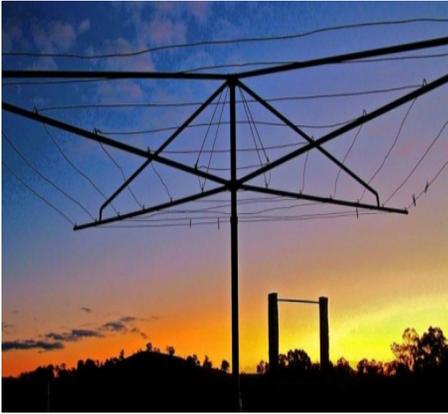




Even with restrictions we can still have fun. Raglan House residents enjoyed their recent day by the sea and Christmas in July. We hope that the Retirement Living Community members currently having take away meals from the Palmerston Kitchen are enjoying these special days as well.

Let us know if you have ideas about what you may enjoy as a "virtual" outing or function.





**Weather Forecasts are becoming less accurate:**

**As if COVID-19 hadn't affected our daily lives enough, new research 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 infor-

mation 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.

Calling on knitters and crochet enthusiasts  
Kim is planning a project for remembrance day  
this year that requires many poppies.  
If you  
feel that you would like to contribute and make some  
please give Kim a call on 54590169 to

have a copy of the  
patterns dropped off to you. With the colder weather  
approaching it is nice to have a little project to keep  
your hands busy. Patterns available for all different  
skill levels of crochet and knitting.



**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**

Onsite hairdresser Julie has resumed the service within the guidelines of the covid restrictions, Julie will attend

to trims, comb ups and perms, the salons are sanitised after each client.

Contact Julie at the salon to arrange your appointment on ph: 5459 0141



**EFTPOS**

For the convenience of residents, EFTPOS facilities are located at reception in the High 'School Centre for payment of Accounts.

**Emailing HOP TOPICS**

If you provide us with your email address, we can email your Newsletter to you. Please email your details to [andrew.earl@havilah.org.au](mailto:andrew.earl@havilah.org.au).

Your assistance with this is appreciated.



**WEIRD and WONDERFUL WORDS**  
**ORECTIC: having to do with desire or appetite**



**COVID INITIATIVES FOR HAVILAH'S RETIREMENT LIVING COMMUNITY**

Like everyone else at the moment Havilah's retirement community have been staying at home and keeping safe. Outings and gatherings for Sunday lunch, Happy Hour or special morning tea remain unavailable under current restrictions. Many of our retirement community volunteer at Havilah and they have not been able to do this and you are very much missed. Great

to see that the take-away meals remain very popular. Good to see people out and about to pick up their meals "while socially distancing" and able to have a chat while they wait. Great work by the kitchen in managing the uplift in demand during this period. There is good take-up of "virtual" happy hour and "virtual" special morning tea alternating each Friday. Raeleen lets everyone know in the weekly bulletins the detail of what is happening each week.

From the feedback you are enjoying these "virtual" activities. Let us know through reception any ideas you have.

Havilah Uber Andrew, Barb and Raeleen have delivered pizza and Chinese on one Friday each month. The rain was not kind to us last time with the Uber team all ending up a bit be-draggled. Andrew had the right idea though and wore a plastic isolation gown for his deliveries. We will be better prepared next time.

**FOR OUR RESIDENTIAL CARE COMMUNITY**

Lifestyle activities have continued during the COVID-19 period although with smaller groups and confined to specific areas. The weekly organised functions where residents can gather with social distancing so far have included the Italian restaurant, Dunolly Bakery, Happy Hour,

Christmas in July, French Patisserie, a fish and chip shop experience and Chinese Banquet compliments of Peach Village. With a Hawaiian day planned for next week the leis and perhaps the odd hula dress will be on the cards. These events are planned and staged at each facility keeping in mind the 4 square metre rule and

social distancing. Now that we are back at Stage 3 more caution is required in relation to group activities. We appreciate the efforts of our Lifestyle and Catering Staff and the significant contributions from local businesses in setting up these virtual activities.

**AND FOR OUR STAFF**

Our staff commitment to keeping themselves and therefore their fellow staff and residents safe is vital and we thank them for this. 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 yummm. We also 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 can-

not come to work even if slightly unwell. If they have even the slightest of sore throats or sniffles they are required to have a COVID test and stay at home until they have the results. If a close contact requires to have a test due to a minor sore throat for example again our staff member cannot come to work until the close contact has the results of their test returned.

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 and our wider community safe and protect against even more stringent restrictions.

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 providing direct care to residents are rostered to the one facility only. If in an emergency staff from one facility need to attend at another they are required to wear full PPE.



New bakery in town! beautiful Raglan fruit buns were baked at a recent cooking group. Resident's thoroughly enjoyed the product with a cuppa for afternoon tea.



An unknown stone mason has been hard at work and creative in Market Square, using the creek stone to construction rock sculptures. A very novel idea and interesting for others to see when out walking. (Look out for Fred Flintstone)



The 2020 AFL Football season is finally in full swing albe-it a very different competition with teams locating to other states and increased matches each week. Games are now played with spectators in attendance so at least the atmosphere is there and we are all barracking for our teams to finish in the top eight. Even the Blues look in with a chance to make the finals this year, so pretty exciting for us Blues supporters. It is very different with the commentators call-

ing the game from TV footage just like we do from our loungerooms.

After round 12 the tipping competition is tight between first and third tipsters. In first place is Olwyn Hogan with 72 points, George Evans on 71 points in second position, and Elma Taylor and is third with 70 points.

There is lots of footy on TV if you like to watch the game. Most of the games are televised on FOXTEL

*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.

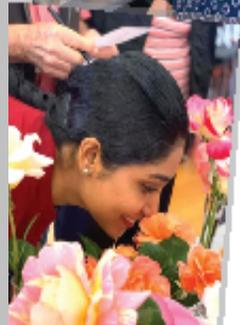
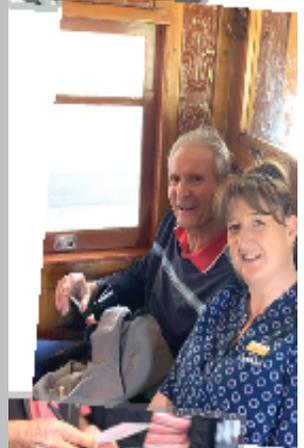
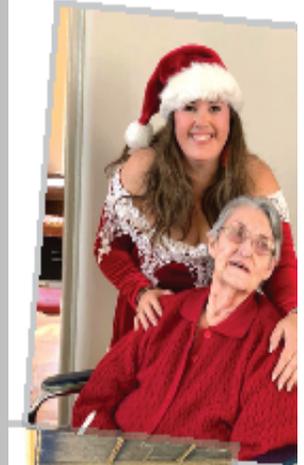
In the face of the COVID19 challenges, the Prime Minister and his Cabinet backed the extraordinary work of aged care, especially Health Minister Greg Hunt, who said the nation owed a debt of gratitude to staff for their dedication and courage. Chris Mamarelis, CEO, of The Whiddon Group who created *Aged 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.**

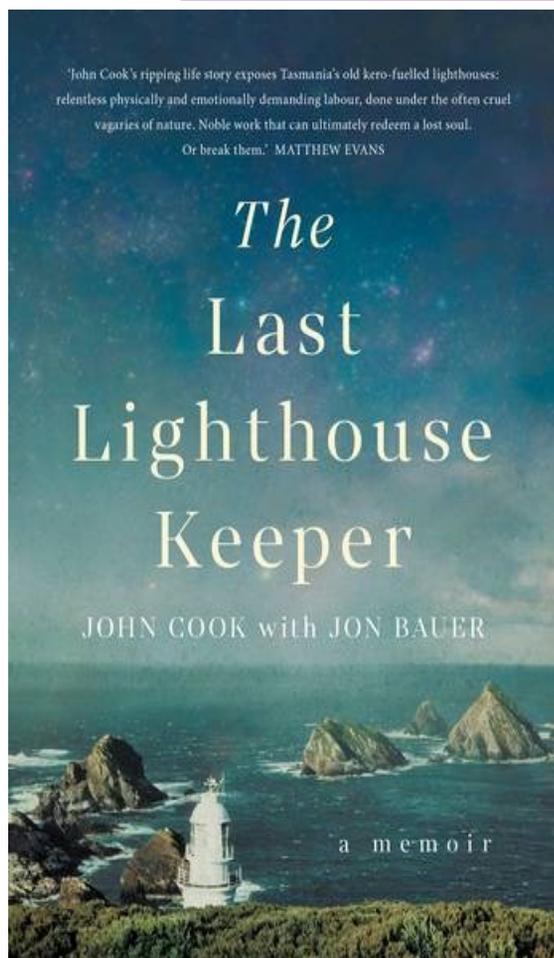
**"This year, we say a special 'thank you' for our staff's continuing devotion in protecting so many people at risk from the coronavirus pandemic,"**

**"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.



## BOOK REVIEW



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.

**Maintenance Reporting** Residents are requested to report all maintenance issues to Reception Monday to Friday between 9.00am & 12 noon 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@havilah.org.au](mailto:palmerston@havilah.org.au)

**For after hours, weekends and public holidays telephone our on call maintenance on 0408 645 203**

**NOTE:** This also applies to garden and grounds issues that need addressing.

For any reported items that have not been addressed in a timely manner or are not addressed to your satisfaction, please contact CEO Barb Duffin telephone 0429617380 or email [barb.duffin@havilah.org.au](mailto:barb.duffin@havilah.org.au)

Barb's mobile number is included in each edition of HOP Topics and you can contact her 24/7. Best not ring after midnight though unless it is a real emergency.

### CONTACT NUMBERS:

#### FOR PALMERSTON ST SITE

Reception 5459 0140

MON-FRI 9AM – 4pm

Weekends & Public Holidays 10 am - 4pm

Raglan House 5459 0150 (24 hr number)

Nurse Manager 5459 0154

Lifestyle 5459 0169

Maintenance BH 0417 679 803

24 hr Maintenance AH 0408 645 203

Kitchen 5459 0180

### CONTACT NUMBERS:

#### FOR HARKNESS ST SITE

Reception 5461 7300

MON-FRI 9AM-5PM

Weekends & Public Holidays 10 am - 4pm

Nursing Supervisor 5461 7394 (24 hr number)

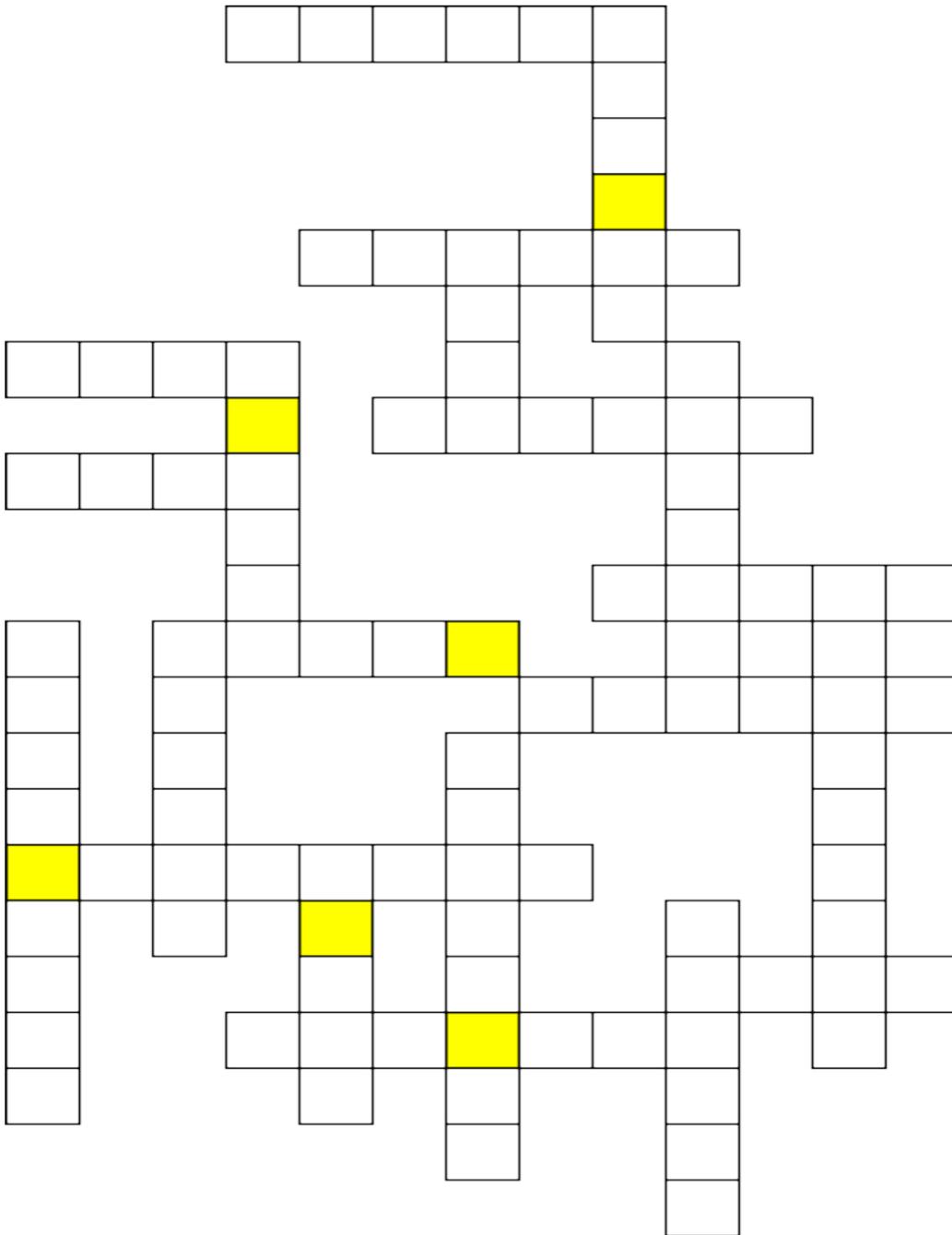
Director of Care 5461 7383

Lifestyle 54617 390

CEO-Barb 54617 381

0429617380

RAELEEN 54617 380



**4 Letter Words:**

- KIEV
- OSLO
- RIGA
- ROME

**5 Letter Word:**

- MINSK
- PARIS
- SOFIA

**6 Letter Word:**

- BERLIN
- DUBLIN
- LONDON
- MADRID
- MOSCOW
- PRAGUE
- VIENNA
- WARSAW

**7 Letter Word:**

- TALLINN
- VILNIUS

**8 Letter Word:**

- BRUSSELS
- HELSINKI

**9 Letter Word:**

- EDINBURGH
- STOCKHOLM

**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

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

Medium 612

Easy 612

Coronavirus (COVID-19)

## COVID-19: IDENTIFYING THE SYMPTOMS

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

Adapted from material produced by WHO, Centers for Disease Control and Prevention.

**TOGETHER WE CAN HELP STOP THE SPREAD AND STAY HEALTHY.**

For more information about

## Coronavirus Australia app

Stay up to date with official information and advice about the coronavirus (COVID-19) situation. You can check your symptoms and get notified when urgent information and updates are published.

You can use the Australian Government Coronavirus app to:

- stay up to date with the official information and advice
  - important health advice to help stop the spread and stay healthy
  - get a quick snapshot of the current official status within Australia
- check your symptoms if you are concerned about yourself or someone else
  - find relevant contact information
  - access updated information from the Australian Government
  - receive push notifications of urgent information and updates



### Get the app



### COVIDSafe app

To help keep you safe and ease restrictions the COVIDSafe app is available to download onto your mobile phones now. This will be a great app to have once restrictions are eased and we all start getting about more. If we have been in contact with someone that tests positive, who also has the app installed, we will be able to be advised and act quickly. It will only work if most people download the app so a great safety measure as restrictions ease.

## 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



This card can trace and contain outbreaks in your workplace.

Looking at how Havilah could efficiently keep track of those that staff and residents come into contact with at Havilah we came up with the "Contact Harald" contact tracing system. This was able to be implemented very quickly and will ensure quick and effective contact tracing should any resident, staff or visitor report a positive case of coronavirus. Each staff member/contractor, resident and visitor has been issued with a card. Residents wear the cards or have them nearby at all times. Staff wear the cards throughout their shift and visitors wear a card when they are at Havilah. When two cards come into contact with each other (within 2 metres for longer than 2 minutes) 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 of 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. 20 days information is held on each card at any one time.

Cards have been allocated to residents and staff and also our visitors that visit every day. Other visitors will be issued with cards each time they visit. We welcome "Harald" to the Team at Havilah to assist us in keeping everyone safe.

We are in the first two weeks of issue of the cards so early days at this stage. This could be something we could extend to the retirement community. For it to be really useful visitors and contractors that you use in your home

would need to come to Reception and register. The advantage would be that they would be screened and temperature tested prior to coming into your home.

For regular visitors therefore your family supports a visitor card would be issued to them that they would keep, so they would not need to come through reception each time they visited.

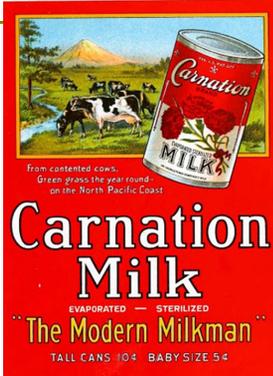
Records are required to be kept for retirement village visitors and contractors. For the time being to assist you with this without intruding into your independent living space we will provide you with a diary. If you get in the habit of writing down the times that people visit and the times you for instance go to the supermarket that would assist should contact tracing be required at any stage should you or your close contacts show symptoms of COVID.

There are certainly advantages to wearing a "Contact Harald" card when you are out and about in the village and if your visitors are also wearing a card. We will provide you with further information and seek your thoughts in coming weeks.

## Falls Prevention



Have a Healthy and Nutritious Diet  
Regular exercise prevents muscle weakening and joints stiffening  
Use your walking aids at all times.



## THINGS MY MOTHER USED TO SAY

Money can't buy you happiness

Answer me when I ask a question

A little soap and water never killed anybody

Be good.

## Creamy lemon parmesan chicken

## Ingredients:

- 2 tablespoons pine nuts
- 1 tablespoon olive oil
- 500g chicken tenderloins
- 3 garlic cloves finely chopped
- 60ml white wine
- 300ml light thickened cooking cream
- Finely grated rind of 1 lemon
- 25g finely grated parmesan
- 1 green shallot thinly sliced plus extra to serve
- Fresh basil to serve
- Crusty bread to serve.

## Instructions:

- Place a skillet or frying pan over medium heat, add pine nuts and cook, stirring occasionally, for 2 minutes or until golden. Transfer to a bowl.
- Add the oil to the pan. Cook the chicken for 3 minutes, each side, or until golden. Transfer to a plate.
- Add the garlic to the pan. Cook, stirring, for 30 seconds or until aromatic. Add the wine and simmer for

1 minute or until reduced. Add the cream and lemon rind. Bring to the boil. Reduce heat to medium. Simmer, uncovered, stirring occasionally, for 4 minutes or until thickened slightly

- Stir the parmesan into the sauce. Add the chicken and green shallots. Simmer for 1 minute or until the chicken has warmed through.
- Sprinkle the chicken with the pine nuts, extra shallots and basil. Serve with crusty bread.



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



Thank you to all our volunteers from the retirement community. We appreciate your generosity so much. New volunteers are always welcome. Please advise Kim or Reception if you are interested in volunteering. Havilah is looking forward to welcoming back our volunteers once the COVID restrictions have been lifted.

**VISITING HAVILAH'S RESIDENTIAL CARE FACILITIES**

**Visitor Rules Updated 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).

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**

**BETWEEN 10AM AND 4PM each day.** special visit-ing needs can be accommodated. Social distancing is im-portant 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 are supplied each time visi-tors check in.

**NO VISITING FROM RESTRICTED AREAS.** Restricted areas are currently those covering Metro Melbourne We have requested that people from the restricted areas

do not visit at this time. This will be reviewed at the end of the current restriction period. People living within the re-stricted area can arrange a telephone or Skype call by contacting lifestyle staff or reception.

We understand that it is difficult to reduce contact to essen-tial 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 as-sistance of our staff, please make contact with Reception as above. **Any visitors allowed from the restricted areas will be required to wear full PPE.**

**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 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 visi-tors altogether for a time.

**Social Distancing** We ask visitors to please remain aware of maintaining social distancing. It is difficult not to give a hug and kiss when greeting your loved ones. Try to re-member though that COVID-19 is spread by droplets so too close face to face is a problem. The best protection is so-cial 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 under-

**Quiz and Crossword Solutions from page 7 & 13**



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

D	R	A	S	I	D	R	E	L	E	5	6	8	1	3	4	9	7	2	2	8	4	1	9	7	5	6	3
N	S	L	E	U	E	U	E	U	U	7	9	3	8	5	2	1	6	4	3	9	5	4	6	2	7	8	1
O	L	O	S	U	S	U	S	U	S	4	1	2	6	7	9	3	8	5	7	6	1	8	3	5	9	2	4
Y	A	O	U	C	I	A	S	T	O	6	4	7	5	8	1	2	9	3	9	7	2	5	4	3	8	1	6
B	A	B	R	E	A	V	S	E	A	8	5	9	2	4	3	6	1	7	8	1	3	9	7	6	2	4	5
L	L	L	K	R	E	R	E	A	G	2	3	1	7	9	6	5	4	8	4	5	6	2	8	1	3	7	9
D	A	E	S	R	X	T	I	N	C	9	7	5	3	6	8	4	2	1	6	2	7	3	5	4	1	9	8
V	C	O	I	E	F	P	E	H	A	1	8	4	9	2	5	7	3	6	1	3	8	6	2	9	4	5	7
L	A	L	C	O	N	C	O	M	A	3	2	6	4	1	7	8	5	9	5	4	9	7	1	8	6	3	2
O	P	A	E	M	D	M	D	O	A																		
S	A	S	E	R	I	E	R	G	L	A	C	I	E	R													



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.

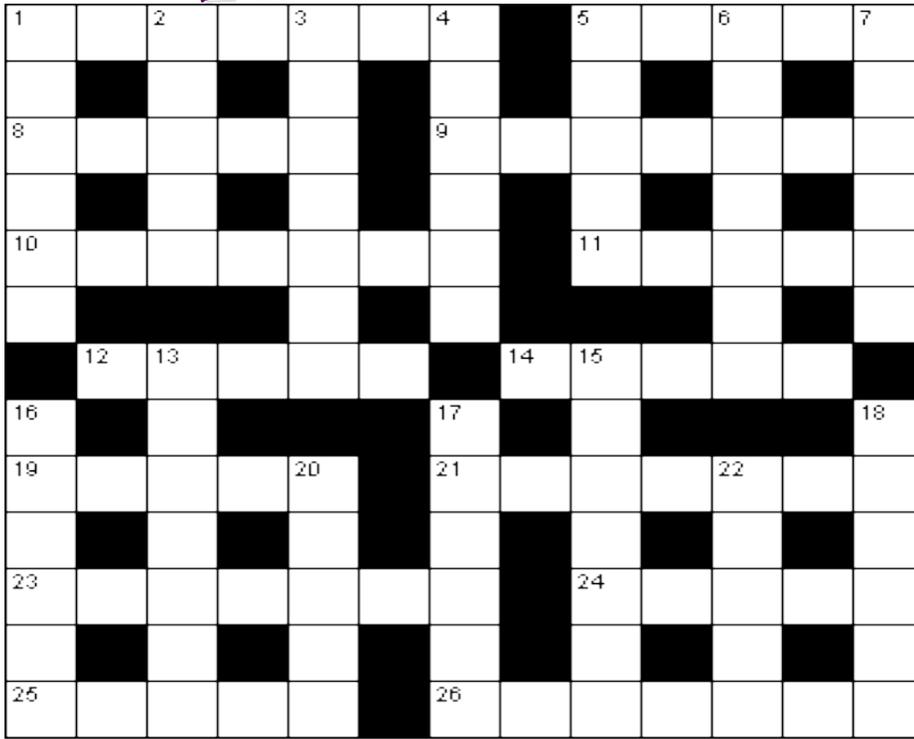
After her last operation, she was released from the hospital. While crossing the street on her way home, she was hit and

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!

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."





**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. Irides (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)

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, MONEYPENNY, MOONRAKER, NAOMI, NICKNACK, ODDJOB, PEIRCE BROSNAN, ROGER MOORE, SEAN CONNERY, TEEHEE, THUNDERBALL, TAFFANY CASE, VARGAS, WHISPER.

**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?

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

### **RAGLAN HOUSE NURSE 24 HOUR CONTACT NUMBER Telephone 54 590150**

### **HAVILAH ON PALMERSTON RECEPTION HOURS**

MON-FRI 10.00am – 4.00pm for account payments and enquiries 5459 0140  
(7days a week)

### **HARKNESS ST RECEPTION OFFICE HOURS**

MON-FRI 10.00 am—4.00 pm for account payments and enquiries 5461 7300  
(7 days a week)

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