



WEBSITE: [www.havilah.org.au](http://www.havilah.org.au)

You can access the Havilah Facebook Page via the website

# HOP TOPICS



## 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.



**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,

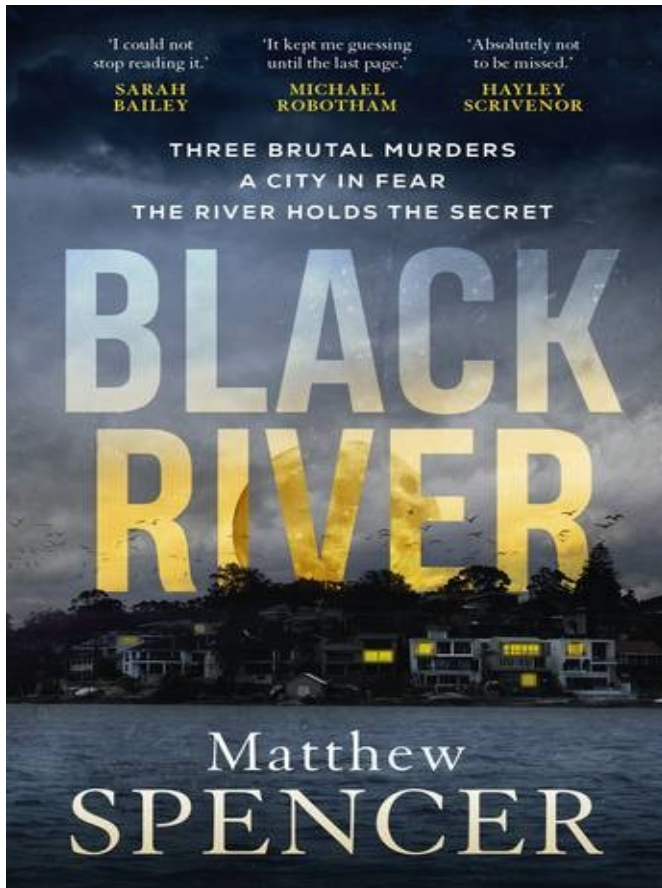
All Australians are urged to reach out to people they know who work in aged care on **Sunday 7 August** this year and help recognise the contribution they make to the lives of our older citizens and communities.

Visit [agedcareday.com.au](http://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!



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.



### WEIRD and WONDERFUL WORDS

**Cerulean – deep sky blue**

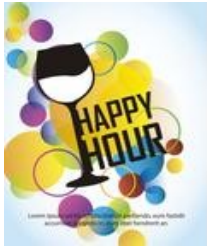
#### **Thoughts to Ponder:**

- 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?
- Why is vanilla ice cream white when vanilla extract is brown?

**DINERS' CLUB:** Diners Club's next outing, Tuesday June 14th 2022 the venue is the local Albion Hotel, please notify Alison or Georgie on 54590169 by 10h June if you intend to join in.

**MIDDAY MEALS:** Take away meals are available 7 days a week, please contact the main kitchen on 5459 0180 or reception on 5459 0140 to order

Morning tea will continue as at present, cupcakes available for collection at Reception on alternate Friday morning's, (22/07 & 5/08)



**Save this Date; Happy Hour Fri 29th July**

Harkness Leisure and Lifestyle staff can be contacted on 5461 7390 or email [mail@haivilah.org.au](mailto:mail@haivilah.org.au)



The 2022 AFL season has begun with great enthusiasm from all supporters, everyone is making up for the past 2 years. There is 28 residents involved in this years football tipping with some already proving to be very competitive over the forthcoming season. After 16+ rounds being played there are a competi-

tion against residents who are equally tied in first, second and third positions.

Elma Taylor holds first place with 96 points, second position Bill D'Alton is on 95 points and with 91 points Anne Stuart and Ann Simmonds are in third position.

During the season there has been 5 lucky tipster picking a full round of winning teams

There is still plenty of time for tipsters to improve their skills and obtain a better position on the leader board.



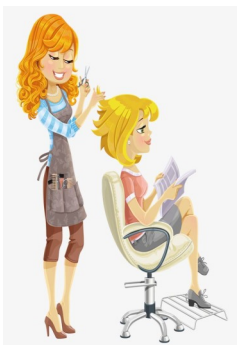
#### Justice of the Peace

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

Our onsite hairdresser, Julie, is available to for trims, comb ups, perms and colours. Contact Reception to make an appointment ph: 5459 0140

**The salon operates each Tuesday**

Hair Cut Men \$20  
Hair Cut Ladies \$25  
Blow Wave \$25  
Shampoo and Set \$25  
Perm \$80  
Your Colour & blow wave \$60  
Colour & blow wave \$80



#### 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](mailto:andrew.earl@havilah.org.au). Your assistance with this is appreciated.

## 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 either 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 con-

tinuing 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 STAFFED 5 DAYS PER WEEK, BETWEEN THE HOURS OF 10 A.M. AND 4 P.M. AND CAN ANSWER ANY QUERIES YOU MAY HAVE IN RELATION TO VISITING OR OUTINGS.



**OUTBREAKS/EXPOSURES** 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. 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.

## **AUTO SIGN IN WITH ZIPLINE**

Visitors have access to our auto temperature checking and sign electronic system.











Added to this all 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 there to assist you when you need this so don't hesitate to ask for help.

From Saturday 12th March Reception at Palmerston will not be staffed on a weekend. Weekend visitors will check in directly at Raglan House (enter through the courtyard). There will be a telephone and instructions for visitors to contact staff to check RATs prior to entry and to provide any assistance visitors require. This decision has been made due to funding for visitor support and additional infection control ceasing this financial year. All representations to the Commonwealth Government to continue this funding have fallen on deaf ears.

How the Government believe that these additional costs will be funded is beyond comprehension. We hope that all will be understand-

ing that the Raglan House staff cannot always just drop what they are doing and book visitors in. You will be able to speak directly to them though and they will instruct you. There will be RATs available when you arrive for those that are able to commence their own RAT. Reception will continue to be manned throughout each week day. Thank you to all our residents, families and visitors, we appreciate your understanding re signing in and out, booking outings.

COVID-19: IDENTIFYING THE SYMPTOMS			
SYMPTOMS		COVID-19	FLU
		Symptoms range from mild to severe	Abrupt onset of symptoms
<b>Fever</b>		Common	Common
<b>Cough</b>		Common	Common
<b>Sore Throat</b>		Sometimes	Common
<b>Shortness of Breath</b>		Sometimes	No
<b>Fatigue</b>		Sometimes	Common
<b>Aches &amp; Pains</b>		Sometimes	Common
<b>Headaches</b>		Sometimes	Common
<b>Runny or Stuffy Nose</b>		Sometimes	Sometimes
<b>Diarrhea</b>		Rare	Sometimes, especially for children
<b>Sneezing</b>		No	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](https://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



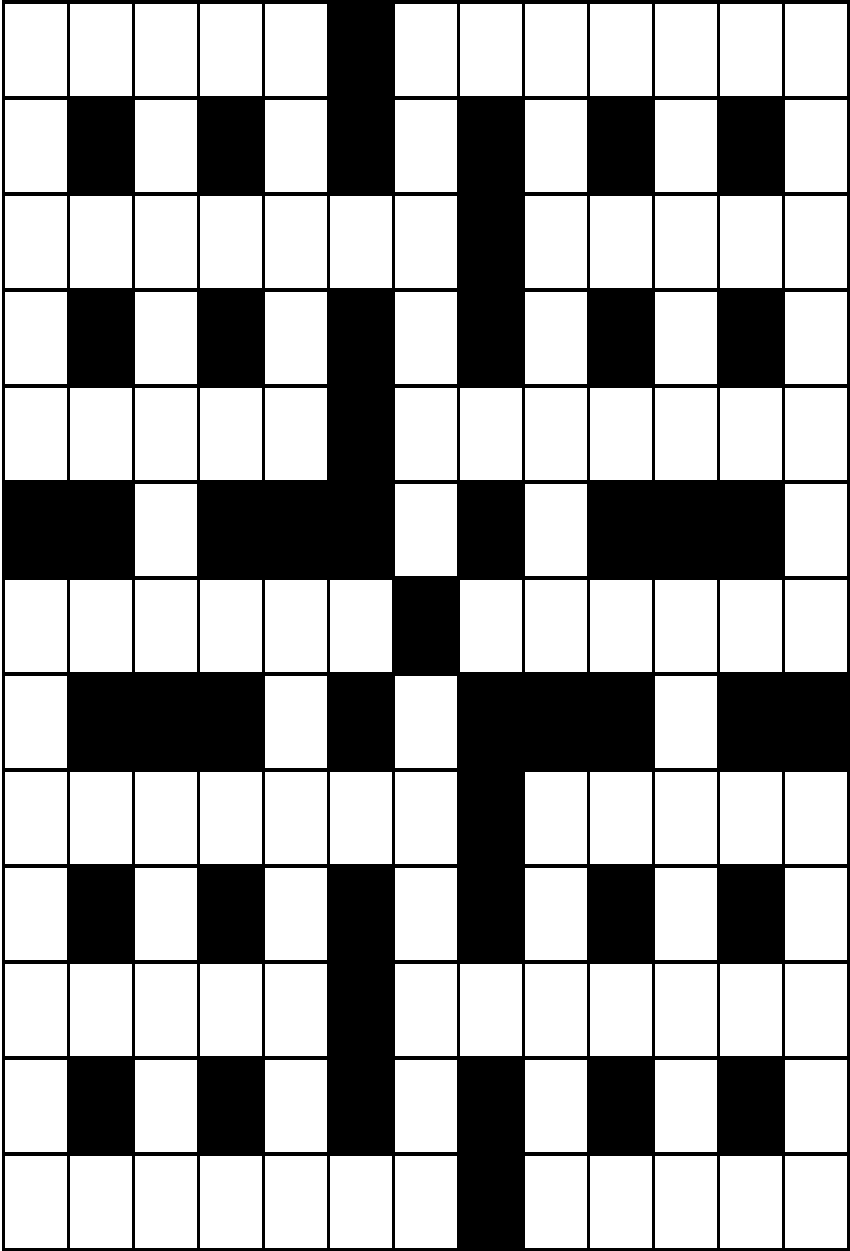
COVID-

Safe 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 measure as restrictions ease.

**If you need assistance to download either of these free apps let us know at Reception.**



**5 LETTER**

**WORDS:**

ACHES  
DREAD  
EAGLE  
FIELD  
FRAIL  
ISSUE  
LIKED  
OTHER  
PASSTATA  
SCOPE  
TABLE  
TWINS

**6 LETTER**

**WORDS:**

ACTION  
ADROIT  
ODDITY  
VANITY

**7 LETTER**

**WORDS:**

AWESOME  
BASSOON  
EASIEST

ELAPSED  
HEALTHY  
IMAGINE  
INSIGHT  
OBELISK  
OBSERVE  
RIPENED  
TANGENT  
VARNISH

**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

LEVEL EASY 1082

			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						

LEVEL MEDIUM 1082

**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

**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

Jackson 54617 380

**CONTACT NUMBERS:**

**THINGS MY MOTHER USED TO SAY:**

- If I had a dollar for every time.
- Cut it out before someone gets hurt.
- Get outside and play.
- A little birdy told me.

**Easy pineapple cake**

**Ingredients:**

- 2 cups self raising flour
- 1 cup sugar
- 450g can crushed pineapple - do not drain

**Method**

- Stir flour into a mixing bowl and combine with sugar.
- Add pineapple and mix well
- Pour into a greased ring cake tin
- Bake for 40 minutes on 180°C

**Icing:**

- 400g can condensed milk
- 1/3 cup butter
- 1 cup shredded coconut
- 1/2 tsp vanilla

**Method:**

- Combine condensed milk and butter and bring to boil, stirring constantly for 4 mins
- Add coconut and vanilla and mix
- While mixture is hot spread over cooled cake  
(icing optional)



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.





Avoid wearing loose clothing.  
Ensure there is adequate lighting in rooms

## Maintenance Reporting

**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@haviiah.org.au](mailto:palmerston@haviiah.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 Craig Young telephone 0418744699 or email [craig.young@havalah.org.au](mailto:craig.young@havalah.org.au)

Craig's mobile number is included in each edition of HOP Topics and you can contact her 24/7.

**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, or other issues that may concern you from time to time.

You can contact CEO Craig Young Monday to Friday 54617381 or mobile 0418744699 for 24/7 contact.

Director of Finance Luke McClelland  
Monday to Thursday 54617491;  
Jackson Barby, Monday to Friday  
54617380.

## MEALS

Retirement Living Residents who

would like takeaway meal please  
contact Reception to arrange this.

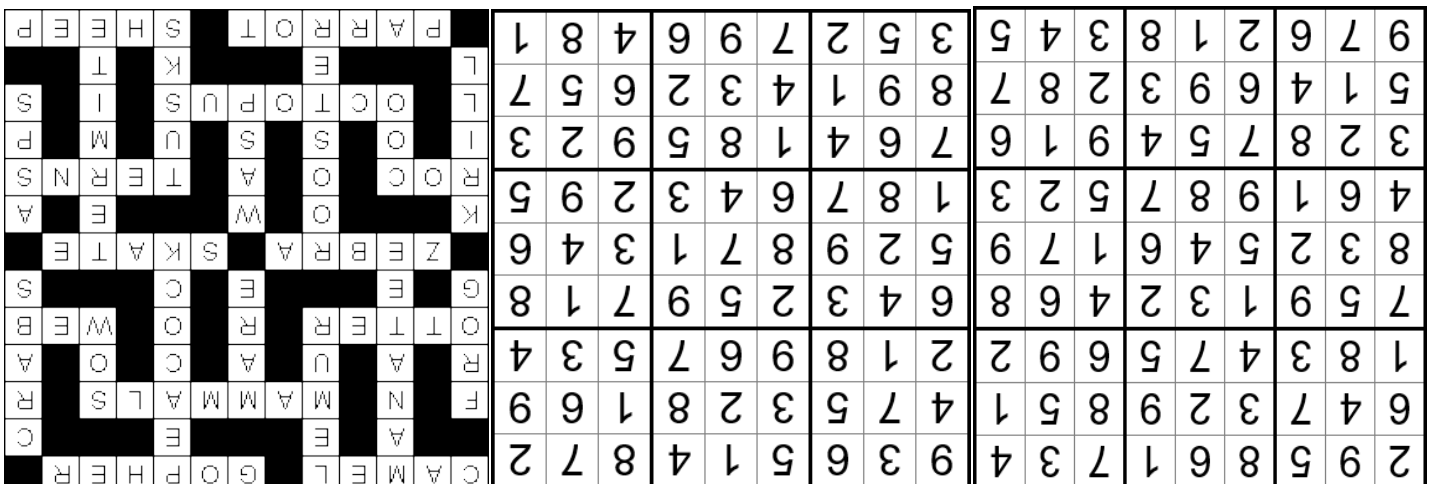
## Resident Alarms

If you want to arrange an alarm into your unit please see Jackson about this.

## Quiz and Crossword Solutions from 7 & 10



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

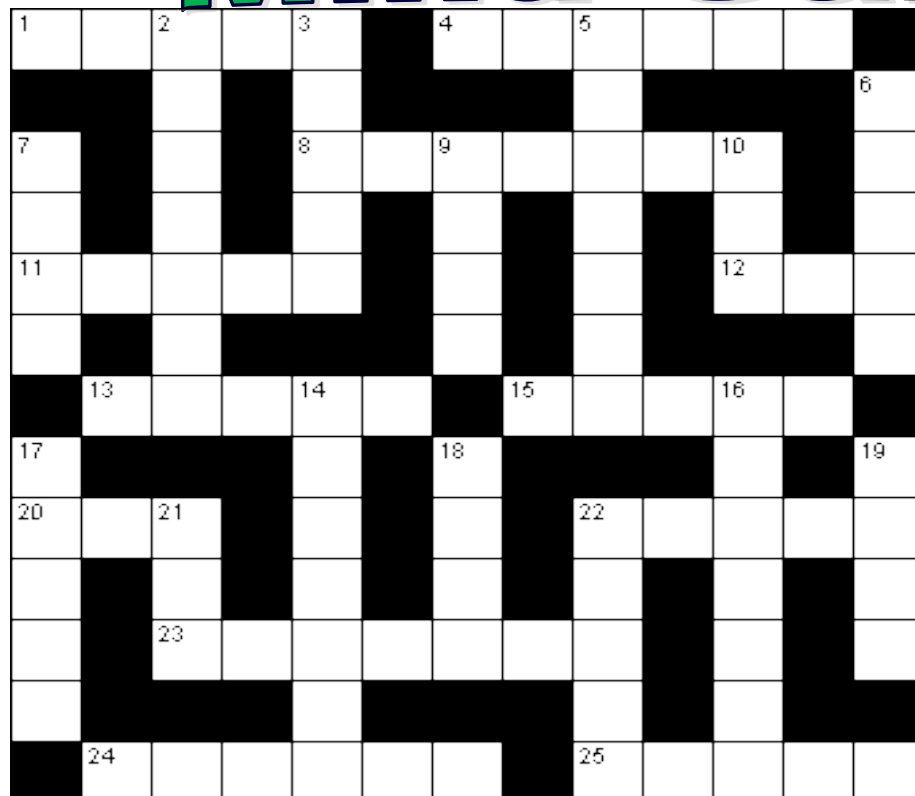


**Solution: EASY 1082**

**Solution:** MEDIUM 1082

# Mind Games

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?

# Giggletime



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!"

## 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 and we can provide assistance if required.

### **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  
Food Services Manager

Craig Young  
Di Jackson

craig.young@havilah.org.au  
di.jackson@havilah.org.au

Director of Care

Kelsey Hooper

kelsey.hooper@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 Craig Young** 5461 7381 Mobile 0418744699

email: [craig.young@havilah.org.au](mailto:craig.young@havilah.org.au)

**Director of Care Kelsey Hooper** 54 617383

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

**Nurse Manager Havilah on Palmerston 54590154**

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 provid-

ing 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.

### **RAGLAN HOUSE NURSE 24 HOUR CONTACT**

Telephone 54 590150

**HAVILAH ON PALMERSTON RECEPTION HOURS**  
MON-FRI 10.00am – 4.00pm for account payments and enquiries 5459 0140  
(5 day a week)

**HARKNESS ST RECEPTION OFFICE HOURS**  
MON-SUN 10.00 —4.00 pm for account payments and enquiries 5461 7300 Mon-Fri only

**ON CALL MAINTENANCE** after hours and weekend calls. **0408 645 203**