



2nd April - 5th April

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 if you would like to be part of the Diners' Club.

SUNDAY LUNCH Sunday Lunch has resumed in Rooms 1 and 2, High School Centre. This is for Retirement Living Residents only for the time being. Take away meals are not now available on a Sunday. Please book by the Friday before. Take away meals will continue Monday to Saturday for the time being.

HAPPY HOUR/SPECIAL MORNING TEA Our fortnightly Friday night "Happy Hour" themed nights have commenced. These will continue during March and April. These are for the Retirement Village residents only. On the alternate Fridays virtual special morning tea will continue as at present.

Our apologies that we cannot include guests for the time being. We hope that it will not be long before guests can be welcomed again.



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?



WEIRD and WONDERFUL WORDS

BIBLIOKLEPT- one who steals books



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. Your assistance with this is appreciated.



Residents at Raglan House and Harkness Street celebrated St Patrick's day with the dining areas turning green for the day, listening to Irish music during lunch of a traditional Irish stew, and a



glass of Guinness to accompany the meal.



The American Diner lunch at Harkness 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 fol-



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.

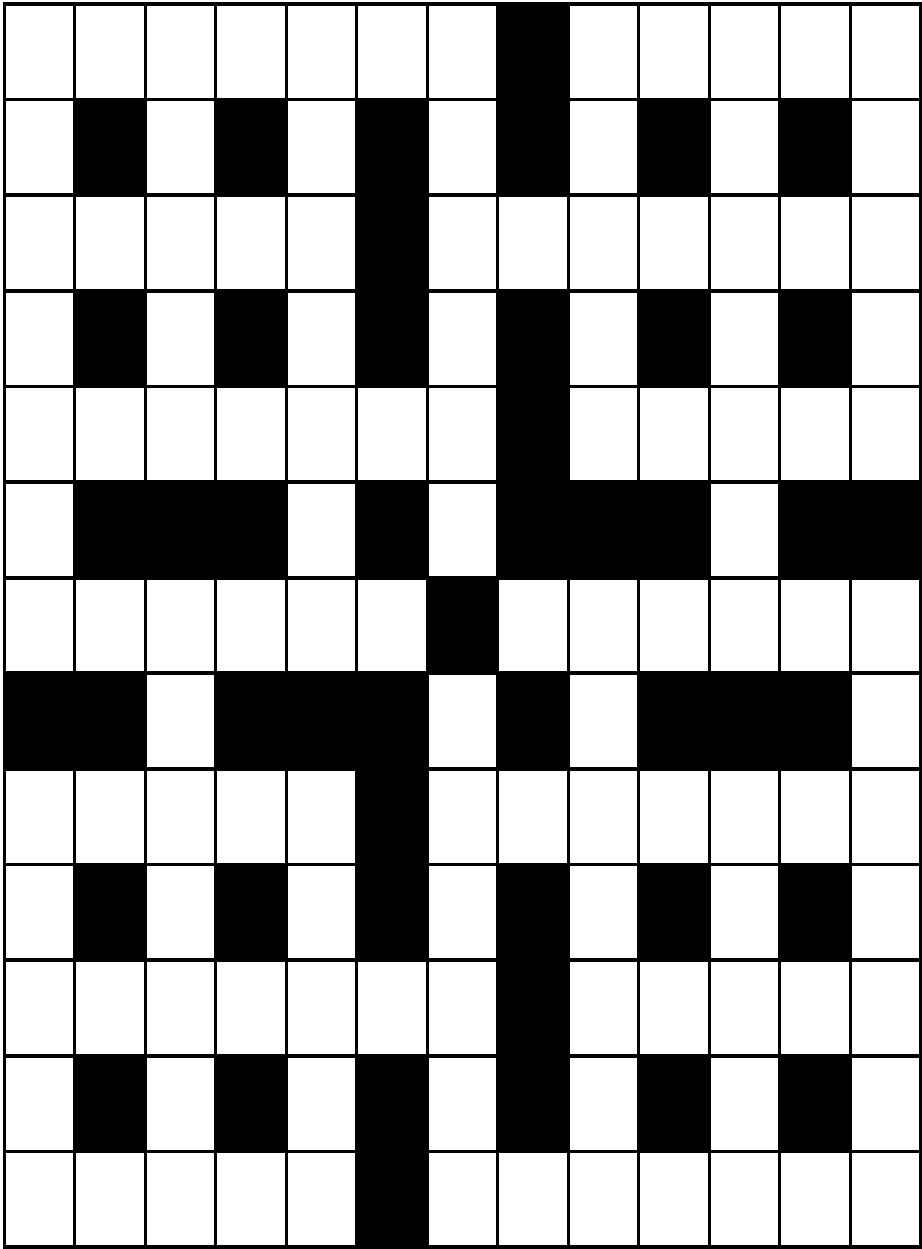
For more information on the new coronavirus settings visit coronavirus.vic.gov.au



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

Word Fit Puzzles 05











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

COVID-19: IDENTIFYING THE SYMPTOMS				
SYMPTOMS		COVID-19 Symptoms range from mild to severe	COLD Gradual onset of symptoms	FLU 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

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.

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

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

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 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**

****** <<https://www.dhhs.vic.gov.au/case-locations-and-outbreaks-covid-19>>

- * 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 recommended 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 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.

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

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

Just you wait!

If someone told you to jump of a cliff, would you?

What did your last slave die of?

You'll get square eyes watching the TV all the time!

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.



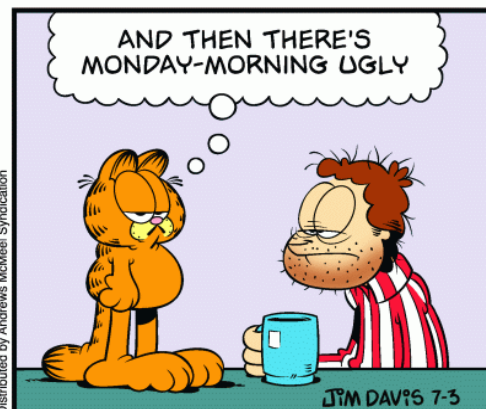
Please think of others and comply with parking signs, therefore only cars displaying Disabled stickers in Disabled Parking zones, No Parking, and No Parking zones.



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



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

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 addressing.

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

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.

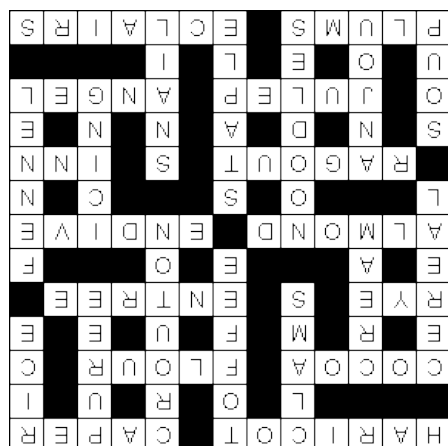
Other concerns:

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,

Quiz and Crossword Solutions from page 5 & 11



1. Sydney
2. Lew Hoad
3. Charles Kingsford Smith
4. Edmund Barton



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

Medium 787

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

Easy 787

Giggletime



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.

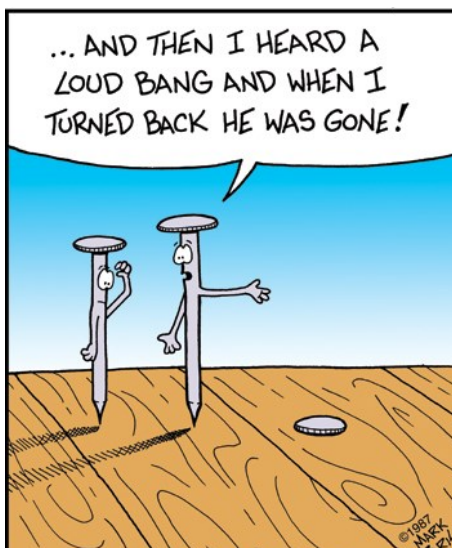
Finally, he slowed down and all the other bats excitedly milled around him, tongues hanging out for blood.

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

"Yes, yes, YES!!" the bats all screamed in a frenzy.

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 \$500, and the rest went toward the memorial stone." After a quick calculation, the friend said, "You spent \$22,500 on a memorial stone? How big is it?" "Two and a half carat," the widow replied.



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

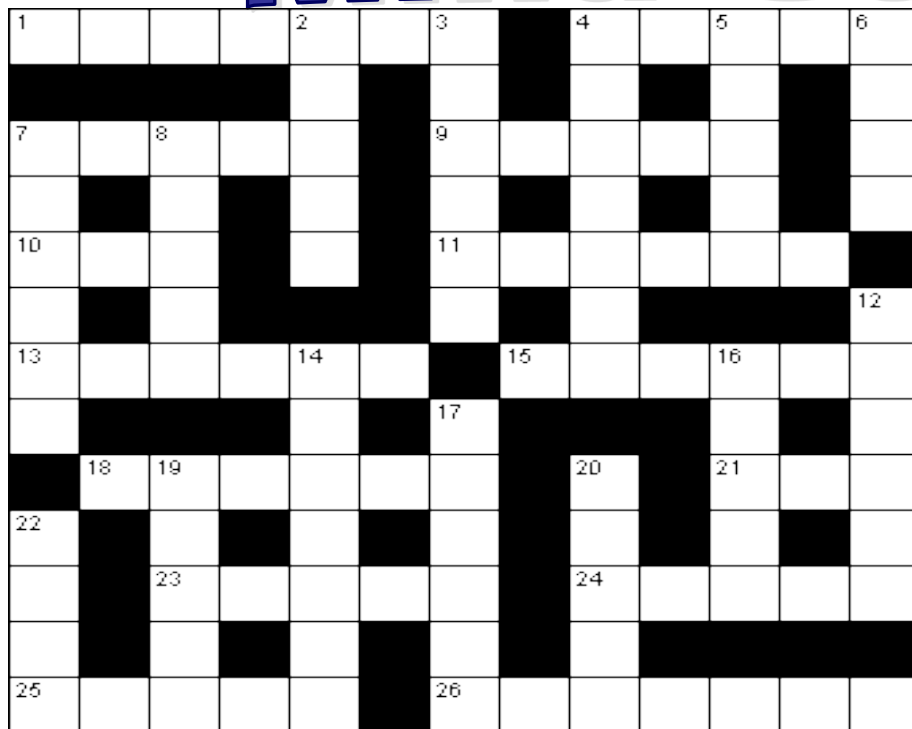
THE EYES: When you rearrange the letters: **THEY SEE**

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**

Mind Games



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)

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, VERTEBRA

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

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	Barb Duffin	barb.duffin@havilah.org.au
Food Services Manager	Di Jackson	di.jackson@havilah.org.au
Nurse Manager	Deb Matthews	deb.matthews@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

Director of Care Kelsey Hooper 54 617383

email: kelsey.hooper@havilah.org.au

Nurse Manager Havilah on Palmerston Deb Matthews

email: 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 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
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**