
Media Release

14 July 2010

Resthaven's birthday gifts for the community

Resthaven celebrates 75 years of service with a '75th Anniversary Grants Program'

Resthaven is celebrating 75 years of outstanding care and support for older people and their carers by offering grants of up to \$5,000 to fund initiatives in local communities of interest and promote positive messages about ageing and older people.

Resthaven CEO, Richard Hearn, says 'I am absolutely delighted to announce that Resthaven's small 75th anniversary grants will go to 36 community organisations.'

'These grants aim to improve the physical, mental and social wellbeing of older people, their carers and volunteers, highlight relevant issues and improve access to information that will improve independence, or celebrate the wisdom and contribution of older people to society.

'Organisations to receive a grant include the Palliative Care Council of SA, to provide education in palliative care, the Chinese Welfare Service, for Healthy Living Workshops, Holdfast Bay Community Centre for computer courses for seniors, Uniting Aboriginal and Islander Christian Congress to bring Elders together to discuss community issues, and The Hut Community Centre at Aldgate for a *Mensmove* lifestyle program.

Heather Trenorden, from The Hut Community Centre, is thrilled with the grant, which will enable retired, older men living in the Adelaide Hills to become more engaged, and offer social outlets for men who live alone.

'We were very excited to receive the grant, as the 'Mensmove' program is proving very beneficial to these older men. Thank you, Resthaven – and happy birthday!'

'Celebrating and affirming that older people are valued and respected is very important, as is the affirming the good and essential work of staff, volunteers, carers and family members,' Richard affirmed.

Details about the small organisations that were successful in their grant application follow.

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ENDS

PHOTO: Resthaven CEO Richard Hearn with Heather Trenorden from The Hut Community Centre

Media Release



Resthaven 75th Anniversary Grants Program 2010 : 'Celebrating Older People'

Supported Grant Applications

Congratulations to the following small community organisations:

Pinnaroo and District 50s and Over Inc.

Two One Day trips: '*Blow away the Cobwebs*' - Members of the Pinnaroo and District 50s and overs will visit Rushton's Rose Garden Renmark and the Monarto Zoo.

Mount Barker Family House Inc

Broadband for Seniors - An educational program for older people to learn how to use computers.
Foodwise - assisting older men to learn basic cooking skills to maintain independence.

Encounter FM Community Broadcasters Association Incorporated (5EFM), Victor Harbor

Ergonomically designed chairs to provide appropriate support and comfort to senior members who volunteer their time to the service.

Multicultural Aged Care Inc

MAC Resources in Languages other than English - develop, produce and distribute materials and resources that will support culturally and linguistically diverse older people.

Palliative Care Council

Education for Palliation – a way to improving palliative care for people in residential care and increase workforce awareness about palliative care.

SA German Association

The German Community Resource Unit - *We get things moving for you!* Mobile Information centre on a purpose built trailer.

Partners of Veterans Association of Australia – South Australian Branch Inc

Retreat for Carers: *Weekend Mind, Body and Soul* - Supporting carers of veterans, providing a break and information on access to services and lifestyle.

Chinese Welfare Service

Healthy Living Workshops - Introducing Tai Chi and cultural music to the senior Italian, Latvian and Filipino communities.

Federation of Polish Organisations

Generational Journeys & Contributions (captured for posterity) - a social history project documenting the stories of Polish Ex-servicemen.

Polish Active Seniors Group - New equipment for to broaden the range of physical activities such as learning to use the Nintendo Wii, hand weights and fit balls.

Media Release

Health through Music - A keyboard to support, build confidence and enhance the repertoire of the Polanki Choir, which is made up of senior Polish people.

Colostomy Association of SA

Improving the safety for elderly members and volunteers accessing CASA services

Eastwood Community Centre

Morning Melodies - Fortnightly morning of music and Devonshire tea for frail older people.

Athelstone Uniting Church

Reflection and Relaxation project - Intergenerational sharing of the Athelstone Uniting Church garden

The Hut Community Centre Inc. Aldgate Railway Station

Mensmove - A lifestyle program for older men living in the Adelaide Hills, targeting retired, socially isolated, and disengaged men who live alone.

The Uniting Church in Australia Property Trust (SA)

Dreams and Dance for Life - Documenting the life stories of older people and featuring the stories and memorabilia in an exhibition.

Uniting Church in Unley and Malvern

The Shed - A place for men to gather to promote sharing, learning, friendship and a sense of usefulness and contribution.

Vietnamese Women's Association SA Inc.

Vietnamese Elderly Water Awareness - Community engagement and mental resilience program - 15 week program for older Vietnamese women to participate in water awareness and gentle exercise.

Vietnamese Elderly Mobility, Enhancing Social Communication, Independence and Integration Program - a five week program to build positive independent living skills for isolated Vietnamese seniors and their carers.

Associazione Toscana Del South Australia Inc

Parliamo, Mangiamo e Ascoltiamo in Compagnia - Let's Talk, Eat and Listen with Friends - Aged Care Information Expo.

Serbian Community of South Australia Inc

Slava Day and other cultural celebrations to support isolated older Serbian people to engage in community events of cultural significance.

'Keenagers' Aberfoyle Uniting Church

'Getting Unity to Uniting' (Church transport for 'Unity' Retirement Village residents)

Community Services Board, Onkaparinga City Inc

A taste of the Orient - A day outing for senior women to the Zoo to see the Pandas.

Holdfast Bay Community Centre

Introducing Online Social Networking, Skype and Facebook - Computer Courses for senior members in the community.

Media Release

Ucount Support Services Incorporated Aberfoyle Park

Men's Shed – Tools; an opportunity for men to gather together in a safe environment.

Active Elders Association Inc. Woodcroft

Teaching Active Elders to Wii - Challenge older members to increase their physical and mental activity by playing the Nintendo Wii.

Retirees & Friendship Club Acsoot Park

Improving safety and comfort for older and disabled members of the Retirees and Friendship Club Acsoot Park

Hallett Cove Uniting Church

Improving safety and access for older and disabled members of the Hallett Cove Uniting Church

West Lakes Uniting Church

Increasing the comfort and participation of seniors and volunteers in programs held at the West Lakes Uniting Church - Social Inclusion programs

Uniting Aboriginal and Islander Christian Congress

Congress State Elders Congress - bringing together elders from Congress communities in South Australia to meet, share, learn and talk. To discuss issues facing their communities.

Morgan and District Senior Citizens Club Inc

Increasing the comfort and participation of seniors and volunteers in programs held at the Morgan and District Senior Citizens Club

SA Country Women's Association - Bordertown Branch

Increasing the comfort and participation of seniors and volunteers in programs held at the Bordertown Branch of the Country Women's Association.

Millcar Inc (Radio 5 the FM) - Millicent

The Evergreens - Produce pre-recorded radio programs incorporating music, recollections of local and social history of older persons in the area.

Noarlunga District Senior Citizens Club Inc

Family Fun and Film Day - Intergenerational Social day

Port Broughton Sailing and Boat Club Inc

Model Boats and Memories - Helping older people to maintain their connection with the water.

Marion Bay Township Inc

Easy moves for active ageing - Exercise program for senior women in the Marion Bay Community

The Workshop at Saddleworth Inc - Tarlee

Increasing the comfort and participation of seniors and volunteers in programs held at the Saddleworth Workshop.