

Please contact Jenni on 5461 7387 or email jenni.dellavedova@havilah.org.au if you would like your Havachat sent via email

HAVILAH WEBSITE: www.havilah.org.au

Issued 6th November 2015

HAVACHAT

The **2015 Annual Christmas Barbeque** will be held on Wednesday 9th December commencing at 5.30 pm. Please provide us with your attendance numbers by Friday 4th December 2015.

All family and friends are welcome—
There are no limits on numbers attending— Please advise Reception 54617387 (Mon—Fri) or email 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, RSVP by Friday 11th December.

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

Resident Meeting—Monday 9th November—1.15 pm in Callistemon Activities Room

Resident Meeting Heath House—Monday 16th November — 2.00 pm Heath House

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

HAVILAH FUNDRAISER

Friday, December 4th

in Maryborough's central business district

6.00 pm sharp to 10.00 pm

\$15 per person

gains access to participating stores



CHRISTMAS SHOPPING BONANZA

16 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 – Telstra Shop – Toyworld - Trebles Jewellers

You can pre select your shopping from Monday 30th November to Friday 4th December.

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

Tickets also available at

Macks Fashion & Surf

Hartwell Shoes

Country Trends

INTRODUCING THE 2015-2016 HAVILAH BOARD

At its recent Statutory Meeting the Board Elected Craig Bell as President for the 2015-2016 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.

Chris Meddows-Taylor elected as Vice President and Brian O'Connor as Treasurer
Their fellow Board Members are

Shane Dellavedova

Merv Gay

Robyn Jennings

Randall Edwards

Ron Giles

Lenette McKnight

Danny Tatchell

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. This will be in the main dining room between 1pm and 2.30pm. 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.

Mental health
BEGINS WITH *Me*

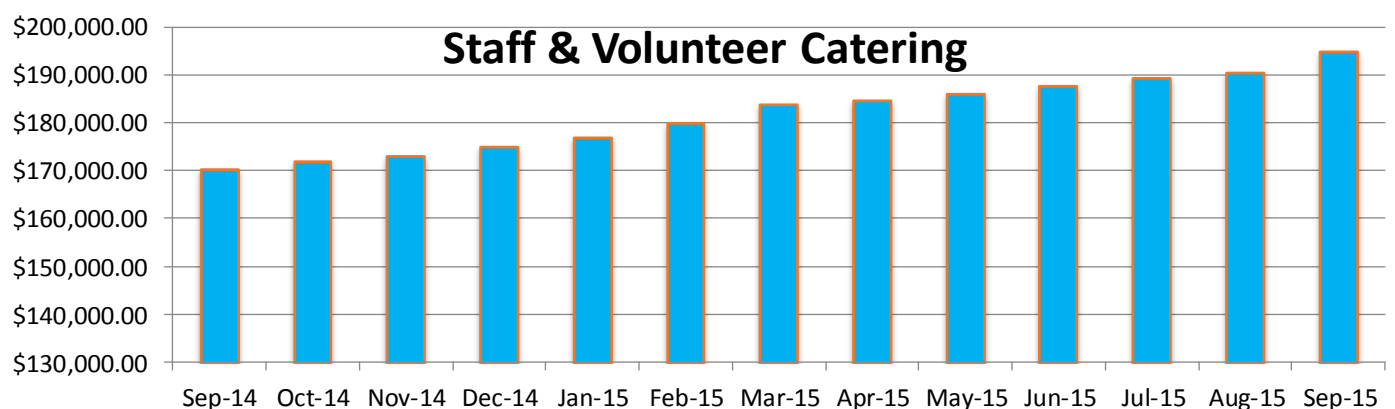
A **Smile** costs nothing but gives much. It enriches those who receive it without impoverishing those who give it.

No one is so rich or powerful that he can get along without it, and no one is so poor that he cannot be enriched by it.

It brings rest to the weary and cheer to the discouraged, Yet it cannot be bought, begged, borrowed or stolen, for it has no value till it is given away.

Remember that some people are too tired to give you a smile, so give them one of yours, for no one needs a smile so much as he who has no smile to give.

This table shows the amount of fundraising provided by Havilah volunteer catering group from their efforts of catering for events such as birthdays, parties and funerals.



Our Extension Progresses



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 it would only be for residents in the affected compartment. In the first instance. The fire alarm automatically alarms at the fire station and the Brigade is here within minutes.

YOU WILL BE KEPT INFORMED VIA STAFF AND THROUGH THE PUBLIC

HAVILAH AXILARY 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.



RESIDENT LAUNDRY Following requests from residents we are investigating a suitable area to establish a resident laundry. As part of this project a clothes line will be provided. Should any resident like to have a retractable line, as shown opposite, installed in their bathroom this can be arranged at a cost of \$50.. Please notify reception if you would like us to arrange this.



Retractable Clothes Line

HAVILAH GARDENS Due to the current building works we realise that the lawn area is far from its best. In conjunction with these works an upgrade of the courtyard and verandah area is planned. New seat covers have been ordered for the courtyard chairs, the verandah is to be resurfaced and at its October meeting the Board approved the purchase of additional outdoor furnishings and potted plants for the verandah and the new paved area off the linkway, and also for the courtyard between the two linkways, both of which look a bit bland at present. A feature tree is planned for the central courtyard garden to provide shade in the summer months. Outdoor furniture will be added to the recently completed outdoor area at Heath House. The new construction there will provide cover for outdoor relaxation and dining create greater opportunity for outdoor living. We hope to also include some raised gardens in this area where we would plant annuals. The residents would be involved with this and if there are any keen gardeners out there we would certainly appreciate your assistance with this. Please let Allison know if you would like to be involved.

NEWSPAPERS & PERIODICALS Please do not remove newspapers or magazines from the dining room tables to take to rooms. Residents wishing to read the papers in their rooms need to order their own personal news papers from the newsagent and they will be delivered. If you need assistance with this please ask at Reception. You will receive an account from the Newsagent should you order your own newspaper/s and periodicals.



ALL HAVILAH SITES ARE NON SMOKING SITES. PLEASE RESPECT THIS FOR THE SAFETY OF RESIDENTS AND STAFF. Please Note that this includes the grounds also We very much appreciate residents keeping visitors informed in relation to this.

RESIDENT SURVEYS - September 2015:

Of the 61 (40 Harkness + 21 Raglan) residents surveyed:

81.9% of residents surveyed said they do refer to their activity planner.

85.2% of residents said they are aware of the games/card nights.

88.5% said they think the crockery and cutlery are in good order.

100% of residents surveyed said they believe their Havilah accounts are well managed.

VISITORS SIGN IN/OUT BOOKS

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 still to be completed when residents leave and return. Please also note any food either you or your visitors bring in and 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.



Hi from the desk of the Director of Care,

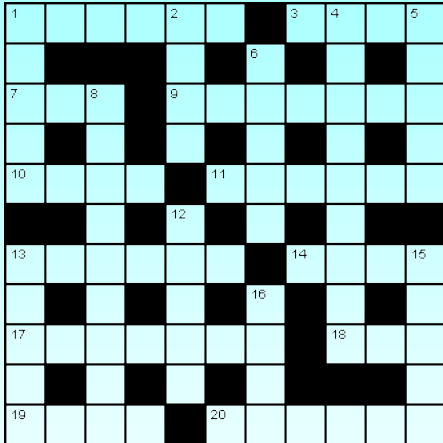
We are well into spring and the dry weather is here with a vengeance, so a reminder that as the weather warms up our residents fluid intake is a priority. As we age our willingness to drink enough water diminishes and we are more prone to dehydration which leads to an increased risk of UTI's (urinary tract infection). If people suffer from a UTI they can become disorientated and delusional with an increase in behaviours. Family and staff are encouraged to ensure our residents are consuming an appropriate amount of fluids to ensure the residents wellbeing. Please remember if you are taking a family member out of the facility that you take extra water to drink, this would also include going for a walk around our grounds.

We are happy to see that the outside extension in Heath House is completed and family and residents will now be able to be outside under cover, with tables, chairs and a BBQ to enjoy our summer. The new building (Correa extension) is progressing well with the roof now going on, I notice lots of our residents sitting at the windows watching the progress, I know some of the men reminisce and appreciate following the progress.

A reminder to all resident's and families that we at Havilah are continually striving to ensure your stay with us is enjoyable, fulfilling and you feel safe and well cared for. We have a commitment to ensure this is achieved and processes in place for feedback to ensure we are achieving your expected care delivery outcomes.

Dave

Mind Games



Across

1. Male relative (6)
3. Gem (4)
7. Chart (3)
9. Sagacious (7)
10. Challenge (4)
11. Relating to bears (6)
13. Accolade (6)
14. Children (4)
17. Long flag (7)
18. The night before (3)
19. Extinct bird (4)
20. Choice (6)

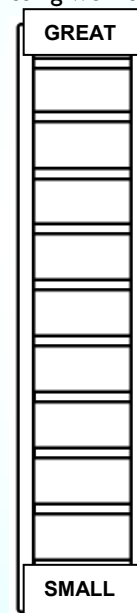
Down

1. Wanderer (5)
2. Not difficult (4)
4. Steep cliff (9)
5. Svelte (5)
6. Drama set to music (5)
8. Pilfered (9)
12. In front (5)
13. Lukewarm (5)
15. Rear part of a ship (5)
16. Pace (4)

WORD LADDER

A word ladder is a sequence of words formed by changing just one letter each time eg CAT - COT - DOT - DOG.

Can you find the missing words? Use the clues if you get stuck.



CLUES

Delicacy

Trample

Type of chord

Test

Warble

Type of weave

Slops

Static

Kiosk

MOVIE QUIZ

1. Who directed the 2005 movie, *King Kong*?
a. Steven Spielberg b. Peter Jackson
2. Who was Ray Porter in the 2005 movie, *Shopgirl*?
a. Robin Williams b. Steve Martin
3. Who was Katsumoto in the 2003 movie, *The Last Samurai*?
a. Ken Watanabe b. Tom Cruise
4. Who was Lucy Whitmore in the 2004 movie, *50 First Dates*?
a. Drew Barrymore b. Jennifer Aniston
5. Who was Clyde Barrow in the 1967 movie, *Bonnie and Clyde*?
a. Robert Redford b. Warren Beatty
6. Who was Liberty Valance in the 1962 movie, *The Man Who Shot Liberty Valance*?
a. John Wayne b. Lee Marvin
7. Who directed the 2001 movie, *Vanilla Sky*?
a. Cameron Crowe b. Sam Mendes
8. Who was Gordy Brewer in the 2002 movie, *Collateral Damage*?
a. Tom Cruise b. Arnold Schwarzenegger
9. Who was Candy Kendall in the 1999 movie, *The Cider House Rules*?
a. Nicole Kidman b. Charlize Theron
10. Who was Prof Grady Tripp in the 2000 movie, *Wonderboys*?
a. Robert De Niro b. Michael Douglas



Solutions can be found on page 8.

GREAT THINGS TO DO IN NOVEMBER



A group of jockeys on horses racing across a green field, with a large ornate archway in the background featuring the word 'EMLINTON'. The jockeys are wearing various colored silks, including white, blue, red, and yellow. The archway is made of dark metal and has the word 'EMLINTON' written in gold letters. There are yellow flowers along the base of the archway. The sky is overcast.

[illegible]

GREAT
TREAT
TREAD
TRIAD
TRIAL
TRILL
TWILL
SWILL
STILL
STALL
SMALL

WEEKLY ACTIVITIES

BUS TRIPS – Mondays and Fridays

Wednesdays 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
(Correa Lounge)



SPECIAL MORNING TEA - Tuesdays 10.00am (Main Dining Room)

HAPPY HOUR EACH FRIDAY at 4.30 PM



TUESDAY - Street Walk 1.30pm

Afternoon Cards 3.15 pm

WEDNESDAY - Strength exercises 11.15am

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 370 **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**, if there is no answer on this number the call will be diverted to staff on the floor.

FOR FAMILIES ringing from outside Havilah to speak to staff in **Melaleuca House** please call the nurses station on **54617465**, if there is no answer the call will be diverted to staff on the floor.

COMMENTS, COMPLIMENTS, SUGGESTIONS AND COMPLAINTS

We welcome feedback from residents, families and visitors and provide the “Comment, Suggestion, Complaint and Compliment Form IN THE FOYERS OF BOTH BUILDINGS

Residents and families are encouraged to communicate any issues they may have.

Contact Numbers are

Director of Care 54 617489 or internal dial 489. Email dave.burridge@havilah.org.au

The RN Nursing Supervisor can be contacted on 54617394 or by internal dial 394.

The **Heath House** Team Leader / Senior can be contacted on 54 617461 or Internal Dial 461

The **Director of Human Services Kelsey Hooper** on 54 617383 Internal Dial 383 email: dhs@havilah.org.au.

You can also contact: **CEO Barb Duffin** 54 617381 Internal Dial 381 Mobile 0429 617380 email: barbceo@havilah.org.au

If you report an issue to any staff member they will fill out a form on your behalf.

Complaints can be made openly, anonymously or your name can be kept confidential.

Havilah respects the right of residents and families 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: Families or residents can contact Havilah 24 hours a day, 7 days a week on Email: mail@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.

Residents can contact Reception simply by pressing the numbers 387 on room telephones.

ADMINISTRATION OFFICE HOURS

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



HAV'A LAUGH



My Bottoms gone to sleep.
I know...I can hear it
snoring!

Three drunken guys get in a taxi.
The taxi driver knew that they were
drunk so he started the engine &
turned it off again.

Then said, "We have reached your
destination".

The first guy gave him money & the second guy said "Thank you".

The third guy slapped the driver.

The driver was shocked thinking the third drunk knew what
he did.

But when he asked "What was that for?" the third guy
replied, "Control your speed next time, you nearly killed
us!"

I was in in the public restroom

I was barely sitting down when I heard a voice in the
other stall:

"Hi, how are you?"

Me: (embarrassed) "Doin' fine!"

Stall: "So what are you up to?"

Me: "Uhhh, I'm like you, just sitting here."

Stall: "Can I come over?"

Me: (attitude) "No, I'm a little busy right now!!"

Stall: "Listen, I'll have to call you back. There's an idiot
in the other stall who keeps answering all my questions!

Boy whispers to his mum during a wedding

Boy: "Mummy?"

Mum: "What?"

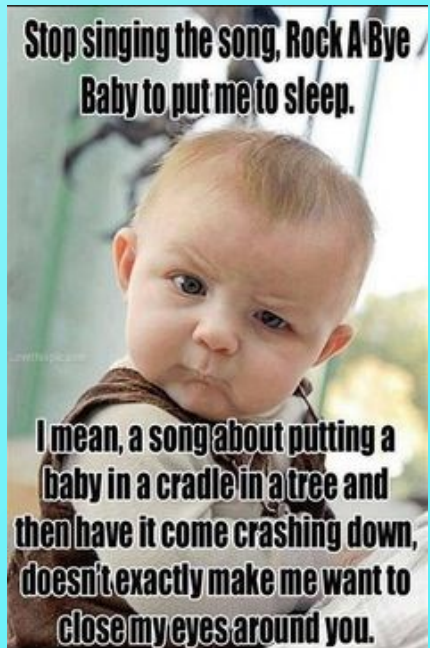
Boy: "Why is the girl dressed in white?"

Mum: "Because this is the happiest day of her life"

Boy: "... so why is the boy dressed in black?"

The doctor comes out into the waiting room for
the next patient. He's shocked to see a man sitting
there with a frog growing out of his head. The
doctor's cries "Oh my god, how did that happen?"
The frog answered "I don't know; it began as a
pimple on my butt."

**Its funny how when
Im loud, people tell
me to be quiet,
but when Im quiet,
people ask me whats
wrong with me.**



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)

Wednesday 25th November 7.00 pm
 Raglan House

INDOOR BOWLS

Each Friday at 10.30am Raglan House

GAMES NIGHT

10th November at 6.30pm Callistemon House 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 Lounge
 at Harkness

Harkness Retirement Residents have access to **HAIRDRESSING** and **MEALS** at both sites and **FOOTCARE** and **PODIATRY** at the Harkness Street site.

Please contact Raeleen or Rhonda if you would like to make use of any of these services.