

HAVACHAT

Issue December 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



Wishing you and your family a very Merry Christmas.

May this joyful season greet you with health and happiness.

FUNCTIONS FOR YOUR DECEMBER CALENDAR:

Wednesday 13th December at 5.30 pm. ANNUAL CHRISTMAS BARBECUE

All family and friends are welcome

There are no limits on numbers attending

To respond—Please advise Reception 5461 7387 (Mon—Fri) or email by Wednesday 6th December mail@havilah.org.au if you would like additional invitations sent out

MON 18th and WED 20th Christmas Lights Tour

CHRISTMAS DAY AT HAVILAH

3 Course Lunch \$25 per head. Bookings essential. RSVP by Tuesday 12 December.

DECEMBER 31st - 3.30pm New Years Eve Dance, in main Dining area

Resident Meeting - Monday 11th December at 1.15pm in Callistemon Activities Room.

Resident Meeting Heath House - Monday 18th December at 2pm in Heath House.

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

INTRODUCING THE 2017-2018 HAVILAH BOARD

Craig Bell was re elected as President for the 2017-2018 year. A Life Governor of Havilah, Craig was first elected to the Board in March 1998. He has previously served as President from 2015-2017 and from 2001-2003. He has held office as Vice President from 1999/2001 and again 2013 to 2015. He was Treasurer from 2009-2012.

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

Their fellow Board Members are

Jacqui Durbridge

Randall Edwards

Merv Gay

Robyn Jennings

Lenette McKnight

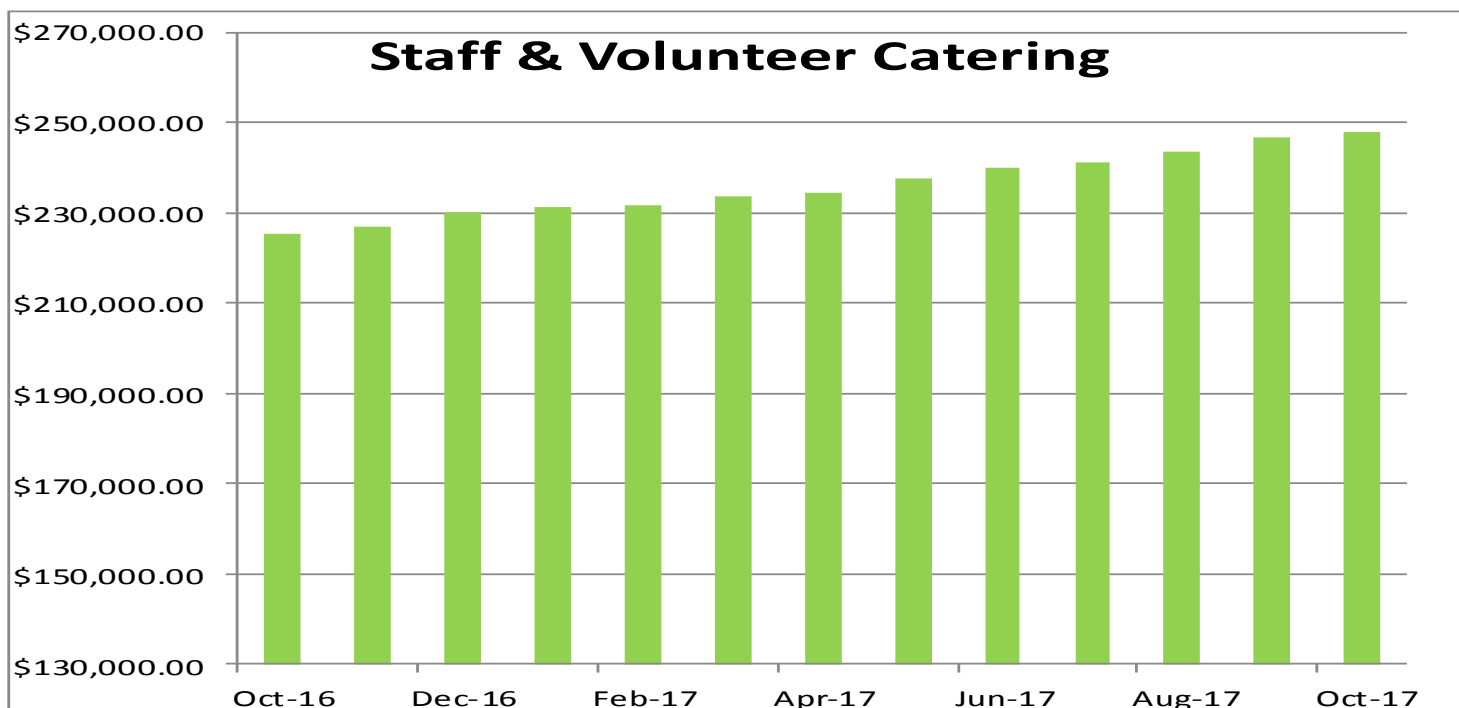
Danny Tatchell

HEATH HOUSE CAFÉ - HAV A LATTE

Works have commenced on this project with installation of the counter and floor coverings. The various trades will carry out their part of the project over the next two weeks and the cappuccino machine has been ordered and should arrive soon. Staff and volunteers will be instructed on its use. We are very excited about getting the café up and going and ready to serve our first Latte and Cappuccino and other treats we will have available at HAV A LATTE.



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



FALLS PREVENTION

Be active everyday.
Go for short walks with a friend.
Participate in organised exercise sessions.



PHOTO GALLERY



A recent bus outing, everyone soaked up the beautiful weather around the shores of Lake Wendouree, Ballarat. All enjoyed a delicious afternoon tea at Piper by the Lake and feeding the many ducks and swans.

NOTICE BOARD

MISSING HANDBAG

A Chinese styled patterned handbag with black background, 2 handles with a zipper opening and another pocket on the right front of bag is still missing. Residents name is inside of bag. If any resident or family member knows of its whereabouts can notify the reception desk in the main foyer.



REMINDER: As the warmer weather is upon us, it is 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.

LIFESTYLE

Havilah have their own Resident masseur who is available for massages at a cost of \$30 per session. If you would like to enquire about booking a session please contact Sue or Jo on 54617390.

VISITORS/RESIDENTS BOOKS

Just a reminder to visitors to please sign the Visitor Books located at each of the main entrances on entry and departure. 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.

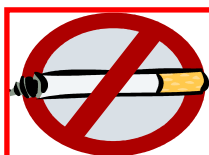
We also ask that residents and visitors advise the kitchen in relation to any food brought in to Havilah. This in no way limits family bringing in special treats but does provide a record for us in the event of a salmonella outbreak or the like. Your assistance with this is appreciated.

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. We must balance our 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.

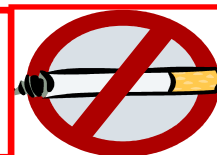


FROM THE KITCHEN

The new summer menu commences this week. Please feed back to kitchen staff your thoughts on the new menu. Residents are reminded that it is possible to order an alternate meal. Selection should be made from the dishes listed as available on the menu or on the whiteboard in the Dining Room. Please let the kitchen know of lunch time requests in the morning and alternate evening meal requests by Lunchtime.



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





THINGS MY MOTHER USED TO SAY

Don't look at me with those eyes.

If you want to act like a child, I'll treat you like one.

Quiet down, I can't hear myself think.

One day you'll thank me.

Because I said so, that's why!

MONEY and VALUABLES

Residents are asked to limit the amount of money or valuables kept on their person or in their rooms. There is a locked drawer in each room for residents who have the capacity to ensure that they can keep money and valuables locked away. EFT facilities are available at reception and purchases at the kiosk, hairdressing, footcare etc can be added to the monthly accounts.

Please keep your own money and valuables safe as Havilah will not assume responsibility for any lost items.

RESIDENT SURVEY

RESIDENT SURVEYS - October 2017

Of the 48 residents surveyed at our Harkness Street site:

100% said that staff treated them with respect always or most of the time.

94% said that staff follow up on things raised with them either always or most of the time.

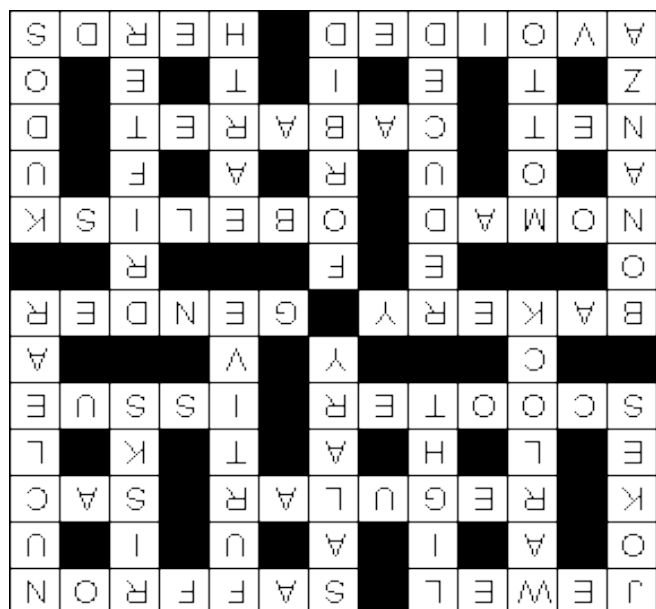
85% said that they agree or strongly agree that staff manage their pain well with the other 15% either managing their own medication or do not suffer pain.

96% of residents either agree or strongly agree that they are satisfied with the amount of food they get.



WORD OF THE MONTH

PAUCILOQUENT: uttering few words; brief in speech



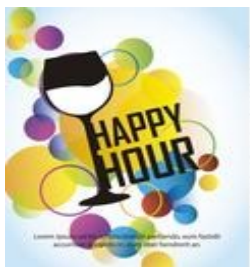
Quiz and Crossword Solutions from page 10



Answers to Anagrams

1. SKIING
2. SNOOKER
3. CANOEING
4. ROWING
5. WATER POLO
6. WATER SKIING
7. TRACK AND FIELD
8. SNOWBOARDING
9. POLE VAULTING

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.

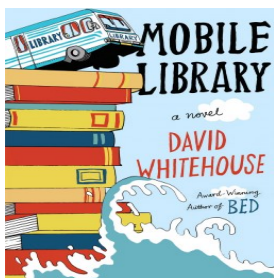
If you have an idea or suggestion for an outing, just let Activities Staff know and we will do our best to arrange the outing for you.



Resident/Advocate Meetings

Next meeting Monday 11th November 2017 at 1.15 pm

Heath House Monday 18th November 2017 at 2pm



Mobile Library— December Dates

Friday 1st December & 15th December 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
 Chairbics 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

Chairbics 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

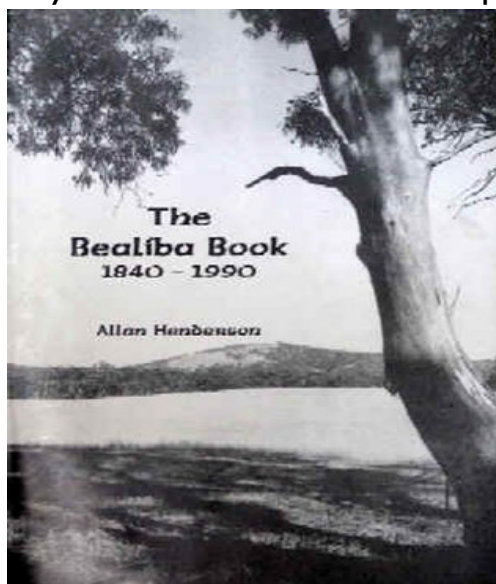
Length of time at Havilah: I Have been a resident at Havilah for just over 1 year

My Story: I was born in December 1924, I grew up on a mixed farm at Emu. I attended the Emu State Primary school and left at the age of 14 years after obtaining my merit certificate. I worked on the farm most of my life and had other jobs ranging from shearing to building houses. My wife, Nancy and I had 3 daughters, five grandchildren and 3 great grandchildren.

Things you used to do for fun: When I was young I enjoyed playing sport, swimming, dancing and riding my bike.

About where you have lived: I have lived in the Bealiba / Emu area all my life. Lived on the farm at Emu until moving into Bealiba at the age of 30. Lived in Bealiba until moving to reside in Havilah at the age of 91.

Travel, sport, passions: I have travelled throughout Australia, most of Victoria, Queensland, N.S.W, Tasmania and WA. I played a lot of football, tennis in the early years and enjoyed indoor bowls. I was a very keen photographer and have written 3 books on the history of Bealiba and served on many committees in the township.



Allan Henderson



Things you enjoy to do now: I enjoy having contact with family, neighbours and friends from Bealiba visiting, watch sport on the TV and going for drives with family.

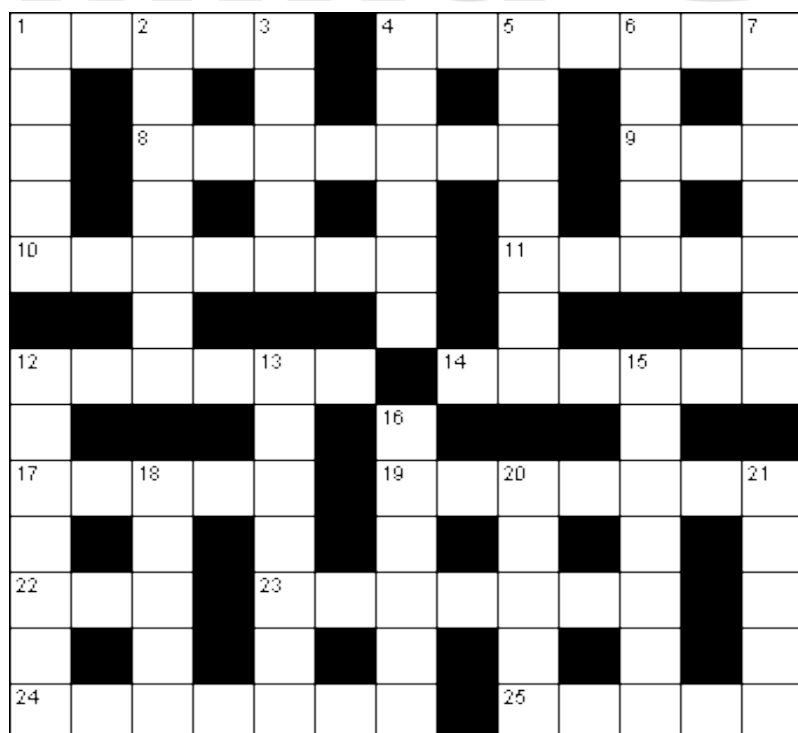
Favourite Topic: I am generally interested in anything of historical importance.

Favourite Food and Music: I enjoy listening to old time music and my favourite food is fish. I also like to indulge in a good old fashion creamed sponge cake.

December 2017

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	31

Mind Games



Across

1. Gem (5)
4. Shade of yellow tinged with orange (7)
8. Symetrically arranged (7)
9. Pouch (3)
10. Two-wheeled vehicle (7)
11. Publish (5)
12. Patisserie (6)
14. Syntactic category (6)
17. Wanderer (5)
19. Stone Pillar (7)
22. Mesh (3)
23. Floorshow (7)
24. Stayed Clear (7)
25. Groups of cattle (50)

Down

1. Jests (5)
2. Male witch or demon (7)
3. Source of illumination (5)
4. Remuneration (9)
5. Surreptitious (7)
6. Hazards (5)
7. Type of power (7)
12. Very rich vein of precious ore (7)
13. Made smaller (7)
15. Vagrant (7)
16. Prohibit (6)
18. Slogan (5)
20. Planet (5)
21. Praise (5)

Word Search - Murder Mystery

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

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

ALIBI, ARREST, CAPTURE, CAUTION, CHARGE, CLUE, CRIME, CRIMINAL, DETECTIVE, EVIDENCE, FORENSIC, INVESTIGATION, MOTIVE, MURDER, MYSTERY, OPPORTUNITY, PERPETRATOR, PLOT, POLICE, PURSUIT, SENTENCE, SOLVE, SUSPECT, WEAPON

ANAGRAMS: Sport

1. IS KING (6)
2. SNORE OK (7)
3. GAIN ONCE (8)
4. OWN RIG (6)
5. WET OR OPAL (5,4)
6. STRANGE KIWI (5,6)
7. RACED FLAT KIND (5,3,5)
8. GRAB WIND SOON (12)
9. PLOT VALUE (4,5)

Solutions can be found on page 5

PHOTO GALLERY



Horse racing was the flavour early in the month of November with residents enjoying the Melbourne Racing Carnival. Cup day festivities included a special luncheon, followed by sweeps and games leading up to the running of the Melbourne Cup. Eight residents attended the Oaks day event held at the Highland Society.





Silent disco' fever spreads to aged care

by Laura Broomham

In a first-of-its kind project, silent discos – where people dance to music listened to on headphones and usually the domain of Generation Y – are being used to help residents with dementia in NSW.

RSL LifeCare's Anzac village in Narrabeen in Sydney's northern suburbs runs the Moove and Groove program once a week, with residents coming together to listen to classic songs from the 50, 60s and 70s as well as more modern tunes led by a 'DJ' facilitator.

The program's creator Alison Harrington told the [ABC](#) the effects of the class are amazing.

"One lady who hardly ever speaks a word, for an hour after the class she was going around talking fluidly to everyone," Ms Harrington said.

"Everyone comes out smiling."

Bringing back musical memories

Aggression, agitation and frustration are common among people with dementia, but staff report the residents are calmer and more settled after a dance session – a fact that has already been proven by previous research.



The Netherlands is paving its roads – with used loo paper By Annie Donaldson
No, really it's true. A bike path connecting two towns in the cycling-friendly country has become the first to be paved with recycled toilet paper.

The paper is used to add cellulose (plant fibres) into the open-graded asphalt friction course (OGFC), which is used on most Dutch roads.

This helps to maintain traction on slippery roads and makes the asphalt better at draining water – a necessity in the flood-prone nation.

With the Dutch flushing away an estimated 180,000 tonnes of toilet paper every year, it's a smart solution for a serious head-scratcher.

While used toilet paper is relatively easy to recycle, not many people want to come into contact with items that have touched poop, so it can't be turned into napkins or other paper products.

Another reminder that just because toilet paper grows on trees, there's no reason to waste it.

Auto Lock Down:

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

HAV' A' LAUGH



A bloke went to the pet shop and said to the owner: "I'd like to buy a budgie, but I want a really good budgie that talks."

So the owner sold him a lovely blue and yellow budgie and a cage and the man took his new pet home.

Two days later he was back, saying the budgie had not spoken a word. The shop owner asked: "Is he happy? Jumping up and down on his perch?"

"Perch? He hasn't got a perch," said the chap.

"Got to have a perch," said the shop owner. So the chap duly bought one for \$20.00

Two days later he was back reporting the same problem.

The shop owner asked this time if he had a bell.

"No, doesn't have a bell."

"Oh well, you've got to have a bell," the shop owner said, and sold the man a bell.

Two days later he's back. Same problem.

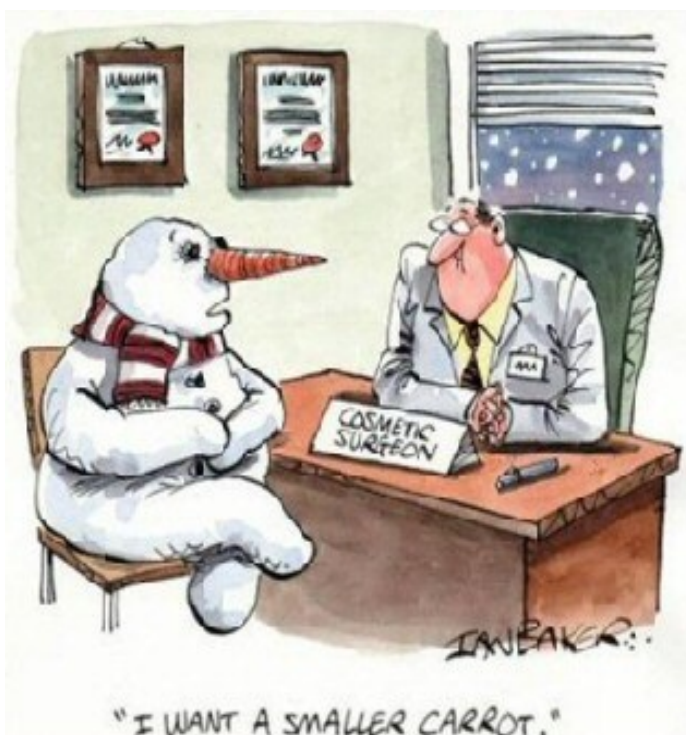
"Has he got a mirror and ladder?" the shop owner asked.

"No neither of those, \$40.00 later the owner walked out with both items.

Two days later the chap comes back and with much sadness and anger and reports that the bird was dead.

The shop owner inquired if the bird said anything before he died.

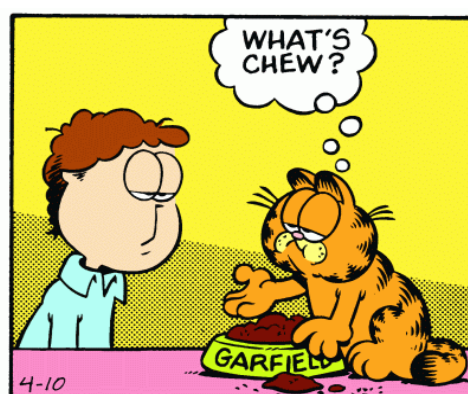
"Oh yes," replied the man, "He said, 'Doesn't that shop sell bird seed.'"



An artist had been working on a nude portrait for some time, everyday he would work till late, bringing perfection with every stroke of his paint brush. As each day passed, he gained a better understanding of the female body and was able to really make his paintings shine.

After a month, the artist had become weary from this non-stop effort and decided to take it easy for the day.

The model arrived this day so the artist suggested that they have a talk and a nice glass of wine, they talked for a few hours, getting to know each other better when the artist heard a car pull up outside. "Quick," said the artist to his model, "It's my wife, take you clothes off."



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 KITCHEN

Main Kitchen **54617388** Internal Dial **388**

Heath Kitchen **54617482** Internal Dial **482**



WHEN THE FIRE ALARM SOUNDS

Please remain where you 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



CHRISTMAS FUNCTION

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.