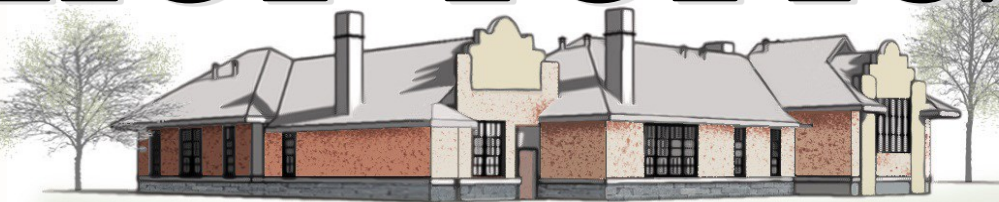


ISSUED
August 2017



HOP TOPICS



The theme of “Winter in Wonderland” was very impressive for this years Christmas in July. Residents were treated to a traditional Christmas meal with a variety of meats and sauces for main and finished with the ever popular plum pudding with brandy sauce. The dining room was decorated in winter colours of silver and white for the day to give it a magnificent atmosphere. Special thanks to the catering and activity staff for making a special day for all.



Retirement Community Resident Meeting Thursday 17th August 2017 in Rm7 held every 2 months.



There is always a great attendance of retirement living residents who join with the Raglan House residents for Special Morning Tea each Friday. With plenty of fine food to be consumed, laughter and chatter it is a great morning for socialising in the Havilah community.



HEALTH AND WELLBEING



TALKING lifestyle
DIGITAL | ONLINE | MOBILE

Listen to us
Sydney - 954 AM
Melbourne - 1278 AM
Brisbane - 882 AM

Follow us on
facebook 

Proof you're never too old? 91-year-old blind woman is Perisher's oldest skier

By [Lauren Broomham](#) on June 16, 2017



Patricia Sauvage, or 'Mrs Sauvage' as she is known, is a regular at the NSW ski resort – even though she's legally blind, HuffPost Australia reports.

The Brisbane grandmother is such a loyal visitor, she's even starred in some of Perisher's videos for the Aussie ski season which opened last week. Take a look at one of the clips here.

Mrs Sauvage discovered her passion for skiing when she first visited the snowfields back in 1964 with her husband. He wasn't keen on the white stuff, having been a POW in Japan during the winter. But she fell in love.

Mrs Sauvage now returns every year to hit the slopes with a buddy.

"I'm not aiming to do anything too fancy, I just want to be able to ski along and to do some nice little turns and get down safely and go up and do it again," she says.

NOTICE BOARD



With only 4 home and away games left for the AFL season, the ladder for the Tipping competition is showing a very tight result. There are 3 tipsters who are leading the way on 104 points, they are Betty Higgins, Doug Rowe and Wilma Doble. Jointly in second position on 101 points is Terry Simpson, Elma Taylor and Dianne Rowe. Tom Hussey and John Byrne are holding third spot on 97 points each.

Shirley Huggett is still holding up the ladder with 84 points.



FALLS PREVENTION

Making sure there is adequate lighting, especially at night
and
using your walking aid at all times



THINGS MY MOTHER USED TO SAY

If someone asked you to jump off a cliff, would you?

Trust me, it will all end in tears.

If you eat all your carrots, you'll be able to see in the dark.

Who is she, the cats mother.

Don't pull that face, if the wind changes it will stay like that forever.

ON CALL MAINTANCE FOR AFTER HOURS

after hours and weekend calls.

0408 645 203



**PLEASE RESPECT THE NON SMOKING AREAS
AT HAVILAH ON PALMERSTON**



RECIPE OF THE MONTH

17 - MINUTE

1 - PAN

SPAGHETTI BOLOGNAISE



Ingredients:

- 1 Tablespoon extra virgin olive oil
- 500g pork and veal mince
- 2 tablespoon tomato paste
- 125ml (1/2 cup) red wine
- 400g jar bolognese sauce
- 2 large sprigs fresh rosemary
- 500ml (2 cups) chicken stock
- 375g pkt fresh fettucine
- 250ml (1 cup) water
- Chopped continental parsley, to serve.
- Grated parmesan to serve.

Method:

- Heat the oil in a large, deep frying pan over high heat. Add the mince. Cook, breaking up any lumps with a wooden spoon, for 4 minutes or until it changes colour.
- Add the tomato paste and cook, stirring for 1 minute. Add the wine. Simmer for 1-2 minutes or until nearly evaporated. Add the pasta sauce and rosemary. Simmer for 5 minutes or until reduced slightly.
- Stir in the stock. Add the pasta and pour over the water. Cover and simmer for 2 minutes. Uncover and simmer, stirring occasionally, for a further 2-3 minutes or until pasta is tender. Season with pepper. Serve sprinkled with a parsley and parmesan.

Serves 4.

Clever Quotes and Sayings:

- Push will get a person almost anywhere- except through a door marked “pull.”
- You gotta take the good with the bad, smile with the sad, love what you got, and remember what you had.
- You do not become smarter by blowing your own horn. You become smarter by being humble.
- I asked my parents, what’s it like to have such an awesome kid, they told me to ask my grandparents.

HEALTH AND WELL BEING

More women than men die from Heart disease every year



TALKING
lifestyle

DIGITAL | ONLINE | MOBILE

Listen to us

Sydney - 954 AM

Melbourne - 1278 AM

Brisbane - 882 AM

Follow us on
facebook



23,455 women die from CVD in Australia every year, compared with 21,937 men. That's around three women every hour. This needs to change. We need to rid ourselves of this perception that heart disease is a 'man's disease'.

Men are much more likely to have their heart disease risk factors measured by their GP, according to a new report by The George Institute for Global Health and The University of Sydney.

Believe it or not, men look after themselves better. Their study, which looked at over 53,000 patients across 60 sites in Australia, found the odds of women being suitably screened was 12 per cent lower than men.

Do we talk to our doctors well enough?

Risk factors for CVD include raised cholesterol and blood pressure levels, Type 2 diabetes and smoking.

Female smokers also have a 25 per cent higher risk of CVD than male smokers.

The research also found younger women aged 35 to 54 who were at high risk of

cardiovascular disease (CVD) were 37 per cent less likely to be treated with the right preventative medicines, such as blood pressure drugs, statins and anti-platelets, than their male counterparts.

In contrast, women older than 65 were 34 per cent more likely than older men to have the right medications prescribed.

The authors say they now fear one of the reasons more middle-aged women are dying from heart disease is because they are not being treated correctly, with many not even being asked basic questions about their health by their GPs.

"These medications can greatly reduce the likelihood of having a heart attack or stroke. If these findings are representative, many women could be missing out on life saving treatment right now – just because of their age and gender," said Karice Hyun from the University of Sydney.



HEALTH AND WELLBEING

When your glasses stop helping

As we age, our vision will diminish, making it more difficult to read or perform common tasks that we once took for granted.

Deterioration of vision is just a normal part of the ageing process and for most of us prescription glasses will allow us to function without too much difficulty. But for some, loss of vision can be far more serious as it impacts the ability to enjoy everyday activities.

According to the World Health Organisation, it is estimated that 500,000 Australians are vision impaired and that number is expected to double by 2020.

If not treated early, cataracts, glaucoma and less well-known conditions such as diabetic retinopathy, age-related macular degeneration, retinitis pigmentosa and homonymous hemianopia can lead to blindness. According to the 2016 National Eye Health Survey, 90 percent of vision impairment and blindness is preventable and treatable and it is recommended that adults have a full eye health check at least every two years.

Seek assistance

If you have reached a stage where, despite wearing your glasses, problems with your vision are impacting your enjoyment of life, the Royal Society for the Blind (RSB) provides a range of products and services that can be of assistance, and you don't have to be 'blind' to qualify.

The RSB's adaptive technology centre displays a range of products that can minimise the difficulties faced by people with low or diminishing vision, from simple low-tech devices that can help thread a needle or magnify the words in a newspaper or book, to the latest hi-tech gadgets and apps that can translate vision to audio or help you find your way to a new destination.

Low vision assessments

Of course, all of the technology in the world is of little help if it isn't suited to your individual needs, or requires training to use it. For this reason, the RSB recommends an assessment at their low vision centre to determine exactly what your issues are and the best ways to address them. This assessment goes beyond the type of service generally available from your regular optometrist and is performed by experts in the field of vision loss. In fact, many optometrists will refer their patients to the RSB when it becomes clear that glasses can no longer fully address the problem.

Once the results of your assessment have been determined, the RSB works with you to develop tailored strategies to manage the specific problems you face. It may be as simple as a magnification device, an alarm clock that tells you the time or an alarm that lets you know when you've poured enough hot water into your coffee cup.

Improve your confidence

If you are concerned about falling as a result of your vision, you can make an appointment with an RSB mobility specialist who will analyse your personal situation. The specialist will help you with strategies to remain safe and improve your confidence at home and in the community. Some people also choose to use a white cane and a smaller number may benefit from a guide dog.

Your home environment can be assessed and solutions can be designed specifically for you. Trained counsellors are also available to help you adapt to changes in your life and there are activities to get you back on track doing the things you enjoy.

What's On & Events

CONTACT NUMBERS

FOR PALMERSTON ST

Reception 5459 0140
MON-FRI 9AM-12 NOON
 (other than public holidays)

Raglan House 5459 0150

Nurse Manager 5459 0154

Lifestyle 5459 0169

Maintenance BH 0417 679 803

Maintenance AH 0408 645 203

Kitchen 5459 0180

CONTACT NUMBERS

FOR HARKNESS ST

MON-FRI

9AM-5PM 5461 7300

5PM-7 AM 5461 7394

WEEKEND 5461 7394

LIFESTYLE 54617 390

CEO 54617 381
0429617380

RAELEEN 54617 380



RESIDENTS MEETING & LIFESTYLE COMMITTEE Meeting will be

Thursday 17th August 2017 at 2.45pm,
 Room 7 in the High School Centre (Coffee & Chat immediately after the meeting)

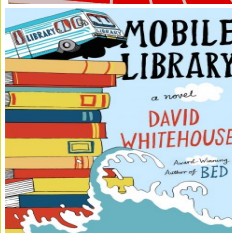


HAPPY HOUR

Every Friday night in the High School Centre Function Room (Rooms 1 and 2) commencing at 5.00pm
 entertainment, finger food & drinks.



BINGO Monday- Friday 1.30 P.M. Ground Floor Raglan House



MOBILE LIBRARY— APRIL DATES

Monday 14th, 28th August
 Raglan House—Ground Floor—Neill Street end



SPECIAL MORNING TEA—COMING DATES

2nd Friday of each Month
 Room 7 High School Centre



TAI CHI

Monday session – 1.30 to 2.30 pm

Wednesday session - 10.30 to 11.30 am
 Room 7 High School Centre

♦ STRENGTH EXERCISES AND FALLS PREVENTION

Every Monday at 2.30 Raglan House Ground floor

♦ CHAIROBICS

2.30 P.M. Tuesday & Fridays Ground Floor Raglan House

What's On & Events

CHURCH SERVICES Room 7—High School Centre



UNITING CHURCH - 1st Wednesday of the month at 2.30pm.

ANGLICAN CHURCH - 2nd Wednesday of the month at 10.30am

SALVATION ARMY CHURCH - 4th Wednesday each Month 2.45pm

EXPRESSION OF INTEREST FREE LINE DANCING LESSONS.

These classes are for raw beginners. If you love to line dance then this is the class for you, open to both men and women.

When: Monday Mornings

Time: 10.00am - 11.30am

Where: Room 7

Instructor Gail has 14 years experience and is volunteering to come and instruct the lessons

Please contact Kim or Alison in activities if you interest.



MOVIE AFTERNOON 19th August Room 7 Afternoon tea included



♦ MARYBOROUGH MENS SHED

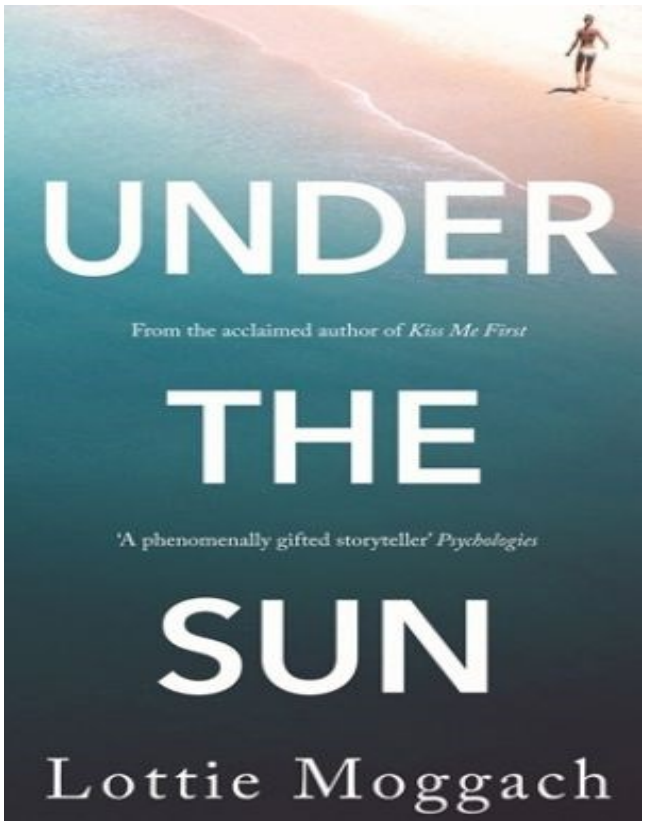
Meets Tuesday and Thursday mornings at 9 a.m at its shed at 42a Newton St. Maryborough.
New members welcome
for information contact 0417365642

♦ MARYBOROUGH BRANCH CWA.

Meets at the Maryborough School House in Gillies St. on the 2nd Tuesday of the month Craft is held at 10 a.m. followed by a general meeting at 1.30 p.m. New members most welcome.
Contact Shirley on 5461 1657 or Rachel on 0419125459

BOOK REVIEW

Under the Sun
by
Lottie Moggach



Anna is a graphic designer, and with her painter partner Michael has bought and restored a 200-year-old estate in southern Spain. But Michael, clearly a narcissistic prat, has fallen out of love and simply abandons Anna and all her dreams of living the dream, to say nothing of her depleted bank account. Trouble predictably ensues, and some of it is sinister. Lottie Moggach is the daughter of Deborah Moggach, author of the novel adapted as the *Best Exotic Marigold Hotel* movies. But Moggach the younger has already won prizes for her writing and is a force to be reckoned with, as quickly becomes clear in this book. While she shares her mother's general preoccupation with the lives of British expats in sunny climes, this is darker and less cheerful, though it ends on a familiar upward note.

S	A	D	D	L	E		A	T	O	N	E	D	
T		E		I		R		A			E		
R	E	L	E	A	S	E		R	O	B	O	T	
A		B		R		G		O		R		I	
T	E	M	P	T		A	D	J	O	U	R	N	
S		A		W		A						U	
	W	R	A	T	H		A	M	A	S	S		
R				U		E				U		R	
O	P	T	I	O	N	S		D	R	O	N	E	
L		H		R		R		N		U		D	
I	N	G	O	T		E	L	E	C	T	O	R	
A		I				T		M		A		A	
T	A	N	D	E	M			L	A	W	F	U	L

Quiz and Cross-
word
Solutions from
page 11



- Answers to Anagrams
- 1. TABLE TENNIS
 - 2. HORSE RACING
 - 3. BADMINTON
 - 4. TENNIS
 - 5. ICE HOCKEY
 - 6. GYMNASTICS
 - 7. ICE SKATING
 - 8. BOWLING



SMILE TIME

A cannibal is invited to a teambuilding week in the mountains.

The instructions say he can also bring one friend.

But when he arrives, he brings ten people. The organizer is shocked: "Come on Alan, what the heck, the invitation said you can only bring one person!"

"Yeah, but it also said bring your own food, didn't it?!"

TWO elderly women at were wondering what they were going to wear to the fancy dress party that was scheduled for that afternoon. They couldn't think of anything funny or unusual.

"I know, why don't we liven up things a bit and go in the nude?" one said.

"We'll streak through the party and give everyone a big surprise."

The other woman agreed and so as the party-goers gathered for the fun, the pair burst into the room completely in the raw, ran through the crowd and out the door at the other end.

Two old blokes watched as they raced past. One turned to the other and said, "Did you see those two women run past us just then? What was their fancy dress costumes do you reckon?"

The other bloke replied,

"I don't know, but whatever they were, they needed a damn good ironing."



"THE ONLY TIME I LIVE LIFE IN THE FAST LANE IS WHEN I HAVE EIGHT ITEMS OR LESS."

Hawaiian island		Shaped dough		On		Stray	Acquire		Taxi		Devotee	
Fair							Misprint				Baby powder	
						Seep						
Relish		Lighting							Prohibit			
		Sailing vessel							Annually			
					Comply					Mud		Part of a church
					Enforce							
Also	South American city						Holy city					
	Hawk											
			Crony	Writing friend							Be nosey	
Drench							Snares					
Shocked				Second of two		Long fish	Unit of weight					
									Ancient stringed instrument			
Wager		Tier							Plunge		One time	Amiss
		Goes beyond										
			Arab federation, initially		Young man					Nothing	Paddle	
					Headwear							
Young person						Small fish						
Put in	Hymn of praise						Clergyman					
						Vegetable						

SUDOKU Sudoku is easy to play and the rules are simple. Fill in the blanks so that each row, each column, and each of the nine 3x3 grids contain one instance of each of the numbers 1

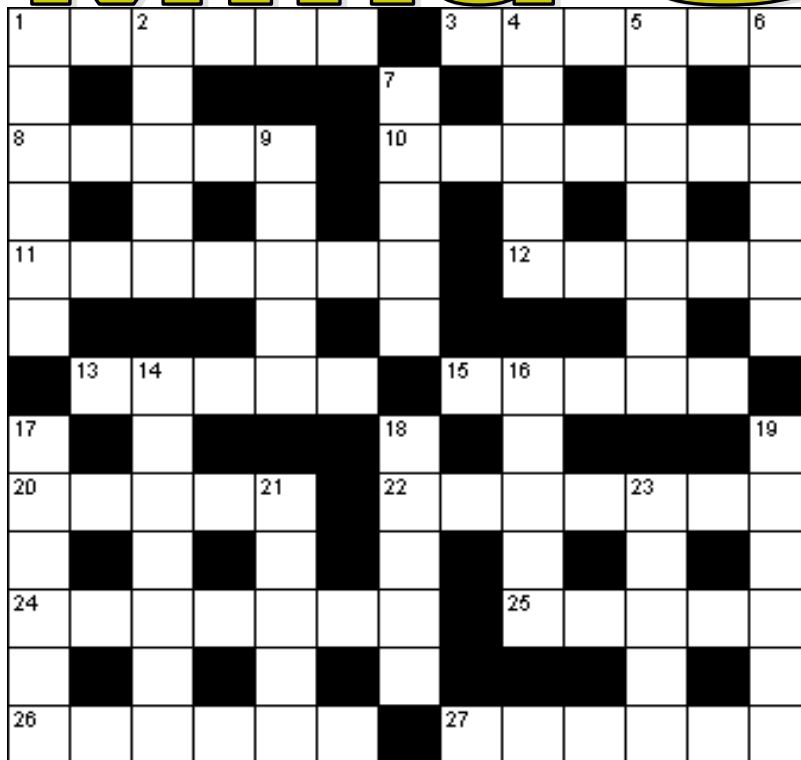
		2					9	
8		5	1					
	3						2	
	1				6			
				9	2		6	
5					4			7
						5	7	2
4								
	8		3		7			

LEVEL MEDIUM 337

7	6				9	1		
		5			4	7		
2		4	1		8			9
								2
			6					
	8	7	2			6		
	9	3				8		
				1		4		
7		8	5					

LEVEL EASY 337

Mind Games



Across

1. Bicycle for two (6)
4. Legal (6)
8. Metal Bar (5)
10. Voter (7)
11. Choices (7)
12. Stingless male Bee (5)
13. Ire (5)
15. Accumulate (5)
20. Entice (5)
22. Recess (7)
24. Let Go (7)
25. Automaton (5)
26. Riding (6)
27. Repented (6)

Down

1. Sartor (6)
2. Evening (5)
4. Make Better (50)
5. Asinine (7)
6. Food Store (6)
7. Laconic (5)
9. Fish (5)
14. Wandered (7)
16. Type of musical scale (5)
17. Begins (6)
18. Bet (5)
19. Combined (6)
21. Path (5)
23. Relating to a city (5)

Word Search - LONG AND SHORT



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

ABBREVIATED, ABRIDGED, AGES, BRIEF, CEASELESS, COMPRESSED, CONDENSED, CUT BACK, DECREASED, DIMINISHED, ENDLESS, EPHEMERAL, ETERNAL, EXTENDED, FLEETING, INCESSANT, INCREASED, INTERMINABLE, LENTHY, LESSEN, LITTLE, LONG, MOMENTARY, PRECIS, PROLONGED, PROTRACTED, REDUCED, SHORT, TRUNCATED.

ANAGRAMS: SPORT

1. NESTLE IN BAT (5,6)
2. IS NO CHARGER (5,6)
3. BAR ON MIND (9)
4. IN NETS (6)
5. KEY CHOICE (3,6)
6. MUSTIC SANG (10)
7. TAKES ICING (3,7)
8. NOW GLIB (7)

Answers : Page 10

Emergency Procedure

Call 000 to report any incidents to Police of Vandalism, Violence, Loitering or any Anti-Social behaviour. Please use the same procedure for Medical Emergency or Fire Emergency. Then when safe to do so report the Incident to Havilah and we can provide assistance if required.

USING EMAIL TO CONVERSE WITH OUR MANAGEMENT TEAM

Sometimes it is out of hours when you think of things you might like to raise with us. For those with email access you can have a conversation by email with our management team.

Chief Executive	Barb Duffin	barb.duffin@havilah.org.au
Food Services Manger	Di Jackson	di.jackson@havilah.org.au
Nurse Manager	Deb Matthews	deb.matthews@havilah.org.au
Director of Care	Kelsey Hooper	kelsey.hooper@havilah.org.au

COMMENTS, COMPLIMENTS, SUGGESTIONS AND COMPLAINTS FORMS ARE AVAILABLE IN THE FOYERS OF THE HIGH SCHOOL CENTRE AND RAGLAN HOUSE

Residents are encouraged to communicate any issues they may have. There is **CEO Barb Duffin** 5461 7381 Mobile 0429 617380
email: barb.duffin@havilah.org.au

Director of Care Kelsey Hooper 54 617383

email: kelsey.hooper@havilah.org.au

Nurse Manager Deb Matthews email: deb.matthews@havilah.org.au

Havilah respects the right of residents to raise complaints anonymously, however it is more difficult to obtain the best outcome from anonymous complaints or feed back to the complainant 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: 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.

HAVILAH ON PALMERSTON ADMINISTRATION OFFICE HOURS

MON-FRI 9.00 am—12.00 pm for account payments and enquiries 5459 0140

HARKNESS ST ADMINISTRATION OFFICE HOURS

MON-FRI 9.00 am—4.00 pm for account payments and enquiries 5467 7300