

HAVACHAT

Issue July 2017

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



Nancy enjoys pampering at Nail care.



Activities vary each day throughout Havilah.



Great minds at work, the boys are all concentrating hard at the memory Activity.



Judy and Betty solving the jigsaw puzzle.

Resident Meeting - Monday 10th July at 1.15pm in Callistemon Activities Room.

Resident Meeting Heath House - Monday 17th July at 2pm in Heath House.

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

RESIDENT SURVEY

RESIDENT SURVEYS - May 2017

Of the 81 (53 Harkness and 28 Raglan) residents surveyed:

100% of residents surveyed have stated staff call them by their preferred name.

98% of surveyed residents believe they are given enough emotional support.

98% of residents feel that staff are well trained with the knowledge and skills to meet their needs.

84% of surveyed residents have all their clothing clearly labelled.



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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 streaker though.



Earnestly speaking

Thoughts from Lauren Broomham



Craft activities have varied each week during the past month, Residents that attended have made Hedgehogs from Mills and Boon books and sunchasers from 1.25lt soft drink bottles. The placement students enjoyed the interaction with residents decorating cardboard cut into the shape of fish and covering them with colourful pattie pan papers.



NOTICE BOARD



The Football Tipping: After round 14 there has been a change in the leaders for the tipping competition. Arthur Barnes leads

with a score of 71, closely followed by Brian Dam and Cora Trower jointly on 70 points. Gus Hogg is in third position with 69 points. Barbara Erikson is very strong holding up the ladder sitting in last place with

MISSING HANDBAG

A resident is missing a Chinese styled handbag with a black background since the beginning of April, if any resident or family member knows of its whereabouts or have found

it please notify the reception desk in the main foyer. The bag is labelled with the residents name on the inside.

HAVILAH MAJOR RAFFLE



Winners of the major prizes in Havilah's major raffle were

Marlene Currie 1st Prize
Greg Murray 2nd Prize

The lucky winners will be able to spend \$10,000 and \$5,000 plus gst respectively on whatever they choose.

Havilah on Palmerston Chef, Greg was over the moon with his second prize. We had wonderful support from our staff this year so great to see staff featuring among the twelve winning draws this year.

Winners of the \$500 weekly draws were

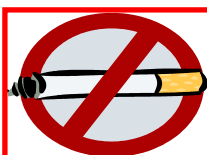
The 'M' Team, RAM Syndicate, Mike McCarthy, Stacey Baudendistel, Brendan's Tours, Kaye Mullane and Gaye Turner, Ange O'Shea, Debbie Walker Shane Dellavedova and Kelsey Hooper

386 of the 400 available tickets were sold this year. A magnificent effort. Thank you to all who bought tickets and to our ticket sellers. Raeleen put in a mammoth effort to bring the number up to 386, thank you Raeleen.

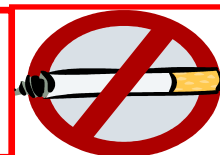
BOTTLED WATER

The project by Central Highlands Water to improve water quality is finally completed. As previously advised the bottled water will now be removed from the various areas. This was put in place originally during the drought when low water levels caused issue with water taste through the Maryborough supply. With the improved reticulated supply

this cost can no longer be warranted. For residents who choose to drink bottled water 150 ml bottles will be available for purchase at 50cents a bottle. This can be organised through the kitchen and also at reception. Residents can either pay for the water when they collect it or have it added to their fee account. Please ask staff to assist you if required.



**ALL HAVILAH SITES ARE NON SMOKING SITES.
PLEASE RESPECT THIS FOR THE SAFETY OF
RESIDENTS AND STAFF.**





THINGS MY MOTHER USED TO SAY

Go to your room.

Wait and See.

Ask your father.

Say pardon, not "what."

Back in my day.

HAVILAH HAIRDRESSER

**New Prices as from
Monday 3rd July 2017**

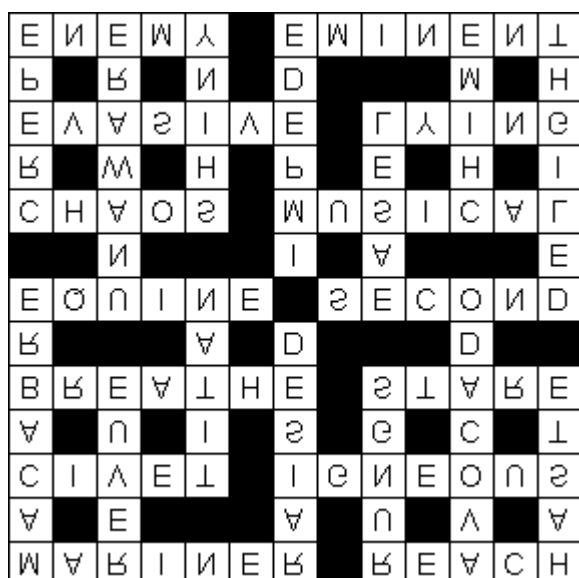


Clipper Haircuts	\$10.00
Mens Haircuts	\$20.00
Wash & Dry	\$10.00
Ladies Trims	\$25.00
Ladies Sets	\$25.00
Blow Wave	\$25.00
Your Colour & Blow Wave	\$60.00
Hair Colour & Blow Wave	\$80.00
Perms	\$80.00

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.



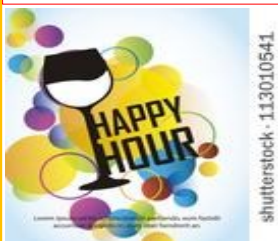
Answers to Anagrams

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

**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.

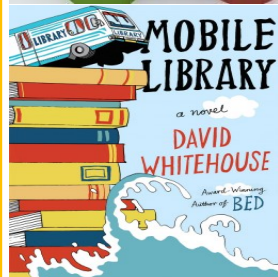
If you have an idea or suggestion for an outing, just let Activities Staff know and we will do our best to arrange the outing for you.



Resident/Advocate Meetings

Next meeting Monday 10th July 2017 at 1.15 pm

Heath House Tuesday 19 June 2017 at 2pm



Mobile Library— July Dates

Friday 14th and 28th July 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 2nd) 9.30am
 Special Bingo 1.30pm
Heath House "CAFÉ" 3.00pm
 Yummy Afternoon Tea;
 Milk Shakes; Iced Coffee



SUNDAY

Devonshire Afternoon Tea

Length of time at Havilah: I have been a resident in Havilah for just over 8 months.

My Story: I was born in Coburg and went to school in Coburg and Brunswick, when I left school I started work as a wheeler boy with Myer in the men's, children's shoes and travel goods. I was inscripted for National Service in 1951, when discharged worked as a labourer on the Vic railways and qualified as an examiner. In 1956 I joined the Commonwealth Peace Officer Guard, later to be known as the Commonwealth Police Force and then the Australian Federal Police and worked in the Australian Protective Services until retirement. I have 2 daughters, Jennifer and Melissa.

Things you used to do for fun: As a boy I always had an interest in how things worked, was a keen photographer and enjoyed going out shooting. I had a keen interest in Aboriginal archeology and aviation. (Learnt to fly and qualified.) Loved to attend old time dances

About where you have lived: I have lived in Coburg and Warrnambool, during my working years lived in Canberra and Darwin.

Travel, sport, passions: I have travelled as far as Darwin, and Adelaide, never been overseas.

Things you enjoy to do now: I love to have a good talk with fellow residents and take interest in what they have done in the past. Communicating is a great source to gain knowledge, still very interested in my past achievements.

Francis (Frank) Mason



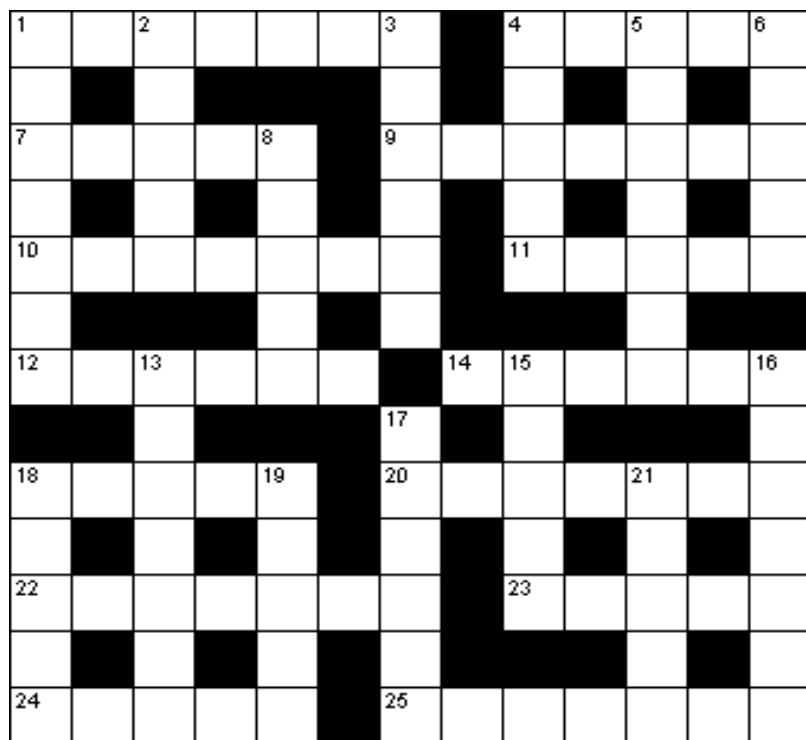
Favourite Topics: Anything and everything that I can get my teeth into.

Favourite Food and Music: Over the years I have come to enjoy most types of music and foods .

July 2017

Mo	Tue	Wed	Thu	Fri	Sat	Sun
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	30

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, INFINITESIMAL, 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.

Solutions can be found on page 5

Tips for Good Mental Health

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, work-mates 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.



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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.

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 dollar invested in depression and anxiety treatment, countries would get back 4 dollars due to people having better health and the ability to work.

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

HAV' A' LAUGH

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."



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 a 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.



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



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 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

CARDS (500)

4th Tuesday of each month at 6.30pm
Raglan House, 3rd Tuesday at 6.30pm
Harkness

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

ACTIVIES

Each Saturday at 1.30pm Callistemon House and every alternate Saturday at 9.30am.