

HAVACHAT

Issue October 2017

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



Tuesday Morning Special Morning Tea is very popular with the residents. Each week out comes the special china, the tables are dressed in a different themes coordinated with the seasons or items that are of interest, Our lifestyle staff excel with the different table decorations.



Resident Meeting - Monday 9th October at 1.15pm in Callistemon Activities Room.

Resident Meeting Heath House - Monday 16th October at 2pm in Heath House.

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

RESIDENT SURVEY

RESIDENT SURVEYS - August 2017

Of the 58 (44 Harkness and 14 Raglan) residents surveyed:

100% of residents surveyed stated that they have access to external services such as doctors, dentist and podiatrist when required.

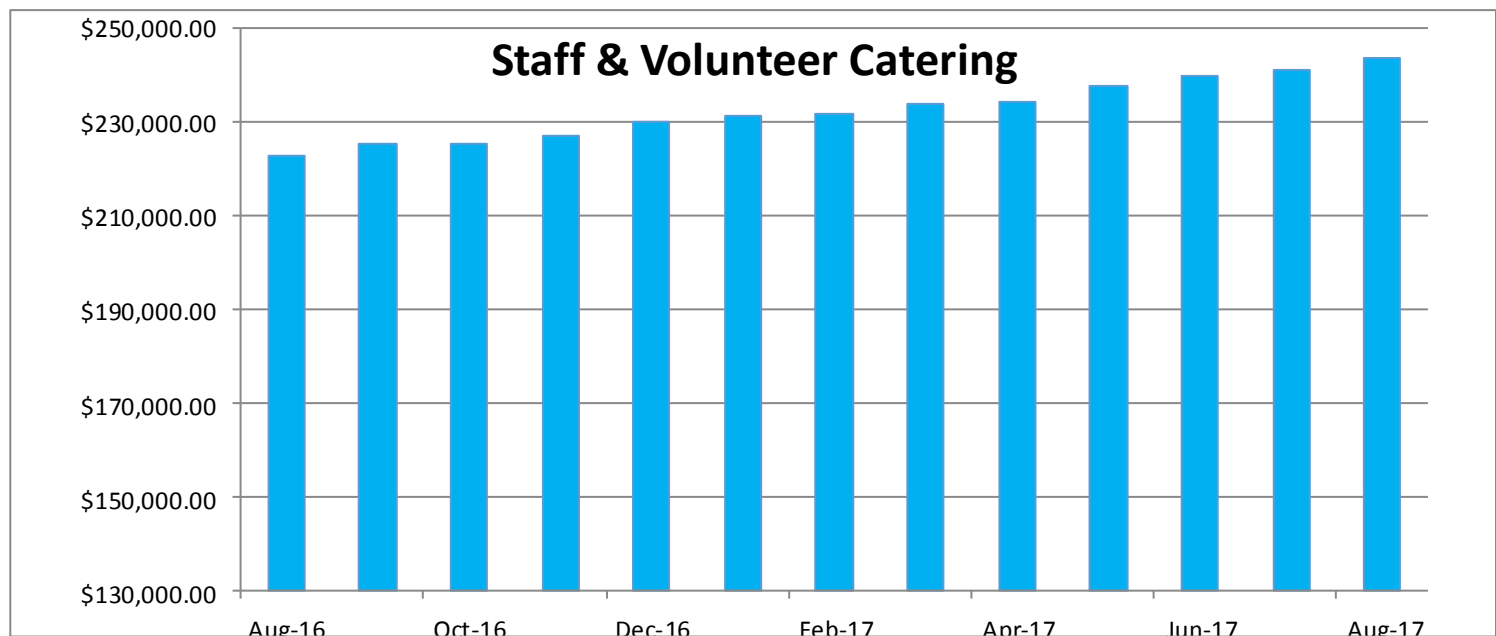
98% surveyed residents believe they are encouraged to maintain their mobility and dexterity.

98% of surveyed residents can find places to talk to visitors in private.

97% surveyed residents are happy with the choices of meals that are offered.



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



homyped shoes exhibition

Friday 6th October at 1.30pm

in the main lounge area.

Representatives from both Country Care and homyped will be present to provide advice on the day.



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

Sales or Orders can be placed on the day.

FALLS PREVENTION

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





We know using a hearing aid can reduce depression and anxiety – and even help to decrease the risk of dementia – yet hearing loss often goes untreated.

Many people with hearing loss struggle to stay connected in a world they feel lost in, reluctant to seek help. These were some of the comments by David Myers, PhD, at the American Psychological Association's 123rd Annual Convention recently.

Myers said many people battle silently with 'invisible' hearing difficulties. Yet the latest studies show:

- Of people with hearing loss, those who didn't wear hearing aids were 50 per cent more likely to suffer from sadness or depression than those who did.
- Hearing aid users were much more likely to participate in social activities regularly.

People do nothing for six years

On average, people wait for six years from the first signs of hearing loss before getting treatment, according to the US National Center for Health Statistics. Adults between the ages of 20 and 69 are half as likely as adults 70 or older to use hearing aids.

The reasons for this can be denial, vanity and lack of awareness of how much they are missing out on.

If you find yourself hard of hearing, you will tend to feel anger, frustration, depression and anxiety. You need to get used to the latest technology to help you regain control of your life and even to get to better cognitive functioning, Myers said.

Hearing loss linked to dementia

Myers cited another study published in the *Archives of Neurology* which found hearing loss could also be a risk factor for dementia. The study found years of sensory loss leaves people more susceptible to dementia. Plus, the social isolation common among the hard of hearing is another risk factor for dementia and other cognitive disorders.

Myers advocates the use of a technology known as a 'hearing loop' which could also help those with hearing loss become more social and involved. He explained the 'hearing loop' is like Wi-Fi for hearing aids – the technology uses an inductive loop to transmit sound signals directly into an in-ear hearing aid or cochlear implant, where it is received by an inductive device called a telecoil.

Wi-Fi for hearing aids

Efforts over the last dozen years to have hearing loops installed in public places around the US have gained some momentum with new American manufacturers stepping up to design and market hearing loop amplifiers for a wide variety of installations, from home TV rooms and taxis to auditoriums and airports.

The loop system, which enables hearing aids to serve as wireless speakers, is popular in Great Britain and Scandinavia but less widespread elsewhere. Proponents of the system say it works especially well in public spaces with background noise or reverberant sound, such as train stations, halls and auditoriums, cinemas, and places of worship.

NOTICE BOARD



The awards were given out for the top 3 footy tipsters for 2017 at Happy Hour a few weeks ago. Congratulations to Brian Dam who took out the first price, followed by Angus Hogg and third place went to Cora Trower. Barbara Erikson held the least amount of tips for the year. Dot Sinclair and Noela McWhinney were the only 2 tipsters who had a round of 9 winners.

The Grand Final was played last Saturday between Richmond and Adelaide Crows. The residents were served a footy lunch including the traditional meat pie and sauce.

The TV's were tuned in from an early hour of the day for the coverage throughout the building and majority of residents enjoyed each others company watching the game in the lounge area. The winners of the competition held for the winning team and points was Peter Noonan and Roslyn Cohn.



The Central Highlands Library service visit's 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. They have 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. Next visit is scheduled for the 6th October.

HAVILAH HOSTEL INC.

ANNUAL GENERAL MEETING

Thursday October 12th

8.00pm

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

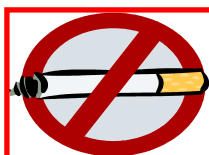


Auto Lock Down:

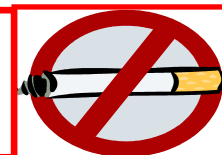
Due to the change of seasons bringing longer days, auto lock down has moved to **7pm**.

WORD OF THE MONTH

LAMPRPHONY: loudness and clarity of enunciation



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





THINGS MY MOTHER USED TO SAY

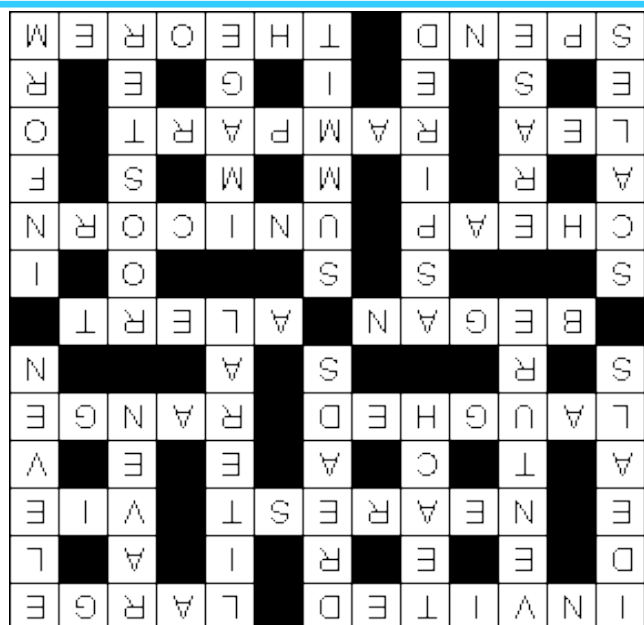
I don't care if you're dying, you're going to school
 Money doesn't grow on trees
 Tidy your room, it looks like a pigsty
 I've had it up to here with you.
 If you can't say anything nice, then don't say anything at all.

VISITORS

Just a reminder: Visitor Books are located at the main entries to the Havilah buildings. All visitors are required to sign in when entering Havilah and to sign out when leaving. The Resident Books are to be completed when residents leave and return. This is so that in an emergency we know who is present within the building.

Please also note in relation to any food either you or your visitors bring in to Havilah, please advise the kitchen. This in no way limits family bringing in special treats but does provide a record for us in the event of a salmonella outbreak or the like. Your assistance with this is appreciated.

We encourage family and friends to visit at Havilah. We want you to feel welcome when you visit. If you are unsure about anything please ask one of our staff members to assist you. Havilah must balance its responsibilities to residents, staff and volunteers under the various legislation. So that visitors may understand their rights and obligations please read the Visitor Brochure available at each sign in book. This brochure includes general information for visitors including the Visitor Code of Conduct.



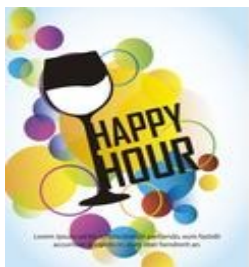
Quiz and Crossword Solutions from page 10



Answers to Anagrams

1. ELVIS PRESLEY
2. ALFRED HITCHCOCK
3. WOLFGANG
- AMADEUS MOZART
4. ALEXANDER THE GREAT

GREAT THINGS TO DO



Happy Hour Every Friday evening

Commencing at 5.00pm, Music, Finger Food, Hot & Cold Beverage, Ice-creams and Ice-cream 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.

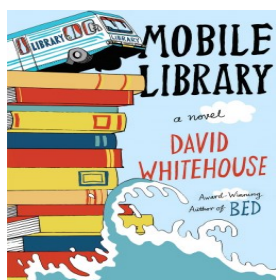
If you have an idea or suggestion for an outing, just let Activities Staff know and we will do our best to arrange the outing for you.



Resident/Advocate Meetings

Next meeting Monday 9th October 2017 at 1.15 pm

Heath House Monday 16th October 2017 at 2pm



Mobile Library— October Dates

Friday 6th & 20th 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

CHURCH OF ENGLAND - 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 salon. Our volunteer staff will be happy to help you.

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

WEEKLY ACTIVITIES

MONDAY

Nail Pedicure Pamper 9.30am
 Foot Spa 9.30am
 Bus Trip 1.30pm—Bookings through
 Activities Staff.
 Bingo 1.45pm



TUESDAY

Special Morning Tea 10am
 Chairbics 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 9.30a.m.
 Bingo 1.45pm
 Craft Group 3.15pm
 Music DVD 3.15pm



FRIDAY

Chairbics 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
Heath House "CAFÉ" 3.00pm
 Yummy Afternoon Tea;
 Milk Shakes; Iced Coffee



SUNDAY

Devonshire Afternoon Tea in Main Lounge
 3.00pm

Angus Hogg

Length of time at Havilah: I have been a resident in Havilah for the past 9 months

My Story: I was born in Scotland, migrated to Australia when I was 12 years old. I attended school for one year in Merbein before entering the workforce at 14 years of age. I have always been involved in manual labouring jobs working on farms, sheep stations and with water boring contractors. I have been married and have one daughter.

Things you used to do for fun: When I was younger in Scotland I enjoyed bird nesting, soccer, fishing. I have also played golf and lawn bowls over the years. Over the years I have been a stirrer and still am.

About where you have lived: I have lived in Scotland, Merbein, Melbourne, Bendigo Baringhup, different areas of South Australia, Thevenard, Mt Bryan and Albury.

Travel, sport, passions: I have done the big trip, anti clockwise around Australia seeing many places of interest, I love any sport and enjoy encouraging and mentoring others, and love a good comedy.

Things you enjoy to do now: I am heavily involved in a group to mentor others that are going through problems that I have experienced myself. I enjoy bingo, cards, carpet bowls and other activities that are offered here at Havilah and chatting to other residents. I love to read the paper and do the puzzles in the paper or magazines every day. (You will always see me sitting in the Grevillea atrium.) Being the resident dog walker for Tilley every Monday gives me great pleasure.



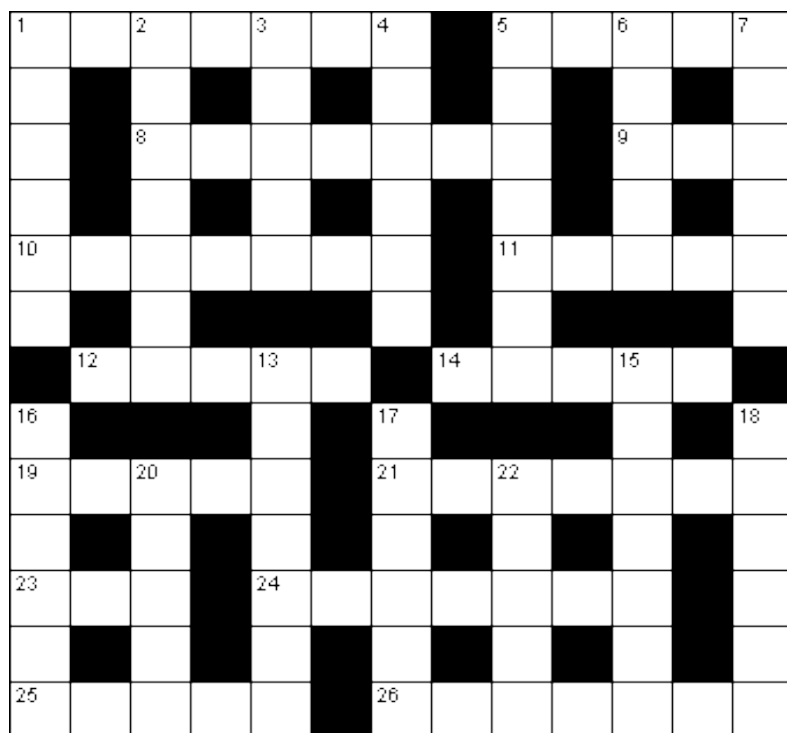
Favourite Topics: I enjoy a good chat about sport and all things relating to current affairs.

Favourite Food and Music: Country and Western is my private music to listen to either on the radio, CD's or at concerts and you can't go past a good plate of bangers and mash.

October 2017

Mon	Tue	Wed	Thu	Fri	Sat	Sun
30	31					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

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, BREEVEHEART, CABARETE, CASABLANCA, CHICAGO, CONFIDENCE, DAREDEVIL, DIE HARD, DR ZHIVAGO, EVITA, GHANDI, GHOSTBUSTERS, GLADIATOR, GOLDFINGER, INSOMNIA, IRIS, JAWS, LANTANA, LOST IN TRANSLATION, MAD MAX, MR DEEDS, NETWORK, PEARL HARBOUR, PLATOON, PSYCHO, ROCKY, SIGNS, STAR WARS, THE LORD OF THE RINGS, THE STING.

Solutions can be found on page 5

PHOTO GALLERY



The Fruits of Lights Tree (Paper apples) –



Nancy and Margaret relaxing with the Addy.

Pat, Margaret and Graham enjoying a sing long in the passage



FROM THE KITCHEN

The menu for each day is displayed on the dining tables. If residents do not wish to have the 'First Choice' they can notify the catering staff that would like the 'Second Choice' shown on the menu.

Additional Alternatives at Lunch time are - salads, sandwiches, quiche, baked beans and spaghetti which are available on request. Please advise kitchen staff at breakfast if you would like one of the Lunch alternates rather than what is being offered on the menu for the day.

At tea time there is a selection of two soups, two mains and two sweets on the menu.

Additional Alternatives at tea time are - Salads, raisin toast and sandwiches. Please advise the kitchen prior to 3pm if you would like one of these alternate choices.

Please take special note of the times for ordering of alternate meals.

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.



Only one in two Australian adults are getting their free vaccines every year

By [Lauren Broomham](#) on September 8, 2017

Half of us (49 per cent) eligible for the Federal Government's Immunise Australia Program (IAP) are missing out.

Compare this to immunisation rates of 93 per cent for children and 73 per cent for teenagers.

The Conversation recently published [a piece by researchers](#) at the University of New South Wales Vaccine and Infection Research Lab that outlines what vaccinations should you be having as an adult and we think it's well-worth a read.

If you are born after 1965, you should have received two doses of a measles vaccine. No? Then it's time for a booster. This can be given as MMR (measles-mumps-rubella) or MMRV, which includes varicella (chickenpox).

You should also have the varicella vaccine on its own (not combined in MMRV) if you are older than 14 and haven't had chickenpox yet.

Booster doses of diphtheria, tetanus and whooping cough vaccines are also recommended at 50 years old and at 65 years and over if you haven't received one in the previous ten years.

People aged 60 and over are also recommended to get the shingles vaccine which is government funded for people aged 70 to 79.

Millions of people at risk

Critically, the researchers say the elderly should be vaccinated against both influenza and pneumonia.

These are both are funded by the government for people aged 65 and over, but only three-quarters (75 per cent) of over-65s have been vaccinated.

This drops to just 30 per cent for pneumococcal pneumonia in the same age range. For those aged 70 and older, the immunisation rate is 50 per cent.

We need to get rid of this idea that older people are less vulnerable to disease than children.

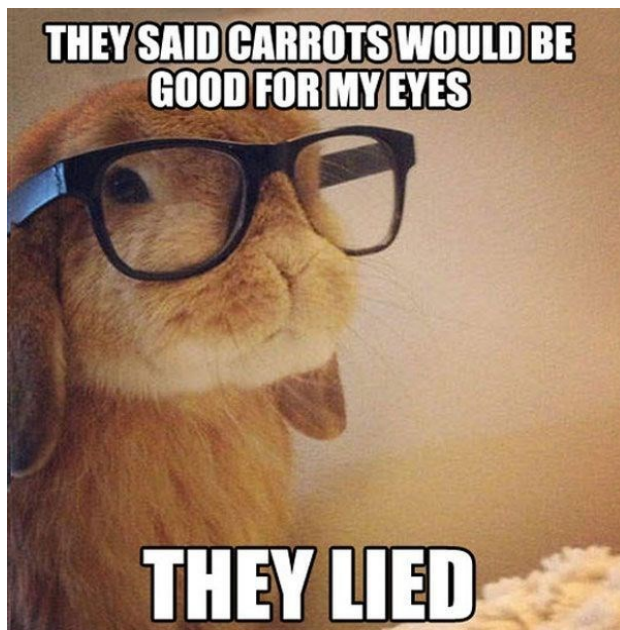
The reality is as we age, our immune system declines and this increases our risk of catching infections.

Why not take steps to protect yourself?

HAV'A'LAUGH



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!

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 for the best outcome 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 KITCHENS

Main Kitchen **54617388** Internal Dial **388**

Heath Kitchen **54617482** Internal Dial **482**

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 only residents in the affected compartment would be affected In the first instance. The fire alarm automatically alarms to the brigade who are here within minutes. **YOU WILL BE KEPT INFORMED BY STAFF AND THROUGH THE PUBLIC ADDRESS**



HAVACHAT

RETIREMENT LIVING ACTIVITIES

Please contact **Kim Davidson** for Havilah on Palmerston and
Raglan House Phone: 5459 0169 OR **Sue Edmondson** 54617390
 for **Harkness Street**

CARDS (500) 4th Tuesday of each month at 6.30pm
 Raglan House, 3rd Tuesday at 6.30pm
 Harkness

INDOOR BOWLS Each Wednesday 1.30pm at Harkness

TAI CHI Each Monday and Wednesday 10.30-
 11.30 Room 7—High School Centre

CARDS (Show Poker) Each Tuesday 3.15 pm in Callistemon House

**STRENGTH
EXERCISES** Each Wednesday 11.15 am in Callistemon
 House or Mondays 2.30pm Raglan House

HAPPY HOUR Each Friday at 4.30 pm in the Main Lounge
 at Harkness St or 5pm at Raglan Street

ACTIVIES Each Saturday at 1.30pm Callistemon
 House and every alternate Saturday at
 9.30am.