

HAVACHAT

Issue February 2022

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HAVILAH WEBSITE: www.havilah.org.au



MESSAGE FROM RETIRING CEO—

BARB DUFFIN

It has been a pleasure and a privilege to have held the position of Chief Executive of this wonderful organization. Who would have thought in 1995 when I commenced at the new 30 bed Havilah Hostel that

within 25 years we would have 166 places and 53 retirement units, with approval for a further 24 at Harkness Street. I have met and worked with some incredible people, residents, families, staff, volunteers and board members past and present. Each have contributed to the success and growth of Havilah now employing some 200 staff and a large contributor to the social and economic success of our community.

When I commenced at Havilah my office had one office chair and a pink filing cabinet. That was it. I went cap in hand to Central Goldfields Shire where I knew there were surplus desks and computers from the previous Council amalgamations in storage and very generously I was given permission to select what we needed. So we were computerized what luxury. I enlisted the help of Raeleen Brooker who generously volunteered her time and together we set up the computer records. The beginning of an important and successful working relationship of over 25 years.

Old habits die hard and those who know my office now will know it is furnished with furniture that no one else wants (and some trestles). A project never completed in over 25 years to fit it out with matching furniture.

I can remember planning our first major raffle in 1996, we were raffling a car, tickets 20,000 x \$2 tickets. We were in my office working out a roster to sell tickets at IGA. Can you imagine selling 20,000 tickets. I said we will never do it!! and so the decision for the major raffle to be 400 x \$100 tickets was born and continues to this day. Board Member, the late Bill Rootes, sold 80 tickets. He would go out each day visiting previous customers on the land. Wife Grace said it was just as though he was

going off to work each day. We always knew where he had been that day by the addresses on the tickets. His 80 ticket record stood until 2020 when equaled by Lenette McKnight.

In more than 25 years at Havilah there are many stories to tell, perhaps I will write a novel in retirement.

I am sad to be leaving but I look forward to having time to spend with family and friends, and to put my feet up and read which I love to do. I will be around to oversee the completion of the new development at Havilah on Palmerston even after stepping down from the CEO role. I hope to catch up with everyone before I leave at the end of the month. A broken femur just prior to Christmas has slowed me down and I have not been able to dash about as normal. It is good to be finally throwing the crutches away and getting back on two feet.

There are other important projects in planning still to be commenced, the multi storey retirement living complex at Havilah on Palmerston and the Burns Street RACF at Harkness Street to name two. This will always be the case with projects always on the go at Havilah.

I know I leave Havilah in good hands. Craig has the qualifications and experience and importantly the commitment to community to lead Havilah into the future.

I feel so fortunate to have worked with such a progressive Board and committed team of staff. The amount of volunteer hours that has gone into making this organization great would not be generally known within the community but it has been an incredible effort from a lot of people, many of those Havilah staff and I thank you all. I am extremely proud of what we have achieved together for our community. I wish everyone at Havilah all good things for the future.

Thank you all for your wonderful support over the years.



NEW CEO: A face to the name:

The Havilah community welcomed **Craig Young** (CEO Designate) on 14 February to begin the period of transition to the CEO role.

Current CEO Barb Duffin will hand over the reins at the end of March.

In a message to all at Havilah Craig said

“I am looking forward to continuing to build on

the legacy of Havilah’s reputation in the community as a leader in the provision of aged care and retirement living.

I am also looking forward to getting to know our residents, staff and volunteers and other members of the community.

The sector continues to go through change as a result of the recommendations from the Aged Care Royal Commission, including increased compliance obligations and part of my role will be to ensure staff feel supported as we navigate our way through the changes.

We will be farewelling Barb at the end of March and other long serving staff are also to retire in coming months.

Whilst it is sad to see staff leaving Havilah after many years of valued service, it provides other staff with the opportunity to continue to grow with the organisation as Havilah continues with its expansion plans in providing services to the Maryborough community.”

DISABLED DROP OFF AND PICK UP POINTS Residents are able to be dropped off and picked up at the covered porticos at the main entrance off Harkness Street, and also at Heath House and Melaleuca Entrances. These areas are not for long term parking but can be used for short term parking while collecting or returning residents from outings/appointments. There is internal access through the buildings to these areas and staff can assist residents to each foyer to wait for pickup. Please telephone reception for any advice in relation to this.



Resident meetings are held each month, they are held on the 1st Monday of the month in the Callistemon activities area (bingo room), and the Grevillea atrium. At 1.15pm. Please come along and join in this forum. Your ideas and input are greatly appreciated.

If a family member has a permanent Harald card and it is flashing **RED, please ask reception staff upon your arrival of your next visit to have it replaced.**

THE TERRACE AT HAVILAH ON PALMERSTON:

The new development “The Terrace” is progressing and we can see the end in sight. The ground floor plaster has been installed, painting is due to commence and trades are fitting off. There have been some unavoidable delays in supply of materials particularly plasterboard where there has been a shortage nationally. We are hoping for full speed ahead from here.



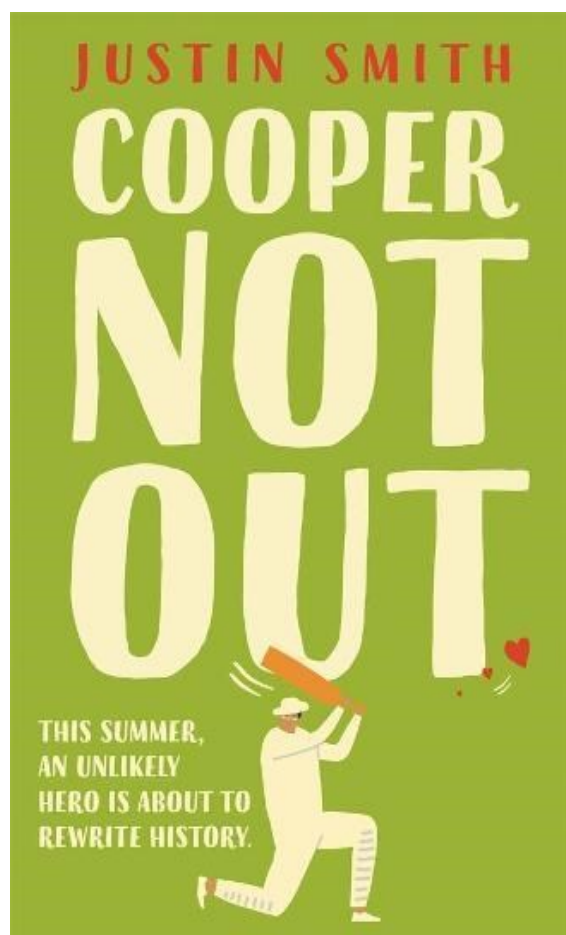
Below artist renders of The Terrace. Raglan Frontage, The Foyer, Unit Bedroom, Unit floor plan, Unit Kitchenette/Dining/Sitting room



In the Australian summer of 1984, in the small country town of Penguin Hill, Sergeant Roy Cooper is making a name for himself. He's been batting for his local cricket club for decades — and he's a statistical miracle. He's overweight, he makes very few runs, he's not pretty to watch, but he's never been dismissed.

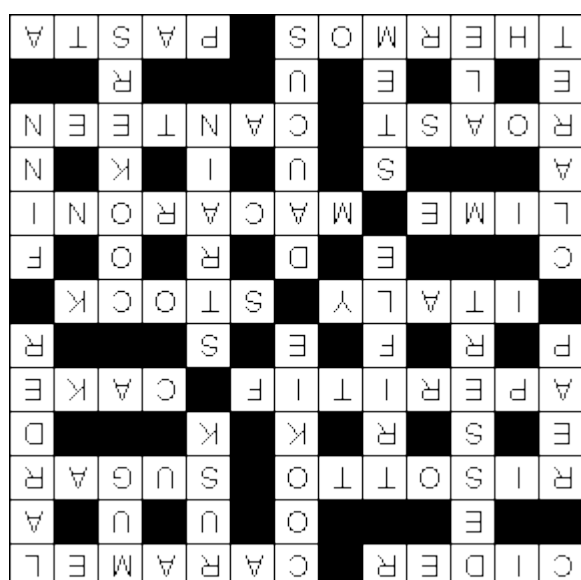
When local schoolgirl Cassie Midwinter discovers this feat, she decides to take the matter further. The remarkable story finds its way into the hands of Donna Garrett, a female sports columnist who's forced to write under a male pseudonym to be taken seriously.

That summer, the West Indies are thrashing Australia, and the Australian people's love of cricket has never been lower. But Donna's columns on Roy Cooper capture the imagination of a nation, and soon there's pressure to select him for the national team. This would see him playing at the Melbourne Cricket Ground, carrying the spirit of every small country town in Australia along with him. Could such a miracle actually happen? This is sport, after all, and who doesn't love a good story? *COOPER NOT OUT* is a funny, heart-warming novel set within real events. It is a moving and highly original tale about friendship and belief, and the joy of discovering your greatest potential.



Answers to Quiz

1. The blue whale.
2. Hill.
3. Christopher Columbus
4. True
5. 0°C or 32°F



Quiz and Crossword Solutions from page 6



A cow in an earthquake is called a milkshake.



What is a dog dentist's favorite tooth?

The canine.





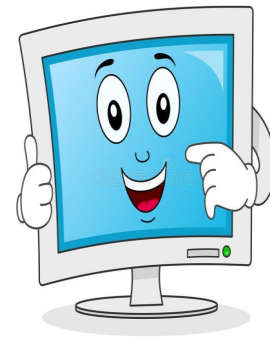
We have Ipads available for resident use to contact family on face book, Skype, Zoom and other forms of social media. The Ipads are also available to read newspapers and periodicals and play scrabble, other word games, solitaire and other card

games, do art work , watch movies. Residents can use the Ipads in small groups or within their own room. It has been amazing how many residents are now tech savvy. You can use them to send and receive emails from family including photos.

If you would like to try the

IPads please talk to Lifestyle

staff who will assist you to become familiar with using these.



Desk top computers in common

The Silent Muscle disease affecting 1 in 5 Australians

Do you have difficulty getting out of a chair, opening a jar or crossing the road? If yes, you may be showing signs of sarcopenia, which causes the accelerated loss or failure of skeletal muscle mass and function. An estimated 1 in 5 older Australians aged over 65 will live with the condition, and experts say we may see an increase in signs and symptoms as people sit more and move less due to COVID-19.

Professor Robin Daly from Deakin University said the disease is clinically underreported and unrecognised, meaning that early prevention is critical to avoiding development in later life.

"This is a serious condition, it's not just something that happens normally during ageing, it's impacting the quality of life, the independence, and the risk of disease for so many people," he told *Aged Care Insite*. Daly is the chair of exercise and ageing at Deakin University and the former president of the Australian

and New Zealand Society for Sarcopenia and Frailty Research. He spoke with *Aged Care Insite* about the relatively unknown condition of sarcopenia, why people are more at risk of developing it during COVID-19, and at-home strategies we can use to take control over our muscle health.

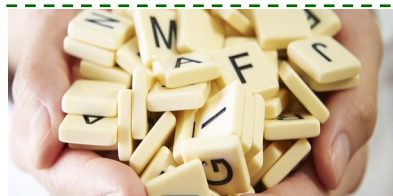


The Central Highland Library service have re-commence their service to Havilah in February. This is a wonderful service and once again will operate like a click and collect system with books being delivered

and collected from the main reception. Residents can select books to read from the various bookshelves through out the facility.

WEIRD and WONDERFUL WORDS

AMPHISBAENA –a mystical serpent with a head at each end



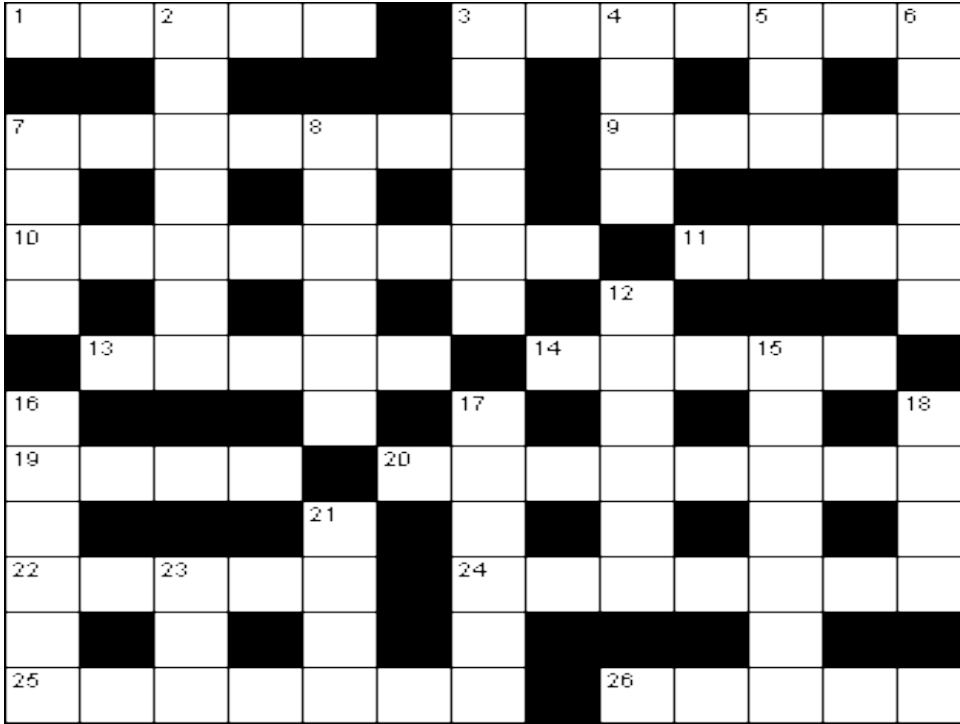
During the summer period, a reminder to ensure that all external doors are kept closed and not propped open.

The Spring/Summer weather brings out snakes so maintain awareness around our grounds. If you sight a snake in the

grounds please remain calm, stay away from it and notify staff member. At all times your own safety is paramount, do not approach or attempt to catch the snake. Our Maintenance Team have completed snake handler training and are competent to assist you.

Mind Games⁶

Themed 14



ACROSS:

1. Beverage made from apple juice (5)
3. Chewy candy (7)
7. Rice dish (7)
9. Sweetener (5)
10. Drink before a meal (8)
11. Made from flour, sugar and eggs (4)
13. The home of pizza (5)
14. Broth (5)
19. Green acidic fruit (4)
20. Slender past tubes (8)
22. Joint of meat (5)
24. Water container (7)
25. Flask for keeping drinks hot or cold (7)
26. Dough made from flour and

DOWN:

2. Sweet (7)
3. Biscuit (6)
4. Slice of sweet raised bread (4)
5. Drinking vessel (3)
6. Food store (6)
7. Gather in the crops (4)
8. Sponge cake soaked in wine (6)
12. Filtrate (6)
15. Essential kitchen devices (7)
16. Dry re wine (6)
17. Carrot genus (6)
18. Knockout drink, Mickey ____ (4)
21. Plant stalk (4)
23. Fermented beverage (3)

WORD SEARCH - RACER

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

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

ACCELERATE, BRAKE, CHAMPION, CHICANE, CIRCUIT, COCKPIT, COMPETE, CORNER, DISTANCE, DRIVER, ENGINE, EXHAUST, FLAG, FUEL, GEAR, LAPS, MACHINE, MOTORBIKE, MOTOTRCYCLE, OVERTAKE, PIT STOP, POSITION, RACING CAR, MNRALLY RECORD, SPEED, SPEEDWAY, STOCK CAR, STRAIGHT, THROTTLE, WHEEL, WINNER.

QUIZ

1. What is the largest animal in the world?
2. Jack and Jill were going up what?
3. Who discovered America?
4. Cheetahs are the fastest animals on the planet. True and False?
5. At what temperature does water freeze?

WEEKLY ACTIVITIES - MAIN BUILDING

7

MONDAY Nail Manicure Pamper 9.30am
Foot Spa 9.30am
Bingo 1.45pm

TUESDAY Special Morning Tea 10am
Chairrobics 11.15am
Bingo 1.45pm
Marbowls 3.30pm

WEDNESDAY
Strength Training 11.15am
Movie Afternoon 1.30pm
Bingo 1.45pm

THURSDAY Foot Spa 9.30am
Bingo 1.45pm
Marbowls 3.30pm

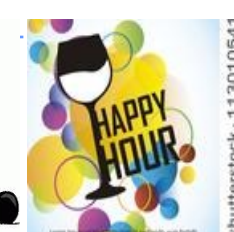
FRIDAY Chairrobics 11.15am
Bingo 1.45pm
Happy Hour 4.30pm

SATURDAY Bingo 10.45am (Bac)
Bingo 1.30pm (Grev)

SUNDAY Devonshire Afternoon Tea
3.00pm

Activities programs are being conducted in smaller groups in both BAC and Correa areas.

If you would like access to an IPAD for games and activities please talk to lifestyle staff and this will be organized for you.



WEEKLY ACTIVITIES - HEATH HOUSE

MONDAY Activity Time/Craft 10.30am
Hand Care/Facials 1.30pm
Activity Hour 3.00pm
Sonas 4.00pm
Activity Time 6-7.30pm

TUESDAY Special Morning Tea 10.00am
One on One 2.15pm
Daily Living Activity 3.00pm
Sonas 4.00pm
Activity Time 6-7.30pm

WEDNESDAY
Activity Time 10.00am
Activity Time 1.00pm & 3.00pm
Sonas 4.00pm
Activity Time 6-7.30pm

THURSDAY
Activity Time 10.30am,
Activity 1.30—3.00pm
Activity Hour 3.00pm
Sonas 4.00pm
Activity Time 6-7.30pm

FRIDAY Activity Time 10.30am,
Games 1.00pm
Activity Hour 3.00pm
Sonas 4.00pm
Activity Time 6-7.30pm

SATURDAY Activity Time 10.30am,
1.30pm & 6.00pm

Sonas 4.00pm
Activity Time 6-7.30pm

SUNDAY Activity Time 10.30am,
1.30pm & 6.00pm
Devonshire Afternoon Tea
3.00pm
Sonas 4.00pm

Leisure and Lifestyle staff will spend 1:1 time with residents on a regular basis.

Visitor Restrictions at Havilah

From 11.59pm, 12 January, in line with the new Victorian Government Care Facilities Directions, each resident is able to have two visitors per resident per day unless a site is in lockdown.

All visitors will be required to return a negative RAT prior to visiting. This will be arranged for you at the time of entry, before you commence your visit.

The limiting of the visitors to two per day for each resident is due to the limited availability and time taken to carry out Rapid Antigen Tests.

All visitors to Havilah need to be fully vaccinated and able to show proof of such.

These guidelines are subject to change based on a daily risk assessment that seeks to balance the health, safety and wellbeing of both residents and staff and the level of community transmission.

In the event that the facility needs to go into outbreak lockdown, and we are directed by the Public Health Unit that no visitors are allowed, only essential visitors will be permitted for compassionate and end-of-life circumstances in consultation with the Director of Care.

We understand that visitor restrictions are onerous and impact on the lives of residents, their families and friends. As always we seek to balance the risk presented by COVID-19, with the health, safety and wellbeing needs of every resident and our staff.

Thank you so much for your ongoing cooperation and support to ensure safe visiting can take place for the benefit of all.

Excluded Visitors

- have symptoms of COVID-19;
- have had a COVID-19 test because they have symptoms or

have attended an exposure site and are waiting for the result;

- are required to isolate or quarantine;
- have had contact with a COVID positive person in the past 14 days

- ♦ Have not had and provided evidence of a current influenza or COVID vaccinations unless you have a specific exemption.

Face masks

You must wear a mask indoors in the following settings, unless an exemption applies:

- on public transport, in taxis and rideshare, on planes, and indoors at an airport
- working or visiting hospitals, and indoor areas at care facilities
- working in hospitality, retail and the court system
- working at justice and correctional facilities
- for students in year 3 or above at primary school, and workers at early childhood centres and primary schools (masks can be removed in secondary school)
- working indoors at an event with more than 30,000 people attending
- if you have COVID-19 or are a close contact and you're leaving home

Masks are recommended for other workers serving or facing members of the public, such as if you are at reception, meeting guests or serving customers.

Resident Outings

Residents are able to leave the facility. Masks are required as in the above circumstances, it is recommended wearing masks outside if you can't physically distance. On outings you should always ensure that you are following any density limits that are in place at the time.

As a further precaution, a risk

assessment will determine if a Rapid Antigen Test (RAT) should be carried out following resident outing. This would be dependent on for instance the location of the outing, the number of people the resident was in contact with, ppe worn etc.

This should not be seen as a disincentive to going out. If it is your normal practice to go on outings with family for instance you should continue to do this. RAT's are not intrusive and do provide an added layer of safety for residents.

The key things you need to know in relation to the general community are

Private gatherings in the home.

There are no limits to the number of people you can gather with in your home or in public places (e.g. a park). It is recommended that social gatherings be held outdoors to reduce risks.

It is strongly recommended that everyone who you are gathering with at your home or in a public place is fully vaccinated.

Going out

Venues you can attend if you are fully vaccinated include:

- hospitality venues (e.g. bars, nightclubs, restaurants and cafés)
- entertainment venues (e.g. cinemas, zoos, museums, live music venues)
- tourism venues (e.g. walking tours, buses)
- casinos/gaming venues and adult entertainment venues.

You can also attend public events where vaccination is required. If you don't meet the vaccination requirements for a venue or public event, you can't enter the venue or go to the public event. Vaccination requirements don't apply to food and drink venues operating for

HARKNESS OUTBREAKS It remains extremely challenging with the increase of cases throughout Victoria including in Maryborough and surrounding areas. It appears no local government area has escaped this last wave. Neighbouring areas of Pyrenees, Mt Alexander, Loddon, Ballarat and Bendigo continue to have daily cases so we need to remain vigilant. At Havilah we have since before Christmas been testing visitors. Our staff are now tested prior to attending each shift. We use 1000 Rapid Antigen Tests a week for this level of testing. At \$12 a test this is around \$50,000 each month. To keep everyone safe we think it is worth it. At this stage this is funded by Havilah with no additional funding offered by either the Commonwealth or the State Governments at the time of writing. \$80K was spent in December and January on Rapid Antigen Tests. From late February

we have received deliveries from the Commonwealth stockpile. We are advised that a delivery will be received each week and this will certainly assist if this continues.

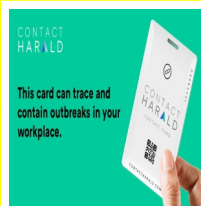
There has been one resident who tested positive to Covid 19.

A testament to our Staff's diligence and adherence to infection control procedures there were no other cases reported. We have had several staff who have tested positive during January and February. On the occasions that these staff worked they had returned a negative Rapid Antigen Test prior to their shift and with Havilah's current testing the positive result was picked up prior to commencing a new shift. Interesting the Commonwealth Government recommends testing every 72 hours for all staff. We will stick to our current policy of pre every shift and this has been a very successful, if expensive (in \$'s) policy to date.

Our staff are working in N95 masks for all shifts. Very uncomfortable and we are grateful for their ongoing commitment to keeping everyone safe. Where staff have tested positive, but have been wearing an N95 mask and have had a negative rapid antigen test prior to any shift worked this is not then treated as an exposure. This means that staff can continue to work, but must have a rapid antigen test every day and send the results through to Havilah.

All of our staff must have had their three Covid Vaccinations by the 12th of March. At the end of February we are almost there so a great effort from our staff.

93% of residents have had their booster vaccinations at Harkness with a further 4% shortly due. 3% are refusals. 100% of residents at Raglan have had their booster vaccinations.



CONTACT HARILD

All residents, staff, regular contractors, visitors and professional people have

their own cards.

The information the "Contact Harald" system generates can assist to trace any contacts with a reported positive case of coronavirus. The cards are activated 24 hours a day. Regular visitors are issued with their own cards and for irregular visitors, cards are issued for that visit and then information is uploaded and kept ready for the next visitor. Please let staff know if your

card is flashing red as it needs replacing when this happens.



AUTO SIGN IN WITH ZIPLINE

Zipline stations are in place for visitor auto check in.

Additionally visitors must sign in using the QR code. There are QR code posters in various positions in the main reception areas at both sites. A code also appears as the last entry on the Zip Line auto sign in so there are multiple opportunities for you to scan in. If you add Havilah to your favourites the next time you check in this will save you hav-

ing to scan the code each time. Staff are always available to assist. As reported last month an additional Zipline station has been ordered for installation at Heath House which will enable visitors to enter directly into Heath House without needing to check in through the main Reception area. We hope that this will make visiting easier for Heath House families. A bit of a delay on its arrival but we hope it will shortly be in operation. Thank you to all our residents, families and visitors, we appreciate your understanding re signing in and out, booking outings and wearing your Harald cards.

(COVID-19) Emergency Leave FOR AGED CARE RESIDENTS

This is really about providing assistance where residents may wish to leave the facility in the case of an outbreak and we want to make sure that residents and families are aware of what is available and the

steps to take should you wish to take advantage of this at any time. Should you wish to obtain further advice in relation to this please email mail@havilah.org.au and we will contact you. Havilah has gone above and beyond the guidelines for personal protective equipment, contact tracing,

screening of residents, staff and visitors all to keep our residents and staff safe.

So we have everything in place and hope we never have a need to use it. The Emergency Leave is similar, it is there if you want or need it hopefully you never will.



PHOTO GALLERY





Residents were very patriotic celebrating Australia Day, enjoying hamming it up with the red, white and blue props and decorations that were in place for the day throughout the facility.

Falls Things to consider



Make sure the floor is clear of magazines, newspapers and electrical cords to ensure a safe walking environment.

ACCOUNT PAYMENT: Residents who have accounts to be paid in the community, eg chemist, the accounts can arrange for these to be paid by Havilah and on billed on your monthly fee account. Please speak to reception if you would like to do this.



RESIDENT SURVEYS - Harkness

Of 43 residents surveyed:

100% of residents surveyed indicated most of the time or always the staff are courteous, respectful in their interactions with

them and their family and friends.

98% of residents find the laundry service adequate most of the time or always.

95% of the residents surveyed agreed or strongly agreed that Havilah celebrates Christmas in a festive way.

100% of residents who participated agreed or

Invitation to read your Care Plan and take part in your Care Plan Review

Every resident has a comprehensive care plan developed to ensure all care needs are documented for staff's information. This way staff can provide consistent care and services in accordance with your assessed need **and the choices you make.** Our staff speak to you and/or your representative in developing your care plan initially and in the ongoing periodic review of your plan. We ask you for your direction

in relation to involvement in the care plan review on entry.

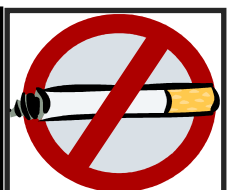
Your involvement can either be in person or by telephone. We wish all residents and/or representatives to feel they are consulted about changes made to care in response to assessed needs.

We also make changes as per your individual choices and requests. **Please talk to staff at any time should your needs or wishes change.**

When reviewing your care plan staff will ask you if



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



FROM THE KITCHEN:

Our menus have recently been reviewed to provide further increased choice for lunch and the evening meal. Lunch is the main meal of the day.

On the lunch time menu there are two main meal choices that change each day. There are also other main meal choices that remain constant each day. These include the favourites of our residents and provides further choice. The lunch menu also includes lighter alternatives of for instance pies, pasties, lasagne, quiche etc so we hope that there is something to suit everyone on any particular day. There are also choices listed for soft and pureed diets including sweets. At tea time there is a selection of two soups, two sweets and multiple mains for you to select on the menu

Where things that you like to eat are not included on the menu please talk to the staff in your area and they will get this arranged for you.

If you require a special diet that you feel is not catered for on the menu please discuss this with staff. Havilah has a consultant dietitian who reviews our menus for nutritional value. She also attends on site to speak

with residents about their dietary requirements. Please ask staff if you would like to meet with her.

For breakfast residents may choose whatever cereals, breads and spreads they wish. Residents can also select their choice of juices and yohurts and also to have poached eggs, ham and/or cheese on toast or bacon and eggs. If the cereal or bread you prefer is not listed on the menu please notify the kitchen who will arrange to get this in if it is not held as normal stock.

FAMILY MEMBERS AND GUESTS. We apologise that we cannot welcome resident guests for meals each day and look forward to reintroducing this as soon as possible. Where it is a special occasion lunch or afternoon tea can be arranged for guests. Please book this at reception a few days in advance as a special area will need to be set up for you. Hopefully before long we will be back to unrestricted guest meals once again. We look forward to that time.

For our residents we still have in place Special Morning Tea on Tuesdays and Sunday Devonshire afternoon tea. Tea and coffee making facilities and bis-

cuits are on hand in the kitchenettes for resident use.

REPORTING FOOD BROUGHT IN FOR RESIDENTS

As all food prepared by Havilah is closely monitored under the Food Safety Standards it is a requirement that **All food brought in to Havilah** by residents or their families/visitors must be reported. There is a register available in each Foyer and in the Kitchen for you to record this. Food put in the fridges must have the resident's name and the date clearly marked. Your assistance with this is appreciated.

If there is food you enjoy that you would like to see on the menu or any theme days you would like to see introduced please discuss this with Food Services Manager Di Jackson, or any of the lifestyle staff. Alternatively you can fill out a form and place in the Suggestion Box. We welcome your suggestions.

Please let catering staff know your favourite soup if you would like it included on the list for Soup of the Day.

If you want to make a comment, suggestion, complaint or compliment but are unsure how to go about this, please ask a staff member to assist you.

Emailing the Havachats If you provide us with your email address, we can email your Havachats to you. Please email your details to andrew.earl@havilah.org.au.

Healthy heart, healthy brain

We talk a lot about how best to take care of your brain – but there's another organ that's important to look after in order to stave off dementia: your heart.

In an article published in *The Conversation*, Drs Alexandra Wade and Ashleigh Elizabeth Smith, and PhD candidate Maddison Mellow, from the University of South Australia say that dementia – which afflicts nearly half a million Australians, and could rise to 1.1 million by 2058 – shares key risk factors with cardiovascular disease, as an unhealthy heart and blood vessels starve the brain of vital oxygen.

“Without enough oxygen, brain cells can't function effectively, and eventually die. Reduced blood flow also leaves the brain vulnerable to the plaques and tangles seen in forms of dementia,” they said.

The good news, the researchers say, is that up to 40 per cent of dementias can be prevented or delayed by adopting better health habits. These include:

- Eating two to three serves of oily fish per week – Omega-3 fatty acids, found in fish like salmon, sardines and mackerel, have anti-inflammatory properties and can reduce blood pressure as well as supporting brain cell structure and function.
- Eating plant foods with every meal – this includes foods like leafy greens, extra virgin olive oil, and nuts. The Mediterranean diet, which includes a lot of plant foods, is well-known to lower blood pressure and keep the brain healthy.

- Cutting down on processed food – highly-processed foods like saturated fats and refined carbohydrates, as well as red and processed meats, can increase inflammation and heighten risk of illnesses such as type 2 diabetes, obesity, and hypertension.
- Getting more exercise – physical activity can help deliver more oxygen to the brain, and forming habits is easier when you choose enjoyable activities and break up long inactive periods. Anything that raises the heart rate will do – even activities like gardening and household chores.
- Quitting smoking – smokers are 60 per cent more likely than non-smokers to develop dementia, but quitting dramatically lowers the risk, even to the same level as people who have never smoked before.

It's never too early, or too late, to start making positive changes to your lifestyle, according to the researchers, with even small manageable changes – like eating oily fish instead of meat once a week, or using extra virgin olive oil instead of margarine or butter – bringing with them significant health benefits.

“Obesity and high blood pressure in mid-life are key predictors of dementia risk, while diabetes, physical inactivity and smoking are stronger predictors later in life. Regular physical activity earlier in life can reduce blood pressure and decrease your risk of diabetes.

“Like giving up smoking, changes at any stage of life can reduce inflammation and change your dementia risk,” they said.

We'll drink to that (in moderation, of course).



The weather remains warm and unpredictable, so please ensure when walking outdoors that you are dressed appropriately, wearing a hat and that sunscreen is applied. Havilah have installed auto sunscreen dispensers at all entry/exit doors for your convenience.

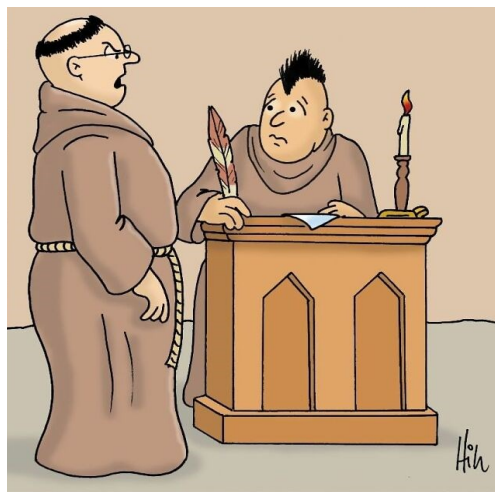
Hav'a'laugh

**LIFE IS
BETTER
WHEN
YOU'RE
LAUGHING.**

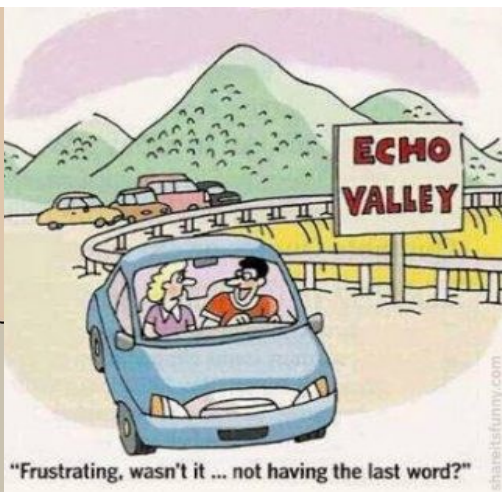
A woman was arrested for shop-

lifting at a grocery store. When she appeared before the judge, the judge asked what she had taken. The lady replied, "A can of peaches." The judge then asked why she had done it. She replied, "I was hungry and forgot to bring any cash to the store." The judge asked how many peaches were in the can. She replied,

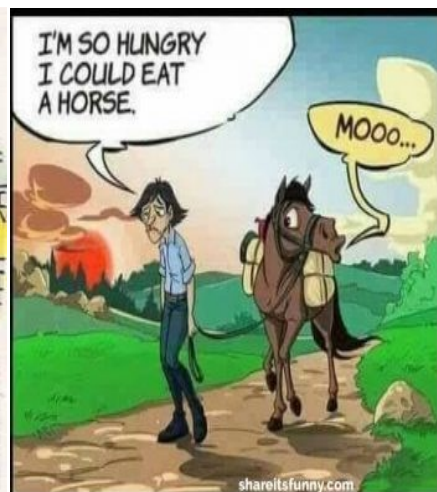
"Nine." The judge said, "Well then, I'm going to give you nine days in jail--one day for each peach." As the judge was about to drop his gavel, the lady's husband raised his hand and asked if he might speak. The judge said, "Yes, what do you have to add?" The husband said, "Your honour, she also stole a can of peas."



"BROTHER DAMIEN, I'VE BEEN MEANING TO SPEAK TO YOU REGARDING YOUR HAIRCUT."



"Frustrating, wasn't it ... not having the last word?"



An arrogant London lawyer is driving in Glasgow, runs a stop sign, and is pulled over by a local copper. This conversation follows.

Cop: "Licence and registration please."

Lawyer: "What for?"

Cop: "Ye didnae come to a complete stop at the stop sign."

Lawyer: "I slowed down and no one was coming."

Cop: "Ye didnae come to a complete stop. Licence and registration please."

Lawyer: "What's the difference?"

Cop: "Ye have to come to a complete stop. It's the law"

Lawyer: "Show me the legal difference between stop and slow down. If you can, give me a ticket. If you can't, let me go without a ticket."

Cop: "Sounds fair. Exit your vehicle, sir."

The lawyer gets out.

The cop takes out his baton, proceeds to hit him repeatedly and says – "Dae ye want me to stop or just slow down?"

Mick and Pat are standing on the 18th tee at their Irish Country Club. They are the final twosome in the Irish County Club Championship and are tied for the lead. The 18th hole is a beautiful par four with a deep valley, descending down to a dogleg right. Both Mick and Pat hit long, straight tee shots which disappear down into the valley. A short time later, the fore caddie appears at the top of the hill and announces that both balls are within 6 inches of each other but there's a problem: both of the golf balls are Titleist #4s.

Mick and Pat look at each other and realize that they had not informed each other as to what kind of ball they were playing, nor its number. They quickly descend into the valley and, sure enough, their two Titleist golf balls are right next to each at the bottom of the valley in the middle of the fairway.

Patrick looks at Mick and says, "We had better get a ruling from a tournament official to straighten this out. This is the Irish County Club Championships and we don't want to be disqualified for making a mistake and hitting the wrong ball. After all, we are tied for the lead."

Soon after, a rules official appears and examines the two #4 Titleist golf balls. He then looks up at Mick and Pat and says, "Which one of you is playing the orange ball?"

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 and at the nurses station in Grevillea

to provide greater accessibility to staff for families. Please make use of these 'phones as needed.

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.

For 24 hour EMERGENCY CONTACT telephone 54617394

FEEDBACK Residents and families are encouraged to communicate any issues they may have. We welcome feedback from residents, families and visitors and provide the 'Comment, Suggestion, Complaint and Compliment' forms at the main Havilah entrances. We strive to continuously improve our service and look forward to working with you to achieve the best possible outcomes for residents. You can also 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

External Complaints through the Aged Care Quality and Safety Commission: 1800 951 822

Elders Rights Advocacy (ERA): 1800 700 600

Email: era@era.asn.au www.era.asn.au

ERA is a member of OPAN the Older Persons Advocacy Network, delivering the National Aged Care Advocacy Program, an Australian Government Initiative providing advocacy services to recipients of Australian Government Aged Care Services.

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



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.**