

NOVEMBER
2016

HOP TOPICS

CANCELLATION: The resident barbecue scheduled for tomorrow evening has been cancelled. **WE EXTEND APOLOGIES TO THOSE WHO WERE LOOKING FORWARD TO ATTENDING.** The barbecue functions will commence in January 2017 to allow time for further planning at the December Meeting and for notification of the dates for these events to all retirement village residents.

INVITATION TO ATTEND KEITH'S FAREWELL

Keith Fankhauser resigned his position as Resident Liaison Officer on 21st October. Havilah will acknowledge the significant contribution Keith has made to Havilah on Palmerston and Raglan House at a **Morning Tea on Friday 11th November 2016 at 10.00 a.m.**

WE LOOK FORWARD TO SEEING YOU THERE.

THE 2016 ANNUAL CHRISTMAS BARBEQUE

will be held on Friday 16th December commencing at 5.30 pm. Please advise your attendance numbers by Friday 9th December 2016.

(All family and friends are welcome
There are no limits on numbers attending)

Please advise numbers at Reception, or by telephoning 54617387 (Mon—Fri) or email mail@havilah.org.au



CHRISTMAS DAY

Christmas Day Celebrations at Havilah are lots of fun, with good food and good cheer to be had by all. Families and friends are welcome to join residents for a 3-course Christmas Day lunch at a cost of \$25.00 per head.

*Bookings are essential,
please RSVP by Friday 9th December.*

*For Bookings Please contact Reception,
or you can telephone 54 617387 or email
mail@havilah.org.au for bookings.*



Staff Service Recognised At AGM



At each AGM Havilah recognises the dedication and achievements of staff, who during the year to June 30 have reached employment milestones of ten, fifteen and twenty years service. This year we recognised seven staff whose combined service totals a remarkable 115 years. Audrey Bartlett, Barb Duffin, Jo

Hooper and Brenda Wiseman - 20 years, Chris Gard - 15 Years and Jo Ashcroft and Sarah McInnes - 10 years. Barb Duffin, Jo Hooper and Chris Gard were there to receive their awards from Havilah President Craig Bell.

RECIPE OF THE MONTH — BLUEBERRY MUFFINS

2 cups self raising flour
1/2 cup caster sugar
1 egg
1 cup milk
60 gms (2 ozs) melted butter
1 tablespoon grated orange rind
3/4 cup blueberries

Preheat oven to 200 degrees C

Place flour and sugar in bowl, stir until combined. In another bowl, beat egg, stir in milk and butter. Add to dry ingredients with orange rind and blueberries, mix lightly and quickly. Do not over beat. Spoon mixture into muffin pans 2/3 full.

Bake in oven for 20 mins or until firm to touch.

To change these muffins to **BANANA MUFFINS**

Take out orange rind and blueberries and add

2 medium over ripe bananas mashed

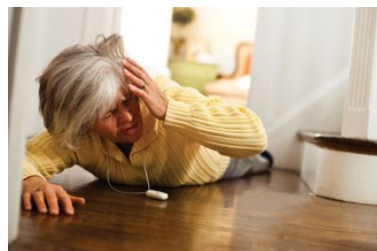
(put the milk, egg, bananas and cooled melted butter in a jug and blend with a stick blender, if fancied also add handful of walnuts, and this does not seem to effect the recipe at all).

Makes 12 muffins or approx 36 mini.

Enjoy These freeze well.



FALLS PREVENTION



I spoke at the residents meeting about a nasty 4 letter F word. Despite what the audience thought I was going to talk about all agreed that FALL is definitely a word that neither they nor their friends wished to experience. Those at the meeting agreed that a fall may have devastating consequences but more often it just saps confidence and makes one fearful of further falls. There are many things you can do to reduce the incidence of a fall. Keeping active is the most interesting and beneficial. Whether this is going to an exercise class such as Chairbics or Strength training or going for a walk does not matter; just doing something is what counts. As the weather improves consider going outside for a walk if safe to do so. Talk to staff about whether this is a good idea for you. Small amounts of sunlight make a difference not only to bone strength but also reduces falls. Sunlight also improves mood which may encourage further activity.

Talk to staff about participating in exercises, or consider having Rhonda the physio devise an exercise regime that you can do on your own if you don't want to join others.

More tips next month.

From Sandy Platt

Falls Program Coordinator



FROM THE DESK OF CLETA ROUGHHEAD DIRECTOR OF SERVICES PALMERSTON



It is now over 12 months since I started in the position of DoSP (Director of Services Palmerston) at Raglan. The Podiatry service introduced on site this year, provided by Ballarat Podiatry, continues 6 weekly in the Raglan clinic with Podiatrist Caitlyn Little. Caitlyn attends residents from the retirement community who can make appointments to see Caitlyn by phoning me on PH 54590154. Due to the noted benefits and increasing uptake of onsite podiatry this service may expand in 2017 to be a whole day – watch this space for further updates.

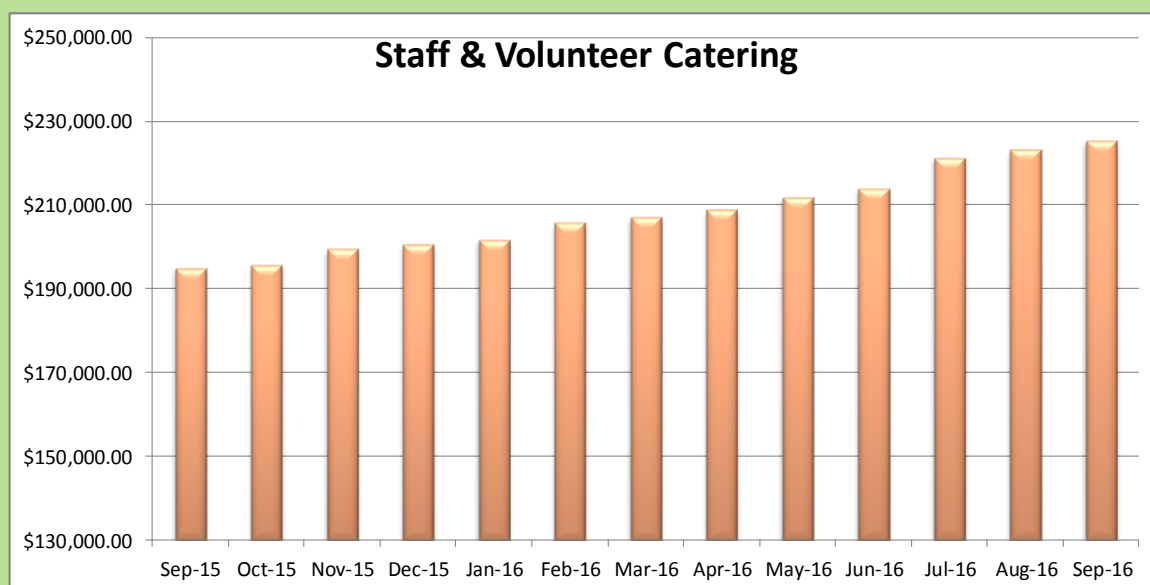
Of course a most significant change this year has been the seasons, with our huge rainfall, the full dams, green grass and stunning canola crops. I know our farm is looking great with sheep grazing in lush paddocks and crops above fence height. I believe the raised water levels and lush countryside have enhanced the weekly bus trip around our local area this has been a highlight for many residents. Getting to work may have been challenging for many staff during the floods (I know I made good use of the 4 wheel drive to go cross country in search of a way round the floods),

It is a pleasure working with and knowing you all. I look forward to positive changes and continued improvement in the care and support we provide to all. My door is open and you are all welcome to speak to me or contact me by phone on 54590154 at any time.

A happy Memory for me:



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 talk to Sue or Raeleen.



HAVILAH FUNDRAISER—SHOPPING SPREE FRIDAY NOVEMBER 11TH

Maryborough CBD—6 pm sharp to 9 pm

Tickets \$20 includes access to discounts at all participating stores, free competitions, Drink and Sausage Sizzle.



14 LOCAL STORES OFFERING GREAT DISCOUNTS AND SPOT SPECIALS

YOU CAN REGISTER AS A GROUP OR ON YOUR OWN

Participating stores . . . Cara Lou Lou - Country Trends – Eileen Frock Salon – Fashion Harlie, Debbie Lee Fashions - Hartwells Shoes – Leech Jewellers - Lyall Eales Stores – Macks Fashion & Surf - Mike Egan Sportspower – News Xpress – Peter Egan Bi-Rite - Quincy Jac – Rinaldi's

You can pre select your shopping from Monday 7th November to Friday 11th November.

Parcel storage provided at stores for items purchased at that store. Pick-up the following working day or by arrangement with the store.

Major Prize: Large Screen TV

Proudly donated by Peter Egan Bi-Rite Electrical

The major prize will be drawn at the completion of the shopping spree

to be eligible to claim the major prize you must have had your booklet stamped by all participating stores on the night

For Information and Tickets:

Contact Raeleen 54617380 Mobile 0417 175 980

email: raeleen.brooker@havilah.org.au

WE WOULD LOVE TO HAVE YOUR SUPPORT FOR THIS FUNDRAISER

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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

Cleta 5459 0154

Lifestyle 0408 774 715

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 5461 7390

- ♦ **Next combined Residents Meeting & Lifestyle Committee Meeting will be held 15th December 2016** at 2.45pm in the High School Centre—Room 7 (Coffee & Chat immediately after the meeting)

- ♦ **HAPPY HOUR**

Every Friday night in the Community Centre Function Room commencing at 5.00pm entertainment, finger food & drinks.

- ♦ **MARYBOROUGH MENS SHED**

Meets Tuesday and Thursday mornings at 9 a.m at its shed at 42a Newton St. Maryborough. New members welcomed - for information contact 0417365642

- ♦ **MARYBOROUGH BRANCH OF THE CWA.**

Meets at the Maryborough School House in Gillies St. Group meets 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. Contact Shirley on 5461 1657 or Rachel on 0419125459

- ♦ **STRENGTH EXERCISES AND FALLS PREVENTION**

Every Monday at 2.30 Raglan House Ground floor

- ♦ **BINGO**

Every week day 1.30 P.M. Ground Floor Raglan House

- ♦ **CHAIROBICS**

2.30 P.M. Tuesday & Fridays Ground Floor Raglan House

RACV Energy Breakthrough 2016

From 17th—20th November The RACV Energy Breakthrough will be held in Maryborough. This is an exciting program designed to provide opportunities for students, teachers, parents and local industry to work together to design and construct a vehicle, a machine or an innovation in technology that will represent an energy breakthrough. There are several vantage points for viewing this exciting event which runs for 24 hours and is well worth a look.





HOP CHURCH SERVICES



- ♦ **Uniting Church** - 1st Wednesday of the month at 2.45pm.
Room 7 of the Community Centre
- ♦ **Anglican Church** - 2nd Thursday of the month at 10.30am
Room 7 of the Community Centre
- ♦ **SALVATION ARMY CHURCH** - 4th Wednesday each
Month 2.45pm



CHANGE TO BOOKING / ORDERING A MEAL

Havilah wishes to advise all residents of a change in the procedure for ordering a meal from the Havilah kitchen.

To ensure your selection is always available, residents should call the Kitchen 5459 0180, between 8 am - 5 p.m. and make a selection from the menu for the required meal service.

This new procedure will ensure there are sufficient portions prepared for each choice to satisfy resident selections.

Thank you for your assistance with this.



HEALTH AND WELLBEING

PNEUMONIA

Most Seniors are unaware of pneumonia risk.

New research shows most older people have had a flu injection at some stage but are unaware there is also a vaccine for pneumonia, which is one of the top five leading causes of hospitalisation in Australia. Pneumococcal pneumonia, caused by the bacterium *Streptococcus pneumoniae*, is responsible for a large proportion of pneumonia cases among people aged 65 years and over. It is the only bacterial pneumonia for which vaccination is available.

University of Sydney paediatrician and immunisation expert Professor Robert Booy said it was important for Australian Seniors to be vaccinated against pneumococcal pneumonia as it may also help to curb the spread of the infection to other vulnerable people, such as their grandchildren.

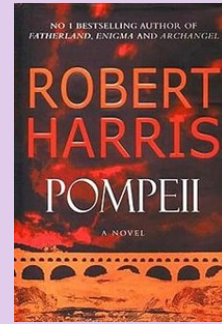
Lung Foundation Australia CEO, Heather Allan, said the Pneumococcal vaccination is funded under the Government's National Immunisation Program (NIP) for all Australians 65 years and older and a second dose of vaccine is also available to many Australians, a minimum of five years following their first dose. The vaccination is subsidised on the PBS for all adults 18 years or over who are medically at risk, such as those with chronic lung, heart or liver disease or diabetes.

Discuss this with your Doctor if you have any questions regarding your vaccination status or for further information..



BOOK REVIEW

POMPEII by ROBERT HARRIS



A historical fiction with a blend of fictional characters with real-life eruption of Mount Vesuvius on 24th August 79AD that overwhelmed Pompeii and its surrounding towns. The book is especially notable for the author's references to various aspects of volcanology and use of the Roman calendar.

Summary

Marcus Attilius Primus arrives in the Bay of Naples from Rome to take charge as the hydraulic engineer of the Aqua Augusta, the aqueduct that supplies water to the many towns in the region. Attilius' predecessor has mysteriously vanished as the springs that flow through the aqueduct begin to fail. Then, dramatically, the flow of water stops entirely. What happened to the Attilius's predecessor? Was he up to something illegal?

This book is an easy read that once you get into it, it's difficult to put down.

Robert Harris is a British Author and previous journalist and BBC television reporter.

Don't forget that the Library visits every 2 weeks on a Monday.



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.

EFTPOS

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



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
Food Services Manager
Director of Services
Director of Human Services

Barb Duffin
Di Jackson
Cleta Roughead
Kelsey Hooper

barb.duffin@havilah.org.au
di.jackson@havilah.org.au
cleta.roughead@havilah.org.au
kelsey.hooper@havilah.org.au



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

Cleta Roughead Director of Services. 5459 0154
Email cleta.roughead@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: 54617300. Leave a message if it is out of office hours and staff will get back to you as soon as possible.

PALMERSTON ST ADMINISTRATION OFFICE HOURS

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

HARKNESS ST ADMINISTRATION OFFICE HOURS

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

Lofty		Variety meat		Reservoir		Snakelike fish	Array		Crony		Australian state, initially	
Perplex						Persecute					Drink	
						Baked item						
Cape		Bird of prey							Depleted			
		Bid							Shooting star			
					Molecule					Legging		Traps
					Garish							
Fairy	Fragment						Type of nut					
	Words for a song											
			Satire	Well-being							Star	
Conifer					Pique	Metallic element	Barm					
Annoy							Redact					
								Musical work				
Perform		Lukewarm						Employer		Destiny		Typeface
		Those people										
			Edge tool		Pen tip				Chart		Twitch	
					Epoch							
Form						Edible plant						
Photo equipment	Put to use						Smooth fabric					
						Facet						



1		2		3		4
5						
6						
7						

Mini Crossword No 1

Across

- Perspicacious
- Inactivity
- Idiom
- Voter

Down

- Scam
- Foreword
- Adjure
- Quisling



Word search zoom words



ACCELERATION, BRISK, CHARGE, DART, DASH, FAST, FESTINATE, FLEET, FLIT, FLYING, HASTEN, HIGH VELOCITY, HOTFOOT, HURRY, HURTLE, LOCOMOTION, MOVE, PACE, QUICK, RACE, RAPID, RATE, RUNNING, RUSH, SCOOT, SPEED, SWIFT, THRUST, TRAVEL, WHIZZ, ZOOM.

PODIATRY SERVICE

Director of Services for Havilah on Palmerston, Cleta Roughead is inviting all of the Havilah retirement community residents with the need for Podiatry treatment, to contact her on 5459 0154 during business hours Monday to Friday 9.00am to 4.00pm, if they would like to receive treatment onsite in Room 5 of the Community Centre.

Havilah will engage the services of Catlyn Little from Ballarat Podiatry for the Foot-Care service.

The anticipated cost per consultation will be \$40.00.

Oops! Sorry everyone. I made a mistake with the On Call, After Hours phone number. PLEASE NOTE the number below is the correct one. If you took a copy of last months, please discard and use this one.

ON CALL MAINTANCE FOR AFTER HOURS

As there are more than one maintenance employees at Havilah now, there is a roster for after hours and weekend calls.

0408645203



**MEETING
NOTICE!**

The next combined Residents Meeting & Lifestyle Committee Meeting will be held

15th December 2016 at 2.45pm

in the High School Centre—Room 7



SMILE TIME

A fire started in the grasslands close to a farm. The country fire department rushed to the scene, but the fire was more than they could handle.

Someone suggested calling the volunteer fire department. Despite some doubt that they would be of any assistance, they were called. The volunteers arrived in a dilapidated old fire truck. They rumbled straight towards the fire, drove right into the middle of the flames and stopped!

The firefighters jumped from the truck and frantically started spraying water in all directions. Soon they had snuffed out the centre of the fire leaving two parts which were easily put out.

As the farmer watched all this, he was impressed and grateful that his house and farm had been spared. He quickly got out his chequebook and donated \$1,000 to the volunteer fire department.

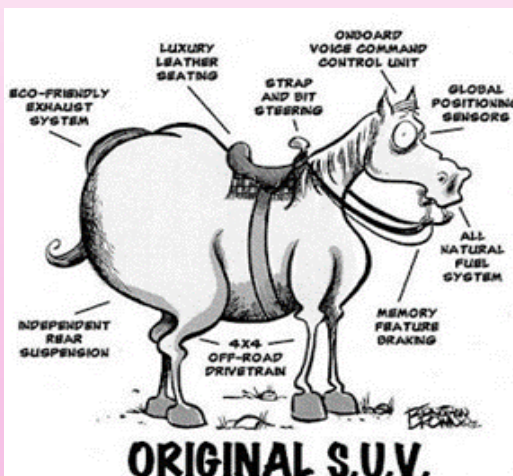
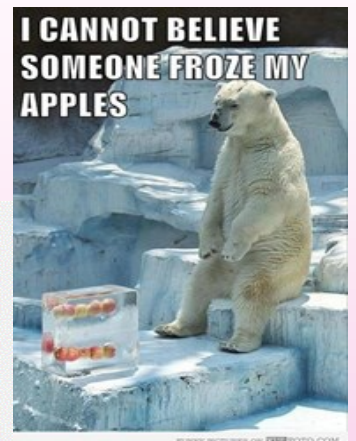
A local news reporter asked the volunteer fire captain how they planned to use the funds. The captain replied "The first thing we're gonna do is get the brakes on our fire truck fixed!"

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 didn't do it.
Nobody saw me.
You can't prove it.
The sheep are lying.



The early bird gets the worm, but the second mouse gets the cheese.

Answers to Last Months Quizzes

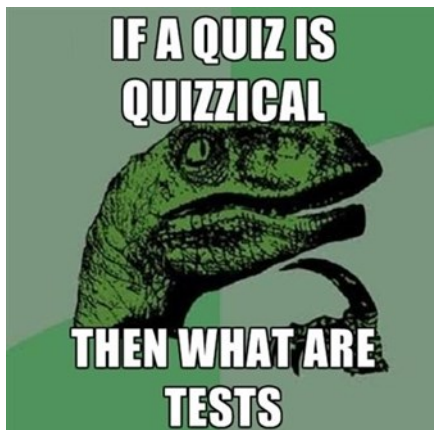
Questions	Answers
How many hairs does the average person have on their head?	(a) Approximately 25,000 (b) Approx. 125,000 (c) Approx. 1,125,000
How many bones make up our whole skeleton?	(a) 206 (b) 306 (c) 406
Which type of blood cells help our bodies to fight infection?	(a) White blood cells (b) Red blood cells (c) Both red and white blood cells
Approximately how many times does your heart beat every 24 hours?	(a) 1000 times (b) 10,000 times (c) 100,000 times
Your liver is your largest (solid) organ and is extremely important for your well-being. How many different functions does your liver perform to keep you fit and healthy?	(a) Around 5 functions (b) Around 50 functions (c) Around 500 functions
The 'taste buds' on your tongue detect five different tastes (salty, sweet, bitter, sour and umami). How many taste buds do you have on your tongue?	(a) About 5000 (b) About 50,000 (c) About 500,000
Your 'rotator cuff' is a group of muscles and tendons found in your	(a) Knee (b) Shoulder (c) Hand
On average, women's noses are bigger than men's noses.	TRUE or FALSE ?
Our bodies cannot make the minerals they require (such as iron, calcium, copper and zinc), so all of our minerals are obtained from our food and drink.	TRUE or FALSE ?
The average adult human brain weighs about	(a) 1.5kg (b) 2.5kg (c) 3.5kg

Arrow words Puzzle No 1

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

Winner of Trivia Quiz is Don Drake with 7 out of 10 questions correct.



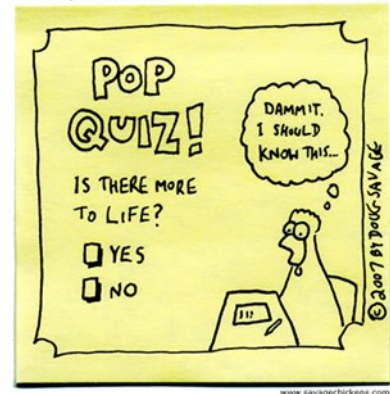


TRIVEA QUIZ

**Drop your answers
in to Reception the
Winner will be an-
nounced in the next
HOP Topics**

Savage Chickens

by Doug Savage



Questions	Answers
1.What is a group of bears called?	a. Triage, b. Clan, c. Peck, d. Sleuth
2.What the collective term for Turkeys?	a. Rafter, b. Drift, c. Parliament, d. Congress
3.A group of which of these animals is called a charm?	a. Teal, b. Baboons, c. Ibex, d. Hummingbirds
4.All three of these animals, Auks, Ants, and Badgers, share the same collective term. What is the term?	a. Colony, b. Ambush, c. Swarm, d. Fortress
5.A crash is the collective term of which of these animals?	a. Elephants, b. Hippos, c. Dogs, d. Rhinos
6.The collective term for Foxes is which of the following?	a. Skulk, b. Army, c. Knot, d. Gang
7.Which animal does not share the collective term herd?	a. Walruses, b. Boars, c. Bats, d. Buffalo
8.The collective term for tigers is?	a. Spring, b. Spinster, c. Ambush, d. Dart
9.An Ostentation is the collective term for these animals.	a. Penguins, b. Ferrets, c. Vipers, d. Peacocks
10. A clowder is the collective term for which group of animals?	a. Cats, b. Zebras, c. Horses, d. Apes

WORD OF THE MONTH

"Uberous" meaning Abundant or fruitful