

ISSUE December 2018



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 14th December at 5.30 pm.

All family and friends are welcome

There are no limits on numbers attending

To respond—Please advise Kitchen: 5459 0180 or Kim in Activities 5459 0169 or email by Monday 10th December mail@havilah.org.au.

CHRISTMAS LIGHTS TOUR THURSDAY 20TH DECEMBER

- contact Kim.

CHRISTMAS DAY AT HAVILAH

2 Course Lunch \$25 per head. Bookings essential. RSVP by Tuesday 11TH December.

NEW YEARS DAY FIRE WORKS 9 PM

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

INFORMATION SESSION—TENNIS COURT DEVELOPMENT

TUESDAY 18TH DECEMBER AT 2 PM Rooms 1 and 2 High School Centre

Followed by Afternoon Tea



Members of the Havilah on Palmerston Retirement Community are invited to attend this Information Session. The Planning Application has been lodged with Central Goldfields Shire for the development which includes both residential aged care and retirement living. For residents fronting Neill Street who have not previously seen this presentation this will be of particular interest to you.

A copy of the presentation will be available for interested residents not able to attend.

Retirement Community - Bi Monthly Resident Meeting
Thursday 17th January 2019 2.45 pm in Rm7
Afternoon Tea Provided



TALKING
lifestyle
DIGITAL | ONLINE | MOBILE

Listen to us
Sydney - 954 AM
Melbourne - 1278 AM

One in four Aussies report feeling lonely: tips to reach out to others this Christmas

By Jill Donaldson Nov 30 2018



Could the Grinch have benefited from a visit at Christmas? Jim Carrey in the 2000 holiday flick 'How the Grinch Stole Christmas'.

We know that staying connected to your community is the top predictor for a long, healthy life, but the fact is some of the people in our community will be spending Christmas alone.

Esha Oberoi, Founder and CEO of aged and disability care provider Afea Care Services, gave us these three tips to connect with others this holiday season and we think they're worth a read:

1. Start a conversation:

"Whether you are passing someone on the street or checking in on your next door neighbours, people often just need

someone willing to listen. By taking the time to ask how people are or dig deeper into their lives and history, you can learn a thing or two while providing some much-needed connection! The most isolated members of our community may be right next door. One Aussie startup Streethubs is addressing this problem, using social media to help reconnect people. A simple check in with your neighbours to see what their plans are for Christmas could make a world of difference."

2. If you know someone elderly who has limited mobility – help with festive tasks:

"You can support the elderly by helping them write Christmas cards, hanging decorations, cooking, present shopping and generally bringing Christmas to them if they aren't able to do these things themselves. You could also offer to share a meal."

3. Volunteer with a local charity:

"It might be an obvious one, but there are many charities working overtime this Christmas to support members of the community in need. Whether it is paying a visit to an aged care home to sit and talk with someone, or preparing meals, there are many ways you can lend a hand and make a difference."

Well-said.

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.



Justices of the Peace There are 2 Justices of the Peace living at Havilah on Palmerston. If residents require their assistance you are welcome to contact them during Business Hours.

CONTACT: Bob Osborne

Phone: 5461 2709 Mobile: 0409 189 681

Email: bobosborne8@iprimus.com; or

Terry Simpson

Mobile: 0419 737 837

EFTPOS

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



Postage stamps are available for purchase at the reception desk at the High School Centre.

Reception hours are Monday - Friday, 9.00am - 12noon, except public holidays.



PHOTO GALLERY

What a fabulous day for a bus trip to Buninyong for the village fair, lunch at the Pig & Goose restaurant and onto a walk around the magnificent gardens at Brim Brim homestead and a stop at Lambley garden and nursery on the way home. Everyone thoroughly enjoyed the day.





FALLS PREVENTION

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



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.

Resident Information Books

The updated version will be distributed next week. Please do not hesitate to contact CEO (Barb Duffin) if you require explanation with regard to any item.

Thoughts to get you through almost any crisis.

1. Indecision is the key to flexibility
2. You cannot tell which way the train went by looking at the track
3. There is absolutely no substitute for a genuine lack of preparation
4. Happiness is merely the remission of pain
5. Nostalgia isn't what it used to be
6. Sometimes too much drink is not enough
7. The facts, although interesting, are irrelevant
8. The careful application of terror is also a form of communication
9. Someone who thinks logically is a nice contrast to the real world
10. Things are more like they are today than they ever have been before
11. Anything worth fighting for is worth fighting dirty for
12. Everything should be made as simple as possible, but no simpler
13. Friends may come and go, but enemies accumulate
14. I have seen the truth and it makes no sense

**Want to live forever?
Choose one of these
professions:**



- ♦ Old **bankers** never die, they just lose their interest!
- ♦ Old **lawyers** never die, they just lose their appeal.
- ♦ Old **limbo dancers** never die, they just go under.
- ♦ Old **printers** never die, they're just not the type.
- ♦ Old **tanners** never die, they just go into hiding.
- ♦ Old **wrestlers** never die, they just lose their grip.
- ♦ Old **chauffeurs** never die, they just lose their drive.
- ♦ Old **archers** never die, they just bow and quiver.
- ♦ Old **actors** never die, they just drop apart.



NIGHT AT THE MOVIES

"Christopher Robin"

Staring Ewan Mc Gregor

Christopher Robin, now a family man living in London, receives a surprise visit from his old childhood pal, Winnie the Pooh. With Christopher's help, Pooh embarks on a journey to find his friends Tigger, Eeyore, Owl, Piglet, Rabbit, Kanga and Roo. Once reunited, the lovable bear and the gang travel to the big city to help Christopher re-discover the joy of life.

Showing TUESDAY 18th December at 6.30pm, supper provided.

Room 7 theatre room



Wednesday 19th December 2018

ANNUAL RAGLAN HOUSE GINGERBREAD HOUSE MAKING 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 Salvation Army Christmas appeal for local families with young children in need. Community giving back to the community.



3rd SUNDAY OF THE MONTH
Next Market: 16th December



**CAROLS IN
THE DOMAIN
16th Decem-
ber
BURNS
STREET**



New Years Day:

The 158th Maryborough Highland Gathering.

Features athletics carnival, children's events and activities, Street March of Pipe and Brass bands, performances by bands and highland dancing throughout the day.

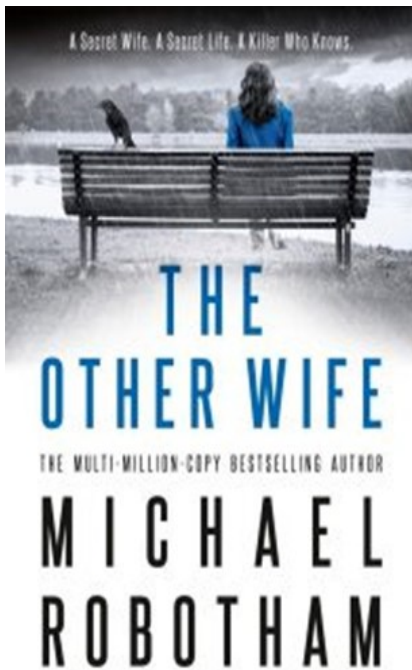
Live entertainment and fireworks to complete the day.

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@hivilah.org.au.

Your assistance with this is appreciated.

BOOK REVIEW



William and Mary have been married sixty years. William is a celebrated surgeon, Mary a devoted wife.

Both are strong believers in right and wrong.

William and Olivia have been together twenty years.

Olivia was once a tennis star, but her career has long since faded.

Joe O'Loughlin knows only one of these stories to be true'.

When Joe O'Loughlin receives the call that his father, William, is in hospital in an induced coma, he has no idea that his life as he knows it is about to change forever – and not because of his father's condition.

When Joe enters the hospital room, he sees a woman sitting beside his father's bed, her hands entwined with his, tears streaming down her face. The woman is not his mother. She's a stranger – but she is also claiming to be William's wife. Is Joe's father – the forever up-standing citizen – living a double life?

The strangeness doesn't end there. This woman is covered in William's blood, and is claiming that she found him at the bottom of the stairs in their house. Can she be trusted? Is she really William's wife – or the one who hurt him?

So, begins the psychological thriller *The Other Wife* by mega-bestselling author Michael Robotham. As a confused and troubled Joe starts investigating his father's life, secrets and inconsistencies are unearthed. This

book is about much more than lies – it's about the consequences of fabrication; the power that secrets have to destroy not only our own lives, but the lives of those around us.

The Other Wife is one giant, delicious maze, with twists and turns at every page. One of Australia's most celebrated authors, Robotham has a gift for suspenseful writing, knowing just how much information to divulge, and how much to keep hidden away until the perfect moment. For readers who enjoy mystery and intrigue, *The Other Wife* will have you reading until the early hours of the morning, unable to peel yourself away.

There's no doubt that Robotham has a way with words. Witty and quick, his writing is electric, flowing with intense sharpness and clarity. A true crime writer, he has an amazing capacity for detail, finding meaning in everyday objects and events.

The characters in this book are layered and complex. Everything and everyone is connected, meaning that the reader really gets to know each character, and develops an attachment that leaves you wanting to know more about their lives, even after the book ends.

The Other Wife is a nail-biting psychological thriller, totally addictive from the very first page.



TAI CHI With Master Barry Lacey

Where: Room 7 High School Centre
When: Monday and Wednesday

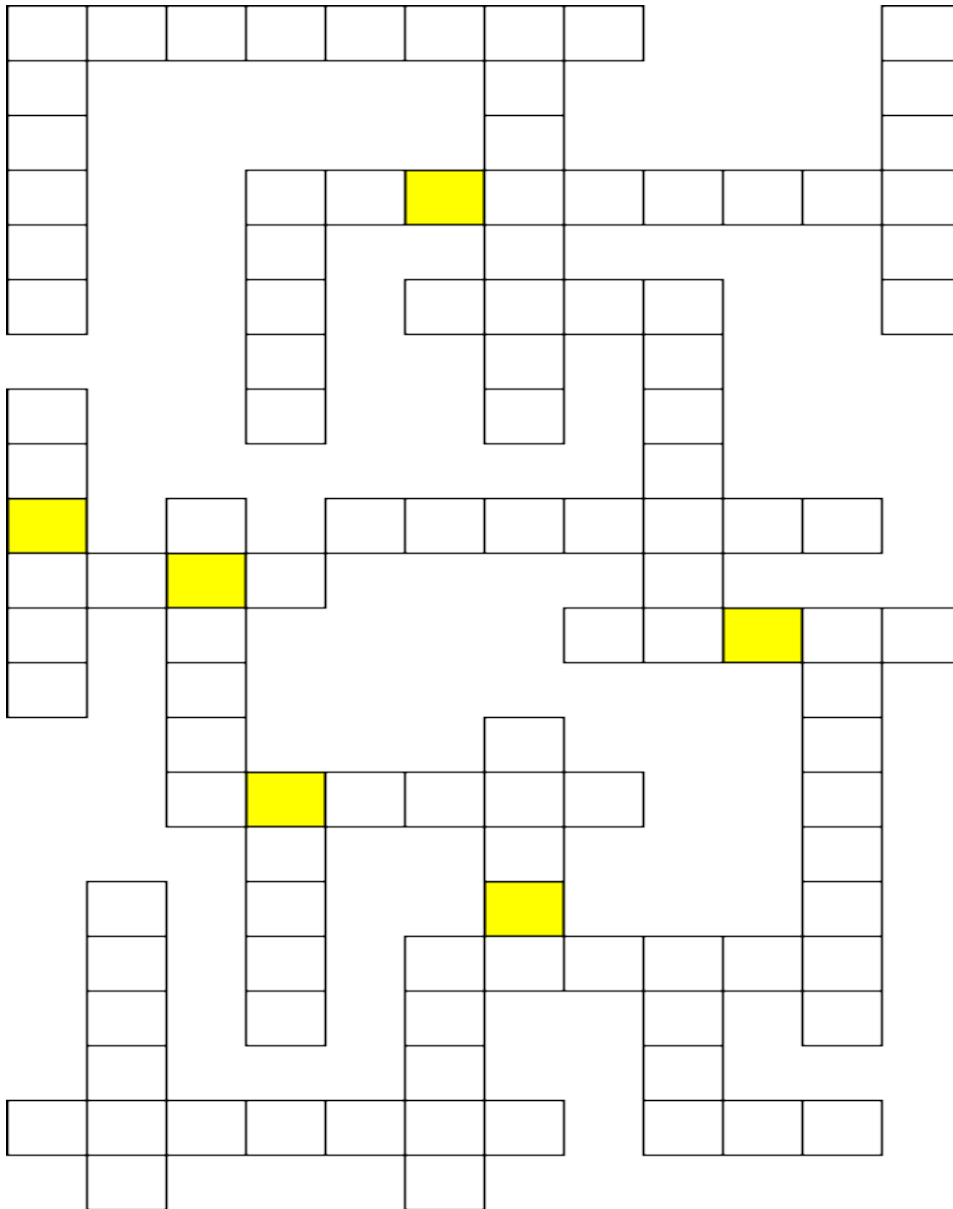
Monday session 1.30 to 2.30 pm

Wednesday session 10.30 to 11.30 am

Come along and try, there is no age limit

VERY GOOD FOR BALANCE AND FOR ARTHRITIS





3 Letter Word
SUN

4 Letter Word
MARS
MOON
STAR

5 Letter Word
COMET
EARTH
PLUTO
SPACE
VENUS

6 Letter Word
COCMOS
METEOR
NEBULA
PULSAR
SATURN
URANUS

7 Letter Word
JUPITER
MERCURY
NEPTUNE

8 Letter Word
ASTEROID
MILKY WAY
UNIVERSE

9 Letter Word
SUPERNOVA



Criss-Cross 01

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

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

LEVEL MEDIUM 440

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

LEVEL EASY 440

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

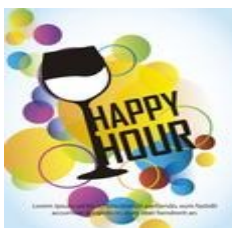
CEO 54617 381
0429617380

RAELEEN 54617 380



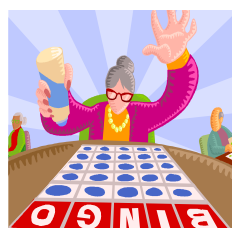
RESIDENTS MEETING & LIFESTYLE COMMITTEE Meeting will be

Thursday 17th January 2019 at 2.45pm,
 Room 7 in the High School Centre (Coffee &
 Chat immediately after the meeting)

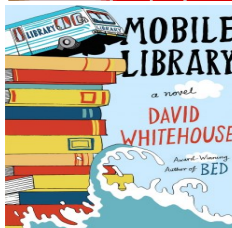


HAPPY HOUR

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 EVERY 2ND MONDAY

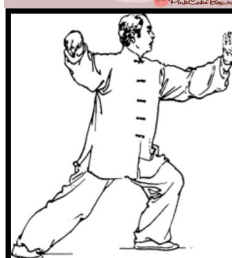
Next Date 7th December

Raglan House—Ground Floor—Neill
 Street end



SPECIAL MORNING TEA—COMING DATES

2nd Friday of each Month
 North End Common area Raglan House
 All ILU's 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

♦ 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

What's On & Events

CHURCH SERVICES Room 7—High School Centre

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



MOVIES

3rd Tuesday of each month Rm 7 starting time of 6.30pm (Supper included)
18th December, 2018 and 15th January 2019

Movie Afternoon: 3rd Saturday of the month - 22nd December - 1.30pm

♦ 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.



THINGS MY MOTHER USED TO SAY

Go play outside, it's a beautiful day!
How do you know you don't like it if you haven't tasted it?
I hope one day your children are just like you.
I just want what's best for you.
I will always love you, no matter what.

Maintenance Reporting Residents are requested to report all maintenance issues to Reception Monday to Friday between 9.00am & 12 noon telephone 54590140 or call in. For urgent items during business hours call maintenance direct on 0417679803 or contact Reception at Harkness 54617387.

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

For after hours and weekends telephone our on call maintenance on 0408645203

NOTE: This also applies to garden and grounds issues that need addressing. If you report these or any other items as a maintenance request and you are not satisfied with the response to your request please contact CEO Barb Duffin either by telephone or email. The various numbers are included each month in this Newsletter. Barb's mobile number is included and you can contact her 24/7. Best not ring after midnight though unless it is a real emergency.



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



IN THE KITCHEN

FRENCH ONION, BACON AND CHEESE COBB DIP

Method:

- Preheat oven to 180C. Line baking tray with baking paper.
- Heat the oil in a medium frying pan over medium-high heat. Add the bacon and onion and cook, stirring, for 3 minutes or until bacon start to brow. Transfer to a plate lined with paper towel to drain.
- Combine the bacon mixture, cream cheese, mayonnaise, tasty cheese, soup mix and chives in a large bowl. Season.
- Use a serrated knife to cut 4cm from the top of the cobb loaf and reserve. Remove the bread from centre of loaf, leaving a 2cm—thick shell. Tear the bread pieces into 3cm pieces. Spoon the bacon mixture into shell. Top with lid. Place on prepared tray. Arrange bread pieces around cobb. Bake for 20 minutes or until golden.
- Sprinkle with extra chives. Serve with vegetable sticks.

Ingredients:

- 1 teaspoon olive oil
- 150g shortcut bacon rashers, finely chopped
- 1 red onion, halved, thinly sliced
- 375g cream cheese softened
- 1/2 cup (150g) mayonnaise
- 1/2 cup (60g) grated tasty cheese
- 40g pkt French onion soup mix
- 1/4 cup chopped chives
- 450g white cobb loaf
- Chopped chives to sprinkle
- Vegetable sticks to serve

WEIRD and WONDERFUL WORDS **EUCATASTROPHE - a happy ending to a story**



Quiz and Crossword Solutions from page 7 & 13

1. 1991
2. The King of Hearts
3. The Pearl (1871, Wodan (1936 and Old Rowley (1940)
4. A Royal Flush
5. King Cobra

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

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

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

SMILE TIME



One December, a postman was making his deliveries and pickups, and at one house he came upon a letter addressed to God.

He didn't intend to read it, but the envelope was not sealed, and the letter fell out and open. He could see it was a plea

for help.

The husband and wife were both out of work and had no money for Christmas presents for their little boy. The letter asked for just \$20 to help them buy

something for their son.

Moved by this, the postman opened his wallet and found all he had was \$15 in cash. He all put the money in the envelope, sealed it, and wrote "from God" on the outside.

Two days later at the same house, there was another letter addressed to God. This time he knew what it probably was, so he opened it and read it.

It said, "Dear God, Thanks for the money for presents for our little boy. This really means a lot.

But we asked for \$20 and there was only \$15 in the envelope. We don't blame you, God. It was probably those crooks at the post office."



A sweet grandmother rang St Vincent's Hospital and timidly asked, "Is it possible to speak to someone who can tell me how a patient is doing?"

The operator said, "I'll be glad to help dear."

"What's the name and room number of the Patient?"

The grandmother in her weak, tremulous voice said "Norma Findlay, room 32."

The operator replied, "Let me put you on hold while I check with the nurse's station."

After a few minutes, the operator returned to the phone and said, "I have good news."

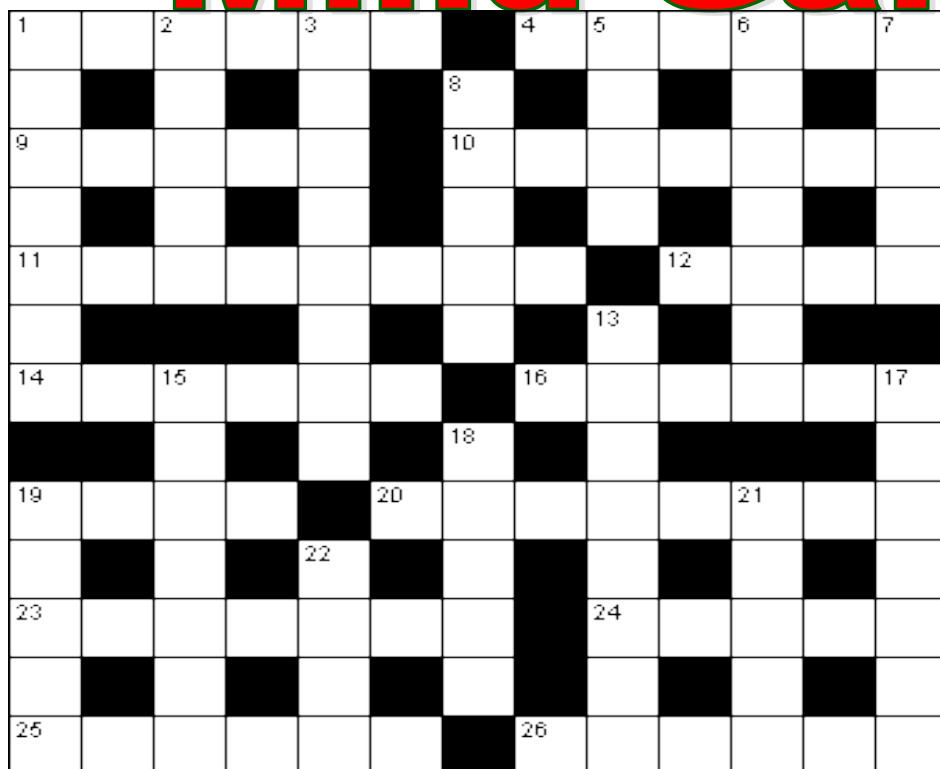
"Her nurse just told me that Norma is doing well, her blood pressure is fine, her blood's just came back normal and her doctor has scheduled her to be discharged tomorrow."

The grandmother said, "Thankyou, that wonderful, I was so worried. Gold bless you for the good news."

The operator replied, "You're more than welcome, is Norma your sister?"

The grandmother said, "No, I'm Norma in room 32, no one tells me anything."



**Across:**

1. Cultivate plot (6)
4. Written musical composition (6)
9. Film (5)
10. Refrain from voting (7)
11. Listlessness (8)
12. Meat or vegetables cooled slowly (4)
14. Shrink (6)
16. Evaded (6)
19. Part of the neck (4)
20. Resident (8)
23. Inactivity (7)
24. Play (5)
25. Excused (6)
26. Deferred payment (6)

Down:

1. Risk taker (7)
2. Stud (5)
3. Panache (8)
5. Monetary value (4)
6. Responded (7)
7. Tendon (5)
8. Freight (5)
13. Flatfish (8)
15. Use up (7)
17. Take away (7)
18. Large expanse of water (5)
19. Dissonance (5)
21. Accolade (5)
22. Pace (4)

Word Search - Sweet Things

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

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

AMBROSIA, BLANCHMANGE, BON BON, BRITTLE, BUTTER-SCOTCH, CANDY, CANDY APPLE, CANDY FLOSS, CARAMEL CHEWING GUM, CHOCOLATE, CONFECTION, CONFITURE, CREAM, DESERT, FONDANT, FUDGE, GUMDROP, HONEY, ICECREAM, JELLY BEAN, JUNKET, LOLLIPOP, MARSHMALLOW, MARZIPAN, MOLASSES, MOUSSE, NECTAR, NONPAREIL, NOUGAT, PRALINE, ROCK, SACCHARINE, SUGAR, SWEETMEET, SWEETS, SYRUP, TOFFEE, TREACLE.

QUIZ

1. In what year did Australia first win the Rugby world cup?
2. In a deck of cards, what is the only king without a moustache?
3. Which horse have won the Melbourne Cup at 100/1 odds?
4. What is the best poker hand?
5. What is the world's longest venomous snake?

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 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	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

COMMENTS, COMPLIMENTS, SUGGESTIONS AND COMPLAINTS FORMS ARE AVAILABLE IN THE FOYERS OF THE HIGH SCHOOL CENTRE AND RAGLAN HOUSE

Residents are encouraged to communicate any issues they may have. There is **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

HARKNESS ST RECEPTION OFFICE HOURS

MON-FRI 9.00 am—4.00 pm for account payments and enquiries 5461 7300

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