

Please contact Jenni on 5461 7489 or email jenni.dellavedova@havilah.org.au if you would like your Havachat sent via email

HAVILAH WEBSITE:
www.havilah.org.au

Issued 8th September 2016

HAVACHAT



Resident Meeting— Monday 12th September at 1.15 pm in Callistemon Activities Room.

Resident Meeting Heath House— Monday 19th September at 1.15pm .

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

THE FENCE OR THE AMBULANCE

***'Twas a dangerous cliff, as they freely confessed,
Though to walk near its crest was so pleasant:
But over it's terrible edge there had slipped
A Duke and many a peasant.
So the people said something would need to be done,
But their projects did not at all tally:
Some said "Put a fence round the edge of the cliff,"
Some "An ambulance down in the valley."***

***But the cry for the ambulance carried the day,
For it spread to the neighbouring city;
A fence may be useful or not, it is true,
But each heart became brimful of pity
For those who had slipped o'er that dangerous cliff,
And the dwellers in highway and alley
Gave pounds or gave pence, not to put up a fence,
But for an ambulance down in the valley.....***

***So day after day when these mishaps occurred,
Quick forth would the rescuers sally
To pick up the victim who fell off the cliff
With their ambulance down in the valley.***

***Then an old man remarked: "It's a marvel to me
That people give far more attention
To repairing results than to stopping the cause
When they'd much better aim at prevention.
Let us stop at its source all this mischief," cried he
"Come, neighbours and friends, let us rally;
If the cliff we will fence, we might almost dispense
With the ambulance down in the valley....."***

***How our people, with the best of intentions,
Have wasted their years and lavished their tears
On treatment, with naught for prevention.
But a sensible few, who are practical, too,
Will not bear with such nonsense much longer:
They believe that prevention is better than cure,
And their party will soon be the stronger.***

***Encourage them then, with your purse voice and pen
And (while other philanthropists dally)
They will scorn all pretence, and put up a stout fence
On the cliff that hangs over the valley.***

Joseph Malines. (condensed version)



Bruce and Charlie



Noel taking a shot

Men's Day Out to the Avoca Hotel



August
2016



Bob celebrating his birthday



Jim loving his meal

This table shows the amount of fundraising provided by Havilah volunteer catering group. The Group provides catering for birthdays, parties, funerals and weekly dinners for Maryborough Rotary. New volunteers are always welcome. Please see Sue or Raeleen.



RESIDENT SURVEYS - July 2016:

Of the 70 (46 Harkness + 24 Raglan) residents surveyed:

96% of residents surveyed said the lighting in the facility is adequate to meet their needs.

97% of residents surveyed said they choose the clothes they wear each day.

97% said they would recommend Havilah to a family member or friend.

94% of residents surveyed said they believe their personal property is safe at Havilah.



DOCTORS' VISITS

Residents and families are reminded to pick up paperwork from the Care Station prior to visiting your off site GP. This information should be handed in to the Care Station on your return. This is so that Havilah can keep up to date with Doctors instructions and comments re your health.



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



LIFESTYLE

Havilah have their own Resident masseurs who is available for massages at a cost of \$30 per session. If you would like to enquire about booking a session please contact Sue on 54617390.

We welcome your suggestions on activities or special outings you would like to see happening as part of our activities program, please let our activities staff Sue, Kim, Karen and Sam know.

CORREA HOUSE

A large magnetic glass board has been ordered for Correa House. Currently we are advised that it is still on the boat. Delivery is expected in approx 2 weeks.

We are still waiting for delivery of king single beds ordered for the Correa Extension. These beds were due in mid June and we are now advised within days. Lot's of stories why we don't have them yet from the supplier. Quote by former North Melbourne Coach Denis Pagan "don't tell me about the pain—show me the baby" hits the mark here.

If there are required items not provided in the unit please pass this on to your Team Leader or Unit Manager.

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 it would only be for residents in the affected compartment. In the first instance. The fire alarm automatically alarms at the fire station and the Brigade is here within minutes.



YOU WILL BE KEPT INFORMED VIA STAFF AND THROUGH THE PUBLIC ADDRESS SYSTEM.

Quiz and Crossword Solutions from page 7



1. ROAD
2. SODA
3. SOAR

Jumbled word - DINOSAUR



Nancy Hooper

September 2016

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		

September.....

Name: *Nancy Hooper*

Length of time at Havilah:

9 years last April.

My Story:

I was born on the 23rd January 1921, at home in Mariners Reef Road Maryborough, on a day that was 100°. My father Gus worked as a guard on the railways and mother Rose was a full time mum looking after my brother Lester, two sisters Phylis and Mavis and myself.

I attended 404 State School and Maryborough Technical School. When I left school at 14 years of age I started work at Hosken's Bakery and then the Maryborough Knitting Mill.

I married my husband Ron on the 31/08/41. We had a double wedding, with Ron's sister Jean marrying my brother Lester.

Ron and I had 4 children; Don, Elaine, Shirley and Beverly. 10 Grandchildren and 27 Great Grandchildren followed.

Both Ron and I enjoyed our tennis and then bowls at Carisbrook where we lived and raised our family.

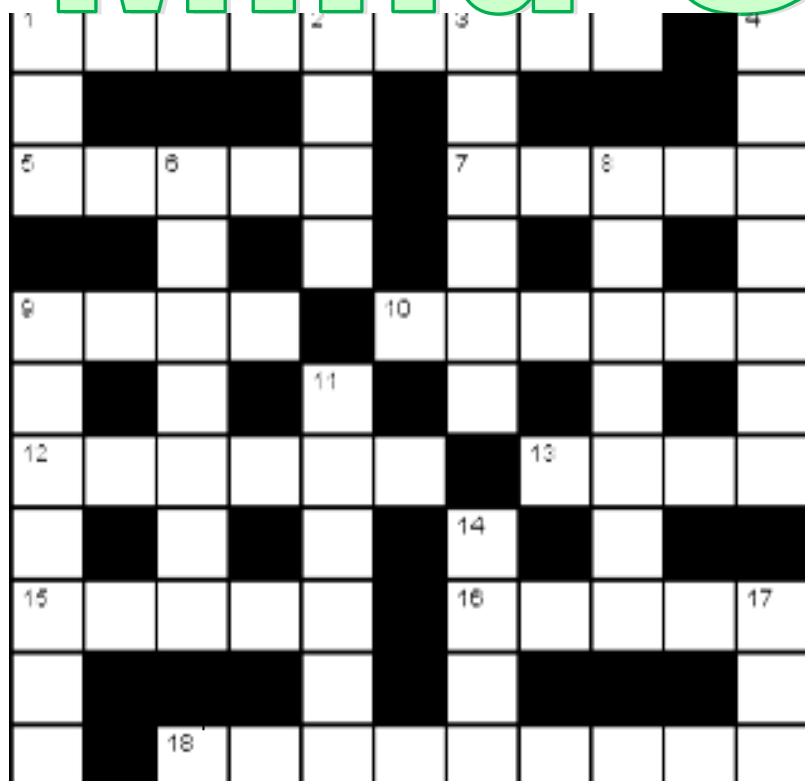
Ron and I also enjoyed going to the local dances where his mother would play the piano.

Playing cards was a favourite pastime for us, we would share with family and friends. We enjoyed many happy holidays caravanning with our children.

I still enjoy playing cards at Havilah along with our bus trips, bowls, bingo and sing alongs.



Mind Games



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

ACROSS

1. Oily or greasy (9)
5. Bet (5)
7. Young eel (5)
9. Land measure (4)
10. Sultry (6)
12. Dairy product (6)
13. Hex (4)
15. Crowd scene actor (5)
16. Hidden drawback (5)
18. Accumulated (9)

DOWN

1. Cutting tool (3)
2. Remedy (4)
3. Wildcat (6)
4. Contradiction in terms (7)
6. Article of clothing (7)
8. Findings of a jury (7)
9. Of times long past (7)
11. Attack (6)
14. Dull pain (4)
17. Concealed (3)

WORD SEARCH—Touch Wood

Can you rearrange the jumbled letters for a very old creature?

S D U N O R A I

Can you also use some of the letters to find three 4-letter words with the following meanings?

1. Highway
2. Fizzy drink
3. Fly upward

Can you find the hidden words? They may be horizontal, vertical, diagonal, forwards or backwards.

Solutions can be found on page 4

ACACIA, ALDER, ASH, ASPEN, Balsa, BAMBOO, BEECH, BIRCH, BONSAI, BOXWOOD, CEDAR, CHERRY, CHESTNUT, CYPRESS, DOGWOOD, ELDER, ELM, FIR, GINKGO, GUM, HAWTHORN, HAZEL, HEMLOCK, HICKORY, JUNIPER, KAURI, LARCH, LILAC, LOCUST, MAHOGANY, MAPLE, OAK, OBECH, OXANDRA, PAWPAW, PEAR, PERSIMMON, PINE, POPLAR, REDWOOD, ABICU, SANDALWOOD, SANDARAC, SPRUCE, SYCAMORE, WALNUT, WILLOW, YEWE.

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 7th

Uniting Church

Wed 14th

Salvation Army Church

Wed 21st

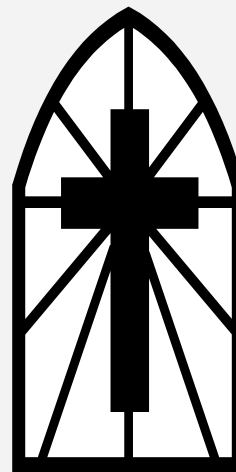
Wattle City Church

Tue 27th

Anglican Church

Wed 28th

Catholic Church



SPECIAL EVENTS

Mon 5th

Men's Day Luncheon

Sat 10th

Special Bingo 1.30pm

Tue 20th

Games Evening 6.30pm

Sat 24th

Special Bingo 1.30pm



WEEKLY ACTIVITIES

BUS TRIPS – Mondays and Fridays
Tuesdays 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
(Callistemon Activities Room)



MAR-BOWLS - Tuesdays 1.30pm Correa Lounge

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

HAPPY HOUR EACH FRIDAY at 4.30 PM



TUESDAY - Afternoon Cards 3.15 pm

WEDNESDAY - Strength exercises 11.15am

Street Walk 1.30pm

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 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 if you wish for an issue to be fully addressed 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

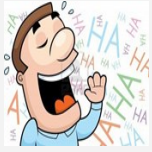
MON-FRI 9.00 am—4.00 pm for account payments and enquiries

Postal Address: Havilah Hostel 11 Harkness Street, Maryborough Vic 3465

TO CONTACT THE KITCHEN

Main Kitchen	54617388	Internal Dial	388
Heath Kitchen	54617482	Internal Dial	482





HAV'A'LAUGH



A man asks a farmer near a field, "Sorry sir, would you mind if I crossed your field instead of going around it? You see, I have to catch the 4:23 train."

The farmer says, "Sure, go right ahead. And if my bull sees you, you'll even catch the 4:11 one."

I'd like to buy a new boomerang please. Also, can you tell me how to throw the old one away?

Police officer: "Can you identify yourself, sir?"

Driver pulls out his mirror and says: "Yes, it's me."

Pessimist: "Things just can't get any worse!"

Optimist: "Nah, of course they can!"

I can't believe I forgot to go to the gym today. That's 7 years in a row now.



A guy walks into a bar and asks the bartender if he'll give him a free beer for an amazing trick. The bartender agrees. The guy pulls out a hamster that begins dancing and singing.

"That is amazing!" says the bartender and gives him a beer.

"If I show you something else, will you give me another beer?" The bartender agrees.

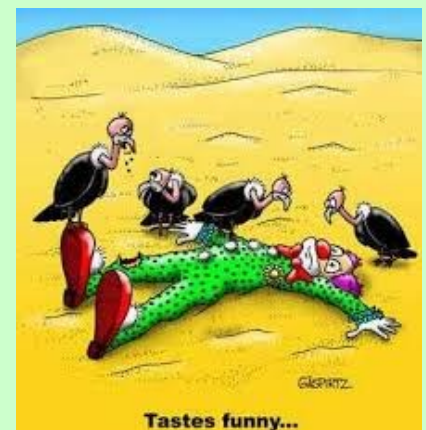
The guy pulls out a small piano and a frog. The same hamster plays the piano while the frog dances and sings.

The bartender, completely wowed, gives him another beer.

A man in a suit, who's been watching the entire time, offers to buy the frog for a large sum, and the man agrees.

"Are you nuts?" asks the bartender. "You could've made a fortune off that frog."

"Can you keep a secret?" asks the man. "The hamster's a ventriloquist."





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

MOVIE NIGHT	First Monday of the month at 7pm Havilah on Palmerston (enter through Raglan House)
CARDS (500)	4th Thursday of each month at 7.00 pm Raglan House
INDOOR BOWLS	Each Friday at 10am Raglan House
GAMES NIGHT	This months Games night is on Tuesday 20th September at 6.30 pm at Harkness Street
CARDS (Show Poker)	Each Tuesday 3.15 pm in Callistemon House
STRENGTH EXERCISES	Each Wednesday 11.15 am in Callistemon House
HAPPY HOUR	Each Friday at 4.30 pm in the Main Lounge at Harkness St
SPECIAL BINGO	Sat 10th and Sat 24th September in Callistemon House
SPECIAL EVENT Men's Day Luncheon	Mon 5th September 12noon in main dining room at Harkness Street.

Retirement Residents have access to HAIRDRESSING and MEALS at both sites and also FOOTCARE and PODIATRY .

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