

HAVACHAT Retirement Living Edition



Issue March 2022

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



Everyone at Havilah wish you a Happy and Safe Easter.



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. For visitors, as you obtain your 2022 Flu vaccination please provide the details to Reception so that we can update our records. Thank you for your assistance with this.





Residents enjoyed turning green to celebrate St Patrick's day recently, fooling around for the camera, a great Irish orientated lunch was served for all to indulge and if they were game could have a Guinness to follow.

As the Irish would say:

"May you have all the happiness and luck that life can hold - and at the end of your rainbow may you find a pot of gold"

The best time to plan your medical care is now

National Advance Care Planning Week, was held March 21st - 27th, which means it's a good time to consider your plans for future medical care.

While more Australians are living longer, few are considering how their values and preferences for medical treatment may be considered if they are no longer able to communicate, with Advance Care Planning Australia (ACPA) estimating that around a third of people will be unable to make their own end-of-life medical choices.

According to Dr Chris Moy, Vice-President of the AMA and ambassador for ACPA, sudden health events or even gradual declines may leave people with no voice when it comes time for medical treatment.

“Less than 15% of Australians have an advance care directive. This means that millions of Australians are unaware that they have given up their ability to control their own destiny should they lose decision-making capacity.

“This leaves their loved ones with the burden of making heart-breaking decisions blindly. No family should have to go through that,” he said.

National Advance Care Planning Week, aims to “demystify and normalise” conversations around death and dying, and encourage Aussies both young and old to take the necessary steps to make sure their future medical care is covered.

HAVILAH HAIRDRESSER



Havilah have engaged the services of a new hairdresser, Cindy will be on site every Wednesday

- Ladies Hair Cuts..... \$30.00**
- Mens.....\$20.00**
- Perms.....\$90.00**
- Sets/Blow waves.....\$30.00**
- Colour.....\$80.00**

Perms to be booked a week in advance.



EFTPOS
For the convenience of residents, EFTPOS facilities are located at reception for payment of Accounts.

Retirement Living:

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. Your assistance with this is appreciated.

Visitor Restrictions at Havilah

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. Visitors can complete their own RAT and provide proof via their mobile phone of a negative test. Visitors should complete their test as close as possible to visiting. Satisfactory evidence is a photo of the RAT with your name together with the date and time written on the actual test. Visitors must supply their own RATs if not undertaken at Havilah.

The limiting of the visitors to two per day for each resident is governed by the availability and costs associated with Rapid Antigen Tests and the time required to process these, together with infection rates within the community.

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 or part of the facility goes into lockdown, under new guidelines one visitor will still be able to visit unless prohibited by the Public Health Unit. Havilah is required to ask residents/families to notify who that visitor will be and this information is documented on each resident file.

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 be-

cause 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 to be held outdoors to reduce risks.

It is strongly recommend 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 takeaway only.

To be as COVIDSafe as possible, you are strongly recommended to stick to indoor seated service.

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 HARALD

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

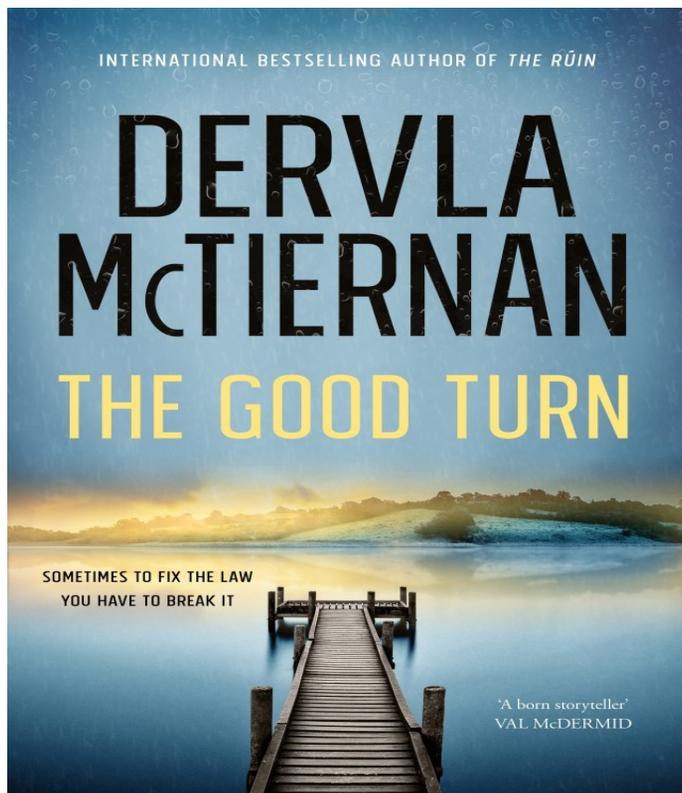
Zipline stations are in place for

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 having to scan the code each time. Staff are always available to assist.

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.

If retirement living residents have concerns about exposure to COVID or please telephone for advice.
Ph: 1800 020 080



When Peter Fisher is called to the scene of a supposed prank call, irritation turns to terror when he realises this is no joke. A young boy says he witnessed a little girl being bundled into the boot of a car, and Peter believes him.

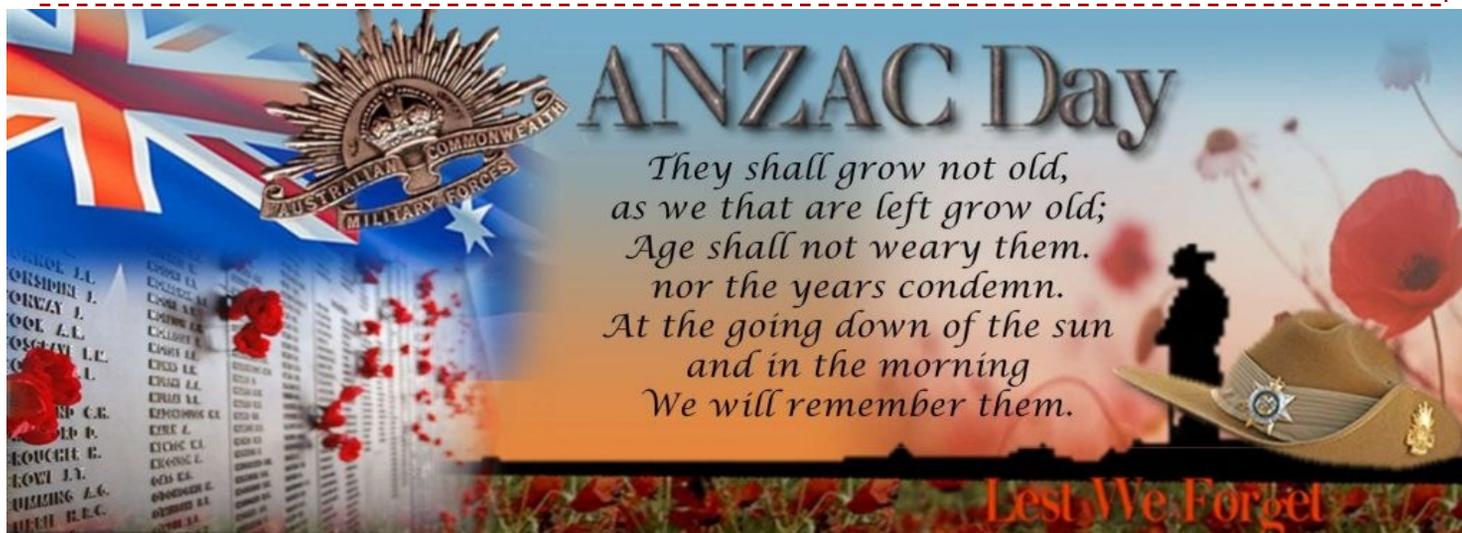
DI Cormac Reilly and Peter search frantically for answers, but find obstacles put in their way by the one person who should be helping them: Superintendent Bryan Murphy. Frustrated and severely short-staffed, Peter and Cormac are pushed to breaking point, resulting in a fatal mistake.

Cormac is suspended from duty and Peter is banished to a tiny town on the West Coast of Ireland, where he's tasked with doing the paperwork in a murder investigation that's supposed to have been resolved. But something isn't adding up, including the mysterious appearance of a young woman and her nine-year-old daughter, who hasn't spoke a word in months . .



WEIRD and WONDERFUL WORDS

DEASIL - clockwise or in the direction of the sun's course.



ANZAC Day will be celebrated on Monday 25th April.



DINERS' CLUB: Diners Club's next outing, will be Tuesday April 12th 2022 the venue is the Maryborough Highland Society please notify Alison or Georgie on 54590169 by 8th April if you intend to join in.

MIDDAY MEALS: Take away meals are available 7 days a week, please contact the main kitchen on 5461 7388 or reception on 5461 7387 to order



Virtual morning tea will continue as at present, available for collection at Reception on alternative Friday morning's each week. (14/04- Thursday before Easter & 29/04)



Death of Shane Warne highlights men's inability to spot heart symptoms.

The recent death of 52-year-old former cricketer Shane Warne from a heart attack comes as a study reveals nearly half of all Australian men over the age of 35 surveyed are not confident of identifying a heart attack.

In addition, only a quarter of those who do exhibit symptoms seek help, according to the Royal Australian College of Physicians.

Mr Warne sadly died of a heart attack in a hotel bedroom in Koh Samui, Thailand, on 4 March. Many Australians have also been shocked by the death of Labor Senator Kimberley Kitching also 52, from a suspected heart attack in the Melbourne suburb of Strathmore, six days later.

The study, published in the RACP's peer-reviewed scientific journal *The Internal Medicine Journal*, surveyed 153 Masters Age football players, aged over 35 years, playing on a scale of competitive to social games.

“Although regular exercise improves health, strenuous exercise causes a transient in-

crease in cardiac risk. Being able to recognise the warning signs of an impending cardiac event is critical to mitigating those risks during exercise,” said Professor Geoffrey Tofler, senior author of the paper and a Fellow of the Royal Australasian College of Physicians (RACP), and of University of Sydney and Royal North Shore Hospital.

“The risks are elevated when accounting for participants with pre-existing risk factors like hypercholesterolemia, hypertension, smoker status, weight issues, and family history of heart disease.”

What are the warning signs of an impending heart attack?

Common heart attack signs and symptoms include:

- Pressure, tightness, pain, or a squeezing or aching sensation in your chest or arms that may spread to your neck, jaw or back;

- Nausea, indigestion, heartburn or abdominal pain;
- Shortness of breath;
- Cold sweat;
- Fatigue; and
- Light-headedness or sudden dizziness.

Heart attacks can strike suddenly, but many people have warning signs and symptoms hours, days or weeks in advance. The earliest warning might be recurrent chest pain or pressure (angina) that's triggered by activity and relieved by rest. Angina is caused by a temporary decrease in blood flow to the heart.

All the more reason to be aware of the signs.



Coronavirus (COVID-19)

COVID-19: IDENTIFYING THE SYMPTOMS

SYMPTOMS		COVID-19	COLD	FLU
Fever		Symptoms range from mild to severe Common	Gradual onset of symptoms Rare	Abrupt onset of symptoms 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



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

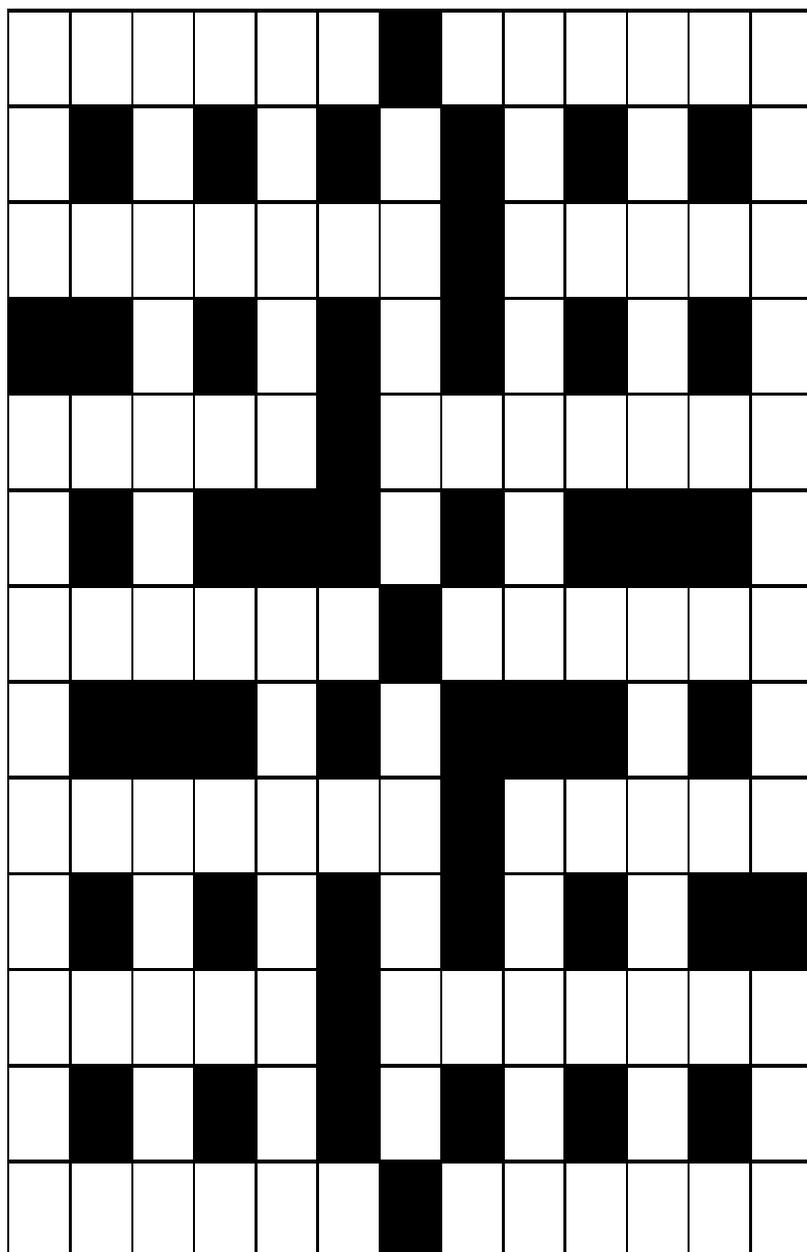


Get the app



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.



3 LETTER

WORDS:

ACE
TWO

5 LETTER

WORDS:

BEACH
CHEAP
EPOCH
GAMUT
GAZED
INNER
LANES
NYLON
SLEEP
ZEBRA

6 LETTER

WORDS:

AMAZED
ASSERT
COMBAT
LOOKED
SUDIO
TRACED

7 LETTER

WORDS:

AVOCADO
BUZZARD
ECLIPSE
ECOLOGY
EMPEROR
OCTOPUS
RAMPANT
RISOTTO

9 LETTER

WORDS:

BALLERINA
DEPOSITED

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

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

LEVEL EASY 1028

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

LEVEL MEDIUM 1028

CONTACT NUMBERS:**FOR PALMERSTON ST SITE**

Reception 5459 0140

MON-FRI 9AM – 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-Craig 54617 381

0418744699

RAELEN 54617 380

Things my mother taught me:

- We'll cross that bridge when we come to it.
- Hold your horses
- I'll wash your mouth out with soap
- You'll live

Lemon Rosemary chicken with crispy smashed potatoes**Ingredients:**

- 500g baby potatoes
- 1/4 cup olive oil
- 1 lemon, thinly sliced
- 60 unsalted butter
- 4 chicken thigh fillets
- 2 garlic cloves, finely chopped
- 2/3 cup chicken stock
- 1 tbsp. lemon juice
- 2 tsp coarsely chopped rosemary

Method:

- In a large saucepan, place the potatoes and enough cold water to cover. Cover and bring to boil over medium-high heat. Cook the potatoes for 10 minutes or until tender. Drain well, transfer to a baking tray to cool slightly, gently smash potatoes until the inside is exposed, but potatoes are not falling apart.
- Heat the oil in a large non-stick frying pan over medium to high heat, arrange the potatoes in a single layer, season, cook potatoes for 5 minutes each side or until browned and crispy.

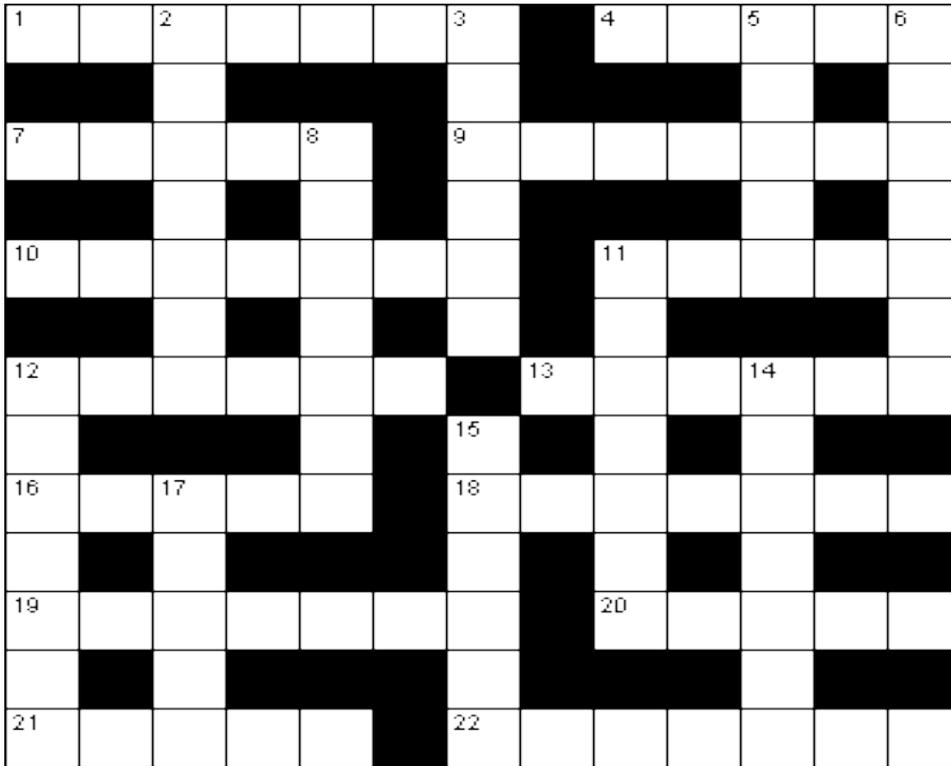
- Meanwhile, heat another large pan over medium-high heat, cook the lemon for four mins each side or until caramelized, Transfer to a plate. Wipe the pan clean, melt half the butter, season the chicken, cook for 6 minutes each side or until golden brown all over. Transfer the chicken to a plate and set aside to rest.
- Reduce heat to medium, add the garlic and remaining butter to the pan and cook, stirring for 2 minutes or until the garlic is light golden. Add the stock and lemon juice, bring to a simmer, return the chicken to the pan and cook for 6 minutes or until the chicken is cooked through, stir in the chopped rosemary.
- Arrange the chicken, lemon and potatoes on a serving platter, spoon sauce from the pan over the chick-



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.



Mind Games



ACROSS:

1. Bucharest is the capital (7)
4. Resort in the Canadian Rockies (5)
7. Jordan's capital (5)
9. Largest city in Texas (7)
10. Island in the Persian Gulf (7)
11. Mediterranean island (5)
12. Capital of the Bahamas (6)
13. This lake sounds serene (6)
16. Asian country (5)
18. Capital of Cyprus (7)
19. Home of Disney World (7)
20. Australian Town, _____ Springs (5)
21. Sea between Ireland and England (5)
22. Tirana is the Capital (7)

DOWN:

2. Largest city of Tennessee (7)
3. Piraeus is this city's major port (6)
5. Region of South Africa and Brazilian port (5)
6. Helsinki is the capital (7)
8. Tourist attraction _____ Falls (7)
11. Strait between Indonesia and Malaysia (7)
12. Capital of Kenya (7)
14. World's largest inland sea (7)
15. Bordered on the east by Zambia and on the west by the Atlantic Ocean (6)
17. City in 16 across (5)

Themed 15

WORD SEARCH - Time Out



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

ABSENCE, AMUSEMENT, BREAK, CAPER, CAREFREE, DIVERSION, ENJOYMENT, ENTERTAINMENT, ESCAPADE, ESCAPISM, EXCURSION, FESTIVITY, FIELD DAY, FREE TIME, FREEWHEELING, FROLIC, HOBBY, HOLIDAY, HONEYMOON, JAUNT, JUNKET, LEAVE, LEISURE, PASTIME, PICNIC, PLAY, PLEASURE TRIP, RECREATION, RELAXATION, RESPITE, REST, SPARE TIME, TIME OUT, UNWORRIED, VACATION

QUIZ

1. Which large town is situated in the geographic centre of Australia?
2. Which Australian Prime Minister disappeared in 1967 swimming?
3. Which artist paintings include The Abandoned Mine and Ned Kelly?
4. Who wrote the book, The Female Eunuch?



An elderly man in the Atherton Tablelands had owned a large farm for several years. He had a large dam in the back. It was properly shaped for swimming, so he fixed it up nicely with picnic tables, horseshoe courts, and some apple and peach trees.

One evening the old farmer decided to go down to the dam, as he hadn't been there for a while, and look it over.

He grabbed a twenty-litre bucket to bring back some fruit.

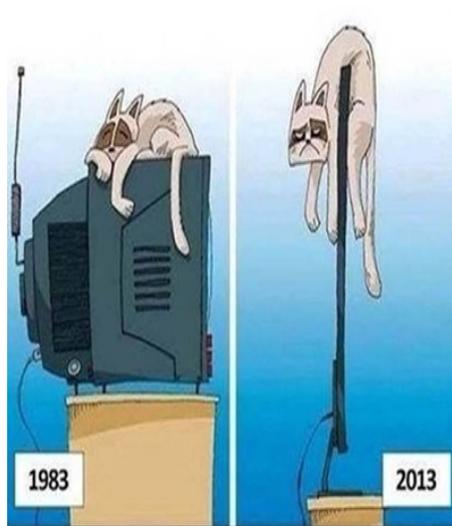
As he neared the dam, he heard voices shouting and laughing with glee. As he came closer, he saw a bunch of young women skinny-dipping in his dam.

He made the women aware of his presence and they all went to the deep end.

One of the women shouted to him, 'we're not coming out until you leave!'

The old man frowned, 'I didn't come down here to watch you ladies swim naked or make you get out of the dam naked.'

Holding the bucket up he said, 'I'm here to feed the crocodile...'



At one point during a game, the coach called one of his 9-year-old football players aside and asked, "Do you understand what cooperation is? What a team is?"

"Yes, coach", replied the little boy. "

Do you understand that what matters is that we are a team whether we win or lose?" The little boy nodded in the affirmative.

"So," the coach continued, "I'm sure you know that you shouldn't argue, curse the umpire, or call him an nasty names. Do you understand all that?"

Again, the little boy nodded in the affirmative.

The coach continued, "And when I take you out of the game so that another boy gets a chance to play, it's not a dumb decision or that the coach is an idiot is it?"

"No, coach."

"Good" the coach said. "Now can you go over there and explain all that to your grandmother?"

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

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	Craig Young	craig.young@havilah.org.au
Food Services Manager	Di Jackson	di.jackson@havilah.org.au
Director of Care	Kelsey Hooper	kelsey.hooper@havilah.org.au
Deputy Director of Care	Allison O'Connell	allison.oconnell@havilah.org.au
Resident Liaison	Raeleen Brooker	raeleen.brooker@havilah.org.au
Lifestyle	Sue Edmondson	sue.edmondson@havilah.org.au
Lifestyle (Palmerston)	Alison Steicke	alison.steicke@havilah.org.au

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 Craig Young 54617381 OR 0418744699
email: craig.young@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