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jenni.dellavedova@havilah.org.au if you would
like your Havachat sent via email

HAVILAH WEBSITE:
www.havilah.org.au

Issued 3rd September 2015

HAVACHAT



Dawn



Mary &
Shirley



Nancy



SPRING

Colourful Pom Pom making
with our Craft Group.



Dora



Our talented and colourful
Hairdresser Colleen and
Nurse Sharon show us
Bright Is Beautiful.

Is Sprung



Dot



Irene



Kim & Nancy



Jean

Resident Meeting—Monday 14th September—1.15 pm in Callistemon Activities Room

Resident Meeting Heath House—Monday 21st September — 2.00 pm Heath House

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



Local Gold

Victoria is rich in gold deposits with over 2500 tonnes of gold having been extracted from old stream beds and quartz reefs. Large 'nuggets' of gold - first discovered in the 1850s - comprise Victoria's most spectacular finds, and some of the largest nuggets in the world have been found in Victorian goldfields. In 1869, the Department of Mines began an official list of nuggets, and soon after it began making models of some of the largest. The reporting system ceased in about 1910, by which time 1300 nuggets over 20 ounces (620 grams) had been recorded and models of 105 nuggets had been made.



Replica of "The Inkerman" found near Maryborough 1906 weighing 41 ounces

There are two schools of thought about the origin of gold nuggets. They are either formed within quartz reefs, or they formed separately from the reefs in the soils. Most Victorian nuggets show evidence of formation within quartz reefs.

During periods of major Earth heating between 450 million and 370 million years ago, gold was 'sweated' from rocks buried deep beneath the Earth's surface. The dissolved gold, along with silica, was carried towards the Earth's surface in hot solutions travelling along fractures in the Earth's crust. The solutions cooled before reaching the surface, causing both the gold and silica to crystallise, the latter forming quartz reefs. The crystallised gold took many shapes and sizes, from small grains to large nuggets. In the millions of years since, erosion has lowered the land's surface, exposing the reefs and freeing the gold. This gold was then carried with the soil into nearby streams.

Victoria's Golden Triangle region is world famous for the purity, the large size, and the quantity of gold nuggets found within it's area, it has consistently yielded significant finds even to this very day and it is



probably one of the most popular Victorian gold bearing areas to be frequented by today's modern electronic prospectors. The region is basically a low rainfall area making the conditions for alluvial prospecting very difficult, but many of its streams and gold bearing areas can be rewarding if there is sufficient water available.

At least two of the goldfields within the Golden Triangle were called the "Potato Diggings" by the early miners as the nuggets found there were as numerous, and similar in physical size to potatoes. One such goldfield was the Kangdaraar Diggings at Kingower and another was at diggings between McIntyre and Tarnagulla. These goldfields were rushed in the 1850's and it is recorded that in their haste to cover as much ground as

possible in their quest for the larger nuggets, the diggers actually dug up shovelful after shovelful, and, with each new shovelful they bounced the contents on their shovel a few times while listening for the tell tale metallic "clunk" sound of a nugget striking the shovel, using this method any shovelful which did not yield the sound of gold on the shovel was promptly discarded and another new shovelful tried.

According to past accounts these diggers only dug the top most layer of their claim to a depth of one or two shovelfuls before moving on to another fresh claim. These old "Potato Diggings" have been a popular venue for modern electronic prospectors since the introduction of metal detectors as a prospecting tool, and as a result many gold nuggets both large and small have been found in more recent times.

BLUMES FASHION SHOW

Tuesday 22nd September
1.30pm Main Dinning Room/Lounge

Fashion show and talk about Blumes summer range of casual clothing for mature ladies.

Garments are fully machine washable, drip dry.

Nothing over \$59.95—taking cash, cheque and credit card.

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



Hi from the desk of the Director of Care,

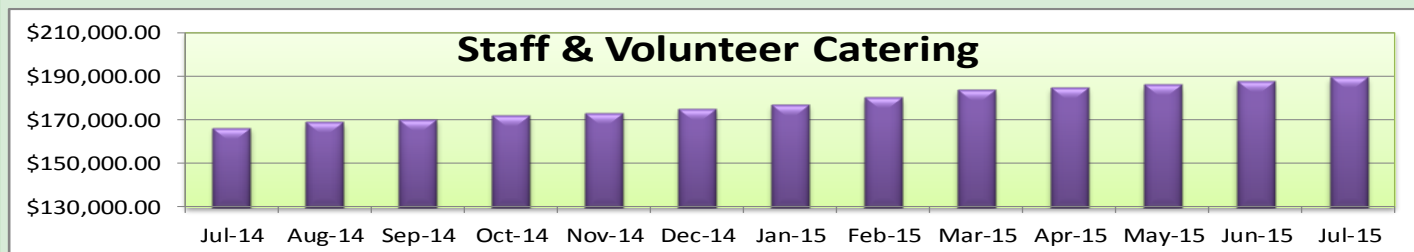
The footy season is progressing and the “Mighty Pies” are looking OK for next year but really good for 2017. Spring has sprung and the weather is starting to warm up, but we still need to be mindful that there is a bite in the air so if the weather looks good residents should have warm clothing on or with them for outings. As we at Havilah live in a controlled temperature environment our residents are more susceptible to smaller temperature changes

I would like to please ask relatives and carers who organise external appointments for residents that they please contact nursing staff and advise the details of appointments. This will assist us to have residents ready for appointments etc. We would also like to receive feedback of appointment outcomes as this will assist us meeting your family member's ongoing care needs.

Father's day is upon us on Sunday 6th September and our Men's Day Luncheon takes place on Monday 7th September. Everyone is welcome and encouraged to celebrate the occasion with your loved one at Havilah.

Please note the carpet in rooms 1—52 is in the process of being replaced, we will make every effort to keep the disruption to a minimum. Dave

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





The resident kiosk is situated in Acacia
next to the Hairdressing salon.
It is stocked with goodies for you
and our volunteer staff will be happy to help you.



CURRENT PROJECTS

Heath House Patio Area

A covered pergola is currently under construction at Heath House. When completed this will provide greater opportunity for residents and families to enjoy the outdoors. Alfresco dining, barbecues and other external functions will be programmed. Building works will be completed in time to enjoy the better weather we are expecting now that spring is here. We would like to include raised gardens in the new area so if there are any family members out there who would like to assist with planting and tending annuals please let Allison know.

Carpeting Rooms 1 – 51

Maryborough Floorcoverings are on site this week commencing the upgrade of carpet in the above rooms. We hope that there will be minimal disruption to residents while this work is being carried out. Residents will be advised the day before their room is scheduled. Please do not hesitate to advise reception or speak to Raeleen or Sue if you have any questions or if the day works are programmed is unsuitable for you.

Callistemon Activities Room

Building works have commenced to enlarge this area and it can be seen how much additional space will be created. Included in these works is establishment of a sitting area adjoining the kitchenette. We hope that residents and families will find the new area a useful meeting place.

Correa Extension

This construction will commence this month. Local builders Lohmann and Bond will carry out the works. These builders have worked on other Havilah projects and have a good understanding of Havilah's requirements to cause the least disruption to residents as possible. The extension will provide a further 13 places and is specifically being established for residents with dementia who also have other acute health conditions. The works will include a treatment room, care stations and offices. The kitchen/servy area joins the existing Correa House with the new extension. This area will be enlarged and includes a dishwashing area with pass through dishwasher. Island benches will include large underbench ovens. Pathways are included around the building and connecting with Callistemon House. The construction will be completed ready for occupancy in July next year.

RESIDENT SURVEYS - JULY 2015:



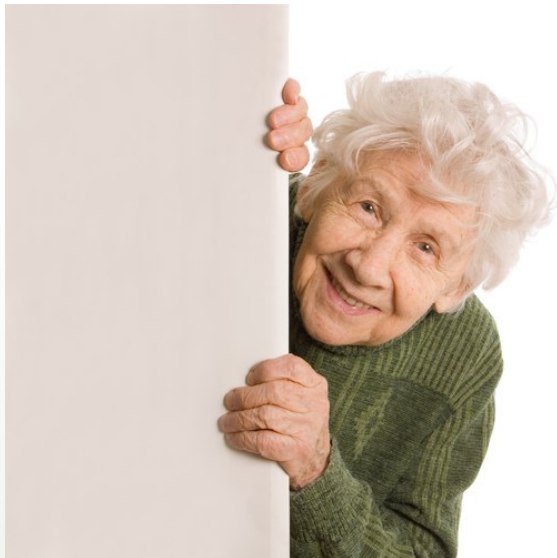
Of the 44 Harkness residents surveyed:

- 100% of residents who were here for lunch enjoyed the special Christmas in July lunch.
- 100% of residents who have used the new linkway to the main dining room find it useful .
- 87% of residents surveyed said they find the new location of the Activities office makes it easier for them to contact the Activities staff.
- 82% of residents said they are aware of the new resident toilets off the main dining room.

Of the 15 Raglan residents surveyed:

- 100% of residents who were here for lunch enjoyed the special Christmas in July lunch.
- 100% of residents who access the hairdressing services said they are happy with this service
- 87% of residents said they did know they could approach Keith with ideas for new activities.

My Younger Days

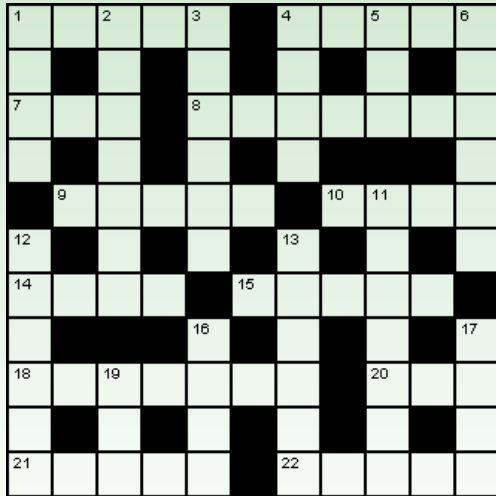


When I was in my younger days,
I weighed a few pounds less,
I needn't hold my tummy in
To wear a belted dress.
But now that I am older, I've set my body free;
There's comfort of elastic
Where once my waist would be.
Inventor of those high heeled shoes
My feet have not forgiven;
I have to wear a nine now,
But I used to wear a seven.

And how about those panty hose-
They're sized by weight, you see.
So how come when I put them on,
The crotch is at my knees?
I need to wear these glasses
As the print is getting smaller;
And it wasn't very long ago
I know that I was taller.
Though my hair has turned to silver
And my skin no longer fits,
On the inside, I'm the same old me,
Just the outside's changed a bit.



Mind Games

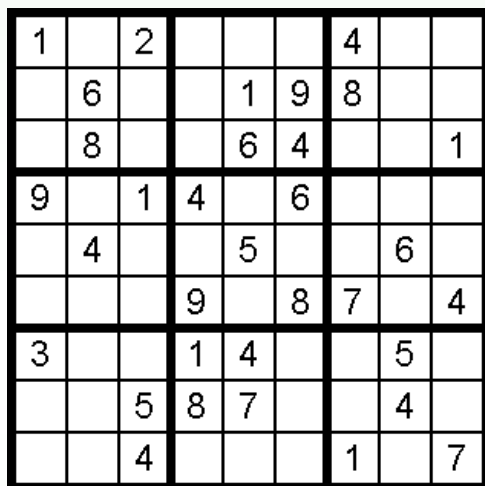


Across

1. Banquet (5)
4. Velocity (5)
7. Golfing accessory (3)
8. Wild (7)
9. Fake (5)
10. Long narrative poem (4)
14. Fencing sword (4)
15. Temperamental (5)
18. Large imposing house (7)
20. Peculiar (3)
21. Lukewarm (5)
22. Part of the leg (5)

Down

1. Festival (4)
2. Amazing (7)
3. Second sign of the zodiac (6)
4. Location (4)
5. Type of tree (3)
6. Subtract (6)
11. Security device (7)
12. Recluse (6)
13. Part of the eye (6)
16. Discover (4)
17. Not in action (4)
19. Short sleep (3)



HUB WORDS

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



MOVIE QUIZ

1. Who was Galadriel in the 2002 movie, *The Lord of the Rings: The Two Towers*?
a. Cate Blanchett b. Liv Tyler
2. Who was John 'Scottie' Ferguson in the 1958 movie, *Vertigo*?
a. Humphrey Bogart b. James Stewart
3. Who played the part of Prime Minister in the 2003 movie, *Love Actually*?
a. Colin Firth b. Hugh Grant
4. Who was Susan Orlean in the 2002 movie, *Adaptation*?
a. Nicole Kidman b. Meryl Streep
5. Who directed the 2003 movie, *Kill Bill: Vol 1*?
a. Gore Verbinski b. Quentin Tarantino
6. Who was Antonius Proximo in the 2000 movie, *Gladiator*?
a. Oliver Reed b. Russell Crowe
7. Who was Jack Sparrow in the 2003 movie, *Pirates of the Caribbean: The Curse of the Black Pearl*?
a. Orlando Bloom b. Johnny Depp
8. Who directed the 2001 movie, *A Beautiful Mind*?
a. Ron Howard b. Ridley Scott
9. Who was Joel Barish in the 2004 movie, *Eternal Sunshine of the Spotless Mind*?
a. Jim Carrey b. Steve Martin
10. Who was Luke in the 1967 movie, *Cool Hand Luke*?
a. Robert Redford b. Paul Newman



Solutions can be found on page 6.

GREAT THINGS TO DO IN SEPTEMBER

Don't forget to check
your Activities Calendar
located on the back of
your door for other daily
activities

HAPPY HOUR EACH FRIDAY 4.30—5.30pm

Live entertainment in main Dining Room.

Happy Hour activities continue at Heath House



CHURCH SERVICES – all Services begin at 10.30 am

Wed 2nd

Uniting Church

Wed 9th

Salvation Army

Wed 16th

Wattle City Church

Tue 22th

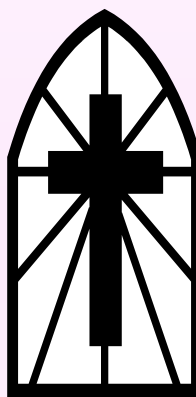
Anglican Church

Wed 23th

Catholic Church

Wed 30th

No Church



SPECIAL EVENTS

Mon 7th

Men's Day Luncheon 12noon

Tue 22nd

Blumes Fashion Show 1.30pm

Sat 26th

Special Bingo 1.30pm



Sudoku, Quiz and Crossword Solutions from page 5

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

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

MOVIE QUIZ ANSWERS
1a. Cate Blanchett
2b. James Stewart
3b. Hugh Grant
4b. Meryl Streep
5b. Quentin Tarantino
6a. Oliver Reed
7b. Johnny Depp
8a. Ron Howard
9a. Jim Carrey
10b. Paul Newman

HUB WORD = NAVIGATOR
agora, antra, aorta, argon, argot,
atria, grain, grant, griot, groan,
groat, groin, intro, naiva, noria,
organ, raite, ratio, riant, riata,
taira, tiara, train, varan, vigor
(US), virga, angora, organa, rat-
ing, ration, ravine, roving, trigon,
virago, aviator, orating, vagrant,
variant.

WEEKLY ACTIVITIES

BUS TRIPS – Mondays and Fridays

Wednesdays Heath House



Nail Pedicure Pampers - Monday mornings

Foot Spas - Monday and Thursday mornings each week



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

INDOOR BOWLS - Wednesdays 1.30pm
(Correa Lounge)



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

HAPPY HOUR EACH FRIDAY at 4.30 PM



TUESDAY -

Street Walk 1.30pm

Afternoon Cards 3.15 pm

WEDNESDAY -

Strength exercises 11.15am

Cooking classes 3.15pm

THURSDAY-

Craft Group 3.15pm

FRIDAY -

Video in Lounge 3.15pm

SATURDAY -

Heath House “CAFÉ” 3.00pm

Yummy Afternoon Tea;

Milk Shakes; Iced Coffee

SUNDAY -

Devonshire Afternoon Tea



COOKED BREAKFAST 1st Monday of Each Month

CONTACTING STAFF

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

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

In Heath House Ring 626. In Melaleuca House Ring 627.

The call system is for emergency calls so where possible for other than emergency issues please use your telephone to contact staff. This will ensure prompt action when you are in an emergency situation. There are call points in public areas for residents and family members to use when requiring staff attendance.

Please familiarise yourself with the position of these call points.

Wall phones are installed in the lounge areas at Heath House to provide greater accessibility to staff for families. Please make use of these 'phones as required.

FOR FAMILIES ringing from outside Havilah to speak to staff in **Heath House** please call **54617481**, if there is no answer on this number the call will be diverted to staff on the floor.

FOR FAMILIES ringing from outside Havilah to speak to staff in **Melaleuca House** please call the nurses station on **54617465**, if there is no answer the call will be diverted to staff on the floor.

For all other areas of Havilah dial 54617300 and follow the prompts.

COMMENTS, COMPLIMENTS, SUGGESTIONS AND COMPLAINTS FORMS ARE AVAILABLE IN THE FOYERS OF BOTH BUILDINGS

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

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

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

The **Director of Human Services Kelsey Hooper** on 54 617383 Internal Dial 383 email: dhs@havilah.org.au.

You can also contact: **CEO Barb Duffin** 54 617381 Internal Dial 381 Mobile 0429 617380 email: barbceo@havilah.org.au

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

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

Havilah respects the right of residents and families to raise complaints anonymously, however it is more difficult to obtain the best outcome from anonymous complaints or feed back to the complainant the actions taken as a result of the complaint.

We welcome your input as to the things you don't like and the things that you do as this assists us in providing a quality service.

GENERAL ENQUIRIES

For any general enquiries: Families or residents can contact Havilah 24 hours a day, 7 days a week on Email: mail@havilah.org.au or Telephone: 54617387. Leave a message if it is out of office hours and staff will get back to you as soon as possible.

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

ADMINISTRATION OFFICE HOURS

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



HAV'A LAUGH



Rabbit resuscitation...A man was driving along the highway, and saw a rabbit hopping across the middle of the road. He swerved to avoid hitting the rabbit, but unfortunately the rabbit jumped in front of the car and was hit. The driver, being a sensitive man as well as an animal lover, pulled over to the side of the road and got out to see what had become of the rabbit. Much to his dismay, the rabbit was dead. The driver felt so awful he began to cry. A woman driving down the highway saw the man crying on the side of the road and pulled over. She stepped out of her car and asked the man what was wrong. "I feel terrible," he explained. "I accidentally hit this rabbit and killed it." The woman told the man not to worry. She knew what to do. She went to the car trunk and pulled out a spray can. She walked over to the limp, dead rabbit, and sprayed the contents of the can onto the rabbit. Miraculously, the rabbit came to life, jumped up, waved its paw at the two humans and hopped down the road. 50 meters away the rabbit stopped, turned around, waved at the two again, hopped down the road another 50 meters, turned, waved, and hopped another 50 meters. The man was astonished. He couldn't figure out what substance could be in the woman's spray can! He ran over to the woman and demanded, "What was in your spray can? What did you spray onto that rabbit?" The woman turned the can around so that the man could read the label. It said: " 'Hare Spray' Restores Life to Dead Hare. Ads Permanent Wave."



Two bachelors, Larry and Frank were out to dinner. The conversation drifted from office, sports to politics and then to cooking. "I got a cook book once" said Larry. "But I couldn't do anything with it." "Too much fancy stuff in it, huh?" asked Frank. "You said it, Larry replied, nodding.

"Every one of those recipes began the same way: "Take a clean plate..."



At a fabric store, a pretty girl spots a nice material for a dress and asks the male clerk: How much does it cost? "Only one kiss per metre," replied the male clerk with a smirk. "That's fine," said the girl. I'll take ten metres." With expectation and anticipation written all over his face, the clerk quickly measured out the cloth, wrapped it up, and then teasingly held it out. The girl took the bag and pointed to the old man standing beside her, and smiled, "Grandpa will pay the bill."

HAVACHAT

RETIREMENT LIVING ACTIVITIES

Please contact **Keith Fankhauser** for Havilah on Palmerston and Raglan House Phone: 5459 0169 Mobile: 0408 774 715
 Email: keith.fankhauser@havilah.org.au
 OR **Sue Edmondson** 54617390 for Harkness Street



BLUMES FASHION SHOW

Tuesday 22nd September 1.30pm Main Lounge at Harkness

MOVIE NIGHT



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

CARDS (500)

3rd Thursday of each month at 7.00 pm Raglan House

INDOOR BOWLS

Each Friday at 10am Raglan House

GAMES NIGHT

3rd Tuesday each month at 6.30 pm Harkness Street

CARDS (Show Poker)

Each Wednesday 11.15 am in Callistemon House

STRENGTH EXERCISES



Each Wednesday 11.15 am In Callistemon House

HAPPY HOUR

Each Friday at 4.30 pm in the Lounge at Harkness

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

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