

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](http://www.havilah.org.au)

Issued 8th December 2015

# HAVACHAT

*Merry Christmas to Our Residents and their Families  
To Our Volunteers and Staff  
and May the New Year be Wonderful for You All.*





### CARE LEAVERS AUSTRALIA NETWORK

*A national peak organisation for people who grew up in an Orphanage, Childrens Home or Foster Care*

The Care Leavers Australasia Network (CLAN) is a national, independent, peak membership body that represents and advocates for people who were raised in Australia's orphanages, Children's Homes and foster care.

CLAN has been operating since 2000 and has offices in Sydney and Melbourne. CLAN offers the following services:

- Free telephone or face to face counselling
- Socials get-togethers in all states
- Reunion support
- Bi-monthly newsletter
- Help to obtain your Ward or Home file
- Help to write your personal story
- Free advertising in the CLAN newsletter to locate lost family members or Home friends
- Assistance in family research
- Access for CLAN library members to a national library with an extensive collection of personal stories, histories of orphanages and research documents. The library also contains a large self-help section.
- Clan can assist members to get their parent's war service records for free.
- Advocacy and lobbying on issues relating to care leavers services in all states
- Clan has a National Orphanage Museum

Free Call: **1800 008 774** Mobile: **0425 204 747** or [WWW.clan.org.au](http://WWW.clan.org.au)

CLAN offers free telephone counselling and face to face counselling four days a week with 50 minute long sessions. It is a free service as CLAN calls you on your landline. Family members of Care Leavers can also use this service. If you feel you would like a chance to discuss any issues with the CLAN counsellor please feel free to contact the CLAN office on 1800 008 774 or email [support@clan.org.au](mailto:support@clan.org.au) to make an appointment.

# HOME

How would you define the word ‘home’? During a meal with friends, the one classification on which we all agreed was that it should be a place where we can happily and unapologetically be ourselves.

Afterwards, on the way home, the Lady of the House and I continued to ponder on the matter. For if this good Earth is home to its whole population, wouldn’t it be wonderful if we could indeed all live without fear or pretence?

It’s Max Ehrmann’s poem “Desiderata” that contains the line “You are a child of the universe .....you have a right to be here”.

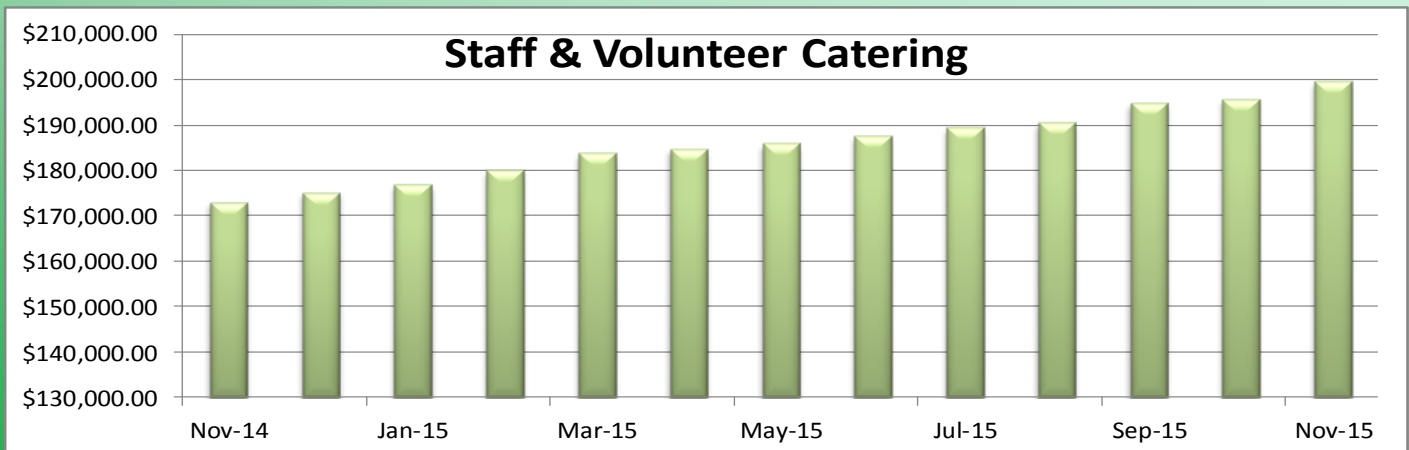
We may not be able to do much about the rest of the world, but in our own little part of it, let’s try to ensure it’s always a welcoming and accepting place to be.

Excerpt from The Friendship Book.

**Resident Meeting—Monday 14th December—1.15 pm in Callistemon Activities Room**

**Resident Meeting Heath House—Monday 21st December — 2.00 pm Heath House**

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



This table shows the amount of fundraising provided by Havilah volunteer catering group



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



**RESIDENT SURVEYS - October 2015:**

Of the 59 (44 Harkness + 15 Raglan) residents surveyed:

98.3% of residents surveyed said they are satisfied with their involvement in decisions about their care or treatment.

81.8% of Harkness street residents said they knew about the fashion parade that was held in September in the main dining room at Harkness Street.

98.3% of residents who attended the fashion parade said they enjoyed it.

88.1% of residents surveyed said they think they are getting enough sleep/rest.



Hi from the desk of the Director of Care,

Summer is upon us and boy is it hot for the first week and they are predicting this heat will continue. This is then a good opportunity to look at our requirements for fluid intake to ensure our residents do not become dehydrated.

There are some common signs of dehydration in the elderly

- Sticky or dry mouth
- Increased thirst
- Fatigue
- Dizziness
- Headache
- Increased confusion

It is recommended that the elderly maintain their fluid intake at approx. 1.5 lts per day for an averaged sized person, so remember when visiting your relative or going for outings that we keep in mind the need to drink plenty of water and be aware of the signs for dehydration. I do appear to harp on this issue but it is the simplest thing we can do to maintain good health.

All the Christmas decorations are going up and boy do they look great. It gives a feeling for the season. With the Havilah Xmas BBQ's happening this week I hope to see everyone there and enjoying themselves.

We had an unannounced visit from the Accreditation Agency on the 1<sup>st</sup> Dec where they evaluated our care delivery, interviewed residents and looked at our processes. We thank all our residents, family and friends for continually supporting Havilah and making suggestions for improvement that ensures we deliver the highest standard of care. Suggestion boxes are located at the entrances to Havilah please continue to fill in the forms to help us maintain our care delivery standards.

Merry Christmas

Dave



# Melbourne Cup Celebrations



Race stewards at the ready.



Millie, Olwyn, Pat and Fay.



Lorraine with her Mum Muriel



Cynthia



Jean



Millie



Arthur



Roslyn



Jessie



Hazel and Joan



Nancy, Nancy, Dot and Monika



Gordon, Warren, Bill and Victor





**Nancy**



**Jessie**



**Hilda**



**Jean**



**Pat, Jean and Jean**



**Mary**



**Jennie**



**Olwyn and Hilda**



**Pat**



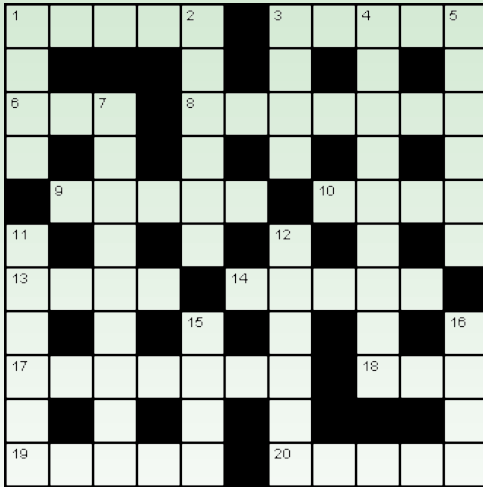
**Jennie and Nancy**

## Oaks Day at the Highland Society for the MEC Chaplin Fundraiser.



**Hilda and Nancy**

# Mind Games

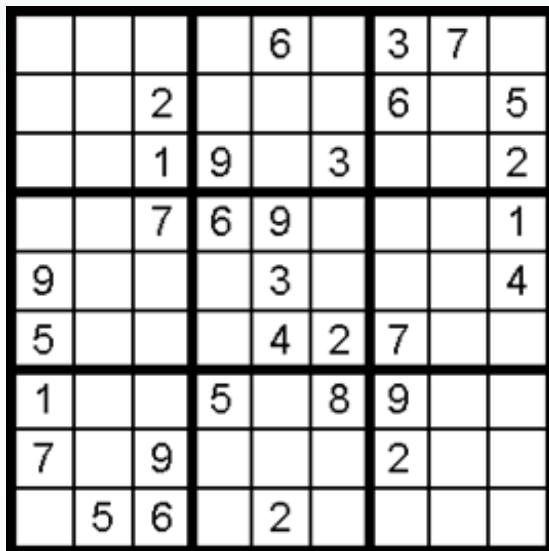


## ACROSS

1. Hanker (5)
3. Lariat (5)
6. Decimal base (3)
8. Conundrums (7)
9. Garret (5)
10. Dull pain (4)
13. Long narrative poem (4)
14. Commence (5)
17. Vegetable (7)
18. Novel (3)
19. Nursemaid (5)
20. Synthetic fabric (5)

## DOWN

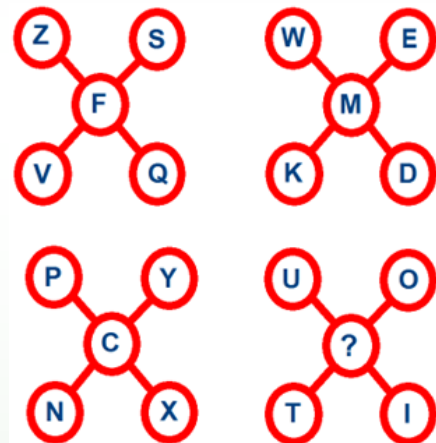
1. Abominable snowman (4)
2. Serviette (6)
3. Indolent (4)
4. Choice (9)
5. Marine mollusk (6)
7. Sustenance (9)
11. Time of year (6)
12. Gentle breeze (6)
15. Untrusting (4)
16. Aquatic bird (4)



## MIND OVER MATTER

Break the code to discover the missing letter.

Hint A-Z = 1—26



## MOVIE QUIZ

Who was Wil Shakespeare in the 1998 movie, *Shakespeare in Love*?

a. Ralph Fiennes b. Joseph Fiennes

2. Who directed the 1997 movie, *Titanic*?

a. Steven Spielberg b. James Cameron

3. Who was James Bond in the 1997 movie, *Tomorrow Never Dies*?

a. Pierce Brosnan b. Roger Moore

4. Who was Jerry Welbach in the 2001 movie, *The Mexican*?

a. George Clooney b. Brad Pitt

5. Who was the *Daredevil* in the 2003 movie of the same name?

a. Jude Law b. Ben Affleck

6. Who was Joanna Eberhart in the 2004 movie, *The Stepford Wives*?

a. Teri Hatcher b. Nicole Kidman

7. Who was Maggie Fitzgerald in the 2004 movie, *Million Dollar Baby*?

a. Sandra Bullock b. Hilary Swank

8. Who was Mr Brown in the 2005 movie, *Nanny McPhee*?

a. Hugh Grant b. Colin Firth

9. Who is Robert Ramsey in the 2006 movie, *Poseidon*?

a. Nick Nolte b. Kurt Russell

10. Who is the voice of RJ in the 2006 movie, *Over the Hedge*?

a. Bruce Willis b. Mel Gibson



Solutions can be found on page 11.



## GREAT THINGS TO DO IN DECEMBER

Don't forget to check your Activities Calendar located on the back of your door for other daily activities

### HAPPY HOUR EACH FRIDAY 4.30—5.30pm

Live entertainment in main Dining Room.

Happy Hour activities continue at Heath House



### CHURCH SERVICES – all Services begin at 10.30 am

Wed 2<sup>nd</sup>

Uniting Church

Wed 9<sup>th</sup>

Wattle City Church

Wed 16<sup>st</sup>

Salvation Army Church

Tue 22<sup>nd</sup>

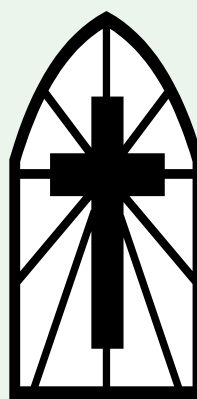
Anglican Church

Wed 23<sup>rd</sup>

No Church

Wed 30<sup>th</sup>

No Church



### SPECIAL EVENTS

Mental Health Awareness Day

Girl Guides visit in main Dining Room

Thu 3<sup>rd</sup>

4pm

Tue 8<sup>th</sup>

Family and Friends Christmas BBQ at 5.30pm



Wed 9<sup>th</sup>

Special Bingo 1.30pm

Sat 12<sup>th</sup>

Games Evening 6.30pm

Tue 15<sup>th</sup>

Christmas Lights Tours 8.30pm

Wed 16<sup>th</sup>

Christmas Lights Tours 8.30pm

Thu 17<sup>th</sup>

Christmas Day

Fri 25<sup>th</sup>

Boxing Day

Sat 26<sup>th</sup>

New Years Eve Dance in main dining room

Thu 31<sup>st</sup>

3.30pm





## 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 between 7am and 11 pm; or 367 between 11 pm and 7 am

**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.

**For all other areas of Havilah dial 54617300** and follow the prompts.

## COMMENTS, COMPLIMENTS, SUGGESTIONS AND COMPLAINTS FORMS ARE AVAILABLE IN THE FOYERS OF BOTH BUILDINGS

Residents and families are encouraged to communicate any issues they may have. There is a **Director of Care (RN1)** 54 617489 or internal dial 489. Email [dave.burridge@havilah.org.au](mailto: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](mailto:dhs@havilah.org.au).

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

Postal Address: Havilah Hostel 17 Harkness street, Maryborough Vic 3465



# HAV'A LAUGH



What do you call a kid who doesn't believe in Santa? A rebel without a Claus.



What do you call an elf who sings? A wrapper!

Why is Christmas just like your job?  
You do all the work and the fat guy with the suit gets all the credit.

Why does Santa Claus go down the chimney on Christmas Eve? Because it soot's him

Why are Christmas trees so fond of the past?  
Because the present's beneath them.

What do you call a broke santa?  
Saint-NICKEL-LESS

What do you get if you eat Christmas decorations? TinsELITIS!

Why is Santa so jolly? Because he knows where all the naughty girls live.

What do you call Santa living at the South Pole?  
A lost clause.



What do you call a cat on the beach at Christmas time? Sandy Claws!

What do you call people who are afraid of Santa Claus?  
Claustrophobic.

What does Santa bring naughty boys and girls on Christmas Eve?  
A pack of batteries with a note saying "toy not included".



*Merry Christmas*

## Sudoku, Quiz and Crossword Solutions from page 7

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

N	A	N	N	Y	R	A	Y	O	N
O	R	O	R	Y	A				
S	P	I	N	A	C	H	N	E	W
A	T	W	P	O	S				
E	P	I	C	B	E	G	I	N	
S	R	N	Z	T	R				
A	T	I	C	A	C	H	E		
I	U	K	Y	E	T				
T	E	N	P	U	Z	Z	L	E	S
E	A	A	E	Y					
Y	E	A	R	N	L	A	S	S	O

**MOVIE QUIZ ANSWERS**

**Solution: The letters A-Z are valued 1-26. In each set, the difference between**

**MIND OVER MATTER**

1b. Joseph Fiennes  
2b. James Cameron  
3a. Pierce Brosnan  
4b. Brad Pitt  
5b. Ben Affleck  
6b. Nicole Kidman  
7b. Hilary Swank  
8b. Colin Firth  
9b. Kurt Russell  
10a. Bruce Willis

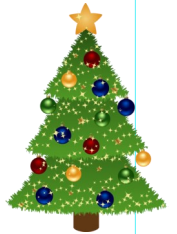
the middle value, so  
ues on the right, equals  
the top and bottom val-  
difference between  
ues on the left, plus the  
the top and bottom val-  
5b. Ben Affleck  
4b. Brad Pitt  
3a. Pierce Brosnan  
2b. James Cameron  
1b. Joseph Fiennes



# 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](mailto: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)

4th Thursday of each month at 7.00  
 pm Raglan House (except 24/12/15)

### INDOOR BOWLS

Each Friday at 10am Raglan House  
 (except 25/12/15)

### GAMES NIGHT

The next Games night is on Tuesday  
 15th December at 6.30 pm at  
 Harkness Street

### CARDS (Show Poker)

Each Tuesday 3.15 pm (except  
 8/12/15) in Callistemon House

### STRENGTH EXERCISES

Each Wednesday 11.15 am (except  
 30/12/15) in Callistemon House

### HAPPY HOUR

Each Friday at 4.30 pm (except  
 25/12/15) 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.