

**ISSUED**  
**31st JULY**  
**2015**

# HOP HAVILAH TOPICS

Residential Care & Retirement Living



## Lifestyle Committee News

We had a good turn up for this month's Independent Residents Lifestyle committee meeting. The committee discussed the low attendance at recent HOP activities.

The committee felt that the cold winter weather was a strong factor and as a result have decided to temporarily cancel Movie Night and recommence in October 2015.

The time for Coffee & Chat which follows the Monthly meetings has been changed to now commence at 3.00pm. This will allow for a seamless transition from the meeting into Coffee & Chat. Coffee & Chat is catered with a supplied afternoon Tea.

Other items discussed were arranging outings on weekends, using the Havilah's 10 seater Bus. The committee discussed visiting points of interest and events throughout the district. The committee is looking for residents who are capable of driving the Bus on these outings. Any interested residents can contact Resident Liaison Officer Keith.

The committee has also been investigating the creation of a Tai Chi Exercise group. A local gym can supply an instructor, but the cost would be \$55.00 per session. This would rely on 11 residents attending each session at a cost of \$5.00 per head. The committee concluded that based on the current attendance of HOP residents, this activity was not financially viable. The committee also investigated getting a volunteer Instructor, but again this became an issue because of public liability and professional Indemnity concerns.

Residents interested in exercising are welcome to attend the Raglan House exercise sessions. Physiotherapist Rhonda James conducts Strength Exercise Training each Monday at 2.30pm in Raglan House and on Tuesday and Thursday's at 2.30pm. Activity Coordinator Keith conducts Chairbics.

The warmer weather is only a few months away, so this is a good time for residents to think of activities they would like to see created. The next Lifestyle committee meeting is on Thursday 18th September 2015.

## **DORRIE WINS GUESSING COMPETITION**

As part of the Xmas in July celebrations the Havilah On Palmerston community took part in a good old fashioned Guessing Competition.

Residents were asked to Guess the number of lollies in a Glass Jar.

The Winner of the competition was Dorrie Duffin. Dorrie will now have plenty of sweets to offer her guests, when they come to visit. Rumour has it they better be quick the jar appears to be going down at a steady rate.



## **ANNIE'S FAREWELL**

It was with mixed feelings that we farewelled Director of Human Services Annie Constable last week. A feeling of sadness to see her go, and yet happiness and pride in her achievement of her new position as CEO at Asteria Services. Annie has been associated with Havilah either as a Board Member or on Staff since its establishment in 1995 and we will certainly miss having her around. Board Vice President Craig Bell presented Annie with an IPAD from all at Havilah at a function at Peppas on Wednesday night. Board Member Robyn Jennings provided beautiful table decorations for the evening.

At the staff farewell held at Carolines on Friday night, Annie was thrilled to receive a gift of diamond ear rings from staff

RN Kelsey Hooper has been promoted to the Director of Human Services position. Please do not hesitate to contact Kelsey as you would have Annie. Her number is 54617383 or internal dial 383.

## **HAVILAH VISITORS SIGN IN/OUT BOOKS**

We now have Visitor Books located at the main entries to the Havilah buildings at the Harkness Street site and Raglan House. All visitors are required to sign in when entering Havilah and to sign out when leaving. Your assistance with this is appreciated.



Please note also that an area is to be added to both books to record food brought in for residents. This in no way limits family and friends bringing in special treats for residents but does provide a record for us in the event of a salmonella outbreak or the like.

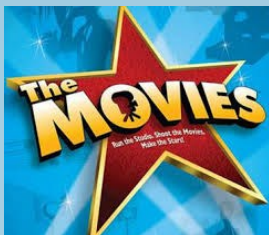
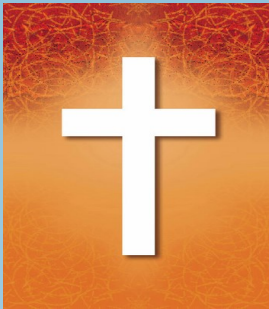
## Contact Numbers For Palmerston St

**Community Centre**  
**MON-FRI**  
**9AM-12 NOON**  
Reception: 5459 0140

**Contact Numbers**  
**For Harkness St**  
**MON-FRI**  
**9AM-4PM**  
Reception: 5461 7387

**MON-FRI**  
**5PM-11PM** 54 617394  
54 617370  
**11PM-9AM** 54 617367

**SAT-SUN**  
**9AM-11PM** 54 617370  
**11PM-9AM** 54 617367



## What's On & Events

- ♦ **Lifestyle Committee Meeting**  
Thursday 18h September 2015 @ 2.45pm at the Community Centre , Meeting Room **Coffee & Chat immediately after the meeting**
- ♦ **Coffee & Chat** - Community Centre, Meeting Room  
Every 3rd Thursday of the month at 3.00pm next session will be the 20th August 2015.
- ♦ **Movie Night** - Will return in October 2015.
- ♦ **500 Card Night** - Raglan House  
Every 4th Wednesday of the month at 7.00pm  
Next Game 26th August 2015 Tea & Coffee provided.
- ♦ **Havilah on Palmerston Independent Residents Meeting. (Held Bi-Monthly) Next Meeting**  
Thursday 20th August 2015 at 2.45pm Room 7 of the Community Centre. **Coffee & Chat immediately after the meeting**
- ♦ **HAPPY HOUR**  
Every Friday night in the Community Centre Function Room commencing at 5.00pm entertainment, finger food & drinks.
- ♦ **Sing-a-Long**  
Every 3rd Wednesday of the Month at 2.45pm in the Community Centre Room 7 with Cynthia Jarratt and Bob Osborne
- ♦ **Carpet Bowls**  
Every Friday 10.30am in Raglan House at The Neill St End with June Gillespie, Anne Stuart & Val Marks



## HOP CHURCH SERVICES



- ♦ **Uniting Church** - 1st Wednesday of the month at 2.30pm.  
Room 7 of the Community Centre
- ♦ **Anglican Church** - 2nd Thursday of the month at 10.30am  
Room 7 of the Community Centre
- ♦ **SALVATION ARMY CHURCH** - 4th Wednesday each  
Month 2.45pm
- ♦ **AOG Genesis Church** - Selected Dates Throughout the  
Year



## AFL 2015 SEASON FOOTY TIPPING COMPETITION



The Footy tipping competition is starting to heat up and our leader Dorrie Duffin has quite a handy lead with 6 Rounds to go. Can she maintain her form or will Dorrie start to feel the pressure from the chasing pack.

Leaders: Dorrie Duffin on (107) in second place on (101) Wilma Doble and Elma Taylor on (101) and Lesley Boxall and Bob Osborne on (100)

In Round 17 Wilma Doble and Bob Osborne correctly tipped all 9 winners. Congratulations folks you win \$10.00 for your fine effort.

*Good Luck to all and remember to get your tips in before the 1st game each week. For those residents who forget to pick on any given week, they will receive the Away Teams.*



## 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.



## MEDICATIONS

People often think complementary medicines are safe and will not cause any problems. However, complementary medicines may cause side effects or interact with prescription medicines, alcohol and other drugs, and other complementary medicines to cause side effects. It is important to tell all your health care professionals about all the medicines you are taking, including prescribed medicines, over-the-counter medicines and complementary medicines.

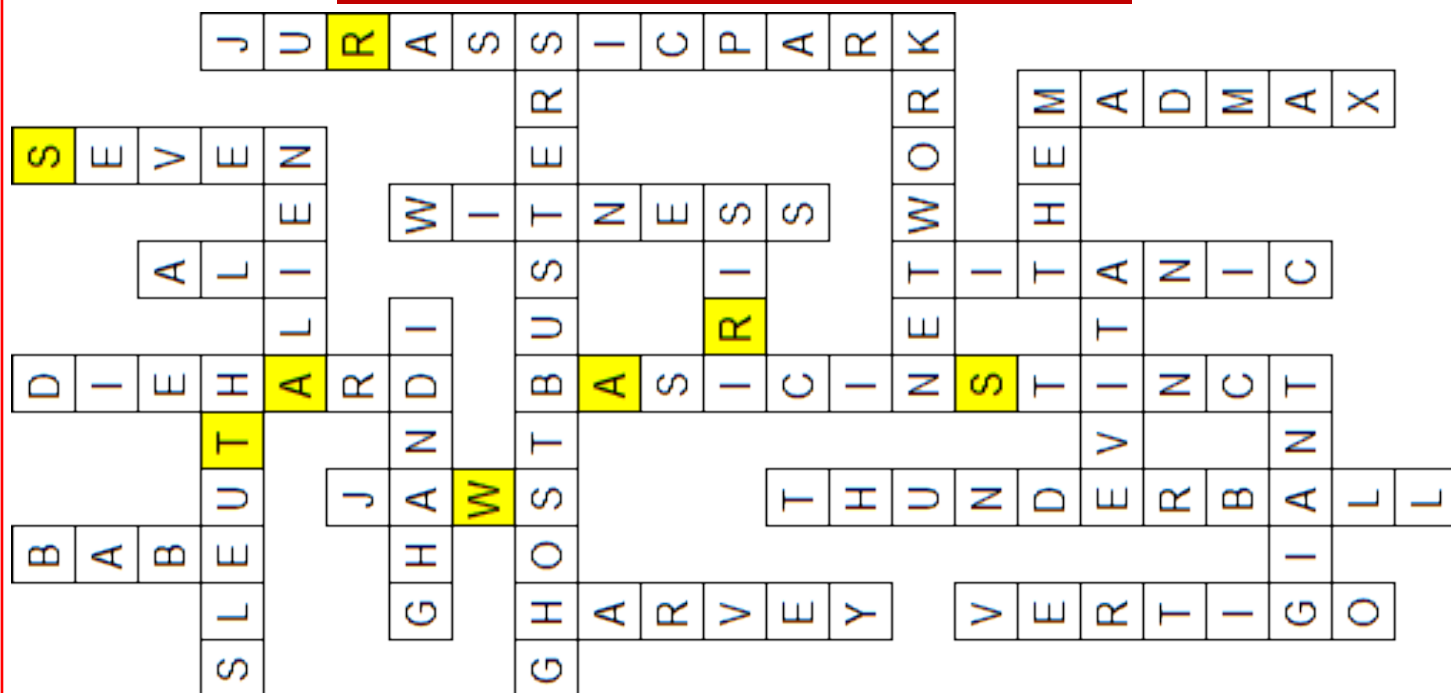
## EMAIL

Havilah request that any resident who has an email address to please contact Residents Liaison Officer Keith preferably by email sending to [keithf@havilah.org.au](mailto:keithf@havilah.org.au) or contact him on 0408 774 715 or 5459 0169

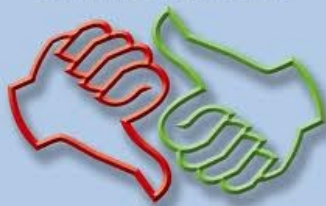


Email is a fantastic way for Havilah to communicate with residents. Email is instant, fast and efficient.

## CRISS CROSS SOLUTION



## COMPLAINTS COMMENTS COMPLIMENTS



## Suggestions

Complaints  
Comments  
Compliments



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

Residents are encouraged to communicate any issues they may have. There is **CEO Barb Duffin** 54 617381 Mobile 0429 617380 email: [barbceo@havilah.org.au](mailto:barbceo@havilah.org.au)

**Director of Human Services Annie Constable** 54 617383 email: [dhs@havilah.org.au](mailto:dhs@havilah.org.au)

**Resident Liaison Officer Keith Fankhauser** 5459 0169 or 0408 774 715 email: [keithf@havilah.org.au](mailto:keithf@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: [rhonda@havilah.org.au](mailto:rhonda@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.

### PALMERSTON ST ADMINISTRATION OFFICE HOURS

MON-FRI 9.00 am—12.00 pm for account payments and enquiries

### HARKNESS ST ADMINISTRATION OFFICE HOURS

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

## Home Maintenance Reporting

Residents are requested to report all maintenance issues to the HOP Office located in the Community Centre which is open from Monday to Friday between 9.00am & 12 noon for residents to phone on 54590140 or call in.

If residents need to make contact during business hours after 12.00pm you can now call Rhonda on 5461 7387 and she can assist residents with all enquiries. Please leave a message on her phone if unavailable.

Alternatively residents can email any issues to [palmerston@havilah.org.au](mailto:palmerston@havilah.org.au)

Residents are still welcome to call Stuart outside business hours with any urgent maintenance issues 0417 679 803



## JUSTICE OF THE PEACE

There are 2 Justice's of the peace living in the Havilah On Palmerston Community.

If residents require their assistance your are welcome to contact them during business hours to arrange their services.



**Contact Details: Bob Osborne Phone: 5461 2709 Mobile: 0409 189 681**  
**Email: [bobosborne8@iprimus.com](mailto:bobosborne8@iprimus.com)**

**(Currently Away) Terry Simpson Mobile. 0419 737 837**  
**Email: [terryhsimpson@gmail.com](mailto:terryhsimpson@gmail.com)**

### Nuisance Phone Calls

At the Last Residents meeting, Residents reported they had receive phone calls from persons claiming that they are a representative of a telephone, electricity companies, Banks and the like. These people ask for bank account details and personal information to clear outstanding balances. This type of phone call should at all times be Ignored. Don't engage the caller just hang up.

**PLEASE DO NOT ADVISE YOUR BANK DETAILS TO ANYONE OVER THE 'PHONE AND REPORT ALL SUCH CALLS TO RECEPTION.**

### 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	<a href="mailto:barbceo@havilah.org.au">barbceo@havilah.org.au</a>
Director of Services	Dave Burridge	<a href="mailto:dave.burridge@havilah.org.au">dave.burridge@havilah.org.au</a>
Director of Human Services	Annie Constable	<a href="mailto:dhs@havilah.org.au">dhs@havilah.org.au</a>
Food Services Manger	Di Jackson	<a href="mailto:di.jackson@havilah.org.au">di.jackson@havilah.org.au</a>

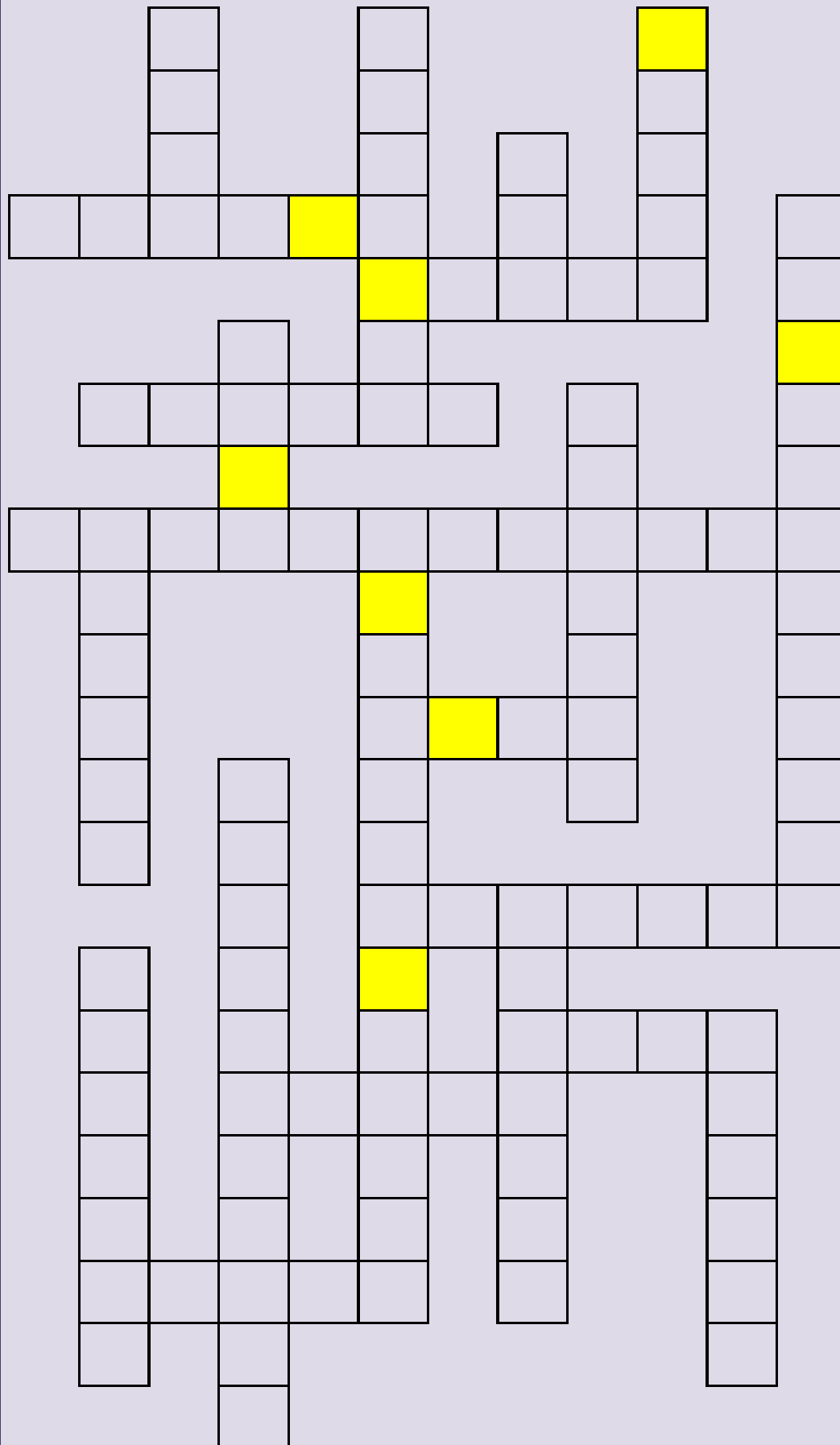
### **EFTPOS**

**For the convenience of ILU residents, there is EFTPOS facilities located at the reception in the Community Centre for payment of Accounts.**



# 

Can you fit the words correctly into the grid?  
The letters in the yellow boxes will spell out another word.



3 letters

ALI

4 letters

BABE

IRIS

JAWS

THEM

5 letters

ALIEN

EVITA

GIANT

SEVEN

6 letters

GHANDI

HARVEY

MAD MAX

SLEUTH

7 letters

DIEHARD

NETWORK

TITANIC

VERTIGO

WITNESS

11 letters

THUNDERBALL

12 letters

GHOSTBUSTERS

JURASSIC PARK

13 letter word

BASIC INSTINCT



# WORD SEARCH - A DOG 'S LIFE

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

AIREDALE, ALSATIAN, APPENZELLER, BASSET, BEAGLE, BEDLINGTON, BLOODHOUND, BORZOI, BOXER, BULLDOG, CHIHUAHUA, CHINOOK, CHOW CHOW, COLLIE, CORGI, DACHSHUND, DALMATIAN, DOBERMAN, GREAT DANE, GREYHOUND, HUSKY, JACK RUSSELL, LABRADOR, LANDSEER, MAGYAR, MASTIFF, PEKINGESE, POINTER, POMERANIAN, POODLE, PUG, ROTTWEILER, SAMOYED, SANSHU, SETTER, SHEEPDOG, SPANIEL, TERRIER, WHIPPET.

## Hav-A-Laugh

After being married for 50 years, I took a careful look at my wife one day and said, "Fifty years ago we had a cheap house, a junk car, slept on a sofa bed and watched a 10-inch black and white TV, but I got to sleep every night with a hot 23-year-old girl.

Now ... I have a \$750,000 home, a \$45,000 car, a nice big bed and a large screen TV, but I'm sleeping with a 73-year-old woman. It seems to me that you're not holding up your side of things."

My wife is a very reasonable woman. She told me to go out and find

a hot 23-year-old girl and she would make sure that I would once again be living in a cheap house, driving a junk car, sleeping on a sofa bed and watching a 10-inch black and white TV.

Aren't older women great?

They really know how to solve an old guy's problems!\*

I went to the cemetery yesterday to lay some flowers on a grave.

As I was standing there I noticed 4 grave diggers walking about with a coffin.

3 hours later and they're still walking about with it. I thought to myself, they've lost the plot

### How fights start:

