

Please contact Jenni on 5461 7397 or email [jenni.dellavedova@havilah.org.au](mailto:jenni.dellavedova@havilah.org.au) if you would like your Havachat sent via email

HAVILAH WEBSITE:  
[www.havilah.org.au](http://www.havilah.org.au)

**Issued 1st July 2016**

# HAVACHAT

# Happy 100th



# Eileen

**Resident Meeting— Monday 11th July at 1.15 pm in Callistemon Activities Room.**

**Resident Meeting Heath House— Monday 18th July 2016.**

THESE MEETINGS ARE A FORUM FOR IDEAS AND NEW INITIATIVES  
TO BENEFIT RESIDENTS AND FAMILIES. WE WELCOME YOUR INPUT.

# HAVILAH MAJOR RAFFLE

**1<sup>ST</sup> Prize \$10,000 Goods/Services Retailer/s of choice**

**2<sup>nd</sup> Prize \$5,000 Goods/Services Retailer/s of choice**

**Plus 10 x \$500 early bird prizes Goods/Services Retailer/s of choice.**



**Winner Week 1: Ticket 046 Stringers Dairies**

**Winner Week 2: Ticket 242 Rosa Mc Quilten**

**Winner Week 3: Ticket 290 Jamie Bond**

**Winner Week 4: Ticket 008 Peter Morter**

**Winner Week 5: Ticket 322 "Pommie" Willis**

**Winner Week 6: Ticket 356 Ken Jacka**

**Winner Week 7: Ticket 230 Sally Nankervis**

**Winner Week 8: Ticket 159 Janelle Peart**

**Winner Week 9: Ticket 396 Fred Pascoe**

**Winner Week 10: Ticket 120 Horwill Family**

## Major Winners

**1st Prize (\$10,000 Goods/ Services) : Ticket 236 Grace Rootes**

**2nd Prize (\$5,000 Goods/ Services) : Ticket 16 Mick (Midland Irrigation)**

**Thank you to everyone for your generous support.**

## Signing In and Out

*We ask that all residents and their families please complete the details in the Sign Out Book when leaving Havilah and when returning.*

**The information required includes:** Residents Name, Where they are going, Who with, Time out, Approximate time due back, Returned time, Signature and Date.

*Your assistance with this is much appreciated.*

Hi from the desk of the Director of Care,

Well it looks like the (Mighty Pie's) are not destined to make the cut this year, so like all good pie supporters I will become an introvert and withdraw from the footy society (*rubs tears from eyes*).



The election is this weekend (2<sup>nd</sup> July) and residents were given the opportunity to vote with the mobile voting people visiting Havilah. I hope all that were able cast their vote.

Medications at Havilah: A reminder to family and friends that all our residents medications are prescribed by the Doctor and doses are specific to individual residents. If your family member asks for medication e.g. (Panadol) please seek out the nursing staff as you may be overdosing your loved one as they are likely to be on regular medication that could have the same ingredients in them.

We have two systems at Havilah for administering medications :

1: The nursing staff administers all medications for the resident.

2: The resident has the choice to self-administer some or all of their own medications. If a resident requests to self-administer some or all of their medication there is a formal process that the resident must complete. This process is reviewed every 3 months and is signed off by the Doctor as being able to self-medicate. Documentation still needs to be completed for over the counter medication that you self medicate. This is a legislative requirement and not a Havilah specific rule. We appreciate your co-operation in relation to this.

Dave



## ***Blumes Fashion Parade***

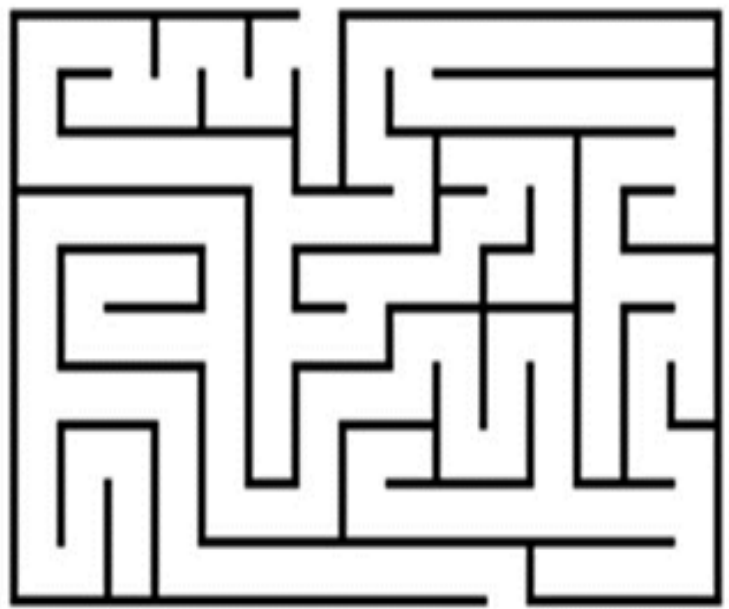
***1.30pm Tuesday 5th July  
In the main Havilah lounge***

Fashion show and talk about Blumes range of casual clothing for mature ladies.

Garments are fully machine washable and drip dry. There will be Winter Specials and payment can be cash, cheque and credit card.

Residents to be seated by 1.30pm ready for the show/talk, then ladies can browse, try on and purchase if you wish.

Family members welcome.



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.

YOU WILL BE KEPT INFORMED VIA STAFF AND THROUGH THE PUBLIC ADDRESS SYSTEM.

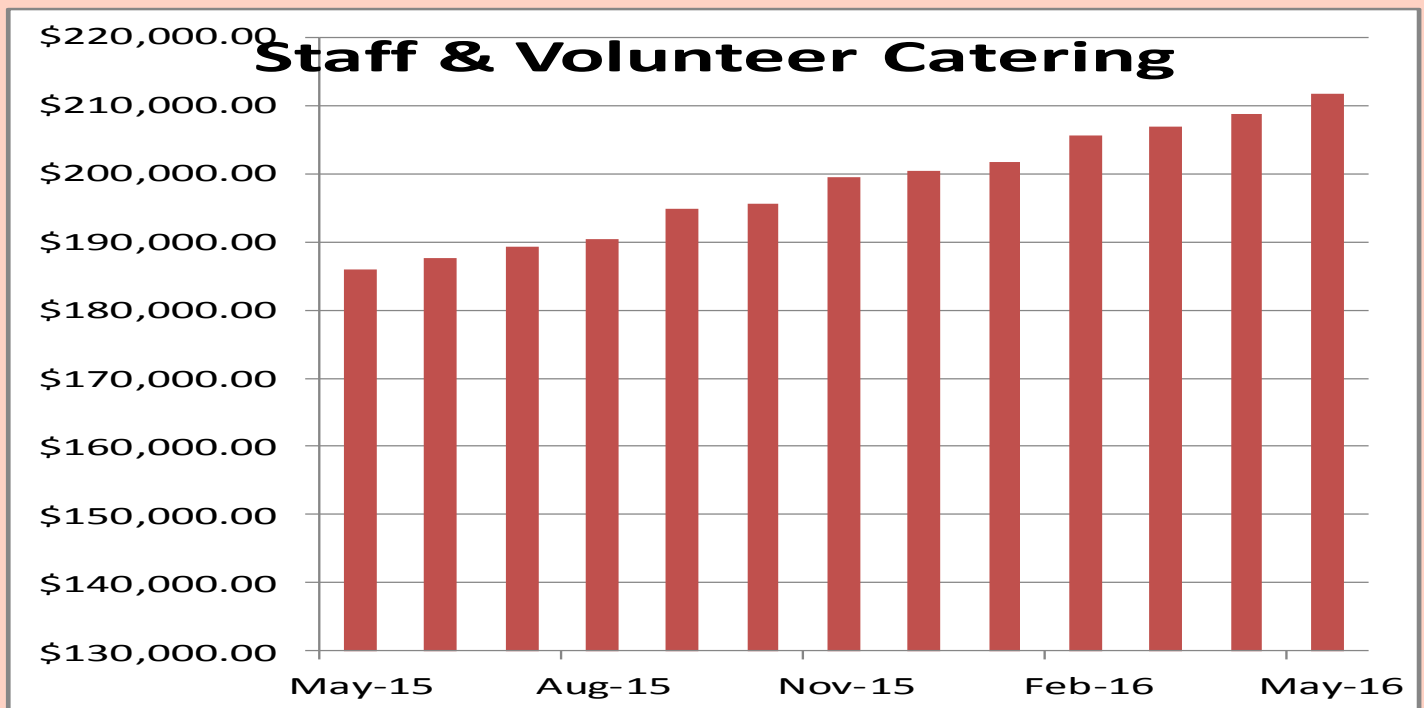


Jumbled word - TELEPHONE

1. HELP
2. PEEL
3. NOTE



This table shows the amount of fundraising provided by Havilah volunteer catering group. The Group provides catering for birthdays, parties, funerals and weekly dinners for Maryborough Rotary. New volunteers are always welcome. Please see Sue or Raeleen.



### RESIDENT SURVEYS - May 2016:

Of the 65 (42 Harkness + 23 Raglan) residents surveyed:

98.5% of residents surveyed said they are aware they need to sign the book if they are going out and then sign in when they return. 1.5% is now aware.

100% of residents surveyed said they find the cleaning staff courteous.

100% said they find the care staff to be friendly and courteous.

100% of residents surveyed said they feel they receive their medications within a reasonable time frame.



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





**Eileen Bruce**

### July 2016

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

#### Things you enjoy to do now:

I enjoy reading, walking in the garden, watching TV and seeing my family.

#### Your favourite topics:

Mostly the daily news.

#### Favourite music and food:

I enjoy all music and most foods.

#### July....

**Name:** Eileen Bruce

**Length of time at Havilah:** 1 year and 9 months.

**My Story:** I was born in Swan Hill on 28th June 1916 and was educated at Saint Mary's and the Swan Hill High School. I mainly helped at home and in the orchard. I worked as a reliever in a shoe shop for a while and later in several shops in Swan Hill. I have two children Graeme (dec) and Lesley who lives in Maryborough.

#### Things you used to do for fun:

Swim in the river, ride our bikes around the country side, play tennis and generally have fun.

#### About where you have lived:

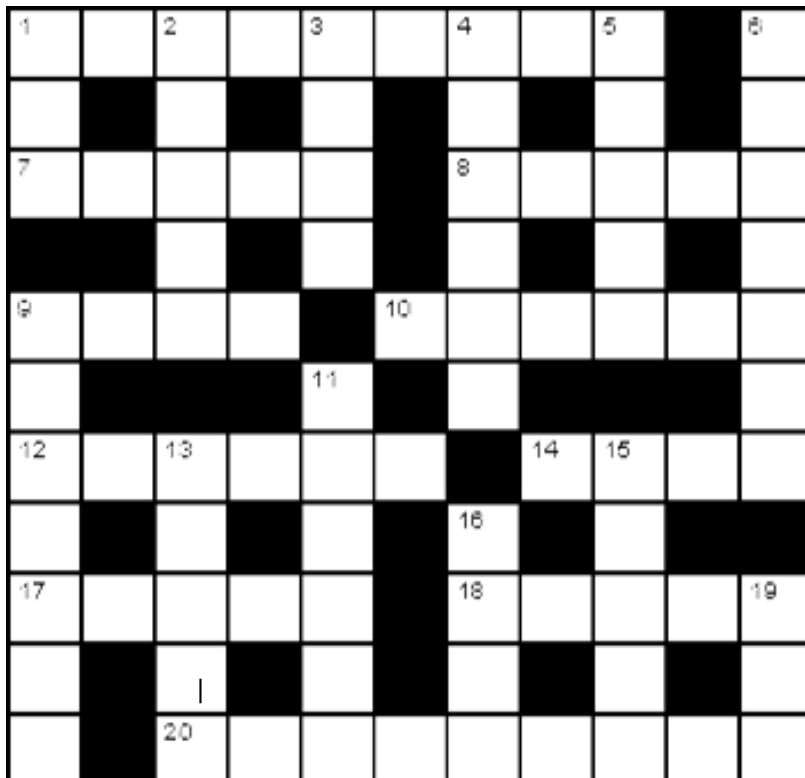
I have lived in Lake Cargelligo NSW, Marree SA and Mackay QLD.

#### Travel, sport, passions:

I have travelled to New Zealand three times and Tasmania three times. Also Norfolk Island, Kangaroo Island and many parts of Australia.



# Mind Games



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

Can you find the hidden words? They may be horizontal, vertical, diagonal, forwards or backwards.

**WORD SEARCH—What's your Game?**

## ACROSS

1. Molecules (9)
7. Spear (5)
8. Arithmetical operation (5)
9. Light fog (4)
10. Reply (6)
12. Ploy (6)
14. Matured (4)
17. Debate (5)
18. Tip over (5)
20. Study of the universe (9)

## DOWN

1. Buddy (3)
2. Parts of a ladder (5)
3. Mountain goat (4)
4. Dirge (6)
5. Tendon (5)
6. Made certain (7)
9. Tycoon (7)
11. Turn aside (6)
13. Molten rock (5)
15. Zest (5)
16. Japanese wrestler (4)
19. Plaything (3)

Can you rearrange the jumbled letters into a 9-letter word which will help you speak to someone? H T P E O E L E N

Can you also use some of the letters to find three 4-letter words with the following meanings?

1. Assist
2. Skin of an orange
3. Music symbol

BACCARAT, BLACKJACK, BRIDGE, CANFIELD, CASINO, CHICAGO, CLOCK, CRIBBAGE, ECARTE, EUCHRE, FANTAN, GO FISH, HEARTS, KLONDIKE, MICHIGAN, NEWMARKET, OLD MAID, PATIENCE, PIQUET, POKER, PYRAMID, SEVENS, SNAP, SOLITAIRE, SPIDER, STOPS, TWENTY-ONE, WHIST.

## GREAT THINGS TO DO IN JULY

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

**HAPPY HOUR EACH FRIDAY 4.30—5.30pm**

Live entertainment in main Dining Room.

Happy Hour activities continue at Heath House



**CHURCH SERVICES – all Services begin at 10.30 am**

**Wed 6<sup>th</sup>**

**Uniting Church**

**Wed 13<sup>th</sup>**

**Salvation Army Church**

**Wed 20<sup>th</sup>**

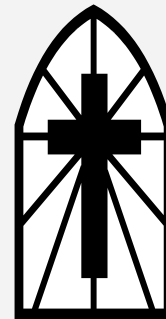
**Wattle City Church**

**Tue 26<sup>th</sup>**

**Anglican Church**

**Wed 27<sup>nd</sup>**

**Catholic Church**



### SPECIAL EVENTS

**Tue 5<sup>th</sup>**

**Blooms Fashion Parade**

**Sat 9<sup>th</sup>**

**Special Bingo 1.30pm**

**Thu 14<sup>th</sup>**

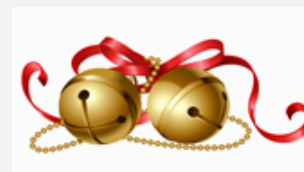
**Christmas in July Luncheon**

**Tue 19<sup>th</sup>**

**Games Evening 6.30pm**

**Sat 23<sup>rd</sup>**

**Special Bingo 1.30pm**





## WEEKLY ACTIVITIES

**BUS TRIPS** – Mondays and Fridays  
Wednesdays Heath House



**Nail Pedicure Pampers** - Monday mornings

**Foot Spas** - Monday and Thursday mornings each week



**BINGO at 1.45pm** every Monday, Tuesday, Thursday & Friday (Callistemon Activities Room)

**INDOOR BOWLS** - Wednesdays 1.30pm  
(Callistemon Activities Room)



**MAR-BOWLS** - Tuesdays 1.30pm Correa Lounge

**SPECIAL MORNING TEA** - Tuesdays 10.00am (Main Dining Room)

**HAPPY HOUR EACH FRIDAY at 4.30 PM**



**TUESDAY -** Street Walk 1.30pm

Afternoon Cards 3.15 pm

**WEDNESDAY -** Strength exercises 11.15am however will not be on  
from 15 June until 11th July as Rhonda on leave.

Cooking classes 3.15pm

**THURSDAY -** Craft Group 3.15pm

**FRIDAY -** Video in Lounge 3.15pm

**SATURDAY -** **Heath House “CAFÉ” 3.00pm**

Yummy Afternoon Tea;

Milk Shakes; Iced Coffee

**SUNDAY -** Devonshire Afternoon Tea



**COOKED BREAKFAST 1st Monday of Each Month**

## CONTACTING STAFF

You can contact staff by using your **room phone**

**In the main building** Ring 370 between 7am and 11 pm; or 367 between 11 pm and 7 am

**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**, if there is no answer on this number the call will be diverted to staff on the floor.

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 AND COMPLAINTS FORMS ARE AVAILABLE IN THE FOYERS OF BOTH BUILDINGS

Residents and families are encouraged to communicate any issues they may have. There is a **Director of Care (RN1)** 54 617489 or internal dial 489. Email [dave.burridge@havilah.org.au](mailto:dave.burridge@havilah.org.au)

The RN Nursing Supervisor can be contacted on 5461 7394 or by internal dial 394.

The **Heath House** Team Leader / Senior can be contacted on 5461 7461 or Internal Dial 461

The **Director of Human Services Kelsey Hooper** on 5461 7383 Internal Dial 383 email: [dhs@havilah.org.au](mailto:dhs@havilah.org.au).

You can also contact: **CEO Barb Duffin** 5461 7381 Internal Dial 381 Mobile 0429 617380 email: [barbceo@havilah.org.au](mailto:barbceo@havilah.org.au)

If you report an issue to any staff member they will fill out a form on your behalf.

Complaints can be made openly, anonymously or your name can be kept confidential.

Havilah respects the right of residents and families to raise complaints anonymously, however it is more difficult to obtain the best outcome from anonymous complaints or feed back 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: Families or residents can contact Havilah 24 hours a day, 7 days a week on Email: [mail@havilah.org.au](mailto:mail@havilah.org.au) or Telephone: 5461 7387. Leave a message if it is out of office hours and staff will get back to you as soon as possible.

Residents can contact Rhonda simply by pressing the numbers 387 on room telephones.

## 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





# HAV'A'LAUGH

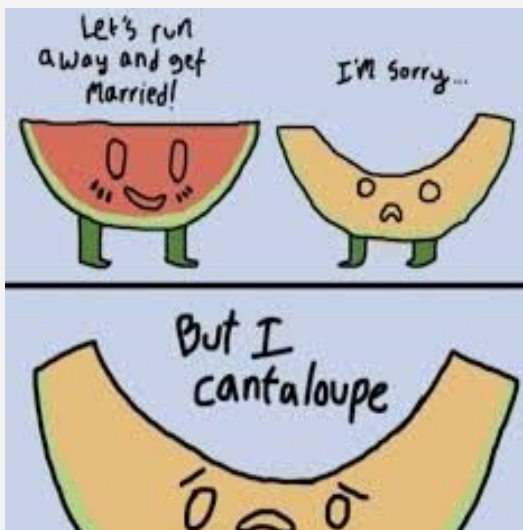


A young man named Geoff received a parrot named 'Max' as a gift. The parrot had a bad attitude and an even worse vocabulary. Every word out of the bird's mouth was rude, obnoxious and laced with profanity. Geoff tried and tried to change the bird's attitude by consistently saying only polite words, playing soft music and anything else he could think of to 'clean up' the bird's vocabulary.

Finally, Geoff was fed up and he yelled at the parrot. The parrot yelled back. Geoff shook the parrot and the parrot got angrier and even ruder. Geoff, in desperation, threw up his hand, grabbed the bird and put him in the freezer. For a few minutes the parrot squawked and kicked and screamed. Then suddenly there was total quiet. Not a peep was heard for over a minute.

Fearing that he'd hurt the parrot, Geoff quickly opened the door to the freezer. The parrot calmly stepped out onto Geoff's outstretched arms and said, 'I believe I may have offended you with my rude language and actions. I'm sincerely remorseful for my inappropriate transgressions and I fully intend to do everything I can to correct my rude and unforgivable behavior.'

Geoff was stunned at the change in the bird's attitude. As he was about to ask the parrot what had made such a dramatic change in his behavior, the bird continued, 'May I ask what the turkey did?'



What do you call bears with no ears? B

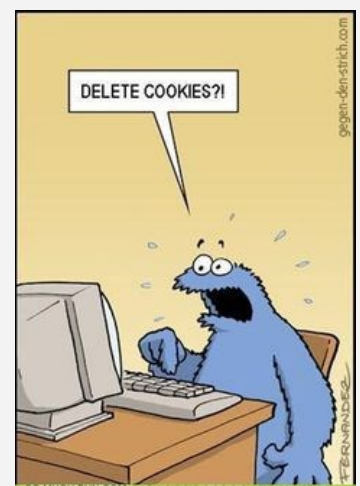
I went in to a pet shop. I said, "Can I buy a gold-fish?" The guy said, "Do you want an aquarium?" I said, "I don't care what star sign it is."

A dyslexic man walks into a bra.

I hope the children will never find out why I say 'oooops....' so often when I vacuum their rooms.



Knock Knock.  
Who's There?  
To.  
To Who?  
It's To Whom





# HAVACHAT

## RETIREMENT LIVING ACTIVITIES

Please contact **Keith Fankhauser** for Havilah on Palmerston and Raglan House Phone: 5459 0169 Mobile: 0408 774 715  
Email: [keith.fankhauser@havilah.org.au](mailto:keith.fankhauser@havilah.org.au)  
OR **Sue Edmondson** 54617390 for Harkness Street

<b>MOVIE NIGHT</b>	First Monday of the month at 7pm Havilah on Palmerston (enter through Raglan House)
<b>CARDS (500)</b>	4th Thursday of each month at 7.00 pm Raglan House
<b>INDOOR BOWLS</b>	Each Friday at 10am Raglan House
<b>GAMES NIGHT</b>	This months Games night is on Tuesday 19th July at 6.30 pm at Harkness Street
<b>CARDS (Show Poker)</b>	Each Tuesday 3.15 pm in Callistemon House
<b>STRENGTH EXERCISES</b>	Each Wednesday 11.15 am in Callistemon House however will not be back on until 11th July.
<b>HAPPY HOUR</b>	Each Friday at 4.30 pm in the Main Lounge at Harkness St
<b>SPECIAL BINGO</b>	Sat 9th and Sat 23rd July in Callistemon House
<b>SPECIAL EVENT</b> Blumes Fashion Parade	Tue 5th July 1.30pm in main lounge at Harkness Street. (Refer P3 of Havachat)

Harkness Retirement Residents have access to **HAIRDRESSING** and **MEALS** at both sites and also **FOOTCARE** and **PODIATRY** .

Please contact Raeleen or Rhonda if you would like to make use of any of these services.