
3. Distinguish (7)
4. Writing implement (6)
5. Caraspace (5)
6. Lured (7)
7. Intended (5)
13. Curt (7)
15. Ludicrous (7)
16. Interminable (7)
17. Breed of sheep
18. Greek letter (5)
19. Paragon (5)
21. Male monarchs (5)

Word Search - WORK OF ART

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

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

ABSTRACT, BRUSH, CANVAS, CERAMICS, DRAWING, EASEL, ENGRAVING, ETCHING, GALLERY, LANDSCAPE, LIGHT, MASTERPIECE, MOSAIC, OIL PAINTING, PASTEL, PERSPECTIVE, PORTRAIT, POTTERY, SCALE, SCULPTURE, SEASCAPE, SHADE, SKETCH, STILL LIFE.

QUIZ

1. Which country has the longest coastline?
2. Who was known as Flo Jo?
3. In which year did the Sydney Harbour tunnel open?
4. Who did Alan Border succeed as Australia's test captain?
5. What is a baby echidna called?
6. In which decade was the esky launched in Australia?

Solutions can be found on page 4

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.

	% vaccinated
KITCHEN	83%
CLEANING	86%
PCA	94%
NURSE	94%
ADMIN	90%
ALLIED H	100%
ACTIVITIES	100%
MAINT	100%
	92%

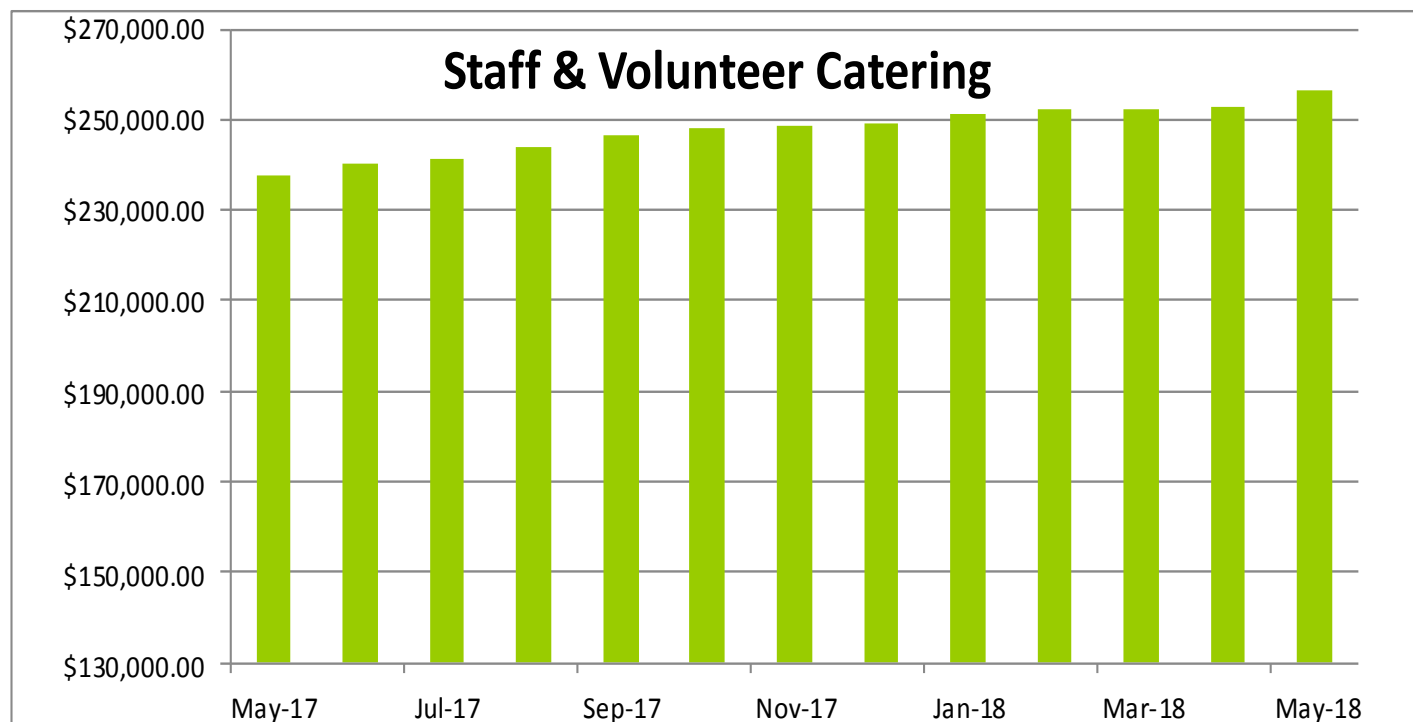
Influenza Immunisation Program

A big thank you to our staff for achieving an excellent (93%) of staff vaccinated to date. Havilah covered all costs of vaccination both on and off site which has always been our policy and is now required by the legislation introduced in May this year. Those showing in the NO column are yet to indicate that they will decline or produce evidence of off site immunization.

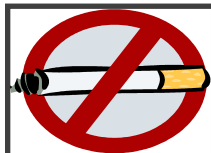
STUDENTS
VOLS

104 Residents at Harkness were vaccinated with 6 refusals.

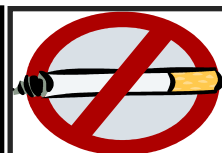
TOTAL 93%



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.**



Smart One Liners

Which one of these is the non-smoking lifeboat?

Treat each day as your last; one day you will be right.

Red meat is not bad for you. Fuzzy green meat is bad for you.

The early bird may get the worm, but the second mouse gets the cheese.

Isn't it scary that doctors call what they do "practice"?

If I want your opinion, I'll ask you to fill out the necessary forms.

Despite the cost of living, have you noticed how popular it remains?

All power corrupts. Absolute power is pretty neat, though.

Always remember you're unique, just like everyone else.

Everybody repeat after me: "We are all individuals."

Confession is good for the soul, but bad for your career.

I want patience - AND I WANT IT NOW!!!!

A day for firm decisions! Or is it?

Am I ambivalent? Well, yes and no.

How many of you believe in telekinesis? Raise MY hand!

A dog has an owner. A cat has a staff.

Every organisation is perfectly designed to get the results they are getting

One Liners about life

My mind's made up, don't confuse me with facts.

Talk is cheap. Until you hire a lawyer.

Take my advice — I'm not using it.

I got lost in thoughts. It was unfamiliar territory.

Sure, I'd love to help you out ... now, which way did you come in?

I started with nothing, and I still have most of it.

Ever stop to think, and forget to start again?

There is no dance without the dancers.

Out of my mind. Back in five minutes.

The problem with trouble shooting is that trouble shoots back.

If you are here - who is running hell?

If nothing was learned, nothing was taught.



The Central Highlands Library service visit's Harkness Street every first and third Friday in the month. Come and talk to Kerry the Librarian who will help you find the book you are after. They have a great range of books to select from and if there is something that you specifically want they can arrange this for you on the next visit. The mobile Library is set up in the Grevillea Atrium area from 10.15am - 11.15am.



A woman went to buy a woollen jumper. As she walked through the mall she saw a rather attractive number in the window of a boutique. She tried it on and then asked how much it was.

When told it was \$200.00 she thought it was way to expensive, so she walked a bit further and in a department store she found almost the same for half the price.

The lady purchased it and went back to the original boutique to complain. "How come virtually the same jumper is half the price down at the other store? She asked.

"Well madam, our garment are made from virgin wool" replied the salesperson.

The shopper replied: " I don't care what the sheep get up to each night as long as I can get reasonably priced knitwear."



Letting the cat out of the bag is a whole lot easier than putting it back in.

An artist asked the gallery owner if there had been any recent interest in his paintings which happened to be on display.

"I have good news and bad news," the gallery owner replied. " The good news is that a gentleman inquired about your work and wondered if it would appreciate in value after your death."

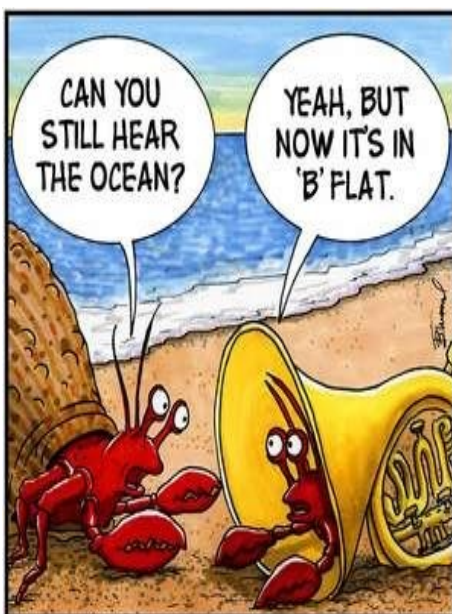
"What did you say?" questioned the artist.

"When I told him it would, he bought all 15 of your paintings."

"That's wonderful!" the artist exclaimed.

"What's the bad news?"

"He said he was your doctor...."



"Sorry for the delay. Our free-range chicken can't decide what it wants to be."



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.

For 24 hour EMERGENCY CONTACT telephone 54617394

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**

For 24 hour EMERGENCY CONTACT telephone 54617394



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