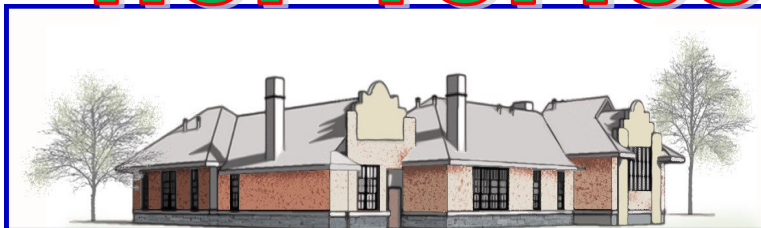


HOP TOPICS



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

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

**Don't forget COVID booster shots
Monday 29/11 Havilah on Palmerston
Tuesday 30/11 Harkness Street**

FUNCTIONS FOR YOUR DECEMBER CALENDAR:

Christmas BBQ for Retirement Living Residents

Monday 13th December 2021

5.30 to 7.30

In the Quadrangle (weather permitting)

Food and Drinks provided

Residents are welcome to invite up to 4 guests

RSVP by 10th December to Havilah on Palmerston Reception on 54590140.

CHRISTMAS DAY AT HAVILAH

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

Bookings essential RSVP to Harkness Reception on 54 617387 by 10th December.

For those who are attending please note that Christmas Lunch is at 12.30 pm

Please check in through Reception and arrive pre 12.30 to allow time for admission screening.

Vegemite and Pizza - together at last

It's been in Smith's chips, Four 'n Twenty pies, Kraft Singles, and even Cadbury chocolate, to... varying degrees of success – but Vegemite may be on to a winner with its newest combination: Domino's pizza. Evoking the classic Vegemite and cheese sandwich, the new \$7.95 limited edition Domino's Cheesy Vegemite pizza is available for three weeks, after social media users clamoured to give it a try.

Vegemite appeared on the menu at Rosa's Pizza in Brooklyn, New York, earlier this month, and Domino's ANZ Chief Marketing Officer Adam Ballesty said it was only right Aussies should be able to try it as well.

“There's something so quintessentially Aussie about a Vegemite and cheese pizza, and we're excited to be able to offer this unique combination to customers right here at home.

“To this day, we still receive messages from customers asking us to make this combina-

tion a reality, and at Domino's... we always deliver,” he said.

Meanwhile, unopened blocks of that Vegemite chocolate from 2015 have been selling for hundreds of dollars on eBay years later... though you probably shouldn't expect the pizza to be quite as solid an investment.



Fun and Interesting Facts:

- Cows don't have upper front teeth
 - Bananas grow upside down
- Dogs sniff good smells with their left nostril
- Humans have jump further than horses in the Olympics
 - The worlds oldest toy is a stick
- The human nose can distinguish at least a trillion different odours
- The first footprints on the moon will remain there for a million years
 - Buckingham Palace has 775 rooms, including 78 bathrooms
 - Humans are the only animals that blush
 - Koala's have finger prints



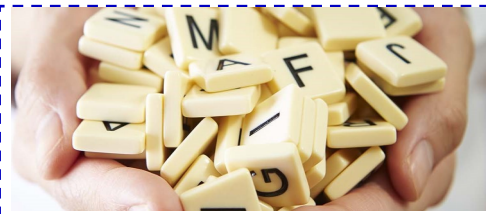
**Travel Plans 2021
Expectations
v's
Reality**



The new and exciting format of menu's has temporarily been put on hold for Havilah residents at Harkness Street and Raglan House. It will be in the lines of a café/bistro style format and menus' will run weekly from Monday to Sunday night then and on a weekly rotation over 6 weeks. There is a variety of food items to choose from and some days there will be a special board with different options that residents can select from.

1. How can you throw a ball as hard as you can and have it come back to you, even if it doesn't hit anything, there is nothing attached to it, and no one else catches or throws it?
2. Two students are sitting on opposite sides of the same desk. There is nothing in between them but the desk. Why can't they see each other?
3. There are only two Ts in Timothy Tuttle. True or false?

1. Throw the ball straight up in the air.
2. The two students have their backs to each other.
3. True. There are only two T's (upper case). There are also three t's (lower case).



WEIRD and WONDERFUL WORDS

BIBLIOKLEPT - one who steals books



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

With current covid restrictions, Julie is able to be onsite to attend your hairdressing requirements.

Our onsite hairdresser, Julie, is available to for trims, comb ups, perms and colours.

Contact Reception to make an ap-

pointment ph: 5459 0140

The salon operates each Tuesday

Hair Cut Men \$20

Hair Cut Ladies \$25

Blow Wave \$25

Shampoo and Set \$25

Perm \$80

Your Colour & blow wave \$60

Colour & blow wave \$80

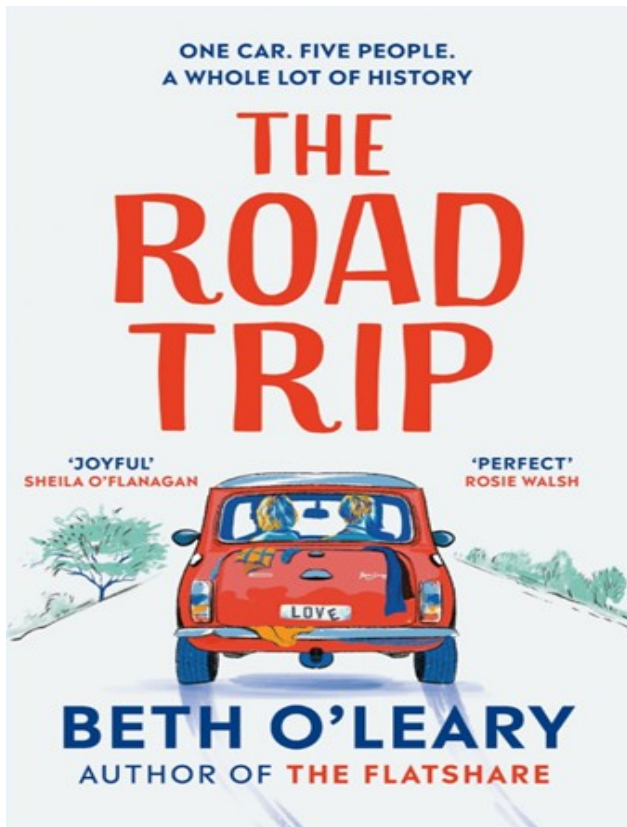


EFTPOS

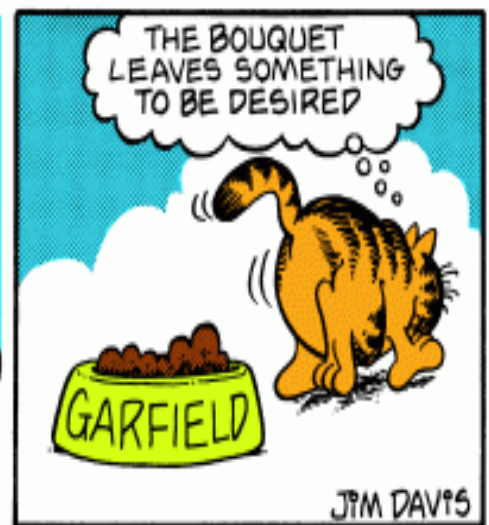
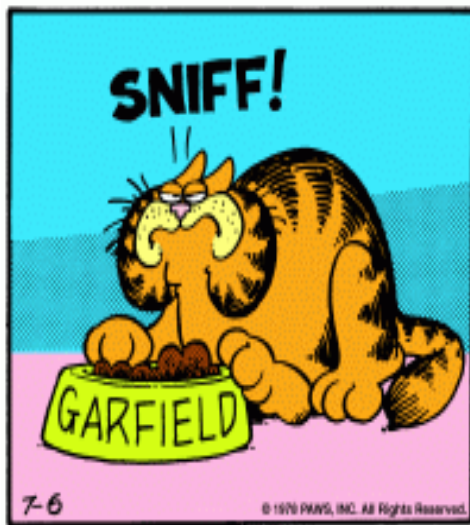
For the convenience of residents, EFTPOS facilities are located at reception in the High 'School Centre for payment of Accounts.

Emailing HOP TOPICS

If you provide us with your email address, we can email your Newsletter to you. Please email your details to andrew.earl@havilah.org.au. Your assistance with this is appreciated.



When Addie decided to spend the summer as a caretaker at a gorgeous villa in Provence four years ago, she had no idea that she was about to fall helplessly in love with a sensitive man who writes poetry. Or that their tumultuous romance would go down in flames two years later. Addie hasn't seen Dylan since that fateful night. And try as she might, she just can't keep him out of her mind—even as badly as things between them ended. Then a fender bender on an English motorway happens while Addie, her sister Deb, and their rideshare companion Rodney, are on the way to a wedding in Scotland. Who happens to be driving the car that hit them? Dylan and his best friend—her nemesis—Marcus. And that was only the first stroke of bad luck on a trip that goes way wrong, all too quickly



Men's Business:

The men at Raglan House meet once a month to enjoy each others company, telling stories and having a bit of banter amongst one another over a pleasant lunch and an ale.



DINERS' CLUB: Diners Club's next outing, will not be until Tuesday February 8th 2022 with the venue to be advised.

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

Happy Hour Take away packs are available fortnightly at reception, on (03/12 & 17/12) if we are able to have a "real" Happy Hour I will inform you.



On the alternate Fridays, virtual morning tea will continue as at present, cupcakes available for collection at Reception on Friday morning's, on (10/12 and 24/12)

Alison Steike and Georgie Hall are sharing the Lifestyle position and can be contacted on 5459 0169 or email alison.steike@havilah.org.au or georgie.hall@havilah.org.au



What do older Australians think about young people?

The majority of older people deeply care about the future and wellbeing of younger generations, according to a recent report.

Over 3,000 older Australians shared their thoughts on the anonymous survey published by National Seniors Australia. When asked to identify which issues facing young adults were of the most concern, unemployment, housing affordability, education and mental health topped the list.

According to the authors, the responses defy assumptions that older and younger generations are in conflict with each other.

"There's too much commentary from economists and opinion writers that pits older people against younger generations," said National Seniors CEO Professor John McCallum.

"In fact, far from frowning about younger people, many seniors have empathy and expressed admiration and respect for them."

The survey data found that many respondents wanted more educational opportunities for younger people, with some pointing to low wages and the casualisation of the workforce as the main drivers of youth unemployment.

"Forcing older Australians to stay in the workforce longer is depriving young people of work," one respondent wrote.

"Housing is astronomically expensive – almost impossible for most. I really am concerned about what

they are going to do in the future," said another. Almost a third of older respondents brought up rising property prices and living costs as an issue requiring urgent attention.

"[It] seems that young people are the only ones with enough brains to demand action on climate change – we should support them," one person wrote.

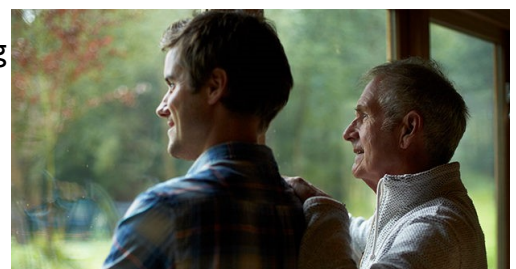
Opinions on substance abuse were varied, with 20 per cent of respondents suggesting disapproval towards youth drug use.

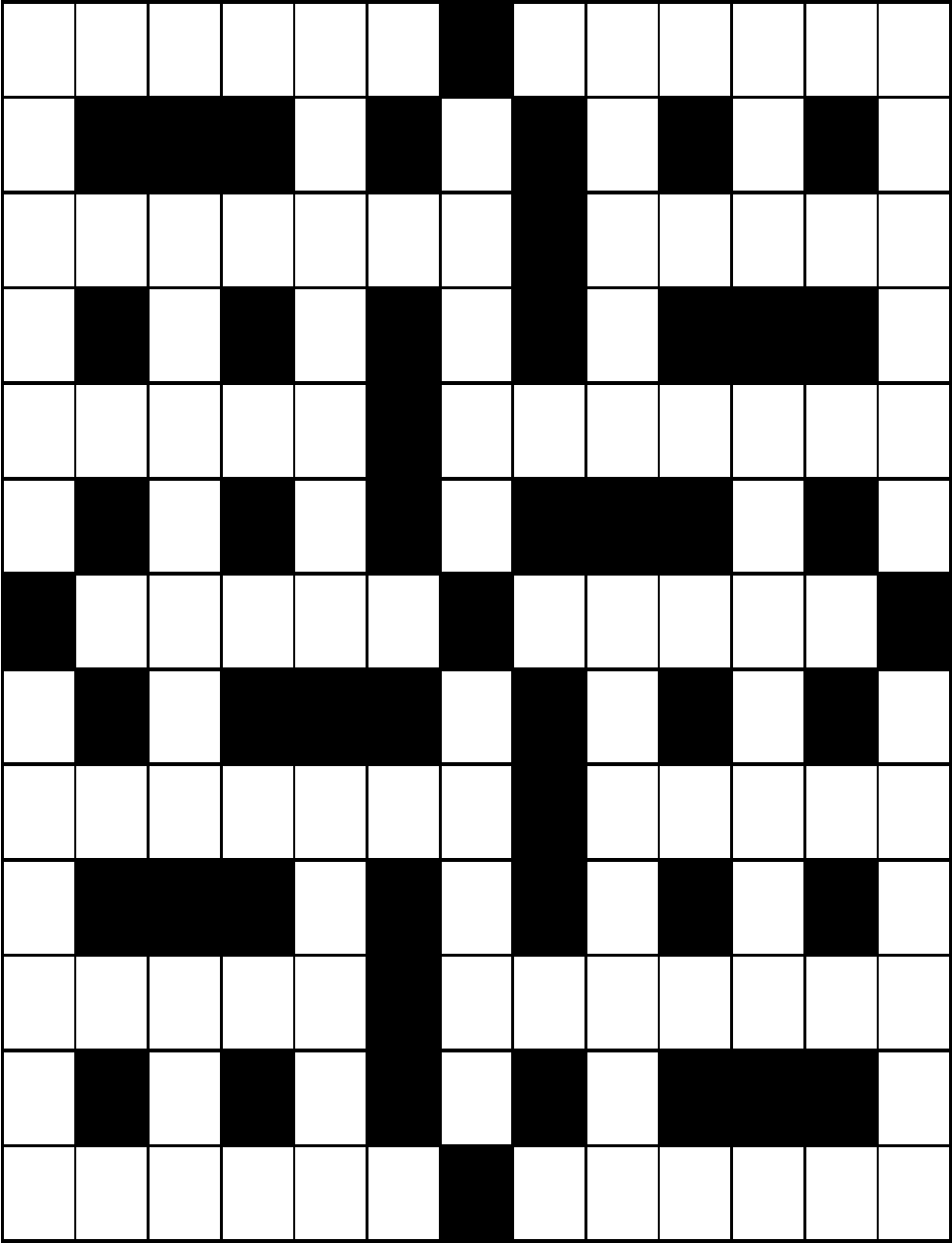
Frustration over young people's smartphone use was a common theme in the survey. Social media was linked to a lack of communication skills and bad manners, with increased screen time associated with poor mental health.

According to National Seniors Australia, the findings indicate that older people are mindful of the issues facing younger generations and concerned about the many difficulties for their future.

"What's been missing in the conversation is what each generation thinks about the other.

"This report goes some way to filling that gap," said McCallum.





3 LETTER WORDS

ASP

SKI

5 LETTER WORDS

ADEPT

ANGLE

CAUSE

CLIMB

LUCKD

SLOPE

TERSE

TRAIN

ULNAR

VOGUE

6 LETTER WORDS

ASSIST

CLOSER

EMPIRE

REBUKE

REGRET

SALUTE

SYNTAX

TURTLE

7 LETTER WORDS

AMULETS

LANGUID

NARRATE

NOVICES

OBLIGED

PADLOCK

PICADOR











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

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

Medium 956

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

Easy 956

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.

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

THINGS MY MOTHER USED TO SAY:

**Don't let me get up and come over there
I'm going to turn this car around
Don't even think about it**

Beef and Noodle Chow Mein

Ingredients:

- 1 tablespoon vegetable oil
- 1 onion cut in wedges
- 500 grams beef mince
- 2 teaspoons curry powder
- 1/2 Chinese cabbage - finely shredded
- 125g green beans (trimmed and chopped)
- 1 carrot - cut into matchsticks
- 1 stalk celery - sliced
- 1 cup chicken stock
- 2 tablespoon soy sauce
- 400g Fresh plain Rice Noodles

Instructions:

- Heat oil in pan on high, stir fry onion, for 1– 2 minutes until onion is tender
- Add mince and curry powder and cook for 4– 5 minutes until browned, breaking up lumps with the back of a spoon
- Mix in vegetables, stock, sauce, stir fry for 1-2

minutes until cabbage begins to wilt and vegetables are just tender

- Toss through noodles, stir fry for 1 minute and serve.



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.



Falls Prevention



Ensure that you have your eyes tested each year and have your glasses adjusted and fitting correctly. Consider using single vision lenses if falls are becoming an issue.



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@haviilah.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@haviilah.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.

Other concerns:

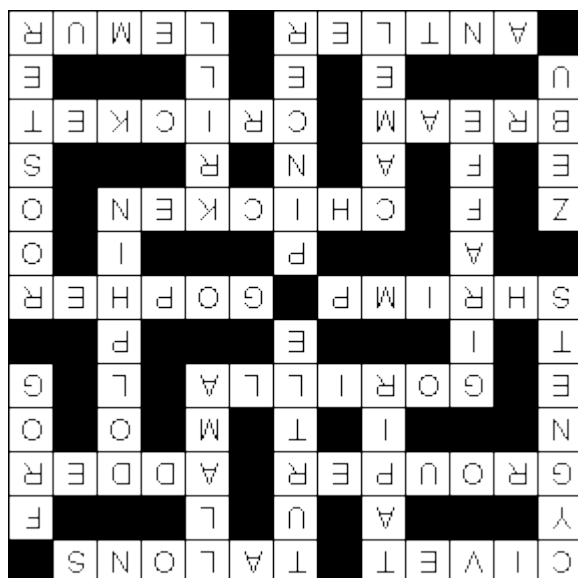
We are here also if you need to discuss any concerns with us and if we cannot personally assist you we can help you to get any advice that you need. This could be in relation to obtaining services into your unit, explaining the annual financial statements or fee accounts that we send you, organizing a family party, or other issues that may concern you from time to time.

You can contact CEO Barb Duffin Monday to Friday 54617381 or mobile 0429617380 for 24/7 contact. Director of Finance Sandra Wilson Monday to Thursday 54617491; Resident Liaison Raeleen Brooker Monday to Friday 54617380.

Quiz and Crossword Solutions from page 6 & 10



1. Christian Petracca
2. Ron Clarke
3. 50
4. Spain



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

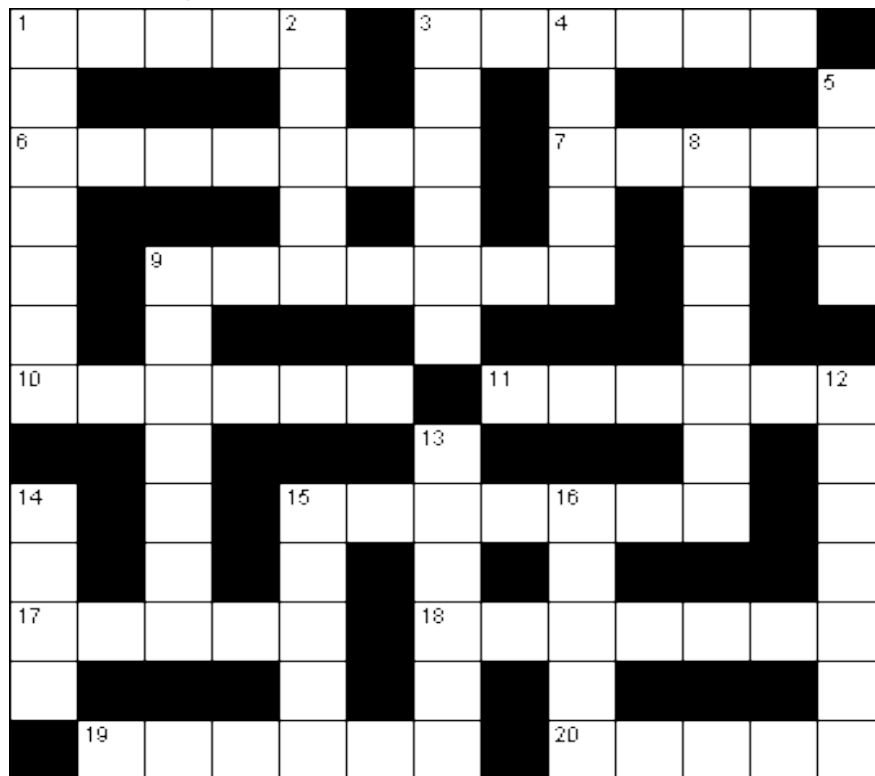
8	9	2	7	6	1	4	3	5
6	5	1	2	3	4	8	7	9
4	3	7	5	8	9	6	2	1
3	8	9	6	7	2	5	1	4
2	6	5	1	4	8	3	9	7
7	1	4	9	5	3	2	8	6
5	7	8	3	9	6	1	4	2
9	2	3	4	1	5	7	6	8
1	4	6	8	2	7	9	5	3

Medium 956

Easy 956

Mind Games

Themed 12



ACROSS:

1. Catlike mammal (5)
3. Claws (6)
6. Deep sea bass (7)
7. Viper (5)
9. Great ape (7)
10. Edible decapod crustacean (6)
11. Burrowing rodent (6)
15. Domestic Fowl (7)
17. Percoid fish (5)
18. Chirping insect (7)
19. Deer horn (6)
20. Arboreal prosimian with long furry tail (5)

DOWN:

1. Young swans (7)
2. Nocturnal ungulate with fleshy snout (5)
3. Chelonian reptile (6)
4. A. American animal (5)
5. Amphibian (4)
8. Variety of small toothed whale (7)
9. Tallest living quadruped (7)
12. Adult male chicken (7)
13. Part of a crabs claw (6)
14. Domesticated ox (4)
15. Dromedary or Bactrian (5)
16. Major food source of baleen whales (5)

WORD SEARCH - Keep in Touch

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

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

ACKNOWLEDGE, ADDRESS, ANSWER, CALL, CHAT, COMMUNE, COMMUNICATE, CONTACT, CONVERSE, CONVEY, DELIVER, DISCOURSE, DISPLAY, ENQUIRE, EXCHANGE, GESTURE, GOSSIP, GREET, HEAR, IMPART, INFORM, INTERACT, LETTER, LISTEN, MESSAGE, ORATE, PHONE, PONTIFICATE, QUESTION, RENDER, REQUEST, SHOW, SIGN, SPEAK, TALK, TOUCH, TRANSFER, TRANSMIT, UTTER, WRITE.

QUIZ

1. Who won the Norm Smith Medal as best on ground in this year's AFL grand final?
2. Which then 19 year old runner lit the Olympic flame at the opening ceremony of the 1956 Melbourne Olympics?
3. The letter L represents what number in Roman numerals?
4. In which country did flamenco dancing originate?



Giggletime

Young Tony was with his parents and they were taking refreshments in the bar at Manchester station when they heard a whistle. The three of them rushed out of the bar onto the platform only to discover that they had just missed the train.

'The next train is in one hour,' intoned the stationmaster.

The three went back into the bar. The parents had another drink, Tony had a coke. Again they heard a whistle, rushed out and discovered the train pulling away.

'Next one is sixty minutes from now,' grunted the stationmaster.

An hour later, Tony, with his mum and dad, raced out onto the platform, and his parents leaped onto the train as it pulled away. The boy was left standing on the platform and began to laugh uproariously.

'Your parents just left you,' said the stationmaster. 'Why are you laughing?'

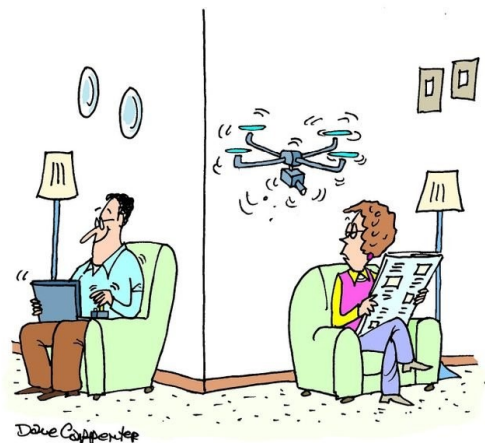
Tony smiled, 'They only came to see me off.'

Little Tim was in the garden filling in a hole when his neighbor peered over the fence. Interested in what the youngster was up to, he politely asked, "Watcha doing, Tim?"

"My goldfish died," replied the boy tearfully. "And I've just buried him."

The neighbor was concerned. "That's and awfully big hole for goldfish, isn't it?"

Tim patted down the last heap of earth then replied. "That's because he's inside your cat."



"WOULD YOU PLEASE STOP READING OVER MY SHOULDER?"

A 10 year old boy called Mike lived on a farm and loved nothing more than messing about with his father's tractors.

He loved them. His room was decorated with tractor posters, he made tractor models and he took the greatest joy in washing his father's tractors.

One day his father announced he would be buying a new tractor at the local field days. Mike joined him. However, none of the salesmen were interested in him playing with the tractors on display. Dejected, when he reached home he ran upstairs to his bedroom, pulled all the posters off the wall, collected all his models and set fire to them in the yard.

Then he announced, 'I'm off down to the pub,'

When he walked into the pub he strolled up to the bar and asked for a pot of beer. The barman gave the boy a pot of cold tea, and as Mike sipped his "beer" he noticed how smokey the bar was. Mike said, "I can get rid of all this smoke for you."

The barman laughed and said, "Go on, then!" Mike

took a big breath, sucking in all the smoke and walked outside where he exhaled it. Walking back into the bar, the barman said, "How did you do that?"

"Oh easy - I'm an ex-tractor fan."



"You'll have to get behind me and push."

NOTICE BOARD

Emergency Procedure

Call 000 to report any incidents to Police of Vandalism, Violence, Loitering or any Anti-Social behaviour.
Please use the same procedure for Medical Emergency

or Fire Emergency.

Then when safe to do so report the Incident to Havilah and we can provide assistance if required.

USING EMAIL TO TALK TO OUR MANAGEMENT TEAM

Sometimes it is out of hours when you think of things you might like to raise with us. For those with email access you can have a conversation by email with our management team.

Chief Executive
Food Services Manager

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
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**