

HAVACHAT

Issue June 2022

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



HAVILAH MAJOR RAFFLE

There have been two early bird draws conducted for our Major Raffle Lucky Winners to date are;

Week one: Shelleen and Rick Solomano

Week Two: Anthony Ohlsen

Week Three: Kim Davidson

Week Four: Terry Elliott

A great effort from Raeleen, Sue, and Andrew, all tickets have been sold, it is appreciated that once again that many people, from Havilah

and the greater community have supported this yearly fundraiser

Weekly winners will be published in the Maryborough Advertiser.

This is an important part of our fundraising program each year with the proceeds used towards capital purchases such as equipment.



 **Aged Care
Employee Day**
Thanks for caring

**SUNDAY
7 AUGUST**

#ThanksforCaring



From the nurses and care workers, to the cooks and hospitality teams, to the drivers, cleaners and laundry employees, to the volunteers, to the leisure and lifestyle officers and administration teams – this is a day to recognise the entire workforce.

Aged Care Employee Day is a national day to thank, honour and celebrate the more than 360,000 people who work to care for and support around 1.3 million older Australians who receive care either in their home or in residential facilities.

On Saturday 7th August we celebrate each and every team member involved in the journey of caring for older Australians,

ans,

All Australians are urged to reach out to people they know who work in aged care on

Sunday 7 August this year and help recognise the contribution they make to the lives of our older citizens and communities.

Visit agedcareday.com.au to find out more.

**TAKE A MOMENT TO SAY
THANK YOU**

SPREAD THE WORD

Let your friends and family know that a national day has been created for this special group of people!

RE Visitor RATs

If visitors wish they can perform their own RAT prior to coming onsite, they can take a photo of the test same as staff do.

The following must apply:

- A clear photo of the test cassette showing the result
- The test cassette must have the visitor name, date test conducted & time test conducted
- The photo must be able to be identified as taken on the same day as the test

You are still required to log the visitor information onto the Visitor RAT sheet

This just means that visitors are not held up with a 15 minute delay for their visit

Havilah is not providing RAT tests to visitors to take

If visitors wish to do their RAT test at home they will need to source their own RATs

WARNING

It has come to the attention of staff that residents are once again receiving various random phone calls from telemarketers, and also a local church body, it is advised not to give any confidential information to anyone and cease the conversation immediately.



Valuable belongings

Please be mindful that is requested at the pre-admission meeting that our residents consider what valuable belongings they decide to bring into the facility, and can also refer to the resident handbook for a reminder that Havilah will be not responsible for the loss of valuable belongings.

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.

Harald cards have now been phased out, residents, staff and visitors will no longer require to wear them, please return your card to reception at Harkness street.



Jim Beasy is leading with 85 points, 2 point behind

Shirley Nicholson is being strong and selecting her tips each week but unfortunately she is sitting on the bottom of the ladder with 51 points.

The tipsters still have plenty of rounds to improve their tipping skills before the home and away season rounds are finished.



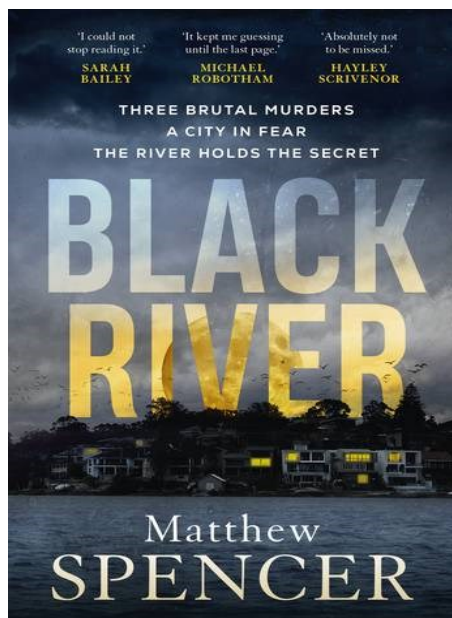
As the Flu season is upon us and the chemists and doctors are still administering the vaccine. Under the National Guidelines for visitors entering an aged care facility current flu vaccinations are required, it is mandatory to provide evidence, no visitors will be allowed to enter Havilah without providing such proof as from June 1st.



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

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

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



A long, burning summer in Sydney. A young woman found murdered in the deserted grounds of an elite boarding school. A serial killer preying on victims along the banks of the Parramatta River. A city on edge.

Adam Bowman, a battling journalist who grew up as the son of a teacher at Prince Albert College, might be the only person who can uncover the links between the school murder and the 'Blue Moon Killer'. But he will have to

go into the darkest places of his childhood to piece together the clues. Detective Sergeant Rose Riley, meanwhile, is part of the taskforce desperately trying to find the killer before he strikes again. Adam Bowman's excavation of his past might turn out to be Rose's biggest trump card or it may bring the whole investigation crashing down, and put her own life in danger.

CONSUMER EXPERIENCE INTERVIEWS AGED CARE STAR RATING PROGRAM

Part of the Australian Government's response to the Royal Commission into Aged Care Quality and Safety included adopting a comprehensive approach to quality measurement and reporting. This involves introducing a star rating system to help senior Australians, and their families, make more informed and confident decisions about the aged care services they access.

The program is designed to capture feedback by interviewing a sample of residents receiving care in every government-funded Residential Aged Care Facility

Havilah will be participating in the interview process in the coming weeks.

Residents at our Harkness Street RACF will be interviewed by the department on

25th & 26th July 2022.

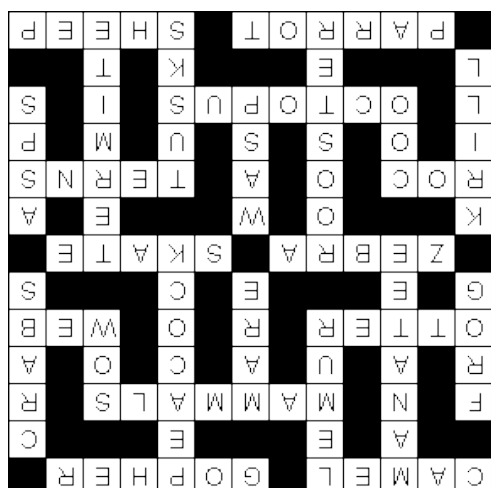
Residents at our Raglan Street RACF will be interviewed by the Department on **27th July 2022.**

Residents should feel comfortable to answer honestly, as your responses will be anonymous.

Answers to Quiz



Solutions from page 3 & 6



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

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

1. Crunchie
2. GWS Giants
3. Choosers
4. New Zealander



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 Life-style staff who will assist you to be-



Sniffer dogs better at detecting COVID-19 than RATs

Highly-trained dogs can sniff out COVID-19 infections better than the RATs (rapid antigen self-tests) people have become used to rely on at home, according to a new study.

The dogs' detection reached 97 per cent in the study at the National Veterinary School in Maisons Alfort, near Paris. The sniffing was also 91 per cent correct – far more accurate than the RATs, which tend to be better at ruling out infection than at finding it.

335 people took part in the research, with about one-third of participants testing positive for the coronavirus with a nasal PCR (polymerase chain reaction) swab.

Sweat samples from the armpits of the participants were collected with cotton pads that were locked into jars and given to at least two different dogs for sniffing. None of the dogs had prior contact with the volunteers. Nine dogs participated in total.

In July, German researchers showed trained dogs were able to distinguish between saliva sampled from people infected with COVID and those who were not more than 90 per cent of the time.

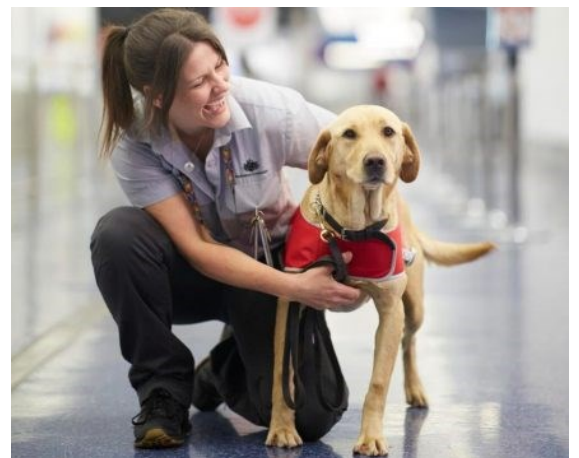
Finland, Dubai and Switzerland have started training dogs to sniff out infections. Studies over the past decade have reported handlers and their four-legged companions identifying urine of bladder cancer patients, as well as lung cancer in exhaled breath samples.

Queenslander Martin Dominick, who has 35 years' experience training young pups for government and private corporations, said the ability of canines to sniff out tiny whiffs of a substance is remarkable, and a natural gift that technology cannot match.

“It starts with the nose and the ability to differentiate odours in very small quantities,” he said.

One of the biggest strengths of a sniffer dog is total impartiality and non-human bias, he added.

Sniffer dogs should be used more. They are very special animals.



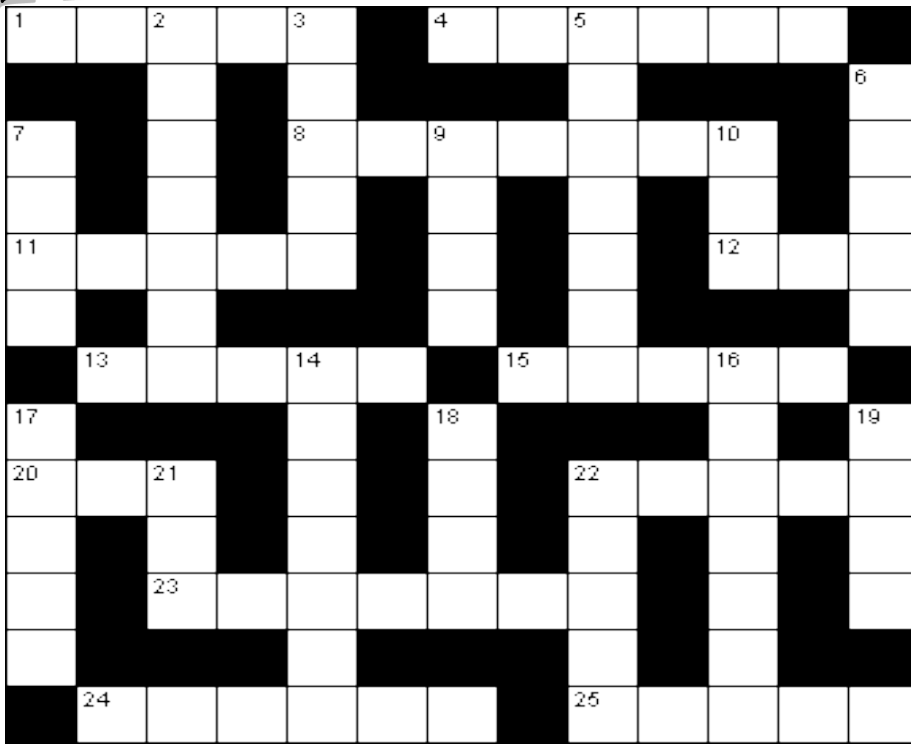
The Central Highland Library service have re-commence their service to Havilah. This is a wonderful service and once again will operate like a click and collect system with books being delivered

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



Mind Games ⁶

Themed 19



ACROSS:

1. Dromedary (5)
4. Burrowing rodent (6)
8. Warm blooded vertebrates (7)
11. Musteline mammal (5)
12. Spider trap (3)
13. Stripped equine (5)
15. Large edible ray (5)
20. Mythical bird (3)
22. Gulls (5)
23. Eight-armed cephalopod (7)
24. Tropical bird (6)
25. Horned ruminant (5)

DOWN:

2. Sirenian mammal (7)
3. Foxy-faced arboreal prosimian (5)
5. Showy bird (7)
6. Decapods (5)
7. Amphibian (4)
9. Female horse (4)
10. Femal hog (3)
14. Male chicken (7)
16. White ant (7)
17. Major food source for whales (5)
18. Stinging insect (4)
19. Small adders (4)
21. Pigeon call (3)
22. Long pointed walrus teeth (5)

WORD SEARCH - Flower Power

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

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

ACACIA, ASPIDISTRA, ASTER, AZALEA, BEGONIA, BLUEBELL, BOUGAINVILLEA, BUTTERCUP, CARNATION, CHRYSANTHEMUM, CYCLAMEN, DAFFODIL, DAHLIA, DAISY, EDELWEISS, FOX-GLOVE, FUCHSIA, GARDENIA, GERANIUM, HIBISCUS, HYACINTH, HYDRANGEA, IRIS, JASMINE, LILAC, LILY, LOBELIA, LUPIN, MARIGOLD, NASTURTIUM, ORCHID, PEONY, PRIMROSE, PRIMULA, ROSE, TULIP, VERBENA, VIOLET, WISTERIA.

QUIZ

1. Which chocolate bar was advertised with the slogan, 'change the colour of your day'?
2. Leon Cameron recently stood down from which AFL team?
3. Proverbially, beggars can't be what?
4. What nationality was mountaineer Sir Edmund Hillary?

WEEKLY ACTIVITIES - MAIN BUILDING

7

MONDAY Nail Manicure Pamper 9.30am
Foot Spa 9.30am
Bus Trip 1.30pm
Bingo 1.45pm

TUESDAY Special Morning Tea 10am
Chairobics 11.15am
Street Walk 1.30pm
Bingo 1.45pm
Marbowls 3.30pm

WEDNESDAY
Craft 10.30am
Strength Training 11.15am
Movie Afternoon 1.30pm
Bingo 1.45pm

THURSDAY Foot Spa 9.30am
Bus Trip 1.30pm
Bingo 1.45pm
Marbowls 3.30pm

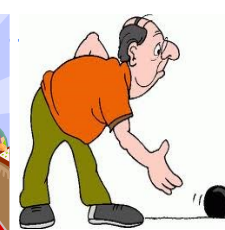
FRIDAY Chairobics 11.15am
Bingo 1.45pm
Happy Hour 4.30pm

SATURDAY Bingo 10.45am (Bac)

SUNDAY Devonshire Afternoon Tea
3.00pm

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

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



WEEKLY ACTIVITIES - HEATH HOUSE

MONDAY Bus Trip 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
Activity Time 10.30am
One on One 1.15pm
Daily Living Activity 3.00pm
Sonas 4.00pm
Activity Time 6-7.30pm

WEDNESDAY
Activity Time 10.00am
Activities 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
Happy Hour 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

Visitor Restrictions at Havilah

Following the recent announcement from the Victorian Government, we are excited to announce the easing of visitors restriction to Havilah.

- As of the 1st July 2022, the previous limit of 2 visitors per day, no longer applied.
- Contact Harald cards will be phased out as of 1st July 2022. We ask that you please return your Harald cards to our reception at whether Palmerston or Harkness street sites.

The following requirements for our visitors still remain:

- Face masks must still be worn whilst visiting.
- You must be free from any Covid-19 symptoms (other than symptoms caused by health condition or medication)
- You are not currently required to self-isolate, self quarantine or classified as a close contact in accordance with the Quarantine, Isolation and Testing order.
- You have received a negative result from a Covid-19 rapid antigen test on the same day that you intend on visiting, A photo on your phone is sufficient however the test must have the date and time written on it., along with your name. Alternatively you can complete your Rapid Antigen Test (RAT) at reception
- You must sign in using our Zipline system, If you are unfamiliar with how to do this please ask our reception staff to assist you. When leaving please remember to sign out using the Zipline.
- Visiting hours remain from 10.00am until 4.00pm each day.
- Specific exemptions for end of life as below still apply.
- Visits must occur within residents room or outdoors
- Social distancing still applies.

Influenza Vaccinations:

As from 1/06/2022 all visitors are required to show proof or provide proof of receiving the 2022 vaccination. No one will be allowed to enter until this is provided.

Essential Visitors:

The Commission is committed to the concept of 'essential visitors' and is looking for providers to engage proactively with consumers and their representatives (in advance of any COVID-19 exposure or outbreak) to identify these people for each consumer, and ensure that they continue to have access to a service unless a public health order or written public health advice prohibits this. Essential visitors are any of the following:

1. *Partner in care* – a person who has a close and continuing relationship with the care recipient and provides aspects of regular routine care and companionship
2. *Named visitor* – if a resident does not have a partner in care, they may nominate one person to be a named visitor
3. *Visitor at end of life* – visits to residents at or approaching the end of life should be facilitated for anyone and not be time limited.

Excluded Visitors

- have symptoms of COVID-19;
- 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:

Resident Outings

Residents are able to leave the facility. 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.

It is requested that all outings are notified via reception prior to taking resident out.

Reception is open 7 days a week, 10.00am—4.00pm

COVID PREVENTION.

We have been able to order RATs from our supplier and also have had deliveries from the Government Stockpile. It is reported that we will be getting weekly deliveries but we will need to wait and see on consistency of deliveries and the numbers. It is difficult at the moment to get a pattern of what is being distributed. Also from the stockpile we need to take, and be thankful for, whatever type we get including some oral tests received along the way. Our estimated requirement for visitors and staff is 1,000 per week and then additional for residents and staff for exposures and outbreaks. Additional outbreak stocks required, we estimate at 2,000. We have been able to maintain stock levels for the time being. The Havilah Board supports Havilah's Infection Prevention Control Leads in their decisions around the current level of testing and other infection control measures in place at Havilah regardless of cost. We believe these measures will need to continue while the infection remains prevalent in our community and adjoining LGA's. Our staff are working in N95 masks

for all shifts. These are not very comfortable and we are grateful for their ongoing commitment to keeping themselves and residents safe. Where staff have tested positive but have been wearing an N95 mask and have returned a pre shift negative rapid antigen test this is not then treated as an exposure. This means that other staff in the unit are not required to isolate and can continue to work. So while it has been difficult and we hear of staff shortages every day in the news, we are managing to maintain reasonable staff availability for filling rosters through the measures in place. Staff have been great in picking up additional hours as needed.

VACCINATIONS

All residents at Raglan have had their booster vax. At Harkness there are 3 who have declined COVID vaccinations. All others due for their booster have received this. All staff have had their required booster vaccinations

COVID TREATMENTS

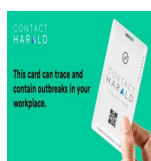
Havilah has recently received a supply of anti viral medications at both of its services via the government stockpile. At the time these were distributed by the Commonwealth

there was very little known about them. The medication must be given in consultation with the GP and our GP's have been advised of the medications we are holding and has been discussed through the Medication Advisory Committee Meeting. These medications have since been approved under the Pharmaceutical Benefits Scheme so in future they will be available through Pharmacies on prescription.

VISITOR CHECKIN.

Raglan House. Reception staff in place between the hours of 10 a.m. and 4 pm Monday to Friday. Weekends and Public Holidays when checking I directly into Raglan House.

Harkness Street. Reception staff in place between the hours of 10 a.m. and 4 pm each day.



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. 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.

(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.

Falls Things to consider

Avoid wearing loose clothing.

Ensure there is adequate lighting in rooms



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 50 residents surveyed:

100% of surveyed residents indicated that most of the time or always their room is lit appropriately for them to sleep at night.

100% of residents feel they can make a complaint about their care or facilities at

Havilah most of the time or always.

100% of residents agree or strongly agreed that they felt welcome by staff when they first moved in.

100% of surveyed residents agree or strongly agree they are aware that their family and friends can visit.

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.

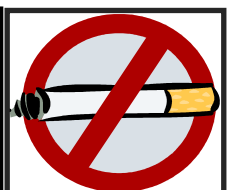
Your involvement can either be in person or by telephone. We wish all residents and/or representatives to feel they are consulted about changes made to care in response to assessed needs.

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 you want a copy and this can be provided to you.



**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 several 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 biscuits 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

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

Only in America: Woman sentenced for world's most obvious crime



In a twist that should shock absolutely nobody, the author of an essay entitled *How to Murder Your Husband* has been given life in prison for aggravated jaywalking.

No, no, we're kidding. She murdered her husband. 71-year-old self-published romance novelist Nancy Crampton Brophy (pictured, image captured from KPTV FOX 12 Oregon) was sentenced to life – with possible parole after 25 years – for the 2018 second-degree murder of 63-year-old Dan Brophy, with Oregon prosecutors successfully ar-

guing she stood to gain from his life insurance payout.

The court heard that Ms Brophy owned the same make and model of gun that was used to kill her husband, and that she was seen on surveillance footage driving to and from the culinary institute where he was murdered – but the court didn't hear her essay, published in 2011, with the judge ruling that it risked prejudicing the jury.

Ms Brophy is planning to appeal; there is, however, no word yet on whether she plans to write an essay about *How to Win an Appeal for Murdering Your Husband*.

Unbelievable Facts:

You breathe on average about 8,409,600 times a year

Our eyes are always the same size from birth, but our nose and ears never stop growing.

Human thigh bones are stronger than concrete.

The elephant is the only mammal that can't jump!

Kleenexes were originally designed to be filters for gas masks during WWI.

The first man to be pulled over for speeding, Walter Arnold in 1896, was only going 8 mph.



WEIRD and WONDERFUL WORDS

Cerulean – deep sky blue

Thoughts to Ponder:

- How far east can you go before you're heading west?
- If a kid refuses to sleep during nap time, are they guilty of resisting a rest?
- Are eyebrows considered facial hair?
- Can you daydream at night?
- If ghosts can walk through walls and glide down stairs, why don't they fall through the floor?

Hav'a'laugh

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

A man and woman were married for many years. Whenever there was a confrontation, yelling could be heard deep into the night. The old man would shout: "When I die, I will dig my way up and out of the grave, and come back and haunt you for the rest of your life!"

Neighbours feared him. The old man liked the fact he was feared. Then one evening, he died when he was 98.

After the burial, the woman's concerned neighbours said: Aren't you afraid that he may indeed be able to dig his way out of the grave and haunt you for the rest of your life?.

The wife said: "Let him dig, I had him buried upside down... and I know he won't get directions."

A teacher sets his class a problem: "Suppose there were a dozen sheep and six jump over a fence. How many would be left?" "None", says little Norman. "None?, Norman, you don't know your arithmetic." Norman. Replied: "And you don't know your sheep, when one goes, they all go."



A taxi passenger tapped the driver on the shoulder to ask him a question.

The driver screamed, lost control of the car, nearly hit a bus, went up on the footpath, and stopped inches from a shop window.

For a second, everything was quiet in the cab. Then the driver said, "Look, mate, don't ever do that again. You scared the living daylights out of me!"

The passenger apologized and said, "I didn't realize that a little tap would scare you so much."

The driver replied, "Sorry, it's not really your fault. Today is my first day as a cab driver — I've been driving a funeral van for the last 25 years."

There were 3 men in the desert. They all wanted something to cool them down. One brought a pail of water. The second brought an umbrella. The third took out a car door. The other two said, "Why do you have a car door?" The person said, "So we could roll the windows down when we get hot!"

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 Craig Young 54617381 OR 0418 744

699 email: craig.young@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

Postal Address: Havilah Hostel 11 Harkness Street, Maryborough Vic 3465



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.**