

HAVACHAT

Issue September 2019

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

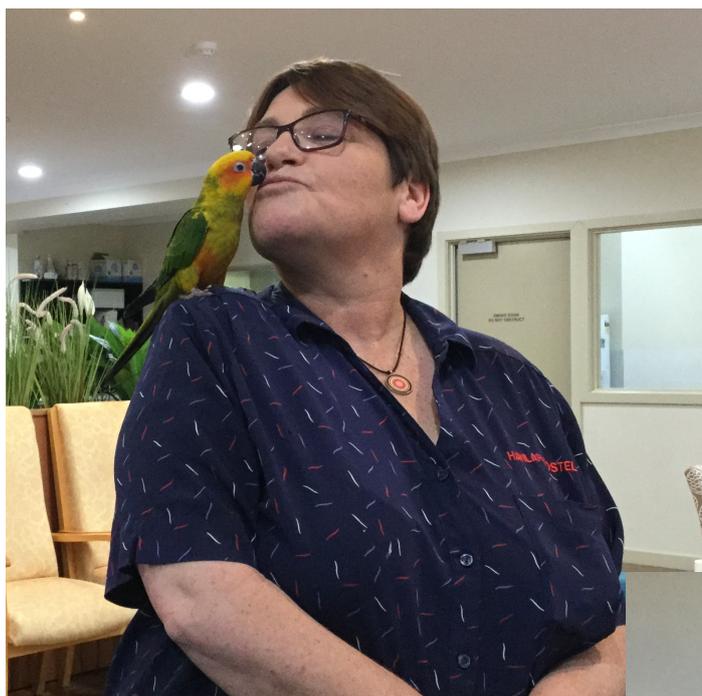


A wonderful spring day at Lambley Nursery and afternoon tea at Quigley and Clarke was had by residents on the recent bus outing. The nursery had plenty of colour in their gardens for everyone to wander through and enjoy the surrounds.

**Resident Meeting - Monday 14th October 2019 at 1.15pm in Callistemon Activities Room.
Resident Meeting Heath House - 16 September 2019 at 2pm in Heath House.**

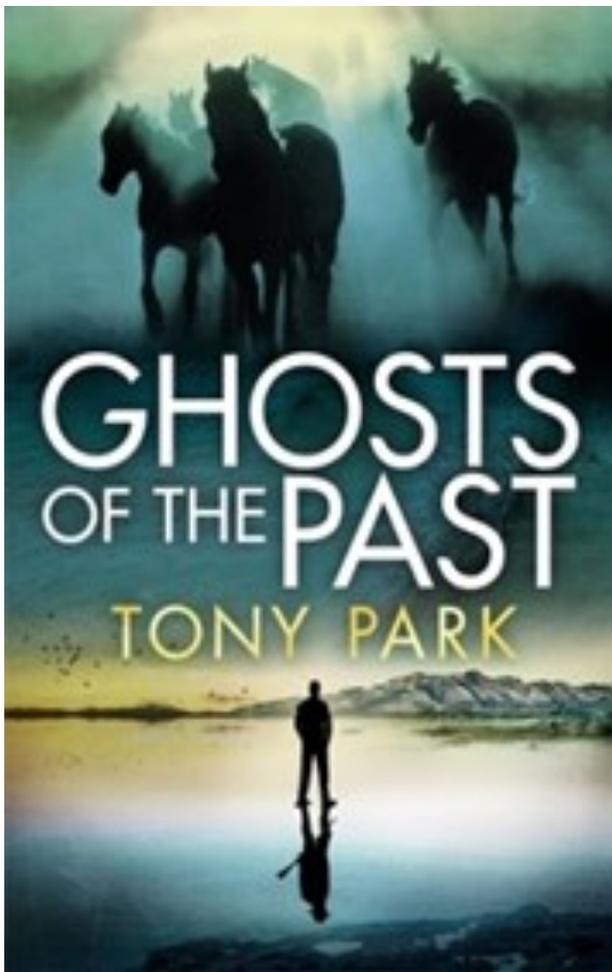
THESE MEETINGS ARE FORUMS FOR YOUR IDEAS AND NEW INITIATIVES—WE WELCOME YOUR INPUT

PHOTO GALLERY



Residents and staff in Heath House and Melaleuca got a thrill or a twill from the the visit from Sunny the Suncor parrot.

Sunny is owned by our new staff member Laura, everyone was very impressed how well trained and tame the bird was with everyone that was in contact with him.



German South West Africa 1906, Australian horse trader Cyril Blake is executed in cold blood by the Kaiser's soldiers.

Sydney, the present day. Blake's great nephew, recently widowed Nick Eatwell, is approached by South African journalist Susan Vidler who is investigating his ancestor's mysterious demise.

Intrigued and looking for distraction, Nick discovers a long-lost manuscript which tells how Blake stayed in South Africa after serving in the Anglo-Boer War and joined the Nama people in their rebellion against the Germans in South West Africa, modern-day Namibia.

In Munich, historian Anja Berghoff, researching the origin of the wild 'ghost' horses of Namibia, stumbles across intriguing letters from Irish-German spy Claire Martin, with whom Blake had an affair.

As Nick and Anja's paths cross, they find themselves racing through southern Africa, and through time, on the trail of a legend.

But they're not alone. Someone else is chasing these ghosts of the past, looking for clues for a hidden treasure worth killing for.



WEIRD and WONDERFUL WORDS

MERRYTHOUGHT - a bird's wishbone

Dementia doesn't discriminate.

Do you?

RSVP:

Friday 13th September 2019

RSVP to Karen ph: 5461 7464

Community event, come and join us

**When: Tuesday 17th September 2019
10.30 - 11.30am**

**Where: Hav-a-Latte Café' Heath House
Havilah**

Dementia Action Week

16-22 September 2019

an initiative of  **dementia
australia™**

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.

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.

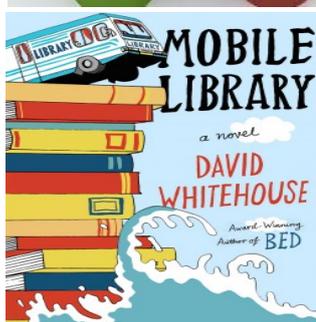
If you have an idea or suggestion for an outing, just let Lifestyle Staff know and we will do our best to arrange the outing for you.



Resident/Advocate Meetings

Next meeting Monday 9th September 2019 at 1.15 pm

Heath House Monday 16th September 2019 at 2pm



Mobile Library - September and October Dates:

September: 13th

October: 11th and 25th

Commencing: **10.15 am**

Grevillea Atrium

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 10.30am

SALVATION ARMY - 2nd Wednesday each Month 10.30am

WATTLE CITY CHURCH - 3rd Wednesday each month 10.30pm

CATHOLIC CHURCH - 4th Wednesday each Month 10.30am

ANGLICAN CHURCH - 4th Tuesday each Month 10.30am

All church services are held in the Activities area behind the bird stained glass window.



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
Chairobics 11.15am
Marbowls 1.30pm
Street Walk 1.30pm
Bingo 1.45pm
Afternoon Cards 3.15pm

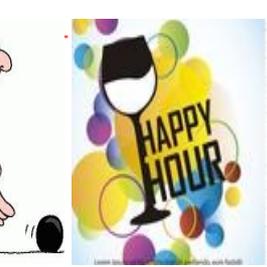
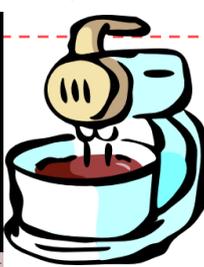
WEDNESDAY
Strength Training 11.15am
Indoor Bowls 1.30pm
Movie Afternoon 1.30pm
Bus Trip (Heath House) 1.30pm
Cooking classes 3.15pm

THURSDAY Foot Spa 9.30am
Bingo 1.45pm
Craft Group 3.15pm
Music DVD 3.15pm

FRIDAY
Chairobics 11.15am
Bus Trip 1.30pm
Bingo 1.45pm
Video in Lounge 3.15pm
HAPPY HOUR
4.30 pm– 5.30pm

SATURDAY Morning Activities 9.30am
Special Bingo 1.30pm

SUNDAY Devonshire Afternoon Tea in
Main Lounge 3.00pm



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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 10.30am & 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 10.30am,
1.45pm & 6.00pm
Cooking 1.30pm
Sonas 4.00pm

FRIDAY
Activity Time 10.30am,
3.00pm & 6.00pm
Group Games 1.45pm
Sonas 4.00pm
Happy Hour 4.30pm

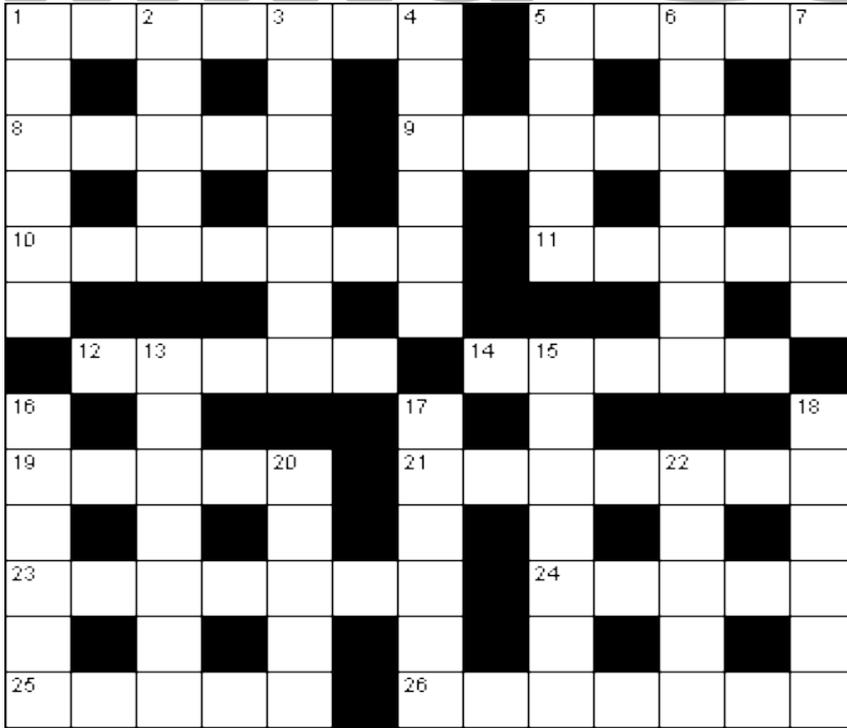
SATURDAY
Activity Time 10.30am,
1.30pm & 6.00pm
Delta Dogs (2nd & 3rd Sat)
1.30pm
Café 3.00pm
Sonas 4.00pm

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. Just ask for Lifestyle Staff and they will come and attend you.

Mind Games

035



Across:

1. On the way (2,5)
5. Sound (5)
8. Dog-like mammal (5)
9. Free from blame (7)
10. Entrap (7)
11. Music Speed (5)
12. Compare (5)
14. Book of maps (5)
19. General kind of something (5)
21. Unaffected (7)
23. Pasta strips (7)
24. Impromptu (2,3)
25. Part of a church (5)
26. Defraud (7)

Down:

1. Reverberated (6)
2. Rolls of film (5)
3. Oblivious (7)
4. Jubilant (6)
5. Valuable item (5)
6. Quandary (7)
7. Nocturnal wildcat (6)
13. Type of work (7)
15. Percussion instrument (7)
16. Schedule (6)
17. Visitors (6)
18. Comestible (6)
20. Figure out (5)
22. Legally acceptable (5)

WORD SEARCH - EUROPE



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

AUSTRIA, BELARUS, BELGIUM, BULGARIA, CROATIA, CZECH REPUBLIC, DENMARK, ENGLAND, ESTONIA, FINLAND, FRANCE, GERMANY, GREECE, HUNGARY, ICELAND, IRELAND, ITALY, LATVIA, LIECHTENSTEIN, LITHUANIA, LUXEMBOURG, MACEDONIA, MALTA, NETHERLANDS, NORWAY, POLAND, PORTUGAL, ROMANIA, SCOTLAND, SLOVAKIA, SPAIN, SWEDEN, SWITZERLAND, UKRAINE, WALES.

QUIZ

1. What is made from bauxite?
2. What does the I stand for in CSIRO?
3. Where would you find the Darling Ranges?
4. What is a Drongo?
5. When was the Australian Atomic Energy Commission formed?

Olive Clark

Length of time at Havilah: I have been a resident at Havilah for just on 12 months

My Story: I was born in Newbridge 28/09/1925, the third youngest of nine children, I was educated at the Llanelly primary school, did not complete any secondary education, I gained employment in a butcher shop in Tarnagulla. I married my husband Ken at Llanelly on 16/05/1946 and we raised 3 children Graeme, Lynette and Robert on the farm we ran together at Llanelly. I have 7 grandchildren and 17 great grandchildren. Ken passed away in 2003.

Things you used to do for fun: As a child we had fun in the country, there was always plenty to amuse ourselves, play tennis, cricket with the boys and card games. I was involved in CWA ladies for 50 years, and the Tarnagulla elderly citizens, attending old time dances in and around the district and always enjoyed being in the garden. (love flowers, roses and orchids)

About where you have lived: I had always lived in the Llanelly, Tarnagulla area until Ken and I moved into Maryborough 40 years ago to retire from the farm. I lived in the same house until coming to Havilah.

Travel, sport, passions: Over the years I played tennis, and bowls, have travelled as far as Qld and would be on the monthly bus outings with local the bus lines to the different clubs along the Murray and other organised bus trips enjoying the company of friends.

Things you enjoy to do now: I was still attending the Tarnagulla Senior citizens up until earlier this year, a friend used to pick me up every month. There is plenty to keep yourself active here at Havilah. I love playing bingo and marbowls, and look forward to the odd bus outing and Happy Hour every Friday night. It great to sit with co-residents in the lounge areas and have a talk, and watching the musical DVD's that are put on daily in the main lounge.



Your favourite topics: A great passion of mine is my family, I get great pleasure talking about their achievements and listening to others about their families. I enjoy having my family and friends visit on a regular basis or when they can make time and I love a good chin wag about the good old days.

Favourite Food and Music: My favourite music is country style. I used to attend the monthly Country Music concert held at the Highland Society and travel to other venues. (I never missed the monthly nights.)

I have a very sweet tooth, love all types of desserts and enjoy lollies and chocolate.

September 2019

| | Tue | Wed | Thu | Fri | Sat | Sun |
|----|-----|-----|-----|-----|-----|-----|
| 30 | | | | | | 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 | 29 | 28 | 29 |

Falls Prevention



Ensure that you have your eyes tested each year and have your glasses adjusted and fitting correctly. Consider using single vision lenses if falls are becoming an issue.



The AFL Footy home and away season games has come to an end, with all teams who have reached the finals stages all trying to be one of two teams to play that big match on the last day of September.

The ladder has shown a very close competition amongst the tipsters this season, with consistency from several tipsters. Finishing in first place was Betty Fleming on 126 points, Brian Dam and Graham Milne had a season with 124 points each, and in third we had joint winners on 123 points being Neeta Dowling and Faye Share.

The last placing on 86 points, holding up the ladder is Shirley Nicholson, Shirley has held this position for the entire season taking out the wooden spoon.

From the 23 rounds played there has been 12 tipsters who have picked a full house in the home and away rounds throughout the season.

Prize pool: 1st - \$50.00, 2nd - \$30.00 3rd - \$20.00 and last place \$10.00.

Weekly prizes are also awarded for tipping all the winners in the round.

Winners for the overall competition will be awarded with their winnings and certificate at Happy Hour prior to the AFL grand final.

RESIDENT SURVEY - July 2019



Of the 37 residents surveyed at Harkness:

100% of residents surveyed indicated that they most of the time or always hear staff knock before they enter their room.

95 % of surveyed residents most of the time or always receive information

about activities and events that are held.

95% of residents surveyed agreed or strongly agreed that they find Havilah comfortable and homely. (1 resident surveyed did state not quite yet as they are relatively new.

46% of residents surveyed agree or strongly agreed that the staff ensure that their teeth, glasses and hearing aides are clean. 54% indicated neutral as they are able or preferred to do their own care.



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



Charter of Aged Care Rights

From the 1st of July 2019, the Australian Government introduced a new and simpler Charter of Aged Care Rights (the Charter). This replaces the current charters of aged care rights and responsibilities. The Charter will make it easier for aged care consumers (older people receiving aged care services), their families and carers to understand what they can expect from an aged care service provider, regardless of whether they are in residential care or receiving care in the home. The Charter places the consumer at the centre of care by giving them choice and recognising their right to be treated with respect. It acknowledges that identity, culture and diversity are to be valued and supported. Consumer responsibilities have also been revised. These changes will support aged care service providers in delivering care to consumers and provide protection for the aged care workforce.

Residents entering care since 1 July have been provided with a signed copy of the Charter and have been given an opportunity to sign it.

This provides an important opportunity for providers and consumers to enter into a partnership.

During September Andrew and Raeleen will be contacting pre July 1 residents (or family members if appropriate) providing explanation and the opportunity to sign the Charter.

The Older Persons' Advocacy Network (OPAN) has short explainer videos on its website for both Providers and Consumers. Our staff will explain the Charter to residents or assist them to watch the video. The video can be accessed at

<https://opan.com.au/charter/> If family members do not have access to the internet and would like assistance to access this please let Andrew or Raeleen know when next you visit and they will assist you.

The booklet Charter of Aged Care Rights which informs residents of their rights as an aged care consumer and how they can exercise them and also includes information about responsibilities as an aged care consumer is available in the foyer.

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.





There once were twin boys, age six, that had developed extreme personalities. One was a pessimist and the other a total optimist. Concerned, their parents took them to a psychiatrist.

First, the psychiatrist treated the pessimist. Trying to brighten his outlook, the psychiatrist took him to a room filled with toys. But instead of yelping with delight, the little boy burst into tears. "What's the matter?" the psychiatrist asked. "Don't you want to play with any of the toys?" "Yes," the little boy bawled, "but if I did

I'd only break them."

Next, the psychiatrist treated the optimist. Trying to dampen his outlook, the psychiatrist took him to a room piled to the ceiling with horse manure. But instead of wrinkling his nose in disgust, the optimist climbed to the top of the pile, and began gleefully digging out scoop after scoop with his bare hands.

"What are you doing?" the baffled psychiatrist asked.

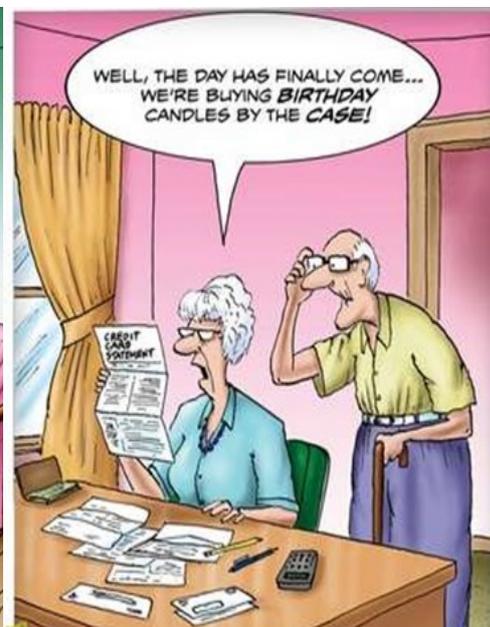
The little boy replied, "With all this manure, there must be a pony in here somewhere!"



"OK, Mrs. Dunn. We'll slide you in there, scan your brain, and see if we can find out why you've been having these spells of claustrophobia."



"I WON'T BE COMING IN TODAY... I CAN'T GET MY ASS OUT OF BED."



"WELL, THE DAY HAS FINALLY COME... WE'RE BUYING BIRTHDAY CANDLES BY THE CASE!"

It's the AFL Grand final and a man makes his way to his seat right on the wing. He sits down, noticing that the seat next to him is empty. He leans over and asks his neighbour if someone will be sitting there.

'No,' says the neighbour. 'The seat is empty.'

'This is incredible,' said the man. 'Who in their right mind would have a seat like this for AFL Grand final and not use it?'

The neighbour says 'Well, actually, the seat belongs to me. I was supposed to come with my wife, but she passed away. This is the first AFL Grand final we haven't been to together since we got married in 1967.'

'Oh I'm sorry to hear that. That's terrible. But couldn't you find someone else, a friend or relative, or even a neighbour to take the seat?'

The man shakes his head 'No, they're all at the funeral.'

In surgery for a heart attack, a middle-aged woman has a vision of god by her bedside. "Will I die?" she asks.

God says, "No, you have 30 years to live.

With 30 years to look forward to, she decides to make the best of it. Since she was in the hospital, she got breast implants, liposuction, a tummy tuck, hair transplants and collagen injections to the lips. She looks great! The day she was discharged, she exits

the hospital with a swagger, crosses the street, and is immediately hit by an ambulance and killed. Up in heaven, she sees god. "You said I had 30 more years to live," she complains.

"That's true," says God.

"So what happened?" she asks.

God shrugs. "I didn't recognise you."

The Central Highlands Library service visits Harkness Street every second Friday in the month.

Come and talk to Kerry the Librarian who will help you find the book you are after.

There is 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 Grevillea Atrium from 10.15am - 11.15am.



FROM THE KITCHEN :

The menu for each day is displayed on the dining tables. If residents do not wish to have the 'First Choice' for lunch please notify the catering staff that you would like the 'Second Choice' shown on the menu. The first and second choice change every day. There are also choices listed for soft and pureed diets including sweets. Just in case you do not like either choice offered there are additional alternatives available every day and these are listed on the menu. Please advise kitchen staff at breakfast or up to 10.00am if you would like one of the Lunch alternates rather than what is being offered as first or second choice. For those who have breakfast in your room the daily menu is included on your breakfast tray. Please inform the care staff of your choices for the day.

At tea time there is a selection of two soups, two mains and two sweets on the menu.

Additional tea time alternatives each day are - Salads, raisin toast and sandwiches. Please advise the kitchen prior to 3pm if you would like one of these alternate choices.

So that staff can have your meal ready for you at mealtime please take special note of the times for ordering of alternate meals, therefore at breakfast or by 10 a.m. for lunch and by 3pm for tea.

For breakfast residents may have whatever cereals and breads they wish. Please notify the kitchen who will arrange to get this in if it is not held as normal stock.

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, Special Morning Tea on Tuesdays and Sunday Devonshire afternoon tea without charge. Tea and coffee making facilities and biscuits are on hand in the kitchenettes for residents and visitors.

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.

REPORTING FOOD BROUGHT IN FOR RESIDENTS

As all food prepared by Havilah is closely monitored under the Food Safety Standards it is a requirement that **All food brought in to Havilah** by residents or their families/visitors must be reported. There is a register available in each Foyer and in the Kitchen for you to record this. Food put in the fridges must have the resident's 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 alternatively fill out a form and place in the Suggestion Box.

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.

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.

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 at the nurses station in Grevillea to

provide greater accessibility to staff for families. Please make use of these 'phones as needed

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

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

External Complaints through the Aged Care Quality and Safety Commission: 1800 951 822

Elders Rights Advocacy (ERA): 1800 700 600
Email: era@era.asn.au www.era.asn.au

ERA is a member of OPAN the Older Persons Advocacy Network, delivering the National Aged Care Advocacy Program, an Australian Government Initiative providing advocacy services to recipients of Australian Government Aged Care Services.

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: 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 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 | |
|  | 2nd WEDNESDAY of the month 10.00AM START Great chance for the men to get together and chat about secrets men's business, first floor Raglan House. |
| 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 |