

HAVACHAT

Issue September 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



WELCOME TO SPRING



Resident Meeting - Monday 11th September at 1.15pm in Callistemon Activities Room.

Resident Meeting Heath House - Monday 18th September at 2pm in Heath House.

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

RESIDENT SURVEY

RESIDENT SURVEYS - July 2017

Of the 52 (36 Harkness and 16 Raglan) residents surveyed:

92% of residents stated that they know how to make a comment, complaint, suggestion or compliment.

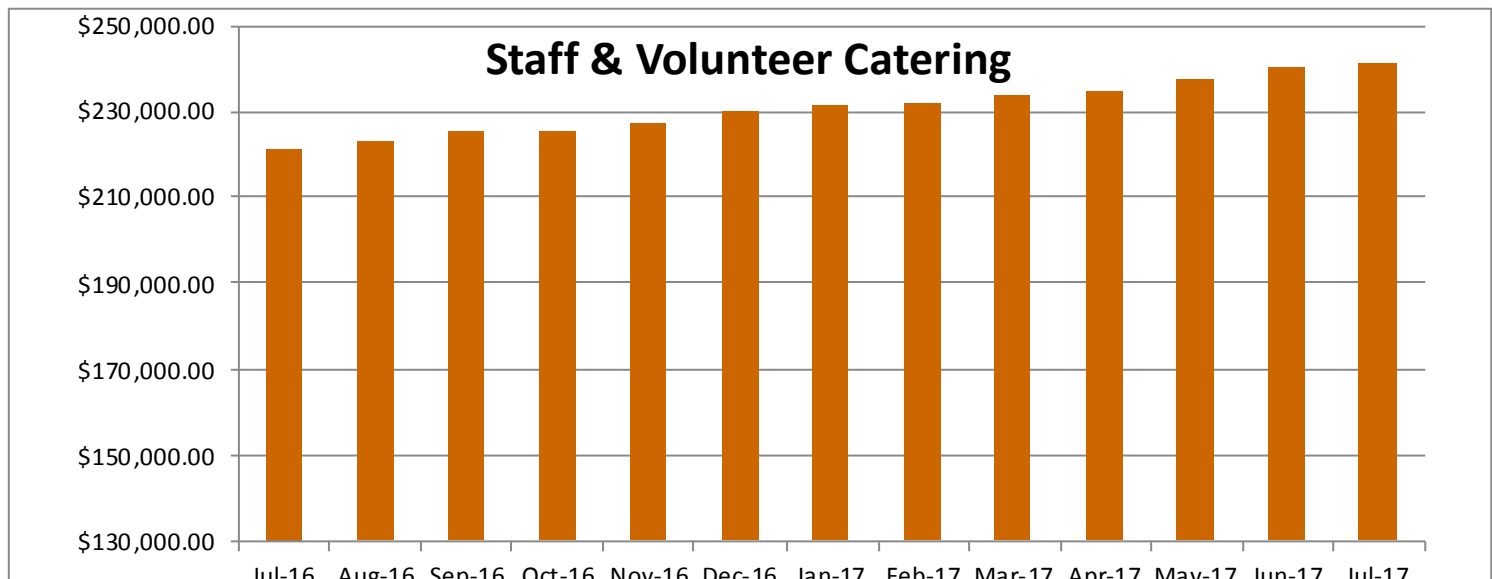
94% surveyed residents believe they receive sufficient assistance with their oral/dental care.

88% of residents are supported to maintain friendships within Havilah.

100% of surveyed residents are comfortable with their room temperature.



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



Homyped Exhibition.

Friday 6th October at 1.30pm in the main lounge area.



Country Care in conjunction with Homyped will hold a display with a representative from both companies.

Catalogues will be available a couple of weeks prior for residents to look through.

Sales or Orders can be placed on the day.



FALLS PREVENTION

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






TALKING lifestyle
DIGITAL | ONLINE | MOBILE

Listen to us
Sydney - 954 AM
Melbourne - 1278 AM
Brisbane - 882 AM

Follow us on
facebook 



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.

NOTICE BOARD



The AFL Football home and away rounds have finished and we are now into the swing of the finals series. The Tipping was a great success

once again with over 75 residents participating, the scores where close up until the half way mark and then the serious tipsters started to show there form.

Results will be announced in the coming weeks at Happy Hour.

Havilah will be organising a Grand Final day with relevant footy eats for lunch, all TV's will be tuned in for live viewing so residents can enjoy the company of each other to watch the big game, "The last Saturday in September."



The Central Highlands Library service visit's Raglan House every second Mnday in the month. Come and talk to Kerry the Librarian who will help you find the book your after. They have a great range of books to select from and if there is something that you specifically want they can arrange for you on the next visit.

The mobile Library is set up in the ground floor common area from 10.15am - 11.15am. Next visit is scheduled for the 11th September.

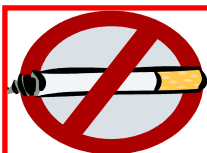
HAVILAH HOSTEL INC.

ANNUAL GENERAL MEETING

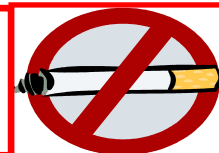
Thursday October 12th

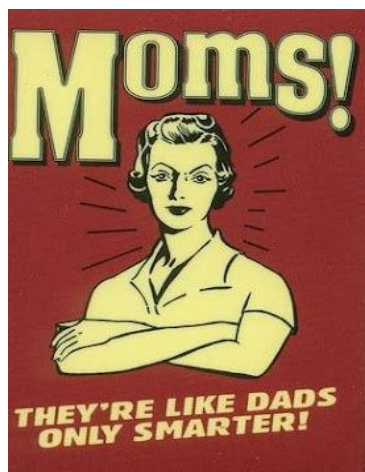
8.00pm

Rooms 1-2 Raglan House , Raglan Street, Maryborough.



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





THINGS MY MOTHER USED TO SAY

Don't say I didn't warn you.

Take your 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.

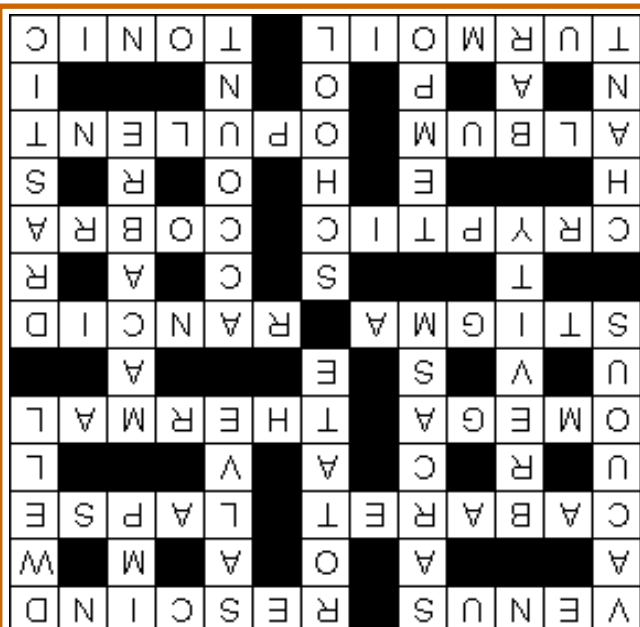
APPOINTMENTS: The responsibility for transport to and from the facility rests with the resident. Residents should nominate several family members or friends who are available for transport to and from appointments where the resident is unable to use a taxi without being accompanied. Families may use 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.



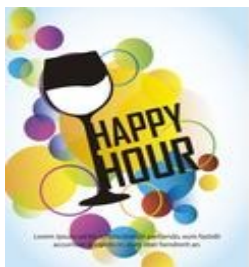
Quiz and Crossword Solutions from page 10



Answers to Anagrams

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

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.

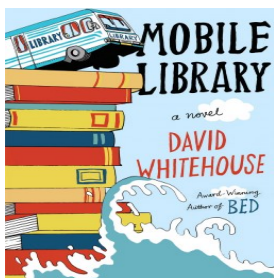
If you have an idea or suggestion for an outing, just let Activities Staff know and we will do our best to arrange the outing for you.



Resident/Advocate Meetings

Next meeting Monday 11th September 2017 at 1.15 pm

Heath House Monday 18th September 2017 at 2pm



Mobile Library— August Dates

Friday 8th and 22th September 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 Tuesday 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.

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 in Main Lounge
 3.00pm

Noela McWhinney

Length of time at Havilah: I have been a resident in Havilah for 8 months.

My Story: I was born in Marrickville in 1926, moved to Albury and completed all education there. At the age of 17 I joined the Womans Land Army for 2 years. I married in Balmain NSW in 1944, I have 6 children who are all spread around the country and overseas.

Things you used to do for fun: When the children were growing up we loved bike riding, and picnics, I enjoyed my time being a member of the CWA, volunteering for the Salvation Army and being involved with Senior Citizens. I loved to travel in Australia and overseas.

About where you have lived: I have moved around a little, living in Marrickville and Albury as a child, in later years Balmain, Merrigum, Kerang and Rochester

Travel, sport, passions: Travelling has been a passion, either by road or air, throughout Australia or overseas. I enjoyed all my caravanning up the east Coast of Australia, through South Australia, Western Australia and Tasmania and I have bussed it around New Zealand. I have had many adventures overseas, visiting Hong Kong, London, Paris and the south of France and Canada. Whilst in Canada visited Alaska, Yukon, North west territory on the Ice Road and chatted with the Ice truckers.

Things you enjoy to do now: I love to spend as much time with my family, remembering life times. Taking part in activities here at Havilah, I enjoy being involved in all that is offered here and having conversations with fellow residents



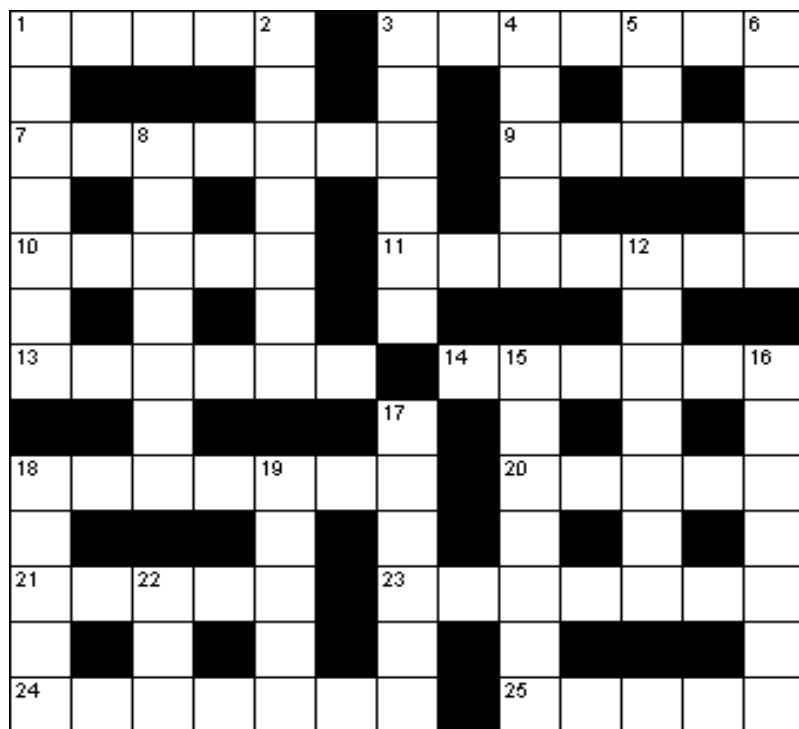
Favourite Topics: I love to talk about gardening, travel, craft and especially my family.

Favourite Food and Music: I would have to say I enjoy all foods, especially sweet things and seafood. Old time music is a dream to listen to.

September 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	

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)

Solutions can be found on page 5



Large congregation gather for church services



Joan and Tilley

PHOTO GALLERY



Eyes down for Bingo



Gus and Tilley



Betty and Tiarni
cooking up a treat



Full concentration at
Bingo



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.



HAV' A' LAUGH

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.

"He then sat up all night watching me like a hawk."



"It's simple. My nurse blindfolds me, I spin around a few times, and then I try to reattach your tail."



A man goes into the confessional box after years being away from the church.

He pulls aside the curtain, enters and sits himself down.

There's a fully equipped bar with crystal glasses, the best vestry wine, Guinness on tap, cigars and liqueur chocolates nearby, and on the wall a fine photographic display of fine ladies who appear to have mislaid their garments.

He hears the priest come in:

"Father, forgive me for it's been a very long time since I've been to confession and I must admit that the confessional box is much more inviting than it used to be."

The priest replies, "Get out, you idiot. You're on my side.

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.