

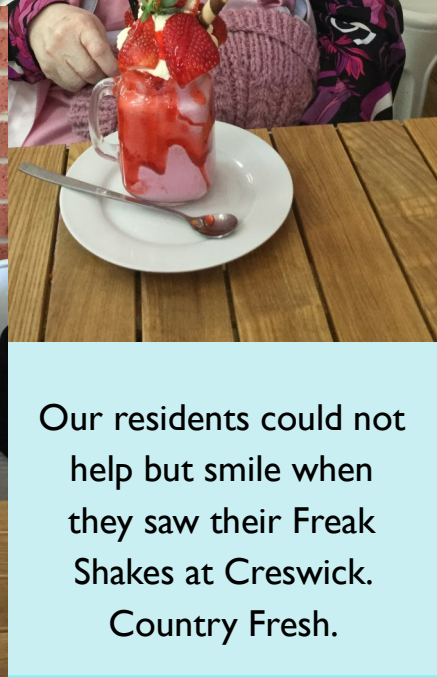
Please contact Jenni on 5461 7489 or email jenni.dellavedova@havilah.org.au if you would like your Havachat sent via email

HAVILAH WEBSITE:
www.havilah.org.au

Issued 10th October 2016

HAVACHAT

Residents Out and about



Our residents could not help but smile when they saw their Freak Shakes at Creswick. Country Fresh.

Resident Meeting— Monday 10th October at 1.15 pm in Callistemon Activities Room.

Resident Meeting Heath House— Monday 17th October at 2pm .

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

Sincere apology for the wrong time noted in the Sept edition for the Heath House meeting.

Change of Contact Numbers for Melaleuca.

Please note that the contact numbers for Melaleuca Staff have changed.

FOR FAMILIES ringing from outside Havilah to speak to staff in **Melaleuca House** please call the nurses station on **5461 7495**. If there is no answer the call will be diverted to staff on the floor.

The old numbers have been reallocated to resident rooms so it is important only the new number is called. Your assistance with this is appreciated.



Betty, Shirley and Mary



Fay

Residents out and about to Skydancers had a wonderful afternoon tea at Septembre Vintage at Eddington.



Joan



Olwyn and Elaine

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 that residents 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 Chairobics or Strength training or going for a walk around the facility, the room or out on street 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 both to bone strength but also reduce 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.

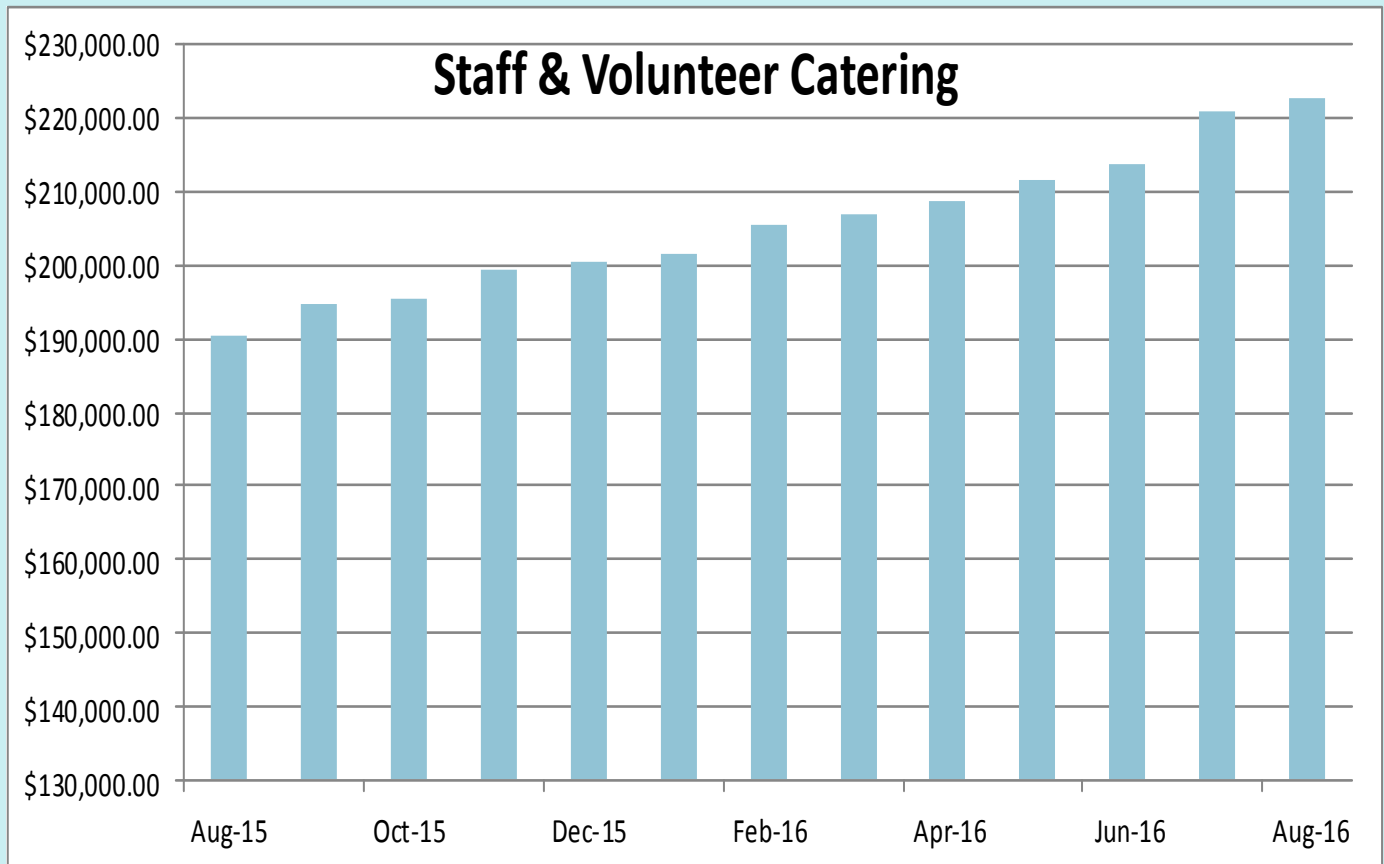
More tips next month

From Sandy Platt

Falls Program Coordinator



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 - August 2016:

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

100% of residents surveyed said they are encouraged to make decisions about their personal care routine.

97% of residents surveyed said they are able to reach the call button by themselves

96% said they got the help they needed to be admitted and get settled here.

97% of residents surveyed said the facility is clean enough.



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



Well Did You Ever.....

Humpty Dumpty the nursery rhyme refers to a cannon used by the army of Charles I in 1648 to deter the opposing army of Parliamentarians during the English Civil War. There are also two preceding verses that name the expert gunner, One-Eyed Thompson, and the cannon, Humpty Dumpty. The cannon was mounted on a church tower and defended the town of Colchester for nearly three months. Finally the church tower was knocked down and the cannon tumbled into the marsh below, never to be found. Thus all the king's horses and all the king's men couldn't put Humpty together again.

Baa Baa Black Sheep is about the medieval wool tax, imposed in the 13th Century by King Edward I. Under the new rules, a third of the cost of a sack of wool went to him, another went to the church and the last to the farmer. (In the original version, nothing was therefore left for the little shepherd boy who lives down the lane). Black sheep were also considered bad luck because their fleeces, unable to be dyed, were less lucrative for the farmer.

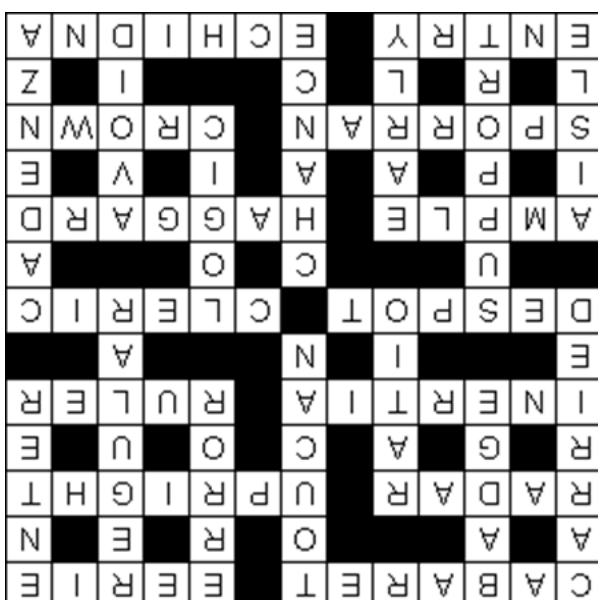
Here We Go Round the Mulberry Bush originated, according to historian RS Duncan, at Wakefield Prison in England, where female inmates had to exercise around a mulberry tree in the prison yard.

HAVILAH AUXILIARY KIOSK

KIOSK HOURS: 10am—12noon every Thursday

The resident kiosk is situated in Acacia next to the Hairdressing salon.

It is stocked with goodies for you and our volunteer staff will be happy to help you.



Quiz and Crossword Solutions from page 7

3. NEAR
2. GAME
1. YEAR

Jumbled word - GERMANY





Ted Lack

October 2016

Mon	Tue	Wed	Thu	Fri	Sat	Sun
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	30

Travel, sport, passions:

I used to camp at Blackwood near Daylesford and go gold detecting and walking in the bush. I played lawn bowls and enjoyed shooting rabbits. My real passion was and still is for the Footscray football Club.

Things you enjoy to do now:

I like going down the street on my gopher and having a chat to co-residents. I enjoy chatting about old times and my favourite music is dean Martin. I love lamb chops and steak and beer!

October.....

Name: *Ted Lack*

(The Rabbit Hunter)

Length of time at Havilah:

3 and a half years.

My Story:

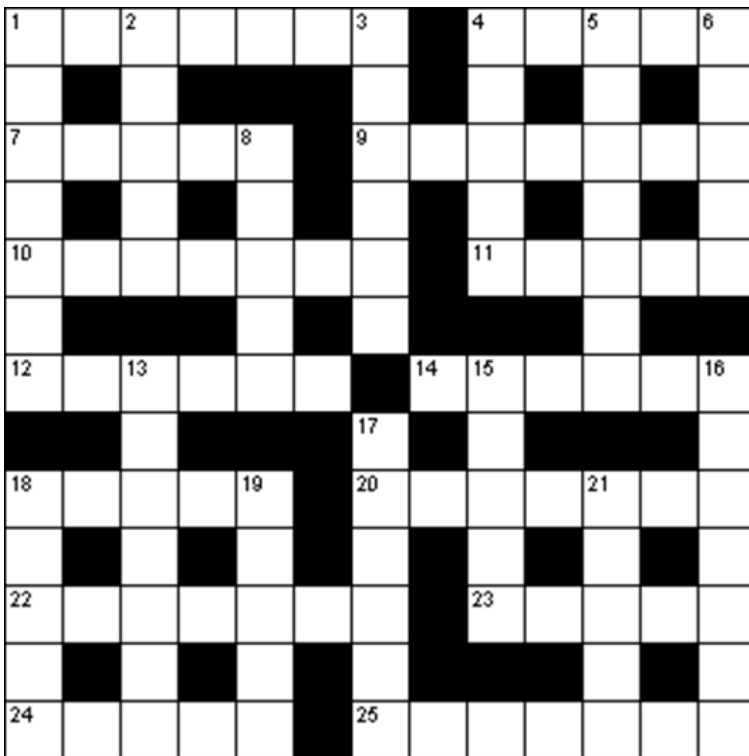
When I was young I liked getting into mischief with my mates. At the age of 14 I started work at the meat works and stayed until I was 38, then I went to work for the Melbourne City Council working on the garbage trucks. I got married to Audrey at age 21 and I learnt to dance in Melbourne when I was 24. But most of my spare time I spent in the bush hunting rabbits with my ferrets or my gun. I enjoyed walking and used to walk from where we lived in Footscray all the way into the city. For the past 30 years I lived in Maryborough.

Things you used to do for fun:

I liked getting out into the yard, building wooden trucks and pushing my brother around the backyard. The local tip was our playground. When I was married I liked taking Audrey to the theatre. I also spent a lot of time at the Footscray football ground.



Mind Games



ACROSS

1. Floorshow (7)
4. Spooky (5)
7. Detection device (5)
9. Vertical (7)
10. Inactivity (7)
11. Measuring implement (5)
12. Dictator (6)
14. Ecclesiastic (6)
18. Copious (5)
20. Drawn (7)
22. Pouch worn with a kilt (7)
23. Diadem (5)
24. Admittance (5)
25. Spiny anteater (7)

DOWN

1. Transported (7)
2. Emblem (5)
3. Tropical bird (6)
4. Mistake (5)
5. Dependable follower (7)
6. Go in (5)
8. Magnitude relation (5)
13. Reinforcement (7)
15. Reasoned judgment (5)
16. Musical passage (7)
17. Opportunity (6)
18. Part of a church (5)
19. Ahead of time (5)
21. Obviate (5)

WORD SEARCH—Family Circle



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

ANCESTOR, AUNT, BABY, BROTHER, BROTHER-IN-LAW, CHILD, CLAN, COUSIN, DESCENDANT, DESCENT, FAMILY, FAMILY TREE, FATHER, GENERATION, GRANDFATHER, GRANDMOTHER, HEIR, HEIRESS, HOUSEHOLD, INLAWS, ISSUE, KINFOLK, LINEAGE, MATRIARCH, MOTHER, NIECE, OFFSPRING, ORIGIN, PARENT, PATRIARCH, PROGENITOR, PROGENY, RELATION, RELATIVE, SISTER, SISTER-IN-LAW, TRIBE, UNCLE.

Can you rearrange the jumbled letters to spell out the name of a European country?

Y E M R A N G

Can you also use some of the letters to find three 4-letter words

with the following meanings?

1. Twelve months
2. Something to play
3. Close

Solutions can be found on page 4

GREAT THINGS TO DO IN OCTOBER

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 5th

Uniting Church

Wed 12th

Salvation Army Church

Wed 19th

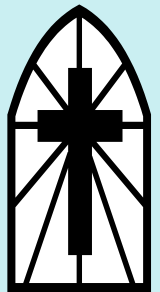
Wattle City Church (additional service in Heath House)

Tue 25th

Anglican Church

Wed 26th

Catholic Church



SPECIAL EVENTS

Sat 1st

AFL Grand Final

Sat 15th

Special Bingo 1.30pm

Tue 18th

Games Evening 6.30pm

Sat 29th

Open Garden outing to Alva Brea at Bung Bong (weather permitting—otherwise Special Bingo)



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

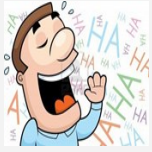
MON-FRI 9.00 am—4.00 pm for account payments and enquiries

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





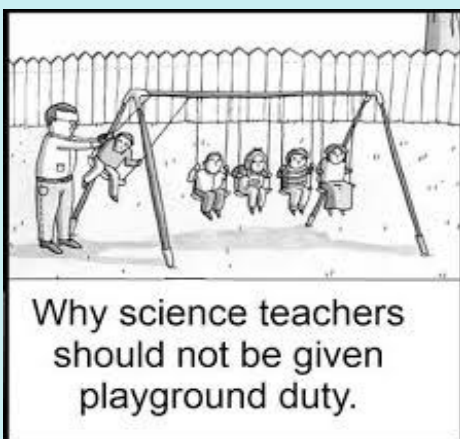
HAV'A LAUGH



Before going in for surgery I thought it would be funny if I posted a note on myself telling the surgeon to be careful. After the surgery I found another note on myself. "Anyone know where my cell phone is?????????"

There were four teenagers who played hooky one morning. Upon coming to class in the afternoon, they reported that their lateness was because their car got a flat tire. That's fine the teacher said much to the students relief. But there was an oral test this morning which you boys have to make up, so please have a seat and take out a piece of paper. "Now please write down the answer for the first question: which tire was flat!"

Two men, Jim and John, were walking their dogs when they passed by a restaurant. "Let's go in and get something to eat," Jim suggested. "We can't" responded John, "don't you see the sign says NO PETS ALLOWED." "Aah that sign," said Jim "don't worry about it" and taking out a pair of sunglasses, he walked up to the door. As he tried walking into the restaurant he got stopped at the door, "sorry no pets allowed." Can't you see" said Jim "I am blind, this is my seeing eye dog." But it's a doberman pincher, who uses a doberman pincher as a seeing eye dog?" the man asked "Oh," Jim responded "you must have not heard, this is the latest type of seeing eye dog, they do a very good job." Seeing that it worked, John tried walking in with his Chihuahua. Even before he could open his mouth, the doorman said "don't tell me that a Chihuahua is the latest type of seeing eye dog." Thinking quickly John responded in a angry voice "You mean they gave me a Chihuahua?"





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

Each Friday at 10am Raglan House

GAMES NIGHT

This months Games night is on Tuesday 18th October 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

SPECIAL BINGO

Sat 15th in Callistemon House

SPECIAL EVENT AFL Grand Final

Sat 1st October Main Dining/ Lounge

Alva Brae Open Garden

Sat 29th October 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.