

HAVACHAT

Issue August 2020

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



The residents at Harkness Street campus have had many themed virtual outings throughout the month of July, Traveling to Italy for lunch, celebrating Christmas in July, afternoon tea at a French Patisserie and social distancing with Happy hour. Everyone looks forward to these special days and getting out and enjoying the company of other residents that was a normal part of life prior to the pandemic. See more pics on page 4





With activities in communal areas and visitors limited by strategies in place to control any outbreak of coronavirus within Havilah facilities, iPads have been purchased so that residents are able

to have contact with family on face book, Skype, Zoom and other forms of social media. Residents can also use the iPads to read newspapers and periodicals and play scrabble, other word games, solitaire and other card games, do art work , watch movies according to their various interests. Residents can use the iPads in small groups or within their own room. It has been amazing how many residents

are now tech savvy. If you want to have a go please talk to our Lifestyle staff who will assist you to become familiar with using these.

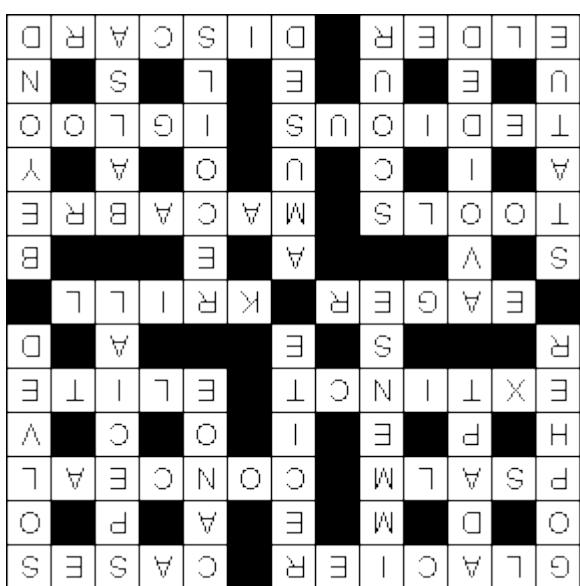
Desk top computers in common areas have also been updated.



WEIRD and WONDERFUL WORDS

ORECTIC: having to do with desire or appetite

We know that residents may be missing their regular outings for meals and to shop. Please let us know where our staff can assist shopping or take away so that we can make life as normal as possible for you. Please let Lifestyle staff know any ideas of any special programs that you would like to see offered.



**Quiz and
Crossword
Solutions
from page 8**

Answers to Quiz

1. Reading.
2. Elaine and Meredith
3. Dogs
4. Teeth



Visitor Rules Update

5th August 2020.

New visitation limits have been imposed on aged care homes in Victoria, as the State Government continues to fight the spread of COVID-19 in aged care homes. To decrease the risk of transmission, visitation has been restricted by the direction of the Victorian Government to those defined as "carers".

This means that the visit is:

1. to provide physical support such as feeding, showering, dressing; OR
2. to provide emotional and social support that cannot be provided by electronic or non contact means.

Limited to one visitor once per day for a maximum of one hour (note that Havilah has currently set timeframes of 30 minutes).

For visitors travelling to visit it is a good idea to book your visit to ensure that you will be able to visit when you arrive. With the current legislation providing for only one visitor per day for visits under items 1 and 2 above, please be aware that if there has already been a visitor before you arrive it is then unlawful for another visit to take place. Please contact Reception telephone 54617387 between 9am and 5 pm to arrange this.

Havilah has staff available to assist residents with contact via electronic means to assist you to keep in touch.

OR

3. to provide care and support for residents with behaviours and psychological symptoms of dementia (BPSD) when this has been the normal practice. *Limited to 1 person at any one time.*

Visiting times and numbers of visitors are able to be relaxed in special circumstances such as during palliative/compassionate care.

For essential visits as above visiting hours are

VISITING HOURS ARE BETWEEN 10AM AND 4PM each day. Requests outside of these times

should be made by contacting Reception 5461 7387 between 9am and 4pm each day. Requests will then be referred to the Director of Care for her attention. Requests should be made at least 48 hours in advance to provide time for a response to the request. Visitors must visit with one resident within their room or within the external grounds of the facility. As a normal practice visitors cannot visit with any other residents. Where the same person is the main contact person for more than one resident reception should be advised so that these special visiting needs can be accommodated.

Social distancing is important and MUST be maintained to a range of 1.5 metres (5 foot).

All visitors are required to wear facemask and gloves for the entirety of each visit. These will be supplied each time visitors check in.

NO VISITING FROM RESTRICTED AREAS. Restricted areas are currently those covering Metro Melbourne

We request that people from the restricted areas do not visit at this time. This advice will be reviewed at the end of the current restriction period. People living within the restricted area can arrange a telephone or Skype call by contacting lifestyle staff or reception.

We understand that it is difficult to reduce contact to essential visits only, but we are at a critical stage of the COVID-19 outbreak in Victoria. If people believe their visit is essential and cannot be supported via electronic means with the assistance of our staff, please make contact with Reception as above. **Any visitors allowed from the restricted areas will be required to wear full PPE.**

Visitors are required to attend at the main Reception desk for screening; Heath House Visitors must also come first to the main reception prior to proceeding to Heath House for their visit. Once screening is complete visitors will be issued with a card and will be able to proceed to and enter the appropriate unit for their visit.

A person cannot visit if they:

- Have returned from overseas or travelled on a cruise ship within the last 14 days.
- Have been diagnosed with COVID-19 or have been in contact with a confirmed COVID-19 case within the last 14 days.
- Have been in contact, within the last 21 days, with someone who is currently awaiting test results regarding COVID-19
- Have fever or symptoms of respiratory illness (sore throat, cough, shortness of breath, however mild).
- Have not been vaccinated against influenza (after 1/5/2020)
- Also note that under Victorian Legislation children aged 16 years or less are not permitted to visit

This is a changing situation day by day. Should we find more cases occurring in adjoining local government areas or within our local area then we may need to close to visitors altogether for a time.

Social Distancing Everyone please remain aware of maintaining social distancing. It is difficult not to give a hug and kiss when greeting your loved ones. Try to remember though that COVID-19 is spread by droplets so too close face to face is a problem. The best protection is social distancing and hand hygiene.

National Visitor Code

Victorian legislation has not at this stage legislated to ease restrictions as per the National Visitor Code. This is understandable with the outbreak in Melbourne and also cases increasing in some regional areas more than we would like to see. At the moment it is more important to keep everyone safe. Once any changes are legislated in Victoria we will immediately let residents and families know.

PHOTO GALLERY



WEEKLY ACTIVITIES - MAIN BUILDING

MONDAY Nail Manicure Pamper 9.30am
Foot Spa 9.30am
Bingo 1.45pm

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

WEDNESDAY

Strength Training 11.15am
Movie Afternoon 1.30pm
Marbowls 1.30pm

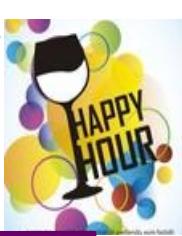
FRIDAY Chairobics 11.15am
Bingo 1.45pm

SATURDAY **No Activities**

SUNDAY Devonshire Afternoon Tea

Activities programs are being conducted in smaller groups in both BAC and Correa areas.

THURSDAY Foot Spa 9.30am
Bingo 1.45
Marbowls 1.30pm



shutterstock - 113010541

WEEKLY ACTIVITIES - HEATH HOUSE

MONDAY Activity Time/Craft 10.30am
Hand Care/Facials 1.30pm
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
Activity Time 6-7.30pm

TUESDAY Special Morning Tea 10.00am
One on One 2.15pm
Daily Living Activity 3.00pm
Sonas 4.00pm
Activity Time 6-7.30pm

SATURDAY Activity Time 10.30am,
1.30pm & 6.00pm
Café 3.00pm
Sonas 4.00pm
Activity Time 6-7.30pm

WEDNESDAY
Activity Time 10.00am
Activity Time 1.00pm & 3.00pm
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

THURSDAY
Activity Time 10.30am,
Activity 1.30—3.00pm
Activity Hour 3.00pm
Sonas 4.00pm
Activity Time 6-7.30pm

The Hav-a-Latte Café is open between 1.30pm and 3.00pm for residents, family and friends. Just ask for Lifestyle Staff and they will come and attend you to your request.

The eyes have it: using eye-tracking tech to understand mild cognitive impairment



Eye-tracking technology may help to make the preferences of people who have mild cognitive impairment (MCI) known.

In a new study, researchers from Flinders University recruited older people at outpatient memory clinics, including caregivers, to investigate the ways older people with and without MCI process information.

To do so, they used eye-tracking technology, which measures eye position and movement along with pupil size to detect zones in which a person has a particular interest at a specific time.

The materials participants were asked to read mirrored the types of official forms given to aged care residents when assessing quality of care and quality of life outcomes.

Eye-tracking technology was used to map how each person focused as they read. Researchers looked at the relationships between cognitive capacity, task complexity and the tendency for participants to overlook or ignore one or more of the attributes presented (a tactic called attribute non-attendance or ANA).

ANA remained relatively low for participants with good cognition regardless of task complexity, while it increased notably in participants exhibiting MCI.

Lead researcher Kaiying Wang said the study helped identify those who needed more support in formulating their decisions.

The researchers said estimates indicate 10–20 per cent of older people in developed countries have mild cognitive impairment (MCI), with that figure set to rise in coming decades.

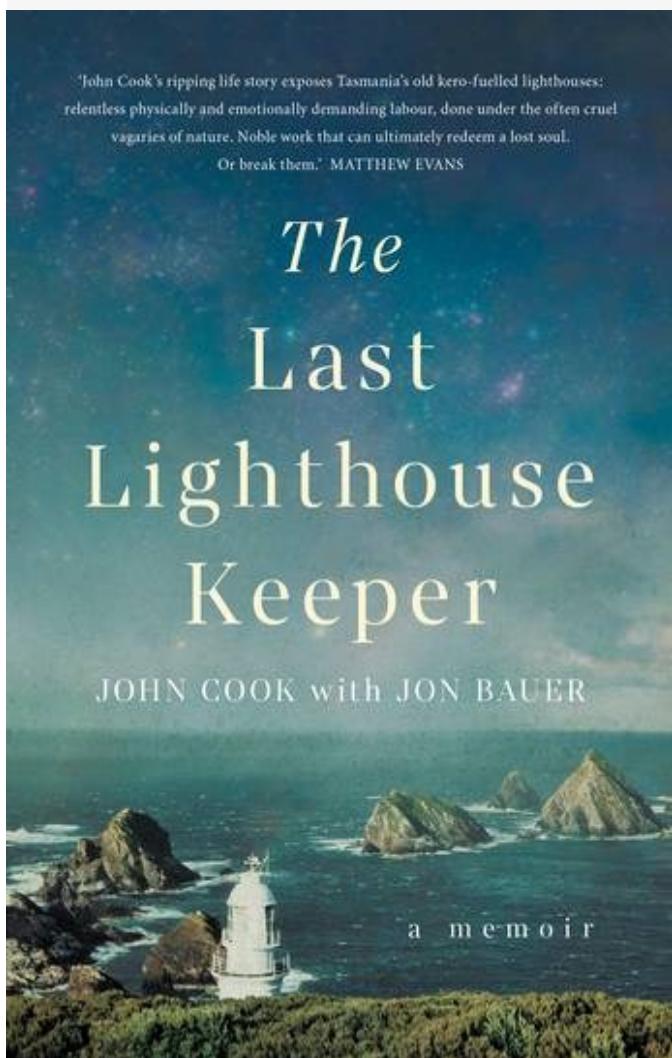
Caring Futures Institute researcher Professor Julie Ratcliffe, from Flinders University, said: “This new eye tracking technology will help us to find new ways to drive the inclusivity of older people with cognitive impairment and dementia in these important assessments.

“It is very important that older people’s preferences about quality of care and quality of life are used to inform economic evaluation of policy and practice in health and aged care.”

Ratcliffe and her team said they are working with older people to develop new quality indicators



Resident Cora Trower celebrated her birthday on the 5th August, and received a precious gift of meeting her 5 day old great daughter Lilly at her window with grandson Matt. Cora said it was a surprise and glad she could see her during these trying times. The visit certainly put a smile on Cora’s face.



A beautiful memoir from John Cook, one of Tasmania's last kerosene lighthouse keepers. A story about madness and wilderness, shining a light onto the vicissitudes of love and nature.

"John Cook's ripping life story exposes Tasmania's old kero-fuelled lighthouses: relentless physically and emotionally demanding labour, done under the often cruel vagaries of nature. Noble work that can ultimately redeem a lost soul. Or break them." MATTHEW EVANS

I loved the life of the island, because I knew my body was more alive than it was on the mainland. People asked how we stood the isolation and boredom, but in some ways, it was more stimulating to have your senses turned up.

In Tasmania, John Cook is known as 'The Keeper of the Flame'. As one of Australia's longest-serving lighthouse keepers, John spent 26 years tending Tasmania's well-known kerosene 'lights' at Tasman Island, Maatsuyker Island and Bruny Island.

From sleepless nights keeping the lights alive, battling the wind and sea as they ripped at gutters and flooded stores, raising a joey, tending sheep and keeping ducks and chickens, the life of a keeper was one of unexpected joy and heartbreak. But for John, nothing was more heartbreaking than the introduction of electric lights, and the lighthouses that were left empty forever.

Evocatively told, *The Last Lighthouse Keeper* is a love story between a man and a dying way of life, as well as a celebration of wilderness and solitude.

Coronavirus Australia app

Stay up to date with official information and advice about the coronavirus (COVID-19) situation. You

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



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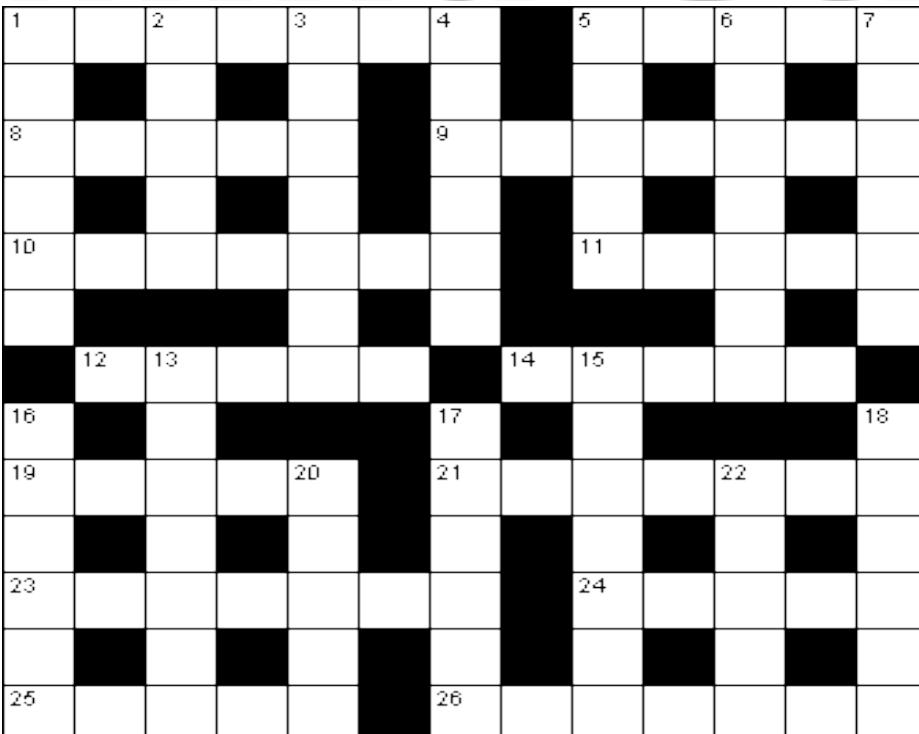
Get the app

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 measure as restrictions ease.



Mind Games



046

WORD SEARCH - Bond

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

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

A VIEW TO KILL, DIE ANOTHER DAY, DR NO, GEORGE LAZENBY, GOLDENEYE, GOLDFINGER, HONEY RIDER, JAMES BOND, JAWS, LIVE AND LET DIE, MAGDA, MONEY PENNY, MOONRAKER, NAOMI, NICKNACK, ODDJOB, PEIRCE BROSNAN, ROGER MOORE, SEAN CONNERY, TEEHEE, THUNDERBALL, TAFFANY CASE, VARGAS, WHISPER.

ACROSS:

1. Slow moving ice mass (7)
5. Lawsuits (5)
8. Sacred song (5)
9. Hide (7)
10. No longer in existence (7)
11. A select view (5)
13. Avid (5)
14. Shrimp –like crustaceans (5)
19. Implements (7)
21. Grisly (7)
23. Irksome (7)
24. Ice Hut (5)
25. Church officer (5)
26. Throw away (7)

DOWN:

1. Burrowing rodent (6)
2. Conform (5)
3. Vast (7)
4. Repeat aloud from memory (6)
5. Small boat (5)
6. First and most important (7)
7. Found a solution (6)
13. Staved off (7)
15. Draws back the fear (7)
16. Sculpture (6)
17. Entertained (6)
18. On the far side (6)
20. Examine minutely
22. Strong lightweight wood (5)

QUIZ

1. Of the so-called “three R’s” in education what is the only one that actually starts with R?
2. What are the two towns between Ballarat and Geelong that have girls name?
3. Samoyed is a breed of what animal?
4. What part of the body is studied by an odontologist?

Rhonda Stewart

Length of time at Havilah:

I moved into Havilah as a resident 7 months ago.

My Story:

I was born, and raised in Swan Hill, I had 2 brothers, Allan who was 6 years older than me and Ivan who was 6 years younger. I attended primary and secondary school in Swan Hill, left when I was 15 years old and worked in a solicitors office for 7 years. Growing up in Swan Hill we would swim in the Murray, go bush walking, attend local dances and play tennis. I met my husband Bill who was a returned serviceman at a local dance, and we married at the Methodist church in Swan Hill in November 1950. Shortly after we moved to Gippsland and bought a farm, We raised 7 children, 5 boys and 2 girls. We sold the farm in Gippsland after 6 years and moved onto a smaller farm at Craigie. When our youngest started school I gained employment at the Technical College in the library. I worked there until I retired after 32 years service.

Things you used to do for fun:

When growing up in Swan Hill, I loved swimming in the Murray , the pool or going to Lake Boga. I played tennis and attended all the dances. Bill and I travelled around to many places, 5 nights a week. I have always been an avid reader and enjoy doing puzzles.

About where you have lived:

I have lived in Swan hill, Gippsland, Craigie (near Maryborough), Maryborough and then here at Havilah.

Travel, sport, passions:

I have always been keen on swimming and tennis, I have travelled doing an 8 week tour of the world, to New Zealand, and on the 50th Anniversary of the Coral Sea cruise, also to New Guinea, and the Solomon Islands and a tour of China.

Things you enjoy to do now:

I still enjoy reading a good book, doing all sorts of puzzles to keep the brain active. Since being here at Havilah, I attend Bingo and Marbowls regularly.



Your favourite topics:

I love talking and reminiscing about the places I have visited when overseas and childhood memories.

Favourite Food and Music:

I love to listen to dance music, still keep the toes tapping when being played. My favourite food is the good old fashioned roast dinners and I love desserts, I really have a sweet tooth.

August 2020

Mon	Tue	Wed	Thu	Fri	Sat	Sun
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Falls Prevention

Have a Healthy and Nutritious Diet

Regular exercise prevents muscles weakening and joints stiffening.

Use your walking aids at all times.



The 2020 AFL Football season has played 8 rounds with all Victorian teams relocating to other states. The games are played with minimal crowds in attendance due to social distancing rules. The Havilah Tipping Competition is closely contested this year. After round 7 Pat Wright is leading with 42 points, fol-

lowed by Greg Regan on 41 points, and then in third place on 40 points is Lawrie Marshall.

There is lots of footy televised each week starting on a Wednesday night through to Sunday if you like to watch the game. Most of the games are televised on FOXTEL which is available on the communal tv's in each area. If you would like to watch the games please ask staff to put a game on for you if you need assistance.

MASSAGE

Havilah have their own Resident masseuse who is available for massages at a cost of \$30 per session. If you would like to enquire about booking a session please contact Sue or Jo on 5461 7390.



RESIDENT SURVEY June 2020 Of the 42 residents surveyed at Harkness:

100% of residents surveyed indicated that the linen on their bed is clean and comfortable most of the time or always.

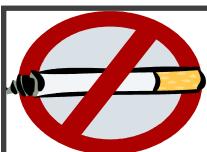
- 100% of surveyed residents know how to make a comment, complaint, suggestion or compliment most of the time or always.

100% of residents surveyed agreed or strongly agreed that they would recommend the facility to family member and friends.

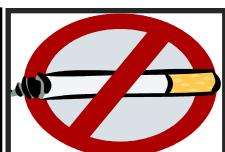
95% of surveyed residents know they can access other health care specialist when needed.

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. You are invited to 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.**



LAUNDRY There is a lost clothing section in the laundry . Residents/family members are encouraged to visit the laundry to see if they can identify any missing clothing.

Residents are reminded that after a month in the lost clothing unlabelled clothing is sent to the Carisbrook Opportunity shop. Residents requiring assistance with labelling clothing should talk to reception to arrange this.



Refrigerators in Residents Rooms: Please date any food and drinks placed in resident personal fridges where these items do not include a use by date. Where items are more than 2 days old these should be removed to decrease any form of bacteria that can form. Please also be reminded that it is the resident/ family responsibility to defrost and clean personal fridg-

es. For residents bringing in fridges (or other electrical items) please let reception know so that test and tagging of the items can be arranged.



FROM THE KITCHEN : If residents do not wish to have the 'First Choice' for lunch please notify the catering staff that you would like the 'Second Choice' shown on the menu. The first and second choice change every day. There are also choices listed for soft and pureed diets including sweets. Just in case you do not like either choice offered there are additional alternatives available every day and these are listed on the menu. At tea time there is a selection of two soups, two mains and two sweets on the menu.

Additional tea time alternatives each day are - Salads, raisin toast and sandwiches. Please advise the kitchen prior to 3pm if you would like one of these alternate choices.

For breakfast residents may choose whatever cereals and

breads they wish. 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 and look forward to the time when residents can once again host family and friends for meals and special occasions. You can be assured we will have a very big party as soon as we are able.

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 residents and visitors.

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 that you enjoy that you would like to see on the menu you can discuss this with Food Services Manager Di Jackson or alternatively fill out a form and place in the Suggestion Box.

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 member to assist you.

NEWSPAPERS: Newspapers and periodicals will not be supplied in communal areas during the pandemic.

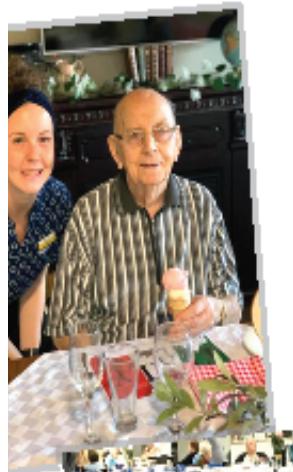
If you would like to have your own personal paper this can be ordered

through the local Newsagency and will be delivered to you at your own cost. Please ask at Reception if you need assistance to order your own papers and periodicals or arrange for family to organise.

Havilah also request if you do receive newspapers that you do not share with co-residents.

IPads equipped with news services are available for resident use on request.

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.



Aged Care Employee Day 2020 celebrated on 7th August is a national day, registered with awarenessdays.com to acknowledge the more than 360,000 dedicated people who care for and support around 1.3 million older Australians. Approximately 80% of these people are working in roles other than Nurse Practitioner, Registered Nurse and Enrolled Nurse. Our workforce is comprised of roles like Personal Care Assistants, Allied Health Professionals, Catering and Chefs, Cleaning and Laundry Leisure and Lifestyle, Administration, Maintenance Management and much more. Their dedication to what is a rewarding, yet regularly challenging profession in which they devote themselves to caring for others sets them apart.

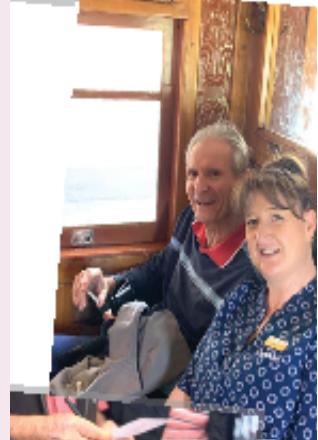
In the face of the COVID19 challenges, the Prime Minister and his Cabinet backed the extraordinary work of aged care, especially Health Minister Greg Hunt, who said the nation owed a debt of gratitude to staff for their dedication and courage. Chris Mamarellis, CEO, of The Whiddon Group who created *Aged Care Employee Day* in 2018 said: We felt that everyone in the industry deserves special recognition and a day to pay homage to the valuable work they do. People who work in aged care are putting others' needs before their own, which is why we need to celebrate their hard work. "Therefore, we came up with the idea to officially create '*Aged Care Employee Day*' – a day to allow everyone to say a huge thank you to these selfless people and a day to celebrate the people behind our entire industry." The aged care workforce is an essential workforce and must be a high priority for the nation. It is important to acknowledge how aged care workers make a positive difference in the lives of older Australians – 24 hours a day, seven days week, year in year out. This is something our industry is immensely proud of and something our nation is very grateful for."

Havilah President Shane Dellavedova said that recognition for those working in aged care is very well deserved, commenting that he and his fellow board members were in awe of the dedication and commitment of Havilah staff in making a difference in the lives of others every day.

"This year, we say a special 'thank you' for our staff's continuing devotion in protecting so many people at risk from the coronavirus pandemic,"

"To all of our fabulous staff at Havilah and aged care employees everywhere, we want to say thank you for making a difference each and every day in so many ways. **Shane Dellavedova President**

At Havilah on Aged Care Employee Day we had special treats for our staff throughout the day and provided all with Coffee and Cake Vouchers from Parkview Bakery. Along with a special Press Release and thank you from our President in the Maryborough Advertiser. We had lots of heartfelt messages and flowers from residents and families which was really lovely and very much appreciated.



LIFESTYLE INITIATIVES FOR OUR RESIDENTIAL CARE COMMUNITY DURING COVID-19 week along with daily activities. the 4 square metre rule will still apply. Now that we are back at Stage 3 more caution is required where residents can gather with social distancing have included the in relation to group activities.

RESTRICTIONS FOR OUR RESIDENTIAL CARE COMMUNITY Italian restaurant, Dunolly Bakery , Your ideas are welcome. Happy Hour, Christmas in July, There is a lot of work involved in French Patisserie. A fish and chip shop experience is on the list for this Friday. Lifestyle and Catering Staff . We have also had significant contributions from local businesses in setting up these virtual activies which we are gratefulful

As you will all know lifestyle activities have continued during the COVID-19 period although with smaller groups and confined to about how these types of func-specific units, with bingo and mar-bowls being played 7 days per within each facility keeping in mind for.

COVID INITIATIVES FOR HAVILAH'S RETIREMENT LIVING COMMUNITY take-away meals and many have taken this up which has been in-Morning Tea packs. We are loving that our retirement community the Palmerston kitchen. Our that we are all forced to endure at have been staying at home and residents are at least getting out, the moment, and the comments keeping safe. They have not “while socially distancing” to pick from them are very positive and been having their usual outings or up their meals and have a chat appreciative. Havilah Uber Gatherings for Sunday lunch , Hap- while they wait. Great work by the kitchen in managing the uplift Many of our retirement community volunteer at Havilah and they We have also been having a bit bedraggled from deliveries in have not been able to do this ei-“virtual” happy hour and “virtual” the rain last week. ther. At the beginning of re- special morning tea. Residents strictions on gatherings we offered come across to reception and pick

AND FOR OUR STAFF well. If they have even the slightest of sore throats or sniffles they themselves and therefore their are required to have a COVID test and stay at home until they vital and we thank them for this. have the results. If a close contact requires to have a test due to Surprise treats are organised for our staff each week. A big thank you to Kerri McInnes for thinking of different things and organising these each week. The donuts last week were yumm. We also returned.

have staff lucky draws on a weekly basis. Staff are required to be screened each day prior to commencing their shift. There is a set of questions they need to answer in relation to their health, where they have been and details around their close contacts, and they are required to have their temperature taken. Staff cannot come to work even if slightly un-

The reintroduction of Stage 3 restrictions in Victoria and the requirement to wear face coverings in public further restricts our activities every day. So we are back to not going out to restaurants and bars or to visit others peoples homes or to have visitors in our own homes.

Our compliance will keep our

families and the Havilah community safe and protect against even more stringent restrictions.

It is absolutely vital that our staff do not come to work if even slightly unwell and Havilah has systems in place to ensure that our staff are not worse off financially by their need to take leave.

Staff are required to wear face masks throughout their shift and additionally face shields when in close contact for care of residents. Staff moving between units to provide care are required to wear full ppe. This will be difficult for residents to get used to and we thank you for your understanding.

HAV'A LAUGH



A guy is reading his paper when his wife walks up behind him and smacks him on the back of the head with a frying pan. He asks, "What was that for?" She says, "I found a piece of paper in your pocket with 'Betty Sue' written on it." He says, "Jeez, honey, remember last week when I went to the track? 'Betty Sue' was the name of

the horse I went there to bet on." She shrugs and walks away.

Three days later he's reading his paper when she walks up behind him and smacks him on the back of the head again with the frying pan. He asks, "What was that for?" She answers, "Your horse called."

A middle aged woman had a heart attack and was taken to the hospital. While on the operating table, she had a near death experience.

Seeing God, she asked, "Is my time up?" God said, "No, you have another 43 years, 2 months and 8 days to live." Upon recovery, the woman decided to stay in the hospital and have a face lift, liposuction and tummy tuck. Since she had so much more time to live, she figured she might as well look even nicer.

After her last operation, she was released from the hospital. While crossing the street on her way home, she was hit and killed by an ambulance. Arriving in front of God,

she demanded, "I thought you said I had another 40 plus years? Why didn't you pull me out of the path of the ambulance!?"

God replied, "My child, I am sorry, I didn't even recognize you!"



9GAG.COM/DAG/6062005



A completely inebriated man was stumbling down the street with one foot on the curb and one foot in the gutter. A cop pulled up and said, "I've got to take you in pal. You're obviously drunk." The wasted man asked, "Officer, are you absolutely sure I'm drunk?" "Yeah buddy, I'm sure," said the cop, "Let's go." Breathing a sigh of relief, the man said, "Thank goodness. I thought I was crippled."



Weather Forecasts are becoming less accurate:

As if COVID-19 hadn't affected our daily lives enough, new re-

search suggests the pandemic could be partly to blame for less accurate weather forecasts.

The reason? A lack of air traffic.

Aircraft typically record useful information like air temperature, relative humidity, air pressure and wind speeds along their flight path that help meteorologists with their forecasts.

But with COVID-19 leaving many airlines grounded, this information hasn't been recorded.

The **study** estimates the world has had 50-75% less aircraft weather readings

between March and May this year, and this lack of information has led to less accurate forecasts.

The researchers say more observation sites should be introduced to prevent this problem into the future.

Interestingly, the study found before flights were grounded in February, forecasts were actually more accurate than they had been in previous years.

So, there you have it! Even if the forecast is for blue skies, you might want to get a second opinion before you put that load in the wash.



Over past weeks we have been considering the type of contact tracing system we could implement to ensure quick and effective contact tracing should any resident, staff or visitor report a positive case of coronavirus. After a considerable search we have come up with "Contact Harald" The cards have arrived and training has

been conducted. Each staff member/contractor, resident and visitor will be issued with a card. Residents will wear the cards or have them nearby at all times. Staff will wear the cards throughout their shift and visitors will wear a card when they are at Havilah. When two cards come into contact with each other (within 2 metres) that contact registers on each card. So for example if a visitor advises a positive diagnosis the information is downloaded from that card revealing all other card contacts.

This would show contact with any other person wearing a card and the time of that contact. Information from the contacts etc can then also

be downloaded to allow these people to be advised and isolated if required. This protects staff and residents by enabling quick contact tracing ensuring that staff are isolated if there is any risk or that they can keep working if not. Resident contacts can be closely monitored for any sign of infection.

20days information is held on each card at any one time.

Cards will be set up and ready to allocate by Monday 17th August.

We look forward to having "Harald" on the Team at Havilah to assist us in keeping everyone safe.

NON PRESCRIBED TREATMENTS You may not consider over the counter medications, creams or alternate herbal remedies as medications but as it is a requirement of the Department of Health and Ageing that these are

included on resident medications charts.

Please advise staff of any medications or creams that your keep in your room and self administer. We will then be able to arrange for the required documen-

tation to be put in place to accommodate you. **You will be able to self administer these as before..** We very much appreciate your co-operation with this.



HAVILAH HAIRDRESSER

Onsite hairdresser Colleen has resumed the service within the guidelines of the covid restrictions, Colleen will attend to trims and comb ups, and perms as time permits.

Colleen is using the salons in the main building, Heath House and Correa and each are all sanitised as per regulations between each resident's appointment.

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 at the nurses station in Grevillea to

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 Barb Duffin 54617381 OR

0429617380 email:

barb.duffin@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.

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.

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

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

TO CONTACT THE KITCHEN

Main Kitchen **54617388** Internal Dial **388**

Heath Kitchen **54617482** Internal Dial **482**

For 24 hour EMERGENCY CONTACT telephone 54617394

YOU WILL BE KEPT INFORMED BY STAFF AND THROUGH THE PUBLIC ADDRESS SYSTEM.

