

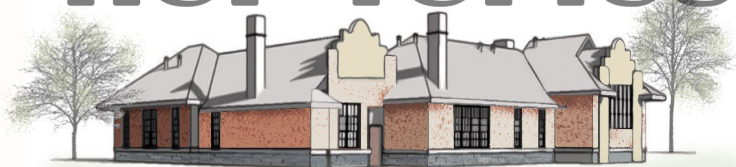
ISSUE January 2021



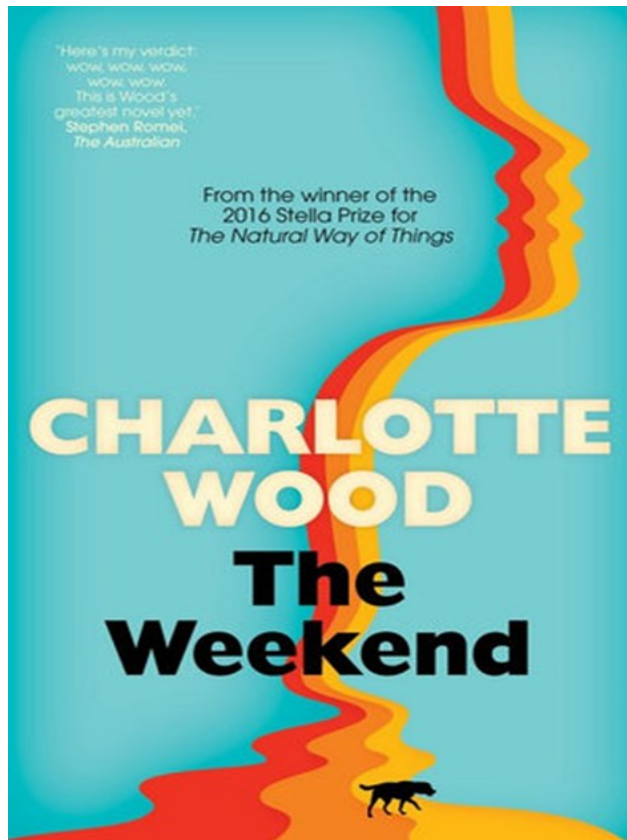
WEBSITE: [www.havilah.org.au](http://www.havilah.org.au)

You can access the Havilah Facebook Page via the website

# HOP TOPICS



Virtual Special Morning Tea is back from tomorrow. Don't forget to call in a pick up your cup cakes from 9.30 a.m. at Reception.



*People went on about death bringing friends together, but it wasn't true. The graveyard, the stony dirt - that's what it was like now . . . Despite the three women knowing each other better than their own siblings, Sylvie's death had opened up strange caverns of distance between them.*

Four older women have a lifelong friendship of the best kind: loving, practical, frank and steadfast. But when Sylvie dies, the ground shifts dangerously for the remaining three. Can they survive together without her?

They are Jude, a once-famous restaurateur, Wendy, an acclaimed public intellectual, and Adele, a renowned actress now mostly out of work. Struggling to recall exactly why they've remained close all these years, the grieving women gather for Christmas at Sylvie's old beach house - not for festivities, but to clean the place out before it is sold.

Without Sylvie to maintain the group's delicate equilibrium, frustrations build and painful memories press in. Fraying tempers, an elderly dog, unwelcome guests and too much wine collide in a storm that brings long-buried hurts to the surface - and threatens to sweep away their friendship for good.

*The Weekend* explores growing old and growing up, and what happens when we're forced to uncover the lies we tell ourselves. Sharply observed and excruciatingly funny, this is a jewel of a book: a celebration of tenderness and friendship that is nothing short of a masterpiece.



## **WEIRD and WONDERFUL WORDS**

### **ADSCITITIOUS - additional**



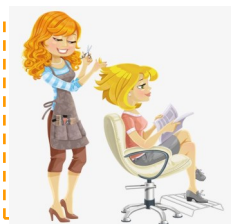
### **Justice of the Peace**

If residents require the assistance of a Justice of the Peace you are welcome to contact

**Terry Simpson**

Mobile: 0419 737 837

During business hours



### **HAVILAH HAIRDRESSER**

Onsite hairdresser Julie has resumed the service within the guidelines of the covid restrictions, Julie will attend to

trims, comb ups and perms, the salons are sanitised after each client.

Contact Julie at the salon to arrange your appointment on ph: 5459 0141



### **EFTPOS**

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

### **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@havilah.org.au](mailto:andrew.earl@havilah.org.au). Your assistance with this is appreciated.



Christmas festivities at Havilah were well received by everyone who attended. We were pleased to be able to welcome guests for Christmas day lunch, while working within the restriction guidelines.







## Use it or lose it: study finds older adults with regular social engagement have better brain structure

**New research out of the US has found older people who regularly spend time socially engaging with others seem to retain stronger grey matter in the parts of the brain where dementia is most common.**

The paper, published in *the Journal of Gerontology: Psychological Sciences*, studied 293 people living at home, with an average age of 83, by giving them brain scans that measured the cellular integrity of brain cells used for social engagement – the first study of its kind.

**The findings suggest that “prescribing” socialisation could be benefit older people in warding off dementia – in much the same way as physical activity can help to prevent diabetes or heart disease.**

The participants provided detailed information about their social engagement and were scored using a tool developed by the researchers. High scores were awarded to people who did things like play board games; go to movies; travel long distance; attend classes, lectures or adult education events; participate in church or other community activities; get together with children, friends, relatives or neighbours at least once a week; volunteer or work; be married and live with others.

### **Social isolation may put older adults at risk**

Lead author **Cynthia Felix**, M.D., M.P.H., a geriatrician and a post-doctoral associate in Pitt Public Health’s Department of Epidemiology, and her colleagues found that greater social engagement is related to better microstructural integrity of brain grey matter in these older adults. Keeping your brain healthy is of critical importance as we age as once brain cells die, dementia generally follows.

**“Our data were collected before the COVID-19 pandemic, but I believe our findings are particularly important right now, since a one-size-fits-all social isolation of all older adults may place them at risk for conditions such as dementia,”** Dr Felix said.

**“Older adults should know it is important for their brain health that they still seek out social engagement in safe and balanced ways during the pandemic.”**

### **Moderate “doses” of time with family or friends beneficial**

The researchers say social engagement with at least one other relative or friend activates specific brain regions needed to recognise familiar faces and emotions, make decisions and feel rewarded.

The good news is that even moderate “doses” seem to be beneficial.

With dementia the third biggest killer of Australian men – and the leading cause of death for Australian women – it’s a reminder to make sure we all make the most of our time with others.

**SPORT AUS**  
MOVE IT AUS  
BETTER AGEING  
GRANT

**BETTER AGEING  
GRANT RECIPIENT**

**Australian Government**

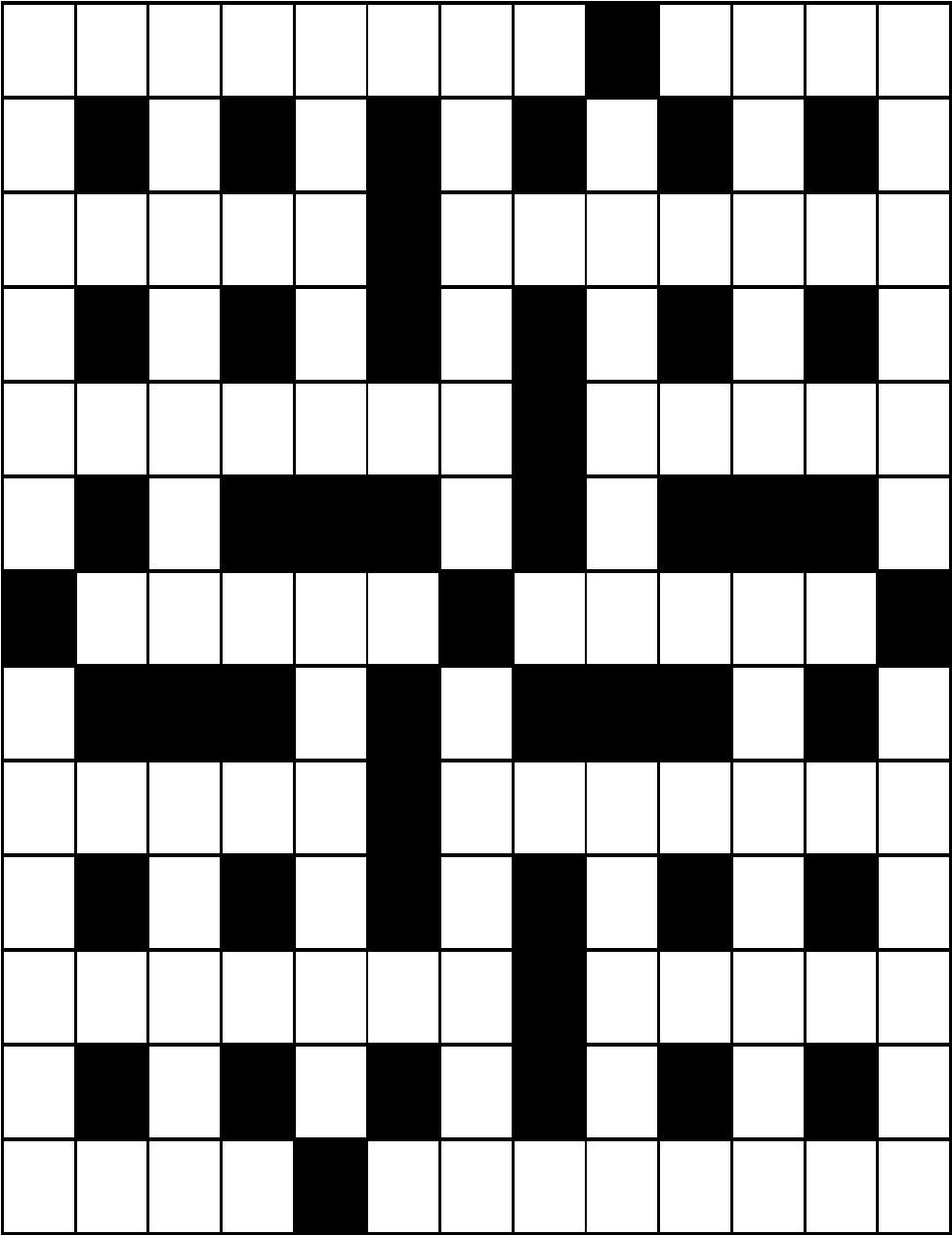
**Are you over 65?**  
**Do you want to contribute to the health of your community?**

Join our "Move It" project steering group to help get our aging population more active

Contact Zac Egan on 0428 965 448 or [zac.egan@cgoldshire.vic.gov.au](mailto:zac.egan@cgoldshire.vic.gov.au) for further information.  
Expressions of Interest close Friday Jan 15th 2021  
First meeting Wednesday Jan 20th 2021  
This project received grant funding from the Australian Government through Sport Australia

**CENTRAL GOLDFIELDS SHIRE COUNCIL**  
**LIVING LONGER Living Stronger**  
**SPORT AUS**  
**MOVE IT AUS BETTER AGEING GRANT**  
**COTA VICTORIA**

**Application Forms to join the Steering Group for the “Move It Project” are available at Reception:**



**4 LETTER WORDS**

CHEF  
LENS

**5 LETTER WORDS**

ALERT  
ANGLE  
ATTIC  
CHILD  
COACH  
EXILE  
GENUS  
OWNED  
RADAR  
TROUT

**6 LETTER WORDS**

ECHOED  
FACILE  
HEATED  
OCTAVE  
SAMPLE  
SCENIC  
SLEUTH  
VIRTUE

**7 LETTER WORDS**

IMAGINE  
LIBERAL  
MACHINE  
RAINBOW  
UNIFORM

**8 LETTER WORDS**

FORTRESS  
WELCOMED











**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

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

Medium 710

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

Easy 710

| COVID-19: IDENTIFYING THE SYMPTOMS |  |  |                                   |                                    |
|------------------------------------|--|--|-----------------------------------|------------------------------------|
| SYMPTOMS                           |  | COVID-19<br>Symptoms range from mild to severe | COLD<br>Gradual onset of symptoms | FLU<br>Abrupt onset of symptoms    |
| Fever                              |   | Common   | Rare                              | Common                             |
| Cough                              |   | Common   | Common                            | Common                             |
| Sore Throat                        |   | Sometimes                                      | Common                            | Common                             |
| Shortness of Breath                |   | Sometimes                                      | No                                | No                                 |
| Fatigue                            |   | Sometimes                                      | Sometimes                         | Common                             |
| Aches & Pains                      |   | Sometimes                                      | No                                | Common                             |
| Headaches                          |   | Sometimes                                      | Common                            | Common                             |
| Runny or Stuffy Nose               |   | Sometimes                                      | Common                            | Sometimes                          |
| Diarrhea                           |   | Rare   | No                                | Sometimes, especially for children |
| Sneezing                           |  | No   | Common                            | No                                 |

Adapted from material produced by WHO, Centers for Disease Control and Prevention.

**HELP STOP THE SPREAD AND STAY HEALTHY**

**TOGETHER WE CAN HELP STOP THE SPREAD AND STAY HEALTHY.**

For more information about COVID-19, visit [www.health.gov.au/covid](https://www.health.gov.au/covid)

## Coronavirus Australia app

Stay up to date with official information and advice about the coronavirus (COVID-19) situation. You can check your symptoms and get notified when urgent information and updates are published.

You can use the Australian Government Coronavirus app to:

- stay up to date with the official information and advice
- important health advice to help stop the spread and stay healthy
- get a quick snapshot of the current official status within Australia
- check your symptoms if you are concerned about yourself or someone else
- find relevant contact information
- access updated information from the Australian Government
- receive push notifications of urgent information and updates



## Get the app



## COVIDSafe app

To help keep you safe and ease restrictions the COVIDSafe app is available to download onto your mobile phones now. This will be a great app to have once restrictions are eased and we all start getting about more. If we have been in contact with someone that tests positive, who also has the app installed, we will be able to be advised and act quickly. It will only work if most people download the app so a great safety measurer as restrictions ease.



## COVID UPDATE

### Changes to visitor restrictions

Well it was lovely while it lasted but unfortunately that was not for very long. On New Year's Eve we were advised of "enhanced restrictions" with regard to aged care facilities.

This was due to the COVID-19 outbreak in NSW and new identified cases within Victoria (Metro Melbourne).

To summarise visiting has returned from now limits to now 1 visitor for each resident each day. The visit can be for up to 2 hours.

**VISITING HOURS AT HAVILAH REMAIN BETWEEN THE HOURS OF 10 A.M. AND 4 P.M. EACH DAY** Special arrangements can be made for Palliative Care.

Under current restriction levels, residents can go out for any reason, provided they comply with current restrictions applicable to all Victorians.

### Visitors are required to

- ◆ wear face masks unless they have a specified exemption. \*People 12 and over should wear a face mask unless an exception applies.
- ◆ visit within the resident room or within the area that has been set aside for the visit. Eg where arrangements have been agreed to visit including a meal.
- ◆ Undertake screening prior to entry into the facility

### You cannot enter the facility if:

- ◆ In the last 14 days you visited or have been in close contact with anyone from NSW; or
- ◆ In the last 14 days you visited or have been in close contact with anyone from areas of Victoria where there are current active cases of COVID-19.
- ◆ These areas include but are not limited to: Black Rock, Cape Schank, Doveton, Fountain Gate Shopping Centre, Glen Waverley, Mentone, Parkdale, Oakleigh, Mitcham, Hallam  
*You should check the DHHS website before visiting for further updates on areas of concern as changes are be-*

*ing announced each day; or*

- ◆ Have returned from overseas or travelled on a cruise ship within the last 14 days.
- ◆ Have been diagnosed with COVID-19 or have been in contact with a confirmed COVID-19 case within the last 14 days.
- ◆ Have been in contact, within the last 21 days, with someone who is currently awaiting test results regarding COVID-19
- ◆ Have fever or symptoms of respiratory illness (sore throat, cough, shortness of breath, however mild).
- ◆ Have had and provide evidence of a current influenza vaccination unless you have a specific exemption.

**We hope that these enhanced visiting restrictions will be short lived and we can soon return to pre New Year arrangements.**

### Retirement Village Specific Guidance

While we had been hoping to recommence Sunday meals and Happy Hour at the High School Centre this has been delayed until the current Victorian outbreak is brought under control.

### The key things you need to know are in relation to the current outbreak are

- the limit on the number of people allowed in your home has been reduced from 30 to 15.
- Also, masks are mandatory in all indoor settings outside your own home, apart from when you're eating or drinking.
- We all need to be COVID Safe – we recommend you avoid large gatherings, practice good hand hygiene and if you are sick you must stay at home.
- ◆ Victoria's border with New South Wales remains closed.
- ◆ Victoria's exposure areas are included on the DHHS website and are updated ongoing. Please check where the exposure sites are before planning any outings or visits from family and friends.

**On a positive note Prime Minister Scott Morrison said today that Australia's first coronavirus vaccinations could commence as soon as mid-February.**

He said that the first round of vaccinations will be reserved for the country's most at-risk: hotel quarantine workers and others involved with returned travellers, healthcare workers, aged care and disability workers and their residents.

**Phase 1a - up to 1.4m doses:** Quarantine and border workers, frontline healthcare workers, aged care and disability care staff and residents;

**Phase 1b - up to 14.8m doses:** Elderly adults aged over 70, other healthcare workers, Aboriginal and Torres Strait Islanders aged over 55, younger adults with underlying medical conditions, including a disability, high-risk workers including police, fire, defence, emergency services and meat processing;

**Phase 2a- up to 15.8m doses:** Adults aged over 50, Aboriginal and Torres Strait Islanders aged over 18, other critical and high-risk workers;

**Phase 2b- up to 16m doses:** Balance of adult population, catch up any unvaccinated Australians from previous phases;

**Phase 3 - up to 16m doses:** Children aged under 18, if recommended.

Secretary of the federal Health Department, Professor Brendan Murphy, said 'Phase One' of the vaccination program would involve giving healthcare workers and other high-risk groups the Pfizer shots, which will be imported from overseas. This vaccine is a two-step process, with a second jab needed some weeks after the first.

**SO WHILE MOST OF US WOULD NOT BE LOOKING FORWARD TO A VACCINATION THESE PARTICULAR JABS WILL BE MOST WELCOME.**

**PLEASE DO EVERYTHING YOU CAN TO STAY SAFE UNTIL THEN.**

**CONTACT NUMBERS:**

**FOR PALMERSTON ST SITE**

**Reception 5459 0140**

**MON-FRI 9AM – 4pm**

**Weekends & Public Holidays 10 am - 4pm**

**Raglan House 5459 0150 (24 hr number)**

**Nurse Manager 5459 0154**

**Lifestyle 5459 0169**

**Maintenance BH 0417 679 803**

**24 hr Maintenance AH 0408 645 203**

**Kitchen 5459 0180**

**CONTACT NUMBERS:**

**FOR HARKNESS ST SITE**

**Reception 5461 7300**

**MON-FRI 9AM-5PM**

**Weekends & Public Holidays 10 am - 4pm**

**Nursing Supervisor 5461 7394 (24 hr number)**

**Director of Care 5461 7383**

**Lifestyle 54617 390**

**CEO-Barb 54617 381**

**THINGS MY MOTHER USED TO SAY**

**I've told you a thousand times!**

**What did your last slave die of?**

**If you eat your crusts,, you'll get curly hair.**

**Back in my day.**

**DEEP - DISH POTATO AND SALMON QUICHE**

**Ingredients:**

- 2 sheets frozen short crust pastry, just thawed
- 350g baby chat potatoes
- 2 x 200g can salmon in spring water, drained
- 120g frozen peas
- 1 tablespoon chopped fresh dill
- 80g coarsely grated cheese
- 8 eggs
- 200ml tub crème fraiche

**Instructions:**

- Grease a 6cm—deep, 20cm round spring form pan, using the pan base as a guide, cut a round from 1 pastry sheet and use to line prepared pan. Cut the remaining pastry sheet into two 6cm wide strips. Use the strips to line side of pan, place in fridge for 10 minutes to rest.
- Preheat oven to 190C/170C fan forced. Place the pan on the baking tray, line pastry with baking paper and fill with pastry weight or rice. Bake for 12 minutes, re-

move the paper and weights or rice, bake a further 10 minutes or until light golden, set aside for 10 minutes to cool, reduce oven temp to 180C/160C.

- Place potatoes in a saucepan, cover with water, bring to boil over high heat. cook for 10-12 minutes or until tender, drain, set aside to cool before slicing thinly.
- Combine the salmon, peas, dill and 75g of grated cheese in bowl, layer potatoes and salmon mixture into the pastry case, whisk the eggs and crème fraiche in a jug, season, pour mixture over the filling, scatter remaining cheddar over the top.
- Bake the quiche for 1 hour 10 minutes or until the filling is just set, set aside in the pan for 15 minutes to cool slightly.  
Serve warm.

**SOUNDS YUM**

**ENJOY!!**



**Please think of others and comply with parking signs, therefore only cars displaying Disabled stickers in Disabled Parking zones, No Parking, and No Parking zones.**



**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. Havilah is looking forward to welcoming back our volunteers back into Raglan House shortly.**





## Falls Prevention :

Always wear well fitting footwear  
Avoid slippery surfaces



**A NIGHT ON THE GREEN** In the end it was too hot and we made a late decision to move inside and to the cooler areas of the Courtyard. It was still quite hot but an enjoyable night giving everyone the chance to socialize which was great. Thank you to everyone involved in the night including those RL residents who helped out setting up and clearing up after. We will plan another similar event in Autumn when we really should be able to have everyone outside.

### VIRTUAL ACTIVITIES

We will be back to Friday Virtual Special Morning Tea or Happy Hour from this week (8th) with cup cakes planned for this week. Don't forget to call in a pick them up from 9.30 a.m. at Reception.

**Maintenance Reporting** Residents are requested to report all maintenance issues to Reception Monday to Friday between 10.00am & 4.00pm 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@haviilah.org.au](mailto:palmerston@haviilah.org.au)

**For after hours, weekends and public holidays telephone our on call maintenance on 0408 645 203**

**NOTE:** This also applies to garden and grounds issues that need ad-

ressing.

For any reported items that have not been addressed in a timely manner or are not addressed to your satisfaction, please contact CEO Barb Duffin telephone 0429617380 or email [barb.duffin@haviilah.org.au](mailto:barb.duffin@haviilah.org.au)

Barb's mobile number is included in each edition of HOP Topics and you can contact her 24/7. Best not ring after midnight though unless it is a real emergency.

We are here also if you need to discuss any concerns with us and if we cannot personally assist you we can

help you to get any advice that you need. This could be in relation to obtaining services into your unit, explaining the annual financial statements or fee accounts that we send you, organizing a family party, or other issues that may concern you from time to time.

You can contact CEO Barb Duffin Monday to Friday 54617381 or mobile 0429617380 for 24/7 contact.

Director of Finance Sandra Wilson Monday to Thursday 54617491; Resident Liaison Raeleen Brooker Monday to Friday 54617380.

### Quiz and Crossword Solutions from page 7 & 12

|   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|
| S | H | A | R | K | R | O | O | S | T | E | R |
| E |   |   |   |   | E |   |   |   |   |   |   |
| A | D | D | E | R |   |   |   |   |   |   |   |
| O | P | H | I | D | I | A | N |   |   |   |   |
| O |   |   |   |   | B |   |   |   |   |   |   |
| O | C | E | L | O | T | K | E | N | N | E | L |
| L |   |   |   |   | C | Y |   |   |   |   |   |
| A | R | A | B | H | E | D | G | E | H | O | G |
| F |   |   |   |   | S | K |   |   |   |   |   |
| F | B | E | N |   |   |   |   |   |   |   |   |
| U | E | P | O |   |   |   |   |   |   |   |   |
| B | U | Z | A | R | D |   |   |   |   |   |   |



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

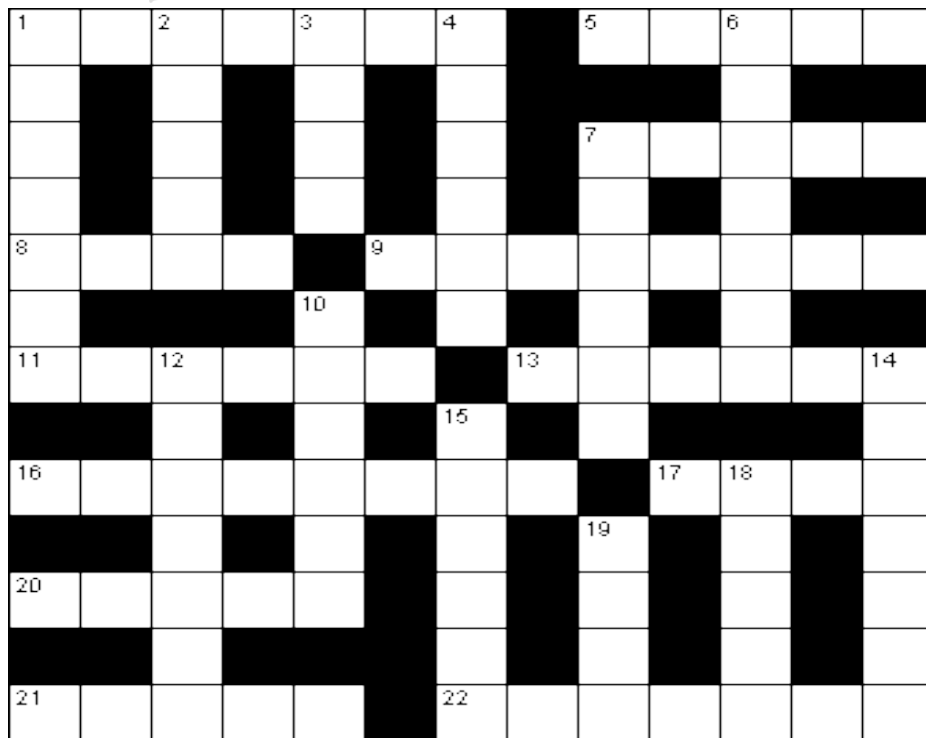
Medium 710

1. Mouse.
2. Canberra.
3. New South Wales
4. Royal Australian Air Force.
5. Essendon.

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

Easy 710

# Mind Games



## ACROSS:

1. European short-winged hawk (7)
5. Type of duck (5)
7. Young male horses (5)
8. Middle East riding horse (4)
9. Porcupine (8)
11. Nocturnal wildcat (6)
13. Dog house (6)
16. Snake (8)
17. Crustacean (4)
20. Viper (5)
21. Aquatic predator (5)
22. Adult male chicken (7)

## DOWN:

1. Bison (7)
2. African equine (5)
3. Simians (4)
4. Burro (6)
6. Mahimahi (7)
7. Young swan (6)
10. Large flying bird (6)
12. Anteater (7)
14. Shellfish (7)
15. Musteline mammal (6)
18. Bird shelter (5)
19. Extinct bird (4)

## WORD SEARCH - The Lord of the Rings

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

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

AGLAROND, ARAGORN, ARWEN, BILBO, BOROMIR, CELEBORN, DAMROD, DEAGOL, DENETHOR, ELDARION, ELROND, EOMER, EOWYN, EVERARD, FARAMIR, FRODO, GALADRIEL, GANDALF, GIMLI, GORBAG, GRIMBOLD, HOBBIT, ISENGARD, ISILDUR, LEGOLAS, MADRIL, MERRY, MIDDLE EARTH, MOUNT DOOM, PIPPIN, SAM, SARUMAN, SAURON, SMEAGOL, STRIDER, THE RING, THE SHIRE, THE ODEN, TREEBREARD.

## QUIZ

1. In the nursery rhyme Hickory Dickory Dock, what animal ran up the clock?
2. In which city is the Royal Australian Mint?
3. Which state is Australia's leading producer of rice?
4. In the military, RAAF stands for?
5. What VFL team did John Coleman play for which the Colman medal is named after?



# Giggletime



A man and woman had been married for more than 60 years. They had shared everything. They had talked about everything. They had kept no secrets from each other, except that the woman had a shoe box in the top of her closet that she had cautioned her husband never to open or ask her about.

For all of these years, he had never thought about the box, but one day, the woman got very sick and the doctor said she would not recover.

In trying to sort out their affairs, the man took down the shoe box and took it to his wife's bedside.

She agreed that it was time that he should know what was in the box. When he opened it, he found two crocheted dolls and a stack of money totaling \$95,000.

He asked her about the contents. "When we were to be married," she said, "my grandmother told me the secret of a happy marriage was to never argue. She told me that if I ever got angry with you, I should just keep quiet and crochet a doll."

The man was so moved; he had to fight back tears. Only two precious dolls were in the box. She had only been angry with him two times in all those years of living and loving. He almost burst with happiness.

"Honey," he said, "that explains the dolls, but what about all of this money? Where did it come from?"

"Oh," she said. "That's the money I made from selling the dolls."



Instead of the John I call my bathroom the Jim!  
That way it sounds better when I say I go to the Jim first thing every morning!!!



"Why did you hit your ball in there Bob, do you know a shortcut to the 10th?"



WHERE'S THE AUTOCORRECT?

STAHLER 12/5

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On New Year's Eve, Daniel was in no shape to drive, so he sensibly left his van in the car park and walked home. As he was wobbling along, he was stopped by a policeman. 'What are you doing out here at four o'clock in the morning?' asked the police officer.

'I'm on my way to a lecture,' answered Roger.

'And who on earth, in their right mind, is going to give a lecture at this time on New Year's Eve?' enquired the constable sarcastically.

'My wife,' slurred Daniel grimly.

- It's not who you know, it's whom you know.
- With a calendar, your days are numbered.
- There are two kinds of people who don't say much: those who are quiet and those who talk a lot.
- The trouble with doing something right the first time is that nobody appreciates how difficult it was.
- Discretion is being able to raise your eyebrow instead of your voice.
- The farther away the future is, the better it looks.

## 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 TALK TO 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 |

### **FEEDBACK - We welcome your feedback, FEEDBACK FORMS ARE AVAILABLE IN THE FOYERS OF THE HIGH SCHOOL CENTRE AND RAGLAN HOUSE**

Residents are encouraged to communicate any issues they may have to

**CEO Barb Duffin** 5461 7381 Mobile 0429 617380

email: [barb.duffin@havilah.org.au](mailto:barb.duffin@havilah.org.au)

**Director of Care Kelsey Hooper** 54 617383

email: [kelsey.hooper@havilah.org.au](mailto:kelsey.hooper@havilah.org.au)

**Nurse Manager Havilah on Palmerston Deb Matthews**

email: [deb.matthews@havilah.org.au](mailto: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](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.

### **RAGLAN HOUSE NURSE 24 HOUR CONTACT NUMBER Telephone 54 590150**

### **HAVILAH ON PALMERSTON RECEPTION HOURS**

MON-SUN 10.00am – 4.00pm for account payments and enquiries 5459 0140  
(7days a week)

### **HARKNESS ST RECEPTION OFFICE HOURS**

MON-SUN 10.00 —4.00 pm for account payments and enquiries 5461 7300  
(7 days a week)

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