

ISSUED
July 2017

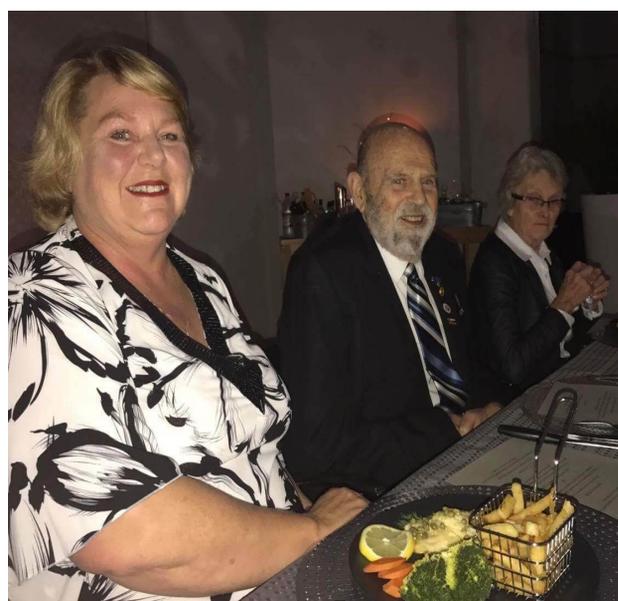
HOP TOPICS



Terry, Sherry and Ann purchased fresh produce at the Clunes Farmers Market, (no evidence of Kim's purchase's.) Special Morning Tea's are always a great social gathering with plenty of chatter and laughter .



Retirement Community Resident Meeting 17th August in Rm7 held every 2 months.



The Havilah apprentices provided fine food and service for their second assessment with the theme of a Winter Wonderland. The guests were very impressed with the skills of our kitchen staff who are undertaking their apprenticeship under the guidance of Food Services Manager, Di Jackson. A special thankyou to Raglan Activities Team Leader Kim for her fantastic décor for the evening.



HEALTH AND WELLBEING



and the ability to work.

Depression now our No. 1 health problem worldwide

Over 300 million people suffer from depression around the world, with half not getting the treatment they need, the World Health Organisation says.

Global depression rates increased by 18 per cent between 2005 and 2015, overtaking lower respiratory disease as our biggest health problem.

The University of Queensland puts this down to population growth and ageing, as more people live into the ages where depression is most common.

In Australia, there are three million people living with depression or anxiety and the ABS estimates 45 per cent of us will have a mental health condition in our lifetime.

Older people in particular are more likely to experience contributing factors such as physical illness or personal loss, with the rates of depression for people living in aged care around 35 per cent according to beyondblue.

Yet there is still a stigma around the condition and a lack of support for sufferers in many countries according to the WHO.

Just 3 per cent of health budgets spent on mental health

On average, just three per cent of government health budgets goes to mental health, dropping to less than one per cent in low-income countries and up to five per cent in high-income nations.

But the WHO says for every US dollar invested in depression and anxiety treatment, countries would get back US\$4 due to people having better health

We're lucky here in Australia that there are a wide range of mental health services available, but if we aren't using them, what's the point?

The WHO are running a year-long campaign called "Depression: let's talk" to encourage people to ask for help when they need it.

If you are living with depression, talking to someone you trust is often the first step towards treatment and recovery.

It's time to speak up.

You can contact any of the organisations below for help:

Lifeline 13 11 14

MensLine Australia 1300 78 99 78

beyondblue 1300 22 4636

NOTICE BOARD



The AFL season is into the second half for the year, with only 1 point the difference between the top 3 tipsters. Presently Betty Higgins and Doug Rowe are joint leaders sitting on 80 points, 2nd position being held by Wilma Doble on 79 points and Terry Simpson on 68. Shirley Huggett is being a very strong lady holding up the leader board on 62 points.

WORD OF THE MONTH

KAKORRHAPHIOPHOBIA: fear of failure.

FALLS PREVENTION

Wearing the right shoes

Wear comfortable, firm-fitting, flat shoes with a low heel, laces, buckles or Velcro fastenings with rubber soles that grip.



ON CALL MAINTANCE FOR AFTER HOURS

after hours and weekend calls.

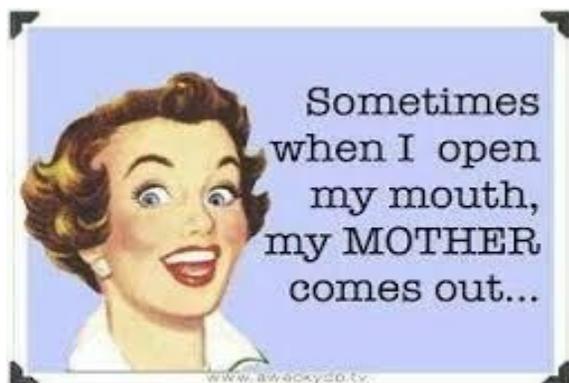
0408645203



Check out the new fireplace at Raglan House It looks fantastic and adds a homey ambience.

These will be added in other areas if residents enjoy using the space.

Congratulations to Kim for her interesting display of kitchenalia in the kitchenette (bingo area)



THINGS MY MOTHER USED TO SAY

Go to your room.
 Wait and See.
 Ask your father.
 Say pardon, not "what."
 Back in my day.

RECIPE OF THE MONTH **Pumpkin and Tuna Pasta Bake.**



INGREDIENTS:

375g Australian Rigatoni.
 500g Pumpkin, seeded, peeled, chopped into 2cm pieces.
 425g can Tuna chunks in springwater, drained coarsely flaked.
 300g Sour Cream
 1 cup Shredded Tasty Cheese.

METHOD:

- Cook Pasta in a large saucepan of boiling water for 7 minutes. Add pumpkin and cook for 5 mins or until pasta and pumpkin are tender. Drain well.

- Preheat grill on high. Return pasta mixture to pan. Add the Tuna, sour cream and 1/2 cup (60g) of the cheese. Toss to combine. Spoon the mixture into a greased ovenproof dish.
- Sprinkle with remaining cheese. Cook under grill for 5-7minutes or until golden brown.

10 min prep time. 20min cook. Serves 4.



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





TALKING lifestyle
DIGITAL | ONLINE | MOBILE

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

Follow us on facebook



VICTORIA CRACKS DOWN – ON MOONING
No, really. From this week, Victorian police will no longer be turning the other cheek to people caught flashing their rear end in public.

Under new laws that came into effect from July 1, first-time offenders will face up to two months in jail while repeat offender could find themselves behind bars.

It sounds like a laugh, but there is a serious message behind the changes. The State Government has overhauled 50 sexual offences in an effort to cut down on offensive and abusive behaviours.

While “mooning” has always been a crime – albeit one most people would consider more the realm of drunken spectators at our national sporting events – the Victorian Attorney-General says that the changes will clarify the law as well as guarantee better protections for children from abuse.



The footy just won't be the same without the odd stalker though.

Earnestly speaking 
Thoughts from Lauren Broomham

Short People
We maintain a great perspective on life because we're always looking up.

Don't worry if plan A fails, there are 25 more letters in the alphabet.
Cool Funny Quotes.com

HEALTH AND WELLBEING

Good mental health is more than just the absence of mental illness.

Here's 8 tips for building good mental health.

1. Build relationships

Having good relationships with other people is the most important factor contributing to a sense of wellbeing. This can include family, friends, workmates and others in the community. Investing time and energy in your relationships can lead to great benefits for all involved.

2. Exercise and stay healthy

Exercise has been shown to increase wellbeing as well as reduce symptoms of depression and anxiety. Good physical health is related to better mental health so a healthy diet, avoiding excess alcohol or drugs, and regular check ups with the doctor can all help.

3. Develop gratitude

Count your blessings. Try keeping a gratitude journal and write down 3 positive things for each day. This can lead to increased wellbeing.

4. Identify and use your strengths

We all have different strengths and weaknesses but finding out what you are really good at and using those talents can increase wellbeing. A strengths questionnaire is available at Authentic Happiness. Using your strengths to help others or contribute to the community creates a sense of meaning and purpose.

5. Create flow

Flow is the state of being so highly involved in an enjoyable activity that you lose track of time. This usually happens when the level of challenge is about right for your level of skill. Flow can happen during work, hobbies, creative arts or sports.

6. Give to others

Making a contribution to the community, however small, increases social wellbeing. Many people feel a sense of contributing through meaningful work, but this could also mean volunteering, helping a neighbour or performing small acts of kindness. Take some time to do the things you really enjoy. Pleasant events can lead to positive emotions that can cancel out negative feelings.

7. Spirituality or religion

For some people, being involved in spiritual or religious practices can improve wellbeing, help in coping with stress and reduce symptoms of mental illness. This can include belonging to a faith community, meditation, prayer, mindfulness or practices such as yoga and Tai Chi.

8. Seek help

If you are struggling to feel happy, cope with everyday life, find meaning or feel connected to others, see your doctor or a mental health professional. 1 in 5 Australians will experience a mental disorder at some time in their life - depression, anxiety and substance abuse are the most common disorders.

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

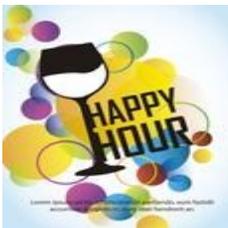
CEO 54617 381
0429617380

RAELEEN 54617 380



RESIDENTS MEETING & LIFESTYLE COMMITTEE Meeting will be

Thursday 17th August 2017 at 2.45pm,
 Room 7 in the High School Centre (Coffee & Chat immediately after the meeting)

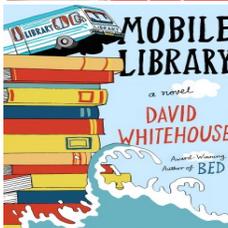


HAPPY HOUR

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— APRIL DATES

Monday 3rd July, Monday 17th July and 31st July

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

What's On & Events

CHURCH SERVICES Room 7—High School Centre



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

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

SALVATION ARMY CHURCH - 4th Wednesday each Month 2.45pm

♦ 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



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

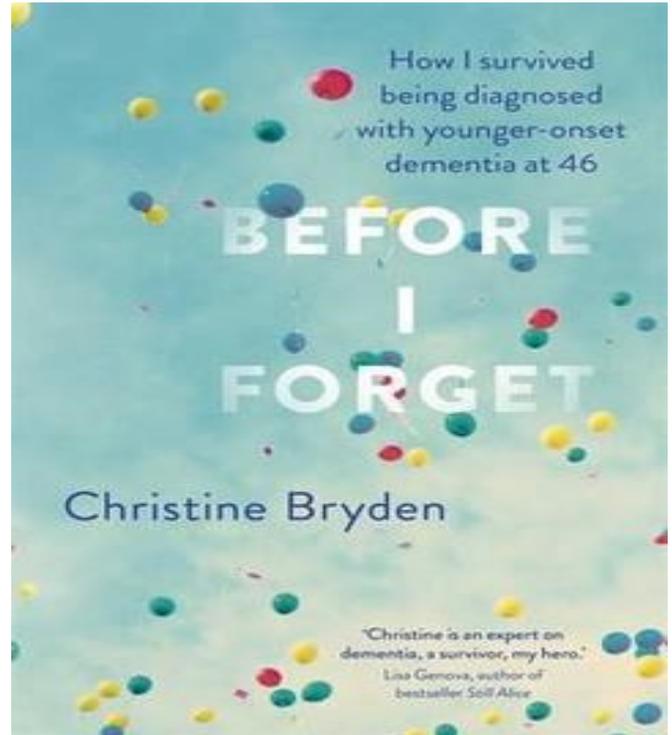
**FREE for Havilah On Palmerston residents –
friends are welcome at the fee of \$5.00 per session**

BOOK REVIEW

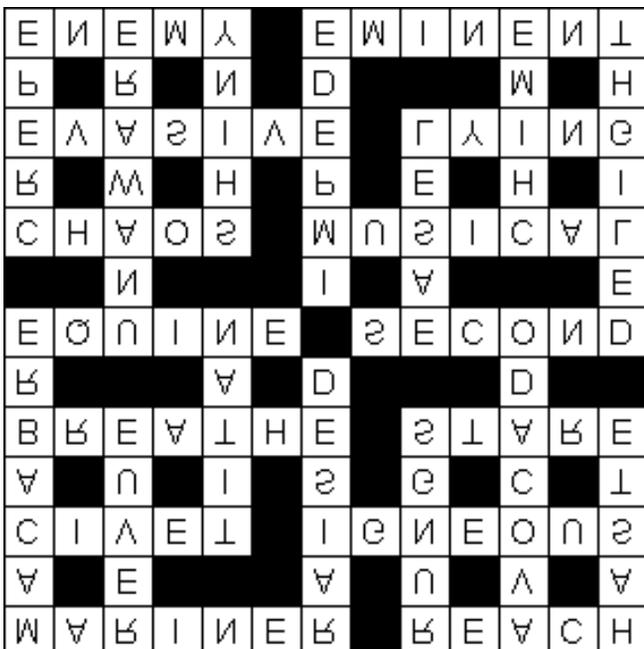
**Before I Forget:
How I Survived A Diagnosis Of Younger On-
set Dementia At 46**

By: Christine Bryden

'Some days all I want to do is give up the constant, exhausting struggle and stop trying to be normal. But I can't. It's not in me to walk away from a fight. I'll keep fighting and telling my story. Before I forget.' When she was just 46, Christine Bryden - science advisor to the prime minister and single mother of three daughters - was diagnosed with younger-onset dementia. Doctors told her to get her affairs in order as she would soon be incapable of doing so. Twenty years later she is still thriving, still working hard to rewire her brain even as it loses its function. The unusually slow progress of her condition puts Christine in a unique position to describe the lived experience of dementia, a condition affecting tens of millions of people worldwide. In this revealing memoir, she looks back on her life in an effort to understand how her brain - once her greatest asset, now her greatest challenge - works now. She shares what it's like to start grasping for words that used to come easily. To be exhausted from visiting a new place. To suddenly realise you don't remember how to drive. To challenge, every day, the stereotype of the 'empty shell'. Brave and inspiring, this is Christine's legacy for people with dementia and those who care



about them. 'Christine teaches us that we are more than what our brains are capable of remembering, that while we can still breathe and love, we all have something important to contribute to this world.' Lisa Genova, author of bestseller Still Alice.



**Quiz and Crossword
Solutions from page 11**

Answers to Anagrams



- 6. CONCERTINA
- 5. CLARINET
- 4. HARPISCHORD
- 3. HARMONICA
- 2. ACCORDION
- 1. TRINAGLE



A son tells his mother he doesn't want to go to school today. When she asks why, he complains the teachers don't like him and the kids post dreadful things about him on social media. His mother replies; "Son you have to go - you're 47 years old and you're the principal."



"My doctor told me to avoid any unnecessary stress, so I didn't open his bill."

A man returns home from Africa feeling very ill. He goes to see his doctor, and is immediately rushed to the hospital for a range of extensive tests. The man wakes up after the tests in a private room at the hospital, and the phone by his bed rings.

"This is your doctor. We've had the results back from your tests and we've found you have an extremely nasty virus, which is extremely contagious.

"Oh my gosh," cries the man, who is in panic mode now.

"What are you going to do, doctor?"

Well we're going to put you on a diet of pizza, pancakes and pita bread."

"Will that cure me?" asked the man with hope.

The doctor replied, Well no, but... it's the only food we can get under the door.



A magician asked a lady from the audience to assist him on the stage with a card trick. When the lady arrived on the stage the magician asked her, "What is your favourite card?" The woman took no time in answering, "A credit card."



Flightless bird		Measuring stick		Halo		Tree	Longhand		Enemy		Albanian currency	
Rite							Long fish				Stopper	
						Continent						
						Beverage						
Hoarder		Timber							Moose			
		Meaning							Come into view			
						Additional					Succulent	Finished
						Simple seat						
Lodge	Delete						Adult insect					
	Vatican diplomat											
			Perform	Journey							Water barrier	
Country												
Short account				Mellifluous		Gratuity	Wear away					
							Long poem					
								Cogwheel				
Flange		Bulbous herb						Proboscis		Talon		Military
		Ruminant										
			Nothing			Hold fast				Be indebted to		Epoch
						Night before						
Unit of weight							Ice chest					
Lithesome	Strainer							Teem				
						Margin						

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 through 9.

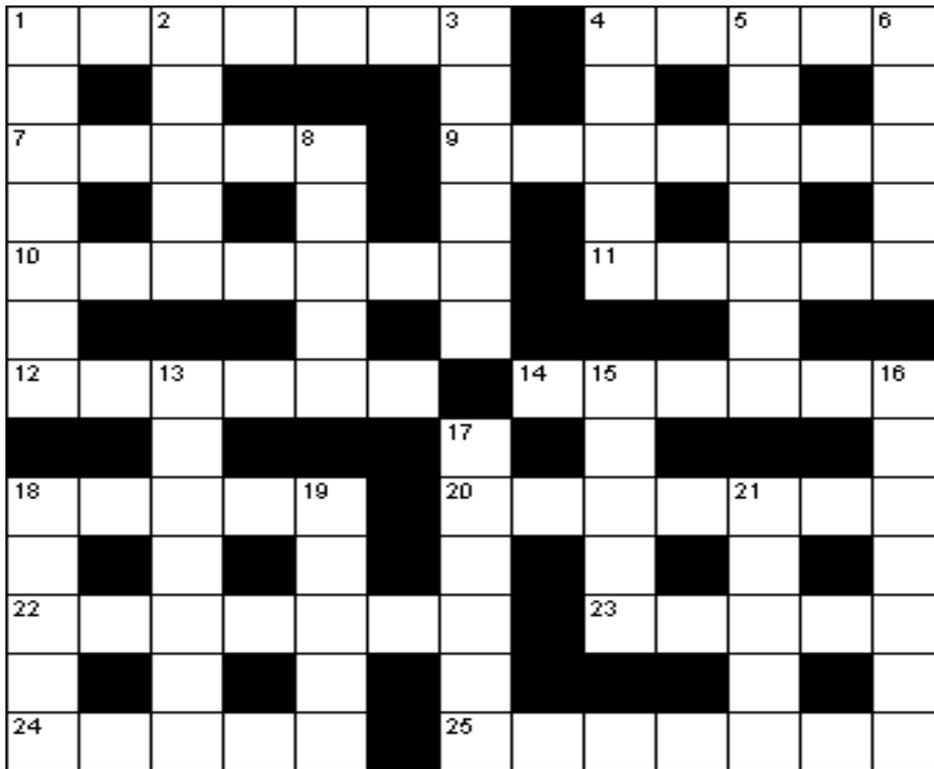
3			8		5			
				4				
	2			6	9			
8		2		5				
	9			6		1	7	
5				7			4	
	8		2					
	3		5			7		

LEVEL MEDIUM

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

LEVEL EASY

Mind Games



Across

1. Seafarer (7)
4. Attain (5)
7. Catlike mammal (5)
9. Type of rock (7)
10. Respire (7)
11. Gaze (5)
12. Resembling a horse (6)
14. Unit of time. (6)
18. Pandemonium (5)
20. Melodious (7)
22. Elusive (7)
23. Fibbing (5)
24. Foe (5)
25. Distinguished (7)

Down

1. Gruesome (7)
2. Variety show (5)
3. Elevated (6)
4. Parts of a ladder (5)
5. Fruit (7)
6. Precipitance (5)
8. Colossus (5)
13. Unwitting (7)
15. Tripod (5)
16. Joy (7)
17. Hinder (6)
18. Pancake (5)
19. Glossy (5)
21. Percussion instrument (5)

Word Search- Little and LARGE

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

**ANAGRAMS:
MUSICAL INSTRUMENTS**

1. RING LATE (8)
2. COCOA RIND (9)
3. ROAM CHINA (9)
4. PORCH RADISH (11)
5. NIL TRACE (8)
6. NICER CANTO (10)

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

ASTRONOMICAL, ATOM, COLOSSAL, DOT, ELEPHANTINE, ENORMOUS, GALACTIC, GARGANTUAN, GIANT, HUGE, IMMENSE, INFINITESTIMAL, IOTA, ISOTOPE, JOT, JUMBO, LARGE, LITTLE, MASSIVE, MICROBE, MICROSCOPIC, MINISCULE, MINUTE, MITE, MOLECULE, MONOLITHIC, MONUMENTAL, NEUTRON, NUCLEUS, PARTICLE, PINCH, POINT, PROTON, SCINTILLA, SMALL, SMIDGEN, SPECK, TINY, TREMENDOUS, VAST.

Answers : Page 10

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

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

Nurse Manager 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.

HAVILAH ON PALMERSTON ADMINISTRATION OFFICE HOURS

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

HARKNESS ST ADMINISTRATION OFFICE HOURS

MON-FRI 9.00 am—4.00 pm for account payments and enquiries 5467 7300