

Media Release

2nd December 2009

Giving Something Back

Jan Menz has a wealth of experience with Dementia.

Jan's Mum, Muriel, was diagnosed with Dementia in 1999, necessitating a move to Resthaven Murray Bridge Residential Care Facility in 2006.

Over the three years that Muriel lived at Resthaven Murray Bridge, Jan visited her almost daily – playing cards, doing jigsaw puzzles and taking trips to the River to watch the water skiers and children play.

Jan became a regular fixture at the facility, learning a lot about interacting with people with Dementia.

It is because of this personal experience with Dementia, and the positive experience that Muriel received at Resthaven Murray Bridge, that Jan recently decided to 'give something back' by becoming a volunteer at the very facility where her Mum had lived out the autumn years of her life.

"I thought I could help, as I enjoy interacting with older people," Jan says.

Jan participated in the volunteer orientation on Thursday 27th November 2009 with Resthaven Coordinator of Volunteer Resources, Stacey Thompson. Stacey is delighted with Jan's appointment, noting the enormous value of Jan's experience and deep level of understanding of Dementia.

Jan will begin her volunteer work at Resthaven Murray Bridge next week.

Pictured is Jan Menz (right) with Resthaven Volunteer Coordinator, Stacey Thompson.

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