

HAVACHAT

Issue October 2018

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



THE 23rd ANNUAL GENERAL MEETING

Thursday October 11th

8.00pm

Rooms 1-2 High School Centre, Raglan Street,
Maryborough.



**ALL INTERESTED PERSONS ARE INVITED
AND VERY WELCOME TO ATTEND**



Residents enjoyed their recent outing to the Red Cross Hoy card afternoon. Les and Bob come away as winners on the day.



Resident Meeting - Monday 8th October at 1.15pm in Callistemon Activities Room.

Resident Meeting Heath House - Monday 22nd October at 2pm in Heath House.

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



Sixteen residents from Harkness and Raglan House accompanied by three lifestyle staff and two volunteers, enjoyed a day trip to visit the Rochester Art Silo's . The weather was perfect and all were fascinated by the artwork . Lunch at the Elmore Hotel capped off a great day.

PHOTO GALLERY



Residents appreciate the outings organised by the lifestyle staff, taking in the various attractions and attending functions in the community with always a stop to indulge in afternoon tea.





THINGS MY MOTHER USED TO SAY

When I was a little girl...

You'll understand when you're older

Don't you have anything better to do?

I can always tell when your lying.

If I catch you doing that one more time, I'll..

FALLS PREVENTION

Have medications reviewed on a regular basis.

Have an eye test with the optometrist at least once a year.



Auto Lock Down:

Due to the change of seasons bringing longer days, auto lock down has moved to **7pm**.

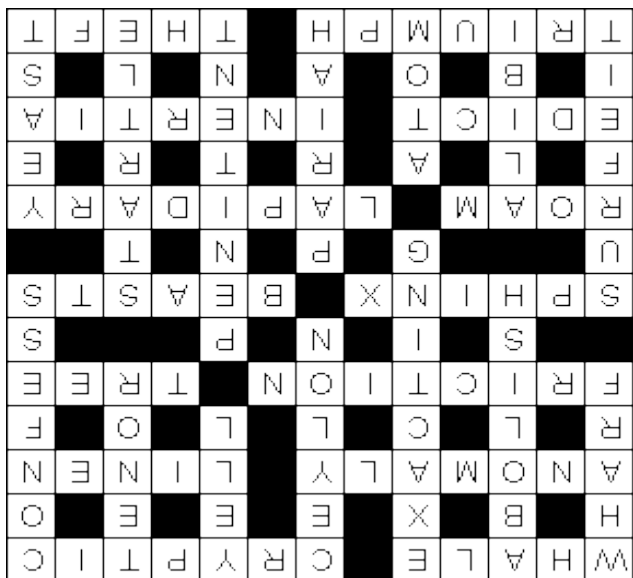


RESIDENT SURVEYS - August 2018 Of the 37 residents surveyed at Harkness: 92% of resident surveyed agreed that they are included in decisions about their care or treatment most of the time or always.

100% of surveyed residents stated that they always or most of the time agreed that staff gave them enough privacy when they dress, shower or bathe. 100% of residents agreed or strongly agreed that their room is comfortable for them to sleep each night

100% of residents surveyed agreed or strongly agreed that the common area throughout are

If you want to make a comment, suggestion, complaint or compliment but are unsure how to go about this, please ask a staff member to assist you.



Quiz and Crossword Solutions from page 9



Answers to Quiz

1. Venus.
2. Kabel.
3. Indonesia.
4. Banjo Patterson and Dame Mary Gilmore.
5. Perth.
6. 1979.



The Central Highlands Library service visits Harkness Street every second Friday in the month. Come and talk to Kerry the Librarian who will help you find the book you are after. There is a great range of books to select from and if there is something that you specifically want they can arrange this for you on the next visit.

The mobile Library is set up in the Grevillea Atrium area from 10.15am - 11.15am.

FOUND:

A ladies watch has been handed in at the reception desk in the main foyer. The watch was found near the carpark entrance of Harkness Street on Wednesday 26th September.

It could belong to a staff member or a visitor. A description of the watch will need to be provided when claiming from the front desk.



Replacement Keys

Please note that a fee of \$14.00 is charged for a set of replacement keys.

MEALS FOR FAMILY MEMBERS AND GUESTS.

We welcome resident guests for meals at a cost of **\$8.00** per head for all meals, with exception for special occasions, eg Christmas Day, Mothers Day when special prices are set. Guests can attend at Happy Hour free of charge.

Please advise the relevant kitchen prior to 10.00am by phoning the : Main Kitchen Harkness Street. 5461 7388 Heath House Kitchen. 5461 7482 When booking meals for more than 5 people, please notify the kitchen the day before.

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 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.

GREAT THINGS TO DO



Happy Hour Every Friday evening

Commencing at 4.30pm, Music, Finger Food, Hot & Cold Beverage, Ice-creams and Ice-cream in 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.

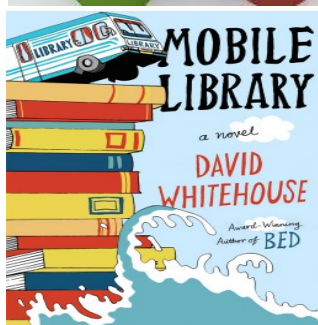
If you have an idea or suggestion for an outing, just let Lifestyle Staff know and we will do our best to arrange the outing for you.



Resident/Advocate Meetings

Next meeting Monday 8th October 2018 at 1.15 pm

Heath House Monday 22nd October 2018 at 2pm



Mobile Library - September & October Dates

Friday 12th and 26th October commencing 10.15 am

Grevillea Atrium 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
ANGLICAN CHURCH -	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

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

WEEKLY ACTIVITIES - MAIN BUILDING

MONDAY Nail Manicure Pamper 9.30am
Foot Spa 9.30am
Bus Trip 1.30pm
Bingo 1.45pm

TUESDAY Special Morning Tea 10am
Chairrobics 11.15am
Marbowls 1.30pm
Street Walk 1.30pm
Bingo 1.45pm
Afternoon Cards 3.15pm

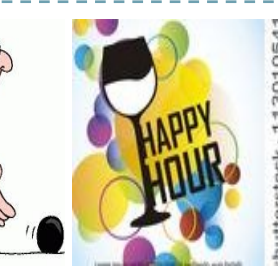
WEDNESDAY
Strength Training 11.15am
Indoor Bowls 1.30pm
Bus Trip (Heath House) 1.30pm
Cooking classes 3.15pm

THURSDAY Foot Spa 9.30am
Bingo 1.45pm
Craft Group 3.15pm
Music DVD 3.15pm

FRIDAY
Chairrobics 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

SUNDAY Devonshire Afternoon Tea in
Main Lounge 3.00pm



WEEKLY ACTIVITIES - HEATH HOUSE

MONDAY Activity Time/Craft 10.30am, 3.00pm
& 6.00pm
Hand Care/Facials 1.30pm
Sonas 4.00pm

TUESDAY Special Morning Tea 10.00am
Activity Time 10.30am & 6.00pm
One on One 2.15pm
Daily Living Activity 3.00pm
Sonas 4.00pm

WEDNESDAY
Organ Music 10.00am
Bus Trip or Movie 1.30pm
Guitar Music 2.00pm
Activity Time 3.00pm & 6.00pm
Sonas 4.00pm

THURSDAY
Activity Time 10.30am,
1.45pm & 6.00pm
Cooking 1.30pm
Sonas 4.00pm

FRIDAY
Activity Time 10.30am,
3.00pm & 6.00pm
Group Games 1.45pm
Sonas 4.00pm
Happy Hour 4.30pm

SATURDAY
Activity Time 10.30am,
1.30pm & 6.00pm
Delta Dogs (2nd & 3rd Sat)
1.30pm
Café 3.00pm
Sonas 4.00pm

SUNDAY
Activity Time 10.30am,
1.30pm & 6.00pm
Devonshire Afternoon Tea
3.00pm
Sonas 4.00pm

The Hav-a-Latte Café is open between 1.30pm and 3.00pm for residents, family and friends,

Helen Hellsten

Length of time at Havilah: I have been a resident here at Havilah for 22 months.

My Story: I was born at the Maryborough Hospital on 27th June 1933. My parents Leslie and Elvie Shiell lived on a sheep property at Homebush, near Avoca., I had a wonderful childhood with my sister June and brother John, we rode our bikes to the Homebush primary school, as both parents were trained teachers I had a grounded education. I completed my intermediate certificate at the Maryborough High school before attending Methodist Ladies College in Melbourne where I studied Business and gained lifetime friendships. When I completed my education, I gained employment as a senior ledger keeper with the Commercial Bank in Bourke Street Melbourne.

In 1954 I married Max Hellsten, together we raised 5 children and lived in the Hellsten family home in Maryborough until building our own home. Max a local builder built our home outside working hours. I have 5 granddaughters and 1 great granddaughter.

Things you used to do for fun: In my younger days I enjoyed dancing and going to the pictures, I come from a family that always enjoyed music and I can remember the sing along's around the piano at Homebush. I have been heavily involved in the community over the years being associated with the Baby Health Centre, local Scouts, Masonic lodge ladies, Hospital Auxiliary, Community Information Centre, Probus, the Avoca Historical Society, and CWA.

About where you have lived: Maryborough and district has been my home most of my life except when I went to school and worked in Melbourne before marrying.

Travel, sport, passions: I have enjoyed trips to Tasmania, Broken Hill and Port Lincoln with Max and good friends. Also enjoyed a leisurely car drive around the district engaging in the history and gardens in our region.

Things you enjoy to do now: I enjoy playing marbowls, cards and socialising with co-residents,



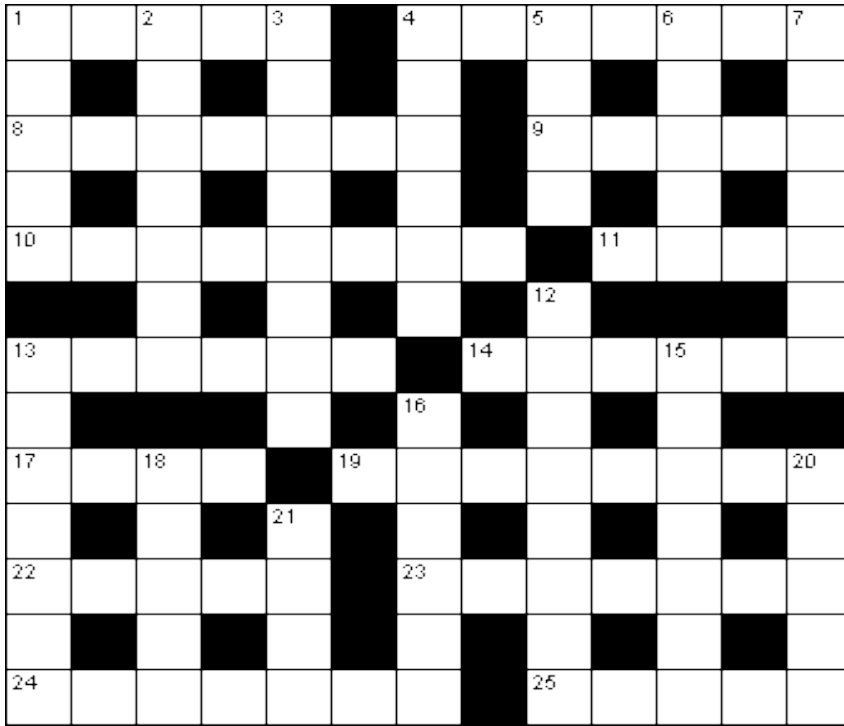
Reading my English magazines and I appreciate the efforts of everyone who cares for me.

Your favourite topics: I am still interested in hearing about the happenings in groups that I was involved in, anything to do with the community.

Favourite Food and Music: Cooking has always been an enjoyment to me, cooking with fresh vegetables grown in the garden, my BBQ chop casserole and chocolate cinnamon pudding were always a family favourite and of course fish and chips. I love Australian Slim Dusty and have also been interested in Wesley hymns, one close to my heart is "In the Garden".

October 2018

	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	31				



Across:

1. Marine Mammal (5)
4. Type of crossword (7)
8. Deviation from the rule (7)
9. Fabric (5)
10. Rubbing or clash (8)
11. Woody Plant (4)
13. Egyptian statue (6)
14. Creatures (6)
17. Wander (4)
19. Expert on precious stones (8)
22. Decree (5)
23. Inactivity (7)
24. Victory (7)
25. Larceny (5)

Down:

1. Dock
2. Get rid of (7)
3. Fastidious (8)
4. Former name of Sri Lanka (6)
5. Shout (4)
6. Male singing voice (5)
7. Admit to (7)
12. Feeling remorse (8)
13. Glut (7)
15. Take aback (7)
16. Social Outcast (6)
18. Excuse (5)
20. Helps to raise dough (5)
21. Molecule (4)

Word Search - HOME SWEET HOME

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

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

ABODE, ACCOMMODATION, BILLET, BOARDING HOUSE, BUGALOW, CABIN, CARAVAN, CHALET, CONDOMINIUM, COTTAGE, DOMICILE, DORMITORY, DUPLEX, DWELLING, FLAT, HABITATION, HERNITAGE, HOME, HOMESTEAD, HOTEL, HOUSE, HOUSEBOAT, IGLOO, LIVING QUARTERS, LODGE, MAISONETTE, MANSION, MOBILE HOME, MOTEL, PENTHOUSE, RESIDENTCE, SHACK, SHELTER, TENT, TRAILER, VILLA, WIGWAM

QUIZ

1. What is the only planet that rotates clockwise?
2. What is the capital of Afghanistan?
3. Which country has the most volcanoes?
4. Whose portraits do you find on a \$10.00 note ?
5. Which Australian city is called the City of lights?
6. In what year was the Sydney Opera House opened?

Solutions can be found on page 4

RANDOM POINTS TO PONDER:

- How far east can you go before you're heading west?
- Do dentists go to other dentists or do they do it themselves?
- If pro and con are opposites, wouldn't the opposite to progress be congress?
- Are eyebrows considered facial hair?
- Is there a time limit on fortune cookie predictions?
- Since bread is square, why is sandwich meat round.
- Do they have the word "dictionary" in the dictionary?
- Why is it on a phone or calculator, the number 5 has a little dot on it?
- If money doesn't grow on trees then why do banks have branches?
- Do prison vehicles have emergency exits?

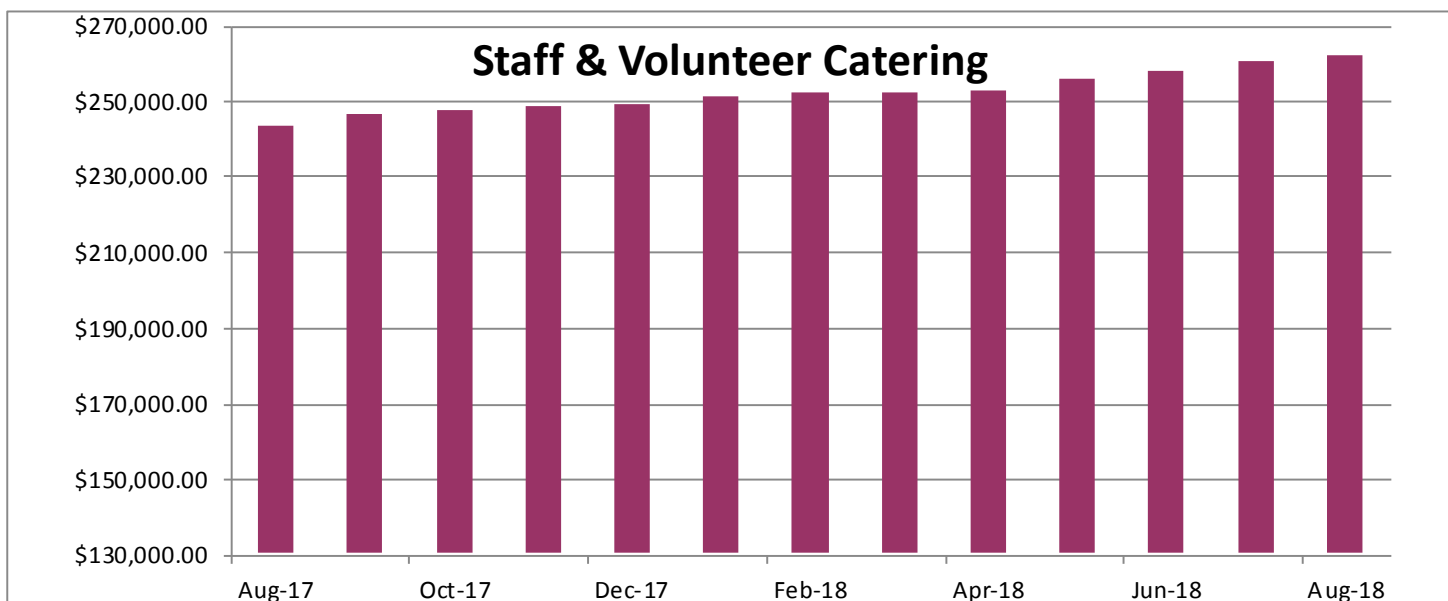
WEIRD and WONDERFUL WORDS

CRYPTOZOOLOGY - the search for and study of animals whose existence is unproven, such as the Loch Ness

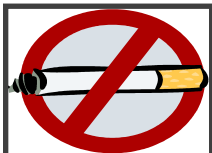
Emailing the Havachat

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

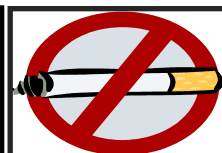
Your assistance with this is appreciated.



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



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



Bedding fabric to monitor health

By: Dallas Bastian August 2, 2018

What if bedding could tell you about a person's health?

That's what Australian researchers are exploring as part of a \$1.7 million government-funded program.

The project team plans to fix flexible, unbreakable electronics into bedding products to enable real-time monitoring of health and sleep and minimise night-time disruption.

It will be designed to give nurses, carers and aged care facility managers greater insight into the health and wellbeing of people in their care by identifying movements or potential areas for concern.

Research and advanced manufacturing company Sleptite is leading the development of the monitoring program. Also on board are Canadian biometric data specialist Hexoskin, Melbourne-based advanced manufacturer Sleepzee and RMIT University.

Sleptite chief executive Cameron van den Dungen said the program's main objective is to put residents and their families at the centre of how care is provided.

"We are entering a new era for the aged care industry, one where the demand for excellence in functionality, design and care will be higher than ever before," van den Dungen said. "It is imperative that we look beyond just how aged care is regulated and how homes are styled to how care is provided in the first place.

"Australia has the chance to become world leaders when it comes to increasing the quality of health care provided to its elderly through

technology, technology that not only supports the valuable care workers but enables them to provide greater care than they believe is possible, and at a cost that is more affordable than the assistance currently on offer."

RMIT researcher Associate Professor Madhu Bhaskaran, who is leading the team behind the flexible electronics, said the method is a cost-effective way to improve the supervision and monitoring of people living in aged care and assisted living facilities, especially at night.

Assistant Minister for Science, Jobs and Innovation Zed Seselja, who announced the grant, visited the university's Micro Nano Research Facility to view the sensors and learn more about the project.

Seselja said he looks forward to seeing the tangible benefits it will bring about for residents, their families, nurses and healthcare staff.



LAUNDRY



The lost clothing department in the laundry has become full with unlabelled clothing once again. Residents and family

members are encouraged to visit the laundry to see if they can identify any missing clothing. Residents are reminded that after a month in the lost clothing unlabelled clothing is sent to the Carisbrook Opportunity shop. Residents should talk to reception to obtain assistance with labelling clothes.



A man and his wife were awoken at 3am by pounding on the door. The man opens the door to a drunken stranger, standing in the rain, who asks for a push. 'Not a chance,' says the husband, 'it's 3am!' He slams the door and returns to bed.

'Who was it?' asks his wife.

'Some drunk guy asking for a push,' he answers.

'Did you help him?' She asks. 'No, I didn't, it is

3am and pouring !'

'Well you have a short memory,' says the wife. 'Remember three months ago when we broke down and those two guys helped us?'

The man agrees, and goes out into the rain. He calls out into the dark, 'Hey mate, do you still need a push?'

'Yes,' comes the reply.

'Where are you?' asks the husband.

'Over here on the swing!' replies the drunk.

A stranger went into a small country store, there was a notice on the door warning, "Danger! Beware of dog!". Inside, he saw a harmless old sheep dog asleep on the floor next to the counter.

"Is that the dog we're to beware of?"

"Yes, that's him," replied the shop keeper

"That certainly doesn't look like a dangerous dog. Why did you put up that sign?" asked the customer

"Because before I posted that sign, people kept tripping over him," was the shoppers reply.



Dad and Dave are in the big smoke and, not being used to the traffic, Dad gets knocked over while crossing a busy road.

Dave phones the ambulance on his mobile.

"Get an ambulance here quick, he's bleeding from his nose and ears and I think both his legs are broken."

"What is your location sir?"

"We're outside 28 Eucalyptus St," Dave says.

"How do you spell that sir?" asks the operator.

She can hear nothing but heavy breathing.

After a minute she asks again, "Are you there sir?"

She hears more heavy breathing and another minute later she says again, "Sir, can you hear me?"

Dave eventually comes on the line.'

Yep, sorry about that ...

I couldn't spell eucalyptus, so I just dragged him round to 3 Oak St."

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.

For 24 hour EMERGENCY CONTACT telephone 54617394

COMMENTS, COMPLIMENTS, SUGGESTIONS & COMPLAINTS

We welcome feedback from residents, families and visitors and provide the 'Comment, Suggestion, Complaint and Compliment' forms are available at the main Havilah entrances. Residents and families are encouraged to communicate any issues they may have.

We strive to continuously improve our service and look forward to working with you to achieve the best possible outcomes for residents.

You can also 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

For 24 hour EMERGENCY CONTACT telephone 54617394



WHEN THE FIRE ALARM SOUNDS

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RETIREMENT LIVING RESIDENTS ARE WELCOME TO ATTEND ACTIVITIES OVER BOTH SITES Please contact Kim Davidson for Havilah on Palmerston and Raglan House Phone: 5459 0169 OR Sue Edmondson 54617390 for Harkness Street

HAVILAH AT HARKNESS

INDOOR BOWLS

Each WEDNESDAY 1.30 pm

MOVIES AT HARKNESS

Check out the NOW SHOWING in the Grevillea Theatre

CARDS (show Poker)

Each TUESDAY 3.15 PM in Callistemon

STRENGTH EXERCISES

Each WEDNESDAY 11.15 am in Callistemon

HAPPY HOUR

Each FRIDAY 4.30 pm in the Main Lounge

WEEKEND ACTIVITIES

BINGO

Each SATURDAY at 1.30 pm

MARBOWLS

Alternate SATURDAYS 10.30 a.m. Correa Lounge

HAVILAH ON PALMERSTON

MOVIES AT PALMERSTON Room 7 High School Centre

3rd SATURDAY of the month at 1.30pm - afternoon tea provided.
3rd TUESDAY of the month at 6.30 - supper included.—No screenings during the winter months - Watch this space for dates

TAI CHI AT PALMERSTON Room 7 High School Centre

Each MONDAY and WEDNESDAY
10.30—11.30

STRENGTH EXERCISES

Each MONDAY at 2.30 pm at Raglan House

HAPPY HOUR Rooms 1 & 2 High School Centre

Each FRIDAY 5.00 pm