

# HAVACHAT



Issue November/December 2020

Please contact Andrew on 5461 7387 or email [andrew.earl@havilah.org.au](mailto:andrew.earl@havilah.org.au) if you would like your Havachat sent via email

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



*Wishing you and your  
family a very Merry  
Christmas.*

*May this joyful season  
greet you with health  
and happiness.*

## FUNCTIONS FOR YOUR DECEMBER CALENDAR:

**CHRISTMAS BARBECUE LUNCH —WEDNESDAY 9th December for lunch at 12.**

### **CHRISTMAS LIGHTS TOUR**

**Correa/Grevillea 7th December**

**BAC 14th December**

**Heath/Melaleuca 21st December**

### **CHRISTMAS DAY AT HAVILAH**

**2 Course Lunch with drinks and chocolates \$25 per head.**

**Note that Bookings have now closed for the Christmas Barbecue Lunch and Christmas Lunch. For those visitors who have booked to attend these functions please arrive pre 12 to allow time for admission screening.**



There has been a lot going on at Havilah. AFL grand final day, Halloween, Cup day morning tea and luncheon and oaks day and a theme day "Women's' work is never done, The imagination of the Leisure and Lifestyle staff never ceases to amaze, combining with the kitchen teams for these days to run as smooth as they do, It is great to see the smiles on everyone's faces .



**"GO TIGES"**



**WHAT A DEVIL !!!!!**



**AAARRRRRR!!!!**



**"CHAMPION TIPSTER"**



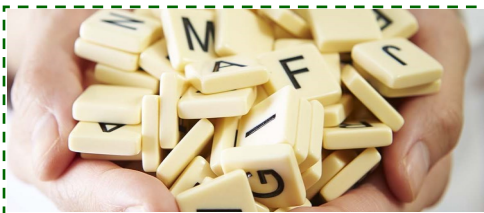


With activities in communal areas and visitors limited by strategies in place to control any outbreak of coronavirus, I pads have been purchased so that residents are able to have contact with family on face book, Skype, Zoom and other forms of social media. The I pads

are available 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 I pads in small groups or within their own room. It has been amazing how many residents are now tech savvy. You can use them to send and receive emails from family including photos.

**If you would like to try the IPads please talk to our Life-style staff who will assist you to become familiar with using these.**

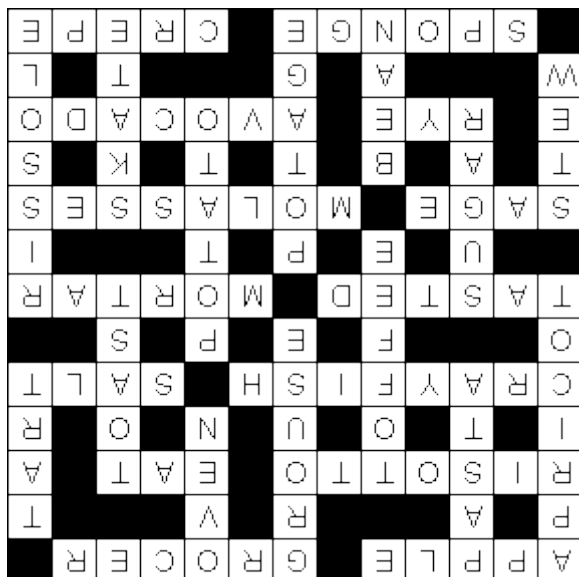
Desk top computers in common areas have also been updated.



## **WEIRD and WONDERFUL WORDS**

**ALCAZAR - a Spanish palace or fortress**

**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. Bob Hawke.
2. Australia.
3. 21.
4. Kangaroos.



## Directions update: Residential Aged Care Care Facilities Visitors and Outings

### Changes to visitor restrictions

There are now no limits on the number, reason or duration of visits. **VISITING HOURS AT HAVILAH REMAIN BETWEEN THE HOURS OF 10 A.M. AND 4 P.M. EACH DAY** Special arrangements can be made for palliative care

Density limits only apply in common areas used by staff, visitors and residents. Density limits do not apply in resident (single or shared) bedrooms or in communal areas that are used by residents only.

In these dual visitor/resident areas, the number of people that can enter must comply with density limits. This means, one person per 2 square metres.

Use of a communal visitor-resident space can only occur in accordance with the RACF's COVID safe plan. This might include recording where groups gathered/sat in the space; regular cleaning between groups; hand sanitiser at the entrance to the space; and separate entrance and exit.

All visitors must wear face masks\* unless they have a specified exemption.

\*People 12 and over should wear a face mask unless an exception applies.

All visitors are required to have a current influenza vaccination unless they have a specific exemption.

### Excursions

Travel in vehicles, such as minibuses, for group outings can occur. Social distancing should be maintained with mask wearing indoors and in vehicles where appropriate.

Where the vehicle transport is operated by the care facility (or a similar organisation), the transport can only occur in accordance with a COVIDSafe Plan, This would

*include measures such as recording who used the vehicle; regular cleaning of the vehicle; and perhaps encouraging driving with windows down to encourage ventilation.*

The destination for any excursion must also be permitted by the public health directions.

### Returning to the RACF

Residents are to be screened upon their return, for example, having their temperature checked. Residents do not need to be isolated upon their return except on specific advice from Public Health.

### Residents can leave RACFs

Under current restriction levels, residents in Victoria can leave their care facility for any reason, provided they comply with current restrictions applicable to all Victorians.

When residents leave the facility, they must comply with the general directions, including:

- Social distancing (keeping 1.5m distance)
- Wearing a face mask indoors and wherever social distancing is not possible (carry a face mask at all times)
- Private/public gathering limits
- Not knowingly mixing with persons who are unwell, isolating or in quarantine.
- Abide by the directions that apply to all Victorians when they leave their home.

Havilah is required to undertake and document a risk assessment for residents going on and returning from outings. This can take some time to organize and we ask that outings be organized 24 hours in advance if possible. Outings could include outings with family, it may be going home, going to the shops and bank or for a drive and coffee. Please book the outing with 24 hour notice through the main reception at Harkness either in person, emailed (mail @havilah.org.au) or by phoning

5461 7387. If possible please arrange your outings between 10.00am and 4.00pm. There is a protocol in place for the safety of residents prior to leaving the facility and upon return. Please remember when we ask you questions about your outing we are not just being nosy. Under the current government rules we must document the details of where you go who you are in contact with etc. It is all about keeping everyone safe and a small price to pay for the current freedoms we are all now able to enjoy

### Specific Directions

#### Care Facilities

- There are now no restrictions on the types and duration of visits – the former clause 7 has been entirely revoked.
- The current clause 7 now refers to facility obligations, such as the requirement to take all reasonable steps to assist a resident with electronic communications.

#### Workplace Directions significant changes:

- Density quotients apply to spaces that are communal for visitors and residents (but not to resident's own rooms)

This has meant that we have been able to recommence some volunteering over the past week and look forward to welcoming all volunteers back in the new year.



PHOTO GALLERY





## WEEKLY ACTIVITIES - MAIN BUILDING

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

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

### WEDNESDAY

Strength Training 11.15am  
Movie Afternoon 1.30pm  
Bingo 1.30pm

**THURSDAY** Foot Spa 9.30am  
Bingo 1.45  
Marbowls 1.30pm

**FRIDAY** Chairbics 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.



## 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

**TUESDAY** Special Morning Tea 10.00am  
One on One 2.15pm  
Daily Living Activity 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

### THURSDAY

Activity Time 10.30am,  
Activity 1.30—3.00pm  
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

### SATURDAY

Activity Time 10.30am,  
1.30pm & 6.00pm

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

Leisure and Lifestyle staff will spend 1:1 time with residents on a regular basis.





The above three household items were of interest when Harkness had the virtual outing - “Women's Work is Never Done”, can you name them.



- 1. Copper agitator
- 2. 1950's Fridge defroster
- 3. Copper/Bat heating element



CONTACT  
HARALD

This card can trace and contain outbreaks in your workplace.



Contact Harald is up and running within both Harkness and Raglan house sites, all staff and residents have their own cards, regular contractors, visitors and professional people have also

been issued with their own cards. The information the system generates will help to trace any form of a report of a positive case of corona –virus. The cards are activated 24 hours a day, the cards that are issued to a visitor will be activated and registered to that person and then when returned after the visit will be uploaded and kept ready for the next visitor. Regular visitors are issued with their own cards.

## CORONAVIRUS (COVID-19) INFORMATION FOR PERMANENT AGED CARE RESIDENTS

### Emergency Leave

We provide this information to you so that you are aware of the system of Emergency Leave the Government has put in place in relation to COVID 19.

This is really about providing assistance where residents may wish to leave the facility in the case of an outbreak and we want to make sure that residents and families are aware of what is available and the steps to take should you wish to take advantage of this at any time.

Should you wish to obtain further advice in relation to this please email [mail@havilah.org.au](mailto:mail@havilah.org.au) and we will contact you.

Havilah has gone above and beyond the guidelines for personal protective equipment, contact tracing, cohorting of staff and residents, screening of residents, staff and visitors all to keep our residents and staff safe. We have had a visit from the Australian Defence Force Infection Control Unit and were given a Green Light in their Traffic Light System for preparedness and also a visit from the Monash University Health Division for on site infection control training who said Havilah was very organized and high achievers in the aged care world in this climate. So we have everything in place and hope we never have a need to use it. The Emergency Leave is similar, it is there if you want or need it hopefully you never will.

**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 in-

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



ment

- receive push notifications of information and updates

information from the Australian Govern-

urgent in-



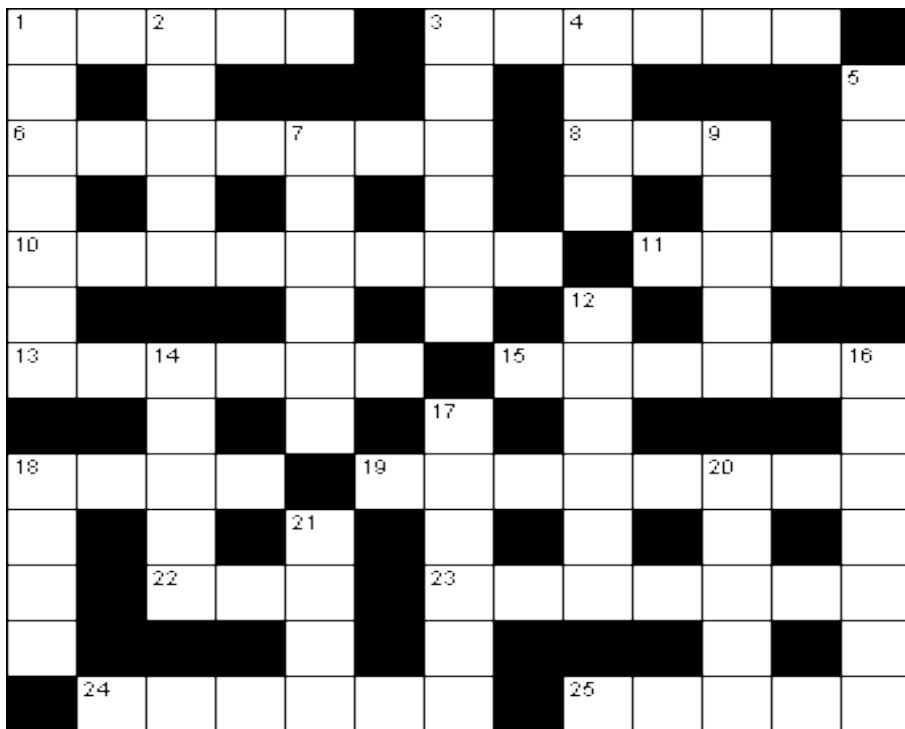
## Get the app

### 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



# Mind Games



## ACROSS:

1. Fruit (5)
3. Retail food seller (6)
6. Italian rice (7)
8. Consume (5)
10. Type of lobster (8)
11. Used to season and preserve food (4)
13. Sampled (6)
15. Pestle and \_\_\_\_\_ (6)
18. Aromatic leaves (4)
19. Thick syrup (8)
22. Cereal grass (3)
23. Pear shaped tropical fruit (7)
24. Type of cake (6)
25. Very thin pancake (5)

## DOWN:

1. Downy fruit (7)
2. Shaped and dried dough (5)
3. Game bird (6)
4. Kitchen appliance (4)
5. Open pastry with fruit filling (4)
7. Sticky candy (6)
9. Heated bread (5)
12. Edible tuber (6)
14. Sweetener (5)
16. Cooked meat or fish coated in egg and breadcrumbs fried (7)
17. Thick soup (6)
18. Cook slowly in liquid (4)
20. Large edible ray (5)
21. Vegetable (4)

## WORD SEARCH - Q - Words

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

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

QUACK, QUADRANGLE, QUADRANT, QUADRATIC, QUADRUPED, QUAIN, QUALIFY, QUANDARY, QUANTIFY, QUANTUM, QUARREL, QUARRY, QUART, QUARTER, QUARTZ, QUASH, QUOTATION, QUAYER, QUAY, QUEEN, QUEER, QUELL, QUENCH, QUERY, QUEST, QUESTION, QUEUE, QUIBBLE, QUICK, QUICKSAND, QUICKSTEP, QUIET, QUILL, QUILT, QUINCE, QUIP, QUIRKY, QUIT, QUITE, QUIVER, QUIZ, QUOTE, QUOTIENT

## QUIZ

1. Which Australian Prime Minister set a beer drinking world record?
2. Does Australia's or Switzerland's alps receive more snow?
3. There 25 deadliest snakes in the world, how many are in Australia?
4. Is there more kangaroos or humans in Australia?

## Judith Garner



### Length of time at Havilah:

I have been a resident for approximately 6 months here at Havilah.

### My Story:

I was born on 25th January 1939 in Tasmania, town named Avoca and attended the local primary school before going onto Mowbray Heights secondary school. I left school at the age of 16 and gained employment in a local milk bar. I met my future husband at the age of 17, we married and had 3 children, Peter, Joanne and Anthony and 9 grandchildren. As a child and growing up I loved bike riding, playing a variety of sports which included basketball, hockey, ten pin bowling and vigoro - which is a team sport with elements of cricket and tennis, played by women. I have also worked with in the grain industry and home care services, either cleaning homes, carer and also palliative care in private homes which I found these jobs very rewarding.

### Things you used to do for fun:

I loved my sport- very competitive, was the captain of the Launceston Ladies Football team and played vigoro at a high level, would attend local old time dances and played crib and a game called "hand and foot".

### About where you have lived:

Most of my childhood and early twenties was in Tasmania, towns called Avoca and Mowbray, In Victoria I have resided in Melbourne, Maryborough, short time in Gippsland, returning to live with my daughter in Talbot before coming into care at Havilah.

I have also been involved in community groups over the years.

### Things you enjoy to do now:

I enjoy watching the TV, doing paint by numbers on the iPad, attending the footspa here at Havilah twice a week and the daily visits from my family.

### Travel, sport, passions:

I started to travel in my 60's, I met a long time pen pal in South Africa, have travelled to England, Scotland, Paris, Canada, Vancouver - Niagara Falls being the favourite destination and New Zealand.

I left Australia with one suitcase and returned with 6 and sent 2 boxes home from England. I love any sport and my passion is my family. I have also been involved in many community groups over the years.

### Your favourite topics:

Family is very important and I like to talk about them, I also have a very keen interest in Indians, either art or literature.

### Favourite Food and Music:

My favourite food is a piece of steak cooked to my liking with mashed potato and to finish off with ice cream. I love to listen to music from artists such as James Blunt and Neil Diamond.







## Falls Prevention

Keep walking areas clear from clutter

Avoid wearing loose clothing



With the Covid restrictions lifting residents are able to go on outings with family, it may be going home, going to the shops and bank or for a drive and coffee. Please book the outing with 24 hour notice through the main reception at Harkness either in person, emailed (mail @havilah.org.au) or by phoning 5461 7387. If possible please arrange your outings between 10.00am and 4.00pm. There is a protocol in place for the safety of residents prior to leaving the facility and upon return. Please remember when we ask you questions about your outing we are not just being nosey. Under the current government rules we must document the details of where you go who you are in contact with etc. It is all about keeping everyone safe and a small price to pay for the current freedoms we are all now able to enjoy.

**MESSAGE** 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 SURVEYS

#### Harkness

#### Of 44 residents surveyed

98% of surveyed residents indicated that they feel safe and secure at Havilah, most of the time or always

98% of residents indicated that most of the time or always they think the staff have the skills to do their job.

92% of surveyed residents agree or strongly agreed they like the way their meals are presented, the hot food is at the right temperature.

100% of residents agreed or strongly agreed they have the choice of their door is left open or shut.

#### and in a further survey of 41 residents

100% said their laundry is returned in good condition most of the time or always;

100% said that they always or most of the time receive information about activities and events occurring at Havilah;

100% said they agree or strongly agree that they are satisfied with their involvement in decisions about their care;

100% agree or strongly agree that their medical needs are met.

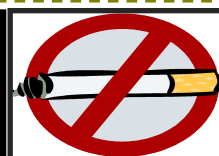
### Invitation to read your Care Plan and take part in your Care Plan Review

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 fridges. 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 and also additional alternatives are listed in case you do not like the main choices offered.

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 each day and look forward to reintroducing this as soon as possible. We have been able to schedule guests for a Christmas Barbecue Lunch and for Christmas Day and great to see guests have booked in for these two events.

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.

Residents are enjoying the added socialisation of returning to Dining Rooms for lunch and this will be extended to include Evening Meals from the 4th of January. We will keep you informed about this. As always residents may choose to have their meals in their rooms.

**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](mailto:andrew.earl@havilah.org.au).



The **HAVILAH AGM** was held Monday 30th November. A very different gathering to in the past due to COVID. In his report President Shane Dellavedova thanked the staff saying ***"I am very appreciative of how our staff have adapted and of their commitment to protecting themselves and therefore our residents from the virus. This is a significant obligation for aged care workers and I sincerely thank them"***

It was another year of high intensity with the constant scrutiny of the aged care sector. There have been some very sad stories related to the Royal Commission. Shane said

***"These are not Havilah nor would they ever be"***

Havilah has continued to achieve outstanding results including in prevention and preparedness for COVID.

Havilah staff have stepped up to the challenge - working in ppe, cohorting within units, screening and testing for COVID, moving offices, changing shifts and work practices, working weekends, volunteering their time.

There has been an incredible amount of work done just to get our COVID Plan, Safe Work and Risk Management Plans for COVID established and kept up to date.

Changing duty lists and rosters, establishing the communications centre and all that goes with this. Accessing the PPE to establish our stockpile has been a huge task in itself. Through it all many innovative strategies and really clever things have been introduced.

***Shane said it has been a fantastic team effort and thanked everyone for their ideas and contributions and the very many volunteer hours that have been contributed.***

***Havilah is a significant contributor to the local economy*** employing some 200 staff. Labour costs for the 2020 financial year were \$10.1M. Purchases from local businesses totalled in excess of \$1.4M.

**Stage 2 (RACF) and Stage 3 (Retirement Living) Havilah on Palmerston** Comprising linked residential aged care and retirement living, this is a model that is a first for regional Victoria.

The RACF building has been designed to complement the successful Raglan House and includes communal areas for dining and relaxing (indoors and out) a commercial kitchen and balconies to each unit.

Stage 3 development of co-located retirement living will quickly follow and provide significant opportunity for new revenue streams through assisted living and Home Care Packages.

Supporting this development is the growing market for aged and retirement living services in our region.

***With population figures showing people over 70 in Central Goldfields Shire at double the Victorian average and growing, the demand for residential aged care and retirement living is guaranteed to extend well into the future.***

Planning permission was applied for in November 2018 and granted in March 2020. An incredibly lengthy process but we won out in the end.

***We are now almost at Contract stage with the winning tenderer.***

***Preliminaries for the construction should be established on site prior to Christmas.***

**Stage 3 – Retirement Living** Ideally, there will be a seamless transition between the construction of Stages 2 and 3. It is planned that expressions of interest will be called from prospective residents in the first part of 2021. The ability to provide high level in home care services into these units and Registered Nurse presence on site 24/7 will further enhance the desirability of this accommodation. Havilah currently provides 142 residential aged care places and 53 retirement units and has provisional allocations in place for 24 places at Havilah on Palmerston (this development) and 24 places at Harkness Street.

***Our forward planning has put Havilah in a very strong position going forward.***

Shane said it has been a very different year however the Board have adapted well to the changed conditions under which we can meet.

We have been able to move forward with significant projects during restrictions in place for COVID19.

***We have held our collective nerve to provide the resources necessary to establish a COVID PPE stockpile at a level we believe is needed to secure the safety of residents and staff should there be an outbreak***

Since the introduction of the new Governance Standard Board Member responsibilities are very clear.

***The Organisation's governing body is accountable for the delivery of safe and quality care and services"***

The Board adopted a proactive approach to its responsibilities under this standard introducing the Governance Quality and Safety Committee in October 2018.

***By the time the new Standard commenced in July 2019 the Committee had robust monitoring practices already in place covering high risk clinical areas and complaints.***

***The oversight of care provided is a significant part of the role of the modern Board Member at Havilah.***

Shane said that there are exciting times ahead for Havilah and that the Board have confidence that the Royal Commission will have a positive influence on the delivery of aged care services that reflect the expectations of the community and the resources to enable this.

Shane thanked everyone for their excellent contributions and said it had been a pleasure and a privilege to serve as Havilah President.

## HAV' A' LAUGH



days. As a special appetizer, escargot was on the menu, as a remembrance of a trip to France all the girls took one year. However, to her surprise the wife discovered she did not have enough snails to make the dish. So

A wife was preparing for a big dinner party she was hosting that evening. It was to be a special dinner for several girlfriends who were reuniting from their college

she asked her husband to run down to the beach and gather more snails. Grudgingly the husband agreed and with a pail in hand headed off to the beach in search of snails. As he walked along the beach he picked up snails one by one and placed them in the pail. While wondering along the beach he came across an old friend and they got to talking. The two friends talked and talked and eventually decided to visit a nearby bar for a beer or two or three. They sat and visited and drank beers late into the night.

The husband did not realize how long he had been gone when all of a sud-

den he remembered the dinner party and the snails he was supposed to have brought to his wife. He hastily said good bye to his friend and ran off for home. He was in such a hurry that when he got to the entrance of his home he tripped and spilled out the snails he had collected all down the steps by his front door. As he got up, just at that moment, his wife opened the door. "Where have you been?" She asked.

The husband looked at his wife and then looked at all the snails scattered along the steps. Then he said, "Come on guys, just a little further, you're almost there."

Morris, an 82 year-old man, went to the doctor to get a physical. A few days later the doctor saw Morris walking down the street with a gorgeous young woman on his arm. A couple of days later the doctor spoke to Morris and said, "You're really doing great, aren't you?" Morris replied, "Just doing what you said, Doc: 'Get a hot mamma and be cheerful.'" The doctor said, "I didn't say that. I said, 'You've got a heart murmur. Be careful.'" .ooh!



- ◆ How do the elves clean Santa's sleigh? They use Santa-tizer.
- ◆ How much did Santa pay for his sleigh? Nothing, it was on the house!
- ◆ What goes "Oh, Oh, Oh"? Santa walking backwards!
- ◆ What do you get if you cross Santa with a duck? A Christmas quacker.
- ◆ What do you call an obnoxious reindeer? Rude-olph
- ◆ Why are Christmas trees so fond of the past? Because the present's beneath them.
- ◆ What do you call cutting down a Christmas tree? Christmas chopping!

Dear Santa,

For Christmas I would like a  
**SLIM BODY**  
and a

**FAT bank account**

(please don't mix them up  
like last year)

xoxo



## Canberra aged care home creates gorgeous Our Floriade flower display

Here's a lovely initiative from staff and residents at BaptistCare Carey Gardens aged care centre. The facility, located in Red Hill, a suburb in Canberra, has decided to add a splash of colour to spring with their own version of the city's traditional Floriade event.

If you haven't been, Floriade is a popular flower show that's held every year from September to October in Canberra's Commonwealth Park.

It's well worth a visit even if flowers aren't your thing but unfortunately, as with many events, this year's iteration was cancelled due to the pandemic.

This is part of the thinking behind the Our Floriade project, which has transformed the centre into a beautiful showcase of botanical brilliance.

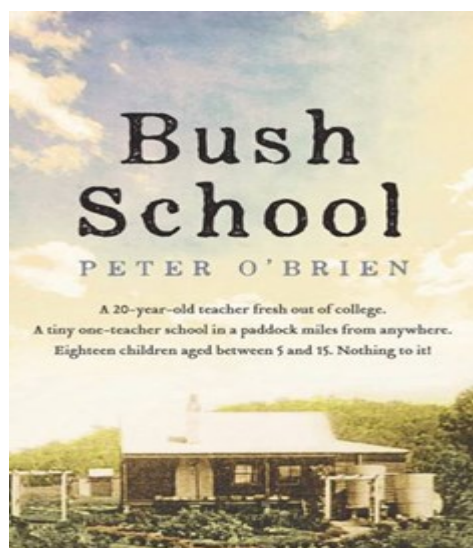
**The centre's lifestyle coordinator Petrina Becker says the idea was to add a bit of brightness to the facility, in what has been a dark year.**

***"We wanted to do something special***

***and memorable that would bring in aspects of Floriade and give the residents a taste of the community, while still engage in craft and gardening activities and have something to work towards an together,"*** she said.



By Ben Squires on October 23rd



There was a bed, a timber floor, thin tar paper on one side for privacy from the nearby road but nothing else. The flimsiest of 'walls', no pegs or nails to hang even a hat, no door, no rug for cold morning bare feet, no bookshelf for a voracious reader, no bedside cupboard for a lamp or a glass of water, no light source-just a bed and a suitcase for the next two years.

In 1960, newly minted teacher Peter O'Brien started work as the only teacher at a bush school in

Weabonga, two days' travel by train and mail cart from Armidale.

Peter was only 20 years old and had never before lived away from his home in Sydney. He'd had some teaching experience, but nothing to prepare him for the monumental challenge of being solely responsible for the education of 18 students, ranging in age from five years to fifteen. With few lesson plans, scant teaching materials, a wide range of curious minds and ages to prepare for, Peter was daunted by the enormity of the task ahead.

By their simple geographical isolation, the children were already at a disadvantage, but the students were keen and receptive and they'd been given the gift of an enthusiastic and committed young teacher. Indeed it was the children and their thirst for learning who kept Peter afloat during those early days of shockingly inadequate living conditions and a deficient diet-two boiled eggs for breakfast; rabbit, potatoes and cho-ko for every other meal-and the ter-

rible loneliness he felt being isolated, so far from family, friends and his burgeoning romance.

Eventually the bleakness was offset by developing friendships and the offer of accommodation in a nearby homestead. The children continued to thrive under Peter's care and diligence. His long-distance love affair flourished with the assistance of Johnny O'Keefe. A growing understanding of the history of crippling poverty and war in the lives of the local families gradually brought respect, acceptance and admiration. By the end of his time in Weabonga, the young teacher found himself greatly changed in positive ways. *Bush School* is an engaging and fascinating memoir of how a young man rose to a challenge most would shrink from today. It tells movingly of the resilience and spirit of children, the importance of learning and the transformative power of teaching.

## 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

provide greater accessibility to staff for families.

Please make use of these 'phones as needed

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**

**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.

## 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](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.

**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**

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

