

HAVACHAT

Issue August 2017

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



Residents and visitors enjoyed the “Winter in Wonderland” theme for 2017 Christmas in July. The tables were dressed in silver and blue for the Special morning tea, lunch and tea. A traditional Christmas feast with meats, sauces and plum pudding was served. Special thanks to the Kitchen and Activities staff for organising a fantastic meal and atmosphere for the day.



Resident Meeting - Monday 14th August at 1.15pm in Callistemon Activities Room.

Resident Meeting Heath House - Monday 21st August at 2pm in Heath House.

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

RESIDENT SURVEY

RESIDENT SURVEYS - May 2017

Of the 54 (36 Harkness and 18 Raglan) residents surveyed:

100% believe they live in a safe environment.

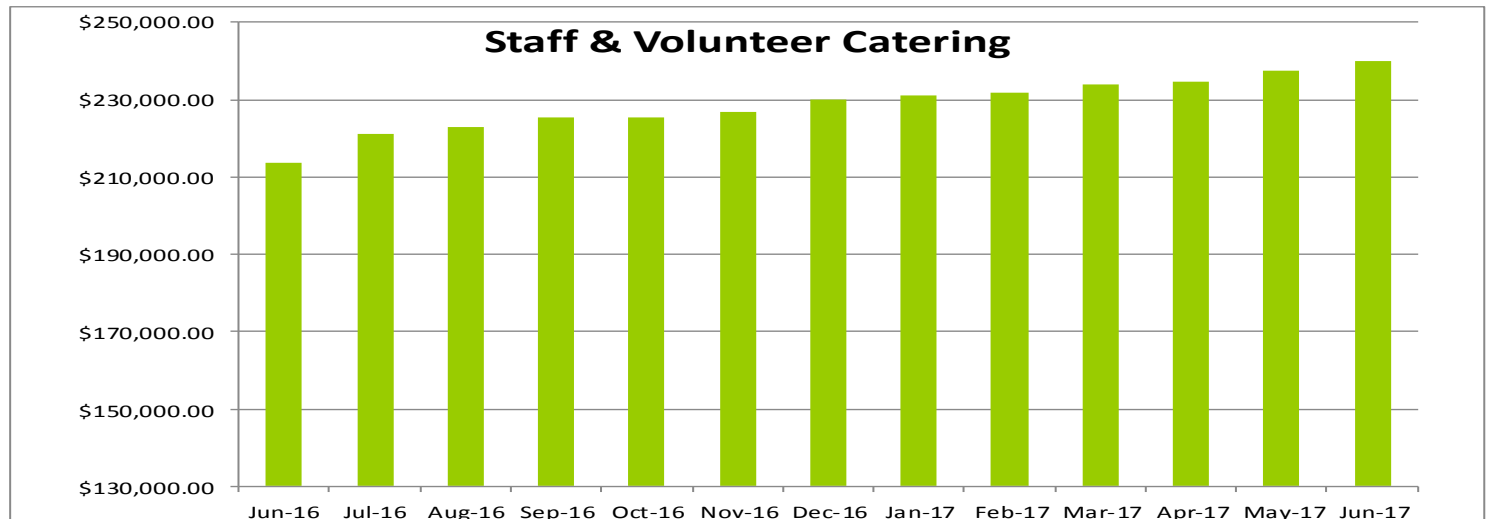
100% stated that the bed linen is clean and comfortable.

90% said they are offered morning and afternoon refreshments.

98% said that they are supported to attend activities/events that they wish to participate in.



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



FAMILY PLUS

4♂ + 2♂ or 6♂ + 1♂ option

Our new Kia Carnival modified vehicle arrived this week. The vehicle cost \$77,000 ex GST, \$38,000 of this is in the modifications required for wheelchair access. The Kia will comfortably fit 7 persons including 1 wheelchair or 6 persons including 2 wheelchair passengers. (see configuration opposite) The vehicle will be used in the lifestyle program and is available for families requiring a wheelchair access vehicle to take residents to appointments. Please see Sue or enquire at Reception regarding this.

A big thank you to our volunteer catering committee for their continued fundraising commitment which has greatly assisted this purchase.

FALLS PREVENTION

making sure there is adequate lighting, especially at night
And
using your walking aid at all times







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



Earnestly speaking

Thoughts from Lauren Broomham



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.



BOTTLED WATER A reminder that 150 ml bottled water is available for purchase through the kitchen or reception at 50cents a bottle. You are able to either pay for the water when you collect it or have it added to your fee account. Please ask staff to assist you if required.

NOTICE BOARD



The Football Tipping:
After round 17 there
has been a dramatic
change in the leaders for
the tipping competition.

Brian Dam is currently
the leader with 91 points, and is playing a
strategy game now as we draw to the last

few rounds of the season, Cora Trower is
sitting in second position on 87 points,
Noel Pollerd has moved up the ladder to
hold 3rd place on 86 and Gus Hogg and
Helen Hellsten are joint 4th position on 85
points. Margaret Pretty is showing her
muscles holding up the ladder with 60
points.

HAVILAH HAIRDRESSER

**New Prices as from
Monday 3rd July 2017**



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

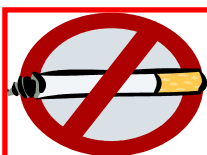
NEWSPAPERS

Please do not remove newspapers or magazines from the dining room tables to take to rooms. These papers are for residents to read in the main area only. Residents wishing to read the papers in their rooms need to order their own personal news papers from the newsagent and they will be delivered. If you need assistance with this please ask at Reception. You will receive an account from the Newsagent should you order your own newspaper/s and periodicals.

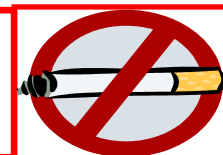


REPORTING FOOD BROUGHT IN FOR RESIDENTS

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.



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





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.

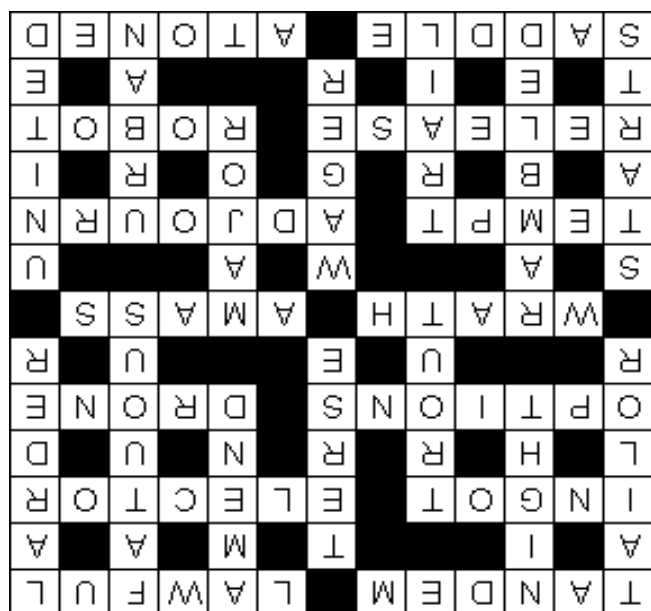
APPOINTMENTS: The responsibility for transport to and from the facility rests with the resident. Residents should nominate several family members or friends who are available for transport to and from appointments where the resident is unable to use a taxi without being accompanied. Families may use the Havilah wheelchair accessible vehicles for resident transport if available. Patient transport for out of town appointments may be arranged for residents as appropriate and if available.

CLOTHING LABELS: All items of clothing are to be labelled. Labels can be purchased through Havilah and the resident's family can use our heat machine to adhere these labels to the residents clothing or Havilah staff will attach the labels for a fee equivalent to 50% of the cost of the labels.

The cost is \$55 for 100 labels and a further \$27.50 if you would like our staff to label the clothing.

If you are providing your own labels, the labels need to be printed clearly and placed in an area on the clothing which is easily located (near tag) for staff to be able to return items to their rightful owner.

All clothing including socks, hankies, under garments etc need labelling. Should a resident have a tendency to leave his/her shoes or slippers anywhere other than their room, it is advisable to have these marked also. These can be marked on the inside with a permanent marking pen for easy identification.



Quiz and
Crossword
Solutions from
page 10



Answers to Anagrams

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

GREAT THINGS TO DO



Happy Hour Every Friday evening

Commencing at 5.00pm, Music, Finger Food, Hot & Cold Beverage, Ice-creams and Ice-cream 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.

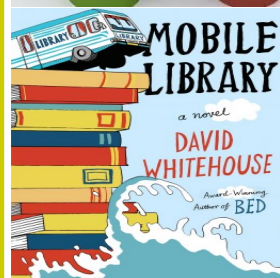
If you have an idea or suggestion for an outing, just let Activities Staff know and we will do our best to arrange the outing for you.



Resident/Advocate Meetings

Next meeting Monday 14th August 2017 at 1.15 pm

Heath House Monday 21st August 2017 at 2pm



Mobile Library— August Dates

Friday 11th and 25th August commencing 10.15 am
Grevillea Lounge 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 Wednesday 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

CHURCH OF ENGLAND - 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.



Football Tipping:

End of Year prize pool \$50, \$30, \$20 respectively for 1st 2nd and 3rd. Each round tipsters with 9 winners are awarded \$10.

Free to Enter. Contact Lifestyle staff if you would like to join in.

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

WEEKLY ACTIVITIES

MONDAY

Nail Pedicure Pamper 9.30am
 Foot Spa 9.30am
 Bus Trip 1.30pm—Bookings through
 Activities Staff.
 Bingo 1.45pm



TUESDAY

Special Morning Tea 10am
 Chairbics 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

Chairbics 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
Heath House "CAFÉ" 3.00pm
 Yummy Afternoon Tea;
 Milk Shakes; Iced Coffee



SUNDAY

Devonshire Afternoon Tea

Hilda Craven

Length of time at Havilah: I have resided at Havilah for the past 2 years and 2 months

My Story: I was born in Thornton, England (where the Bronte Sisters were born), I attended the local schools and after finishing my education enrolled at business college. When I graduated I was employed by a solicitor, and then a blouse manufacturer.

I married my husband Walter in 1949 and migrated to Australia in 1963. We raised 3 children, Margaret, Stuart and Hazel. It was hectic raising a family and working at a doctors clinic at the same time. I have 9 grandchildren and 15 great grandchildren.

Things you used to do for fun: Over the years I have enjoyed ballroom dancing , showing Samoyed dogs, gardening, using my knowledge (or gaining more) by participating at Trivia nights.

About where you have lived: I have lived in Thornton and Yorkshire (England) On coming to Australia I lived at Seaford for 1 year before moving to Cardinia for 18 years. In 1978 we purchased a 10acre property at Wareek and built a home for weekends. The hamlet of Wareek was too good to be true and we retired to live permanently there in 1990.

Travel, sport, passions: Travelling has been a passion over the years, visiting the UK and Ireland, 4 x trips to Canada, USA and Alaska, New Zealand , extensive touring throughout Australia and spending our 50th wedding anniversary in Tahiti.



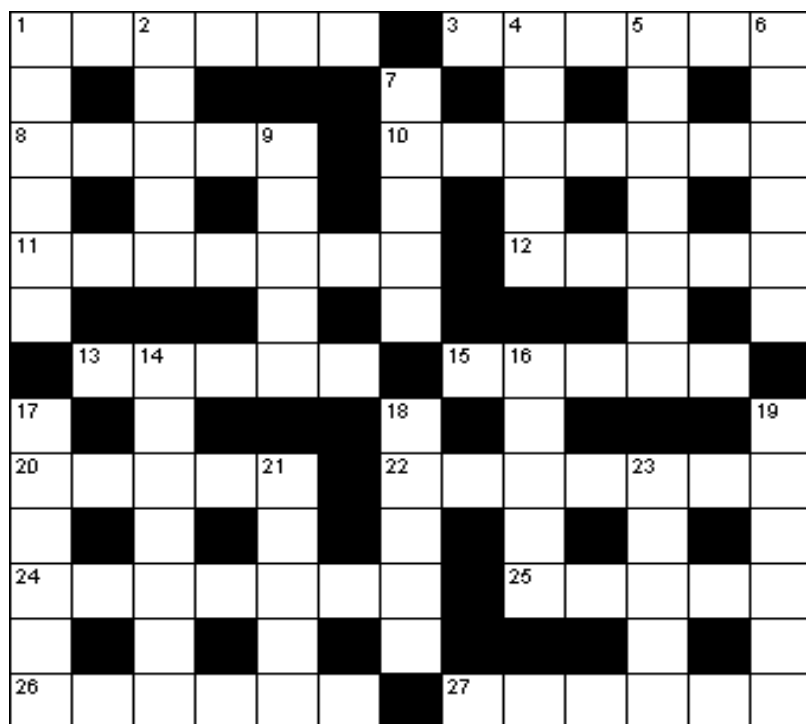
Things you enjoy to do now: I enjoy doing crosswords whilst listening to classical music, look forward to family get together's, spending time with my Havilah friends throughout the day, playing bingo and watching all the quiz shows on TV.

Favourite Topics: I love the morning teas with my friends here and discussing a range of daily issues. (We don't solve anything.)

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



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

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

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)

Solutions can be found on page 5



Hilda and Joan adored the dog.



Ivy and Betty all smiles for afternoon tea.



Ron concentrating on his Domino construction.



Dorothy and Susan cosy by the fire..



Audrey and Dorothy give the fireplace the thumbs up



Margaret and Betty out and about.



Porcelain painting is Noela's forte

PHOTO GALLERY

HEALTH AND WELL BEING

More women than men die from Heart disease every year



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.



HAV' A' LAUGH

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?!"



Judge: "Why did you steal the car?"

Man: "I had to get to work."

Judge: "Why didn't you take the bus?"

Man: I don't have a driver's license for the bus.



AN old golden retriever starts chasing rabbits and, before long, discovers that he's lost. Wandering about, he notices a panther heading in his direction.

"Oh no. I'm in deep trouble now," thinks the retriever.

Noticing some bones on the ground close by, he immediately settles down to chew on them with his back to the approaching cat.

Just as the panther is about to leap, the old retriever exclaims loudly, "Boy, that was one delicious panther. I wonder if there are any more around here?"

Hearing this, the young panther halts his attack in mid-stride, a look of terror comes over him and he slinks away into the trees.

"Whew," says the panther.

"That was close. That old retriever nearly had me."

Meanwhile, a squirrel, who had been watching the whole scene from a nearby tree, figures he can put this knowledge to good use and trade it for protection from the panther.

He catches up with the panther and spills the beans. The young panther is furious at being made a fool of and, with the squirrel on his back, sets off after the conniving canine.

Again the old retriever sees the panther coming with the squirrel on his back and thinks, "What am I going to do now?"

But instead of running, the dog sits down with his back to his attackers, pretending he hasn't seen them yet, and just when they get close enough to hear, the old retriever says:

"Where's that squirrel? I sent him off an hour ago to bring me another panther."

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.

COMMENTS, COMPLIMENTS, SUGGESTIONS & COMPLAINTS

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

Please note that anonymous complaints are difficult to action so for the best outcome please put your name and contact clearly on the form. We will keep your complaint confidential if you wish this. We strive to continuously improve our service and look forward to working with you to achieve the best possible outcomes for residents.

You can 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 KITCHENS

Main Kitchen **54617388** Internal Dial **388**

Heath Kitchen **54617482** Internal Dial **482**

WHEN THE FIRE ALARM SOUNDS

Residents and Visitors should remain where they are and wait for staff to instruct you on evacuation. If you can see the fire you should move away from the immediate area and wait for instruction from staff. If the fire is in your room you should leave the room and close the door behind you. 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

Please contact **Kim Davidson** for Havilah on Palmerston and
Raglan House Phone: 5459 0169 OR **Sue Edmondson** 54617390
 for **Harkness Street**

CARDS (500) 4th Tuesday of each month at 6.30pm
 Raglan House, 3rd Tuesday at 6.30pm
 Harkness

INDOOR BOWLS Each Wednesday 1.30pm at Harkness

TAI CHI Each Monday and Wednesday 10.30-
 11.30 Room 7—High School Centre

CARDS (Show Poker) Each Tuesday 3.15 pm in Callistemon House

**STRENGTH
EXERCISES** Each Wednesday 11.15 am in Callistemon
 House or Mondays 2.30pm Raglan House

HAPPY HOUR Each Friday at 4.30 pm in the Main Lounge
 at Harkness St or 5pm at Raglan Street

ACTIVIES Each Saturday at 1.30pm Callistemon
 House and every alternate Saturday at
 9.30am.