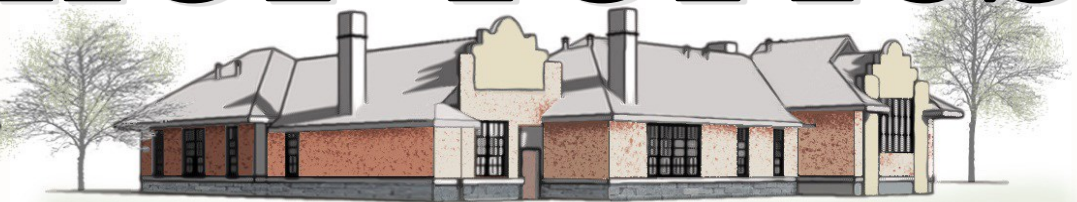


ISSUED  
June 2017



# HOP TOPICS



Mothers Day was a very enjoyable occasion for all concerned at Raglan House, with many families visiting residents enjoying each others company for the lunches and afternoon teas offered on both Saturday and Sunday of the weekend.



Retirement Community Resident Meeting 15th August in Rm7 held every 2 months.



**BONSAI DEMONSTRATION**

Barry Lacey came to Havilah on Palmerston to do a Bonsai demonstration for residents. Barry brought in Bonsai trees from his collection and did a demonstration on cutting, wiring and soil preparation and planting. Everyone who attended enjoyed the interactive day. Barry also runs the tai chi classes on Monday and Wednesday's in the High School Centre







Over 50 and struggling to sleep? There is a reason

From the Donaldson Sisters Newsletter By Lauren Broomham

A [new study](#) has revealed older adults are suffering from an “unmet sleep need” – and it could start as early as our mid-thirties.

The review published in the medical journal *Neuron* found as people age, we may be losing our ability to produce deep sleep – which could have a big impact on our mental and physical health.

“Every one of the major diseases that are killing us in first-world nations – from diabetes to obesity to Alzheimer’s disease to cancer – all of those things now have strong causal links to a lack of sleep,” co-author Matthew Walker says. “And all of those diseases significantly increase in likelihood the older that we get, and especially in dementia.”

### Getting to sleep a nightmare

Many of us believe we simply need less sleep as we get older. This is not true.

As the brain ages, the neurons and circuits in the areas that regulate sleep slowly degrade – resulting in less non-REM sleep. As non-REM deep sleep is essential to memory and cognition, that’s a big problem.

So can you do anything to stop the process?

The authors recommend people follow standard advice, including not drinking coffee in the late afternoon, avoid sleep-disrupting drugs like alcohol and keeping a regular sleep schedule.

But don’t rely on sleeping pills to do the job for you. The researchers say these sedate the brain rather than restoring younger sleep patterns.

Proof a good night’s sleep really can be a lifesaver?

### Australian women in politics

Australia, the land of blokes and sheilas, was surprisingly progressive, and shortly after Federation the government passed an act to allow women to both vote and stand in the 1903 federal election.

In fact, Australia was the first country in the world to allow women to run for parliament.

But the situation was not so rosy for Indigenous women (and men), who were not given the vote until much later, in 1962.

### Leading the world in rights and yet, the longest lag time for election

A leading suffragette, Edith Cowan, was the first woman to be elected to an Australian parliament when she won a seat in the Western Australian Legislative Assembly in 1921.

The victory was indeed groundbreaking, but the next hurdle proved even more difficult as it took nearly 22 years for a woman to enter federal parliament. Ironically, this ‘time lag’ was the longest of any Western country.

## NOTICE BOARD



### Football Tipping:

This season the prize money of \$10.00 is awarded to the tipster with 9 winners on a weekly basis and at the end of year the prize pool of \$50.00, \$30.00, \$20.00

respectively for first, second and third.

The 2017 AFL Draw is available in the Reception area. Each week place your tips in the box provided at Reception. Please include your Name and the Round Number with your selections.

Tips must be in the day before the first game of the round. Stu's tips will be allocated for participants who fail to submit their tips.

Please Contact Kim on 5459 0169 for further details.

**LEADERS AFTER ROUND 12.** Betty Higgins (66) , Doug Rowe (65) and 3rd being Wilma Doble (64), Shirley Huggett is the strong lady holding up the ladder on 47 points.

### WORD OF THE MONTH

**SHROFF:** Banker or Money Lender in the Far East



### Move More Carefully

Many People fall by moving too quickly from a sitting to a standing position. Preventing falls like this is as easy as taking your time.

All you have to do is pause after going from lying down to sitting and from sitting to standing. Also take a pause before using the railing on stairs, whether up or down.



### ON CALL MAINTANCE FOR AFTER HOURS

after hours and weekend calls.

**0408645203**

### AGED CARE FUNDING ROUND

Havilah was very pleased and excited on learning of the success of its application through the 2016 Aged Care Funding Round to establish a further 24 residential aged care beds at Havilah on Palmerston.

The application process for residential aged care places was highly competitive under this round with 4.5 new places sought for every place available.

This was an increase of more than 15 per cent when compared to the 2015 ACAR.

With less that 25% of places applied for being approved Havilah's success under this round is certainly noteworthy.

The project is expected to cost around \$6.4M to establish and will provide a boost for the local community during its establishment. It will be of even greater benefit into the future by way of employment, economic stimulus and availability of

services .

It is expected that up to 30 new staff will be required. When operational the new facility will attract some \$2.5M in annual income much of which will flow to the local economy via wages and supplies.

Currently we are working with our Planning Consultant to ensure that the proposal meets planning requirements prior to presentation to Council.

Even after planning there will be quite a bit of work to be done finalising drawings so don't expect the first sod to be turned for some time yet.

As soon as we possibly can the proposal will be presented to the Havilah on Palmerston Community.

## **RECIPE OF THE MONTH**

### **Chicken, Mushroom and Sundried Tomato Quiche**

**Ingredients:**

2 Sheets frozen shortcrust pastry,  
partly thawed.  
2 tsp olive oil  
200g button mushrooms, sliced  
1 cup shredded cooked chicken  
 $\frac{1}{3}$  cup sun-dried tomato strips  
 $\frac{1}{4}$  cup chopped fresh basil leaves.

**Basic Egg Mix:**

8 eggs  
 $\frac{1}{2}$  cup pure cream  
 $\frac{1}{2}$  cup finely grated parmesan cheese

**Method:**

Preheat oven to 200°C/180°C fan-forced. Place a baking tray in oven. Use pastry to line base and side of a 4cm deep, 24cm (base), loose-based fluted flan tin, trimming to fit.

Prick base with a fork. Freeze for 15 minutes or until firm.

Place tin on hot baking tray in oven. Bake for 10 to 15 minutes or until golden. Remove from oven.

Reduce oven temperature heat to 180°C/160°C fan-forced.

Heat oil in a frying pan over medium-high heat, add mushrooms, cook for 4 minutes or until tender, remove from heat, stir in chicken, tomato and basil, arrange in pastry case.

Place eggs, cream and cheese in a large jug, whisk to combine, season with salt and pepper, pour over chicken mixture.

Bake for 40 to 45 minutes or until golden and just set. Serve.

### **THINGS MY MOTHER USED TO SAY**

When you point a finger at someone you are actually pointing three back at yourself.

If I learned something from her, it was worth it.

Always write thank you notes, even if you don't like the gift.

Come home when the street lights turn on.

Where there's a will, there's a way.

If you want to get something done, ask a busy person.



**PLEASE RESPECT THE NON SMOKING AREAS  
AT HAVILAH ON PALMERSTON**





## HEALTH AND WELLBEING



### TAI CHI

#### 1. Where did tai chi originate?

Tai chi is a slow moving, meditative exercise that began in ancient China a few thousand years ago. It is one of the major branches of the traditional Chinese martial arts and involves a series of slow, meditative body movements that were originally designed for self-defence and to promote inner peace and calm.

#### 2. What are the main health benefits of practising tai chi?

Scientific studies have shown that tai chi works to improve muscular strength, flexibility and fitness. Muscle strength is important for supporting and protecting joints and flexibility exercises enable people to move more easily and facilitate circulation of body fluid and blood which enhance healing. Fitness is important for overall functioning of the heart, lungs and muscles. In addition to these components, tai chi movements emphasise the importance of weight transference which helps improve balance and prevents falls.

#### 3. How long does a tai chi session take?

45 minutes to one hour with some rests between if and when needed.

#### 4. What can a beginner expect from their first session?

The level of exercise is equivalent to walking but if you have never done it before you may feel some muscle fatigue as you might be working on muscles that have not been worked on before. If you are relaxed you can feel very energised.

#### 5. Should tai chi be done inside or outside?

Ideally outside in the fresh air but it can be done inside too without any problems.

#### 6. What's the best time of day to do tai chi?

It's best in the morning but does not really matter. Preferably not after a big meal!

#### 7. What are tai chi movements like?

There are a variety of styles but Sun style is characterised by gentle, free flowing yet controlled movements. The movements flow smoothly like water in a river and are suitable for everyone, even those with pain like arthritis or those recovering from an operation.

#### 8. What kind of clothing and equipment is required?

Loose, comfortable clothing with flat/soft fitted shoes.

#### 9. What attracted you to tai chi and what do you enjoy most about teaching it?

I have been working in aged care for over 15 years in diversional therapy. I could see the benefits of exercise not only for the body but mind. I feel so blessed that I am able to share the joys of tai chi with the community. It is so gratifying to hear the positive feedback from participants about improvements in their health, balance and wellbeing. It also promotes self esteem and a sense of camaraderie and community.

#### 10. Where can people find more information about finding a local tai chi group?

#### RIGHT HERE AT HAVILAH ON PALMERSTON

With Master Barry Lacey

Where: Room 7 High School Centre

When: Monday and Wednesday

Monday session 1.30 to 2.30 pm

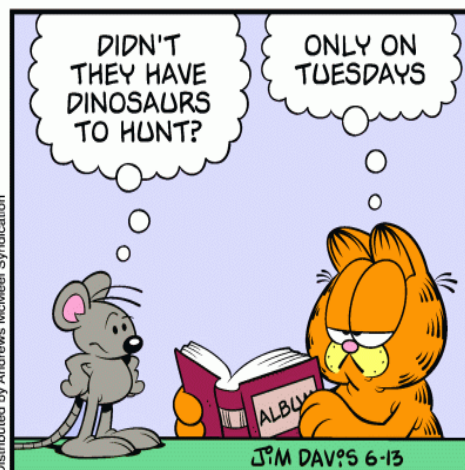
Wednesday session 10.30 to 11.30 am

Come along and try, there is no age limit

Very good for balance and for people with arthritis

FREE for Havilah On Palmerston residents –

friends are welcome at the fee of \$5.00 per session



## HEALTH AND WELLBEING

### 10 Easy Ways to Boost Brain Power

**1. Games, fun and solutions:** games that call for thinking and evaluating before action. Playing cards with others can stimulate brain function while providing sociable times with family and friends. Puzzles, including crosswords, picture puzzles and word searches are great stimulants.

**2. Get the grandkids involved.** When grandchildren visit play games with them, do a jigsaw puzzle and if not completed in time, it can be finished when they visit again.

**3. Start a diary:** Start a daily diary, buy a quality book or binder plus a special pen to start. Share what you accomplished much over the years that should be shared and recorded from today's memory and thinking. and a lot of stress and depression should start to disappear.

**4. Focus on nutrition:** Proper nutrition is vital, particularly a diet strong in antioxidants. Fresh fruits and vegetables are vital to provide what other parts of the body or system may now be denying to the brain and its function. Other physical challenges are probably reducing the effectiveness of the immune system; therefore, the addition of all the more antioxidants can definitely benefit the brain and its function. Interestingly, most research endorses coffee and its caffeine ingredient as a benefit to better brain function. And caffeinated teas may be of similar benefit.

**5. Stop smoking:** Of course, this will be a challenge. But there are no benefits, but only negative effects to the brain from smoking. Smoking also contributes to diseases, including COPD.

**6. Start walking:** Physical exercise and movement is vital to the functioning of the older adult brain and its best functioning. Daily walking, to the extent that you are able and taking part in Chairrobics and the falls reduction exercises would be appropriate and effective. The exercise produces aerobic benefits to the brain as well as the lungs, heart and general physical condition. If there are exercise programs you would like to try please contact the Lifestyle staff.

**7. Invite visitors:** Loneliness is a real downer for older adults, particularly if they withdraw from social events or relationships. Invite visitors to visit, whether on a one-time or weekly basis. You have lots to talk about, historic times and events, current events and family.

**8. Keep them laughing:** There's something to be said for the old saying "Laughter is the best medicine." The act of laughing has been proven to have health benefits. If you feel isolated a lot, movies and books can provide entertainment.

**9. Get out and about:** Take part in the lifestyle activities on offer that enable you to socialise with others. If you have the opportunity go on an outing. It may be a bus trip or other excursion or out with family or friends. This continues to open the world to you, while ensuring that you are still being involved.

**10. Recognize for your gains:** This is a scary time for most older adults. When you were working or being active in the community, you felt respected and important. In older age, that sense of acceptance or identification is often lost. Try to get involved in activities, where you can regain that sense of accomplishment. Additionally, praise yourself for even small accomplishments



"I'm sorry, but I'm not allowed to sell you that smart phone without first verifying your IQ."

## What's On & Events

### CONTACT NUMBERS

#### FOR PALMERSTON ST

**Reception 5459 0140**  
**MON-FRI 9AM-12 NOON**  
 (other than public holidays)

**Raglan House 5459 0150**

**Nurse Manager 5459 0154**

**Lifestyle 5459 0169**

**Maintenance BH 0417 679 803**

**Maintenance AH 0408 645 203**

**Kitchen 5459 0180**

### CONTACT NUMBERS

#### FOR HARKNESS ST

#### MON-FRI

**9AM-5PM 5461 7300**

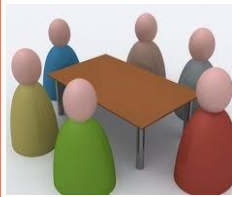
**5PM-7 AM 5461 7394**

**WEEKEND 5461 7394**

**LIFESTYLE 54617 390**

**CEO 54617 381**  
**0429617380**

**RAELEEN 54617 380**

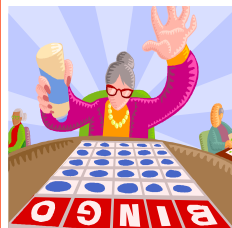


**RESIDENTS MEETING & LIFESTYLE COMMITTEE Meeting** will be  
 Thursday 17th August 2017 at 2.45pm,  
 Room 7 in the High School Centre (Coffee &  
 Chat immediately after the meeting)

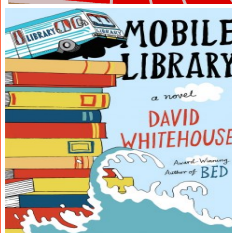


#### **HAPPY HOUR**

Every Friday night in the High School Centre  
 Function Room (Rooms 1 and 2) commencing  
 at 5.00pm  
 entertainment, finger food & drinks.



**BINGO** Monday- Friday 1.30 P.M. Ground  
 Floor Raglan House



#### **MOBILE LIBRARY— APRIL DATES**

Monday 5th June and Monday 19th June  
 Raglan House—Ground Floor—Neill  
 Street end



#### **SPECIAL MORNING TEA—COMING DATES**

2nd Friday of each Month  
 Room 7 High School Centre



#### **TAI CHI**

Monday session – 1.30 to 2.30 pm

Wednesday session - 10.30 to 11.30 am  
 Room 7 High School Centre

#### ♦ **STRENGTH EXERCISES AND FALLS PREVENTION**

Every Monday at 2.30 Raglan House Ground floor

#### ♦ **CHAIROBICS**

2.30 P.M. Tuesday & Fridays Ground Floor Raglan House



## What's On & Events

### CHURCH SERVICES Room 7—High School Centre



UNITING CHURCH - 1st Wednesday of the month at 2.30pm.

ANGLICAN CHURCH - 2nd Wednesday of the month at 10.30am

SALVATION ARMY CHURCH - 4th Wednesday each Month 2.45pm

♦ **MARYBOROUGH MENS SHED**

Meets Tuesday and Thursday mornings at 9 a.m at its shed at 42a Newton St. Maryborough.

New members welcome

for information contact 0417365642

♦ **MARYBOROUGH BRANCH CWA.**

Meets at the Maryborough School House in Gillies St. on the 2nd Tuesday of the month Craft is held at 10 a.m. followed by a general meeting at 1.30 p.m. New members most welcome.

Contact Shirley on 5461 1657 or Rachel on 0419125459



**Winners of the major prizes  
in Havilah's major raffle  
were**

Marlene Currie      1st Prize

Greg Murray      2nd Prize

The lucky winners will be able to spend \$10,000 and \$5,000 plus gst respectively on whatever they choose.

Winners of the \$500 weekly draws were

The 'M' Team, RAM Syndicate,  
Mike McCarthy, Stacey Baudendistel,  
Brendan's Tours, Kaye Mullane and Gaye  
Turner, Ange O'Shea, Debbie Walker and  
Kelsey Hooper

Havilah on Palmerston Chef, Greg was over the moon with his second prize. We had wonderful support from our staff so great to see five staff featuring among the twelve winners this year.

386 of the 400 available tickets were sold this year. A magnificent effort. Thank you to all who bought tickets and to our ticket sellers. Raeleen put in a mammoth effort to bring the number up to 386, thank you Raeleen.

**BOOK REVIEW**

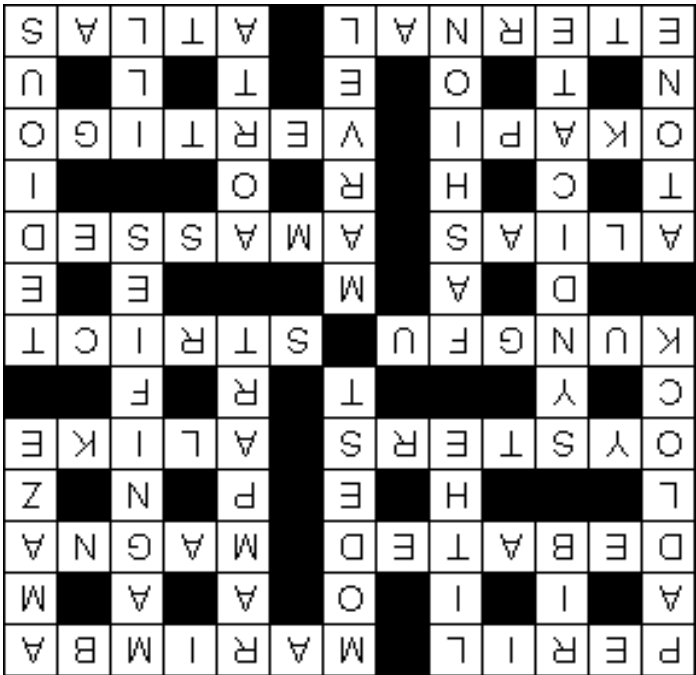
**THE STONEHENGE LEGACY BY SAM CHRISTER**



Eight days before the summer solstice, a man is butchered in a blood-freezing sacrifice on the ancient site of Stonehenge before a congregation of robed worshippers. Within hours, one of the world's foremost treasure hunters has shot himself in his country mansion. And



to his estranged son, young archaeologist Gideon Chase, he leaves a cryptic letter. Teaming up with an intrepid policewoman, Gideon soon exposes a secret society-an ancient international legion devoted for thousands of years to Stonehenge. With a charismatic and ruthless new leader at the helm, the cult is now performing ritual human sacrifices in a terrifying bid to unlock the secret of the stones. Add in the kidnap of the USA's Vice President's daughter and the murder of her boyfriend and you have an action packed read packed with codes, symbology, relentless suspense, and fascinating detail about the history of one of the world's most mysterious places.



**Quiz and Crossword  
Solutions from page 11**

**Answers to Anagrams**



- 1. WHITE WATER
- 2. WEIGHTLIFTING
- 3. WESTLING
- 4. FOOTBALL
- 5. ATHLETICS
- 6. MARATHON





## SMILE TIME

The trouble with retirement is that you never get a day off.

A teacher was trying to make use of her psychology courses. She started her class by saying, "Everyone who thinks they're stupid, stand up."

A minute went by and no one stood up until little Larry popped up. The teacher said, "Do you think you're stupid, Larry?" "No miss, but I didn't like to see you standing there all by yourself."

Paddy and Murphy were working on a building site. Paddy says to Murphy, I'm gonna have the day off, I'm gonna pretend I'm mad. He climbs up the rafters, hangs upside down and shouts "I'M A LIGHT BULB! I'M A LIGHT BULB!" Murphy watches in amazement!

The foreman shouts "Paddy you're mad, go home. So he leaves the site. Murphy starts packing his kit up to leave as well. "Where do you think your going?" asks the foreman. "I can't work in the dark! Replied Murphy.

## FOR THE BOWLERS:

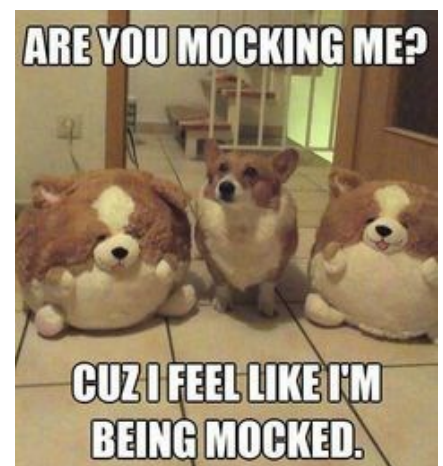
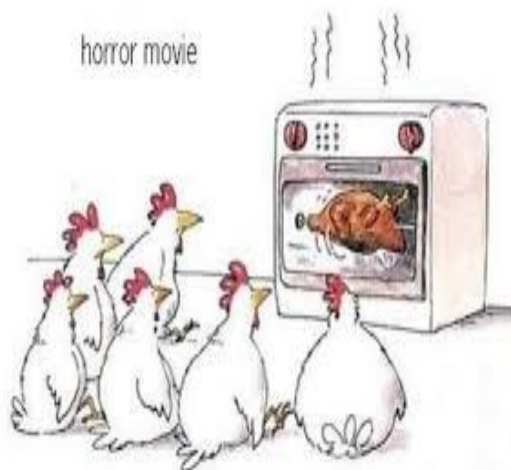
**Lead:** How short was my last bowl?

**Skip:** You ought to know, you're closer to it than me!

The club's top bowler, a guy who had won every club championship numerous times, was known for carrying a little black book which regularly consulted during games. Whenever he stood on the mat, with a particularly difficult situation, he would take out this little book and then make a brilliant shot. Eventually he died and there was great interest in this book. many of the club's members approached the man's widow asking what she was planning to do with this legendary book. As a shrewd woman she decided to auction the book off to the highest bidder. The auction was held at the club and after some very spirited bidding a member, who had often finished second to the now deceased champion, took possession of the much sought after and now quite expensive book. He could scarcely wait to take the book home and peruse its pages at leisure. He sat himself down in his study and began to leaf through the pages - and he found that the pages were blank! He finally came to a single page that had one sentence on it. It said;

Three drunk guys entered a taxi. The driver knew that they were drunk so he started the engine and turned it off again. Then said, "We have reached your destination". The first guy gave him money, the second said, "Thankyou." The third guy slapped the driver. The driver was shocked thinking the third guy knew what he had done. But then asked "What was that for?". The third guy replied, "Control your speed next time, you nearly killed us.

Singing in the shower is all fun and games until you get shampoo in your mouth.  
Then it becomes a soap opera.



Bill of fare		Wild feline		Top of the head		Decimal base	Coiffeur		Dandy		Tonality	
Directions for making something						Pointless	Globe				Wild plum	
						Not wild						
Silent		Support structure							Provide			
		Topping							Come out into view			
				Strong and healthy						Risque		Cervid
				Expect								
Snow runner	Dairy product						Implant					
	Martial art											
			Edible tuber	Musteline mammal							Taxi	
Amount but not specified				Snuggle		Observe	Ceasefire					
Musician							Public vehicle					
								Kit				
Pig pen	Measuring instrument							Lofty		Variety		Dried-up
	Story											
			Stop signal		Consume				Regret		Scold	
					Overact							
Planet						Nautical						
Bicycle for two	Unwind						Of the moon					
						Assurance						

**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 through 9.

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

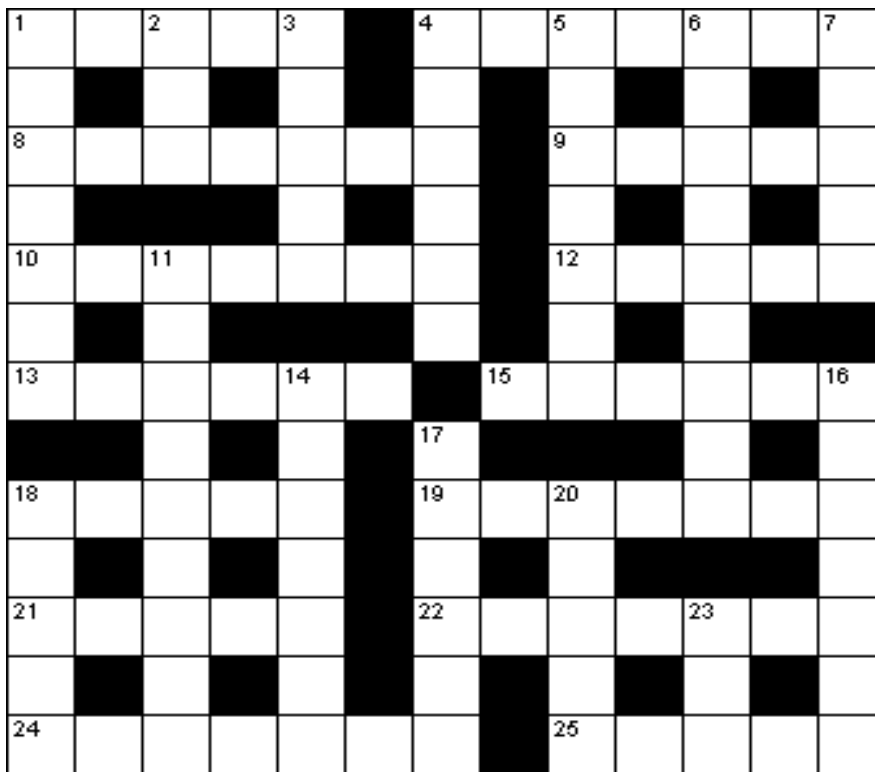
LEVEL MEDIUM

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

LEVEL EASY



# Mind Games



## Across

1. Danger (5)
4. Percussion instrument (7)
8. Deliberated (7)
9. Molten Rock (5)
10. Marine Mollusks (7)
12. Similar (5)
13. Martial Art (4,2)
15. Rigorous (6)
18. Assumed Name (5)
19. Accumulated (7)
21. Similar to a Giraffe (5)
22. Dizziness (7)
24. Perpetual (7)
25. Book of Maps (5)

## Down

1. Security Device (7)
2. Bone (3)
3. Supple (5)
4. Palin (6)
5. Fortification (7)
6. Enlarges (9)
7. Astound (5)
11. Consortium (9)
14. Mode (7)
16. Irsome (7)
17. Wonder (6)
18. Repent (5)
20. Artery (5)
23. Unwell (3)

## Word Search- LET'S DANCE

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

## ANAGRAMS: SPORT

1. A WET FEW RAN IT RIGHT (5,5,7)
2. GET WIN IF LIGHT (13)
3. RING WELTS (9)
4. LOB ALOFT (8)
5. LITHE CATS (9)
6. ROMAN HAT (8)

Can you find the hidden words? They may be horizontal, vertical, diagonal, forwards or backwards.

BALLET, BALLROOM, BARN DANCE, BELLY DANCING, BOLERO, BREAK DANCING, CHA CHA CHA, CHARLESTON, CLOG DANCING, CONGA, DISCO, FANDANGO, FLEMENCO, FOXTROT, GAVOTTE, HIGHLAN FLING, ITISH JIG, JIVE, LINE DANCING, MINUEET, PAS DE DEUX, PASO DOBLE, QUICK-STEP, RAIN DANCE, REEL, RUMBA, SAMBA, SQUARE DANCE, SWORD DANCE, TANGO, TAP DANCING, TARANTELLA, TWIST, TWO STEP, WALTZ.

Answers : Page 10

**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 and we can provide assistance if required.

**USING EMAIL TO CONVERSE WITH 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	<a href="mailto:barb.duffin@havilah.org.au">barb.duffin@havilah.org.au</a>
Food Services Manger	Di Jackson	<a href="mailto:di.jackson@havilah.org.au">di.jackson@havilah.org.au</a>
Nurse Manager	Deb Matthews	<a href="mailto:deb.matthews@havilah.org.au">deb.matthews@havilah.org.au</a>
Director of Care	Kelsey Hooper	<a href="mailto:kelsey.hooper@havilah.org.au">kelsey.hooper@havilah.org.au</a>

**COMMENTS, COMPLIMENTS, SUGGESTIONS AND COMPLAINTS FORMS ARE AVAILABLE IN THE FOYERS OF THE HIGH SCHOOL CENTRE AND RAGLAN HOUSE**

Residents are encouraged to communicate any issues they may have. There is **CEO Barb Duffin** 5461 7381 Mobile 0429 617380  
email: [barb.duffin@havilah.org.au](mailto:barb.duffin@havilah.org.au)

**Director of Care Kelsey Hooper** 54 617383

email: [kelsey.hooper@havilah.org.au](mailto:kelsey.hooper@havilah.org.au)

**Nurse Manager Deb Matthews** email: [deb.matthews@havilah.org.au](mailto: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](mailto: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.

**HAVILAH ON PALMERSTON ADMINISTRATION OFFICE HOURS**

MON-FRI 9.00 am—12.00 pm for account payments and enquiries 5459 0140

**HARKNESS ST ADMINISTRATION OFFICE HOURS**

MON-FRI 9.00 am—4.00 pm for account payments and enquiries 5467 7300