

HAVACHAT

Issue August 2018

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



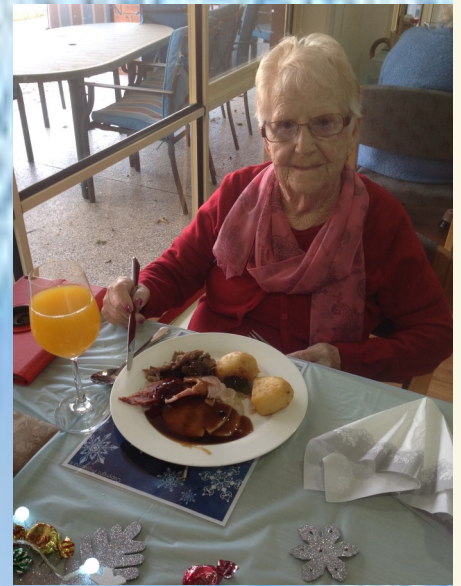
All have become very attached to the interactive pets that are now happily living at Havilah. One good thing is that no one has the responsibility of feeding them. They love a cuddle and sitting on the table, interacting with everyone at afternoon tea.



Resident Meeting - Monday 13th August at 1.15pm in Callistemon Activities Room.

Resident Meeting Heath House - Monday 20th August at 2pm in Heath House.

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



Winter Wonderland was celebrated on 18th July. The residents enjoyed the mid year celebration feasting on a delicious meal of roast meats, vegetables and traditional Christmas pudding. A big thank you to Catering and Lifestyle staff for the effort that they put into for making the occasion enjoyable for all residents.

PHOTO GALLERY



THINGS MY MOTHER USED TO SAY

Call me when you get there, so I know you're OK.

Did you brush your teeth.

Do as I say, not as I do.

Do you think I'm made of money.

Don't run in the house.

Don't sit too close to the TV or you'll get square eyes.



FALLS PREVENTION

Have a Healthy and Nutritious Diet

Maintaining a healthy and active lifestyle - regular exercise prevents muscles weakening and joints stiffening.

Use your walking aids at all times.



RESIDENT SURVEYS - June 2018

Of the 45 residents surveyed at Harkness:

98% of the surveyed residents find that the linen on their bed to be comfortable and clean most of the time or always.

62% surveyed residents indicated they know how to make a comment, complaint, suggestion or compliment most of the time or always, and a further 18% of residents stated that they probably do, but would need assistance to carry out the process.

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.

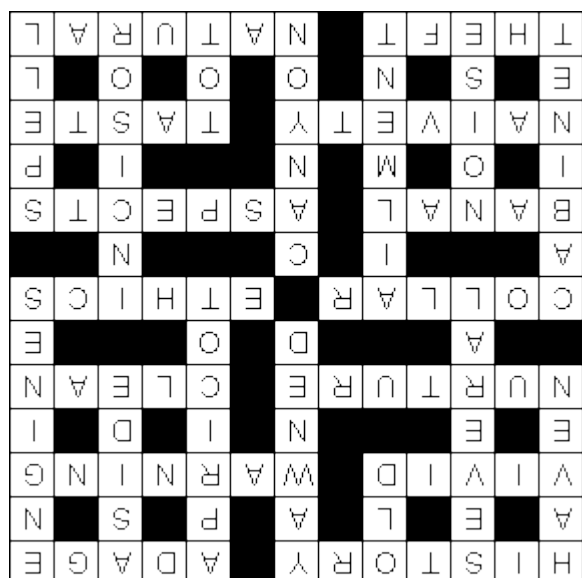
100% of residents surveyed strongly agreed that they would recommend Havilah to other family members and friends.

87% of residents surveyed stated that they know that they can access other health care specialists if they require them.



WEIRD and WONDERFUL WORDS

BROBDINGNAGIAN - country in Jonathon Swift's Gulliver Travels



**Quiz and
Crossword
Solutions
from page 9**



Answers to Quiz

1. A pie floating in pea soup/mushy peas.
2. Westpac
3. 0
4. Opals
5. Leading the Eureka uprising.

REPORTING FOOD BROUGHT IN FOR RESIDENTS

As all food prepared by Havilah is closely monitored under the Food Safe Standards it is a requirement that **All food brought in to Havilah** by residents or their families/visitors must be reported to kitchen staff. Food put in the fridges must also have the residents 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 fill out a form and place in the Comments, Suggestions and Complaints Box.

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 free of charge.

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.



Football Tipping: The 2018 AFL season is gearing up towards the finals and that last day in September, After round 18, Betty Fleming has taken the lead in the competition with

103 points, followed closely by Cheryl Robertson on 102 points in second place and on 101 points is Cora Trower in third place. These three ladies have tipped very well throughout the season,

On 98 points, Graham Milne is trying to keep up with the leading ladies, he still has a chance to close the gap with 5 home and away games to go

for this season.

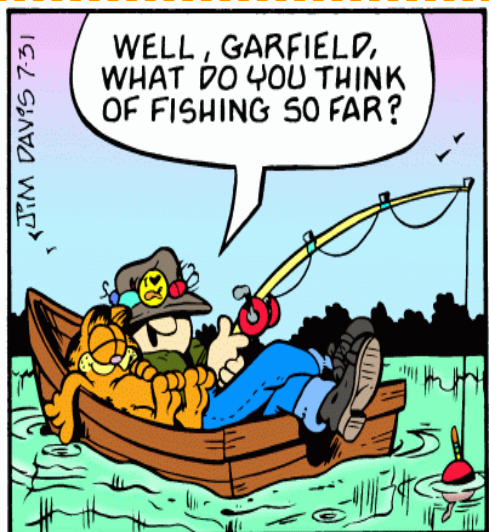
Barbara Erikson is doing a great job of holding up the ladder with a score of 66 points in last place.

Leaders and last placing for the rounds will be published each month and the Ladder boards on display throughout the facility are updated weekly. Prize money of \$10.00 to the tipster for picking a full round awarded on a weekly basis and at the end of the year \$50.00, \$30.00, \$20.00 respectively are awarded for first, second and third, \$10.00 for last place tipster.

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.

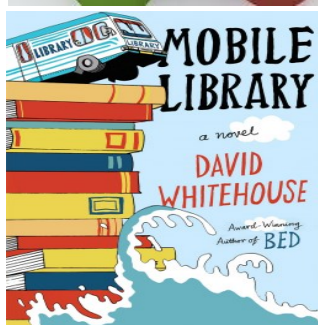
If you have an idea or suggestion for an outing, just let Lifestyle Staff know and we will do our best to arrange the outing for you.



Resident/Advocate Meetings

Next meeting Monday 13th August 2018 at 1.15 pm

Heath House Monday 20th August 2018 at 2pm



Mobile Library - July and August Dates

Friday 17th August, 7th & 21st September commencing 10.15 am Grevillea Atrium 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 Tuesday 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
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

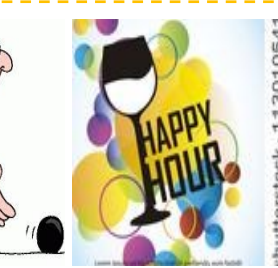
WEDNESDAY
Strength Training 11.15am
Indoor Bowls 1.30pm
Bus Trip (Heath House) 1.30pm
Cooking classes 3.15pm

THURSDAY Foot Spa 9.30a.m.
Bingo 1.45pm
Craft Group 3.15pm
Music DVD 3.15pm

FRIDAY
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 (every 2nd)
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 10.30pm & 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 10.30pm,
1.45pm & 6.00pm
Cooking 1.30pm
Sonas 4.00pm

FRIDAY
Activity Time 10.30pm,
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,
Enjoy a coffee whilst visiting Havilah

Leo Crameri

Length of time at Havilah: I have been a resident here at Havilah for just over 12 months.

My Story: I have lived and worked in Maryborough all my life. Living in Tuaggra Street, with my family who had a business premises in the street. I went to Melbourne for a few years as a secondary student at Xavier College in Kew. When I finished my schooling, I came home to help my father in the family business E Crameri & Sons Pty Ltd, Produce and Chaff Millers. I married Cath Rinaldi from Bealiba and we have five children together. Through the years of raising the children, I had interests in the Harness Racing Industry, with working, training and racing horses, we travelled extensively to Harness events. I became the president of the Maryborough Harness racing committee and did lots of work during that time to redevelop the Carisbrook facilities. It was a time when Harness Racing Victoria saw the value in making a strong country racing industry, so I was busy liaising with the hierarchy of the Harness board and also sat on cases of a disciplinary and appeal nature within the industry. I had many a success and pleasure with horses Vin Avion, Catherine's Idol, Third Spot, Legal Glenfern and Forever Admiral. Over the years I have expanded the business, moving the factory component from the original site in Tuaggra Street to Tullaroop Road in 1980. I have two sons that work in the business, I also have 10 grandchildren and six great grandchildren.

Things you used to do for fun: During my younger days I played football for local teams Primose and Maryborough, fishing and caravanning with family and friends on the Murray and relaxing with wife Cath, and also the Harness racing.

About where you have lived: I have always lived in Tuaggra street, growing up on one side of the street and when I married, Cath and I built a house on the other side rearing our 5 children, Anne, Francis, Bernard, Loretta and Jim.



Travel, sport, passions: Many a trip was had fishing on the Murray, Football and rowing (winning the Head of the river when at Xavier College), forged a lasting friendship with Sir James Gabbo who became the Governor of Victoria.

I am community minded for which I was awarded the Citizen of the Year in 2004.

Things you enjoy to do now: I get great pleasure seeing family and friends, go walking with son Bernard every day, interact with co-residents at activities I attend here at Havilah.

Your favourite topics: Harness racing was a large part of my life and still have a huge interest in the sport, I follow the AFL Football and over the years followed Essendon, Bulldogs and Geelong supporting my grandson Stuart's, AFL career.

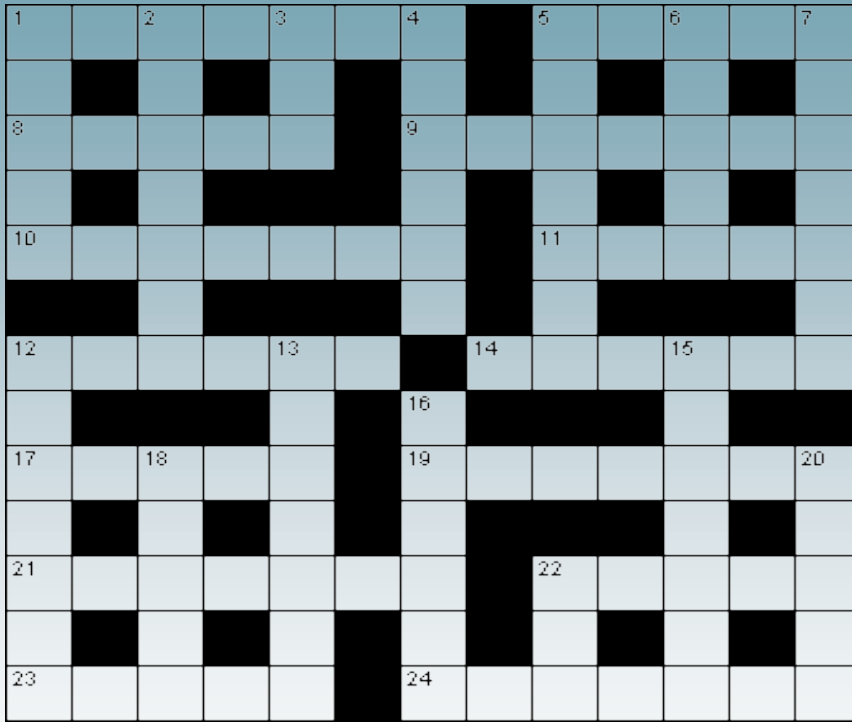
Favourite Food and Music: I enjoy listening to various types of music, I performed in the local productions of the "Black and White Minstrel" shows produced by Merle Burton. I enjoy a good home cooked meal.

August 2017

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		

Mind Games

9



Across:

1. Chronicle (7)
5. Proverb (5)
8. Graphic
9. Cautionary advice (7)
10. Help grow and develop (7)
11. Free of impurities
12. Neckband (6)
14. Systems of principles (60)
17. Hackneyed (7)
19. Facets (7)
21. Gullibility (7)
22. One of the senses (5)
23. Larceny (5)
24. Unprocessed or manufactured (7)

Down:

1. Oasis
2. More than two or three but not many (7)
3. Of long duration (30)
4. Gaped (60)
5. Fruit (7)
6. Stage whisper (5)
7. Machines (7)
12. Piece of furniture (7)
13. Complaint (7)
15. Tooth (7)
16. Ravine formed by a river (6)
18. Racket (5)
20. Hex (5)
22. Toddler (3)

Word Search - EATING OUT

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

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

AL FRESCO, BANQUET, BARBECUE, BARS BISTRO, BRASSERIE, BREAKFAST, BUFFET, CARFE, CAMPFIRE, CNTEEN, CLUB, COFFEE HOUSE, COLLATION, DINER, DINNER, DRINK, EATING HOUSE, FEAST, FOOD, GRILL, HOTEL, LUNCH, MEAL, MOTEL, PICNIC, PUBS, REPAST, RESTAURANT, TOTISSERIE, SANDWICH, SNACK, SUPPER, TAVERN, TEA SHOP

QUIZ

1. What is a pie floater?
2. Which bank was previously known as the Bank of NSW?
3. How many bones are there in an elephants trunk?
4. What precious stones are mined in Coober Pedy?
5. What is Peter Lalor best known for?

Solutions can be found on page 4

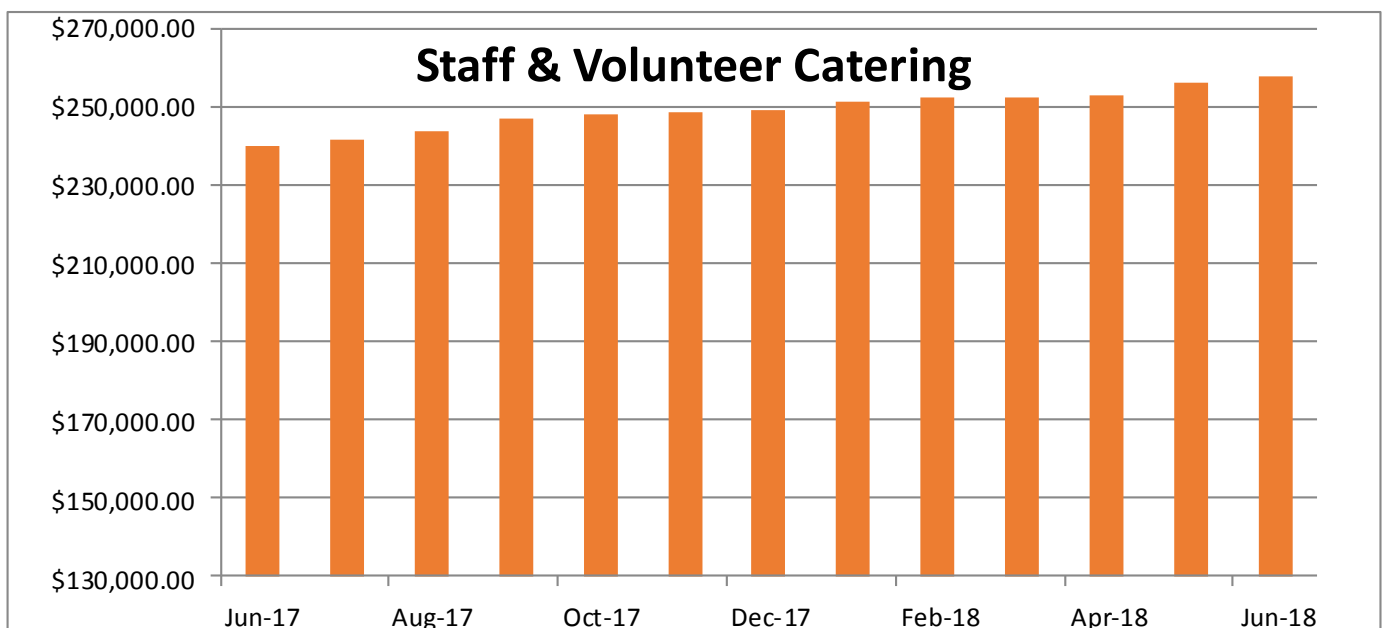
DID YOU KNOW:

- 11% of people are left handed.
- August has the highest percentage of births.
- If food is not mixed with saliva, you can't taste it.
- The average person falls asleep in 7 minutes
- An ostrich's eye is bigger than its brain.
- Lemons contain more sugar than strawberries.
- The Hawaiian alphabet has only 13 letters
- The longest recorded flight of a chicken is 13 seconds.
- The most commonly used letter in the alphabet is the letter E.
- The 3 most common languages spoken in the world is Mandarin Chinese, Spanish and English.
- Dreamt is the only word that ends in MT.
- A cat has 32 muscles in each ear.
- The smallest bones in the human body are found in the ear.

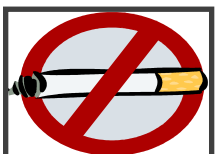
Emailing the Havachat

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.

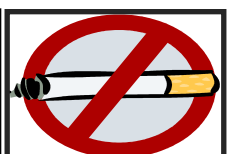
Your assistance with this is appreciated.



New volunteers are always welcome. Please see Sue or Raeleen.



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





Mental Health Focus in Older Australians

Older Australians battling anxiety and depression will be the focus of sorely-needed research designed to save lives.

The federal government and beyondblue are each contributing \$2.5 million towards a range of new projects aimed at combating mental illness among the elderly.

Health Minister Greg Hunt points out older Australians are particularly vulnerable to developing mental health conditions, which are exacerbated by declining physical health, chronic pain, loneliness and grief.

One research project looks at improving health and social participation among older Australians with mental illness, while another includes a trial aimed at decreasing the prevalence of depression in nursing homes.

Some 10 to 15 per cent of older adults in Australia experience depression but this rate soars to about 30 per cent for people living in residential aged care.

“The highest suicide rate among men remains in the 85-and-over bracket. These projects will save lives,” Mr Hunt said.

Georgie Harman, chief executive of beyondblue, said the mental health of older Australians was too often overlooked.

Ms Harman committed to not only co-funding the research but sharing the findings to drive policy and advocacy.

“We can’t forget about the mental health and wellbeing of generations who have contributed so much to our communities,” she said.

RESIDENTS BE AWARE

At times residents receive phone calls from persons claiming that they are a representative of a telephone and electricity companies or alike asking for bank account details to clear outstanding balances. This type of phone call should at all times be ignored. We advise residents to simply hang up and inform staff.

PLEASE DO NOT ADVISE YOUR BANK DETAILS TO ANYONE OVER THE PHONE AND REPORT ALL SUCH CALLS TO STAFF.



The Central Highlands Library service visit's Harkness Street every first and third Friday 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 Grevillea Atrium area from 10.15am - 11.15am.



Bob and Martha always went to the local show where there was an ag pilot who would give joy rides to the public.

Every year Bob would say, "Martha, I'd love to have a go in that plane." And every year Martha who was a bit of a tight wad would say, "I know, Bob but that plane ride costs \$10, and \$10 is \$10."

But one year Bob and Martha went to the show and Bob said, "Martha, I'm 71 years old. If I don't ride in that plane this year I may never get another chance."

Martha replied, "Bob that plane ride costs \$10, and \$10 is \$10."

The pilot overheard them and said, "Folks, I'll make you a deal. I'll take you both up for a ride. If you can stay quiet for the entire ride and not say one word, I won't charge you, but if you say one word it's \$10."

Bob and Martha agreed and up they go.

The pilot does all kinds of twists and turns, rolls and dives, but not a word or a squeal is heard. He does all his tricks over again, but still not a word or a sound. They land and the pilot turns to Bob.

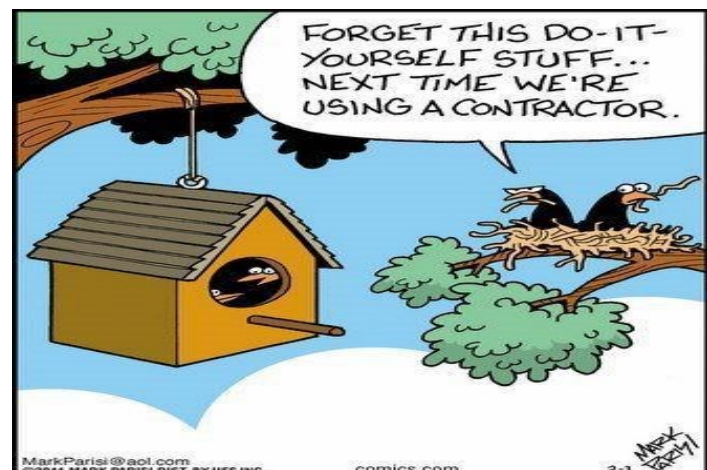
"By golly, I did everything I could think of to get you to yell out, but you didn't. I can't charge you the \$10. The ride is free".

Bob replied, "Well, I was gonna say something when Martha fell out, but \$10 is \$10."

A snail goes into a Rolls Royce dealer and says to the salesman; "I want the most expensive Rolls you have" "Certainly" replies the salesman, "this car here is the top of the range model." "It's perfect" says the snail, "but I want it customised." "We offer a full range of upgrades, anything at all, what would you like?" asks the salesman. "I simply want an 'S' painted on this side, one on the other side, and another on the roof." "But sir, whatever for? It'll totally ruin the car." "Well" replies the snail, "when I drive down the street, I want people to say 'look at that s-car go'."

All you need to know for a good life is to be learned from a study of Noah and the Ark.

1. Don't miss the boat.
2. Remember we are all in the same boat.
3. Plan ahead. It wasn't raining when Noah built the ark.barbar
4. Stay fit. When you're 600 years old, someone may ask you to do something really big.
5. Don't listen to the critics, just get on with the
- job that needs to be done.
6. Build your future on high ground.
7. For safety's sake, travel in pairs.
8. Speed isn't always an advantage. The snails were on board with the cheetahs.
9. When you're stressed, float awhile.
10. Remember, the Ark was built by amateurs, the Titanic by professionals.



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.

For 24 hour EMERGENCY CONTACT telephone 54617394

COMMENTS, COMPLIMENTS, SUGGESTIONS & COMPLAINTS

We welcome feedback from residents, families and visitors and provide the 'Comment, Suggestion, Complaint and Compliment' forms are available at the main Havilah entrances. Residents and families are encouraged to communicate any issues they may have.

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 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 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.**



HAVACHAT

RETIREMENT LIVING ACTIVITIES

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 Theatrette
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	
MOVIES AT PALMERSTON Room 7 High School Centre	3rd SATURDAY of the month at 1.30pm - afternoon tea provide. 3rd TUESDAY of the month at 6.30 - supper included.—No screenings during the winter months - Watch this space for dates
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