

HAVACHAT

Issue September 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



SPRING IS IN THE AIR

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

Resident Meeting Heath House - Monday 24th September at 2pm in Heath House.

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



The Leaders of the Pack

Our residents disguised themselves to enter into the unknown on a recent bus outing with Activities Sam and Jo





Les enjoying an ale with lunch



Frank and Leo out and about at the men's luncheon



Greg at the special luncheon.



George had a good chat to other residents over lunch

On Monday 3rd September the Havilah men were treated to a luncheon fit for a king, at Harkness. All enjoyed themselves socialising with in a male atmosphere. Decorations were by Lifestyle staff who also waited tables on the day.



THINGS MY MOTHER USED TO SAY

Did you comb your hair?

Don't pick that scab, it'll get infected.

Don't talk with your mouth full!

Don't walk away when I'm talking to you!

Eat your vegetables, they're good for you.



FALLS PREVENTION

Avoid Wearing Loose Clothing

If you want to feel comfortable, consider that baggy clothes can sometimes make you more likely to fall. Opt for better-fitting and properly hemmed clothing that doesn't bunch up and drag on the ground.



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.



RESIDENT SURVEYS - July care nurse.

2018 Of the 38 residents surveyed at Harkness:

100% of our residents surveyed can find places to talk to their visitors in private most of the time or always.

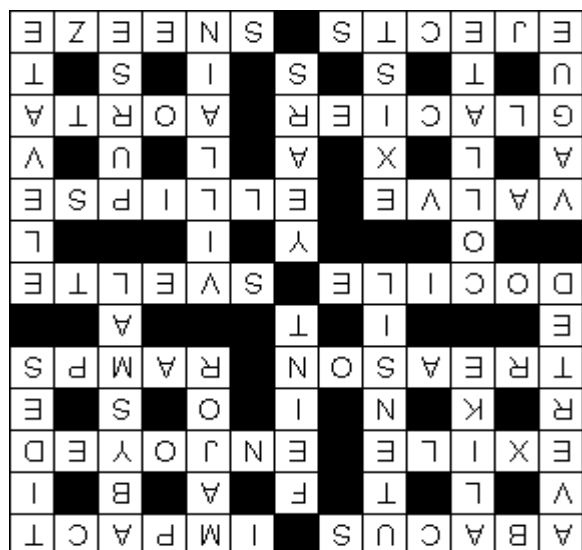
care nurse.

100% of surveyed residents agree or strongly agree that they like the atmosphere in the dining room at mealtimes.

100% of our residents surveyed agree or strongly agree that they are offered or have access to morning and afternoon tea each day.

100% of surveyed residents stated they are always or most of the time satisfied with the nail and footcare they receive from the onsite foot-

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.



Quiz and Crossword Solutions from page 9



Answers to Quiz

1. India.
2. The Congo.
3. Darryl Sommers.
4. Vatican City
5. Fifty

FOOTCARE

It has been necessary to bring forward the proposed changes to the footcare program, which will now commence on Monday September 10th. This is unavoidable due to the sudden resignation of Footcare Nurse, Sharon.

There are no changes to Podiatry which will continue as before. In fact negotiations are taking place with the Podiatrist to provide additional visits which will ensure that your podiatry rotations are met and that we will be in a position to meet "as required" podiatry consultations within appropriate timeframes.

Under the new schedule Havilah nurses will trim finger and toenails on a minimum six week rotation for those residents who require this.

Specialised footcare requirements will be referred to either the Podiatrist or the GP as appropriate.

Please speak to your Team Leader (medications staff) should you require any assistance between scheduled treatments, or if you have any preferences or encounter any problems at all in relation to the changed system.

Thank you for your assistance in transitioning to the new program. We welcome your feedback.

HAVILAH HAIRDRESSER



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



Football Tipping: The 2018 AFL Football season is gearing up for the finals and the last Saturday in September. It has been an interesting year amongst our tipsters with 7 of

our residents in Harkness Street with a full card in various rounds, they were Jacky Mason, George Stuart x 2, Dot Sinclair x 2, Margaret Marshall, Graham Milne, Cora Trower and Margaret Moore.

Congratulations to Betty Fleming who took out the award for the best tipster on 136 points, second place went to Cheryl Robertson on 133 points and on 131 points Graham Milne was in third place. Eunice Milley took out the last place on 92 points.

Congratulations to all our winners throughout the season and those who participated this year. AFL Grand Final Day celebrations will be held on the last Saturday in September.

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.

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.

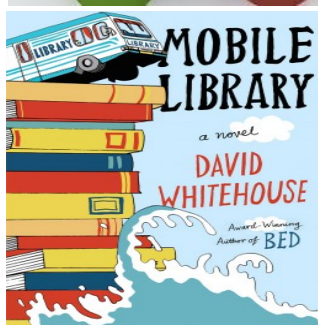
If you have an idea or suggestion for an outing, just let Lifestyle Staff know and we will do our best to arrange the outing for you.



Resident/Advocate Meetings

Next meeting Monday 10th September 2018 at 1.15 pm

Heath House Monday 24th September 2018 at 2pm



Mobile Library - September & October Dates

Friday 28th September, 12th & 26th October 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

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

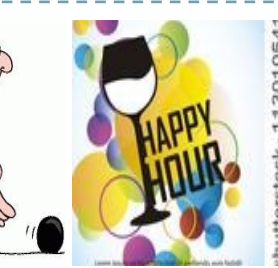
WEDNESDAY
Strength Training 11.15am
Indoor Bowls 1.30pm
Bus Trip (Heath House) 1.30pm
Cooking classes 3.15pm

THURSDAY Foot Spa 9.30am
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 (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,

George Stuart

Length of time at Havilah: I have been a resident here at Havilah for just on 12 months, wife Gloria was a resident so I visited every day for 6 months prior to being a resident myself.

My Story: I was born at the Women's Hospital in Carlton on 18/01/1931 and was reared in Chelsea until the age of 18, then joined the Army in the Occupation Forces in Japan, the training was in Greta N.S.W and then transferred to the Army HQ in Sydney. The night before going on deployment to Japan I was hit by a car and suffered injuries that saw me in hospital recovering for 12 months. Whilst in hospital I studied Military law. I stayed in the Army and stationed at the Military College in Duntroon. This is where I met my wife Gloria and married 6 months later followed by our children Elaine and Rod. Upon leaving the army I worked in the fruit and veg game and later the bread industry. Returning to Melbourne I worked at the Nylex factory and in the excavation game. I purchased my first bakery in Chelsea, sold it after 5 years and then purchased the Dunolly bakery that was rundown and built it up to be a very successful business, our son Rod continues to operate it today.

Things you used to do for fun: I enjoyed playing golf and lawn bowls and also did a spot of fishing. I am an ambidextrous golfer and managed a hole in one on both hands.

About where you have lived: I have lived in Chelsea, Canberra and Dunolly.

Travel, sport, passions: I was never a traveller, the kids and grandkids have travelled extensively, always interested where they have been, I was always passionate about golf.

Things you enjoy to do now: I enjoy the activities program here at Havilah, there is always something to fill in the time. I regularly play bingo, marbowls, indoor bowls go and get pampered at footspa and attend Happy Hour with co-residents when there is entertainment. I feel very privileged to be a resident, get treated like a millionaire. I also ventures out on my gopher to the bowls club

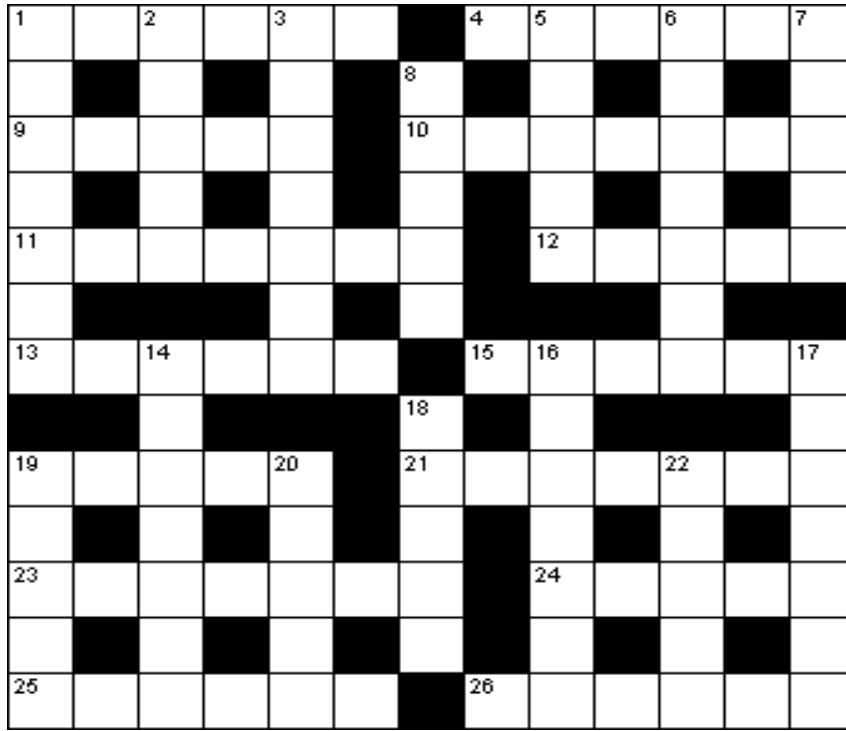


Your favourite topics: I like to have a good chat with everyone that wants to chat, I do enjoy talking about politics.

Favourite Food and Music: I love to hear Hawaiian and country music. I must say my favourite food would have to be my own crusty Vienna loaf toasted with lots of canola margarine and honey, (little bit of bragging) and also fish and chips on a Friday.

September 2017

8Mo	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



Across:

1. Counting device (6)
4. A forceful consequence (6)
9. Deport (5)
10. Relished (7)
11. Act of deliberate betrayal (7)
12. Movable staircases (5)
13. Easily handled or managed (6)
15. Lithe (6)
19. Device in brass wind instrument (5)
21. Oval (7)
23. Slowly moving ice mass (7)
24. Large artery (5)
25. Throws out (6)
26. Sternutation (6)

Down:

1. Turned away or aside (7)
2. Similar (5)
3. Kitchen implement (7)
5. Commissioned military officer (5)
6. Unfathomable (7)
7. Periodic rise and fall of sea level (5)
8. Deceive by mock action (5)
14. Assemble in proper sequence (7)
16. Scoundrel (7)
17. Promote (7)
18. Prolonged period of time (5)
19. Undefined (5)
20. Live (5)
22. Sum of money offered as a prize (5)

Word Search - ELEMENTS

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

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

ARGON, ARSENIC, BARIUM, BORON, BROMINE, CADMIUM, CALCIUM, CARBON, CHLORINE, CHROMIUM, COBALT, COPPER, FLOURINE, GOLD, HYDROGEN, IODINE, IRON, KRYPTON. LEAD, LITHIUM, MADNESIUM, MANGANESE, MERCURY, NEON, NICKEL, NITROGEN, OXYGEN, PLATINUM, PLUTONIUM, RADIUM, RADON, SLICON, SILVER, SODIUM, STRONTUIUM, TITANIUM, TUNGSTEN, URANIUM, XENON, ZINC.

QUIZ

1. In what country is the city of Lucknow?
2. What river flows both north and south of the equator?
3. Who was the host of Hey Hey Its Saturday?
4. What is the smallest country in Europe?
5. How many states make up the United States of America.

Solutions can be found on page 4

TONGUE IN CHEEK—Amazingly simple home remedies:

If you're choking on an ice cube, simply pour a cup of boiling water down your throat. Presto! The blockage will instantly remove itself.

Avoid cutting yourself when slicing vegetables by getting someone else to hold the vegetables while you chop.

For high blood pressure sufferers ~ simply cut yourself and bleed for a few minutes, thus reducing the pressure on your veins. Remember to use a timer.

A mouse trap placed on top of your alarm clock will prevent you from rolling over and going back to sleep after you hit the snooze button.

If you have a bad cough, take a large dose of laxatives. Then you'll be afraid to cough.

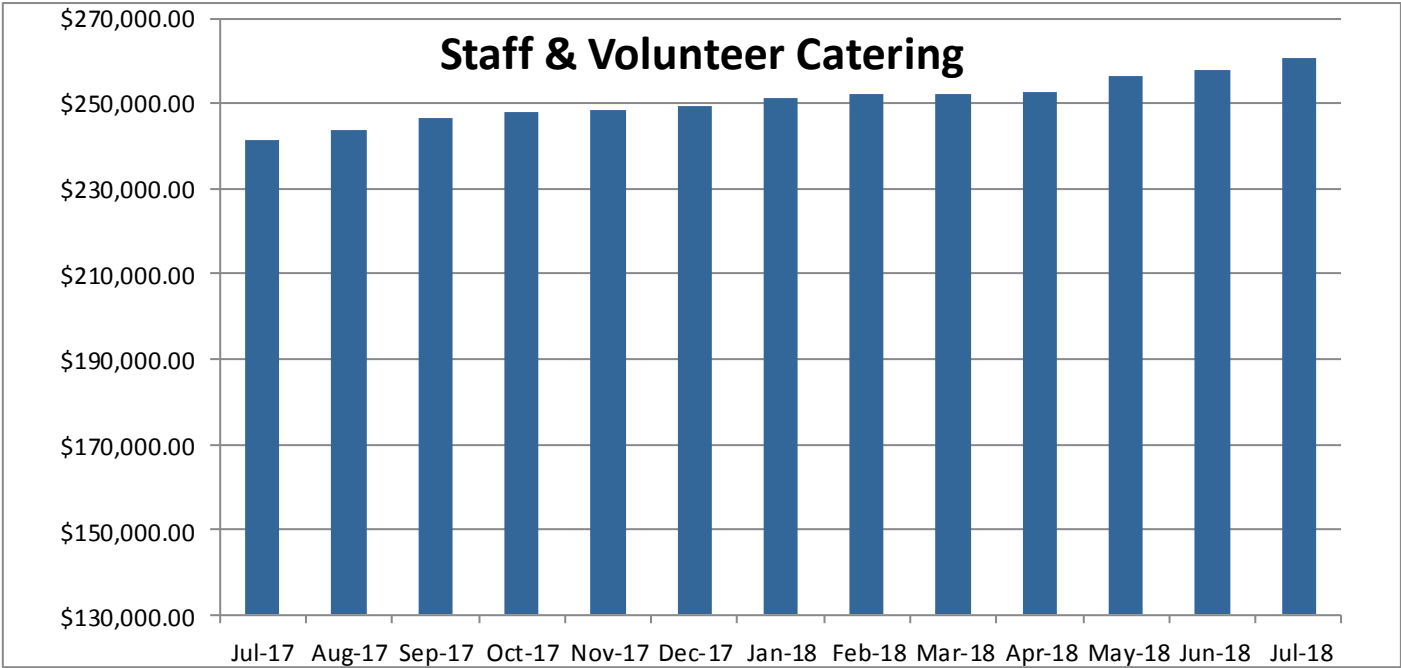
You only need two tools in life - wd-40 and duct tape. If it doesn't move and should, use the wd-40. If it shouldn't move and does, use the duct tape.

Remember - everyone seems normal until you get to know them.

If you can't fix it with a hammer, you've got an electrical problem.

WEIRD and WONDERFUL WORDS
COPROLALIA - the involuntary repetitive use of obscene language.

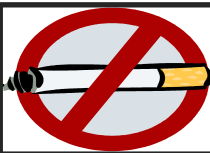
Emailing the Havachat
 If you provide us with your email address, we can email your Havachat to you. Please email your details to andrew.earl@havilah.org.au.
 Your assistance with this is appreciated.



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.**





Aged Care Employee Day:

Tuesday 7th August.

This day is to thank, honour, recognise and celebrate all the people who work in the aged care industry across Australia.

Havilah celebrated this day across both sites with decorations, special morning tea, chocolates and pie and coffee vouchers from Parkview Bakery for our staff.

Havilah President Craig Bell sent a thank you message through a Havilah article in the Maryborough Advertiser recognising the day.

THANK YOU TO OUR RESIDENTS FOR ALL THEIR GREAT COMMENTS ON THE DAY.

Freshly minted ministry: the sector reacts to new aged care portfolio

[Dallas Bastian](#) August 27, 2018



Australia's new leader Scott Morrison has named his ministry and while many offices will have new plaques on their doors, the aged

care portfolio has retained its head in Ken Wyatt.

After indicating that he would consider his position should Peter Dutton win the party's vote in the latest leadership spill – due to Dutton's decision to boycott Prime Minister Kevin Rudd's apology to the Stolen Generation – it seemed Wyatt did not have the same reservation about serving under Prime Minister Morrison.

Following Morrison's win, Wyatt tweeted that he would be willing to continue serving Australians in whatever capacity the Prime Minister wished. That capacity ended up being as Minister for Senior Australians and Aged Care, along with Indigenous Health.

COTA chief executive Ian Yates welcomed the portfolio's broader remit, along with Morrison's declaration the task will focus on "quality of life challenges and their cost of living pressures".

Leading Age Services Australia (LASA) chief executive Sean Rooney was also happy to see the broadened role but expressed the peak's disappointment that the aged care portfolio was not elevated to Cabinet.

"Australia is facing a 'new normal' as the 'baby boomer' generation ages, requiring a major shift in the way we think about ageing," Rooney said. "The issues of ageing and aged care are of national importance and we need to engage all Australians in what it means to age well in our country."

Rooney said the aged care sector took some reassurance from Morrison's Budget night address as Treasurer.

"We're living longer. It's a good thing," Morrison said in his speech. "We want to preserve and increase the choices of older Australians." Rooney said: "I am confident the Prime Minister will be a passionate advocate for the care of older Australians and will work hard to ensure that meeting the needs of older Australians is not framed as a burden to be borne, but rather an opportunity to be realised."

Aged & Community Services Australia (ACSA) also saw Morrison's first speech as Prime Minister as a good sign.

When asked what, apart from drought, were his policy priorities, he listed aged care as one of several, along with electricity prices, Medicare, small- and medium-size businesses, affordable medicines and chronic illness.



It was a bad year on the farm so Dad and Dave were trying to work out how to earn some more money. Dad decided to go on Millionaire Hot Seat

He managed to fluke the questions and got to the point where he'd won \$500,000.

"You've done very well so far," said the host Eddie McGuire, "but for a million bucks you've only got one lifeline left — phone a friend. Will you go for it?"

"Sure," said Dad, "I'll have a go!"

"Which of the following birds does not build its own nest —

a) a sparrow b) a thrush c) a magpie or

d) a cuckoo?

This stumped Dad so he decided to use his lifeline and phone Dave at home.

"Aww that's easy Dad. It's a cuckoo."

"Are you sure?"

"I'm blinkin' sure," Dave said.

Dad turned to Eddie and said, "I'll go with cuckoo as my answer. Lock it in."

There was a long pause and then Eddie yelled, "Cuckoo is the correct answer! You've won a million bucks!"

When Dad got home he asked Dave, "Bloody hell Dave, how did you know it was a cuckoo that doesn't build its own nest?"

Dave replied: "Aww because he lives in a flamin' clock, doesn't he."



A man rushes his limp dog to the veterinarian. The doctor pronounces the dog dead. The agitated man demands a second opinion.

The vet goes into the back room and comes out with a cat. The cat sniffs the body and meows. The vet says, "I'm sorry, but the cat thinks that your dog is dead, too."

The man is still unwilling to accept that his dog is dead. The vet brings in a black Labrador.

The lab sniffs the body and barks. The vet says, "I'm sorry, but the lab thinks your dog is dead, too."

The man finally resigns to the diagnosis and asks how much he owes. The vet answers, "\$650." "\$650 to tell me my dog is dead?" exclaims the man. "Well," the vet replies, "I would only have charged you \$50 for my initial diagnosis. The additional \$600 is for the cat scan and lab tests."

A man walks into a bar and says, "Give me a beer before the problems start!"

He drinks the beer and then orders another saying, "Give me a beer before the problems start!"

The bartender looks confused.

This goes on for a while, and after the fifth beer the bartender is totally confused and asks the man "When are you going to pay for these beers?"

The man answers, "Now the problems start!"

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 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	
MOVIES AT PALMERSTON Room 7 High School Centre	3rd SATURDAY of the month at 1.30pm - afternoon tea provided. 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