

Please contact Jenni on 5461 7489 or email [jenni.dellavedova@havilah.org.au](mailto:jenni.dellavedova@havilah.org.au) if you would like your Havachat sent via email

HAVILAH WEBSITE:  
[www.havilah.org.au](http://www.havilah.org.au)

Issued 7th November 2016

# HAVACHAT

## THE 2016 ANNUAL CHRISTMAS BARBEQUE

will be held on Wednesday 14th December commencing at 5.30 pm. Please advise your attendance numbers by Friday 7th December 2016. (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](mailto:mail@havilah.org.au) if you would like additional invitations sent out***

## 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 3-course lunch at a cost of \$25.00 per head.***

***Bookings are essential, please RSVP by Friday 9th December.***



**Resident Meeting— Monday 14th November at 1.15 pm in Callistemon Activities Room.**

**Resident Meeting Heath House— Monday 21st November at 2pm .**

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



Nancy making potpuri



Ros relaxing at Nail Pamper



Jean and Mary at craft group



Margaret cleaning up in cooking group

## It's All Action with our Havilah Activities



Lois enjoying a jigsaw.



Peter, Ron and Jim lend a helping hand in cooking group.



Olwyn busy during craft group

### ENERGY BREAKTHROUGH ROAD CLOSURES

Due to the annual Energy Breakthrough competition in Maryborough the access to Havilah via Holyrood Street—Burns Street will be closed from  
Wed 16th November until Sun 20th Nov.  
Havilah can still be accessed via the North end of Burns Street.



## LOST PROPERTY

A ladies bracelet has been found in the public toilets at Melaleuca. If you think it may be yours please contact reception with a description.

## ***Bus tour with Heath House Residents of our Flooded area***



## INTRODUCING THE 2016-2017 HAVILAH BOARD

Craig Bell was re elected as President for the 2016-2017 year. A Life Governor of Havilah, Craig was first elected to the Board in March 1998. He has served as Vice President from 1999/2001 followed by two years as President from 2001-2003. He was Treasurer from 2009-2012 and again Vice President from 2013 to 2015.

Shane Dellavedova is elected as Vice President and Brian O'Connor as Treasurer.

Their fellow Board Members are

Randall Edwards

Merv Gay

Robyn Jennings

Chris Meddows-Taylor

Ron Giles

Lenette McKnight

Danny Tatchell

## Made My Day.....

Activity Officer Kim mentioned to one of our residents' Betty that she had seen Betty's photo on display at the Maryborough Hospital. It was quickly arranged for Betty to visit the wonderful display entailing the story of the Maryborough Hospital. Betty was both delighted and overwhelmed at the photo depicting her with fellow Auxiliary members from 2002.



## 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.

## FALLS PREVENTION TIP

Ensure your shoes fit well, are comfortable,  
Have low heels and have non slip soles.

### HAVILAH FUNDRAISER

**Friday, December 11th**

in Maryborough's central business district

6.00 pm sharp to 10.00 pm

**\$20 per person** includes sausage sizzle and a drink and gains access to participating stores.



### CHRISTMAS SHOPPING BONANZA

**14 LOCAL STORES OFFERING UP TO 20% DISCOUNT AND SPOT SPECIALS**

Participating stores . . .

Cara Lou Lou - Country Trends – Eileen Frock Salon – Fashion Harlie

Debbie Lee Fashions - Hartwells Shoes – Lyall Eales Stores – Macks Fashion & Surf

Mike Egan Sportspower – News Xpress – Quincy Jac – Peter Egan Bi-Rite Electrical  
Rinaldi's – JM Leech Jewellers

You can pre select your shopping from Monday 7th November to Friday 11th November.

Parcel storage provided at stores for items purchased at that store. Pick-up the following working day or by arrangement.

**Major Prize: Large Screen TV**

*Proudly donated by Peter Egan Bi-Rite Electrical*

The major prize will be drawn at the completion of the shopping spree

*to be eligible to claim the major prize you must have had your booklet stamped by all participating stores on the night*

### For Information and Tickets:

#### Havilah

Contact:

Raeleen Brooker 03 54617380 Mobile 0417 175 980

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

### Tickets also available at

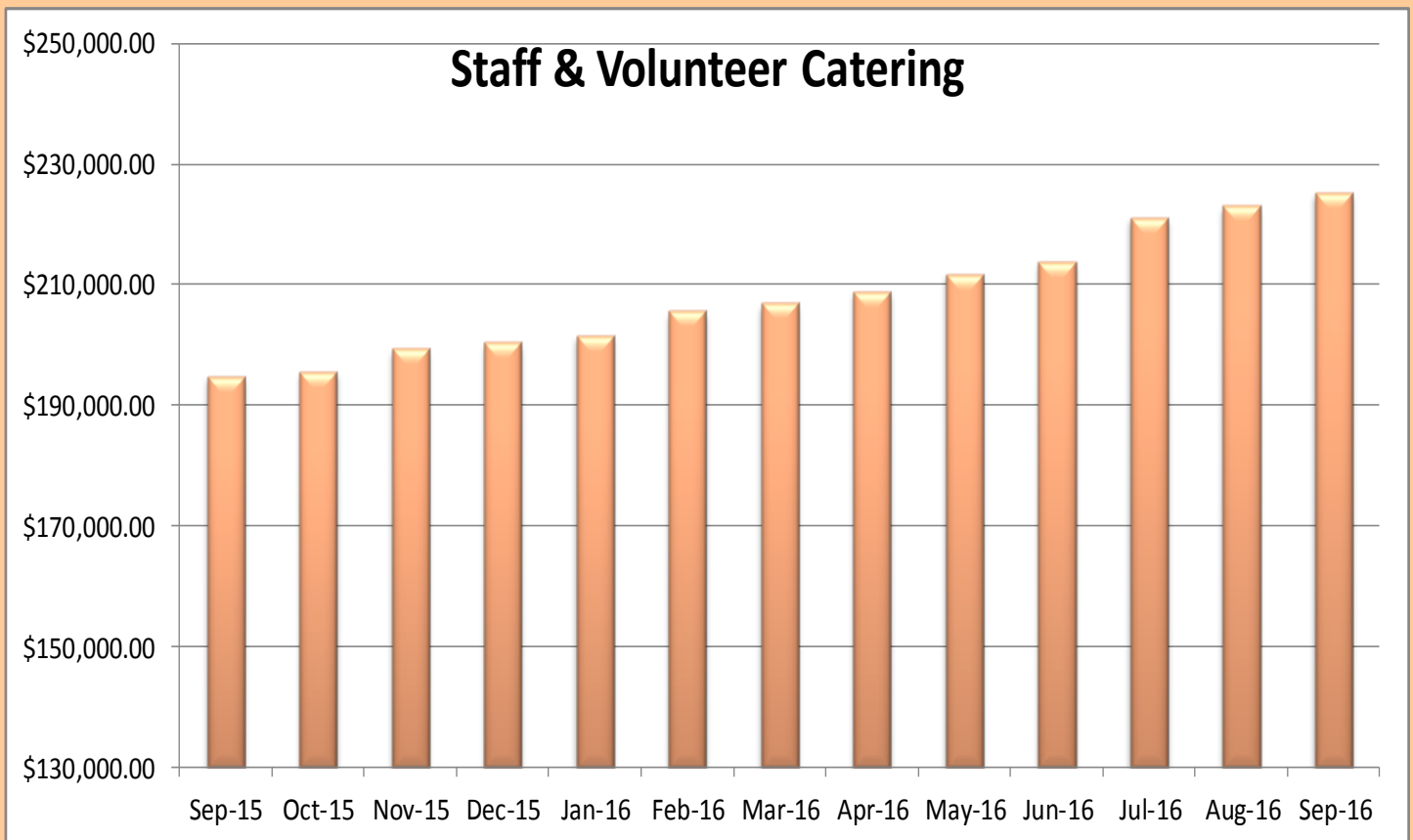
Macks Fashion & Surf

Hartwell Shoes

Country Trends



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 - September 2016:

Of the 67 (44 Harkness + 23 Raglan) residents surveyed:

94% of residents surveyed said they were aware that they could contact the CEO or Director of Human Services.

98.5% of residents surveyed ensure that staff give residents enough privacy when they dress, shower or bath.

100% said there enough places to talk to visitors in private.

100% of residents surveyed said the staff were friendly.



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



## Well Did You Ever.....

Hares are born with fur and can see whilst rabbits are born 'naked' and blind. On one of the islands off the West-Coast of Australia lies Lake Hillier. A bright, bubble-gum pink lake! Despite not being the only coloured lake in the world, it is unique because it is the only coloured lake where scientists have not yet determined what causes it to be such a bright pink.

US election day is always held on a Tuesday because in 1845 farmers often needed a full day to travel by horse-drawn vehicles to the county seat to vote. Farmers would leave Monday, vote on Tuesday and be back in time for market day, which was on Wednesday

The longest study of humans ever conducted, the 75 years long Harvard Grant Study, found that professional success in life comes from having done chores as a kid.

A 106-mile portion of I-70 in Utah has no gasoline or exits. It is the longest portion of the US Interstate system without services. A station at one end sells about 30 gas containers a week to people who run out on the highway and walk to the station.

The Alaska Railroad still allows passengers to wave a white cloth along the route and the train will stop to pick them up.

Handwriting has declined so much that 1 in 3 respondents to a UK survey said they had not written anything by hand in the previous 6 months.

## HAVILAH 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 9**

Jumbled letters - CALIFORNIA  
1. COAL  
2. COIN  
3. RAIN



*Fay Share*

### *November 2016*

| Mon | 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  |     |     |     |     |

#### **Favourite topics:**

Topics I enjoy discussing are travel, news of the lives.

**Favourite music:** I really enjoy listening to Irish singers and André Rieu.

## **November:**

**Name:** Fay Share

**Length of time at Havilah:** 18 months

**My Story:** I was born in Benalla and lived on a farm at North Winton. I went to school in North Winton and Wangaratta. When I left school I worked in the office of the timber mill at Benalla. I was married in Benalla and we moved to Seymour. After our two children left school I worked at the Seymour Medical Clinic for 25 years. I have also lived in Narrandera N.S.W. and now have 5 grandchildren and 12 great grandchildren.

#### **Things you used to do for fun:**

Over the years I have played tennis, enjoyed dancing and swimming. I have also been involved with Riding for the Disabled and the Agricultural Society.

#### **Travel, sport, passions:**

I have seen most of Australia and surrounding Islands, have been to New Zealand and had several overseas trips.

#### **Things you enjoy to do now:**

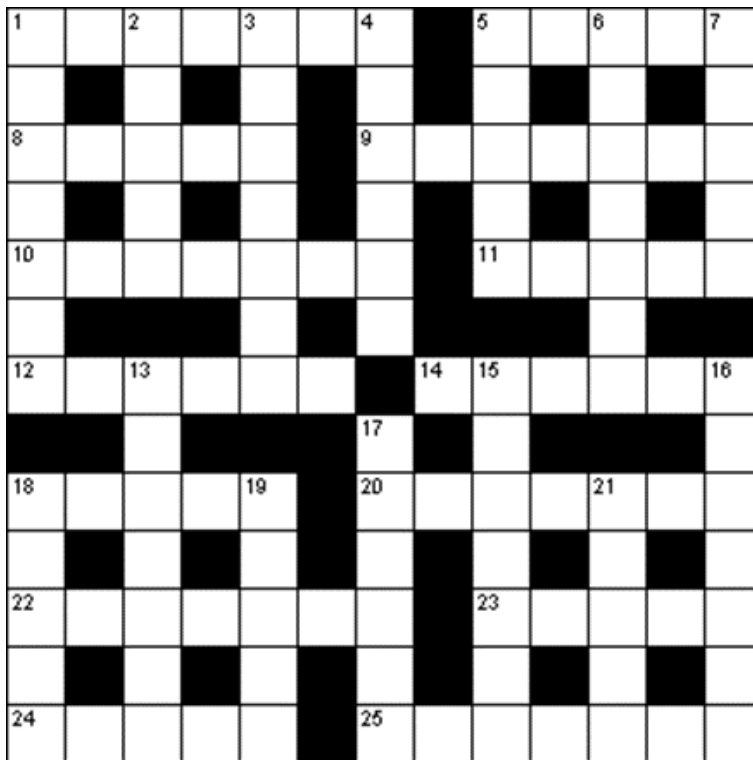
I enjoy visits from family, reading and having morning tea with good friends. day and learning about other residents

## **REPORTING FOOD**

As all food prepared by Havilah is closely monitored under the Food Safe Standards it is a requirement of Havilah that **All food brought in** by residents or their families/visitors must be reported to kitchen staff. Food put in the fridges must also have the residents name and the date clearly marked. Shortly we will be putting in place an area with the sign in book where this information can be entered in. In the meantime please notify the kitchen staff. Your assistance with this is appreciated.



# Mind Games



## ACROSS

1. Large house (7)
5. Pieces of information (5)
8. Profits (5)
9. Gruesome (7)
10. Retaliated (7)
11. Form of transport (5)
12. Hostility (6)
14. Stick (6)
18. Permit (5)
20. Sincere (7)
22. Creatures (7)
23. Doctrine (5)
24. Ledge (5)
25. Sweet (7)

## DOWN

1. Tycoon (7)
2. Dissonance (5)
3. Perceptiveness (7)
4. Wanderers (6)
5. Aspect (5)
6. Vegetable (7)
7. Austere (5)
13. Discomfort (7)
15. Mocks (7)
16. Pull out (7)
17. Stopped (6)
18. Accumulate (5)
19. Dock (5)
21. Bird of prey (5)

## WORD SEARCH—Horsing Around



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

APPALOOSA, ARABIAN, BANGTAIL, BAY, BRONCO, CANTER, CHESTNUT, CLYDESDALE, COLT, CROSSBRED, DRAFT HORSE, FILLY, FOAL, GALLOP, GELDING, LIPIZZANER, MARE, MORGAN, MOUNT, MUSTANG, PALOMINO, PINTO, PONY, QUARTER HORSE, RACEHORSE, SADDLEBRED, SADDLE HORSE, SHETLAND PONY, SHIRE, SORREL, STALLION, STEED, SUFFOLK, TARPAN, THOROUGHBRED, TROT

Can you rearrange the jumbled letters to spell out the name of a US state?

AFRICA LION

Can you also use some of the letters to find three 4-letter words with the following meanings?

1. Type of fuel
2. Piece of metal money
3. Wet weather

## GREAT THINGS TO DO IN NOVEMBER

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 2<sup>nd</sup>**

**Uniting Church**

**Wed 9<sup>th</sup>**

**Salvation Army Church**

**Wed 16<sup>th</sup>**

**Wattle City Church (additional service in Heath House)**

**Tue 22<sup>nd</sup>**

**Anglican Church**

**Wed 23<sup>rd</sup>**

**Catholic Church**

**Thu 30<sup>th</sup>**

**No Church**



### SPECIAL EVENTS

**Tue 22<sup>nd</sup>**

**Melbourne Cup Day Celebrations and Games afternoon**

**Thu 3<sup>rd</sup>**

**Oaks Day Luncheon at the Highland Society**

**Sat 12<sup>th</sup>**

**Special Bingo 1.30pm**

**Tue 15<sup>th</sup>**

**Games Evening 6.30pm**

**Sat 26<sup>th</sup>**

**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](mailto: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

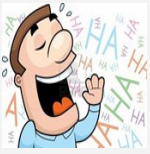
MON-FRI 9.00 am—4.00 pm for account payments and enquiries

Postal Address: Havilah Hostel 11 Harkness Street, Maryborough Vic 3465

## TO CONTACT THE KITCHEN

|               |                 |               |            |
|---------------|-----------------|---------------|------------|
| Main Kitchen  | <b>54617388</b> | Internal Dial | <b>388</b> |
| Heath Kitchen | <b>54617482</b> | Internal Dial | <b>482</b> |





## HAV'A'LAUGH

How do you make holy water?  
Put it in a pot and boil the hell out of it.

Why didn't the lifeguard save the drowning hippie? He  
was too far out, man.



I told my girlfriend she drew her eyebrows  
too high. She seemed surprised.

A blind guy goes in to a store and starts swinging his  
dog around above his head, a worker runs up and says  
"sir, can I help you?!" The blind guy says "no, just  
looking around."

Chocolate comes  
from cocoa,  
which is a tree.  
that makes  
it a plant...  
so chocolate  
is a salad.



What did the pirate say when he  
turned 80? Aye Matey!

A guy is walking down the street past a  
retirement home. The home has tall  
privacy fences so you can't see what's  
going on but you can still hear over the  
top. He hears a chorus of chants, *Thirteen... thirteen... thirteen*. He's curious, but



That Moment when  
you walk into a spider  
web and suddenly turn  
into a karate master.



Unfortunately can't see anything because of  
the privacy fence so he just keeps walking.  
Then suddenly he notices a little hole in the  
wood right at eye level. Still curious, he  
decides to lean in and take a peek. He catches  
a glimpse of a crowd of people standing  
around the fence near the hole when suddenly  
a finger jabs into his eye! With a yelp, he  
stumbles backwards and hears the  
chant, *Fourteen... fourteen... fourteen*.



# 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

|   |   |
|---|---|
| <b>MOVIE NIGHT</b>                              | First Monday of the month at 7pm Havilah on Palmerston (enter through Raglan House) |
| <b>CARDS (500)</b>                              | 4th Thursday of each month at 7.00 pm Raglan House                                  |
| <b>INDOOR BOWLS</b>                             | Each Friday at 10am Raglan House  |
|   |   |
| <b>GAMES NIGHT</b>                              | This months Games night is on Tuesday 15th November at 6.30 pm at Harkness Street   |
| <b>CARDS (Show Poker)</b>                       | Each Tuesday 3.15 pm in Callistemon House   |
| <b>STRENGTH EXERCISES</b>                       | Each Wednesday 11.15 am in Callistemon House  |
| <b>HAPPY HOUR</b>                               | Each Friday at 4.30 pm in the Main Lounge   |
| <b>SPECIAL BINGO</b>                            | Sat 12th and 26th in Callistemon House  |
| <b>SPECIAL EVENT</b><br>Melbourne Cup Afternoon | Tue 1st November Main Dining/ Lounge  |

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.