

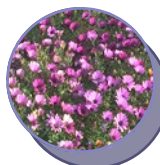
ISSUE September 2020



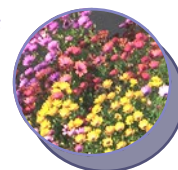
WEBSITE: www.havilah.org.au

You can access the Havilah Facebook Page via the website

HOP TOPICS



SPRING HAS DEFINITELY SPRUNG WITH THE SEPTEMBER SUNSHINE AND RAIN BRINGING TO LIFE THE MAGNIFICENT GARDENS AT HAVILAH ON PALMERSTON, ALL HELPED ALONG BY THE GREEN FINGERS OF OUR RETIREMENT COMMUNITY. THESE PICS ARE EXAMPLES FROM ALONG NEILL STREET. WHAT A WONDERFUL DISPLAY OF COLOUR AND VARIETY OF PLANTINGS.



ANNUAL GENERAL MEETING

Due to the current restrictions the AGM has been postponed for the time being. We are hopeful that as restrictions ease the meeting will be able to be held. If numbers are restricted this will mean that the meeting

will necessarily be only members in attendance. In this instance all of the meeting reports will be sent out to the retirement community and a special function held mirroring our normal AGM process as soon as we possibly can.



TENNIS COURT DEVELOPMENT

We have been extremely fortunate to receive submissions from quality builders very interested in being involved in this \$7.5M project.

The Board is currently undertaking a very detailed and competitive selection process. There are obviously many things to consider other than price, eg ability to complete

the project, the personnel we will be working with, and very importantly understanding of Havilah's special requirements in developing this facility and ability to work with Havilah and our designated contractors to achieve great outcomes for our community. It is very exciting to have reached this point and we hope to be able to make further announcements soon.

AUSTRALIAN DEFENCE FORCE (ADF) INFECTION CONTROL VISIT.

This week both facilities had a visit from the ADF who have been completing reviews on Aged Care Facilities that **do not** have COVID-19. This is an initiative by the Victorian Aged Care Response Team to check infection control measures and preparedness for an outbreak. The review was carried out on what they call a traffic light rating.

We welcomed the visit so that we can be assured that everything is in place that needs to be for the protection of all residents, staff and visitors to Havilah sites, so we were extremely pleased to receive a green light rating. The ADF were very impressed with our forward planning and our facilities generally, also commenting on the great welcome they received which apparently has not been the case at all facilities they visited.



WEIRD and WONDERFUL WORDS THALASSIC - relating to the sea

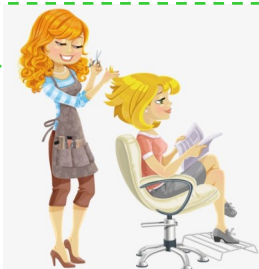


If residents require the assistance of a Justice of the Peace you are welcome to contact

Terry Simpson

Mobile: 0419 737 837

During business hours



HAVILAH HAIRDRESSER

Onsite hairdresser Julie has resumed the service within the guidelines of the covid re-

strictions, 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.

Your assistance with this is appreciated.

COVID INITIATIVES FOR OUR RETIREMENT

LIVING COMMUNITY

As with our residential care community the retirement community have been staying at home and keeping safe. It was great to see an easing of restrictions last week so that we can go out for a meal or coffee or small gathering with friends in the park. The new rules around single person households are also very welcome for those living alone. Hopefully it won't be long before we can get back to group outings or gatherings for Sunday lunch or Happy Hour, and back to volunteering at Havilah, you are really missed by the residents and staff. Havilah's offer for take-away meals

from Havilah kitchens has been incredibly popular. Great work by the kitchen in managing the uplift in demand during this period. We have also been having "virtual" happy hour and "virtual" special morning tea. All are helping each other out and delivering the Happy Hour or Morning Tea packs to neighbours. We are loving that our retirement community have got into the "virtual" age that we are all forced to endure at the moment, and the comments are very positive and appreciative.

We hope that with the easing of restrictions we can plan other treats. Make sure you are keeping your diaries

up to date as this is very good for contact tracing should you need it. You will have noticed on the news in NSW often they will have a call out to people who have been at certain venues. Keeping a diary of where you have been and who you see each day is useful in these situations. For those in the retirement community who would like to be issued with a "Contact Har- old" card please see Raeleen or Andrew. This is useful only when in contact with others also wearing the card for example contractors or other visitors. Raeleen and Andrew can provide further information for you re this.

Lifestyle Activities for our Residential Care Community During COVID 19 restrictions As you will all know lifestyle activities have continued during the COVID-19 period although with smaller groups and confined to specific units. Bingo and marbowls. The weekly organised functions where residents can gather with social distancing have included the Italian restaurant, Dunolly Bakery, Happy Hour, Christmas in July, French Patisserie. A fish and chip shop experience was very well received along

with a recent virtual trip to Hawaii. Lifestyle and Catering Teams are currently thinking about how these types of functions can be planned and staged within each area keeping in mind the 4 square metre rule will still apply. Hopefully within weeks we will be back to Stage 2 with greater freedoms to come if numbers remain low. Your ideas are welcome. There is a lot of work involved in setting this up and we appreciate the efforts of our Lifestyle and Catering Staff. We have also had signifi-

cant contributions from local businesses in setting up these virtual activities which we are grateful for.

Many of our residents are taking advantage of the better weather for walks outdoors which is great to see. Please see Andrew at reception and he will assist you with exit and entry. External sitting areas off each unit are also being organised for easier access to the outdoors from within each unit.

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. 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 tempera-

ture taken. Staff cannot 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.

Our compliance with current restrictions will keep our families and the Havilah community and our wider community safe and allow for lessening of restrictions as this becomes safe

for everyone.

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.





The conversations of life

The secret to healthy ageing could be in your gut By Ben Squires on September 4, 2020



Your gut probably isn't the first part of your body that springs to mind when you think of ageing well, but new research suggests it plays a significant role.

Scientists from the Netherlands have linked bacteria and other microorganisms with dozens of conditions includ-

ing high blood pressure and body mass index increases. Small scale studies have been able to link human gut microbiome (basically microorganisms and bacteria in the gut and the digestive tract) with individual diseases in the past.

But this is the first study that shows the significant influence this has on sickness and health.

The study examined 422,417 unrelated individuals in the UK and found higher levels of 11 bacteria are associated with 28 health and disease outcomes.

The study's author, Dr Hilde Groot of the University Medical Centre Groningen, the Netherlands, said the information could eventually be used to develop novel treatment to disease.

"What we eat and drink is connected to microbiome content, so we studied the links with meat, caffeine, and alcohol. We observed a relationship between raised levels of Methanobacterium and drinking alcohol more often," she said.

Dr Groot says more research is needed, but it just goes to show – you are what you eat!

RESIDENTS BE AWARE

At times residents receive phone calls from persons claiming that they are a representative of a telephone and electricity companies or alike asking for bank account details to clear outstanding balances. This type of phone call should at all times be ignored. We advise residents to simply hang up and inform staff.

PLEASE DO NOT ADVISE YOUR BANK DETAILS TO ANYONE OVER THE PHONE AND REPORT ALL SUCH CALLS TO STAFF.



The AFL has done a great job to stage games this season and now we can look forward to the finals being played out. All Victorian

teams were re-located other states so we miss the Victorian home ground advantage this year with no finals at the MCG.

The games are played with minimal crowds in attendance due to social distancing rules.

The Havalah Tipping Competition was a closely contested competition this year.

After all home and away games, Elma Taylor finished on top of the leader board with 110 points, in second place with 107 points was Terry Simpson and in third place was Olwyn Hogan 106 points.

During the season there were 13 lucky tipsters who picked all winning teams for that round. Congratulations to all winners.

Care in the nursing home: making telehealth the norm in Australia's aged care sector

What a difference a few months can make. Experts here in Australia and around the world have been putting up a convincing use case for telehealth for close on three decades now. They know it can improve access to healthcare services for individuals living in rural and remote locations, facilitate better outcomes for patients who don't have to travel to receive treatment and save serious money for the healthcare system.

Recent years have seen the cost of the technology needed to deliver and access telehealth services plummet too. What, back in the 1990s, called for extremely expensive, fixed video conferencing equipment and costly connectivity can today be achieved with everyday internet access and economical and reliable mobile devices – Apple's iPad being, for our money, far and away the best in breed. Despite these factors, it's taken a global health crisis to push this alternative mode of healthcare delivery into the Australian mainstream. On 30 March, federal Health Minister Greg Hunt introduced whole of population telehealth services, following the declaration of the COVID-19 pandemic. As a result, patients eligible for Medicare can now receive treatment by any qualified practitioner for any condition, provided it's safe and clinically appropriate.



The digital health revolution

The trend is not unique to Australia. Across the world, healthcare practitioners have turned to technology to help them care for patients during the COVID-19 crisis. We expect the next couple of years will see telehealth become far more prominent

globally, as vendors focus on developing solutions which harness the extraordinary power of digital to deliver lower cost, more responsive care to a greater number of patients. At Apple's June 2020 Worldwide Developer Conference, CEO Tim Cook told attendees the biggest contribution the company had yet to make was in the realm of health. Throwing Apple's weight behind the creation of apps to help individuals monitor their health and wellbeing is likely to lead to a wave of digital innovation.

Protecting the health of senior Australians in 2020 and beyond

Minister Hunt's decision to open up telehealth to the masses has been a boon for older Australians, particularly those living in aged care facilities who were deemed to be at significant risk from COVID-19.

Being able to access treatment from familiar healthcare practitioners has provided this cohort of vulnerable patients with continuity of care and extraordinary reassurance during a time of immense upheaval and uncertainty.

In fact, the success of the COVID-19 telehealth initiative has arguably created an imperative for aged care providers to continue to facilitate this model of care, for residents willing to access it, even as restrictions ease and life returns to normal. While some senior Australians are digitally savvy and can navigate their way around apps with the same ease as their digital native descendants, others require a little or a lot of help to make use of the technology. For aged care providers, there are a couple of ways this senior 'skills gap' could be addressed. Acquiring a fleet of communal devices and configuring them for ease of use would eliminate the need for residents to invest in technology and training, thus putting paid to the main barrier to adoption.

For smaller facilities which don't have in house IT resources, partnering with a services provider to maintain and manage the equipment and software may make sense. Providers may also choose to deploy a mobile device management solution to automate the process of configuring, updating and securing multiple tablets.

Time to act

Thanks to the COVID-19 pandemic, telehealth has suddenly become a viable alternative to in-person consultations for all Australians. The onus is now on aged care providers to put it within reach for their residents, through a modest investment in technology and **services**.

BOOK REVIEW

The inspirational, bestselling story of the rags to riches life of Kerry Stokes.

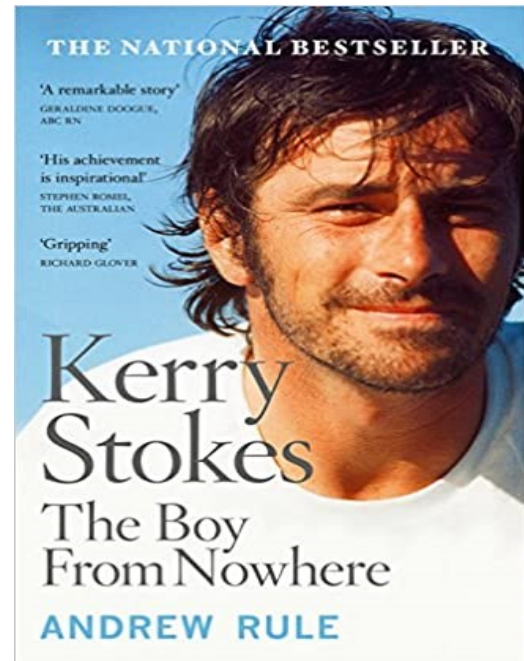
Kerry Stokes is a remarkable Australian. Not because he is one of Australia's wealthiest and most powerful people, but because of what he overcame to get there and because he has endured when others didn't. His success and his rise have intrigued the business world for decades but there is so much more to him than multi-million dollar deals or mergers.

Behind the laconic front is a human story as tough and touching as a Dickens tale: Oliver twist with great self-expectations. It is the story of a poor boy who stared down poverty, ignorance and the stigma of his illegitimate birth to achieve great wealth and fulfilment. He's a backstreets battler who has become a power player. It's a compelling and inspiring story that, until now, he has not told. Now he oversees a multi-billion dollar media, machinery and property empire. He is renowned for his art collection and for philanthropy, spending millions of dollars to buy - among other things - Victoria Crosses from soldiers' families to donate to the Australian War Memorial.

But he's a private man. A man apart. He made his name in the West but kept his distance from the buccaneering band of entrepreneurs who forged fabulous fortunes in Perth from the 1960s until the 1987 crash. Bond went to

jail, Holmes a Court died; Connell did both. Lesser lights flickered and faded but Stokes grew stronger, becoming a player alongside Murdoch, Packer and Lowy. His story fascinates all the more because he has spent most of his life guarding it. But now he's telling it, to one of Australia's great storytellers.

He is the boy who came from nothing, who had nothing to lose. And now he has everything. It's a great Australian journey



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@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

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)

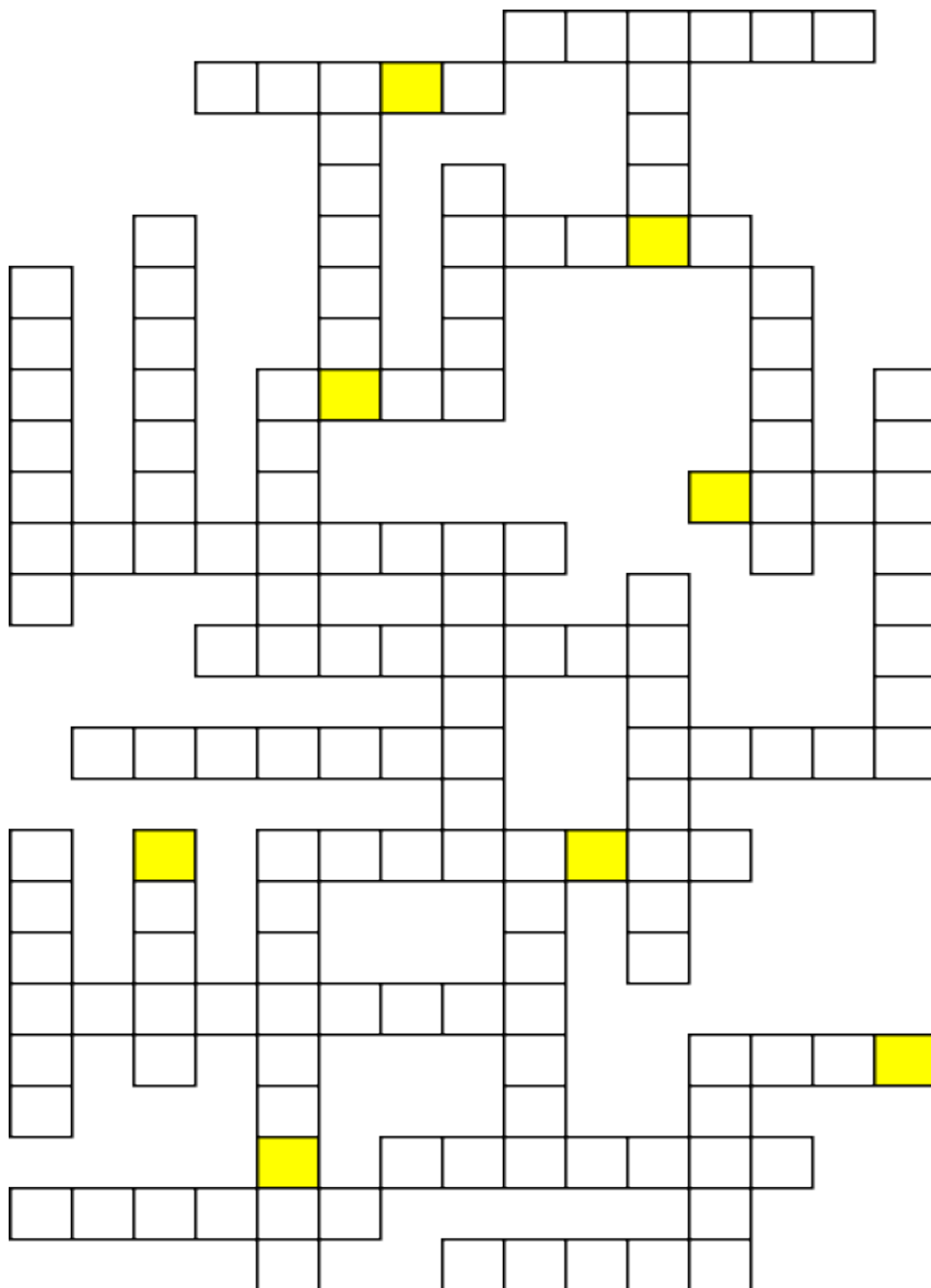
Director of Care 5461 7383

Lifestyle 54617 390

CEO-Barb 54617 381

0429617380

RAELEEN 54617 380

**4 Letter Words:**

BEAR
LION
PUMA

5 Letter Word:

CAMEL
EAGLE
GECKO
HYENA
LEMUR
LLAMA
TIGER
ZEBRA

6 Letter Word:

BAOON
JACKAL
PARROT
WALRUS
WOMBAT

7 Letter Word:

BUFFALO
CHEETAH
GAZELLE
GORILLA
LEOPARD
OSTRICH
VULTURE

8 Letter Word:

AARDVARK
ANACONDA
FLAMINGO
KANGAROO

9 Letter Word:

ALIGATOR
BANDICOOT
CROCODILE











SUDOKU Sudoku is easy to play and the rules are simple. Fill in the blanks so that each row, each column,

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

Medium 637

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

Easy 637

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

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



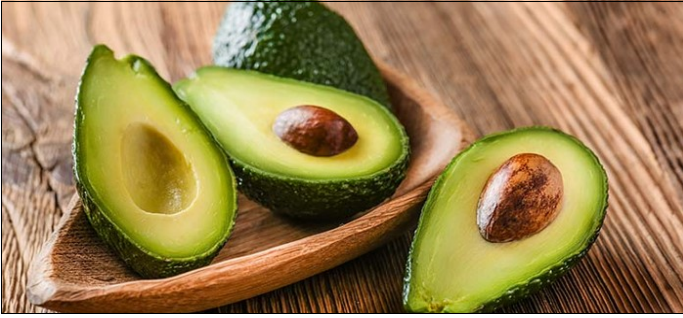
COVIDSafe app



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.

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

Queensland scientists have found a way to create 'zombie' avocados



In a world-first, scientists from the Sunshine State have figured out a way to grow avocado trees from frozen stems, effectively bringing them back to life.

Researchers at the University of Queensland (UQ) used liquid nitrogen to freeze two different types of avocado cultivars.

After leaving them for two weeks, they then tried to bring them 'back to life'.

To revive them, the stems were pulled out of their frozen state and put into a petri dish containing a sugary mixture that rehydrated them.

And the technique worked with a success rate of 60-80%.

There are now 80 successfully thriving avocado plants that have been brought back to life.

UQ PhD student Chris O'Brien says the study could be key to ensuring avocados for future generations, particularly in the face of some unforeseen event.

"The aim is to preserve important avocado cultivars and key genetic traits from possible destruction by threats like bushfires, pests and disease."

We don't mind the odd avocado, so makes sense to us!



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.

CONTACT
HAROLD

This card can trace and contain outbreaks in your workplace.



"Harald" has been on the Havilah team now for just one month. Residents Staff and visitors are very impressed with the system which will help Havilah efficiently keep track of those that staff and residents come into contact with at Havilah. We were able to implement this system very quickly to ensure 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 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.

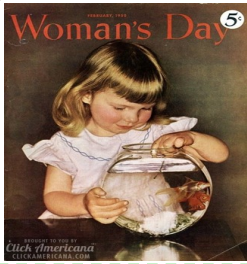
We would be very happy to extend this system within the retirement community if you are interested. For it to be really useful visitors and contractors that you use in your home would need to come to Reception and register. The advantage would be that they

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 diaries have been provided and we hope that you are finding these useful. 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 Harold" card when you are out and about in the village and if your visitors are also wearing a card. Please talk to Raeleen or Andrew if you would like to know more about our friend "Harald"

Falls Prevention

Wear well fitting shoes
Remove all hazards, items laying around on the floor
Have adequate lighting in rooms



THINGS MY MOTHER USED TO SAY

Don't look at me with those eyes.
Children are to be seen and not heard.
I've told you a thousand times.



My memory is gone Mildred, so I changed my pass-word to "Incorrect."
That way when I log in with the wrong password, the computer will tell me... "Your password is incorrect."

SALMON and ASPARAGUS QUICHE.



Ingredients:

- 2 cups plain flour
- 185g butter
- 2 eggs yolks
- 2 tsp chilled water
- 1/2 bunch asparagus, woody ends trimmed, cut into 1cm pieces
- 1/2 cup peas
- 90g Hot Smoked Salmon fillets plain, coarsely flaked
- 1/4 cup finely grated cheese
- 6 eggs
- 1/2 cup thickened cream
- 1 tbs finely chopped dill

Instructions:

- Place flour and butter in a food processor and process until mixture resembles fine breadcrumbs. Add the egg yolk and water and process until dough just comes together, adding more water if needed. Turn the dough onto a lightly floured surface and gently knead until smooth. Shape into a disc, cover with plastic wrap and place in fridge for 30 minutes to rest.
- Preheat oven to 200 °C, Divide the dough into 12 even portions. Roll out each portion on a lightly floured surface to 3mm this disc. Grease a 12 hole, muffin pan, line holes with the pastry discs. Use an 8cm rounded fluted pastry cutter to trim the edges. Place in the fridge for 15 minutes to rest.
- Line each case with a disc of bak-

ing paper. Fill with rice and bake for 8 minutes, remove rice and paper and bake for another 5 mins until golden brown.

- Place asparagus and peas in small heat proof bowl. Pour over enough boiling water to cover. Set aside for 30secs, refresh under cold water and drain.
- Divide asparagus mixture, salmon and cheddar cheese among pastry cases, whisk eggs, cream and dill in a jug, pour the egg mixture around salmon mixture and cases, bake for 20 mins or until filling is just set.



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.



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 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 are supplied each time visitors 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 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.**

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 visitors 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 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. Hopefully with the very good improvement in numbers of new cases and active cases Victorian restrictions will ease.

Quiz and Crossword

Solutions from page 7 & 13



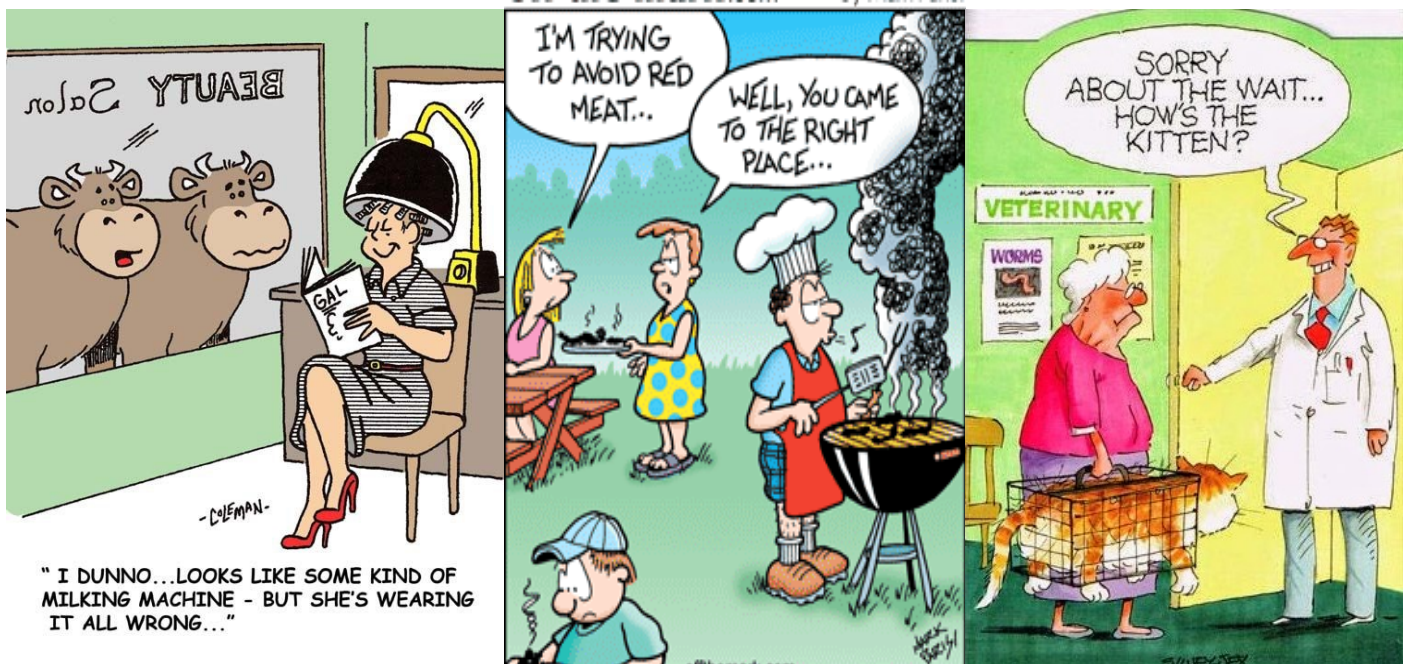
1. Road.
2. Kangaroo.
3. 1930's
4. John Worfold.
5. Bert Newton.

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



Joe was a steward for Fly High airlines. He watched as an older lady boarded the plane holding a dog in a cage. "Excuse me," said Joe "dogs are not allowed on board, you have to check it in with the baggage." The lady wasn't happy, but Joe was an experienced steward and succeeded in convincing the lady without much of a scene. Upon arrival, Joe took a peek in the cage, and to his great surprise, saw that the dog was dead! Frantic that they may get sued, Joe quickly sent one of his underlings out to

town to buy a dog that looked exactly the same. Just in the nick of time the underling arrived with the dog. They quickly switched dogs and breathed a sigh of relief. "This isn't my dog!" said the lady as soon as she saw it. "I'm sure it is" insisted Joe "I was very careful about where I put it." "It's not my dog" argued the lady, "you see, I was bringing my dog to my home town to have him buried, and this dog is alive!"

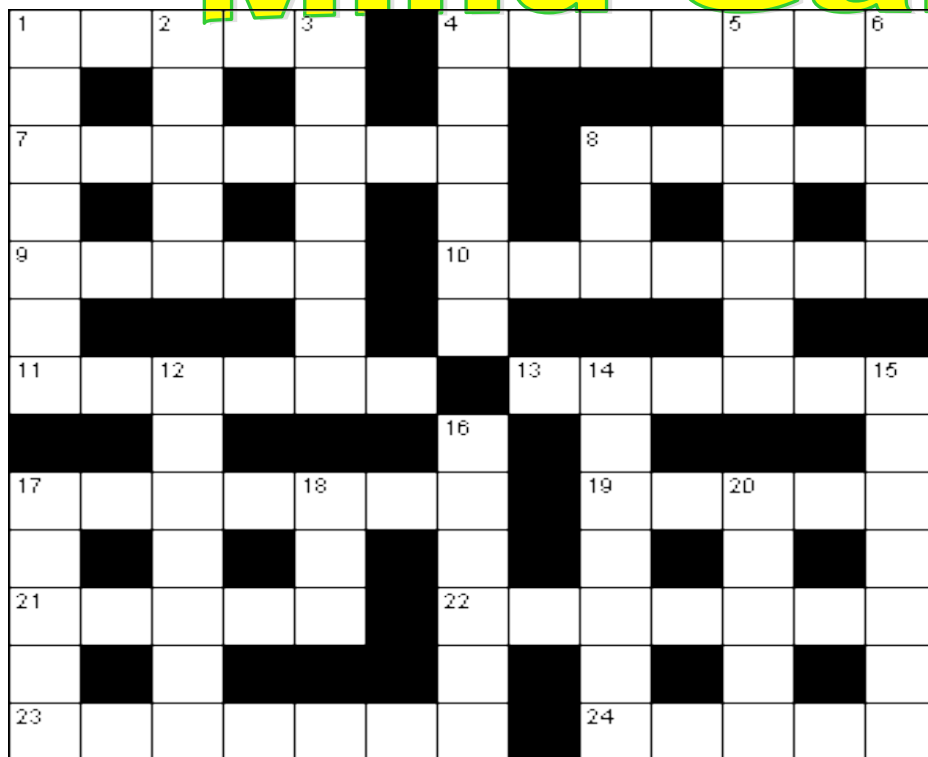


It was Timmy's 5th birthday and he was joyfully opening all the presents he received. He saved the biggest for last, so it took a while until he got to opening Grandma's present. "Wow" Timmy exclaimed in delight, upon seeing the mini drum set that his Grandmother got for him. "Thanks Grandma this is just what I wanted."

It was after Timmy went to bed that Timmy's mother approached her mother. "Ma, I'm surprised at you, don't you remember how it used to drive you crazy when we used to play the drums in the house growing up?" Grandma smiled and then said "I remember, of course I remember."

Jack strode into 'John's Stable' looking to buy a horse. "Listen here" said John, "I've got just the horse your looking for, the only thing is, he was trained by an interesting fellow. He doesn't go and stop the usual way. The way to get him to stop is to scream heyhey the way to get him to go is to scream Thank God. Jim nodded his head, "fine with me, can I take him for a test run?" Jim was having the time of his life this horse sure could run he thought to himself. Jim was speeding down the dirt road when he suddenly saw a cliff up ahead "stop!"

screamed Jim, but the horse kept on going. No matter how much he tried he could not remember the words to get it to stop. "yoyo" screamed Jim but the horse just kept on speeding ahead. It was 5 feet from the cliff when Jim suddenly remembered "heyhey!" Jim screamed. The horse skidded to a halt just 1 inch from the cliff. Jim could not believe his good fortune, he looked up to the sky, raised his hands in the air, breathed a deep sigh of relief and said with conviction "Thank God."

**ACROSS:**

1. Garret (5)
2. Communicative interaction (7)
7. Hassle (7)
8. Smithy's block (5)
9. Tooth (5)
10. Reaches out (7)
11. Pact (6)
13. Strategy (6)
17. Time off (7)
19. Stroll (5)
21. Rough (5)
22. Eight-sided polygon (7)
23. Imagined (7)
24. Watercourse (5)

DOWN:

1. Try (7)
2. Supernatural creature (5)
3. Floorshow (7)
4. Mentally quick and resourceful (6)
5. Go forward (7)
6. Stories (5)
8. Pertinent (3)
12. Gourmet (7)
14. Disorderly (7)
15. Everlasting (7)
16. Unit of time (6)
17. Perspicuous (5)
18. Employ (3)
20. Start (5)

WORD SEARCH - Face the Music

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

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

ACCENT, BASS, BEAT, CADENCE, CHORD, CHROMATIC, CLEF, COUNTERPOINT, CRESCENDO, DIATONIC, FLAT, HARMONY, INTERVAL, KEY, KEYNOTE, LEDGER LINE, MAJOR, MEASURE, MELODY, MINIM, MINOR, MODULATION, NATURAL, NOTATION, NOTE, OCTAVE, PITCH, QUAVER, REST, RHYTHM, SCALE, SEMIBREVE, SHARP, STAFF, TEMPO, THEME, TONE, TONIC, TREBLE, TRIAD, TUNE.

QUIZ

1. In rhyming slang, what is meant by "frog and toad"?
2. On the Australian Coat of Arms, which animals on the left - kangaroo or emu?
3. In what decade did the Sydney Harbour Bridge Open?
4. Which current AFL coach is nicknamed Woosha?
5. Which Australian TV legend married Patti McGrath in 1974?

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 Manger

Barb Duffin
Di Jackson

barb.duffin@havilah.org.au
di.jackson@havilah.org.au

Nurse Manager
Director of Care

Deb Matthews
Kelsey Hooper

deb.matthews@havilah.org.au
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

Director of Care Kelsey Hooper 54 617383

email: kelsey.hooper@havilah.org.au

Nurse Manager Havilah on Palmerston Deb Matthews

email: 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 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-SUN 10.00am – 4.00pm for account payments and enquiries 5459 0140
(7days a week)

HARKNESS ST RECEPTION OFFICE HOURS

MON-SUN 10.00 —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**