

HAVACHAT Retirement Living Edition

Issue March 2021

Please contact Andrew on 5461 7387 or email andrew.earl@havilah.org.au if you would like your Havachat sent via email

HAVILAH WEBSITE: www.havilah.org.au



DINERS' CLUB The first post covid event for the Diners' Club will be at Peach Village on Tuesday 30th of March. Bookings have closed for this date but please Contact Kim 54590169 or Raeleen 54617380 if you would like to be part of the Diners' Club.

HAPPY HOUR/SPECIAL MORNING TEA Virtual Happy Hour and Special Morning Tea will continue on each alternate fortnight until we have the opportunity to once more have on site functions.



As the Flu season is approaching and the chemists and doctors are starting to roll out the vaccine. Under the National Guidelines for visitors entering an aged care facility current flu vaccinations are required. As you obtain your 2021 Flu vaccination please provide the detail at Reception so that we can update your records.





The American Diner lunch recently held was a great hit, with everyone singing along and toe tapping to the 50's/60's music played from the juke box. A themed lunch of southern fried chicken, coleslaw, American hamburgers and fries, was followed up with milkshakes and donuts for



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. There are now no limits on the number, reason or duration of visits.

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 within an indoor space at the facility, unless they have a specified exemption. *People 12 and over should wear a face mask unless an exception applies. A face shield on its own does not meet the mask requirement.
- ◆ 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:

- * are unwell or have even the mildest symptoms of COVID-19:
 - ⇒ fever or temperature over 37.5 degrees
 - ⇒ loss or change in sense of smell or taste, chills or sweats, cough, sore throat, shortness of breath, and/or runny nose

Note: this does not include those symptoms where caused by an underlying health condition or medication

- * are required to quarantine or isolate **This includes if they have attended an exposure site

- * have arrived in Australia from overseas (other than a travel green zone) in the last 14 days.
- * have been at a hotel quarantine site or port of entry in the last 14 days.
- ◆ Have not had and provided evidence of a current influenza vaccination unless you have a specific exemption.

Retirement Village Specific Guidance

There are no current specific guidelines in relation to Retirement Villages.

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

- ◆ **masks** are only required on public transport, in ride-share vehicles and taxis, in sensitive settings such as aged care and health care facilities
- ◆ Victorians can **host up to 100 people in their home per day.**
- ◆ **Outdoor gatherings** in public places – the beach, the park – **200 people.**
- ◆ **Density limits in pubs, restaurants and cafes** remain at 1 person per 2sq metres for both indoors and outdoors with no other cap, so long as electronic record keeping – a QR code – is used. For small operations, there are no density limits if the patron number is under 25.
- ◆ For **beauty services**, businesses remain at 1 person per 2sq metres – if they also introduce electronic record keeping. For businesses where that's not possible, density limits of 1 person per 4 sq metres apply.
- ◆ **Retail businesses** also remain at 1 person per 2sq metres and electronic record-keeping is rec-

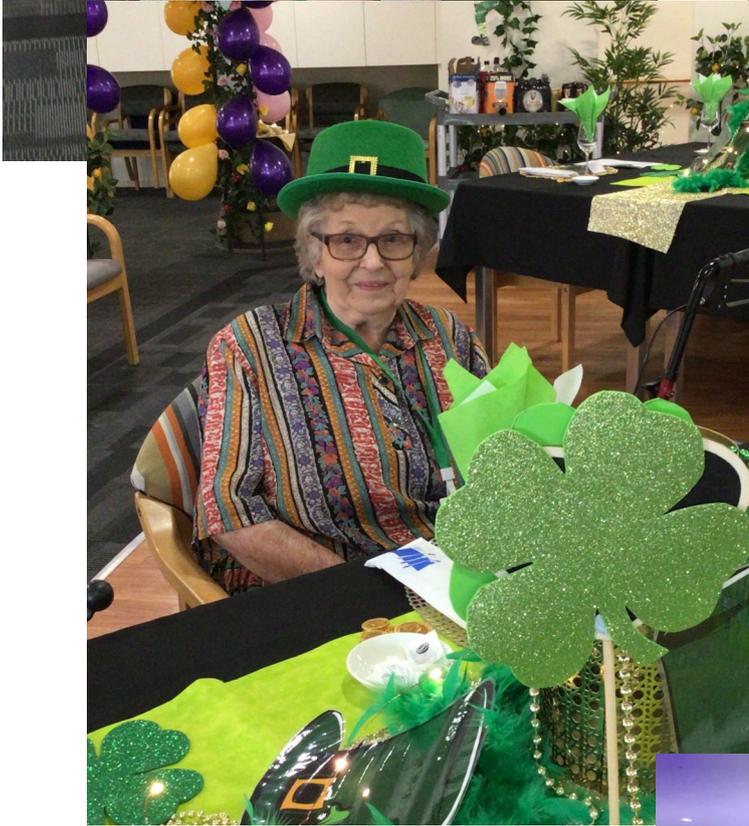
ommended where practical.

- ◆ **Funerals and weddings** are subject to a density limit of 1 person per 2sq metres. The same rules apply to **nightclubs** and community facilities, like **libraries, RSLs, and community halls.** In **gyms**, There are no longer limits on class sizes for outdoor and indoor physical recreation or fitness classes – and unstaffed gyms will be moving from a density limit of 1 person to 8sqm to 1 person per 4sqm.
- ◆ if you are sick you must stay at home.
- ◆ Victoria's exposure areas are listed on the DHHS website and updated ongoing. Please check where the exposure sites are before planning any outings or visits from family and friends.

The roll out of vaccination has commenced although not without some delays and changes to the schedules originally planned.

There has been no advice at this stage on when vaccinations will happen for aged care residents and staff at Havilah. We are now back to the original plan that residents and staff will be vaccinated on site at the same time. We will have to wait and see if there is a change of mind again before it all happens. The actual phased rollout as below has not changed however timeframes are not available. We are currently in the ridiculous situation where Phase 1b has commenced but Phase 1a is still underway with no timeframes available for people due to be vaccinated under this phase. A very difficult situation when also taking into account scheduling of a flu vax program for residents and staff.

Phase 1a - up to 1.4m doses: Quarantine and border workers, frontline



Residents celebrated St Patricks day in style with the dining areas turning green for the day, listening to Irish music during lunch of traditional Irish stew, and a glass of Guinness to accompany the meal.



From 11:59pm 26 March 2021 restrictions further ease in Victoria

23rd March. Victoria will further relax its COVIDSafe settings, allowing for more visitors in the home, reduced mask wearing and an increase in the number of people allowed in live music venues and other settings.

Acting Premier James Merlino and Minister for Health Martin Foley announced today that following reduced exposure risk and low community transmission, new COVIDSafe settings would be implemented this week.

From 6pm on Friday 26 March, masks will no longer be required in retail settings but Victorians will still need to carry one with them at all times and wear it on public transport, in rideshare vehicles and taxis and in sensitive settings such as aged care facilities and hospitals.

Victorians will be able to host up to 100 people in their home per day. Outdoor gatherings in public places – the beach, the park – can also increase to 200 people.

Density limits in venues still operating under more restrictive settings – like casinos, karaoke venues and nightclubs – will move from 1 person per 4sqm to 1 person per 2sqm. This is in line with cafes, pubs and

restaurants.

Additional people will also be allowed in indoor non-seated entertainment venues with an increase from 50 per cent to 75 per cent capacity however, the limit of 1000 people per space remains.

Dancefloors will move to the same density limit of the venue and the 50 patron cap will also be removed.

There will no longer be limits on class sizes for outdoor and indoor physical recreation or fitness classes – and unstaffed gyms will be moving from a density limit of 1 person to 8sqm to 1 person per 4sqm.

In a boost for the economy, the 75 per cent cap on private and public offices workers will also be removed, which coincides with a revised flexible work policy for the Victorian Public Service (VPS) released today.

While all workplaces are still required to ensure people can work from the office in a COVIDSafe way – with a density limit of 1 person per 2sqm – they will no longer be required to permit workers to work from home.

In further good news for AFL fans and following a successful first round, crowds will now be able to increase to 75 per cent for Round 2.

For more information on the new coronavirus settings visit coronavirus.vic.gov.au

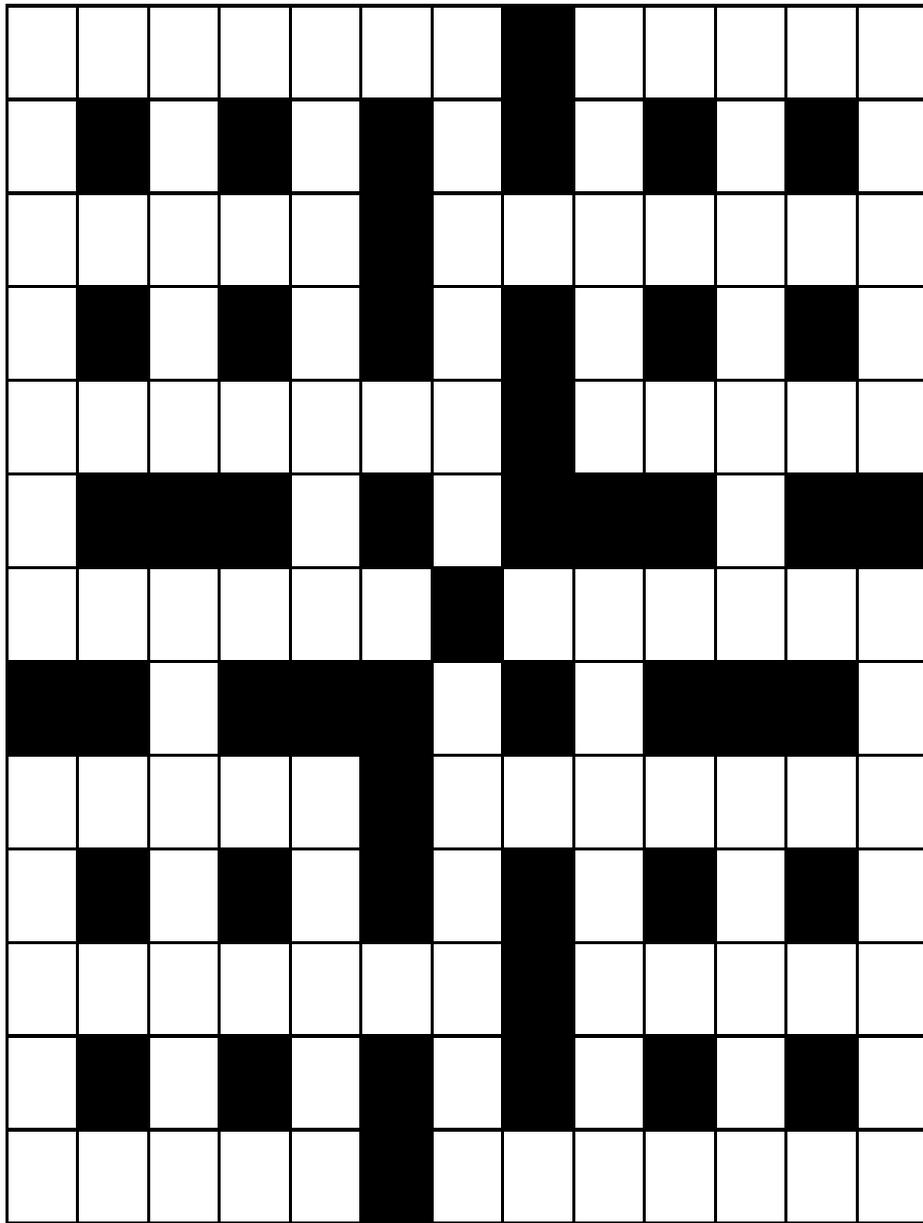


ANZAC DAY 25/04/2021

*They shall not grow old,
as we that are left grow old;
Age shall not weary them,
nor the years condemn.*

At the going down of the sun and in the morning .

We will remember them.



5 LETTER WORDS

- ANKLE
- ARENA
- AVERT
- CADET
- CUBES
- IRATE
- SCARE
- STEER
- TIGHT
- TRIBE
- TUTOR
- VAGUE

6 LETTER WORDS

- AMUSED
- ECHOED
- MAGNET
- SMOOTH

7 LETTER WORDS

- AMNESIA
- AVERAGE
- DIALECT
- DITHERS
- EDITION
- HABITAT
- MANSION
- OBELISK
- OBVERSE
- OUTLAWS
- RETRACT
- TANGENT

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

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

Medium 787

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

Easy 787

Falls Prevention

Make sure the floor is clear

Of magazines, newspaper and electrical cords to ensure there is a safe walking environment.



MASSAGE Havilah have their own Resident masseuse who is available for massages at a cost of \$30 per session. If you would like to enquire about booking a session please contact Sue or Jo on 5461 7390.

RESIDENT SURVEYS - Harkness Of 38 residents surveyed

97% of residents surveyed indicated that they enjoy the Christmas festivities at Havilah most of the time or always

100% of surveyed residents stated they know how to

make a complaint, compliment or suggestion most of the time or always.

100% of residents agreed or strongly agreed that they are well informed.

100% of residents agreed and strongly agreed the equipment in their room is in good working order.

CONTACT HAROLD

This card can trace and contain outbreaks in your workplace.



We are now six months down the track with Contact Harold and cards are being replaced to ensure battery life. All residents, staff, regular contractors, visitors and professional people have their own cards.

If you have a visitor card that has not been replaced please ask at Reception. The information the "Contact Harold" 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.

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 in-

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 Govern-

ment

- receive push notifications of information and updates



urgent in-



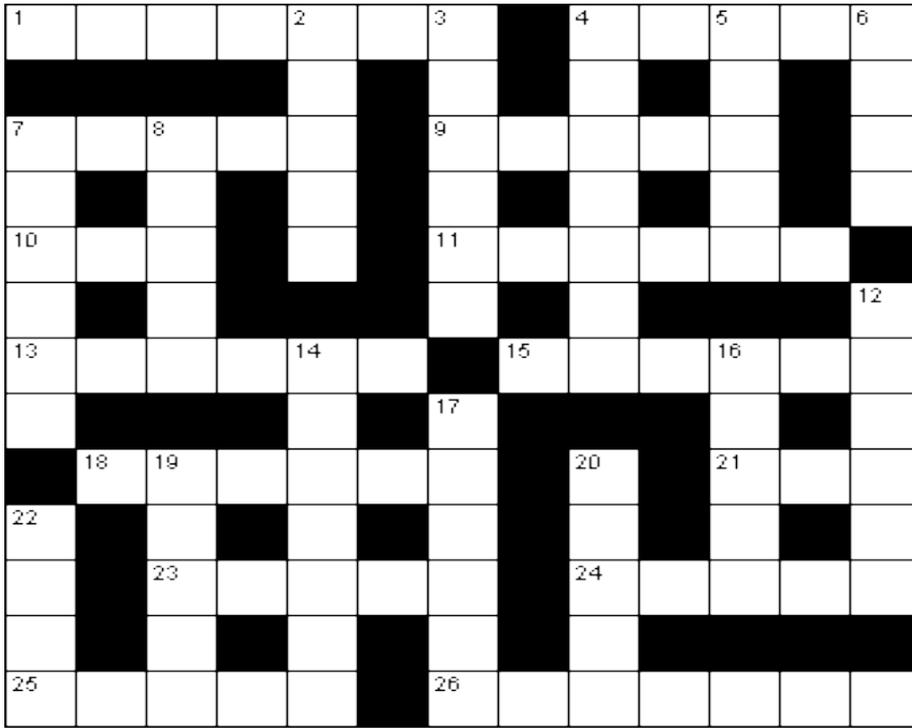
Get the app

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

Mind Games

Themed 04



ACROSS:

1. French variety of green bean (7)
4. Pickled flower buds used in relish (5)
7. Baking chocolate, milk and sugar (5)
9. powdery substance used in cooking (5)
10. Cereal grass seed (3)
11. Main course (6)
13. Edible nut (6)
15. Plant grown as a salad (6)
18. Well seasoned stew of meat and vegetables (6)
21. Hostelry (3)
23. Bourbon, sugar and mint over crushed ice (5)
24. Sponge without egg yolks, ___ cake (5)
25. Oval smooth-skinned fruit (5)

DOWN:

2. Marine molluscs served in chowder (5)
3. Sticky confection (6)
4. Small piece of toasted or fried bread (7)
5. Food prepared by processing in a blender (5)
6. Food grain (4)
7. Breakfast food (6)
8. Dairy product (5)
12. Aromatic herb (6)
14. Pasta strips (7)
16. Cake topping (5)
17. Basic food (6)
19. Firm-fleshed green-skinned pear (5)

WORD SEARCH - Bones

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

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

CARPALS, CLAVICLE, COCCYX, THMOID, FEMUE, FIBULA, HUMERUS, ILLIUM, ISCHIUM, MANDIBLE, MAXILLA, MATACARPALS, PATELLA, PHALANGES, PUBIS, RADIUS, RIBS, SACRUM, SCAPULA, SKULL, STERNUM, TALUS, ULNA, VERTEBRA3

QUIZ

1. Hugh Jackman was born in which Australian City?
2. Who was the youngest tennis player to win 3 grand slams in 1956?
3. Who was the first Prime Minister of Australia?
4. Name the first aviator to fly across the Pacific from California to Brisbane in 1928?

HAV'A'LAUGH

LIFE IS BETTER WHEN YOU'RE LAUGHING.

A vampire bat came flapping in from the night, face all covered in fresh blood and parked himself on the roof of the cave to get some sleep.

Pretty soon all the other bats could smell the blood and began hassling him about where he got it.

He told them to leave off and let him get some sleep, but

they persisted until he finally gave in.

"OK, follow me", he said and flew out of the cave with hundreds of bats behind him.

Down through a valley they went, across a river and into a huge forest.

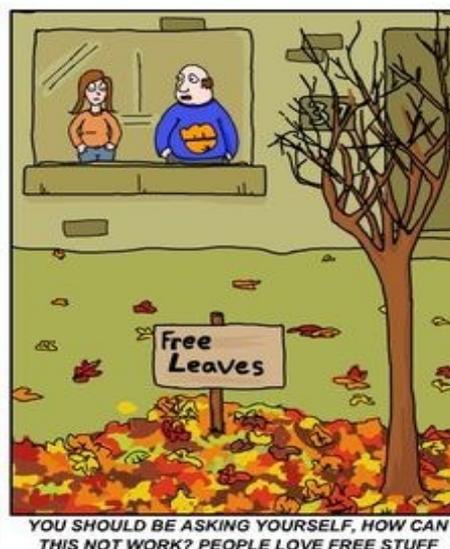
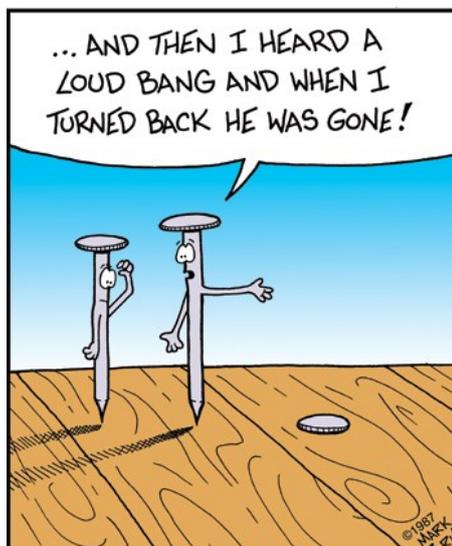
Finally, he slowed down and all the other bats excitedly milled around him, tongues hanging out for blood.

"Do you see that large oak tree over there?" he asked.

Hospital regulation required a wheel chair for patients being discharged, however, a student nurse found one elderly gentleman already dressed and sitting on the bed with a suitcase at his feet, who insisted he didn't need any help to leave the hospital. After a chat about rules being rules, reluctantly he let the nurse wheel him to the elevator. On the way down she asked him if his wife was meeting him. "I don't know" he said, "she's still upstairs in the

bathroom changing out of her hospital gown.

A man died and left a will that designated \$30,000 to cover an elaborate funeral. After the funeral a family friend asked the mans widow how much of the money she used for the funeral. "All of it," she replied. "The funeral was \$6,500, I donated \$500 to the church, the food and refreshments were another



ASTRONOMER: When you rearrange the letters: **MOON STARER**

THE EYES: When you rearrange the letters: **THEY SEE**

DORMITORY: When you rearrange the letters: **DIRTY ROOM**

A DECIMAL POINT: When you rearrange the letters: **I'M A DOT IN PLACE.**

ELEVEN PLUS TWO: When you rearrange the letters: **TWELVE PLUS ONE**



A picturesque small town, a cosy community garden, a facade of tolerance and acceptance - but when three women with wildly different loyalties come together, what secrets and lies will be revealed?

A timely novel exploring prejudice and privilege, from bestselling Australian author Fiona Lowe.

Tara Hooper is at breaking point. With two young children, a business in a town struggling under an unexpected crime wave, and her husband more interested in his cricket team than their marriage, life is a juggling act. Then, when new neighbours arrive and they are exactly the sort of people the town doesn't want or need, things get worse.

Life has taught Helen Demetriou two things: being homeless is terrifying and survival means keeping your cards close to your chest. Having clawed back some stability through her involvement in the community garden, she dares to relax. But as she uncovers some shady goings-on in the council, that stability turns to quicksand.

For teenage mother Jade Innes, life can be lonely among the judgement of the town and the frequent absences of her boyfriend. A chance encounter draws her into the endangered community garden where she makes friends for the first time. Glimpsing a different way of life is enticing but its demands are terrifying.

Does she even deserve to try?

Can such disparate women unite to save the garden and ultimately stop the town from tearing itself apart?

Porcupine Meatballs

Ingredients:

- 700ml bottle passata sauce
- 400ml beef stock
- 1 tablespoon balsamic vinegar
- 1kg lean beef mince
- 3/4 cup long-grain rice
- 1/2 cup milk
- 1 egg
- 1 small onion, grated
- 2 teaspoons Italian herbs
- 2 teaspoons Tuscan seasoning
- 1/4 cup flat leaf parsley, finely chopped, to serve

Instructions:

- Step 1
Preheat oven to 180C/160C fan-forced.
- Step 2

Pour passata, stock and vinegar into a 3.5L capacity baking dish. Mix to combine and season with salt and pepper.

Step 3

Combine the mince, rice, milk, egg, onion, herbs and seasoning in a bowl. Using 1/2 cup mixture at a time, roll into balls and add to sauce.

Step 4

Cover and bake for 1 hour or until meatballs are cooked through. Stand, covered, for 10 to 15 minutes. Serve meatballs, sprinkled with parsley.



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..

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.

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 KITCHEN

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

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

For 24 hour EMERGENCY CONTACT
telephone 54617 394

ON CALL MAINTENANCE after hours and
weekend calls 0408 645 203

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 Manager	Di Jackson	di.jackson@havilah.org.au
Director of Care	Kelsey Hooper	kelsey.hooper@havilah.org.au
Resident Liaison	Raeleen Brookerr	raeleen.brooker@havilah.org.au
Lifestyle	Sue Edmondson	sue.edmondson@havilah.org.au