

HAVACHAT

Issue November 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



THE 2017 ANNUAL CHRISTMAS BARBEQUE

will be held on Wednesday 13th December
commencing at 5.30 pm.

Please advise your attendance numbers by
Wednesday 6th December 2017.

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 12th December.**

**Please telephone Reception 54 61 7387 or email mail@havilah.org.au for book-
ings.**



Resident Meeting - Monday 13th November at 1.15pm in Callistemon Activities Room.

Resident Meeting Heath House - Monday 13th November at 2pm in Heath House.

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

RESIDENT SURVEY

RESIDENT SURVEYS - September 2017

Of the 42 residents surveyed at our Harkness Street site:

65% of residents said they like the food at Havilah either always or most of the time.

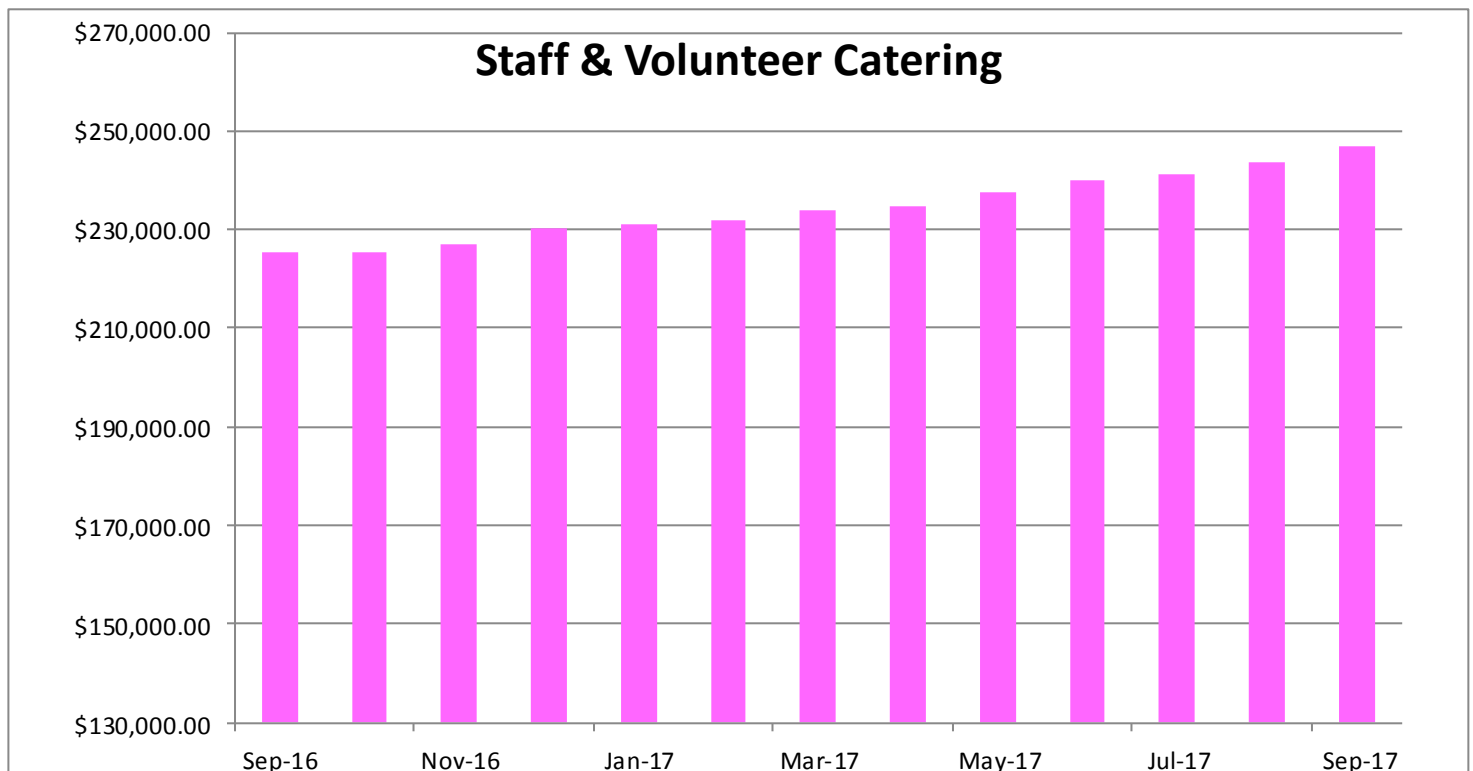
93% of residents said that staff explain things to them either always or most of the time.

95% of residents either agree or strongly agree that Harkness Street is run well.

98% of residents either agree or strongly agree that they are encouraged to do as much as possible for themselves.



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



LAUNDRY The lost clothing department in the laundry has become full with unlabelled clothing once again. Residents and family members are encouraged to visit the laundry to see if they can identify any missing clothing. Residents are reminded that after a month in the lost clothing they are sent to the Carisbrook Opportunity shop.



FALLS PREVENTION

Have Blood Pressure checked regularly.
Address any foot problems with a podiatrist.



PHOTO GALLERY



Nancey and Ivy enjoyed Kittelty's in Ballarat



Margaret and Betty at Skydancer's in Harcourt



Olwyn and Elaine attended the viewing at the Bonsai Gardens in Newstead



Hilda enjoyed Tilley's visit.



Tilley's placid nature impressed Dot

NOTICE BOARD

REMINDER: As the warmer weather is approaching, it 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.



REPORTING FOOD BROUGHT IN FOR RESIDENTS

As all food prepared by Havilah is closely monitored under the Food Safe Standards it is a requirement that **All food brought in to Havilah** 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. Your assistance with this is appreciated.



ENERGY BREAKTHROUGH ROAD CLOSURES

Please note that access to Havilah via Holyrood Street—Burns Street will be closed from Wed 22nd November until Sun 26th. Havilah can still be accessed from the North end of Burns Street.

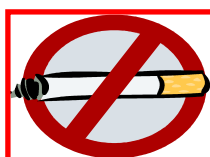
TUESDAY 7th NOVEMBER 2017



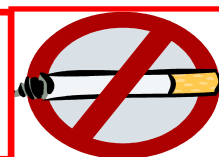
MELBOURNE CUP: Residents will be treated to a luncheon of Oven Baked Chicken with Mustard Honey Sauce, vegetables and roasted Chat Potatoes or a Platter with Roast Beef, Salad and Pear Roll (dinner roll); arancini savoury bites; Savoury Muffins and Prawn Twisters followed by either cupcakes or fruit salad and icecream for dessert. All are encouraged to dress for the occasion, with a games afternoon to follow. Visitors and Retirement Living Residents \$10. All lounge TV's will be tuned in for the big race. Everyone has a chance to enter the various sweeps, see Sue or Andrew in Activities.

Auto Lock Down:

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



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





THINGS MY MOTHER USED TO SAY

You should know better

Your room looks like a bomb has hit it

If you're going to eat like an animal then sit outside

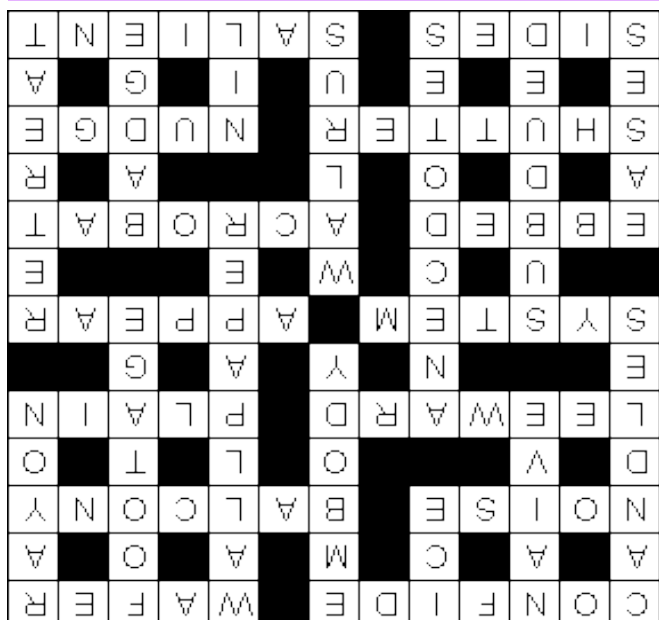
You can stay in your room until your ready to come out and apologise.

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.



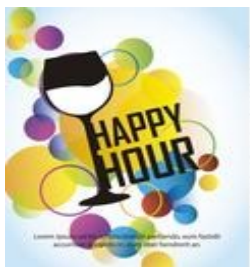
Quiz and Crossword Solutions from page 10



Answers to Anagrams

1. JULIUS CAESAR
2. CHRISTOPHER
3. CLEOPATRA
4. CLAUDE MONET

GREAT THINGS TO DO



Happy Hour Every Friday evening

Commencing at 4.30pm, 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.

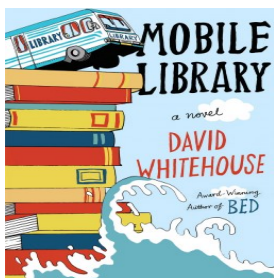
If you have an idea or suggestion for an outing, just let Activities Staff know and we will do our best to arrange the outing for you.



Resident/Advocate Meetings

Next meeting Monday 6th November 2017 at 1.15 pm

Heath House Monday 13th November 2017 at 2pm



Mobile Library— October Dates

Friday 3rd & 17th 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 Manicure Pamper 9.30am
 Foot Spa 9.30am
 Bus Trip 1.30pm—Bookings through
 Activities Staff.
 Bingo 1.45pm



TUESDAY

Special Morning Tea 10am
 Chairobics 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

Chairobics 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



Nancey McQuienn

Length of time at Havilah: It will be 12 months in November when I became a resident in Havilah.

My Story: I was born in Seddon in 1944, the family moved to Footscray where I attended my primary schooling at Geelong Road Primary school and secondary education at Footscray Girls school. When I left school I gained employment at Coles and also Darrell Lea chocolates. I have 5 children, 18 grandchildren and 20 great grand children.

Things you used to do for fun: As a child I especially loved to play hoppy, quoits, calisthenics, and meet up with friends.

About where you have lived: I have lived in the Melbourne suburbs of Footscray, Sunshine, Williamstown for a total of 30 years. Decided I needed a country fix and moved to the Bendigo area for 35 years in Kangaroo Flat and Eaglehawk and have lived in Maryborough for the past 8 years.

Travel, sport, passions: For 15 years my children were involved with Marching Girls, I was chaperone for this period of time, I never had an interest in sport, have always enjoyed craft.

Things you enjoy to do now: I enjoy helping people, have been a volunteer at the Maryborough Community House since I came to town, and received a Life Membership for my contributions. I enjoy the activities here at Havilah, playing bingo daily, going on the Bus outings, cooking, craft and generally socialising with the other residents.



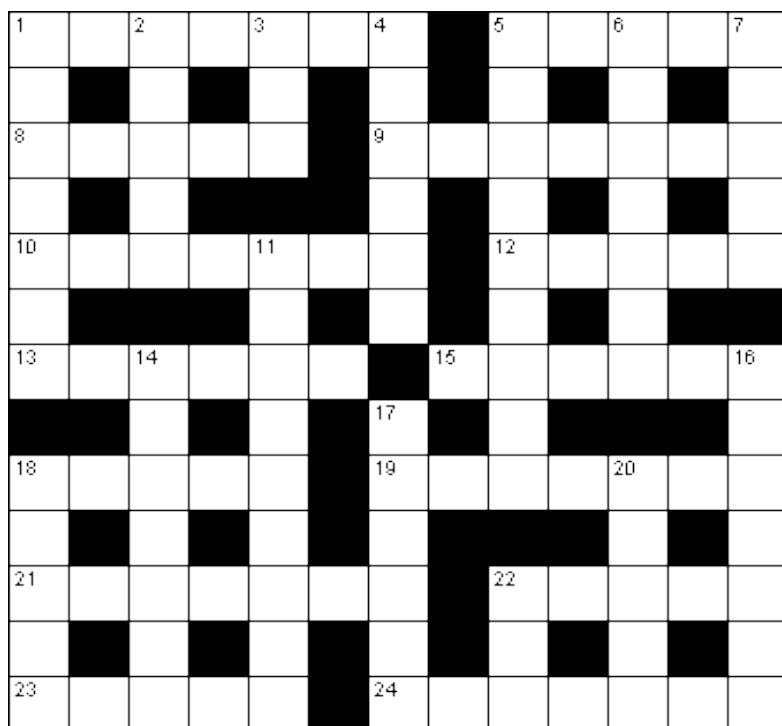
Favourite Topic: Anything to do with craft, talking about it, showing and helping others do it and anything in general.

Favourite Food and Music: I enjoy Country and Western music, John Denver and anything that is easy on the ears. A nice medium cooked T-Bone or Chinese are my favourite foods.

November 2017

Mon	Tue	Wed	Thu	Fri	Sat	Sun
30	31	1	2	3	4	5
6	7	8	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. Entrust (7)
5. Small thin biscuit (5)
8. Dissonance (5)
9. Projecting upper floor (7)
10. The sheltered side (7)
12. Unvarnished (5)
13. Scheme (6)
15. Become visible (6)
18. Flowed back (5)
19. Athlete (7)
21. Hinged window blind (7)
22. Slight push (5)
23. Two or more contesting groups (5)
24. Striking (7)

Down

1. Tapers
2. Inexperienced (5)
3. Frozen water (3)
4. Personify (6)
5. Decorative covering (9)
6. Photographic film (7)
7. Synthetic silklike fabric (5)
11. Short accounts of incidents (9)
14. Quashed (7)
16. Private place with peace and quiet (7)
17. Marine mammal (6)
18. Alleviates (5)
20. Emblem (5)
22. Nothing (3)

Word Search - MOVE IT



BOUND, CANTER, COMMUTE, CRAWL, CREEP, CRUISE, DRIFT, DRIVE, FLY, GALLOP, GLIDE, HAUL, HIKE, HOP, JUMP, LEAP, MARCH, MEANDER, MOVE, PROWL, RAMBLE, RIDE, ROAM, ROLL, ROVE, RUN, SAIL, SAUNTER, SCRAMBLE, SHUFFLE, SKIP, SLIDE, SLITHER, STROLL, SWIM, TOUR, TRAIPE, TRAMP, TRANSIT, TRAVEL, TREK, TROT, WADE, WALK, WANDER, WEAVE, WEND, WRIGGLE

ANAGRAMS: Famous Names from the Past

1. CASUAL JURIES (6,6) (EMPEROR)
2. PUBLIC SO MUCH SHORTER (11,8) (EXPLORER)
3. PEARL COAT (6,6) (QUEEN)
4. LOCATED MENU (6,5) (PAINTER)

PHOTO GALLERY



Charlie was interested in the Old Ford crane at Daryl Maffescioni's



Les enjoyed the gardens at Skydancers



Jim and Daryl having a good chin wag.

The men have enjoyed recent bus outings that have included a visit to Daryl Maffescioni's museum with a lunch out at the Golf Club, the Creswick Woollen Mills, Skydancers at Harcourt and The Bendigo Pottery.



Bob found it very interesting at the Creswick Woollen Mills



Gus and Graham devouring their Chinese lunch in Bendigo



TALKING lifestyle
DIGITAL | ONLINE | MOBILE
Listen to us
Sydney - 954 AM
Melbourne - 1278 AM

84-year-old pilot takes off on 13,000km solo flight around Australia

By [Lauren Broomham](#) on June 9, 2017



Lawrie Hutton, a member of the Broken Hill Aero Club, has set off in his old Cessna 172 to fly solo to the four most extreme points

on the Australian mainland – the longest flight he's ever done, according to the [ABC](#).

Mr Hutton came up with the idea back in 2013 as a way of encouraging older one-time pilots to take up flying again – and inspire those interested in flying to follow their dream.

The trip will take the octogenarian adventurer down to Wilsons Promontory in the south, Cape Byron in the east, Cape York in the north and finally Steep Point in the west, flying in daily four-hour legs so he can land to re-fuel.

So will Mr Hutton be setting a record as our oldest solo flyer?

He says he can't recall meeting many other pilots his age who have attempted a similar journey.

"There was an old retired guy, a 93-year-old, who showed up at Broome on his around-Australia flight in a Brumby light aircraft. That would be quite a feat, I think, for that gentleman."

His original plan had been to fly with his wife Jean, but she passed away in November last year.

"I've had a lot of support and encouragement to this point," he said. "But, on the trip itself, I don't have any direct support."

"But ... I'm happy to fly on my own. You're never too old – go for it!"

Inspirational words – we wish him well.

Strewth! Australia now has a new definition for 'bogans'

Thoughts from [Lauren Broomham](#) on October 20th, 2017

It's not officially out 'til next week, but the sixth edition of the Australian Concise Oxford Dictionary is already making headlines – for changing the meaning of the word 'bogan'.

Previously, the iconic slang term was defined as "a person who is regarded as being uncultured and unsophisticated, especially such a person from a low socio-economic or poorly educated background". Now it's just "an uncultured and unsophisticated person; a boorish and uncouth person" – a reference to the number of "cashed-up" bogans now walking the streets

But it's not the only definition to receive a tweak. More than 3,000 existing words have been updated including 'Generation X' and 'internet', while another 2,000 new words have been added to the lexicon including a few you may not be familiar with:

- **Anzackery:** The promotion of the Anzac legend in ways that are perceived to be excessive or misguided.
- **Hacktivist:** A person who gains unauthorised access to computer files or networks in order to further social or political ends.
- **Insta:** To spend time using the social networking website Instagram. 2 to post (an image etc.) on Instagram.
- **Kangatarian:** A person with a largely vegetarian diet who includes kangaroo meat as an environmentally-friendly source of protein.
- **First World problem:** A relatively trivial or minor problem or frustration (implying a contrast with serious problems such as those that may be experienced in the developing world).
- **Humblebrag:** An ostensibly modest or self-deprecating statement whose actual purpose is to draw attention to something of which one is proud.
- **Whatevs:** Whatever.

HAV'A'LAUGH

Q: What can you catch but not throw?

A: A cold..

Q: Mr and Mrs Smith have seven daughters, if each one has a brother, how many children do they have?

A: 8 Children.

Q: What number can you take half and leave nothing?

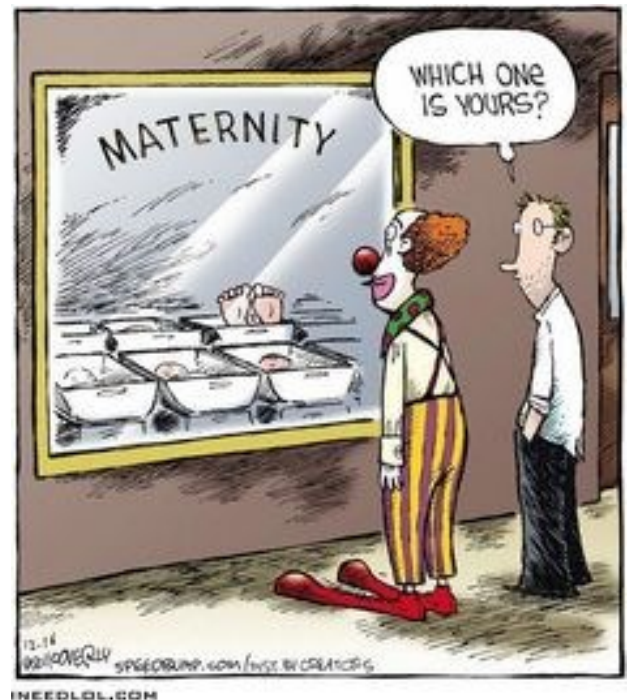
A: The number 8.

Q: A rooster lays on egg on top of the roof, which way does it roll?

A: Roosters don't lay eggs.

Q: What 5 letter word becomes shorter when you add 2 extra letters

A: Short



A man was driving down a country road when he spots a farmer standing in the middle of a huge field of grass.

He pulls the car over to the side of the road and notices the farmer is just standing there, doing nothing, looking at nothing.

The man gets out of the car, walks all the way out to the farmer and asks him: "Ah excuse me mister, but what are you doing?"

The farmer replies: "I'm trying to win a Nobel prize."

"But how?" asks the man, puzzled. "Well, I heard they give the Nobel prize to people who are out standing in their field."

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 SYSTEM.**



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



Melbourne Cup Luncheon and Activities Tuesday 7th November \$10 a head See Details Page 4



**CHRISTMAS FUNCTIONS SEE DETAIL
PAGE 1**

CHRISTMAS BARBEQUE

Wednesday 13th December
commencing at 5.30 pm.

CHRISTMAS DAY

Christmas Day Celebrations at Havilah are lots of fun, with good food and good cheer to be had by all. 2-course lunch at a cost of \$25.00 per head.

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

ACTIVITIES

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