



WEBSITE: www.havilah.org.au

You can access the Havilah Facebook Page via the website



SPRING IS IN THE AIR

Retirement Community - Bi Monthly Resident Meeting
Thursday 20th September 2018
2.45 pm in Rm7
Afternoon Tea Provided

Emailing HOP TOPICS

If you provide us with your email address, we can email your Newsletter to you. Please email your details to andrew.earl@havilah.org.au.

Your assistance with this is appreciated.



In The Kitchen

17 - Minute Chicken Pot Pie

Method:

- Preheat oven to 220°C/200°C fan forced. Lightly spray a baking tray with oil. Trim the pastry corners to form a rough circle. Cut into 8 wedges. Place on the prepared tray and bake for 12 minutes or until golden.
- Meanwhile, heat the oil in a 25cm (top measurement) frying pan or round flameproof dish. Cook the chicken over high heat, turning halfway, for 8 - 10 minutes or until golden. Add the soup, cream, frozen vegetables and tarragon. Simmer for 5 minutes or until the sauce thickens. Stir in the parsley.
- Arrange the pastry over the chicken mixture and sprinkle with extra parsley.

Ingredients:

- 1 sheet frozen puff pastry, just thawed.
- 1 tablespoon extra virgin olive oil.
- 600g chicken fillets, fat trimmed, coarsely chopped.
- 420g can cream of mushroom soup.
- 125ml (1/2 cup) cream for cooking.
- 150g (1 cup) frozen carrots, peas & corn.
- 1 teaspoon dried tarragon leaves.
- 1/3 cup chopped fresh parsley, plus extra, to serve.



THINGS MY MOTHER USED TO SAY

Did you comb your hair?

Don't pick that scab, it'll get infected.

Don't talk with your mouth full!

Don't walk away when I'm talking to you!

Eat your vegetables, they're good for you.

EFTPOS

For the convenience of residents, EFTPOS facilities are located at reception in the High School Centre for payment of Accounts.

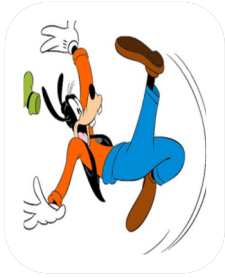


Postage stamps are available for purchase at the main reception desk, between the hours 9am - 12noon, Monday - Friday. Reception hours in the High School Centre are Monday - Friday, 9.00am - 12noon, except public holidays.



Thank you to all our volunteers from the retirement community.. We appreciate your generosity so much. New volunteers are always welcome. Please advise Kim or Reception if you are interested in volunteering.





FALLS PREVENTION

Avoid Wearing Loose Clothing

If you want to feel comfortable, consider that baggy clothes can sometimes make you more likely to fall. Opt for better-fitting and properly hemmed clothing that doesn't bunch up and drag on the ground.



TAI CHI With Master Barry Lacey

Where: Room 7 High School Centre
When: Monday and Wednesday

Monday session 1.30 to 2.30 pm

Wednesday session 10.30 to 11.30 am

Come along and try, there is no age limit

VERY GOOD FOR BALANCE AND FOR ARTHRITIS

Home Maintenance Reporting

Residents are requested to report all maintenance issues to Reception Monday to Friday between 9.00am & 12 noon telephone 54590140 or call in. For urgent items during business hours call maintenance direct on 0417679803 or contact Reception at Harkness 54617387.

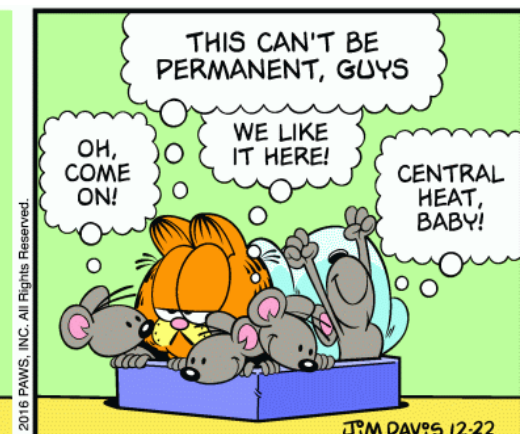
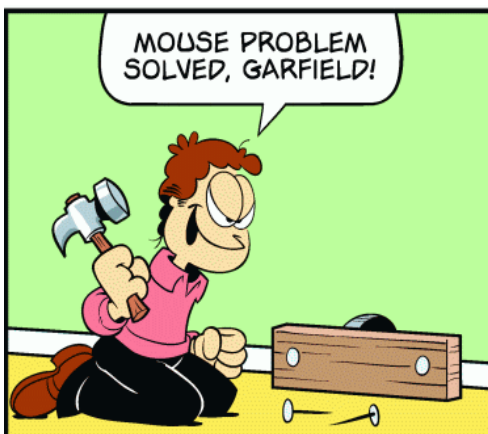
Alternatively residents can email any issues to palmerston@hivilah.org.au

For after hours and weekends telephone our on call maintenance on 0408645203



Maryborough Regional Mobile Library service visits Raglan house every fortnight **at 10.15am on a Monday morning. Coming dates 17th September, 1st, 15th October and 29th of October.**

We will be running a lucky door prize for those that borrow a book each week. Come and have a look at the range and if they don't have what you are looking for, the library will get it in for you.



Freshly minted ministry: the sector reacts to new aged care portfolio

[Dallas Bastian](#) August 27, 2018



Australia's new leader Scott Morrison has named his ministry and while many offices will have new plaques on their doors, the aged care portfolio has retained its head in Ken Wyatt.

After indicating that he would consider his position should Peter Dutton win the party's vote in the latest leadership spill – due to Dutton's decision to boycott Prime Minister Kevin Rudd's apology to the Stolen Generation – it seemed Wyatt did not have the same reservation about serving under Prime Minister Morrison.

Following Morrison's win, Wyatt tweeted that he would be willing to continue serving Australians in whatever capacity the Prime Minister wished. That capacity ended up being as Minister for Senior Australians and Aged Care, along with Indigenous Health.

COTA chief executive Ian Yates welcomed the portfolio's broader remit, along with Morrison's declaration the task will focus on "quality of life challenges and their cost of living pressures".

Leading Age Services Australia (LASA) chief executive Sean Rooney was also happy to see the broadened role but expressed the peak's disappointment that the aged care portfolio was not elevated to Cabinet.

"Australia is facing a 'new normal' as the 'baby boomer' generation ages, requiring a major shift in the way we think about ageing," Rooney said. "The issues of ageing and aged care are of national importance and we need to engage all Australians in what it means to age well in our country."

Rooney said the aged care sector took some reassurance from Morrison's Budget night address as Treasurer.

"We're living longer. It's a good thing," Morrison said in his speech. "We want to preserve and increase the choices of older Australians." Rooney said: "I am confident the Prime Minister will be a passionate advocate for the care of older Australians and will work hard to ensure that meeting the needs of older Australians is not framed as a burden to be borne, but rather an opportunity to be realised."

Aged & Community Services Australia (ACSA) also saw Morrison's first speech as Prime Minister as a good sign. When asked what, apart from drought, were his policy priorities, he listed aged care as one of several, along with electricity prices, Medicare, small- and medium-size businesses, affordable medicines and chronic illness.

TONGUE IN CHEEK Amazingly simple home remedies:

Don't try these at home though

If you're choking on an ice cube, simply pour a cup of boiling water down your throat. Presto! The blockage will instantly remove itself.

Avoid cutting yourself when slicing vegetables by getting someone else to hold the vegetables while you chop.

For high blood pressure sufferers ~ simply cut yourself and bleed for a few minutes, thus reducing the pressure on your veins. Remember to use a timer.

A mouse trap placed on top of your alarm clock will prevent you from rolling over and going back to sleep after you hit the snooze button.

If you have a bad cough, take a large dose of laxatives. Then you'll be afraid to cough.

You only need two tools in life - wd-40 and duct tape. If it doesn't move and should, use the wd-40. If it shouldn't move and does, use the duct tape.

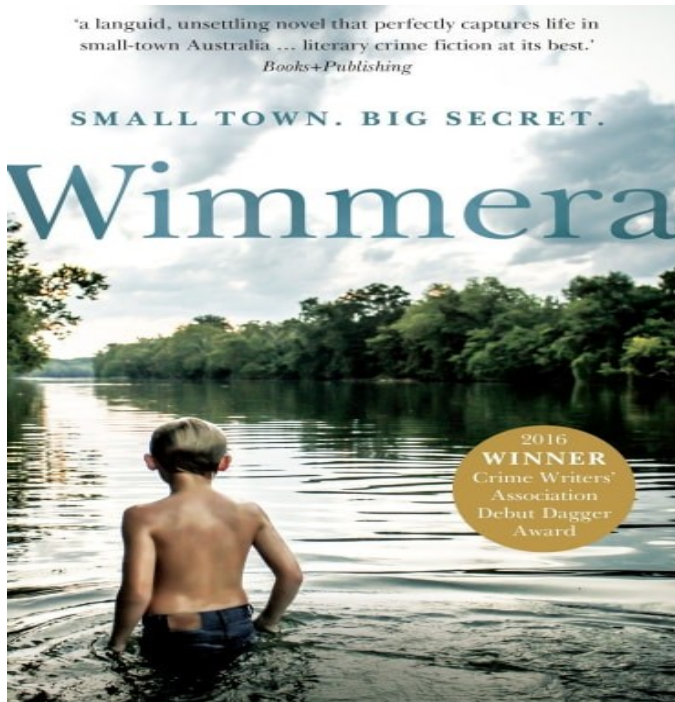
Remember - everyone seems normal until you get to know them.

If you can't fix it with a hammer, you've got an electrical problem.

WEIRD and WONDERFUL WORDS

COPROLALIA - the involuntary repetitive use of obscene language.

BOOK REVIEW



Wimmera
by
Mark Brandi

Small Town. Big Secret.

An unforgettable literary crime debut that brings the darkness in an Australian country town vividly to life, as it slowly reveals its devastating secrets.

In the long, hot summer of 1989, Ben and Fab are best friends.

Growing up in a small country town, they spend their days playing cricket, yabbing in local dams, wanting a pair of Nike Air Maxes and not talking about how Fab's dad hits him, or how the sudden death of Ben's next-door neighbour unsettled him. Almost teenagers, they already know some things are better left unsaid.

Then a newcomer arrived in the Wimmera. Fab reckoned he was a secret agent and he and Ben staked him out. Up close, the man's shoulders were wide and the veins in his arms stuck out, blue and green. His hands were enormous, red and knotty. He looked strong. Maybe even stronger than Fab's dad. Neither realised the shadow this man would cast over both their lives.

Twenty years later, Fab is still stuck in town, going nowhere but hoping for somewhere better. Then a body is found in the river, and Fab can't ignore the past any more.



CARNIVAL LEGEND CRUISE

4 Night cruise on the Carnival Legend cruise ship embarking from Station Pier Port Melbourne on Wednesday 27th Feb 2018 to Tasmania (one day exploring the beautiful city of Hobart) and disembarking Sunday 3rd March back at Melbourne. The Cruise is going ahead and cabins are selling out fast so please go down to see Sophie at Maryborough Travel & Cruise who will help with all of your travel requirements. We have 13 people who have already booked. Bon Voyage!!



For residents wishing to connect to the NBN please speak to us first. Many people are having issues when changing over. So that the Havilah community can change over stress free, for you and for us, Havilah will provide you with advice and assistance **FREE OF CHARGE**. We will also arrange any telephone modifications that may be required when moving over to NBN.

TO AVOID ANY PROBLEMS please contact Havilah to arrange an appointment prior to commencing the process or putting any new agreements in place.

Prima donna		Repeat marks		Horsecart		Insect	Heedful		Roe		Plead	
Split						Bracelet	Marsh				Stead	
						Mutilate						
Shaped dough		Shudder							Booking			
									Subtract			
						Matured				Bill of fare		Not common
						Essay						
Paddle	Large rodent						Leg bone					
	Scour											
			Female deer	Suggest							Limb	
Sprout												
Relating to trees				Refuse		Objective	Of the moon					
							Foliage					
								Remedy				
Fuss		Spooky							Ritual		Border	Saucy
		Merely										
			Also			Spoil				Brief swim	Pasture	
						Regret						
Go in							Violin					
Prairie wolf	Venue								Large feline			
						Do again						

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 1-9

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

LEVEL MEDIUM 404

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

LEVEL EASY 404

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
For 24 Hour Contact

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

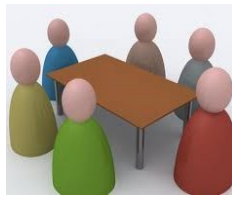
5PM-7 AM 5461 7394

WEEKEND 5461 7394

LIFESTYLE 54617 390

CEO 54617 381
0429617380

RAELEEN 54617 380



RESIDENTS MEETING & LIFESTYLE COMMITTEE Meeting will be

Thursday 20th September 2018 at 2.45pm,
 Room 7 in the High School Centre (Coffee &
 Chat immediately after the meeting)

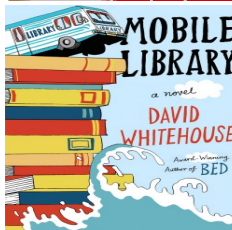


HAPPY HOUR

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

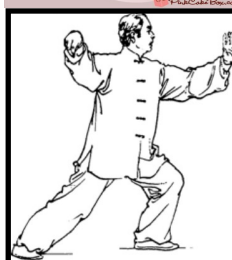


MOBILE LIBRARY EVERY 2ND MONDAY
 Next Dates 17th September, 1st, 15th and
 29th October .
 Raglan House—Ground Floor—Neill
 Street end



SPECIAL MORNING TEA—COMING DATES

2nd Friday of each Month
 North End Common area Raglan House
 All ILU's and Raglan residents are invited to
 attend.



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

COMMUNITY OWNED

QUALITY LIFESTYLE

ON CALL MAINTENANCE

after hours and weekend calls.

0408 645 203

What's On & Events

CHURCH SERVICES Room 7—High School Centre

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

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

SALVATION ARMY CHURCH - 4th Wednesday each Month 2.45pm



MOVIES

3rd Tuesday of each month.

Rm 7 starting time of 6.30pm (Supper included)

There will be no Movie nights during the cooler months, keep watching this space for dates when resumes.

Movie Afternoon: 3rd Saturday of the month - **15th September** - 1.30pm

♦ 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.



Dementia Awareness Month is Dementia Australia's national awareness-raising campaign held every year throughout September.

Its aim is to encourage all Australians to become more aware of dementia, to get a better understanding of what it is like to live with dementia and how we can support people living with dementia.

This year's theme is **Small actions Big difference.**

There are many small actions people can take to create a big difference for people impacted by dementia, their families and carers.

There are many ways to get involved in Dementia Awareness Month. Find an event near you, Become a Dementia Friend, Show your support, Learn more about Dementia.



We look forward to seeing you at Havilah's Events—**A Dementia Awareness Q&A Panel at Havilah on Palmerston on the afternoon of Monday September 24th** as well as a **special morning tea at Raglan House on Friday 14th September at 10 a.m.**

You can find out more about Dementia Awareness Month by visiting the website www.dementia.org.au / dementia-awareness-month



The 2018 AFL Football season is gearing up for the finals and the last day in September. It has been an interesting year amongst our tipsters with 9 of our residents in Raglan House and the ILU's having a full card in various

rounds, they were Betty Higgins, Dorrie Duffin, Sherry Simpson, Doug Rowe, Di Rowe, Terry Simpson, Anne Stuart, Wima Doble and Bob Osborne.

Congratulations to Doug Rowe who took out the award for the best tipster on 145 points, second place went to Dorrie Duffin on 140 points and on 139 points Anne Stuart was in third place. Maintenance Stu took out the last place on 91 points.

Congratulations to all our winners throughout the season and those who participated this year. AFL Grand Final Day celebrations will be held on the last Saturday in September.



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



Justices of the Peace There are 2 Justices of the Peace living at Havilah on Palmerston. If residents require their assistance you are welcome to contact them during Business Hours

CONTACT: Bob Osborne

Phone: 5461 2709 Mobile: 0409 189 681

Email: bobosborne8@iprimus.com;

or

Terry Simpson

Mobile: 0419 737 837



Quiz and Crossword Solutions from page 12

Answers to Quiz

1. India.
2. The Congo.
3. Darryl Sommers.
4. Vatican City.
5. Fifty.

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

SMILE TIME



It was a bad year on the farm so Dad and Dave were trying to work out how to earn some more money. Dad decided to go on Millionaire Hot Seat

He managed to fluke the questions and got to the point where he'd won \$500,000.

"You've done very well so far," said the host Eddie McGuire, "but for

a million bucks you've only got one lifeline left — phone a friend. Will you go for it?"

"Sure," said Dad, "I'll have a go!"

"Which of the following birds does not build its own nest

a) a sparrow b) a thrush c) a magpie or d) a cuckoo?"

This stumped Dad so he decided to use his lifeline and phone Dave at home.

"Aww that's easy Dad. It's a cuckoo."

"Are you sure?"

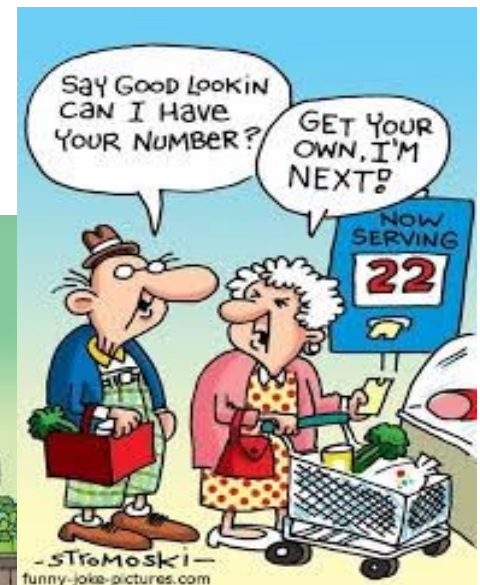
"I'm blinkin' sure," Dave said.

Dad turned to Eddie and said, "I'll go with cuckoo as my answer. LOCK IT IN"

There was a long pause and then Eddie yelled, "Cuckoo is the correct answer! You've won a million bucks!"

When Dad got home he asked Dave, "Bloody hell Dave, how the hell did you know it was a cuckoo that doesn't build its own nest?"

Dave replied: "Aww because he lives in a flamin' clock, doesn't he."



A man rushes his limp dog to the veterinarian. The doctor pronounces the dog dead. The agitated man demands a second opinion.

The vet goes into the back room and comes out with a cat. The cat sniffs the body and meows. The vet says, "I'm sorry, but the cat thinks that your dog is dead, too." The man is still unwilling to accept that his dog is dead. The vet brings in a black Labrador. The lab sniffs the body and barks.

The vet says, "I'm sorry, but the lab thinks your dog is dead, too."

The man finally resigns to the diagnosis and asks how much he owes. The vet answers, "\$650." "\$650 to tell me my dog is dead?" exclaims the man. "Well," the vet replies, "I would only have charged you \$50 for my initial diagnosis. The additional \$600 is for the cat scan and lab tests."

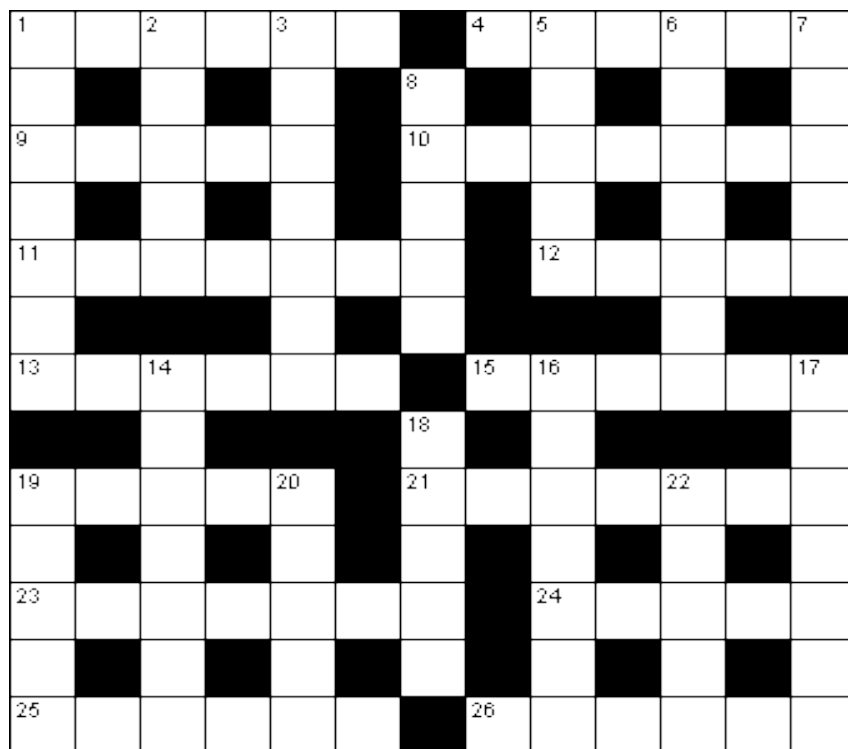
A man walks into a bar and says, "Give me a beer before the problems start!"

He drinks the beer and then orders another saying, "Give me a beer before the problems start!"

The bartender looks confused.

This goes on for a while, and after the fifth beer the bartender is totally confused and asks the man "When are you going to pay for these beers?"

The man answers, "Now the problems start!"

**Across:**

1. Counting device (6)
4. A forceful consequence (6)
9. Deport (5)
10. Relished (7)
11. Act of deliberate betrayal (7)
12. Movable staircases (5)
13. Easily handled or managed (6)
15. Lithe (6)
19. Device in brass wind instrument (5)
21. Oval (7)
23. Slowly moving ice mass (7)
24. Large artery (5)
25. Throws out (6)
26. Sternutation (6)

Down:

1. Turned away or aside (7)
2. Similar (5)
3. Kitchen implement (7)
5. Commissioned military officer (5)
6. Unfathomable (7)
7. Periodic rise and fall of sea level (5)
8. Deceive by mock action (5)
14. Assemble in proper sequence (7)
16. Scoundrel (7)
17. Promote (7)
18. Prolonged period of time (5)
19. Undefined (5)
20. Live (5)
22. Sum of money offered as a prize (5)

Word Search - ELEMENTS

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

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

ARGON, ARSENIC, BARIUM, BORON, BROMINE, CADMIUM, CALCIUM, CARBON, CHLORINE, CHROMIUM, COBALT, COPPER, FLUORINE, GOLD, HYDROGEN, IODINE, IRON, KRYPTON, LEAD, LITHIUM, MANGANESE, MERCURY, NEON, NICKEL, NITROGEN, OXYGEN, PLATINUM, PLUTONIUM, RADIUM, RADON, SILICON, SILVER, SODIUM, STRONTIUM, TITANIUM, TUNGSTEN, URANIUM, XENON, ZINC.

QUIZ

1. In what country is the city of Lucknow?
2. What river flows both north and south of the equator?
3. Who was the host of Hey Hey Its Saturday?
4. What is the smallest country in Europe?
5. How many states make up the United States of America.

NOTICE BOARD

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
Acting Nurse Manager	Lynne Brown	lynne.brown@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

Acting Nurse Manager Havilah on Palmerston Lynne Brown

email: lynne.brown@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.

RAGLAN HOUSE NURSE 24 HOUR CONTACT NUMBER

Telephone 54 590150

HAVILAH ON PALMERSTON RECEPTION HOURS

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

HARKNESS ST RECEPTION OFFICE HOURS

MON-FRI 9.00 am—4.00 pm for account payments and enquiries 5461 7300