

Please contact Jenni on 5461 7489 or email
jenni.dellavedova@havilah.org.au if you
would like your Havachat sent via email

HAVILAH WEBSITE:
www.havilah.org.au

Issued 8th December 2016

HAVACHAT



To Each and Everyone of our Wonderful Havilah Community.

Have a Safe and

Happy Festive Season.

FUNCTIONS FOR YOUR DECEMBER CALENDAR:

Wednesday 14th 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
mail@havilah.org.au if you would like additional invitations sent out**

MON 19TH and WED 21ST Christmas Lights Tour

CHRISTMAS DAY AT HAVILAH

3 Course Lunch \$25 per head. Bookings essential. RSVP by Friday 9th December.

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

Resident Meeting— Monday 12th December at 1.15 pm in Callistemon Activities Room.

Resident Meeting Heath House— Monday 19th December at 2pm .

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

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 if you wish for an issue to be fully addressed 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 KITCHENS

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

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

LOCK DOWN TIME CHANGE

Due to the longer daylight hours, the time the doors will lock throughout the facility has been increased to 7.00pm. Access is available after hours by calling the buzzer at the main entrance.

RESPITE RESIDENT DISCHARGES

When residents are discharged from Havilah it is important for them (or their family/carer) to come past the main reception so they can book out. This way keys, pendants and any other items can be returned and signed off. On weekends, discharge can be done at the BAC Nurses Station.

Your assistance with this is appreciated.



The new magnetic glass notice boards have been installed in the passage area between the main kitchen and Grevillea, and also in Correa House. They will be used each day to let residents and families know what activities are scheduled within in the facility.

FALLS PREVENTION TIP

Be active everyday. Go for a short walk with a friend.

Consider participating in exercise classes.

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 ADDRESS SYSTEM.





Inspirational Quotes

Quote:

"A ship is safe in harbour, but that's not what ships are for."

Lesson to learn:

We can be safe and comfortable at home, but the point of life is to experience

DOCTORS' VISITS

Residents and families are reminded to pick up paperwork from the Care Station prior to visiting your off site GP. This information should be handed in to the Care Station on your return. This is so that Havilah can keep up to date with Doctors instructions and comments re your health.



Ivy & Nancy at Alva Brae Open Gardens.



Alby and Lesley enjoy a drink at Alva Brae Open Gardens



Bill and Pat enjoying afternoon tea at Lake Wendouree.



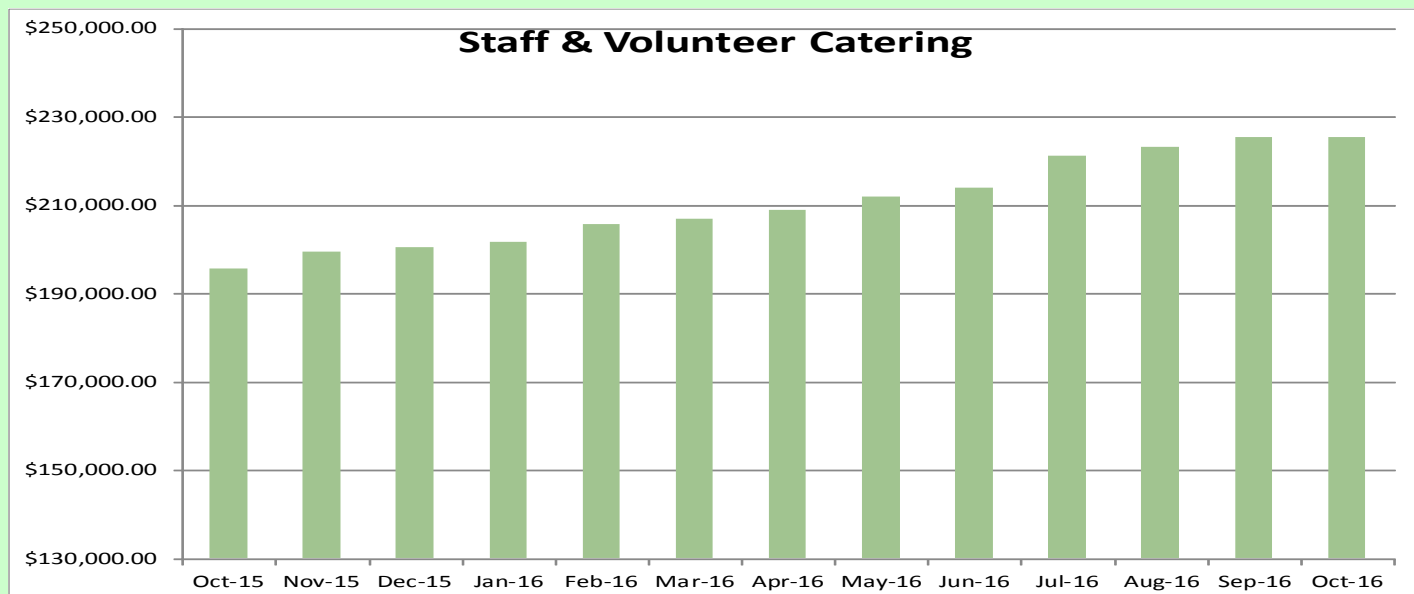
Betty getting friendly with the puppy visit



Roslyn (middle) and Mary (above) and Olwyn (below) at Craft.



This table shows the amount of fundraising provided by the Havilah volunteer catering group. The Group provides catering for birthdays, parties, funerals and weekly dinners for Maryborough Rotary. New volunteers are always welcome. Please see Sue or Raeleen.



FROM THE KITCHEN

Havilah menus are prepared within the guidelines of aged care nutrition and menu planning. Care and consideration is taken to ensure residents are offered a healthy and nutritious diet. Residents with special dietary requirements are also catered for.

The menu for each day is displayed on the dining tables. If residents do not wish to have the 'First Choice' they can notify the catering staff that would like the 'Second Choice' shown on the menu.

Alternates at Lunch time are - salads, sandwiches, quiche, baked beans and spaghetti which are available on request. Please advise kitchen staff at breakfast if you would like one of the Lunch alternates rather than what is being offered on the menu for the day.

At tea time there is a selection of two soups, two mains and two sweets on the menu.

Alternates at tea time are - Salads, raisin toast and sandwiches. Please advise the kitchen prior to 3pm if you would like one of these alternate choices.

Please take special note of the times for ordering of alternate meals.

Thank you Di Jackson Food Service Manager

RESIDENT SURVEYS - October 2016:

Of the 63 (41 Harkness + 22 Raglan) residents surveyed:

95% of residents are happy with the atmosphere in the dining rooms at meals times.

97% of residents surveyed state that they can go to bed when they wish to.

100% of residents believe that when they attend a community outing it meets their needs.

97% surveyed residents have said their room is quiet enough.



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



Well Did You Know.....

- Australia has the world's largest population of wild camels with one hump.
- The Tasmanian Devil does exist, and it has the jaw strength of a crocodile.
- Sharks are immune to all known diseases.
- There are 1500 species of Australian spiders
- If you read about our spiders you might not like this: the average person swallows three spiders a year.
- There are more than 150 million sheep in Australia, and only some 20 million people



Signing In and Out

We ask that all residents and their families please complete the details in the Sign Out Book when leaving Havilah and when returning.

The information required includes: Residents Name, Where they are going, Who with, Time out, Approximate time due back, Returned time, Signature and Date.

Your assistance with this is much appreciated.

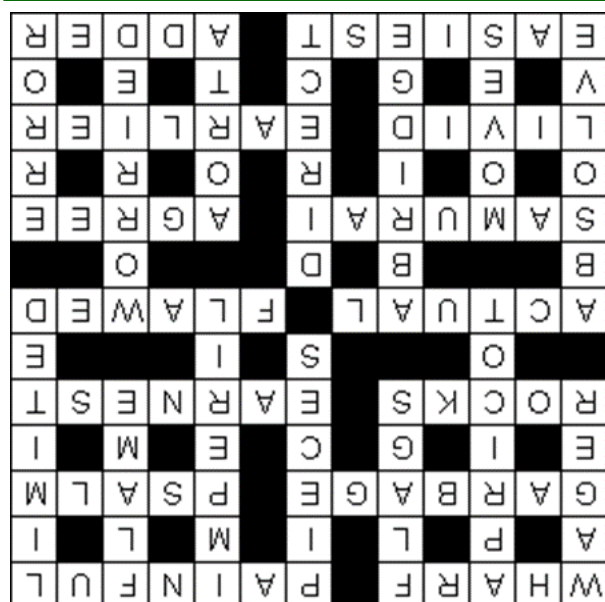


HAVILAH KIOSK

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.



REMINDER

TO FAMILY & FRIENDS

The under cover area at the front of the main foyer is only a 5 minute drop off/pick up for residents. The area is to be kept clear for Emergency Vehicles.



Quiz and Crossword Solutions from page 10





Noel Pollerd

December 2016

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	

Favourite topics: Take interest in unusual things, and Australiana.

Favourite Food and Music: Enjoyed steak and eggs, Burl Ives, Mitch Miller and any music easy on the ears.

LAUNDRY

The lost clothing department in the laundry has become full with unlabelled clothing once again. Residents and family members are encouraged to visit the laundry to see if they can identify any missing clothing. Residents are reminded that after a month in the lost clothing they are sent to the Carisbrook Opportunity shop.

December:

Name: Noel Pollerd

Length of time at Havilah: 6 years and 9 months

My Story: I was born at the Charlton Hospital in 1937 and lived in Wedderburn until I was 4 years of age. My Family moved to Carisbrook where I attended the Carisbrook Primary school and then the Maryborough Technical College. My first job was as a shearer with a best of 191 sheep a day. I worked for the Grain Elevator board at the Moolort silos for 14 years then as a cleaner at the Maryborough Technical College.

Things you used to do for fun:

Play sport, stamp collecting, family history, and when I was a youngster I had a pet goat who would grunt and fart as he liked alcohol.

Travel, sport, passions: Played football for Carisbrook, played Basketball, coached basketball at a local level for many years and also at state level with the Australian U16 girls. I have travelled extensively throughout Australia, America, Germany, and France.

Things you enjoy to do now:

I enjoy playing scrabble, checkers, anything that requires strategies.

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 7th 10.30am Uniting Church

Wed 14th 10.30am Salvation Army Church

Wed 21st 10.30am Wattle City Church (additional service in Heath House)

Wed 28th No Church

SPECIAL EVENTS

Wed 7th 4.00pm Girl Guides Concert - Main Dining Room

Wed 14th Annual Christmas BBQ commencing 5.30pm

Sat 17th 9.30 am Activities Bingo 1.30pm

Mon 19th Christmas Lights Tour

Wed 21st Christmas Lights Tour

Sun 25th Christmas Day Celebrations

Sat 31st 9.30am Activities

Sat 31st 1.30pm Special Bingo

**3.30pm New Years Eve -
Dance.**



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
(Callistemon Activities Room)



MAR-BOWLS - Tuesdays 1.30pm Correa Lounge

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

HAPPY HOUR EACH FRIDAY at 4.30 PM



TUESDAY - Afternoon Cards 3.15 pm

Street Walk 1.30pm

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

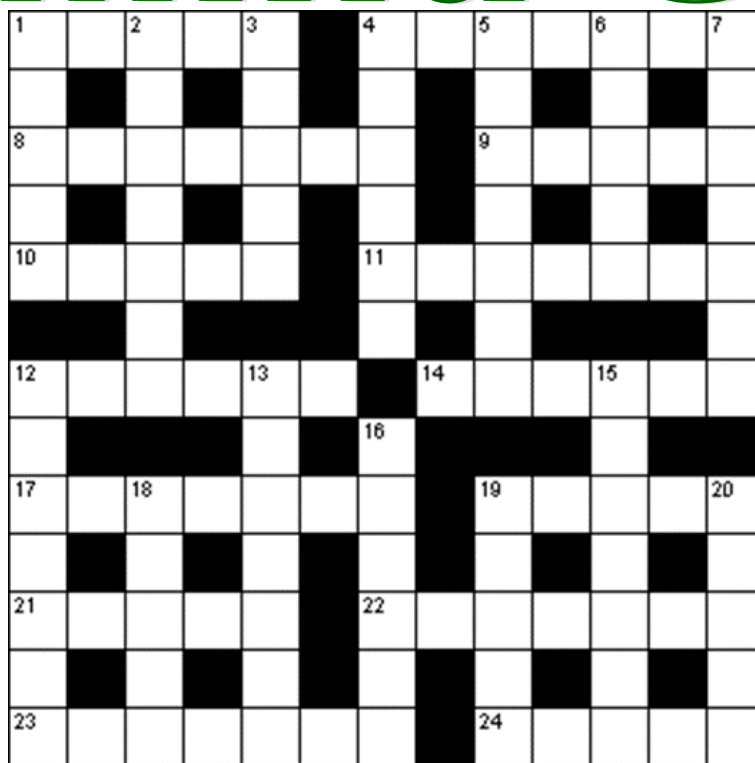
SUNDAY - Devonshire Afternoon Tea



COOKED BREAKFAST 1st Monday of Each Month



Mind Games



Across

- 1 Dock
- 2 Sore
- 8 Rubbish
- 9 Sacred Song
- 10 Boulders
- 11 Sincere
- 12 Real
- 14 Blemished
- 17 Ancient Japanese Warrior
- 19 Concur
- 21 Ashen
- 22 Before
- 23 Least Difficult
- 24 Viper



WORD SEARCH—INVENTORS

Down

- 1 Bet (5)
- 2 Fruit (7)
- 3 Emblems (5)
- 4 Fragments (6)
- 5 Endanger (7)
- 6 Fire (5)
- 7 Restricted (7)
- 12 Relieve of blame (7)
- 13 Abbreviate (7)
- 15 Concerned (7)
- 16 Straightforward (6)
- 18 Relocates (5)
- 19 Main artery (5)
- 20 Mistake (5)



Can you find the hidden words? They may be horizontal, vertical, diagonal, forwards or backwards.

ARCHIMEDES, BELL, BENDIX, BENZ, BUNSEN, BURROUGHS, CARTWRIGHT, COLT, CROMPTON, DAILER, DE SEVERSKY, DIESEL, DUNLOP, EDISON, FORD, FRANKLIN, FULTON, JEFFERSON, LEONARDO DA VINCI, MARCONI, MORSE, NOBEL, PULLMAN, SINGER, STEPHENSON, TULL, WATT, WESTINGHOUSE.



HAV'A LAUGH



Q: What's red and white and black all over?

A: Santa Claus after he slid down the chimney.

One Christmas, Joe and Peter built a skating rink in the middle of a field. A shepherd leading his flock decided to take a shortcut across the rink. The sheep, however, were afraid of the ice and wouldn't cross it. Desperate, the shepherd began tugging them to the other side.

'Look at that,' remarked Peter to Joe, 'That guy is trying to pull the wool over our ice!'

The judge asked the defendant what he was charged with.

"Doing my Christmas shopping early," was the reply.

"That not illegal!. How early were you shopping?"

"Before the store was open."

A boy with a monkey on his shoulder was walking down the road when he passed a policeman who said, "Now, now young lad, I think you had better take that monkey the zoo." The next day, the boy was walking down the road with the monkey on his shoulder again, when he passed the same policeman. The policeman said, "Hey there, I thought I told you to take that monkey to the zoo!" The boy answered, "I did! Today I'm taking him to the movies."

A man was waterskiing when he fell into the river. As the boat circled to pick him up, he noticed a hunter sitting in a duck boat in the reeds. The man put his hands in the air and joked, "Don't shoot!"

The hunter responded, "Don't quack."





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

Special Morning Tea & Reminiscing Chat Each Friday at 10.30am

Strength Exercises Each Monday at 2.30pm

Family & Friends BBQ Fri 16th December

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 Main Lounge

SPECIAL BINGO Each Saturday at 1.30pm Callistemon House.

SPECIAL EVENT

Games Evening Tues 13th December

Family & Friends BBQ Wed 16th December

Christmas Light Tour Mon 19th & Wed 21st December



Retirement Residents have access to **HAIRDRESSING** and **MEALS** at both sites and also **FOOTCARE** and **PODIATRY**.

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