

HAVACHAT

Issue November 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 2018 ANNUAL CHRISTMAS BARBEQUE

will be held on Wednesday 12th December
commencing at 5.30 pm.

Please advise your attendance numbers by
Wednesday 5th December 2018.

includes Retirement Village Residents, families, friends

All family and friends are welcome

There are no limits on numbers attending

Please advise Reception 5461 7387 (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 2-course lunch at a cost of \$25.00 per head.

Bookings are essential, please RSVP by Tuesday 11th December.

Please telephone Reception 54 617387 or email mail@havilah.org.au for bookings.



**Resident Meeting - Monday 5th November at 1.15pm in Callistemon Activities Room.
Resident Meeting Heath House - Monday 19th November at 2pm in Heath House.**

THESE MEETINGS ARE FORUMS FOR YOUR IDEAS AND NEW INITIATIVES—WE WELCOME YOUR INPUT



Betty and Mabel hard at work with the savoury muffins



Peter all smiles with his culinary skills



Ann doing a bit of stirring



Mabel surprised with the finished product



Betty proud of the art work

Heath House residents have been very busy with their activities during the past month, cooking sessions making cup cakes and ginger bread men, art work with their dream catcher mural and a little bit of horticulture with painting terracotta pots and potting plants.

Dining out for lunch or afternoon tea always brings a smile.





THINGS MY MOTHER USED TO SAY

Answer me when I ask you a question!

Don't ever let me catch you doing that again!

Did you flush?

Did you clean your room?

Go play outside! it's a beautiful day!



FALLS PREVENTION

Ensure the height of your bed or chair is appropriate.

Always use walking aids in the correct manner.



Auto Lock Down:

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



RESIDENT SURVEYS -

September 2018

Of the 41 residents surveyed at Harkness:

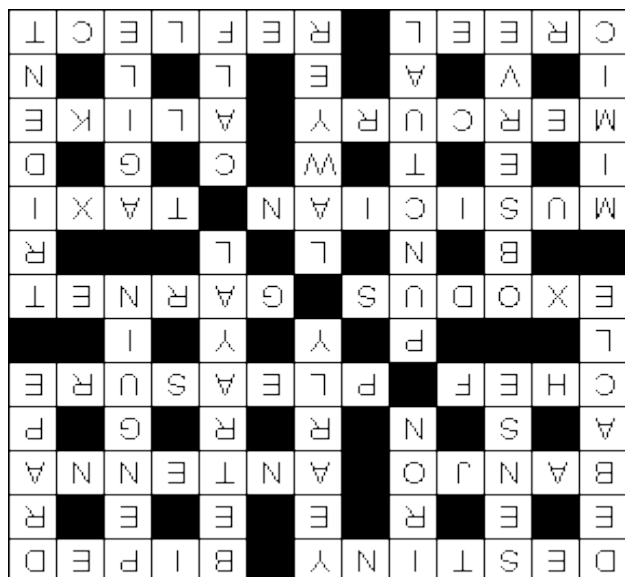
100% of residents surveyed stated that their room was at a comfortable temperature to their liking always or most of the time.

100% of surveyed residents stated that their call bell is attended to in a timely manner always or most of the time.

100% surveyed residents agreed or strongly agreed that they get enough to eat.

93% of residents surveyed agreed or strongly agreed that staff ensure their teeth, glasses and hearing aids are always clean.

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. Stern.
2. 42.
3. London.
4. Venice.
5. Arizona.



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 Grevillea Atrium from 10.15am - 11.15am.

The Central Highlands Library service visits Harkness Street every second Friday in the month.

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.



REMINDER: As the warmer weather is upon us, it is advisable when residents are going outside that they

wear a hat at all times.

It would be appreciated if families can ensure that residents have a hat available.



Victorian Electoral
Commission

STATE ELECTIONS

**THERE WILL BE MOBILE POLLING
BOOTH SET UP AT HAVILAH FOR
THE CONVENIENCE OF
RESIDENTS**

THURSDAY 15TH NOVEMBER

BETWEEN 2.00pm and 4.30pm

Area: Callistemon Activities Room

ENERGY 
BREAKTHROUGH

ENERGY BREAKTHROUGH ROAD CLOSURES

Please note that access to Havilah via Holyrood Street—Burns Street will be closed from Wed 21st November until Sun 25th. Havilah can still be accessed from the North end of Burns Street from Tullaroop Road.

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.

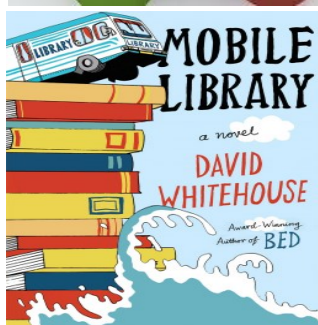
If you have an idea or suggestion for an outing, just let Lifestyle Staff know and we will do our best to arrange the outing for you.



Resident/Advocate Meetings

Next meeting Monday 5th November 2018 at 1.15 pm

Heath House Monday 19th November 2018 at 2pm



Mobile Library - November and December Dates

Friday 9th and 23rd November and 7th and 21st December commencing 10.15 am

Grevillea Atrium

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 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 - 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

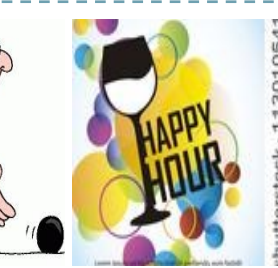
WEDNESDAY
Strength Training 11.15am
Indoor Bowls 1.30pm
Bus Trip (Heath House) 1.30pm
Cooking classes 3.15pm

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,

Pat Wall

Length of time at Havilah: I have resided at Havilah for approximately 3 years

My Story: I was born to Molly and Jack Scarce on the 28th April, 1928, I am a one of ten in the family and am now the eldest of 8 children remaining, three girls and 5 boys.

I grew up and was educated in the town off Donald, upon leaving school I worked on the family farm and also at Coles in St Arnaud for a period of time in my younger days. My family always enjoyed big family lunches on the farm and travelled by horse and cart to all the Dances in the district, and to school.

I really loved my childhood days growing up on the farm.

I had 4 children sadly one passed away 21 years ago, three grandchildren and 2 great grandchildren with another on the way.

Things you used to do for fun: Over the years I enjoyed old time dances, listening to country music, often singing along with the tunes and spending time with my family. Cooking is definitely a favourite past time, producing a fluffy sponge for all, I like to dress up over the years, everything had to match, earrings, necklace scarves and lipstick. And also liked to socialise with others.

About where you have lived: I grew up in Donald, lived St Arnaud, Natte Yallock, Bealiba and Maryborough.

Travel, sport, passions: I have not travelled much except for visiting my youngest daughter when she lived in Hervey Bay Qld.

One of my passions would have to be getting dressed up for any occasion.

Things you enjoy to do now: I enjoy having a chat to co-residents, attending activities of my choice here at Havilah, chairbics, Happy Hour, Catholic church service and singalong. I get a great amount of enjoyment from my children, grandchildren and especially the little great grandchildren.



Your favourite topics: I love a good chat, cooking, singalong to music when Rita Mullins is here and country music.

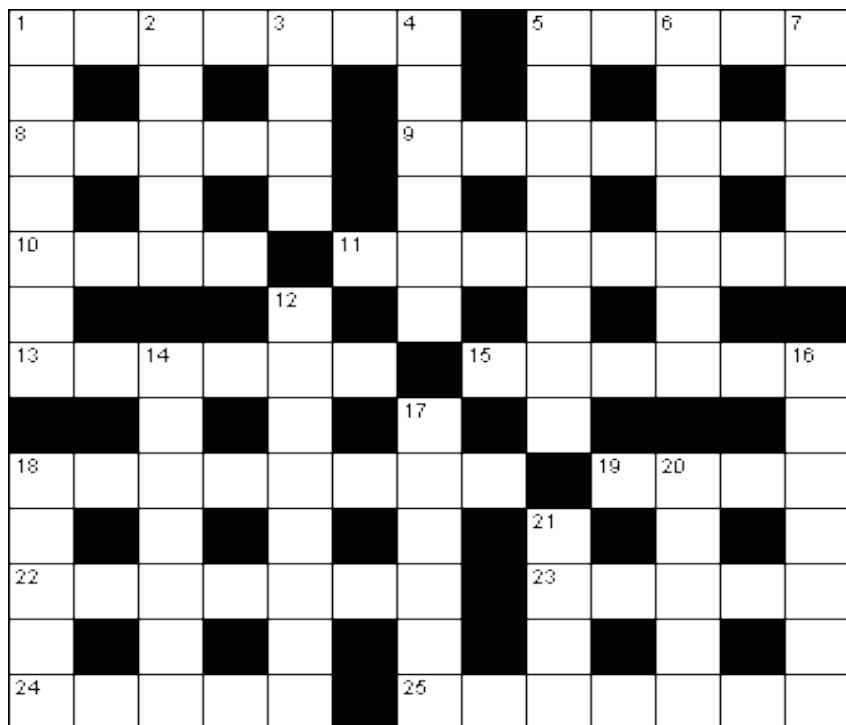
Favourite Food and Music: My favourite food is lemon meringue pie and generally speaking any type of food, and have always enjoyed country music and listening to oldtime dance music.

November 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		

Mind Games

9



Across:

1. Fate (7)
5. Animal with two feet (5)
8. Musical Instrument (5)
9. Aerial (7)
10. Professional Cook (4)
11. Delight (8)
13. Mass Leaving (6)
15. Transparent Gem (6)
18. Entertainer (8)
19. Cab (4)
22. Planet nearest to the sun (7)
23. Similar (5)
24. Fishing basket (5)
25. Ruminant (7)

Down:

1. Fiasco (7)
2. Meaning (5)
3. Metal element (4)
4. Annually (6)
5. Treachery (8)
6. Flightless bird (7)
7. Curtain (5)
12. On time (8)
14. See (7)
16. Spear with three prongs (7)
17. Attorney (6)
18. Ape (5)
20. Nimble (5)
21. Young whale (5)

Word Search - ON THE WATER

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

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

BARGE, BATTLESHIP, BOAT, CANOE, CARRIER, CATAMARAN, CLIPPER, CORSAIR, CORVETTE, CRUISER, CUTTER, DESTROYER, DINGHY, DORY, FERRY, FRIGATE, GALLEON, GONDOLA, JUNK, KAYAK, LIFEBOAT, LINER, LUGGER, MOTOR BOAT, PACKET, PRIVATEER, PUNT, RAFT, RIGGER, ROWBOAT, SAMPAN, SCHOONER, SCOW, SHIP, SKIFF, SLOOP, SMACK, TANKER, TRAWLER, TUGBOAT, YACHT.

QUIZ

1. What do you call the rear of a ship?
2. How many dots are there on a pair of dices?
3. In which city would you find St Paul's Cathedral?
4. What city would you be flying into if you landed at Marco Polo Airport?
5. In which US state would you find the Grand Canyon?

Solutions can be found on page 4

RANDOM POINTS TO PONDER:

- If there is a speed of sound and a speed of light, is there a speed of smell?
- Why are dogs noses always wet?
- In some books, why do they have blank pages at the end?
- Did Noah have woodpeckers on the ark? If he did, where did he keep them?
- Can you cry under water?
- What do people in china call their good plates?
- Why does a round pizza come in a square box.
- Do you yawn in your sleep?
- Why is it called a funny bone, when if you hit it, it's not funny at all?
- If a child refuses to sleep during nap time, are they guilty of resisting a rest?

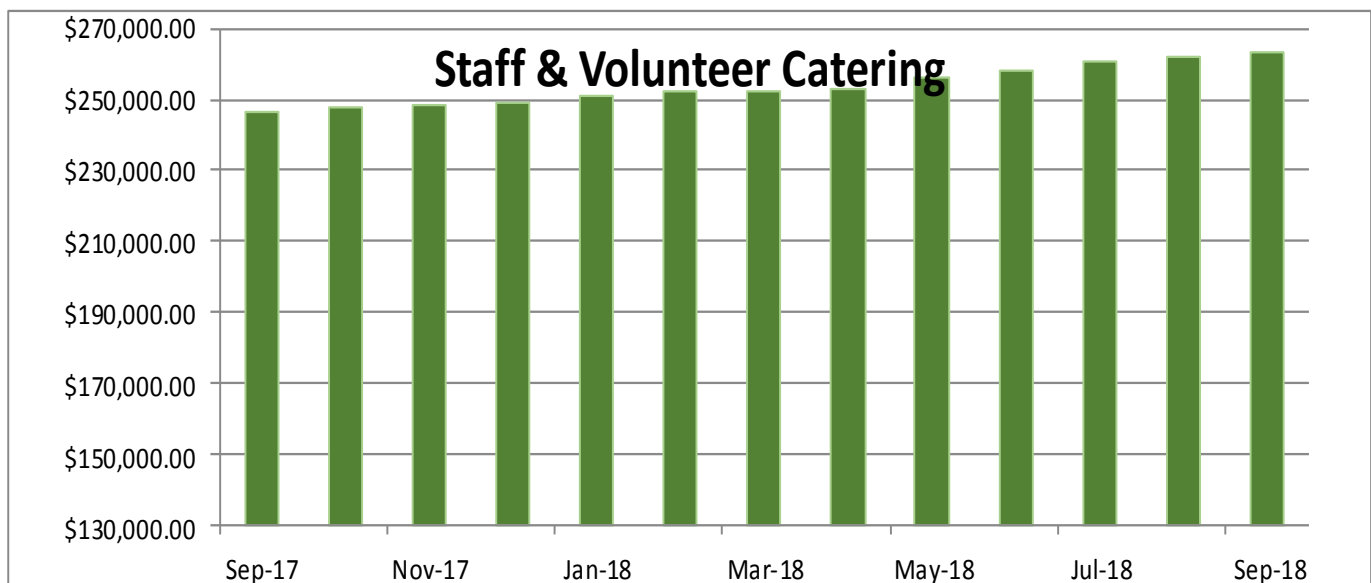
WEIRD and WONDERFUL WORDS

DEIPNOSOPHIST - a person skilled in the art of dining and dinner – table conversation

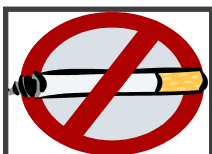
Emailing the Havachat

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.

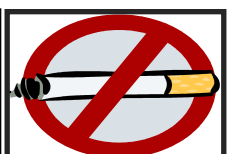
Your assistance with this is appreciated.



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.**





Students urged to 'Ask Gran not Google'

The government is prompting Australian students looking for answers to life's question to ask their grandparents before turning to Google.

More than 150 schools have registered for Ask Gran Not Google, a concept driven by aged care provider Feros Care. The project, officially launched yesterday, aims to forge stronger links between younger Australians and older adults.

Students are asked to write or video-message questions to seniors in their life, including neighbours, family friends and aged care residents.

Minister for Senior Australians and Aged Care Ken Wyatt said the initiative is a reminder to young people and the wider community that the internet is far from the only source of valuable information in today's world.

The idea for Ask Gran Not Google came from Feros Care's Shelly Fletcher, whose family banned technology to redirect questions to grandparents. "My family is overjoyed that our little experiment is sparking a much bigger conversation about the wisdom, experience and value our seniors can bring to the lives of young people," Fletcher said. Feros Care chief executive Jennene Buckley said its important children are exposed to positive attitudes about ageing, and added seniors can help them develop skills to enhance lifelong learning in ways the internet is unable to.

"And Ask Gran Not Google is just as crucial for seniors as we are seeing it promote improved health and wellbeing."

Buckley said she was "blown away" by the response from schools. "We always knew the concept would be well received but have been overwhelmed by how quickly teachers have rushed to sign up since we were able to expand the program."

Feros Care is aiming for Ask Gran Not Google to reach more than 950 schools across four states in the next three years.

HAVILAH HAIRDRESSER



Clipper Haircuts	
\$10.00	
Mens Haircuts	
\$20.00	
Wash & Dry	
\$10.00	

Ladies Trims	\$25.00
Ladies Sets	\$25.00
Blow Wave	\$25.00
Your Colour & Blow Wave	\$60.00
Hair Colour & Blow Wave	\$80.00
Perms	\$80.00





A BIG-SHOT, full-of-himself celebrity had to spend a couple of days in hospital.

He was a royal pain in the proverbial to the nurses because he bossed them around, just like he did his entourage. None of the hospital staff wanted anything to do

with him.

The head nurse was the only one who could stand up to him.

She came into his room and announced: "I have to take your temperature."

After complaining for several minutes, he finally settled down, crossed his arms and opened his mouth.

"No, I'm sorry, for this reading I can't use an oral thermometer," the nurse said.

This started another round of complaining but eventually he rolled over and bared his behind.

After feeling the nurse insert the thermometer, he heard her announce: "I have to get something. Now you stay JUST LIKE THAT until I get back!"

She left the door open on her way out. He cursed under his breath as he heard people walking past his door, laughing.

After half an hour, the man's doctor came into the room.

"What's going on here?" asked the doctor.

Angrily, the man answered, "What's the matter, Doc? Haven't you ever seen someone having their temperature taken?"

After a pause, the doctor confessed ... "Not with a carnation."

A man was reading the paper when an ad caught his eye. It loudly announced, "\$500 Porsche! New!" The man thought that it was very unusual to sell a Porsche for \$500, and he thought it might be a joke, but he said to himself, "it's worth a shot."

So he went to the lady's house who was selling the Porsche and she led him into the garage. Sure enough, there was an almost brand new Porsche.

"Wow!" the man said, "Can I take it for a test drive?"

"Sure," answered the lady. Unlike what he expected, the man found that the car ran perfectly.

When he got back to the lady's house, he asked her, "Why are you selling me this great Porsche for only \$500?"

Then the lady replied with a laugh, "My husband just ran off with his secretary, and he told me, 'You can have the house and the furniture, just sell my Porsche and send me the money.'"



"I must say, Mr. Jennings, you have the worst case of Hives I've ever seen."



"Could you turn your snoring down? We're trying to have a party next door."

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

Please remain where you 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 SYSTEM.**



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

CHRISTMAS BBQ

will be held on Wednesday 12th December

CHRISTMAS DAY: Families and friends are welcome to join residents for a 2-course



SEE FRONT PAGE FOR DETAILS

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