

ISSUE December 2019



HOP TOPICS



WEBSITE: www.havilah.org.au

You can access the Havilah Facebook Page via the website



*Wishing you and
your family a very
Merry Christmas.
May this joyful
season greet you
with health and
happiness.*

FUNCTIONS FOR YOUR DECEMBER CALENDAR:

ANNUAL CHRISTMAS BARBECUE—FRIDAY 13th DECEMBER at 5.30 pm.

All family and friends are welcome

There are no limits on numbers attending

RSVP appreciated. To respond—Please advise Kitchen: 5459 0180 or Kim in Activities 5459 0169 or email by mail@havilah.org.au.

CHRISTMAS DAY AT HAVILAH

2 Course Lunch \$25 per head. Bookings essential.

RSVP by Friday 13th December at the latest.

NEWYEARS DAY FIREWORKS 9.00 PM

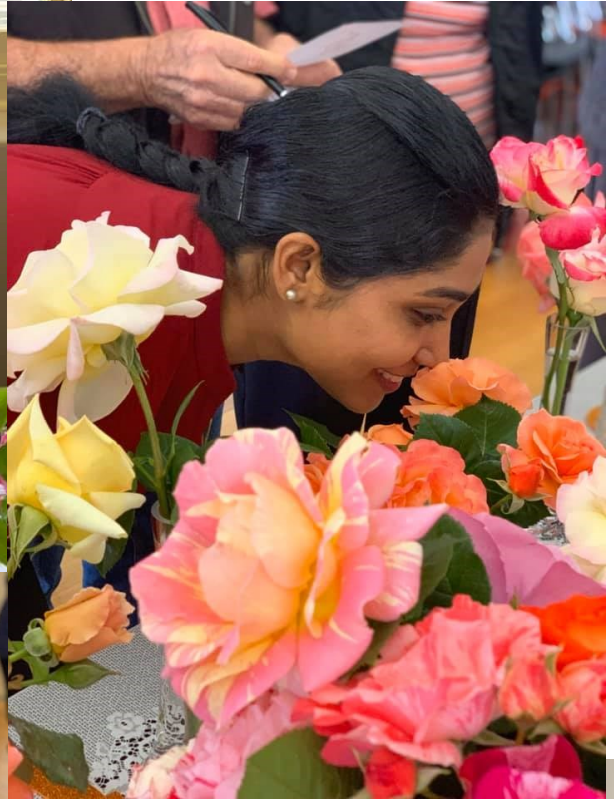
Top Floor Raglan House - Drinks and Nibbles pre viewing of the Princes Park Fire Works display

Retirement Community - Bi Monthly Resident Meeting Thursday 16th January 2020, 2.45 pm
Raglan House - Ground Floor - Neill Street end
Afternoon Tea Provided



A perfect day was had by all who attended the Melbourne Cup Day festivities at Raglan House with a delicious high tea, cup trivia, ladies and gents fashion on the fields, the best millinery, rose competition and cup sweeps. Lots of fun was had with the photo booth with the life size horse and jockey, plenty of photo's taken, the atmosphere was like being at the course itself.





Thank you to all our volunteers from the retirement community. We appreciate your generosity so much. New volunteers are always welcome. Please advise Kim or Reception if you are interested in volunteering.

CAPITAL WORKS Finally the Planning Permits for works to provide an external storage shed with gopher parking and also for the extension of the Raglan House Dining Room have been received. Prices have been requested from local contractors for both projects. Both of these works will be funded by a government grant as a result of our successful application through the Regional, Rural and Remote Aged Care Infrastructure Grant Scheme. We look forward to commencing these projects in the new year.

Further good news is that we are hopeful of receiving planning approval shortly for the extension of the Havilah on Palmerston site. The first project will be construction of a 24 unit residential aged care building based on the very successful Raglan House model. The second stage of this development will be co-located retirement units, double storey with underground garaging. This project has been with Council for over 12 months. A very long journey to get this far but exciting to be able to move forward with the project which should see places operational by late 2021.

Thank you to Mark Murray for his great work in laying of exposed aggregate in the nature strip area in front of Raglan House. This replaces the stone paving that was deteriorating under the pressure of constant wear and occasional vehicular traffic parking on the nature strip area. The new surface should be much more serviceable and has been achieved without the sterile look of using plain concrete. A very good outcome.

We are waiting on proposals from local contractors to carry out planned **nature strip works in Inkerman Street** from Raglan to Palmerston Street. Hopefully there will be more information available soon on this project.

FIRE BRIGADE VISIT RAGLAN HOUSE On 18th November the Maryborough Fire Brigade came to update their knowledge on the fire and emergency systems in place at Raglan House. Twenty members attended together with Havilah staff and all took turns in using the evac chairs to evacuate people from the top floor. They were very happy and comfortable with how the building is protected against the spread of fire. We consider ourselves very fortunate to have such a dedicated volunteer group committed to the safety of the Havilah community and the wider community generally.

RAGLAN HOUSE RE-ACCREDITATION Current accreditation expires on 22nd February 2020. Earlier this year re-accreditation assessments were changed to unannounced so we are unsure when the assessors will arrive. It is already some weeks later than previous so we would expect that this will be shortly. We will be assessed under the new standards operational from 1 July this year.



Falls Prevention

Ask for assistance when lifting or moving objects
Remove clutter around room
Cleaning up spills to avoid wet floors



Justice of the Peace

If residents require the assistance of a Justice of the Peace you are welcome to contact

Terry Simpson

Mobile: 0419 737 837

During business hours



EFTPOS

For the convenience of residents, EFTPOS facilities are located at reception in the High 'School Centre for payment of Accounts.

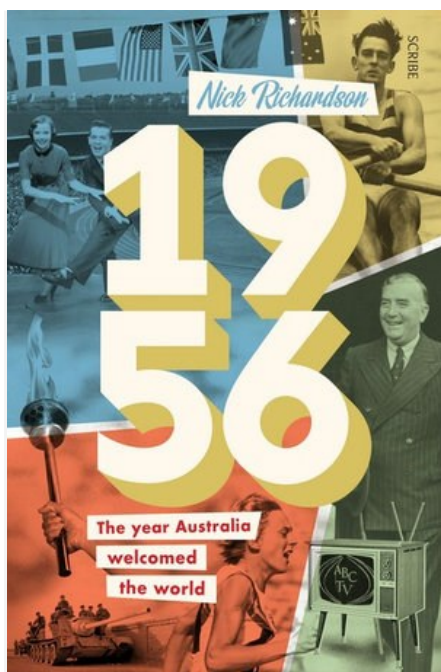


Emailing HOP TOPICS

If you provide us with your email address, we can email your Newsletter to you. Please email your details to andrew.earl@havilah.org.au.

Your assistance with this is appreciated.

BOOK REVIEW



An engrossing account of a pivotal year in Australia's history. This book debunks one of the hardest clichés in Australian history- that the 1950s was a dull decade, when the nation seemed only interested in a quiet life, a cup of tea, and a weekend drive. The truth is that, by the time the

'60s came around, Australia was already expanding its outlook - politically, economically, and culturally - and central to this were the events of 1956.

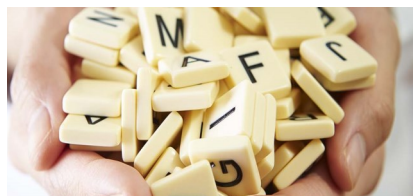
This was the year when Melbourne hosted the Summer Olympics, the first edition of the Games to be held outside Europe and North America. It also heralded the arrival of television in Australia. In this year, Prime Minister Robert Menzies grappled with world politics, when he opened the country's doors to refugees from the Hungarian uprising, allowed British nuclear tests at Maralinga, and tried to resolve the greatest diplomatic episode of the decade- the Suez Crisis.

In these ways and more, the world came to Australia's doorstep in 1956, challenging rusted-on habits and indelibly shifting the nation's perception of itself. Nick Richardson peels back the layers to reveal Australia at a critical moment in time. He brilliantly recreates the broader events surrounding the Melbourne Olympics at the end of 1956, as well as the dramas of the Games themselves. Throughout, he also follows a range of men and women who were touched by this transformation, to illuminate the personal consequences of being part of Australia's pivotal year

MOBILE LIBRARY The Central Highlands Library service visit's Raglan House every second Monday in the month. Come and talk to Kerry the Librarian who will help you find the book you are after. They have 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 the North end on the ground floor. from 10.15am - 11.15am.

Next Visits:

Dec 9th and 23rd, January 13th



WEIRD and WONDERFUL WORDS

CRITICASTER - a minor or incompetent critic

THINGS MY MOTHER USED TO SAY

We'll cross that bridge when we come to it.

Money doesn't grow on trees.

You brought this on yourself.



**PLEASE RESPECT THE NON SMOKING AREAS
AT HAVILAH ON PALMERSTON**



Upcoming Christmas Events

Wednesday 11th December - Raglan House annual Gingerbread house making day 2.45pm in rooms 1-2 community centre.

Friday 13th December - Christmas special morning tea 10am, Neill St end ground floor.

Friday 13th December - Havilah on Palmerston annual family and friends Christmas bbq at 5.30pm in the courtyard. Please rsvp to Kim or kitchen.

Thursday 19th December - Havilah on Palmerston Diners club Christmas outing at Peach Village Chinese restaurant 6pm. Bus leaving courtyard at 5.45. Please book with Kim on 54590169 prior to event. Before returning home we will do a Christmas lights tour to Carisbrook and around Maryborough. If you do not wish to participate in the lights tour, Kim will drop you back at your unit.

Wednesday 25th December - Christmas day luncheon room 1-2 community centre. Cost of \$25 per head for 2 course traditional meal and drinks. Bookings are essential, please rsvp by the 10th December.

You can contact Kim on email at

kim.davidson@havilah.org.au

work phone 54590169

mobile 0429034827(if you need to cancel a/hours)

Raglan House kitchen phone 54590180



9 Letter words:
MEL GIBSON
PAUL HOGAN

10 Letter Words:
BEN AFFLECK
GOLDIE HAWN
JOHNNY DEPP
LIAM NEESON

11 Letter Words:
BRUCE WILLIS
RICHARD GERE
SHARON STONE

12 Letter Words:
HARRISON FORD
JOHN TRAVOLTA
JULIA ROBERTS
NICOLE KIDMAN
RUSSELL CROWE

13 Letter Word:
GEORGE CLOONEY
PIERCE BROSNAN
ROBERT REDFORD
ROBIN WILLIAMS

14 Letter Word:
WHOOPI GOLDBERG

SUDOKU Sudoku is easy to play and the rules are simple. Fill in the blanks so that each row, each column, and each of the nine 3x3 grids contain one instance of each of the numbers 1-9

2								
				4	9			
		1	3					6
6	8	3					7	
			6					5
7				2				
3								9
	7		8	1			2	
	5			6				8

Medium 578

1	2	6		8				
				4		2		
					3			
				1	8	9	5	
	6				2			3
	4	9						
7	8			2				
		3		7				4
9			6				7	5

Easy 578

What's On & Events

CONTACT NUMBERS

FOR PALMERSTON ST

Reception 5459 0140
MON-FRI 9AM-12 NOON
 (other than public holidays)

Raglan House 5459 0150
For 24 Hour Contact

Nurse Manager 5459 0154

Lifestyle 5459 0169

Maintenance BH 0417 679 803

Maintenance AH 0408 645 203

Kitchen 5459 0180

CONTACT NUMBERS

FOR HARKNESS ST

MON-FRI

9AM-5PM 5461 7300

5PM-7 AM 5461 7394

WEEKEND 5461 7394

LIFESTYLE 54617 390

CEO 54617 381
0429617380

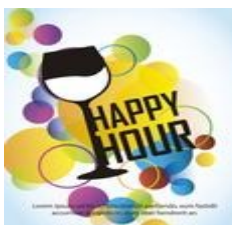
RAELEEN 54617 380



RESIDENTS MEETING & LIFESTYLE COMMITTEE

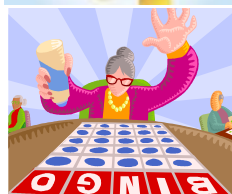
Meeting will be

Thursday 16th January 2020 at 2.45pm,
 Raglan House –Ground Floor-Neill Street end.
 (Coffee & Chat immediately after the meeting)

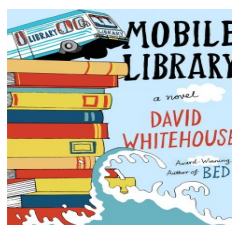


HAPPY HOUR

Every Friday night in the High School Centre
 Function Room (Rooms 1 and 2) commencing
 at 5.00pm
 entertainment, finger food & drinks.



BINGO Monday- Friday 1.30 P.M. Ground
 Floor Raglan House



MOBILE LIBRARY:

DECEMBER 9TH AND 23RD, JAN 13TH
 Raglan House—Ground Floor—Neill
 Street end



SPECIAL MORNING TEA

2nd Friday of each Month
 North End Common area Raglan House
 All Retirement Living and Raglan residents are
 invited to attend.

TAI CHI

Monday session – 1.00 to 2.30 pm

Wednesday session - 10.00 to 11.30 am
 Room 7 High School Centre



time to talk

Men's Group

2nd Wednesday each Month
Next Date 11th December 10.00am
 Raglan House—first floor

♦ STRENGTH EXERCISES AND FALLS

PREVENTION

Every Monday at 2.30 Raglan House Ground floor

♦ CHAIROBICS

2.30 P.M. Tuesday & Fridays Ground Floor Raglan House
 House

What's On & Events

UNITING CHURCH - 1st Tuesday of the month at 2.30pm.

ANGLICAN CHURCH - 2nd Thursday of the month at 10.30am

SALVATION ARMY CHURCH - 4th Wednesday each Month 2.45pm

CHURCH SERVICES Room 7—High School Centre



♦ MARYBOROUGH MENS SHED

Meets Tuesday and Thursday mornings at 9 a.m at its shed at 42a Newton St. Maryborough.

New members welcome

for information contact 0417365642

♦ MARYBOROUGH BRANCH CWA.

Meets at the Maryborough School House in Gillies St. on the 2nd Tuesday of the month Craft is held at 10 a.m. followed by a general meeting at 1.30 p.m. New members most welcome.

Contact Shirley on 5461 1657 or Rachel on 0419125459



**Last Talbot Farmers Market
before
Christmas:**

December 15th



**RAGLAN HOUSE
GARDENING CLUB
MEETS EACH TUESDAY
AT 3 PM**

Interested gardeners from the retirement community who would like to join in this group are very welcome.

Please talk to Kim if you would like to get involved.



**Wednesday 11th De-
cember 2019
ANNUAL RAGLAN
HOUSE GINGER-
BREAD HOUSE MAK-
ING DAY
2.45pm**

Come along and join in the festive spirit and fun making gingerbread houses with our wonderful band of volunteers and Raglan house residents to give to their families at Christmas. We will be donating left over gingerbread houses to the Lions club for their Christmas day lunch for local families with young children in need. Community giving back to the community.





The conversations of life

Why do we age and what's going on?

By Lauren Broomham on October 4, 2019



Free radicals
We're a complex system of cells with many components, and we're fragile.

Our bodies can't fully repair themselves, and that's consid-

ered ageing.

Free radicals are thought to play a part in our ageing process and a natural by product of breathing and metabolism.

Free radicals are unstable atoms (atoms are the basic units of matter that define a structure) which in turn can damage cells, causing illness and ageing.

To stave off free radicles avoid foods rich in refined carbohydrates and sugars, processed meats, don't overuse cooking fats and limit red meat and alcohol.

Evolution in action

The disposable **soma theory** predicts that ageing is caused by the body having increasingly fewer resources to allocate towards repairing wear and damage to tissues. (Kirkwood and Austad, 2000).

Do proteins make us age?

Mikhail Blagosklonny, a professor of oncology in New York suggests that the cause of ageing are proteins (and the genes responsible for making them).

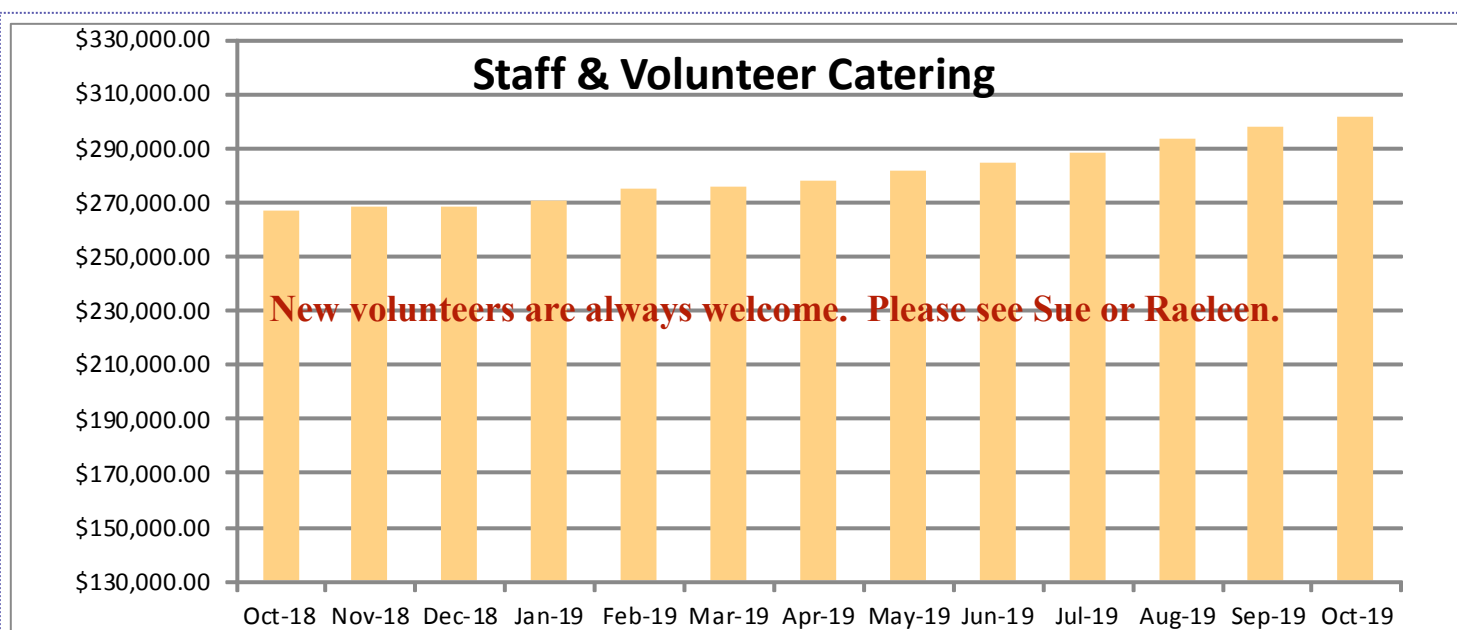
Some of these proteins are enzymes, among them one called **TOR**.

Could there be a connection between TOR, nutrition and diseases of old age?

Recent **studies** show that TOR is also directly related to neurodegenerative diseases. For example, the activity of the TOR enzyme in the brains of people with Alzheimer's is much higher compared with healthy brains.

To keep the enzyme TOR active longer eat well, paying attention to foods high in protein.

None of the current, or past theories on ageing have found the answer to **eternal youth**, but what scientists do say is that ageing is strongly linked to the way we're individually made and there's not a lot we can do about that – **just yet!**





Ingredients:

- 2 tablespoons olive oil
- 1 onion, finely chopped
- 3 garlic cloves, finely chopped
- 2 bunches silverbeet stems removed, coarsely chopped.
- 200g fetta, crumbled
- 1/4 cup fresh dill, finely chopped
- 1/4 cup parsley, finely chopped
- 1 egg, lightly whisked
- 12 sheets filo pastry, thawed if frozen
- 75g butter, melted
- 2 teaspoons sesame seeds

Method

- Place rack in centre of oven and preheat to 190C (170C fan forced) Line a large baking tray with baking paper.
- Heat a large frying pan over medium heat.

SILVERBEET and FETTA PIES

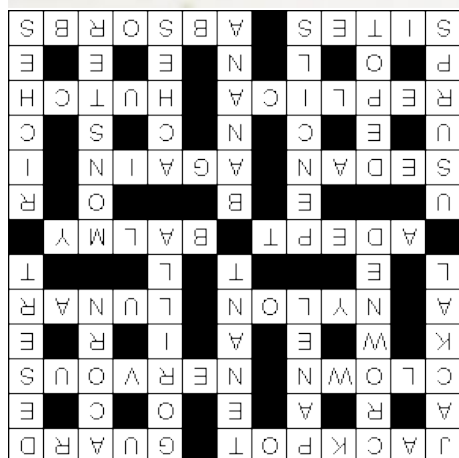
Add oil and onion and sauté for 8 mins or until translucent. Add garlic and stir, gradually add silverbeet, stirring for 8 mins or until wilted. Using slotted spoon, transfer mixture to a bowl and refrigerate until cool. Using your hands squeeze excess moisture from silverbeet and return to bowl. Stir in fetta, dill, parsley, egg, 2 teaspoons of salt and 1/4 teaspoon pepper.

- Halve filo sheets to make 24, 26x21cm rectangles. Cover filo with plastic wrap and damp tea towel. Place 1 piece of filo on a work surface (leaving remaining under towel). Brush over with butter. Top with another piece and brush with butter. Top with 1/4 cup filling in a rectangle shape folding sides in, place seam side down on tray. Bake pies for about 30 minutes or until golden brown. Transfer to a rack to cool slightly before serving.



Quiz and Crossword
Solutions from page 7

1. Beer
2. Hands
3. Watle
4. Chad Morgan



8	3	7	4	6	9	2	1	5	2
4	7	3	1	8	6	7	9	7	9
9	6	1	2	5	7	8	4	3	3
3	9	6	8	2	4	5	1	7	7
5	1	8	7	3	6	9	2	4	4
2	7	1	4	5	3	8	6	8	6
6	4	7	1	9	5	3	7	8	1
2	4	6	5	7	3	1	9	8	8
1	8	9	3	4	7	2	6	5	5
7	5	9	8	6	1	4	3	2	2

9	1	2	6	3	4	8	7	5	5
6	5	3	8	7	9	1	2	4	4
7	8	4	5	2	1	6	3	9	9
8	4	9	3	5	6	7	1	2	2
5	6	1	7	9	2	4	8	3	3
2	3	7	4	1	8	9	5	6	6
4	7	8	2	6	3	5	9	1	1
3	9	5	1	4	7	2	6	8	8
1	2	6	9	8	5	3	4	7	7

Medium 578

Easy 578

Giggletime



So there was this female business executive who was late for a meeting. She is going 65 on a street where the speed limit is 40. A cop pulls her over and says "ma'am, can I please see your license?" She says "I'm sorry, officer, but I got it revoked two years ago for drunk driv-

ing."

His brow furrows and he straightens up. "Well, can I please see the registration of your car?"

She says "I stole the car and I killed the driver; he's in the trunk."

"Ma'am, DON'T MOVE, I'm calling for backup."

He mutters furiously into his walkie-talkie...

Five minutes later, half the squad pulls up, the Chief of Police walks over to the woman's window.

"Ma'am, can I see your license?" he asks sternly.

"Of course, officer," she smiles demurely and pulls out a license from her purse.

He squints warily at it. "This looks legitimate," he mumbles.

"Can I see the registration to this car?"

She pulls it out of the glove compartment and hands it to him.

"Ma'am, stand back!"

He bangs open the trunk of the car and flinches: but it was completely empty...

The woman brandishes a finger at the first cop and says accusingly, "And I'll bet that liar told you I was speeding too!!"

Three bulls were drinking at the local watering hole when the first year bull raised his head and asked, "What would you do if you won Tattslooto."

"I know what I'd do."

"What's that?"

"I'd go to university, get a degree and I'd be set up for life. "What would you do?" he said, looking at the second-year bull.

"I think I'd travel. Go to Europe, visit every country from Amsterdam to Rotterdam, then I'd come back here and settle down.

What about you?" as he looked at the mature bull.

"None of that bulldust for me," he said. "I'd just stay here for heifer and heifer."



An old nun, who was living in a convent next to a construction site, noticed the coarse language of the workers and decided to chat with them to correct their ways.

She put her lunch in a brown bag and waked over to where they were eating.

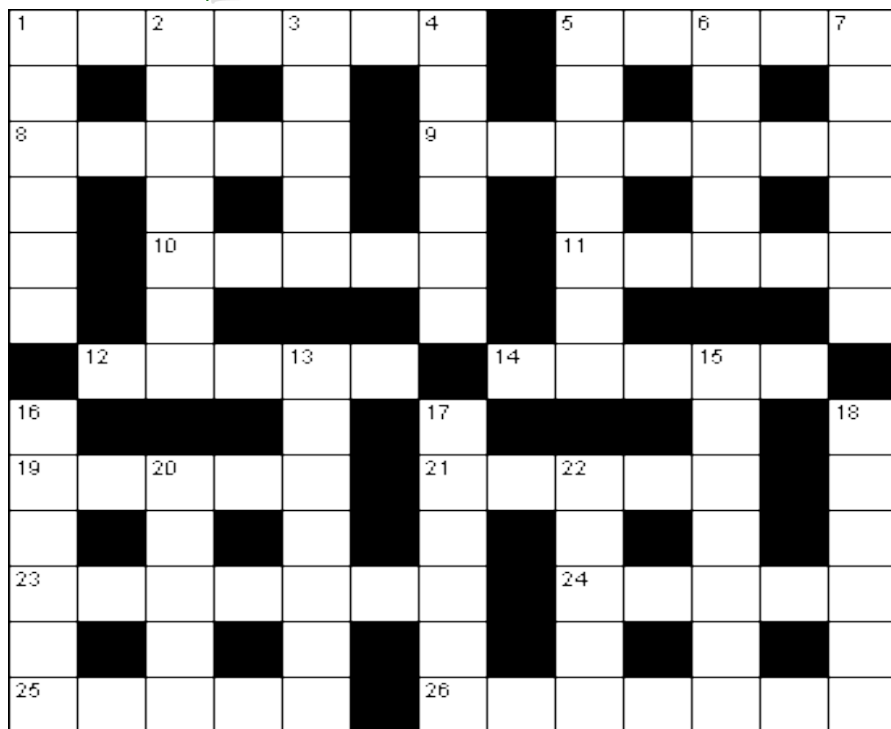
With a big smile she said' "Any of you men know Jesus Christ?"

They shook their heads and looked at each other, confused. One

worker looked up into the steelworks and yelled out: "Anybody up there know Jesus Christ?"

One yelled back down: "Why?"

He yelled back: " Because his mother's here with his lunch.

**Across:**

1. Major prize (7)
5. Sentinel (5)
8. Circus proformer (5)
9. Skittish (7)
10. Synthetic fabric (5)
11. Relating to the moon (5)
12. Proficient (5)
14. Mild and pleasant (5)
19. A closed litter for one passenger (5)
21. One more time (5)
23. Copy (7)
24. Rabbit shelter (5)
25. Locations (5)
26. Assimilates (7)

Down:

1. Nocturnal canine (6)
2. Enthroned (7)
3. Appointed committee (5)
4. Lessee (6)
5. Large ape (7)
6. Fruit of the oak (5)
7. Wilderness (6/7)
13. Writing implements (7)
15. Leviathan (7)
16. Takes over without authority (6)
17. Elongated fruit (6)
18. Treasure (6)
20. Terminus (5)
22. Dull pains (5)

WORD SEARCH - Take It or Leave It

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

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

ABANDON, ACCEPT, ADOPT, BANISH, BORROW, CAST OFF, CHOOSE, CALIM, CLIUTCH, COLLECT, CONFISCATE, DECLINE, DISCARD, DISOWN, DISPOSE, DROP, DUMP, ESCHEW, GRAB, IMPOUND, LEAVE, OBTAIN, PICK, PILFER, PINCH, PLUNDER, POSSESS, PURCHASE, PURLOIN, RECALL, RECEIVE, REFUSE, REJECT, RESIST, SEIZE, SELECT, SEQUESTER, SHED, SHUN, SNAP UP, SPURN, STEAL, TAKE, THROW AWAY, TURN DOWN, WELCOME, WITHDRAW.

QUIZ

1. In Australian slang, what drink is nicknamed "amber fluid"?
2. In which part of the human body are the metacarpal bones?
3. What is the official floral emblem of Australia?
4. Which comic country singer is nicknamed has the nickname of "The Sheik of Scrubby Creek"?

NOTICE BOARD

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 TALK TO 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	barb.duffin@havilah.org.au
Food Services Manger	Di Jackson	di.jackson@havilah.org.au
Nurse Manager	Deb Matthews	deb.matthews@havilah.org.au
Director of Care	Kelsey Hooper	kelsey.hooper@havilah.org.au

FEEDBACK - We welcome your feedback, FEEDBACK FORMS ARE AVAILABLE IN THE FOYERS OF THE HIGH SCHOOL CENTRE AND RAGLAN HOUSE

Residents are encouraged to communicate any issues they may have to

CEO Barb Duffin 5461 7381 Mobile 0429 617380

email: barb.duffin@havilah.org.au

Director of Care Kelsey Hooper 54 617383

email: kelsey.hooper@havilah.org.au

Nurse Manager Havilah on Palmerston Deb Matthews

email: deb.matthews@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: 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.

RAGLAN HOUSE NURSE 24 HOUR CONTACT NUMBER Telephone 54 590150

HAVILAH ON PALMERSTON RECEPTION HOURS

MON-FRI 9.00 am—12.00 pm for account payments and enquiries 5459 0140
(Closed Public Holiday)

HARKNESS ST RECEPTION OFFICE HOURS

MON-FRI 9.00 am—4.00 pm for account payments and enquiries 5461 7300
(Closed Public Holidays)

ON CALL MAINTENANCE after hours and weekend calls. 0408 645 203