

ISSUED  
October 2017



# HOP TOPICS



## MEN'S DAY LUNCHEON.

The men's day luncheon was well attended by Raglan and retirement living residents, who were treated to a lunch of BBQ meats and salads. The large selection of memorabilia on display, presented by Kim and Stu, generated some interesting discussions. Everyone thoroughly enjoyed the get together.



Retirement Community Resident Meeting Thursday 19th October 2017 in Rm7 held every 2 months.



## PHOTO GALLERY

Shirley Huggett starred as a model at the Highland Society fashion parade recently. Shirley was an enthusiastic model. (Hope Merv has the credit card in a secure place!!)



Residents were out and about at Special Morning Tea. Recently the local craft shop had a display of their wares. The good old fashion tea-cosy was put to good use and looked fantastic too.





## HEALTH AND WELLBEING





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### 101-year-old Aussie woman breaks record for world's oldest skydiver

By [Lauren Broomham](#) on September 22, 2017



Irene O'Shea finally made the historic tandem jump this week after it was postponed five times due to bad weather, according to [Adelaide Now](#).

Despite having only one previous jump under her belt – which she did last year aged 100 – the great-grandmother says she wasn't at all nervous about the 14,000 foot fall.

"I haven't done any preparation because I've never been frightened of heights," she said.

It was all in the name of a good cause too – raising money to fund research into Motor Neurone Disease. Mrs O'Shea's daughter passed away from the disease in 2008.

"I am doing this to raise money for MND – that's the main thing, not for personal gain," Mrs O'Shea said.

#### Homyped Shoe Exhibition.

Friday 6th October at 10.30am Raglan House ground floor lounge area, Neill street end Country Care in conjunction with Homyped will hold a display with a representative from both companies available.

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

Sales or Orders can be placed on the day.



## NOTICE BOARD



### FALLS PREVENTION

Have medications reviewed on a regular basis.  
Have an eye test with the optometrist at least once a year.



### THINGS MY MOTHER USED TO SAY

I don't care if your dying, you're going to school  
Money doesn't grow on trees  
Tidy your room, it looks like a pigsty  
I've had it up to here with you.  
If you can't say anything nice, then don't say anything at all.

### ON CALL MAINTANCE

after hours and weekend calls.

0408 645 203



**PLEASE RESPECT THE NON SMOKING AREAS  
AT HAVILAH ON PALMERSTON**



## In The Kitchen

### Recipe of the Month

#### Chicken and Spinach Curry

Made easier with ready-cooked chicken, this tasty curry is a quick and healthy meal for the whole family to enjoy.



#### Ingredients:

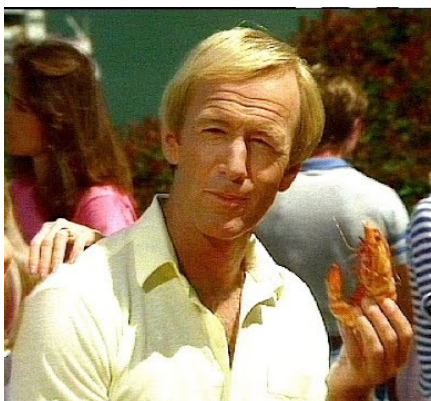
1/3 cup flaked almonds  
 1 tablespoon vegetable oil  
 1 Large brown onion, finely chopped  
 2 garlic cloves, crushed  
 2 tablespoon curry paste  
 1 1/2 cups Greek style yoghurt  
 1 large barbecued chicken, skin removed, meat roughly chopped  
 1 bunch spinach, roughly chopped  
 Steamed jasmine rice to serve.

#### Method:

- Heat a small, non-stick frying pan over medium heat. Add almonds, Cook, shaking pan gently, for 3 to 5 minutes or until toasted. Remove to a plate..
- Heat oil in a large saucepan over medium-high heat. Add onion and garlic, stirring, for 3 to 4 minutes or until soft. Add curry paste and cook for 1 to 2 minutes or until aromatic. Add yoghurt and 1/2cup cold water. Stir until well combined.
- Add chicken. Bring to a gentle boil. Reduce heat to low. Simmer, uncovered, stirring occasionally, for 4 minutes or until chicken is heated through. Add spinach. Cover and cook for 1 to 2 minutes

### Don't Say

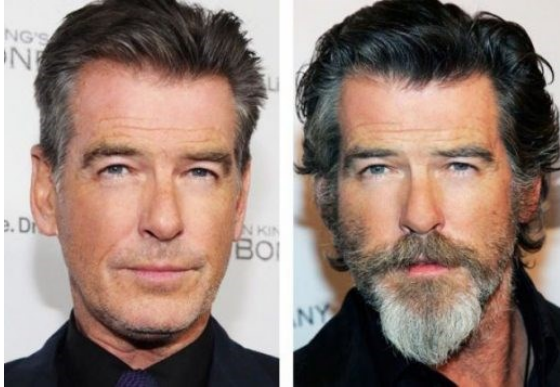
#### **"Put Another Shrimp on the Barbie"**



This lame slogan was part of a 1980s ad campaign featuring Paul Hogan of *Crocodile Dundee* fame, targeting an American audience to come to Australia. Not sure how the campaign impacted tourism, but the catch-phrase sure stuck. It's one of the first things that springs to mind when Americans think about Oz, and something that makes most Aussies cringe. Australians call those tasty crustaceans "prawns", not "shrimp", and saying that tired cliché won't win you any friends down under.



## HEALTH AND WELL BEING



### Can beards stop you from ageing? It's true, science says

By Lauren Broomham on September 15, 2017

Turns out beards won't just make you more attractive to the ladies – they could also save your life too.

Research from the University of Queensland has shown beards can protect men from 90 to 95 per cent of dangerous UV rays.

The study was conducted using mannequins, some with full beards, others with partial beards and others clean-shaven, that were left to fry in the Aussie sun (as you do).

The scientists then rotated the heads to ensure each mannequin was exposed to the same amount of sunlight before measuring the radiation levels absorbed by each one.

They found that while beards don't offer quite the same protection of sunscreen, they can carry a UPF (ultraviolet protection factor) of up to 21.

This lower UV exposure could also slow the ageing process, meaning less wrinkles and age spots on the face and a lower risk of skin cancer.

It does make sense – the thicker the beard, the more protection it offers.



## HEALTH AND WELLBEING

### Reducing the risk of macular degeneration

**Macular degeneration is Australia's leading cause of severe vision loss and blindness, but many people wrongly confuse symptoms of the disease as a normal sign of ageing.**

Although macular degeneration is more prevalent in those over 50, it is a chronic painless disease that can be diagnosed through regular eye tests. Optometrists use the latest retinal scanning technology to aid in the detection and monitoring of macular degeneration.

Early detection of any form of the disease is crucial as there are a great number of treatment options available to slow the progression of the disease, and therefore its impact on vision.

The most common symptoms include: • Difficulty reading • Distortion where straight lines appear wavy or bent • Difficulty distinguishing faces • Dark patches or empty spaces appear in the centre of your vision. Although the condition may not make itself apparent until later in life, preventative measures can be started much earlier.

Try these four tips to help reduce your risk of macular degeneration.

1. Don't smoke as it damages the cells in your retina and more than doubles the risk of age-related macular degeneration.
2. Protect your retina from the impact of harmful UV rays by wearing good quality sunglasses with 100% UVA protection. You can also use a transparent anti-reflective coating on your prescription lenses, which helps to reduce the exposure to blue light.
3. Eat well because research suggests that diets rich in carotenoids, found in leafy vegetables such as raw carrot, broccoli and raw spinach, can reduce the risk of macular degeneration. A high-level boost of nutrients such as zeaxanthin (found in most fruits and vegetables) and lutein (found in egg yolk) may slow progression of the condition.
4. Be self-aware and monitor your eyesight

regularly to avoid missing any changes in your vision. Between visits to your eye health professional, those over 50 should monitor changes by using an Amsler grid – a simple tool with a grid of horizontal and vertical lines that will test for symptoms of macular degeneration.

*The Macular Disease Foundation Australia is a national charity providing information, guidance and support on prevention, early detection, treatment and rehabilitation. To order your free Amsler grid or if you have any concerns about macular degeneration, call 1800 111 709 or visit [www.mdfoundation.com.au](http://www.mdfoundation.com.au).*



## 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**

**Nurse Manager 5459 0154**

**Lifestyle 5459 0169**

**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 54617 390**

**CEO 54617 381**  
**0429617380**

**RAELEEN 54617 380**



### RESIDENTS MEETING & LIFESTYLE COMMITTEE Meeting will be

Thursday 19th October 2017 at 2.45pm,  
 Room 7 in the High School Centre (Coffee & Chat immediately after the meeting)

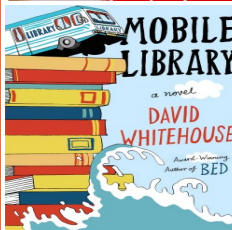


### HAPPY HOUR

Every Friday night in the High School Centre Function Room (Rooms 1 and 2) commencing at 5.00pm  
 entertainment, finger food & drinks.



**BINGO** Monday- Friday 1.30 P.M. Ground Floor Raglan House



### MOBILE LIBRARY— APRIL DATES

Monday 9th & 23rd October  
 Raglan House—Ground Floor—Neill Street end



### SPECIAL MORNING TEA—COMING DATES

2nd Friday of each Month  
 Room 7 High School Centre



### TAI CHI

Monday session – 1.30 to 2.30 pm

Wednesday session - 10.30 to 11.30 am  
 Room 7 High School Centre

### ♦ STRENGTH EXERCISES AND FALLS PREVENTION

Every Monday at 2.30 Raglan House Ground floor

### ♦ CHAIROBICS

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



## What's On & Events

### CHURCH SERVICES Room 7—High School Centre



UNITING CHURCH - 1st Wednesday of the month at 2.30pm.

ANGLICAN CHURCH - 2nd Wednesday of the month at 10.30am

SALVATION ARMY CHURCH - 4th Wednesday each Month 2.45pm

### HAVILAH HOSTEL INC. ANNUAL GENERAL MEETING

Thursday October 12th  
8.00pm

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



**MOVIE AFTERNOON**  
21st October  
Room 7 - 1.30pm  
Afternoon tea included



#### ♦ MARYBOROUGH MENS SHED

Meets Tuesday and Thursday mornings at 9 a.m at its shed at 42a Newton St. Maryborough.

New members welcome

for information contact 0417365642

#### ♦ MARYBOROUGH BRANCH CWA.

Meets at the Maryborough School House in Gillies St. on the 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

## BOOK REVIEW

### OFF THE SHELF

#### IT WAS ME ALL ALONG

Author - Andie Mitchell

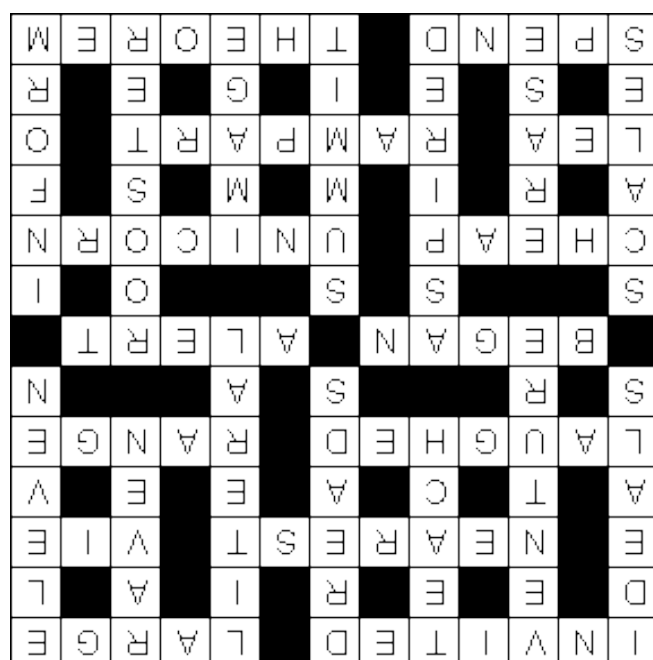
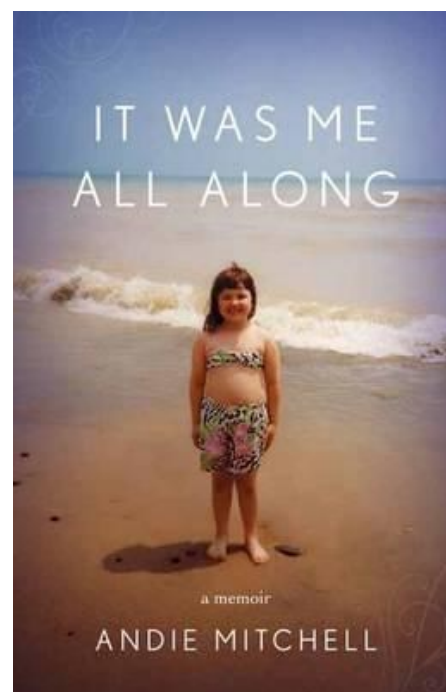
**A heartbreakingly honest, endearing memoir of incredible weight loss by a young food blogger who battles body image issues and overcomes food addiction to find self-acceptance.**

All her life, Andie Mitchell had eaten lustily and mindlessly. Food was her babysitter, her best friend, her confidant, and it provided a refuge from her fractured family. But when she stepped on the scale on her twentieth birthday and it registered a shocking 268 pounds, she knew she had to change the way she thought about food and herself; that her life was at stake.

*It Was Me All Along* takes Andie from working class Boston to the romantic streets of Rome, from morbidly obese to half her size, from seeking comfort in anything that came cream-filled and two-to-a-pack to finding balance in exquisite (but modest) bowls of handmade pasta.

This story is about much more than a woman who loves food and abhors her body. It is about someone who made changes when her situation seemed too

far gone and how she discovered balance in an off-kilter world. More than anything, though, it is the story of her finding beauty in acceptance and learning to love all parts of herself.



### Quiz and Crossword Solutions from page 11



### Answers to Anagrams

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

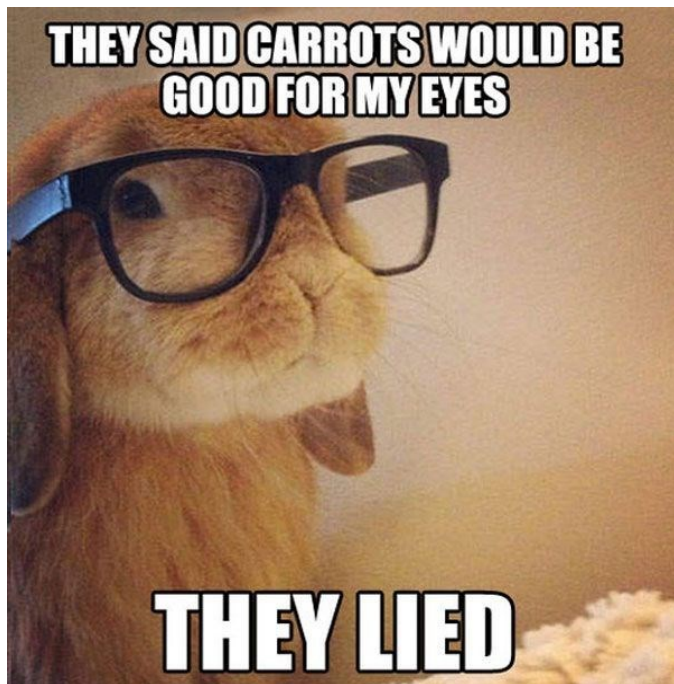




## SMILE TIME



A man moved to a mountain top to get rid of the hustle and be alone. One day he heard a knock at the door and no one was there but then he looked down and there sat a snail and it said "it is quite cold out here can I come in?" The man shouted "NO why don't you all understand I want to be alone!" and he kicked the snail down the mountain. One year later there was a knock at the door and no one was there and then he looked down and there again sat a snail and it said, "What did you do that for?"



Q: David's father had three sons: Snap, Crackle, and ?

A: David!

Q: If you were in a race and passed the person in 2nd place, what place would you be in? A: 2nd place!

Q: What is the centre of gravity?

A: The letter V!

Q: What English word has three consecutive double letters?

A: Bookkeeper

Q: What has a head, a tail, is brown, and has no legs?

A: A penny!

Q: What goes up, but never comes down?

A: Your age!

Q: What gets bigger and bigger as you take more away from it?

A: A hole!

Q: How many months have 28 days?

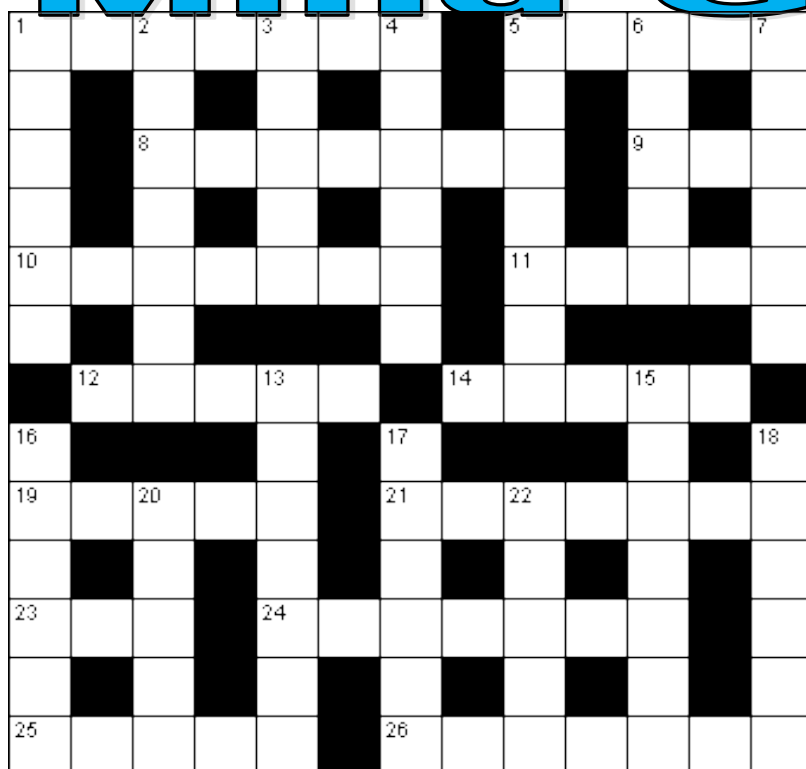
A: All of them!

**SUDOKU** Sudoku is easy to play and the rules are simple. Fill in the blanks so that each row, each column, and each of the nine 3x3 grids contain one instance of each of the numbers 1

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



# Mind Games



## Across

1. Requested the presence of someone (7)
5. Prominent (5)
8. Closest (7)
9. Compete for something (3)
10. Expressed mirth (7)
11. Scope (5)
12. Started (5)
14. Mentally responsive (5)
19. Inexpensive (5)
21. Imaginary creature (7)
23. Pasture (3)
24. Bulwark (7)
25. Pay out (5)
26. Proposition deducible from basic postulates (7)

## Down

1. Models of excellence (6)
2. Speculation (7)
3. Impart skills or knowledge (5)
4. Is afraid of (6)
5. Actual (7)
6. Corvine Bird (5)
7. Cricket Team (6)
13. Had a lofty goal (7)
15. Adult male chicken (7)
16. Weighing machine (6)
17. Pinnacle (6)
18. Apprise (6)
20. Efface (5)
22. Visual presentation (5)

## Word Search - MOVIES

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

## ANAGRAMS: Famous Names from the Past

1. SILVERY SLEEP (5,7)  
(Singer/actor)
2. ART CHEF HID CLOCK  
(6,9) (Director)
3. A WALTZ OR FUN  
GAMES GO MAD  
(8,7,6)  
(Composer)
4. EXTERNAL HATE  
RAGED  
(9,3,5) (Conqueror)

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

ADAPTATION, AGAINST THE ROPES, ALIEN, ALONG CAME POLLY, AMADEUS, ANNIE HALL, BABE, BASIC INSTINCT, BEN HUR, BIG FISH, BREAVEHEART, CABARETE, CASABLANCA, CHICAGO, CONFIDENCE, DAREDEVIL, DIE HARD, DR ZHIVAGO, EVITA, GHANDI, GHOSTBUSTERS, GLADIATOR, GOLDFINGER, INSOMNIA, IRIS, JAWS, LANTANA, LOST IN TRASLATION, MAD MAX, MR DEEDS, NETWORK, PEARL HARBOUR, PLATOON, PSYCHO, ROCKY, SIGNS, STAR WARS, THE LORD OF THE RINGS, THE STING.

**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.

**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	Barb Duffin	<a href="mailto:barb.duffin@havilah.org.au">barb.duffin@havilah.org.au</a>
Food Services Manger	Di Jackson	<a href="mailto:di.jackson@havilah.org.au">di.jackson@havilah.org.au</a>
Nurse Manager	Deb Matthews	<a href="mailto:deb.matthews@havilah.org.au">deb.matthews@havilah.org.au</a>
Director of Care	Kelsey Hooper	<a href="mailto:kelsey.hooper@havilah.org.au">kelsey.hooper@havilah.org.au</a>

**COMMENTS, COMPLIMENTS, SUGGESTIONS AND COMPLAINTS FORMS ARE AVAILABLE IN THE FOYERS OF THE HIGH SCHOOL 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](mailto:barb.duffin@havilah.org.au)

**Director of Care Kelsey Hooper** 54 617383

email: [kelsey.hooper@havilah.org.au](mailto:kelsey.hooper@havilah.org.au)

**Nurse Manager Deb Matthews** email: [deb.matthews@havilah.org.au](mailto:deb.matthews@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](mailto: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.

**HAVILAH ON PALMERSTON ADMINISTRATION OFFICE HOURS**

MON-FRI 9.00 am—12.00 pm for account payments and enquiries 5459 0140

**HARKNESS ST ADMINISTRATION OFFICE HOURS**

MON-FRI 9.00 am—4.00 pm for account payments and enquiries 5467 7300