

ISSUED
25th November
2015



HOP TOPICS



HAVILAH ON PALMERSTON

Your Invited to the,
CHRISTMAS BARBECUE
FOR RESIDENTS THEIR FAMILIES,
FRIENDS & VOLUNTEERS

FRIDAY 11th DECEMBER
AT 5.30 PM

WE LOOK FORWARD TO SEEING YOU THERE

RSVP by Friday 4th December

Contact: Activities Coordinator Keith on
5459 0169 Mobile 0409 021 259 or the

Community Centre 5459 0140
Monday to Friday 9.00am to 12 noon

MENTAL HEALTH AWARENESS DAY



**Feeling down, sad or stressed.
You are not alone.**



One in five Australians will experience a mental illness in the next 12 months, almost 50% of us in our lifetimes. However less than one in five of us seek help when we are stressed or down.

To raise our awareness of mental health and resources available Havilah is having a Mental Health Awareness Day.

There will be take away resources available on Wednesday 2nd December at Raglan, this will be in the main foyer between 10.30 and 12 midday.

Sandra Field who is the Anglican Minister and our Pastoral Carer will be available during this time for those who may wish to make contact with her.

There will be fact sheets on eating disorders, communication with adolescents, cannabis, alcohol, the range of mental health disorders and much more.

The resources are free and are available to all, so if you, a family member or a friend could use the information please call by.

Closer to the day you will be asked to wear yellow on the day. This will make it obvious to all that come into the facility on the day that something is different and they may ask you about the day.

If there are any residents or family members who have experience with mental health issues and feel confident enough to assist manning the table at either site please contact Sandy.

If you are unable to come to the table on this day and wish to collect some resources please contact Sandy Platt on 54617 484 or via email: sandra.platt@havilah.org.au



Melbourne Cup

The residents of the Independent Community and Raglan House celebrated the 2015 Melbourne Cup with Family & Friends earlier this month.

Residents enjoyed the Fashions on the field, Games, Quizzes, Cup Sweeps, giveaway and more.

Then enjoyed watching the Melbourne Cup on TV and witnessed history in the making with Michelle Payne riding Prince of Penzance to victory.

Congratulations to the lucky residents who either backed the winner of the Cup or won a prize in one of our Sweeps.

Thanks to all residents for your positive feedback and suggestions on how we can make next years Cup even bigger and better.



ABOVE: Residents of the Independent community enjoying the Melbourne Cup celebrations.

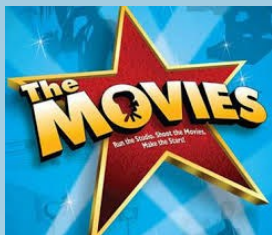
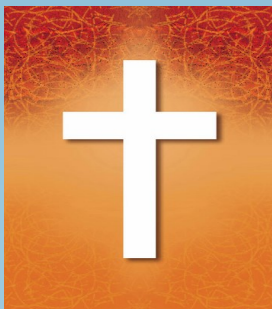
Contact Numbers For Palmerston St

Community Centre
MON-FRI
9AM-12 NOON
Reception: 5459 0140

Contact Numbers
For Harkness St
MON-FRI
9AM-4PM
Reception: 5461 7387

MON-FRI
5PM-11PM 54 617394
54 617370
11PM-9AM 54 617367

SAT-SUN
9AM-11PM 54 617370
11PM-9AM 54 617367



What's On & Events

- ♦ **The Annual Christmas BBQ Breakup**
11th of December, bookings to liaison officer Keith by the 4th of December,
Contact 54590169 or 0408774715
- ♦ **Havilah on Palmerston Christmas Luncheon**
Friday 25th of December bookings by the 18th of December
- ♦ **Lifestyle Committee Meeting**
Thursday 21st January 2016 @ 2.45pm at the Community
Centre , Meeting Room **Coffee & Chat immediately after
the meeting**
- ♦ **Coffee & Chat** - Community Centre, Meeting Room
Every 3rd Thursday of the month follows the Resident Meetings.
- ♦ **Movie Night** - Monday 7th December 2015 a 7.00pm in room1 of the
community Centre.
- ♦ **500 Card Night** - Raglan House
Every 4th Wednesday of the month at 7.00pm
Next Game Wednesday 23rd December 2015 Tea & Coffee provided.
- ♦ **Havilah on Palmerston Independent Residents
Meeting. (Held Bi-Monthly)** Next Meeting
Thursday 17th December 2015 at 2.45pm Room 7 of the
Community Centre. **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.
- ♦ **Sing-a-Long**
Christmas Carol edition on Wednesday the 16th December
at 2.45pm in the Community Centre Room 7 with Cynthia Jarratt and
Bob Osborne
- ♦ **Carpet Bowls**
Every Friday 10.30am in Raglan House at the Neill St End with
Anne Stuart & Val Marks



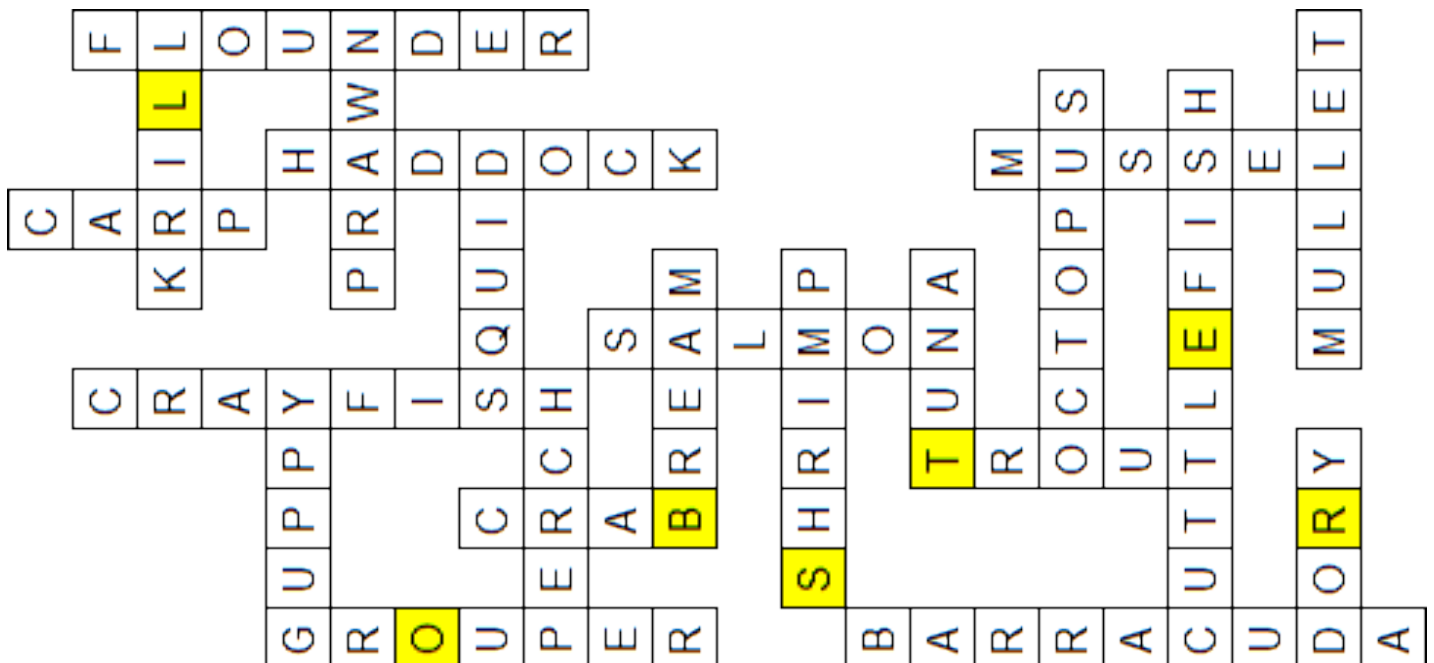
HOP CHURCH SERVICES



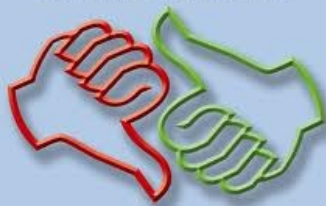
- ♦ **Uniting Church** - 1st Wednesday of the month at 2.30pm.
Room 7 of the Community Centre
- ♦ **Anglican Church** - 2nd Thursday of the month at 10.30am
Room 7 of the Community Centre
- ♦ **SALVATION ARMY CHURCH** - 4th Wednesday each
Month 2.45pm
- ♦ **AOG Genesis Church** - Selected Dates Throughout the
Year



CRISS CROSS SOLUTION



COMPLAINTS COMMENTS COMPLIMENTS



Suggestions



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** 54 617381 Mobile 0429 617380 email: barbceo@havilah.org.au

Director of Human Services Kelsey Hooper 54 617383 email: dhs@havilah.org.au

Resident Liaison Officer Keith Fankhauser 5459 0169 or 0408 774 715 email: keithf@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: rhonda@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.

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

Home Maintenance Reporting

Residents are requested to report all maintenance issues to the HOP Office located in the Community Centre which is open from Monday to Friday between 9.00am & 12 noon for residents to phone on 54590140 or call in.

If residents need to make contact during business hours after 12.00pm you can now call Rhonda on 5461 7387 and she can assist residents with all enquiries. Please leave a message on her phone if unavailable.

Alternatively residents can email any issues to palmerston@havilah.org.au

Residents are still welcome to call Stuart / Laurie outside business hours with any urgent maintenance issues 0417 679 803

Thank You

Havilah on Palmerston would like to express their sincere thanks to June Gillespie.

June as most residents would know, has work tirelessly over the last few years as a member of the Havilah on Palmerston, Residents Life-style committee. June has been a driving force in creating, setting up and hosting the fun activities we all enjoy. June will be taking a break for while to take care of other commitments and interests. Thanks June, you done a fantastic Job



GIFTS:

With Christmas just around the corner, we ask that Residents do not make gifts to individual members of staff of Havilah. Individual staff accepting gifts put their jobs in jeopardy, so please do not be upset or offended when gifts are refused.



We would appreciate your co-operation in relation to this.

A smile and thank you lets us know that you are happy at Havilah and our staff are rewarded by the knowledge that they have contributed to your wellbeing and enjoyment of each day.

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	barbceo@havilah.org.au
Director of Services	Dave Burridge	dave.burridge@havilah.org.au
Director of Human Services	Annie Constable	dhs@havilah.org.au
Food Services Manger	Di Jackson	di.jackson@havilah.org.au

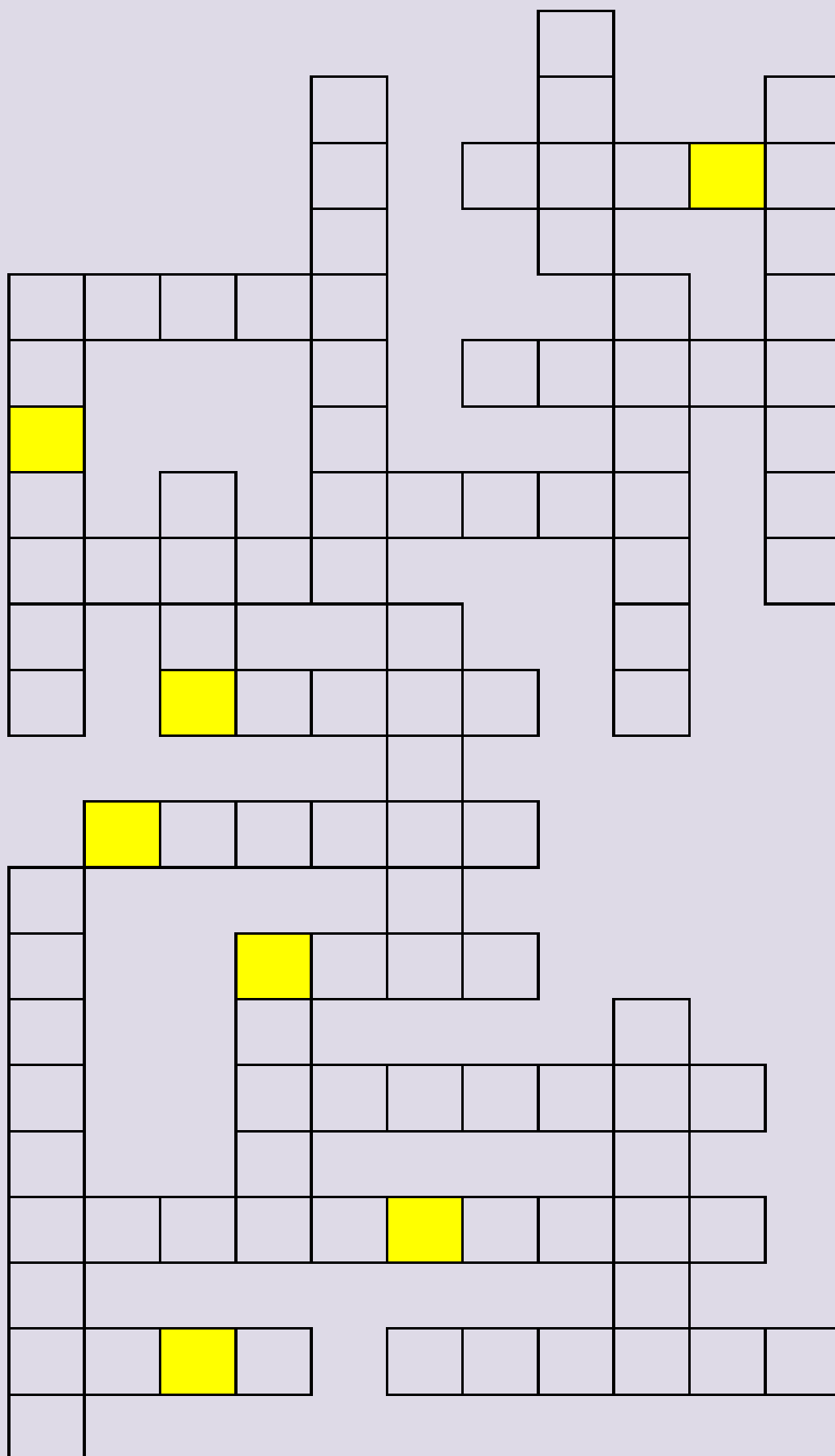
EFTPOS

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



CRISS CROSS NO.12

Can you fit the words correctly into the grid?
The letters in the yellow boxes will spell out another word.



4 letter words

CARP

CRAB

DORY

TUNA

5 letter words

BREAM

GUPPY

KRILL

PERCH

PRAWN

SQUID

TROUT

6 letter words

MULLET

MUSSEL

SALMON

SHRIMP

7 letter words

GROUPER

HADDOCK

OCTOPUS

8 letter words

CRAYFISH

FLOUNDER

9 letter word

BARRACUDA

10 letter word

CUTTLEFISH

WORD SEARCH - WIDE OPEN SPACES

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

BUSH, CHAMPAIGN, COMMON, COUNTRYSIDE, DESERT, FIELD, GRASSLAND, GREEN, HAYFIELD, HINTERLAND, LEA, LLANO, MEADOW, MOOR, OUTBACK, PADDOCK, PAMPAS, PARK, PASTURELAND, PLAIN, RURAL, SALT FLATS, SAVANNA, SNOWFIELD, STEPPES, TUNDRA, WASTELAND, WILDERNESS.

Hav-A-Laugh

You are on a horse, galloping at a constant speed. On your right side is a sharp drop off, and on your left side is an elephant traveling at the same speed as you. Directly in front of you is another galloping horse but your horse is unable to overtake it. Behind you is a lion running at the same speed as you and the horse in front of you. What must you do to safely get out of this highly dangerous situation?
Get off the merry-go-round!

A carpet layer had just finished installing carpet for a lady. He stepped out for a smoke, only to realize he'd lost his cigarettes. In the middle the room, under the carpet, was a bump. "No sense pulling up the entire floor for one pack smokes," he said to himself. He proceeded to get out his hammer and flattened the hump. As he was cleaning up, the lady came in. "Here," she said, handing him his cigarette pack. "I found them in the hallway. Now, if only I could find my sweet little hamster."

Paddy took 2 stuffed dogs to the Antiques Roadshow
'Ooh' said the presenter. 'This is a very rare pair produced by the celebrated Johns Brothers taxidermists who operated in London at the turn of the last century. Do you have any idea what they would fetch if they were in good condition?'
'Sticks' said Paddy



Listening to wife is like reading the terms & conditions of website. You understand nothing, still you say

