

Please contact Jenni on 5461 7387 or email [jenni.dellavedova@havilah.org.au](mailto:jenni.dellavedova@havilah.org.au) if you would like your Havachat sent via email

HAVILAH WEBSITE:  
[www.havilah.org.au](http://www.havilah.org.au)

Issued 10th August 2015

# HAVACHAT



**Resident Meeting—Monday 10th August —1.15 pm in Callistemon Activities Room**

**Resident Meeting Heath House—Monday 17th August — 2.00 pm Heath House**

THESE MEETINGS ARE A FORUM FOR IDEAS AND NEW INITIATIVES  
TO BENEFIT RESIDENTS AND FAMILIES. WE WELCOME YOUR INPUT.

## BLUMES FASHION SHOW

**Tuesday 22nd September**  
**1.30pm Main Dinning Room/Lounge**

Fashion show and talk about Blumes summer range of casual clothing for mature ladies. Garments are fully machine washable, drip dry. Nothing over \$59.95—taking cash, cheque and credit card.

Residents to be seated by 1.30pm ready for the show/talk, then ladies can browse, try on and purchase if you wish. Family members welcome.



### Did You Know.....

#### Some History of MARYBOROUGH VICTORIA



The area was originally inhabited by the Dja Dja Wurrung people. The first Europeans to settle were the Simson brothers, who established a sheep station, known as Charlotte Plains, in 1840.

Gold was discovered at White Hill, 4 kilometres north of Maryborough, in 1854, leading to prospectors rushing to the area.

At its peak Maryborough is reported to have had a population of up to 50,000 although local historian Betty Osborn, of Maryborough-Midlands Historical Society inc., says it was closer to 30,000.

The town site was surveyed in 1854, with a police camp, Methodist church, and hospital amongst the first infrastructure. The Post Office opened on 19 October 1854. The settlement was originally known as **Simsons**, but later changed to Maryborough by the gold commissioner James Daly, after his Irish birthplace.

One of Victoria's earliest newspapers, *The Maryborough Advertiser*, was established in 1854. Land sales commenced in 1856, and Maryborough became the administrative and commercial centre of the area. The town became a borough in 1857. The last gold mine in Maryborough closed in 1918. In 1924 the Maryborough Knitting Mills opened, which established the town as a centre for the wool industry.

Maryborough became a city in 1961.





## Students at Havilah

Havilah provides placement and training opportunities for a wide range of students throughout the year. So far this year we have had students doing Cert III Aged Care, Cert III Health Services Assistance



This is Thomas and Dolyce with our Melaleuca residents Jean and Grace. They are year 10 students from Mt Clear College in Ballarat, here for the day. They are studying their Cert III in Health Services Assistance and were in Melaleuca practising bed making and interviewing residents. They were disappointed not to get to all the residents through the facility that agreed to be interviewed and look forward to catching up with those residents at their next visit.

Other students are here for longer placement including those doing Cert III in Aged Care including Richard, Amanda, Robert and Jan. They get to work with our activity staff and our care staff learning a wide range of skills and most importantly communicating and working with our residents.



Richard assisting  
Hazel



Robert adjusting  
Pat's heat pack

Noel being  
interviewed by  
Amanda



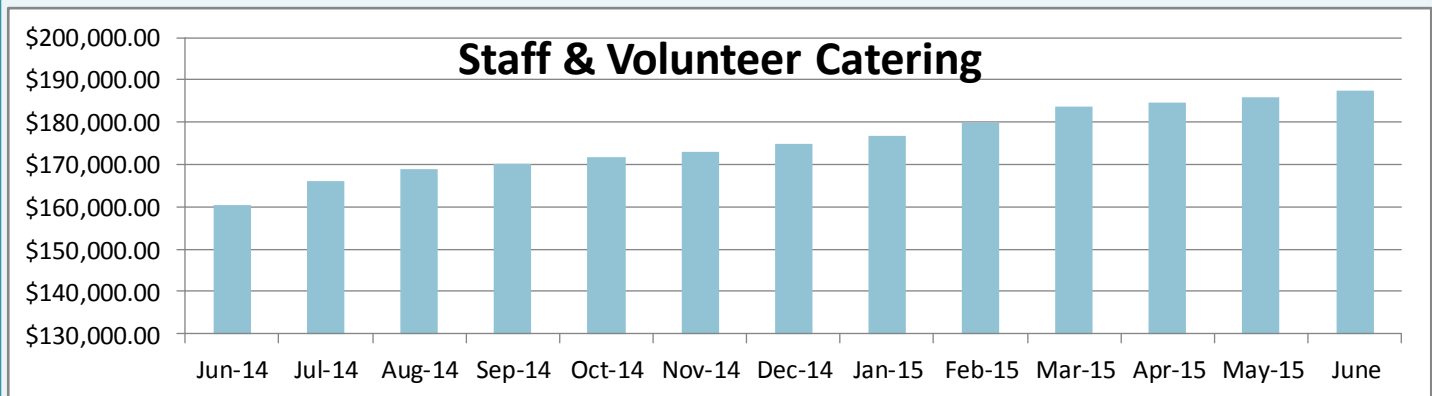
Jan warming up  
for chairbics  
with Margaret  
and Nancy



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



This table shows the amount of fundraising provided by Havilah volunteer catering group from their efforts of catering for events such as birthdays, parties and funerals.



Hi from the desk of the Director of Care,

We are well settled into winter and the flu season is well upon us with media reports that this year's strains are quite severe, so if you have the flu and are considering visiting a loved one please think of others and the elevated effect illness has on our older folks.

A reminder to family and friends that all our residents medications are prescribed by the Doctor and doses are specific to individual resident's, if your family member ask for medication e.g. Panadol) please seek out the nursing staff as you may be overdosing your loved one as they are likely to be on regular medication that could have the same ingredients in them.

The footy season is progressing and the "Mighty Pies" are not, but still it's looking OK for next year. Dave

### RESIDENT SURVEYS - JUNE 2015

Of the 77 residents surveyed (Harkness = 56 and Raglan = 21)

53% of residents said they are aware that all staff, students and contractors have to have current police checks to work at Havilah and 47% were unaware.

96% of residents surveyed said their room is warm enough and 4 % said it was not.

86% said they feel comfortable making a complaint or suggestion and 14% said they do not like to.

96% of residents surveyed said that staff and students knock before entering their room.

### KIOSK HOURS: 10am—12noon every Thursday

The resident kiosk is situated in Acacia  
next to the Hairdressing salon.

It is stocked with goodies for you  
and 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

## GREAT THINGS TO DO IN AUGUST

### HAPPY HOUR EACH FRIDAY 4.30—5.30pm

Live entertainment in main Dining Room.

Happy Hour activities continue at Heath House



### CHURCH SERVICES – all Services begin at 10.30 am

Wed 5<sup>th</sup>

Uniting Church

Wed 12<sup>th</sup>

Salvation Army

Wed 19<sup>th</sup>

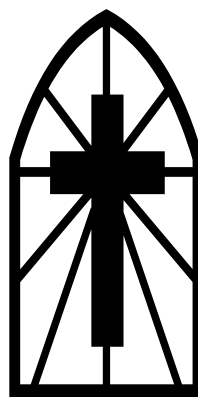
Wattle City Church

Tue 25<sup>th</sup>

Anglican Church

Wed 26<sup>th</sup>

No Church



### SPECIAL EVENTS

Sat 1<sup>th</sup>

Special Bingo 1.30pm

Sat 15<sup>th</sup>

Special Bingo 1.30pm

Sat 29<sup>th</sup>

Special Bingo 1.30pm



### Sudoku, Quiz and Crossword Solutions from page 7

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

HUB WORD—MACHINERY

SOME OTHER WORDS OF FIVE  
LETTERS OR MORE CONTAINING THE  
HUB LETTER C: cairn, chain,  
chair, charm, chary, chime,  
china, chine, crane, cream,  
crime, hemic (haemic), manic,  
6b. Catherine Zeta-Jones  
7b. Haley Joel Osment  
8b. Jennifer Lopez  
9b. Liam Neeson  
10b. John Huston

MOVIE QUIZ ANSWERS

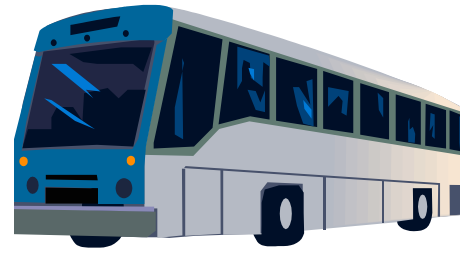
1b. Tom Hanks  
2b. Julie Walters  
3a. Ben Affleck  
4b. Robert De Niro  
5a. Frank Sinatra  
6b. Catherine Zeta-Jones  
7b. Haley Joel Osment  
8b. Jennifer Lopez  
9b. Liam Neeson  
10b. John Huston

chimney, machine, chairmen.  
archine, carmine, chimera,  
rich, iceman, mincer,  
anemic, cinema, creamy, en-  
nicer, niche, ranch, reach,  
march, mercy, mince, nacre,  
crime, hemic (haemic), manic,  
china, chine, crane, cream,  
chair, charm, chary, chime,  
hub letter C: cairn, chain,  
letters or more containing the  
2b. Julie Walters  
3a. Ben Affleck  
4b. Robert De Niro  
5a. Frank Sinatra  
6b. Catherine Zeta-Jones  
7b. Haley Joel Osment  
8b. Jennifer Lopez  
9b. Liam Neeson  
10b. John Huston

## WEEKLY ACTIVITIES

**BUS TRIPS** – Mondays and Fridays

Wednesdays Heath House



**Nail Pedicure Pampers** - Monday mornings

**Foot Spas** - Monday and Thursday mornings each week



**BINGO at 1.45pm** every Monday, Tuesday, Thursday & Friday (Callistemon Activities Room)

**INDOOR BOWLS** - Wednesdays 1.30pm  
(Correa Lounge)



**SPECIAL MORNING TEA** - Tuesdays 10.00am (Main Dining Room)

**HAPPY HOUR EACH FRIDAY at 4.30 PM**



**TUESDAY -** Street Walk 1.30pm

Afternoon Cards 3.15 pm

**WEDNESDAY -** Strength exercises 11.15am

Cooking classes 3.15pm

**THURSDAY -** Craft Group 3.15pm

**FRIDAY -** Video in Lounge 3.15pm

**SATURDAY -** **Heath House “CAFÉ” 3.00pm**

Yummy Afternoon Tea;

Milk Shakes; Iced Coffee

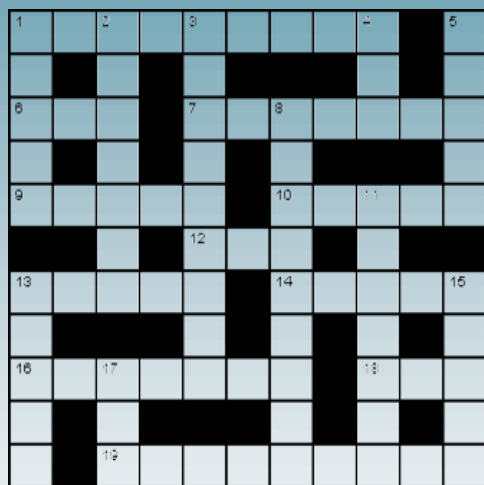
**SUNDAY -** Devonshire Afternoon Tea



**COOKED BREAKFAST 1st Monday of Each Month**



# Mind Games

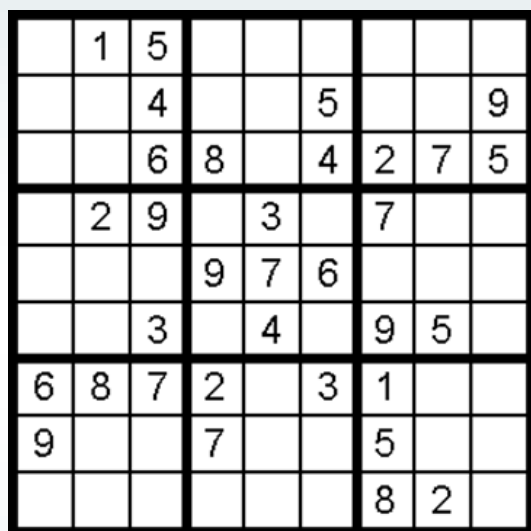


## Across

1. Eternal (9)
6. Water barrier (3)
7. Precious gem (7)
9. Mistake (5)
10. One of the senses (5)
12. Expert (3)
13. Beer mug (5)
14. Score (5)
16. Very old (7)
18. Self (3)
19. Stage name (9)

## Down

1. Military chaplain (5)
2. Compunction (7)
3. Survival (9)
4. Fifth sign of the zodiac (3)
5. Emblem (5)
8. Tried (9)
11. Physician (7)
13. Frighten (5)
15. Tempest (5)
17. Drinking vessel (3)



## HUB WORDS

How many words can you make from the letters in the wheel? Each word must contain the hub letter **C**. Can you find a 9-letter word and at least 20 other words of four letters or more avoiding proper nouns?



## MOVIE QUIZ

1. Who was Carl Hanratty in the 2002 movie, *Catch Me If You Can*?  
a. Leonardo DiCaprio b. Tom Hanks
2. Who starred in the 2004 movie, *Calendar Girls*?  
a. Julie Andrews b. Julie Walters
3. Who was Michael Jennings in the 2003 movie, *Paycheck*?  
a. Ben Affleck b. Matt Damon
4. Who was Jake La Motta in the 1980 movie, *Raging Bull*?  
a. Sylvester Stallone b. Robert De Niro
5. Who starred in the 196 movie, *The Manchurian Candidate*?  
a. Frank Sinatra b. Dean Martin
6. Who was Velma Kelly in the 2002 movie, *Chicago*?  
a. Nicole Kidman b. Catherine Zeta-Jones
7. Who starred in the 2003 movie, *Second Hand Lions*?  
a. Macaulay Culkin b. Haley Joel Osment
8. Who was Marisa Ventura in the 2002 movie, *Maid in Manhattan*?  
a. Julia Roberts b. Jennifer Lopez
9. Which actor appeared in the 2002 movie, *Gangs of New York*?  
a. John Travolta b. Liam Neeson
10. Who directed the 1941 classic, *The Maltese Falcon*?  
a. Walter Huston b. John Huston



Solutions can be found on page 5.

## CONTACTING STAFF

You can contact staff by using your **room phone**

**In the main building** Ring 370 between 7am and 11 pm; or 367 between 11 pm and 7 am

**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**, if there is no answer on this number the call will be diverted to staff on the floor.

FOR FAMILIES ringing from outside Havilah to speak to staff in **Melaleuca House** please call the nurses station on **54617465**, 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 AND COMPLAINTS FORMS ARE AVAILABLE IN THE FOYERS OF BOTH BUILDINGS

Residents and families are encouraged to communicate any issues they may have. There is a **Director of Care (RN1)** 54 617489 or internal dial 489. Email [dave.burridge@havilah.org.au](mailto:dave.burridge@havilah.org.au)

The RN Nursing Supervisor can be contacted on 54617394 or by internal dial 394.

The **Heath House** Team Leader / Senior can be contacted on 54 617461 or Internal Dial 461

You can also contact: **CEO Barb Duffin** 54 617381 Internal Dial 381 Mobile 0429 617380

email: [barbceo@havilah.org.au](mailto:barbceo@havilah.org.au) or **Director of Human Services Kelsey Hooper** on

54 617383 Internal Dial 383 email: [dhs@havilah.org.au](mailto:dhs@havilah.org.au).

If you report an issue to any staff member they will fill out a form on your behalf.

Complaints can be made openly, anonymously or your name can be kept confidential.

Havilah respects the right of residents and families 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: Families or residents can contact Havilah 24 hours a day, 7 days a week on Email: [mail@havilah.org.au](mailto:mail@havilah.org.au) or Telephone: 54617387. Leave a message if it is out of office hours and staff will get back to you as soon as possible.

Residents can contact Rhonda simply by pressing the numbers 387 on room telephones.

## ADMINISTRATION OFFICE HOURS

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





# HAV'A LAUGH



A man went to the doctor complaining of insomnia. The doctor gave him an exam and found nothing physically wrong with him. "Listen," the doctor said, "if you ever expect to cure your insomnia, you need to stop taking your troubles to bed with you." "It's true," said the patient, "but my wife refuses to sleep alone."

After gunning his BMW the wrong way down a one-way street, the rather intoxicated young man was asked where he thought he was going by a curious police officer. "I'm not really sure," confessed the drunk, "but wherever it is, I must be late, because everybody seems to be coming back already."

## EVER WONDER

- Why the sun lightens our hair, but darkens our skin?
- Why women can't put on mascara with their mouth closed?
- Why don't you ever see the headline "Psychic Wins Lottery"?
- Why is "abbreviated" such a long word?
- Why is it that doctors call what they do "practice"?
- Why is lemon juice made with artificial flavour, and dishwashing liquid made with real lemons?
- Why is the man who invests all your money called a broker?
- Why is the time of day with the slowest traffic called rush hour?
- Why isn't there mouse-flavoured cat food?
- When dog food is new and improved tasting, who tests it?
- Why didn't Noah swat those two mosquitoes?
- Why do they sterilize the needle for lethal injections?
- You know that indestructible black box that is used on airplanes? Why don't they make the whole plane out of that stuff?
- Why don't sheep shrink when it rains?
- Why are they called apartments when they are all stuck together?
- If con is the opposite of pro, is Congress the opposite of progress?
- If flying is so safe, why do they call the airport the terminal?



# HAVACHAT

## RETIREMENT LIVING ACTIVITIES

Please contact **Keith Fankhauser** for Havilah on Palmerston and Raglan House Phone: 5459 0169 Mobile: 0408 774 715

Email: [keith.fankhauser@havilah.org.au](mailto:keith.fankhauser@havilah.org.au)

OR **Sue Edmondson** 54617390 for Harkness Street

### MOVIE NIGHT

Due to the cold weather, Movie night has been suspended until October.

### CARDS (500)

3rd Thursday of each month at 7.00 pm Raglan House

### INDOOR BOWLS

Each Friday at 10am Raglan House

### GAMES NIGHT

3rd Tuesday each month at 6.30 pm Harkness Street

### CARDS (Show Poker)

Each Wednesday 11.15 am in Callistemon House

### STRENGTH EXERCISES

Each Wednesday 11.15 am In Callistemon House

### HAPPY HOUR

Each Friday at 4.30 pm in the Lounge at Harkness

Harkness Retirement Residents have access to HAIRDRESSING and MEALS at both sites and FOOTCARE and PODIATRY at the Harkness Street site.

Please contact Raeleen or Rhonda if you would like to make use of any of these services.

*We are happy to facilitate activities and recreation programs that you are Interested in. Please contact Raeleen if you would like to be part of a Social Committee.*