



WEBSITE: www.havilah.org.au

You can access the Havilah Facebook Page via the website

HAVILAH MAJOR RAFFLE—results

- Week one - Alan Duffin
- Week two - Sharelle Mortlock
- Week three - Wendy and Ivy Johnson
- Week four - Ernie Bandy
- Week five - James Prime
- Week six - Peter Hooper
- Week seven - Marita Turner
- Week eight - Red Shirts Syndicate
- Week nine - Maryborough Floor Coverings
- Week ten - Bev Dawson

The lucky winner of the \$10,000.00 was **Tom Freeman** and the \$5,000.00 went to **Maragaret Rumpff and Lyn Bond**. Congratulations to both winners and a huge thankyou to everyone who supported this fundraiser.



THE HAVILAH BUDGET 2019/2020 The Board set the budget for the coming year at its June Meeting. Operationally figures are tight but with increasing numbers of facilities operating in the red it is pleasing to note that Havilah currently remains operating in surplus (although declining). With wages under the Havilah Enterprise Agreement increasing 2.5% - 3.3% each year and Government Funding and Resident Fee increases at 1.1% to 1.5% it is easy to see the reason for declining results. Labour costs rose \$260K above estimate from \$9.2M to \$9.46M for 18/19 and are projected to increase a further \$290K to \$9.75M for 19/20. Profit after depreciation and interest is estimated to be \$188K for the year ended June 2019 down on the estimated figure of \$370K. For 19/20 the estimated surplus is \$226K. Earnings before Interest, Depreciation, Tax and Amortisation (EBIDTA) for 18/19 was \$1.8M which was down from the estimate of \$1.96M. Estimated EBIDTA for 19/20 is \$1.8M.

Only \$726K of the projected \$1.5M was spent in capital expenditure for 18/19. This was largely due to the delay in approvals for solar at Harkness Street and delay in Plan-

ning Approval for development of the Tennis Court Site. These works have been moved to the current financial year with \$1.5M estimated capital expenditure planned in 19/20. Capital expenditure planned for 19/20 at Havilah on Palmerston is External Storage, Dining Room Extension, major paint exposed roof battens, Raglan House and retirement units, Inkerman Street nature strip, Tennis Court Site, upgrade of vacated units.

Prices for retirement units, retentions and the asset replenishment fee have remained the same. Interest on outstanding or deferred retirement living capital payments remains at the MPIR at 1 July. For those residents affected the MPIR will drop around .4% from 1 July in line with falling interest rates. This will be reflected in your future accounts.

Retirement Community - Bi Monthly Resident Meeting Thursday 18th July 2019, 2.45 pm
Raglan House - Ground Floor - Neill Street end
Afternoon Tea Provided



The conversations of life

Only in Australia: NSW L-plater fined after trying to smuggle 29 goats in the back of his car

By Lauren Broomham on July 5, 2019



Yes, this is a real news story.

The learner driver is facing several penalties after police discovered the poor animals concealed in the back of the young man's ute when they pulled him over for a random breath test in Nyngan, rural NSW (is this just the way they do it in the country?).

After noticing the hidden goats and (understandably) getting quite suspicious of the situation, officers checked the unaccompanied 18-year-old's details to find that, not only was he a learner, but the car he was driving had been unregistered since April – and the 29 goats were illegally caught.

Authorities released the goats, and the driver was stuck with a hefty fine of \$3,149 for six different offences – including 'unlawfully removing an animal from a public place'.

We're hoping he isn't allowed a licence any time soon...

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

Why is it called a HAMBURGER when its made out of BEEF?

Why does SOUR CREAM have an expiry date?

Why is QUITE A FEW the same as QUITE A LOT?

If it was only a 3 hour cruise, why did MRS HOWELL (Gilligan's Island) have so many clothes?

Why buy a product that it takes 2000 flushes to get rid of?

Why don't sheep shrink in the rain?

If the cops arrest a mime, do they tell him he has the right to remain silent?

And You Thought You Knew Everything

1. Rubber bands last longer when refrigerated.
2. Peanuts are one of the ingredients of dynamite.
3. There are 293 ways to make change for a dollar.
4. The average person's left hand does 56% of the typing.
5. A shark is the only fish that can blink with both eyes.
6. There are more chickens than people in the world.
7. Two-thirds of the world's eggplant is grown in New Jersey.
8. The longest one-syllable word in the English language is "screched."
9. On a Canadian two dollar bill, the flag flying over the Parliament building is an American flag.
10. All of the clocks in the movie "Pulp Fiction" are stuck on 4:20.



A small group from our Retirement living community dined out recently at the historic Bull & Mouth. All those who attended had a great night socialising, the meals, compliments to the chef, the size of the schnitzels, unbelievable.





To June Gillespie and family, heartfelt condolences from all at Havalah on the recent sad passing of Ian. Our thoughts are with you.



time to talk

Time to Talk - 2nd Wednesday each Month
Next Date 14th August 10.00am
Raglan House—first floor
Great chance for the men to get together and chat about secret men's business

TAI CHI With Master Barry Lacey

Where: Room 7 High School Centre
When: Monday and Wednesday
Monday session 1.00 to 2.30 pm
Wednesday session 10.00 to 11.30 am
Come along and try, there is no age limit
VERY GOOD FOR BALANCE AND FOR ARTHRITIS



WEIRD and WONDERFUL WORDS

BLATHERSKITE - A person who talks at great length without making much sense.



FALLS PREVENTION

Things to consider

Is there enough light in my room to see at night?
Can I see my way to get to get to the toilet?



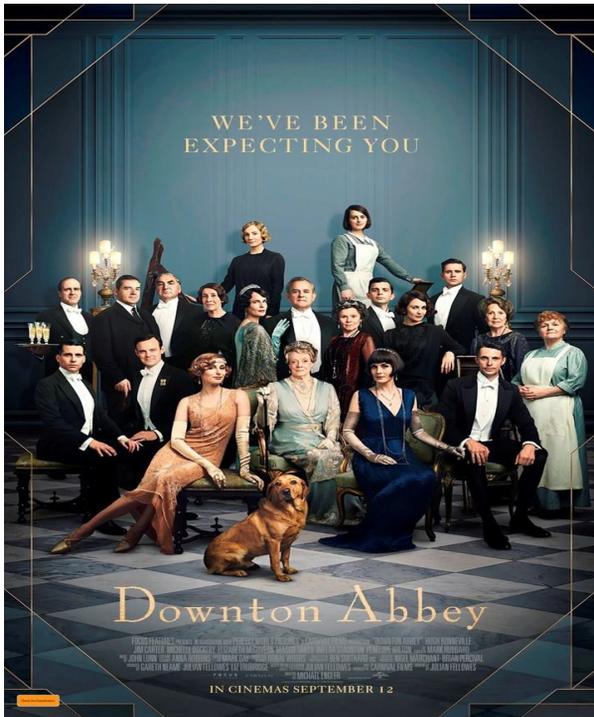
THINGS MY MOTHER USED TO SAY

Don't put that in your mouth, you don't know where its's been.
Always wear clean underwear in case you have an accident.
Don't use that tone of voice with me!
Don't you have anything better to do?

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@havalah.org.au.

Your assistance with this is appreciated.



The Movie will be out in August/September. Date to be notified asap!

Set in 1927, a couple of years after the end of the TV series, the film will focus on possibly the most exciting thing ever to happen at Downton Abbey - King George V (Simon Jones) and Queen Mary (Geraldine James) are set to visit the home of the Crawley family. Besides the royal guests, most of the characters from the series will appear in the movie. And while some things have changed - Edith (Laura Carmichael) leads a very modern life without staff, Daisy (Sophie McShera) has a new hairstyle, the Crawley kids are growing up and Thomas (Rob James-Collier) gets a kiss - others haven't. Violet (Maggie Smith) and Isobel (Penelope Wilton) still snipe at each other, Mary (Michelle Dockery) still turns to Carson (Jim Carter) in times of need and Mrs Patmore (Lesley Nicol) still complains about all the meals she has to prepare.

limited seats available, first in, best dressed....

**Book through Kim, activities co-ordinator.
Ph 54590169**

An afternoon at the movies...

Expressions of interest for a bus outing to Ballarat to see the new Downton Abbey movie and experience Gold class cinema, watching in style and comfort.



**To be held:
Wednesday 17th July
Variety of festive foods for
main and sweets**

**lifestyle staff will be busy decorating tables
for the occasion.**

**Phone Raglan kitchen to book ph: 5459 0180
by 14th July**

MOBILE LIBRARY

The Central Highlands Library service visit's Raglan House every second Monday 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 North end on

the ground floor. from 10.15am - 11.15am.

**Next Visits:
22nd July, 5th & 19th August**



Thank you to all our volunteers from the retirement community.. We appreciate your generosity so much. New volunteers are always welcome. Please advise Kim or Reception if you are interested in volunteering.

As well as her book being an entertaining read, Josephine Moon shines the spotlight on the joys and difficulties facing a heart transplant recipient.

Mother of three, Gabby McPhee, who owns a Melbourne cafe and coffee roasting house called The Tin Man, had a heart transplant three years ago and now wants to discover the donor.

Meanwhile Krystal, who was widowed after husband Evan was killed in a mysterious hit and run car accident in Sydney, believes Gabby is the recipient of his heart.

A newspaper story about Gabby's cafe and her transplant inadvertently connects the dates and provides a contact.

Krystal, who was left alone to bring up two young boys, must cope with Evan's ruthless sister, lawyer Cordelia-Aurora Arthur. Head of the family law firm, Cordelia-Aurora resented her brother's quick decision to abandon his legal career and become a sommelier.

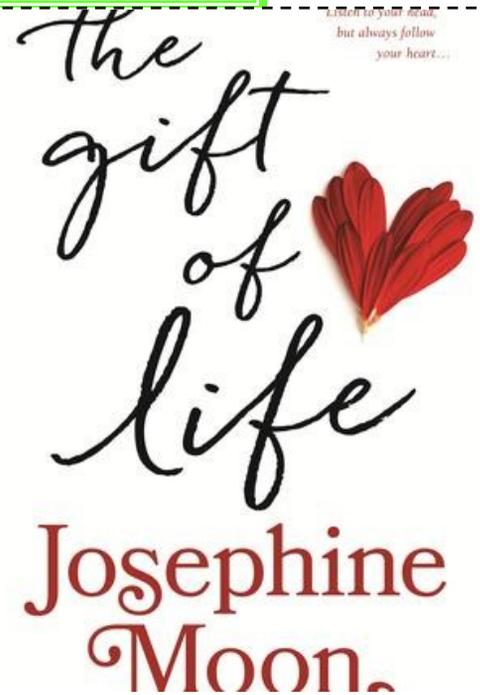
Krystal has many unanswered questions, including why Evan was in Sydney that fateful night, and believes Gabby can provide the answers via Evan's heart.

Gabby, who has researched the possibilities of cellular memories from a donor's heart, wants to help Krystal,

but they discover several unpleasant secrets in their quest to leave the past behind.

It is a moving novel that makes you smile and feel sympathy for the well-rounded characters that are both likeable, believable and vibrant.

Themes of the priceless gift of life, loss, grief, love and friendship run through the engrossing book which is hard to put down.



AGED CARE QUALITY AND SAFETY COMMISSION – ACCREDITATION: Two Assessors from the Aged Care Quality and Safety Commission arrived at the Harkness Street campus on Tuesday 19th June for an unannounced visit. This followed the successful unannounced 2 day assessment for re-accreditation in February this year. There were many positive comments which is very good indication that everyone is meeting all the criteria that is required. The assessors thanked our staff for assisting them throughout the day. Our staff did very well in explaining their role. The residents and families also provided very good feedback on the care and services we provide which at the end of the day is what we are all working so hard to achieve. We are very grateful to all of our staff and volunteers for their contribution to the ongoing strong results achieved. This is the last assessment under the old standards with the new quality standards introduced from 1 July 2019 along with a new Charter of Aged Care Rights. Re-accreditation at Raglan House is due some time around November this year and will be assessed under the new Standards.

ROTARY DONATION: Maryborough Rotary have donated four raised garden planters. This was a thank you to the Havilah Fundraising Catering Group for their assistance with a major Rotary event held last year. The Raglan House residents are very excited about their new planters and Kim has plans for a gardening group. If you are interested in being involved please contact Kim.

HAVILAH AUXILIARY: A special morning tea was recently held for the Havilah Auxiliary at the High School Centre. The Auxiliary have been in existence since pre the establishment of Havilah in 1995 raising funds and providing assistance in many ways over that time. Kim suggested that a Fashion Parade be held modelling clothes from the Carisbrook Op Shop (which is run by the Auxiliary) and was surprised to learn that the Auxiliary had run many such parades until organising them had become too onerous for what is now a very small group. The upshot is that these will recommence to be held at the High School Centre. Not surprising Kim has some great ideas for the day and when combined with this feisty band of ladies it can't miss being a success. Keep an eye out for the date.



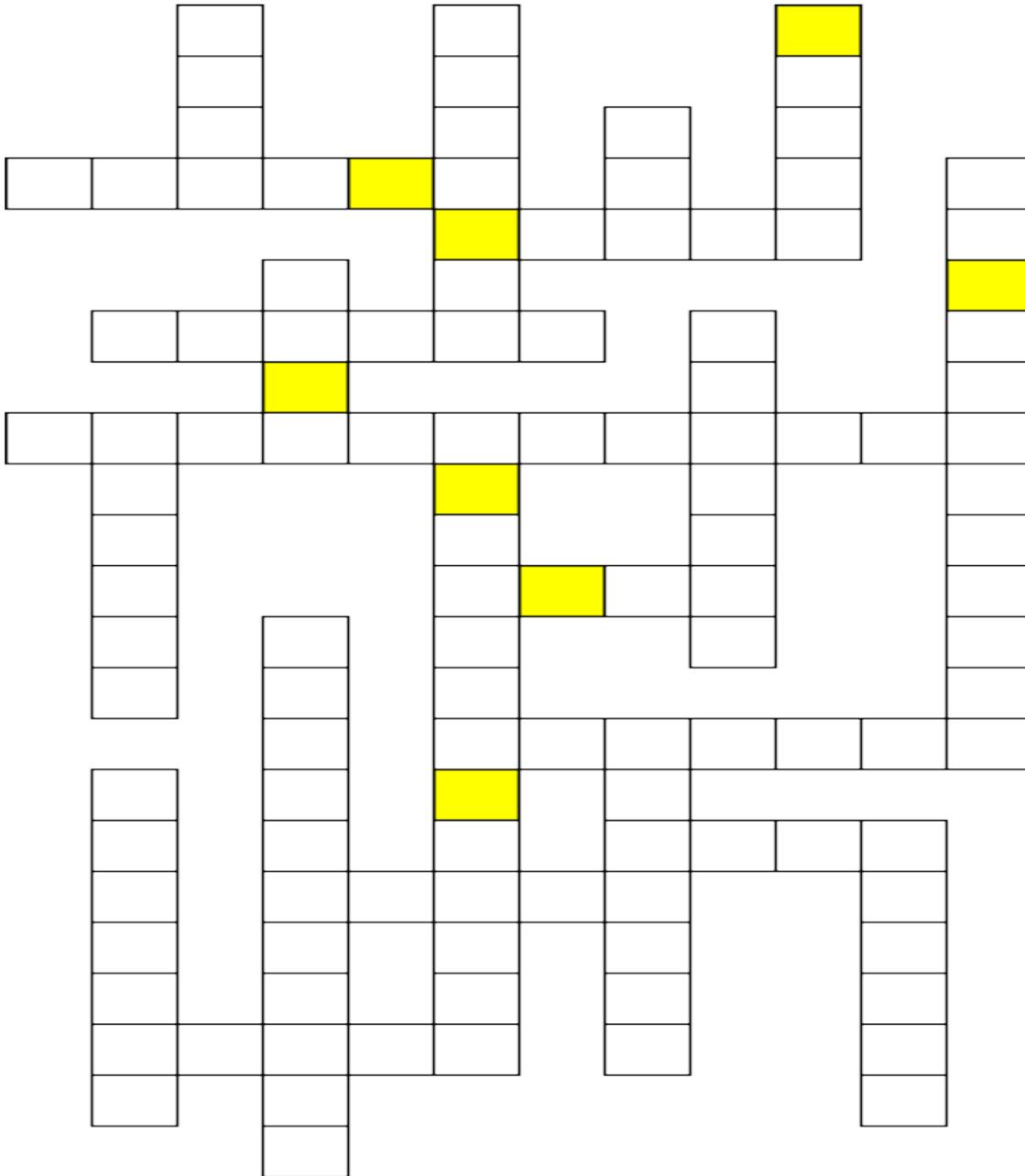
EFTPOS

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



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





- 3 Letter Words:**
ALI
- 4 Letter Words:**
BABE
IRIS
JAWS
THEM
- 5 Letter words:**
ALIEN
EVITA
GIANT
SEVEN
- 6 Letter Words:**
GHANDI
HARVEY
MAD MAX
SLEUTH
- 7 Letter Words:**
DIEHARD
NETWORK
TITANIC
VERTIGO
WITNESS
- 11 Letter Word:**
THUNDERBALL
- 12 Letter Words:**
GHOSTBUSTERS
JURASSIC PARK
- 13 Letter Word:**
BASIC INSTINCT

Criss-Cross 08

SUDOKU Sudoku is easy to play and the rules are simple. Fill in the blanks so that each row, each column, and each of the nine 3x3 grids contain one instance of each of the numbers 1-9

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

Medium 523

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

Easy 523

Answer Page 10

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
 For 24 Hour Contact

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

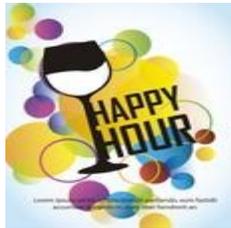
CEO 54617 381
 0429617380

RAELEEN 54617 380



RESIDENTS MEETING & LIFESTYLE COMMITTEE

Meeting will be
 Thursday 18th July 2019 at 2.45pm,
 Raglan House –Ground Floor-Neill Street end.
 (Coffee & Chat immediately after the meeting)

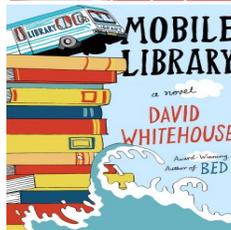


HAPPY HOUR

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:

NEXT DATES:

22nd July, 5th and 19th August
 Raglan House—Ground Floor—Neill
 Street end



SPECIAL MORNING TEA—COMING DATES

2nd Friday of each Month
 North End Common area Raglan House
 All ILU's and Raglan residents are invited to
 attend.



TAI CHI

Monday session – 1.00 to 2.30 pm

Wednesday session - 10.00 to 11.30 am
 Room 7 High School Centre

◆ STRENGTH EXERCISES AND FALLS PREVENTION

Every Monday at 2.30 Raglan House Ground floor

◆ CHAIROBICS

What's On & Events

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



CHURCH SERVICES Room 7—High School Centre



Justice of the Peace

If residents require the assistance of a Justice of the Peace you are welcome to contact

Terry Simpson

Mobile: 0419 737 837

♦ **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



The AFL Footy is well and truly into the second half of the season with already 15 rounds being played. The ladder is starting to show some consistency within the tipping circle. Terry Simpson has taken over the leader board with 83 points.
 In joint second position is Don Drake and Merv Huggett with 82 points, Holding third position there is three tipsters, Anne Stuart, Lorna Baines and Mary Edwards on 81 points.

The wooden spooner, lucky last holding up the ladder is Margaret Smith with a score of 53 points.
 From the 15 rounds already played there has been 6 tipsters who have picked a full house.

Prize pool: 1st - \$50.00, 2nd - \$30.00 3rd - \$20.00 and last place \$10.00.

Weekly prizes are also awarded for tipping all the winners in the round.

Winners for the overall competition will be awarded with their winnings and certificate at Happy Hour prior to the AFL grand final.

MAR 17 2019	JUNE 16 2019	SEP 15 2019
APR 21 2019	JULY 21 2019	OCT 20 2019
MAY 19 2019	AUG 18 2019	NOV 17 2019



What is Myeloma

Myeloma, also known as multiple myeloma, is a type of bone marrow cancer arising from plasma cells, which are normally found in the bone marrow. Plasma cells form part of your immune system.

Bone marrow is the 'spongy' material found in the centre of larger bones in the body. As well as being home to plasma cells, the bone marrow is the centre of blood cell production (red blood cells, white blood cells and platelets).

Normal plasma cells produce antibodies (also called immunoglobulins) to help fight infection. In myeloma, abnormal plasma cells release only one type of antibody known as paraprotein, which has no useful function. It is often through the measurement of this paraprotein that myeloma is diagnosed and monitored.

Myeloma affects multiple (hence multiple myeloma) places in the body where bone marrow is normally active in adults, i.e. within the bones of the spine, skull, pelvis, the rib cage, and the areas around the shoulders and hips.

The extremities are not usually affected, that is the hands, feet, and lower arm/leg regions. This is very important since the function of these critical areas is usually fully retained.

Some people go on to develop myeloma after having been diagnosed with a benign condition called Monoclonal Gammopathy of Undetermined Significance (MGUS). MGUS is a condition with a detectable paraprotein (like myeloma) but with no associated symptoms. MGUS may never become myeloma. The risk of transformation from MGUS to active myeloma is very low with only a 1 per cent chance each year of follow-up.

If the presence of myeloma cells increases but there are still no symptoms, a diagnosis of smouldering or indolent myeloma will be made. In most cases, treatment will not be required until the myeloma cells increase further or symptoms arise.

It may be a number of years before a person with MGUS or smouldering/indolent myeloma requires treatment. Regular monitoring with a haematologist is required to initiate treatment when needed.

Considered a chronic, relapsing and remitting disease, treatment will be recommended during active phases until the disease has stopped progressing (stable) or is no longer detected (complete response). There then may be a period of no treatment with regular monitoring until the myeloma becomes active again. In some cases, ongoing low doses of maintenance treatment will be prescribed.

Currently there is no cure for myeloma, but with treatment it can be controlled for many years. With the emergence of many new more targeted treatments, survival rates have increased dramatically.

Symptoms of myeloma:

Common symptoms include bone pain, bone fractures, tiredness (due to anaemia), frequent or current infections (such as bacterial pneumonia, urinary tract infections and shingles), kidney damage and a high level of calcium in the blood (hypercalcaemia).

Causes of myeloma:

Although a large amount of research has been done to investigate the potential causes of myeloma, nothing has been proven to date.

Exposure to certain chemical, radiation, viruses and weakened immune system are thought to be potential casual or trigger factors. It is likely that myeloma develops when susceptible individual has been exposed to one or more of these factors. It is thought the susceptibility may increase with aging and the consequent reduction in immune function.

How myeloma is diagnosed:

People suspected of having myeloma will need to have blood and urine tests, looking for evidence of paraprotein and any other abnormalities in organ function. Scans such as x-ray, CT or MRI of the bones are also performed to determine if there are any areas of the bone that have been weakened or eroded by the myeloma cells. Finally, a bone marrow biopsy—a test that involves taking small sample of bone marrow through the back of the pelvis, will be examined under a microscope to look for myeloma cells and any genetic abnormalities that form part of the disease.



A couple go on a fishing holiday to a lovely lake.

The husband likes to fish at the crack of dawn. The wife likes to read.

One morning the husband returns after fishing and takes a nap and the wife decides to take the boat out. She anchors and continues to read her book.

A fisheries officer pull up alongside and asks to see her fishing licence.

"I'm sorry officer, but I'm not fishing, I'm reading."

"Yes, but you have all the equipment, I'll have to take you in a nd book you."

"If you do that, I'll have you charge you with sexual assault," she says.

"But I haven't even touched you," the officer replies.

Barry rings the local cop shop.

"I'm calling to report about my neighbour, Wazza. He's hiding marijuana inside his firewood."

The next day, police officers descend on Wazza's house.

They search the house and then go out to the shed where the firewood is kept.

Using axes, they bust open every piece of firewood but they find no marijuana.

They swear at Wazza and leave. The phone rings at Wazz's house. It's Barry.

Hey Wazz, did the cops come.

"Yeah" he replied.

"Did they chop up your firewood?"

"Yep."

"Happy Birthday Mate."

Beware of peeping toms...



Q: What did the Cinderella fish wear to the ball?

A: Glass flippers.

Q: Why was the mouse afraid of the water?

A: Catfish

Q: What happened when the lion ate the comedian?

A: He felt funny.

Q: What's black and white and red all over?

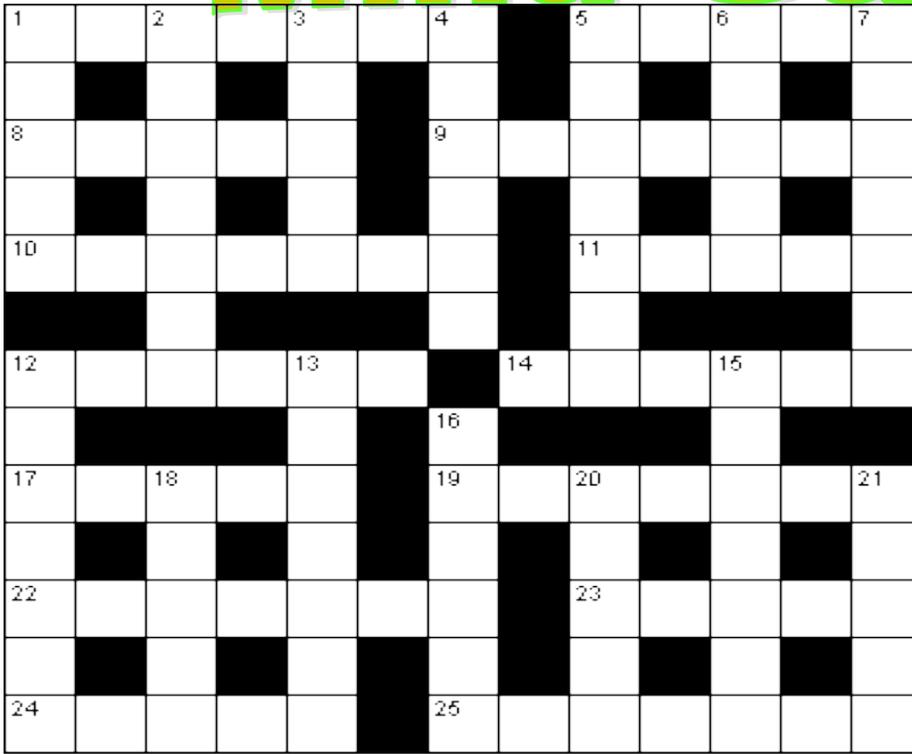
A: A blushing zebra.

Q: What kind of mouse does not eat, drink, or even walk?

A: A computer mouse.

Q: What do you call a dog with a Rolex?

A: A watch dog.



Across:

1. Freedom (7)
2. Berate (5)
8. Rhinal (5)
9. Amazing (7)
10. Impassive (7)
11. Tendency (5)
12. Fruit (6)
14. Loved (6)
17. Banquet (5)
19. Gossip (7)
22. Embrocations (7)
23. Entomb (5)
24. Arrows (5)
25. Mariners (7)

EATING OUT

Down:

1. Golf course (5)
2. Woodwind instrument (7)
3. Object surviving the past (5)
4. Annual (6)
5. Perfumed (7)
6. Earth's protective layer (5)
7. Feared (7)
12. Perplexed (7)
13. Countries (7)
15. Rice dish (7)
16. Dissertation (6)
18. Change (5)
20. Legal excuse (5)
21. Tall tales (5)

033

WORD SEARCH - Wide open Spaces



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

BUSH, CHAMPAIGN, COMMON, COUNTRYSIDE, DESERT, FILED, GRASSLAND, GREEN, HAYFIELD, HINTERLAND, LEA, LLANO, MEADOW, MOOR, OUTBREAK, PADDOCK, PAMPAS, PARK, PASTURELAND, PLAIN, RURAL, SALT FLATS, SVANNA, SNOWFIELD, STEPPES, TUNDRA, WASTELAND, WILDERNESS.

QUIZ

1. Who was Australia's first Prime Minister?
2. What was a 'deener'?
3. Who owned the mansion 'Camden Park'?
4. In which year did the British Empire a Games begin?
5. When was daylight savings introduced to 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
Nurse Manager	Deb Matthews	deb.matthews@havilah.org.au
Director of Care	Kelsey Hooper	kelsey.hooper@havilah.org.au

FEEDBACK - We welcome your feedback, FEEDBACK FORMS ARE AVAILABLE IN THE FOYERS OF THE HIGH SCHOOL CENTRE AND RAGLAN HOUSE

Residents are encouraged to communicate any issues they may have to

CEO Barb Duffin 5461 7381 Mobile 0429 617380

email: barb.duffin@havilah.org.au

Director of Care Allison O'Connell 54 617383

email: allison.o'connell@havilah.org.au

Nurse Manager Havilah on Palmerston Deb Matthews

email: deb.matthews@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.

RAGLAN HOUSE NURSE 24 HOUR CONTACT NUMBER Telephone 54 590150

HAVILAH ON PALMERSTON RECEPTION HOURS

MON-FRI 9.00 am—12.00 pm for account payments and enquiries 5459 0140
(Closed Public Holiday)

HARKNESS ST RECEPTION OFFICE HOURS

MON-FRI 9.00 am—4.00 pm for account payments and enquiries 5461 7300
(Closed Public Holidays)

ON CALL MAINTENANCE after hours and weekend calls. 0408 645 203