

HAVACHAT

Issue August 2019

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



Christmas in July was a huge success again this year, each year is getting bigger and better for all to enjoy. Many compliments were received from residents family and friends who attended either the morning tea or lunch. The kitchen and lifestyle staff excelled themselves with the delicious meals and decorations to enhance the atmosphere.



Cheers Betty.



Esma and Murray joining the fun.



Les had a cracker of a time.

**Resident Meeting - Monday 12th August 2019 at 1.15pm in Callistemon Activities Room.
Resident Meeting Heath House - 19th August 2019 at 2pm in Heath House.**

THESE MEETINGS ARE FORUMS FOR YOUR IDEAS AND NEW INITIATIVES—WE WELCOME YOUR INPUT

PHOTO GALLERY



Top Left: Phil Hooper and Shirley Ohlsen enjoyed their meal with mum Nancy.

Bottom Left: Leo and wife Cath .

Top Right: Elaine welcomed daughter Rosemary and son in law John for the festivities.

Bottom Right:: Mary with family, son Steve, daughter in law Lisa and grandson Oscar .



Aged Care Employee Day

Celebrating and honouring those who care

Show your support on
**WEDNESDAY
7 AUGUST**

agedcareday.com.au

On Wednesday 7 August we celebrate each and every team member involved in the journey of caring for older Australians,

All Australians are urged to reach out to people they know who work in aged care on **Wednesday 7 August** this year and help recognise the contribution they make to the lives of our older citizens and communities.

Visit agedcareday.com.au to find out more.

From the nurses and care workers, to the cooks and hospitality teams, to the drivers, cleaners and laundry employees, to the volunteers, to the leisure and lifestyle officers and administration teams – this is a day to recognise the entire workforce.

Aged Care Employee Day is a national day to thank, honour and celebrate the more than 365,000 people who work to care for and support around 1.3 million older Australians who receive care either in their home or in residential facilities.

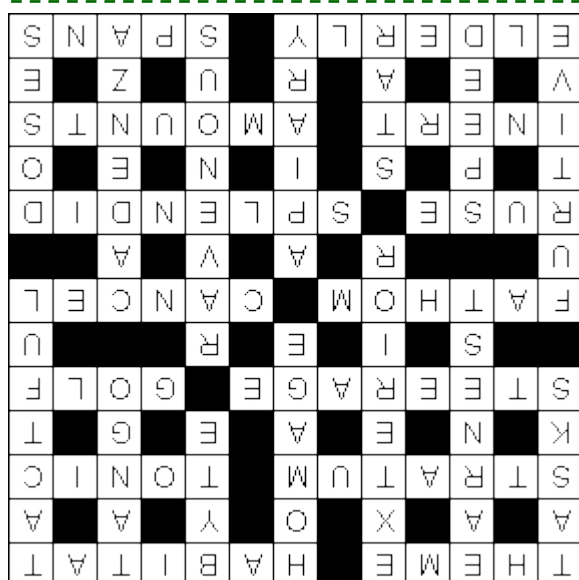
**TAKE A MOMENT TO SAY
THANK YOU**

SPREAD THE WORD

Let your friends and family know that a national day has been created for this special group of people!

LIFESTYLE

Havilah have their own Resident masseur who is available for massages at a cost of \$30 per session. If you would like to enquire about booking a session please contact Sue or Jo on 5461 7390.

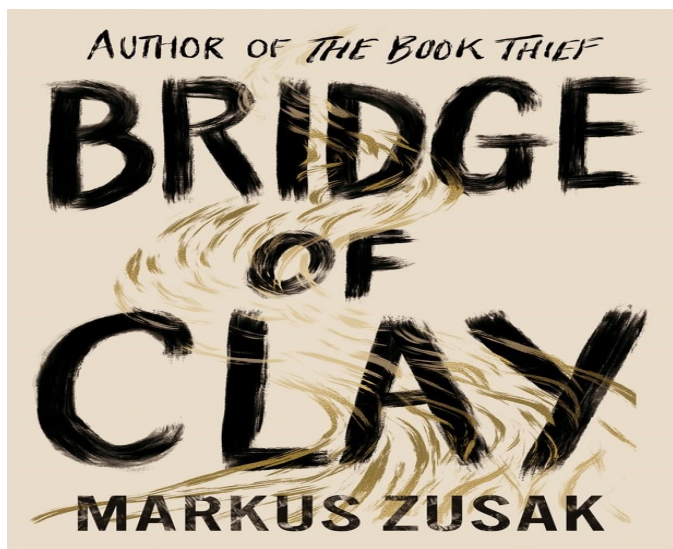


**Quiz and
Crossword
Solutions
from page 8**



Answers to Quiz

1. Western Australia.
2. R.B & C.H Smith
3. 1885.
4. The British Empire Games.



Bridge of Clay is set in a Sydney suburb with sections located in the outback, and it tells the story of the five Dunbar brothers, Mathew, Rory, Henry, Clay and Tommy, a 'family of ramshackle tragedy'. Mathew is telling the story eleven years after the central events. Cryptically, he reveals that in the beginning 'there was a murderer, a mule and Clay.' How could the reader *not* be intrigued?

The murderer turns out to be the boys' father, Michael Dunbar, who has walked out on them following the death of their mother Penny from cancer.

The boys are living on their own with an array of animals and no adult supervision, while Mathew is, at first,

the only earner. In their disorder, however, there is some order, and their neighbour Mrs. Chilman keeps an eye out.

Things take a significant turn when their father comes back, seeking help to build a bridge near the farm where he now lives. From that juncture in the narrative Mathew weaves his tale, going back to the details of Penny and Michael Dunbar's story, how they came to Archer Street and the happy life they had there with their sons.

We know that Penny has died, but it is in the telling of her journey to death that Zusak is at his strongest, as Mathew tells it: "She would never see us grow up. Just cry and silently cry. She'd never see my brothers finish high school, and other absurdist milestones; she'd never see us struggling and suffering, the first time we put on a tie. She wouldn't be there to quiz first girlfriends. Had this girl ever heard of Chopin? Did she know of the great Achilles? All these silly things, all laden with beautiful meaning"

It is Clay who decides to go and help his father, and as the novel progresses we understand why. The book is fundamentally about love and loss, and ultimately the ties that bind - but to reveal any more would be to spoil the narrative.

WEIRD and WONDERFUL WORDS

WABBIT - Scottish, exhausted or slightly unwell

Why do we wait until a PIG is dead , to CURE it?

Why do we wash BATH TOWELS—aren't we clean when we use them?

Why doesn't GLUE stick to the inside of the bottle?

Why do people who know the least know it the loudest?

Why do psychics have to ask for your name?

When companies ship Styrofoam, what do they pack it in?

What was the best thing before sliced bread?

How come abbreviated is such a long word?

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.

GREAT THINGS TO DO



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.

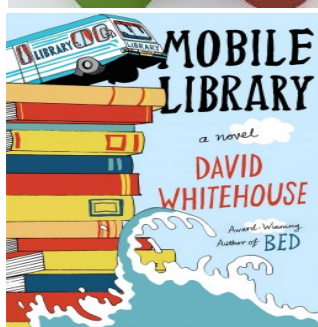
If you have an idea or suggestion for an outing, just let Lifestyle Staff know and we will do our best to arrange the outing for you.



Resident/Advocate Meetings

Next meeting Monday 12th August 2019 at 1.15 pm

Heath House Monday 19th August 2019 at 2pm



Mobile Library - August and September Dates:

August 16th and 30th

September 13th and 27th

Commencing 10.15 am

Grevillea Atrium

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 10.30am |
| SALVATION ARMY - | 2nd Wednesday each Month 10.30am |
| WATTLE CITY CHURCH - | None for the months of August |
| 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

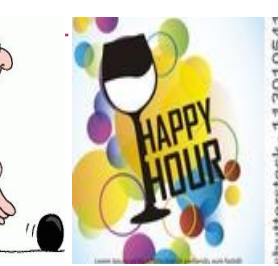
WEDNESDAY
Strength Training 11.15am
Indoor Bowls 1.30pm
Movie Afternoon 1.30pm
Bus Trip (Heath House) 1.30pm
Cooking classes 3.15pm

THURSDAY Foot Spa 9.30am
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 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 10.30am & 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

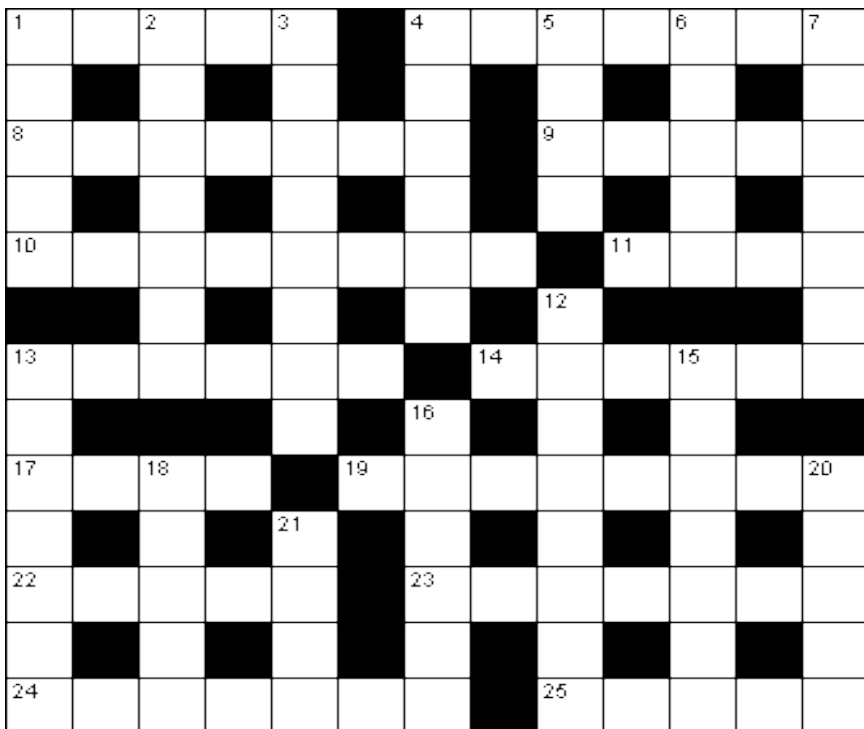
THURSDAY
Activity Time 10.30am,
1.45pm & 6.00pm
Cooking 1.30pm
Sonas 4.00pm

FRIDAY
Activity Time 10.30am,
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. Just ask for Lifestyle Staff and they will come and attend you.



Across:

1. Topic (5)
4. Environment (7)
8. Layer (7)
9. Soda water (5)
10. Cheap passage (8)
11. Sport (4)
13. Six feet deep in water (6)
14. Invalidate (6)
17. Artifice (4)
19. Glorious (8)
22. Torpid (5)
23. Quantities (7)
24. Aged (7)
25. Covers a wide area (5)

Down:

1. Chores (50)
2. Sincere (7)
3. Outside (8)
4. Respectful deference (6)
5. Computer memory unit (4)
6. Latin American dance (5)
7. Diplomatic (7)
12. Famished (8)
13. Surreptitious
15. Brilliant musical passage (7)
16. Bee house (6)
18. Velocity (5)
20. Measured portions of medicine (5)
21. Celestial body (4)

WORD SEARCH - Birds of Prey

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

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

BUZZARD, CARACARA, CONDOR, EAGLE,
FALCON, HARRIEER, HAWK, JAEGER, KESTREL, KITE,
LAMMERGEIER, OSPREY, OWL, PERREGRINE FALCON,
ROADRUNNER, SECRETARY BIRD, SPARROWHAWK,
VULTURE

QUIZ

1. In which state would you find Pinjarra?
2. Who invented the "Stump Jump" plough?
3. 3. In which year were trams introduced to Melbourne?
4. What were the Commonwealth Games originally called?

Reg Solomano

Length of time at Havilah:

I have been a resident for a short time at Havilah, only 2^{1/2} months.

My Story:

I was born in Talbot, the youngest of six, educated at the local primary school and continued my education at the Maryborough Technical College. When I left school, obtained an apprenticeship as a carpenter and joiner at local firm Phelans and Sons. After my father died I returned to the family dairy and poultry farm at Talbot where we supplied cream and eggs to the local Butter factory and Egg board. I stayed on the farm for another 10 years before my mother and I moved to Footscray, that began my career in the retail game with Myer Melbourne in the sports department which lasted over 30 years. I then moved to Healseville to breed cows, goats, turkeys, ducks, variety of breeds of chooks, and also Siamese and Burmese cats. The farm was known locally as Old McDonalds farm, I won many prizes at agricultural shows including the Melbourne show. In the late 1980's I moved to the Queensland coast to manage a 60 bed motel for 3 years before buying another farm Old McDonalds farm at Condon, I lived there for 10 years. Upon retirement I moved to Tweed Heads for eight years, after which I moved back to Maryborough 4 years ago to live with my only surviving sibling, my older sister Rene.

Things you used to do for fun:

I played a lot of tennis in my day, enjoyed attending old time dances, especially the well known Workers Hall in Maryborough, playing cards was also a great pastime as a kid and adult.

About where you have lived:

I have lived in various parts of Victoria and Queensland as mentioned above.

Travel, sport, passions:

I have had numerous overseas trips, travelled to the USA, UK Italy, China, also travelling with friends.

Things you enjoy to do now:

I still enjoy playing cards (500) at the local club, still keep in touch with old friends on a regular basis and being involved in various Havilah activities.



I like to keep the brain active and play games on the laptop and do word searches.

Your favourite topics:

I am an avid viewer of Bold and the Beautiful, have been for 30 years plus, quiz shows and watching the football and enjoy having a chat with co-residents.

Favourite Food and Music:

I like the music from the 60's-80's the best and favourite foods would have to be a great lasagne and of course I have a sweet tooth and enjoy all desserts.

August 2019

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		



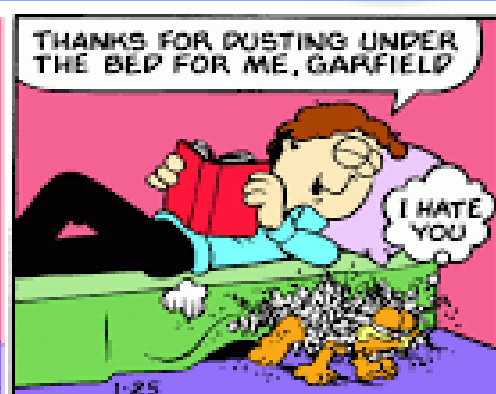
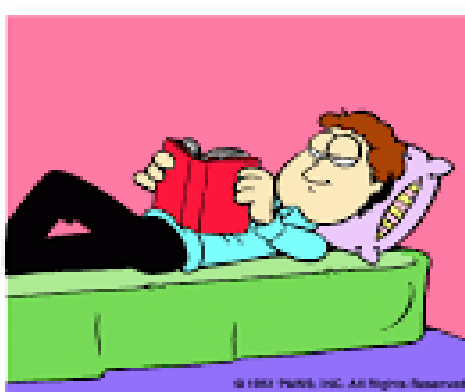
Rhonda James our physio will be away for 6 weeks, Monday 15th July and returning to work on Monday 26th August. During this time an extra session of chair-bics will be held each Wednesday to replace the strength training sessions.



FALLS PREVENTION

Things to consider:

- Be active everyday.
- Go for a short walk with a friend.
- Participate in exercise classes.



The AFL Footy season is rapidly approaching the crucial time of the season with round 19 being played and teams are trying to cement their final placings.

The ladder is showing a very close competition amongst the tipsters, Faye Share is leading with 100 points closely followed by a group in second place on 99 points. They are Brian Dam, Phillip Ervin, Elaine Krause, Betty Fleming and Neeta Dowling.

Graham Milne and Pat Wall are in third place with 98 points.

The last placing with 72 points, holding up the ladder is Shirley Nicholson, Shirley has held this position for the entire season.

From the 19 rounds already played there has been 15 tipsters who have picked a full house in the rounds that have been played.

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.

RESIDENT SURVEY - June 2019

Of the 31 residents surveyed at Harkness:

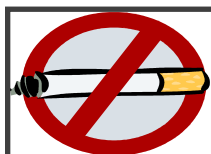


100% of surveyed residents indicated that most of the time or always they have enough privacy when dressing, taking a shower or bathing.

100% of residents surveyed are encouraged to maintain as much mobility/dexterity as possible most of the time or always.

93% of residents strongly agreed that they receive a copy of the Havachat newsletter each month.

100% of surveyed residents agreed or strongly agreed that they are satisfied with the amount of food they receive.



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

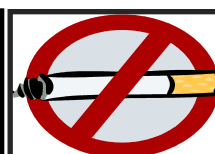


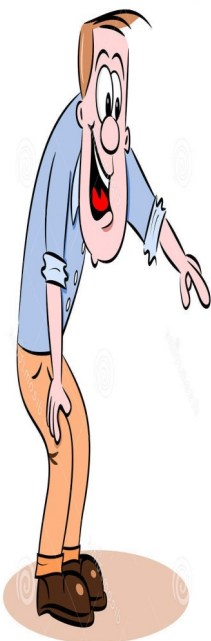
PHOTO GALLERY



Daisy the Dachshund was very playful and excitable when she visited recently, residents enjoyed the friendly little girl giving her plenty of cuddles and pats.



HAV'A LAUGH



There was this guy at a bar, just looking at his drink. He stays like that for a half hour. Then a big trouble making truck driver steps next to him, takes the drink from the guy, & just drinks it all down. The poor man starts crying. The truck driver says, "Come on man, I was just joking. Here, I'll buy you another drink.

I just can't stand to see a man cry." "No, it's not that," the man replies, wiping his tears, "This day is the worst of my life. First, I oversleep & I go in late to my office. My outraged boss fires me.

When I leave the building to go to my car, I find out it was stolen. The police say they can do nothing. I get a cab to go home, & when I get out, I remember I left my wallet. The cab driver just drives away. I go inside my house where I find my wife in bed with the gardener. I leave my home, come to this bar, & just when I was thinking about putting an end to my life, you show up & drink my poison."

Two lawyers walking through the woods spotted a vicious looking bear. The first lawyer immediately opened his briefcase, pulled out a pair of sneakers and started putting them on. The second lawyer looked at him and said, "You're crazy! You'll never be able to outrun that bear!" "I don't have to," the first lawyer replied. "I only have to outrun you."



A woman on the phone to her friend; I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising.... I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But, by the time I got my leotards on, the class was over.

In a Catholic school cafeteria, a nun places a note in front of a pile of apples, "Only take one. God is watching." Further down the line is a pile of cookies. A little boy makes his own note, "Take all you want. God is watching the apples."

The Central Highlands Library service visits Harkness Street every second Friday in the month.

Come and talk to Kerry the Librarian who will help you find the book you are after.

There is 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 Grevillea Atrium from 10.15am - 11.15am.



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 you would like the 'Second Choice' shown on the menu. The first and second choice change every day. There are also choices listed for soft and pureed diets including sweets. Just in case you do not like either choice offered there are additional alternatives available every day and these are listed on the menu. Please advise kitchen staff at breakfast or up to 10.00am if you would like one of the Lunch alternates rather than what is being offered as first or second choice. For those who have breakfast in your room the daily menu is included on your breakfast tray. Please inform the care staff of your choices for the day.

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

Additional 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 or by 10 a.m. for lunch and by 3pm for tea.

For breakfast residents may have whatever cereals and breads they wish. Please notify the kitchen who will arrange to get this in if it is not held as normal stock.

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, Special Morning Tea on Tuesdays and Sunday Devonshire afternoon tea without charge. Tea and coffee making facilities and biscuits are on hand in the kitchenettes for residents and visitors.

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.

REPORTING FOOD BROUGHT IN FOR RESIDENTS

As all food prepared by Havilah is closely monitored under the Food Safety Standards it is a requirement that **All food brought in to Havilah** by residents or their families/visitors must be reported. There is a register available in each Foyer and in the Kitchen for you to record this. Food put in the fridges must have the resident's name and the date clearly marked. Your assistance with this is appreciated.

If there is food that you enjoy that you would like to see on the menu you can discuss this with Food Services Manager Di Jackson or alternatively fill out a form and place in the Suggestion Box.

If you want to make a comment, suggestion, complaint or compliment but are unsure how to go about this, please ask a staff member to assist you.

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.

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 at the nurses station in Grevillea to

provide greater accessibility to staff for families.

Please make use of these 'phones as needed

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

FEEDBACK Residents and families are encouraged to communicate any issues they may have. We welcome feedback from residents, families and visitors and provide the 'Comment, Suggestion, Complaint and Compliment' forms at the main Havilah entrances. We strive to continuously improve our service and look forward to working with you to achieve the best possible outcomes for residents. You can also speak to the Unit Manager or Supervisor in your area or alternatively please contact

Director of Care Allison O'Connell

54 617383 email:

allison.oconnell@havilah.org.au

or CEO Barb Duffin 54617381 OR

0429617380 email:

barb.duffin@havilah.org.au

External Complaints through the Aged Care Quality and Safety Commission: 1800 951 822

Elders Rights Advocacy (ERA): 1800 700 600

Email: era@era.asn.au www.era.asn.au

ERA is a member of OPAN the Older Persons Advocacy Network, delivering the National Aged Care Advocacy Program, an Australian Government Initiative providing advocacy services to recipients of Australian Government Aged Care Services.

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: 54617387. 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.**



RETIREMENT LIVING RESIDENTS ARE WELCOME TO ATTEND ACTIVITIES OVER BOTH SITES Please contact **Kim Davidson** for **Havilah on Palmerston and Raglan House**
 Phone: 5459 0169 OR
Sue Edmondson 54617390 for **Harkness Street**

HAVILAH AT HARKNESS	
INDOOR BOWLS	Each WEDNESDAY 1.30 pm
MOVIES AT HARKNESS	Check out the NOW SHOWING in the Grevillea Theatre
CARDS (show Poker)	Each TUESDAY 3.15 PM in Callistemon
STRENGTH EXERCISES	Each WEDNESDAY 11.15 am in Callistemon
HAPPY HOUR	Each FRIDAY 4.30 pm in the Main Lounge
WEEKEND ACTIVITIES	
BINGO	Each SATURDAY at 1.30 pm
MARBOWLS	Alternate SATURDAYS 10.30 a.m. Correa Lounge
HAVILAH ON PALMERSTON	
	2nd WEDNESDAY of the month 10.00AM START Great chance for the men to get together and chat about secrets men's business, first floor Raglan House.
TAI CHI AT PALMERSTON Room 7 High School Centre	Each MONDAY and WEDNESDAY 10.30 - 11.30
STRENGTH EXERCISES	Each MONDAY at 2.30 pm at Raglan House
HAPPY HOUR Rooms 1 & 2 High School Centre	Each FRIDAY 5.00 pm