

ISSUED
September 2017



HOP TOPICS



WELCOME TO SPRING



Retirement Community Resident Meeting Thursday 19th October 2017 in Rm7 held every 2

PHOTO GALLERY



HEALTH AND WELLBEING



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At last medicinal cannabis is being grown in Australia

By [Lauren Broomham](#) on March 15, 2017

The Department of Health's Office of Drug Control (ODC) has issued the first licence to legally grow and harvest medicinal cannabis in Australia to the Melbourne-based Cann Group.

While the supply from the licence is currently limited to Victoria, licences for other states are expected to be issued soon.

Health Minister Greg Hunt has also fast-tracked importation of the drug from overseas while the local supply develops.

The licence comes a year after the Federal Government passed laws paving the way for people with chronic or painful illnesses such as cancer, severe epilepsy and motor neurone disease to use medicinal cannabis.

But how easy is it for these patients to access?

A growing market

Medicinal cannabis is categorised as a restricted medicinal drug, the same as morphine.

Only patients with a valid prescription from their GP can obtain and use medicinal cannabis grown in Australia. It also needs to be listed on the Therapeutic Goods Act and covered by the relevant state and territory legislation.

Currently doctors have to import approved products, a long and expensive process for patients and their families.

Many simply turn to the black market instead and face prosecution if they are caught.

The Government says the new scheme should see the drug become more widely available in just six weeks.

Already 25 companies have applied for licences to grow and manufacture the drug.

With the local market valued at around \$100 million a year, let's hope it's a boon for both growers and patients.

NOTICE BOARD

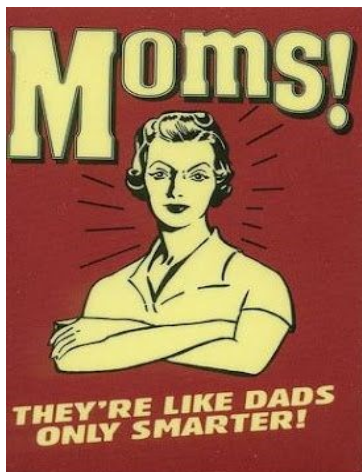


The 2017 AFL footy tipping awards were presented at Happy Hour recently. We had 4 tipsters tipping 9 winners in a round. They were Terry Simpson, Bob Osborne, Betty Higgins and Dorrie Duffin. First place was Wilma Doble with 132, runner up Doug Rowe with 131 and third place was Betty Higgins with 130. Shirley Huggett was our wooden spooner for the season on 107. Congratulations to all our winners and those who participated this year.



FALLS PREVENTION

Ensure all equipment and aids are in the excellent condition.
Avoid having clutter around areas that needs regular access.



THINGS MY MOTHER USED TO SAY

Don't say I didn't warn you.
Take you coat off when you get inside or you won't feel the benefit
when you go outside.
Close the door, you weren't born in a tent.
Because I said so.
There is no word such as can't.

ON CALL MAINTANCE FOR AFTER HOURS

after hours and weekend calls.

0408 645 203



PLEASE RESPECT THE NON SMOKING AREAS
AT HAVILAH ON PALMERSTON



In The Kitchen

Recipe of the Month

THREE INGREDIENT CAKE THAT'LL BLOW YOUR MIND

INGREDIENTS:

700g White Chocolate, chopped.
750g Cream Cheese, chopped, softened .
6 Eggs, separated.

METHOD:

- Preheat oven to 130C. Place 250g white chocolate in a baking dish. Roast for 10 minutes, then remove and stir. Return to oven and roast, stirring every 5 minutes, for 25 minutes or until dark golden and caramelised. (Don't worry if chocolate seizes as it will come back in the next step.)
- Transfer roasted chocolate to a heatproof bowl set over saucepan of simmering water (don't let bowl touch water), stirring for 3-4 minutes until smooth. Remove from heat, cool slightly.
- Increase oven to 150C. Grease and line the base and sides of two 18cm springform cakes pans with baking paper
- Add 250g cream cheese to caramelised chocolate and stir well to combine. Then add the egg yolks and mix to combine. Using an electric mixer, beat eggwhites to stiff peaks. Working in 3 batches, fold eggwhites into the chocolate mixture. Divide between prepared cake pans and bake for 1 hour 30 minutes or until cake springs back in the centre when pressed lightly. Cool in pans for 20 minutes, then transfer cakes in pans to the fridge to cool completely (cake will sink a little while cooling).
- To make the icing, melt 300g white chocolate in a heat proof bowl set over a saucepan of gently simmering water (don't let bowl touch the water). Transfer to an electric mixer and add remaining 500g cream cheese. Beat on medium speed for 8 minutes or until smooth and glossy. Release cakes from pans and place one cake layer on a cake stand, then spread 1/2 cup cream cheese icing over the top. Top with a second layer and using a palette knife, spread remaining icing over the top and sides of the cake. Refrigerate until ready to serve.
- To make chocolate shards, line two baking trays with baking paper. Roast 100g white chocolate in baking dish following the roasting process at start.
- Meanwhile, melt remaining 50g white chocolate in a heatproof bowl set over saucepan of simmering water (don't let bowl touch water), stirring until melted and smooth.
- Using an palette knife, spread roasted chocolate over the piece of baking paper on tray, and spread melted chocolate over the piece of baking paper on the remaining tray. Roll up sheets of baking paper from the long edge and place both trays in the freezer for 30 minutes to harden. Remove from freezer, unroll and carefully transfer shards to fridge until ready to serve.
- Decorate cake with roasted chocolate and white chocolate shards to serve.



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Think that frailty is just an inevitable part of ageing? Think again, says science

In fact, age-related frailty is both treatable and preventable – just like heart disease, diabetes and obesity – according to a new study.

Frailty symptoms include fatigue, muscle weakness, slower movements, and unintentional weight loss, as well as psychological and cognitive symptoms such as isolation, depression and trouble thinking clearly.

These have been linked to falls, disability, infections, and hospitalization – all of which can lead to an earlier death.

Generally someone is diagnosed as being frail when they fit three or more symptoms and it's estimated that between seven to 12 per cent of people aged 65 years and over and 25 per cent of those 85-plus suffer from frailty.

But the rate of 'pre-frailty' in people 65 and over is even higher – between 35 and 50 per cent – and most people just resign themselves to it.

But the study by the team at the University of Opole and the Opole University of Technology in Poland says a few simple changes can make a big difference.

Exercise and good nutrition is key

Unsurprisingly, age-appropriate exercise is top of the list to help elderly people stay fit. They say older people should also have their weight and diet monitored to avoid malnutrition.

But just as critical is the need to socialise, with loneliness and loss of purpose considered just as harmful.

The researchers refer to a study of a 10-year community-based intervention program in Japan that gave elderly participants regular check-ups and encouraged them to take part in group activities.

The result? The rate of disability for the group was lowered while their life expectancy at age 70 was significantly prolonged.

Interestingly, many of the younger residents who worked as survey interviewers said that it made them aware of the frailty problem, while other older residents became familiar with the idea of healthy ageing and improved their lifestyle.

The researchers say it's important to prepare people for a longer life, rather than ageing – we have to agree.



HEALTH AND WELLBEING

Emotional Stress

Even without being asked, most of us are likely aware of our emotional state and how we are feeling. In fact, many people equate the two as the same thing, however, in reality, feelings and emotions are really quite different. According to neuroscientist Antonio Damasio, an emotion is the body's involuntary response, much like a different kind of reflex, such as when you are faced with a dangerous situation and your body begins to pump more blood, your adrenaline levels increase etc. A feeling, on the other hand, is the process in which you become aware of said emotion. For example: "I am in danger, I'm experiencing fear, and am feeling horror." Still confused? Perhaps this may help.

According to esteemed professor and psychologist, Dr. Robert Plutchik, humans beings have eight distinct basic emotions:

- Fear – the feeling of being afraid
- Anger – the feeling of being angry; or rage
- Sadness – the feeling of being sad; or sorrow
- Joy – the feeling of being happy
- Disgust – the feeling of something being wrong; nasty, or distasteful
- Surprise – the feeling of being unprepared for something
- Trust – the feeling of a positive emotion; such as admiration and acceptance
- Anticipation – the sense of positively looking forward to something

Now that we hope the difference between feelings and emotions is a little clearer; the next natural question is why do we have them? And while yes, we agree that sometimes they can feel like a burden and it would be nice to turn them off if even for just a short while, in reality, our emotions do a lot more than we give them credit; for us and to us, each and every day.

For starters, our emotions usually are a driving force behind us taking action. For example; let's say that you are in school and find yourself with a big exam worth a large chunk of your final mark coming up. Chances are you will feel a bit of anxiety about it, and as a result, will likely buckle down and start to study for it. Or, on the inverse, our emotions can also lead us to do things that we enjoy, such as sitting at home alone, feeling bored, and then deciding to go out with your friends.

However, it isn't just getting work done or having a good time that is directly impacted by our emotions.

Charles Darwin, the esteemed naturalist and the man who came up with the theory of evolution, it is thanks to our emotions that we humans and animals are alive today. He believed that emotions are adaptations that help us to survive; for example, when we are feeling fear, we are more likely to flee what is causing us fear; when we feel love, we seek out the one that we love and reproduce; and when we experience anger, we are likely to confront the cause.

Emotions have played an important role in human evolution and continue to do so to this day. Our emotions help us to make decisions, they allow us to understand people and help people to understand us. However, while we are all familiar with good emotions and often don't like to think about the bad ones, it should be known that emotions don't just make a person "feel" a certain way, rather, emotions can actually make a person feel – as in pain. Especially when they are experiencing what is known as emotional stress.

Most of us are familiar with feeling stressed. Between work, kids, partners, and friends, for many, it simply doesn't seem like there are enough hours in the day to get everything done, and as a result, stress is usually what a person experiences. However, did you know that your emotional stress could be directly linked to the manifestation of physical pain?

It is a growing belief among doctors and scientists that chronic pain may not only be the result of physical injury, rather, mental and emotional stress could, and likely does play a large factor. Are you experiencing physical symptoms or pain that you think could be the result of the emotional stress you are experiencing?

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

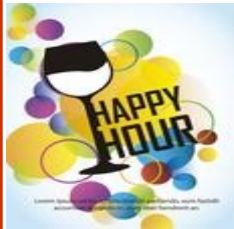
LIFESTYLE 54617 390

CEO 54617 381
 0429617380

RAELEEN 54617 380

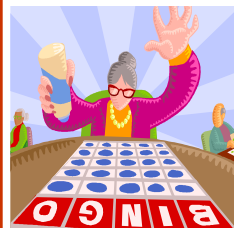


RESIDENTS MEETING & LIFESTYLE COMMITTEE Meeting will be
 Thursday 17th August 2017 at 2.45pm,
 Room 7 in the High School Centre (Coffee &
 Chat immediately after the meeting)

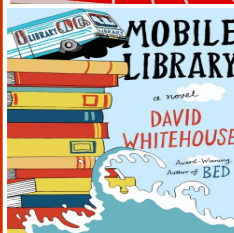


HAPPY HOUR

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 11th, 25th September
 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

LAST CHANCE

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 are interested, if there is no interest within the next week, this activity will be postponed.



MOVIE AFTERNOON

16th September

Room 7 - 1.30pm

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

OFF THE SHELF

Along the Way

By Mandy Magro

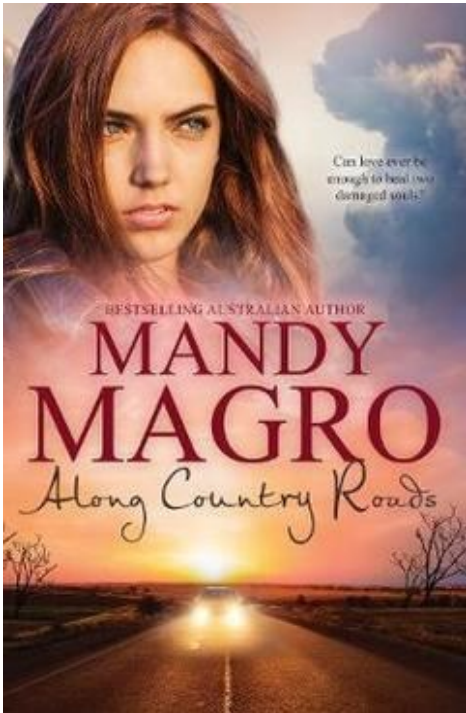
to be fixed, he unwittingly gives away Matilda’s location and now her life may be on the line. Can Ryan find her before it’s too late?

She’s on the run from a troubled past – in a stolen four-wheel drive.

Matilda Denver seeks the sanctuary of sleepy Moonstone Valley where she hopes to heal and make a fresh start. But her plans go awry when the vehicle breaks down and she’s stranded at the side of a deserted country road.

Ryan Hunter, after working himself into the ground at his interstate truck-driving job since his sister’s death, is making his last run before a well-earned month off. On the last stretch home, he happens across a beautiful woman and scraggy dog hitchhiking. It’s not long before he connects Matilda’s bruises to her past and what she’s on the run from. He instinctively wants to protect Matilda and offers her a place to stay at his property, Heartsong.

Although both battling their own demons, they start to discover how much they have in common – and soon they’re also battling the strong desire to fall hard for each other. But when Ryan tries to help by organising for the four-wheel drive



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

Quiz and Cross-word Solutions from page 11



- Answers to Anagrams
- 1. MARILYN MONROE
 - 2. HUMPHREY BOGART
 - 3. ALBERT EINSTEIN
 - 4. MARCO POLO
 - 5. THOMAS EDISON

SMILE TIME



A man decides to take the opportunity while his wife is away to paint the toilet seat. After he finishes, he heads to the kitchen to raid the refrigerator. The wife comes home sooner than expected. She heads to the bathroom, sits down and gets the toilet seat stuck to her rear.

She becomes upset and in a panics shouts to her husband to drive her to the doctor. She put on a large overcoat to cover the stuck seat, and off they go. When they get to the doctor's office, the man lifts his wife's coat to show their predicament.

The man asks, "Doctor, have you ever seen anything like this before?"

"Well, yes," the doctor replies. "But never framed."

By the time the sales rep pulled into a little town, every hotel room was taken.

"I don't mind sharing a room," he told one manager.

"Well, I do have a double room with one occupant — another sales rep," admitted the manager, "and he might be glad to split the cost.

"But to tell you the truth, he snores very loudly."

"No problem," the rep assured him. "I'll take it."

The next morning, the manager asked: "How'd you sleep?"

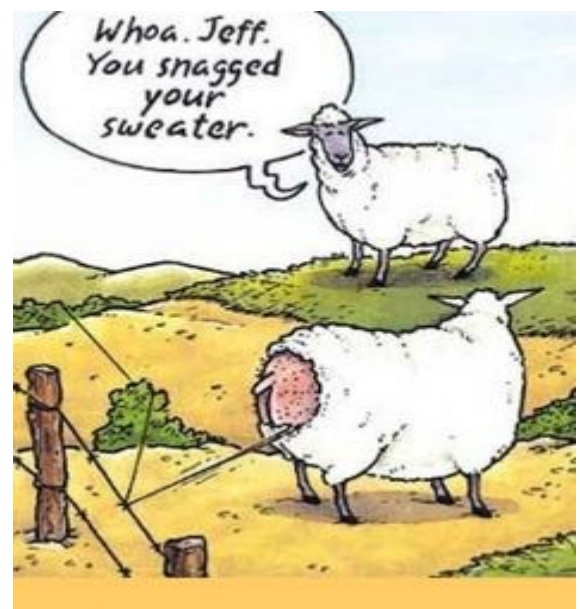
"Never better," replied the rep.

"No problem with the other guy snoring, then?"

"He was already in bed, snoring away, so I went over, gave him a kiss on the cheek, said, 'Goodnight, beautiful', and went to bed.



"We ran your symptoms through the computer and it caused a virus that shut down the Internet!"



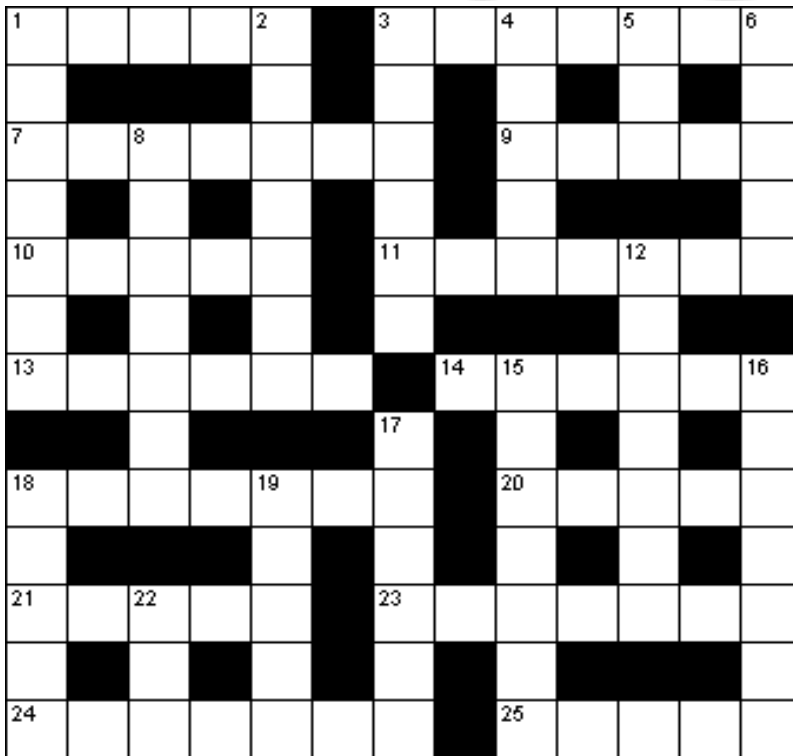
Having wings Delight		Animal life of a region		Duration		For each	Bean tree Female deer		Country, initially		Writing fluid Killer whale	
						Plum Gem						
Sports structure		Displace Era							Biblical boat Destiny			
					Summit Postpone				Direct		Actors in a play	
In the past	Large mammal Rich cake						Pale purple					
			Golf pin	Pass by							Be seated	
Perform Airy				Move back		Target	Collect Jump					
								Redact				
Fuel		Spooky Thin strip of wood						Tide		Part of a church		Narrow Scottish valley
			Pool stick		Adult male Flange				Nothing		Brew	
Lesion						Writing friend						
Respect	Check accounting records						Narrow passage					
						Internal organ						

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 through 9.

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

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

Mind Games



Across

1. Goddess of love (5)
3. Revoke (7)
7. Floor show (7)
9. Oversight (5)
10. Last Letter of the Greek alphabet (3)
11. Rising warm air current (7)
13. Symbol of disgrace or infamy (6)
14. Sour (6)
18. Inscutable (7)
20. Type of snake (5)
21. Photo book (5)
23. Luxurious (7)
24. Commotion (7)
25. Restorative (5)

Down

1. Asinine (7)
2. Satire (7)
3. Turn on an axis (6)
4. Unguent (5)
5. Mischievous fairy (3)
6. Live (5)
8. Transience (7)
12. Gruesome (7)
15. Explanation (7)
16. Forceful and extreme (7)
17. Educational Institution (6)
18. Intone (5)
19. Musical Speed (5)
22. Saloon (3)

Word Search - MONEY, MONEY, MONEY

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

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

AFGHANI, AURAR, BAHT, BANI, CENT, CENTAI, CENTIMES, DINAR, DIRHAM, DOLLAR, DRAM, EURO, FORINT, FRANC, HALERU, JAIO, KORUNA, KRONA, KRONER, KRONUR, LIRA, MANAT, PAISE, PARA, PESO, POUND, QUINDARKA, RAND, RINGGIT, RIYAL, RUBLE, RUPEE, RUPIAH, SANTIMI, SHEKEL, SHILLING, STOTINKI, TAKA, TUGRIK, WON, YEN, YUAN.

ANAGRAMS: Famous Names from the Past

1. MARRY NO OILMEN (5,6) (actress)
2. HOMBURG THERAPY (8,6) (actor)
3. TEN ELITE BRAINS (6,8) (physicist)
4. COOL ROMP (5,4) (explorer)
5. ADMONISH TOES (6,6) (inventor)

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