



Resthaven REVIEW



Quarterly Newsletter by and for the residents, clients, volunteers, families and friends of Resthaven Inc.

Winter 2010



Residential Services

- Bellevue Heights • Craigmore • Leabrook • Mitcham • Malvern • Marion
- Murray Bridge • Paradise • Westbourne Park

Community Services

- Community Respite • Limestone Coast • Marion • Murray Bridge & Hills • Northern
- North East/Inner West • Onkaparinga • Paradise & Eastern • Riverland

Head Office: 43 Marlborough St, Malvern SA 5061 Telephone (08) 8373 0211

From My Desk ...



75th Anniversary

On 21st March 2010, a 'Service of Celebration' was held at Malvern Uniting Church to commemorate Resthaven's 75th anniversary this year.

The ceremony was attended by approximately 150 past and present Resthaven staff, volunteers, residents and Board members, along with family and friends. The service included a symbolic processional of representatives from across the organisation bringing forward symbols of Resthaven's service over 75 years.

Resthaven Board President, Carole Davidson, gave an outline of our history, whilst fellow Board Member, Rev Dr Malcolm McArthur, read a special Resthaven prayer that reflects the new statement of purpose and values recently adopted by the Board.

A short film was also shown, which included precious historical footage of Resthaven 'Shirley Gardens' (circa 1935) and Resthaven Leabrook (circa 1944). The celebrations were followed by an afternoon tea at Resthaven Malvern.

Please see pages 6, 7 and 8 for the speech made by Resthaven Board President, Carole Davidson, photographs of the service, and more.

All Resthaven locations will hold or have already held 75th anniversary events. Open days have been held at Resthaven

Westbourne Park, on Sunday, 11th April, Resthaven Murray Bridge on Wednesday 14th April and at Resthaven Craigmore on Friday, 30th April. All these events were well attended and a great success.

In addition, a number of initiatives have been approved by the Board.

These include:

- A Resthaven 75th anniversary history book,
- An end of year Calendar for 2011 depicting 75th year activities, and positive images of older people and the work we do,
- Some higher profile advertisements with the theme: "Resthaven - 75 years of outstanding care and support for older people and their carers,"
- Scholarships related to working in aged care, aimed at encouraging tertiary students to consider Resthaven and/or aged care for employment,
- Sponsoring some best practice seminars in aged care and offering grants to small, not for profit charitable organisations.

Industry Update

Aged Care System Review

As an election promise, the Australian Government gave a commitment to making the health and aged care systems work together to provide the best possible support to older Australians.

From My Desk ...

The Government recently announced its commitment to take full funding and policy responsibility for aged care.

On 22nd April, Assistant Treasurer, Senator Nick Sherry, and Minister for Ageing, Justine Elliot MP, announced the terms of reference for a public inquiry by the Productivity Commission to develop detailed options for redesigning Australia's aged care system.

The inquiry aims to identify a path to transition from the current regulatory arrangements to a new system that will provide continuity of care, with time for service providers to adjust.

The Commission will examine future workforce requirements, including the influences on supply and demand, and come up with options to ensure the sector continues to have a suitably qualified workforce to provide the best possible care.

It is expected to provide a draft report by December 2010, and a final report 12 months from the start of the inquiry.

The recent Federal Budget included the superannuation guarantee increase to 12% over a number of years.

Although good for staff, we will need to lobby the Government regarding funding implications of this and other planned recommendations.

Corporate Structure

Over recent months, I have been reviewing the current corporate structure.

This does not impact on day to day management in residential and community services, but seeks to improve the service support to these areas.

Organisational structures are evaluated from time to time as standard business practice.

This review has been influenced by a number of factors, including feedback from staff, outcomes of the Employee Climate Survey, the new modern award process and new industrial relations law.

The new industrial relations legislation will have a very significant impact on workload over the next two years, as will improvements to be implemented associated with the recent WorkCover self insurance assessment.

Enjoy the 75th events of this year!

Richard Hearn
Chief Executive Officer

*Friends have a way of speaking
without words.*

- Anonymous



Building Projects Update

Resthaven Marion

Work is progressing on the redevelopment of the existing high care and dining rooms areas. The programmed final completion date for this major project is November 2010.

Resthaven Paradise

Final completion is scheduled for August 2010, when the old high care facility will be demolished to make way for car parking. A tour was held on 12th April to showcase the site to referrers, such as hospital discharge planners and aged care consultants, as well as an opportunity for the Independent Living residents to view the new facility (pictured below).

Mount Gambier

Precast concrete walls were erected in the first week of May. This project continues to be of significant interest to the local community. To take a sneak peak at the new site at 24 Elizabeth Street, Mount Gambier, look at the brochure available for download from our website: www.resthaven.asn.au.

Andrew Davies

Manager, Building and Property Services



Pictured below: The new Paradise facilities, which were showcased by a 'Tour of the Facilities' on 12th April.



On Volunteers

Now, more than ever, we recognise and appreciate volunteers. During May we celebrated volunteers and volunteering with 'Thank You Luncheons', held at all residential sites. This coincided with National Volunteer Week. Resthaven also joined in the Volunteer Week Expo in Rundle Mall.

This year, our lunches had some extra significance. We had a party theme to celebrate Resthaven's 75th anniversary (see feature on page 15).

From the very beginning in 1935, volunteering has been at the heart of Resthaven. When you search the internet for 'history of volunteering in 1935', Resthaven is near the top of the result list. It leads to a history piece by Carole Davidson, Resthaven Board President. In it, she writes: "another element of Resthaven's survival is the role of volunteers" (see page 7 for a full version of Carole's history piece).

Following is a perspective on volunteers that goes a very long way back. Someone asked anthropologist, Margaret Mead, "What is the first sign you look for, to tell you of an ancient civilization?"

The person asking had in mind a tool or article of clothing. Margaret surprised them by answering "a healed femur". When someone breaks a femur, they can't survive to hunt, fish or escape enemies unless they have help from someone else. Thus, a healed femur indicates that others helped that person. We thank volunteers for their real and human contribution. Volunteers are an integral part of what Resthaven was, is and will continue to be.

Stacey Thompson
Coordinator, Volunteer Resources

Quality Update

Accreditation

Congratulations to the Community Services Division on the excellent outcome of the Quality Improvement Council (QIC) and Home and Community Care (HACC) accreditations.

Resthaven Community Services scored 19.6/20 for the HACC review.

Soon it will be time to commence preparation for the Craigmore and new Mt Gambier residential site accreditations, which are due around May 2011, so it will be very busy year.

Infection control

Flu season is upon us!

It is that time of year when colds and flu appear. I would like to remind you to use good cough etiquette - for example, cough into a tissue, your hand or arm and then, immediately afterwards, wash your hands or arms to prevent spreading viruses.

A cold or flu virus may survive for up to four days on a hard surface, so if you cough and then touch a door or phone you may leave the virus behind for others to pick up.

By using good cough etiquette, you can help us reduce the risks of colds and flu for other residents, clients and staff this year!

Whooping Cough Pertussis

During autumn, there were reports of regional outbreaks of whooping cough.

This includes increased numbers of mild cases in adults who have been immunised. Whooping cough is a viral infection that is passed from person to person via coughing and sneezing. In children, it has a distinctive cough with a whoop at the end. In adults, however, it may appear as a persistent cough.

It can be quite serious in aged persons and immune compromised individuals.

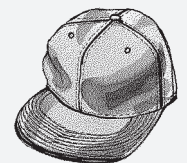
It was generally thought that vaccination at a young age provided life time immunity, but recent information suggests that the immunity may decrease over time, eg 6-8 years.

It may be of value to discuss having a "booster" vaccination with your doctor.

Suzanne Candy
Coordinator, Quality and Infection Control

Just for laughs!

- The roundest knight at King Arthur's round table was Sir Cumference. He acquired his size from too much pi.
- A rubber band pistol was confiscated from algebra class because it was a weapon of math disruption.
- Two hats were hanging on a hat rack in the hallway. One hat said to the other hat, 'You stay here, I'll go on a head.'
- The short fortune-teller who escaped from prison was a small medium at large.
- A small boy swallowed some coins and was taken to a hospital. His grandmother telephoned to ask how he was, and a nurse replied, 'No change yet.'



75th Anniversary 'Service of Celebration'

This year, Resthaven Aged Care celebrates 75 years of outstanding service to older South Australians and their carers.

To commemorate this wonderful milestone, a 'Service of Celebration' was held on Sunday 21st March at 2.00pm, at Malvern Uniting Church. The ceremony was attended by approximately 150 past and present Resthaven staff, volunteers, residents and Board members, along with family and friends.

The service included a symbolic processional of representatives from across the organisation, bringing forward symbols of Resthaven's service over 75 years. Resthaven Board President, Carole Davidson, gave a short historical snapshot, whilst fellow Board Member, Rev Dr Malcolm McArthur, read a special Resthaven prayer. A short film was also shown, which included fascinating historical footage of Resthaven 'Shirley Gardens' (circa 1935) and Resthaven Leabrook (circa 1944).

The celebrations were followed by an afternoon tea at Resthaven Malvern.



Symbols of the 75th Anniversary Service

Different symbols were used in the processional to help celebrate Resthaven's 75th Anniversary.

They were:

White robe – Worn by the minister, it represents our baptism and pure hearts, as God sees each of us.

Red Stole – The yoke of God, putting on God's Way of living and being.

Red Cloth – The fire of God's Spirit at Pentecost, celebrating life in community and our relationship with God.

Table and Hand Crosses – Jesus, central to our being, corporate and personal -Teacher, Peacemaker, Friend, Brother, Lord.

Ronda – A community of people, linked together in equality, in family, in a continuous circle of life.

Bible – The Word guiding our living and being, on one side.

Chalice and Paten (bread plate) – Communion remembrance meal, where together we come to the same table as God's family, on the other side.

Bowl and Towel – Symbol of service, compassion and care to our brothers and sisters to which Jesus called us all.

Oil – Anointing and healing of body and spirit, ancient and modern symbol.

Music – Songs of the soul and Spirit, healing and engaging our whole being, communal and individual.

Community Building: Activities Resources – 1935 commemorative edition of 'Monopoly' (which is the same age as Resthaven!) and books and newspapers, representing engaging with the wider world.

Community Building: Table Setting – Hospitality and friendship, body and soul.

Pictures of Historic and Future Resthavens – The first home, Shirley Gardens, and the newest home, Mount Gambier.

These are aspects of our Resthaven communities – both Residential and Community Services – that we wished to celebrate and for which we give thanks.



75th Anniversary 'Service of Celebration'

Reaching a milestone of 75 years is no mean feat for any organisation. What is it about Resthaven that has sustained its mission for all this time? I think that the answers to this question go back to its beginnings.

The Methodist Conference of 1932 was held against a backdrop of great suffering, as the depression bit into the Australian economy. Resources contracted for both the State and Church, unemployment rose, housing was of a poor standard, and there were many elderly people who had served the Church all their lives, yet had no home or family to care for them.

At the Conference, the Rev CE Schafer brought forward a practical suggestion to help these people – the establishment of 'a home for elderly people to provide security, serenity, and rest in life's eventide.' Three years later, the 1935 Methodist Conference established a home for aged women, at Brighton, to be known as 'Rest Haven'.

Resthaven purchased the Leabrook site in 1944 and the Malvern site in 1953. The Murray Bridge site was established in 1957, the Mitcham site purchased in 1959 and the Westbourne Park site in 1967. With the help and support of staff and volunteers, Resthaven then moved forward with the establishment of residential sites at Marion (1974), Bellevue Heights (1979), Paradise (1980), Craigmore (2004), and, most recently, Mount Gambier (currently under construction).

Community Services were also established at Elizabeth, Manningham, Marion, Onkaparinga, Paradise, Kilkenny, Murray Bridge, and the Limestone Coast.

Throughout Resthaven's long history, the vision and mission of providing 'a home for elderly people to provide security, serenity, and rest in life's eventide' has been

respected. This is in no small part due to the quality of Resthaven's Boards – another important element in our success.

Last year, the current Resthaven Board consolidated Resthaven's 'Vision and Mission' statements into a 'Statement of Purpose'; for Resthaven to 'provide older South Australians and their carers with outstanding care and support.' To this was added a 'Statement of Values' – that Resthaven values respect, integrity, choice, individuality, independence, belonging, resourcefulness, safety and wellbeing. These are the values embraced by the staff, volunteers, residents and clients of Resthaven. To me, the underlying 'mission' of Resthaven's beginning is one element in explaining its long life.

Another element in Resthaven's survival is the role of volunteers. Currently, an army of volunteers enrich the lives of our residents and clients, complementing the work of staff.

Of course, none of Resthaven's good work is possible without our staff, another critical factor in our success. Throughout the years, Resthaven staff have not only been outstanding employees, but have embraced Resthaven's mission and values. Their dedication to our residents and clients is exceptional.

Even after 75 years, Resthaven continues to provide support for older South Australians in need of care, and we, the people of Resthaven, continue to resonate with the mission of our founding fathers.

Carole Davidson
President, Resthaven Board



Chaplain's Messages



Same Recipe, Different Flavours

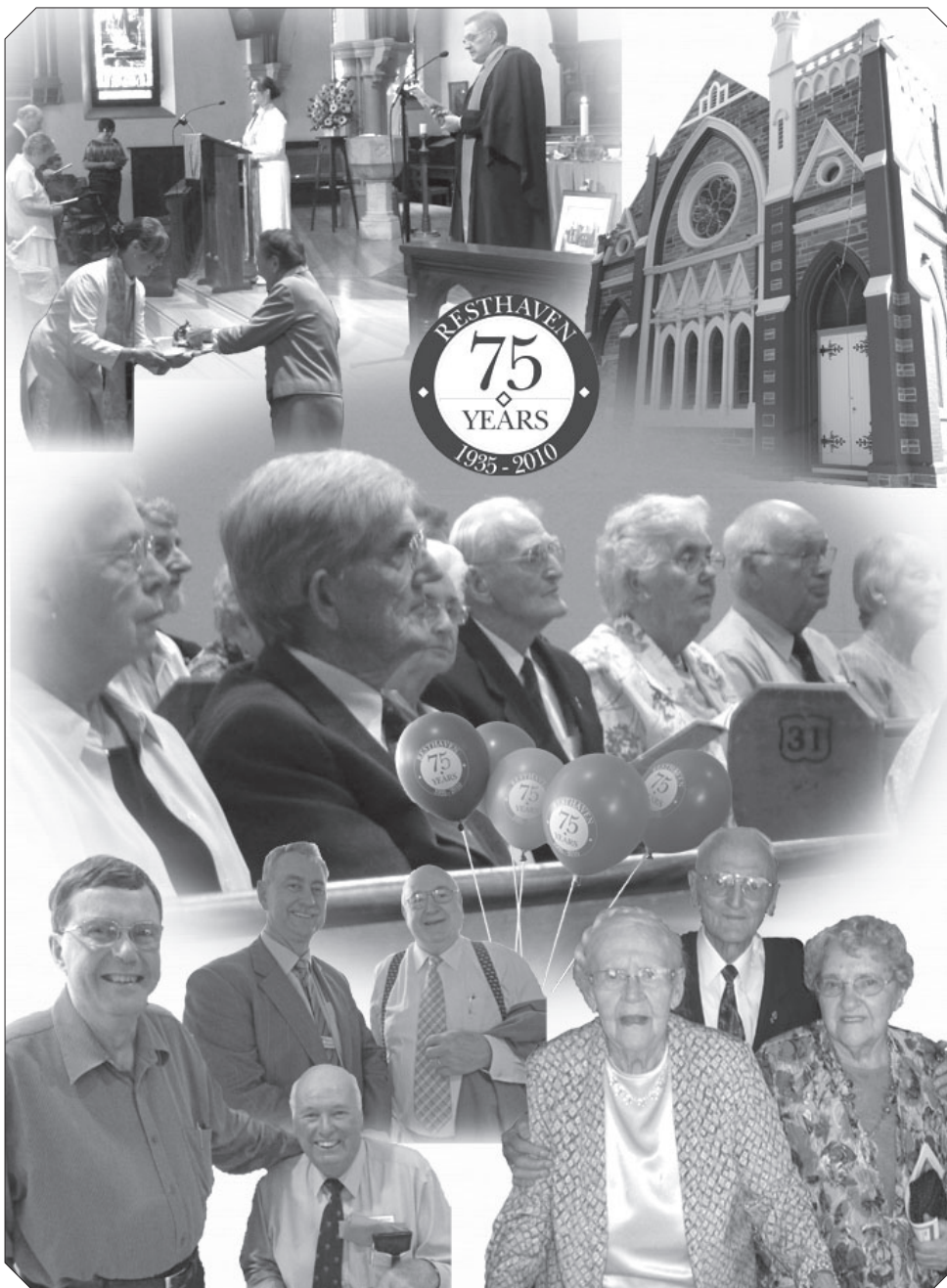
A resident and I were discussing their concerns over the different denominations within the Christian faith, the contrasts and variety of practices. Though we discussed it at length, they still were uncertain. So I thought for a bit, and put it like this...

A Master Chef was teaching a variety of people how to make biscuits. They were all relishing the experience – creativity and nourishment at the same time!

As people do, they began to 'consider' and question. Some thought the biscuits were

Continued opposite page ...

75th Anniversary 'Service of Celebration' Photo Board



Pictured, clockwise from top left: Resthaven Coordinating Chaplains, Rev Anne Hewitt and Rev Kingsley Congdon, address the congregation; Rev Anne Hewitt accepts a table setting from Resthaven Paradise resident, Lily Goodair, as part of the processional; the beautiful Malvern Uniting Church, where the service was held; Mrs Gloria McArthur, Rev Dr Malcolm McArthur, Mrs Faye Wardle, ex-Board President Ivon Wardle, ex-staff member Mr Don Brook and Mrs Val Brook and ex-staff member Mrs Cynthia Daley watching the service; Ivon Wardle with Dorothy Wilson (left) and Dorothy Shipard, both Resthaven Leabrook residents; Resthaven CEO, Richard Hearn, with Uniting Care SA Chairperson, Rev Don Catford; Resthaven Marion resident, Brian Bowley, with Don Brook.

Chaplain's Messages (continued)

Same Recipe, Different Flavours (continued)

good; others thought that they were too plain. Some wanted particular shapes; others wanted to add texture and flavour; and others were keen on more spice.

The Chef responded with a plethora of flavours and additions, and encouraged the people to adapt and change things that suited their palate and taste – different shapes; biscuits joined with icing; dried fruits added like cherry or sultanas; lemon and orange zest; spicy alternatives with cloves and cinnamon; added nuts; cocoa or chocolate; multi-coloured lollies; and much more!

The people were excited to try out the different sorts and create new variations. Sometimes the changes worked.

At other times, they needed to return to the honesty of original recipe. They found going back to basics was a great idea. During the experiments, people

kept thinking that theirs worked the best, and would be the greatest success; while secretly, others did not care at all for that variation, and thought theirs would be much better.

When confronted with these conundrums, the Master Chef looked lovingly at the people and said, "But don't you see? It is not a matter of which one is the best. While you each develop a truly unique flavour and shape with your biscuit, each one is of equal value.

They are all the same recipe, just different flavours."

What about different faiths? Asked the resident.

Perhaps we have all the same ingredients (spirit, love, justice, peace, community, and wellbeing), just a different recipe.

Rev Anne Hewitt
Coordinating Chaplain



A Time to Replenish

Mt. Lofty Botanic Gardens is especially beautiful in autumn; varied tones, textures and types of foliage and trunk. The vista can help to renew our perspective and pace.

Of course, we know what comes next, don't we? Say it quietly ... yes, it's *winter*. And deep down, we realise its importance too. May the Lord in His kindness replenish the earth and our souls during this quieter season.

The Rain, by William Henry Davies

I hear leaves drinking rain;
I hear rich leaves on top
Giving the poor beneath
Drop after drop;
'Tis a sweet noise to hear

These green leaves drinking near.
And when the sun comes out,
After this rain shall stop,
A wondrous light will fill
Each dark, round drop;
I hope the sun shines bright;
'Twill be a lovely sight.



And an old prayer for us all in any season...

Almighty God, we entrust all who are dear to us to thy never-failing care and love, for this life and the life to come, knowing that Thou art doing for them better things than we can desire or pray for; through Jesus Christ our Lord. Amen (Book of Common Prayer).

Rev Kingsley Congdon
Coordinating Chaplain

Community Services News

Serbian Community Partners Program Update

Resthaven's multicultural team has been very busy progressing the Serbian Community Partners Program. Resthaven has been working with local Serbian community groups to bring into focus the needs of older people and promote aged care services to help them maintain independence and wellbeing.

Recent project activities include:

- The first meeting of the Advisory Committee,
- Researching information about Serbian history, culture, customs and people,
- Aged care information programs for Serbian radio,
- Regular networking with local Serbian churches, clubs and individuals.

There are a number of exciting new initiatives planned for the upcoming months, including Serbian seniors outings, film afternoons, expos and displays, and collection of Serbian cultural resources to assist aged care providers.

Test your cultural knowledge:

(Answers on opposite page)

- On what continent is Serbia located?
- What is the capital of Serbia?
- What is the name of the Serbian alphabet?
- Which Serbian tennis player won the 2010 Australian Open?

Accreditation

The recent external reviews of the quality of the Resthaven Community Services were very positive (see story page 5). Thanks to all Community Services clients and staff for facilitating this great outcome.

Sue McKechnie
Executive Manager, Community Services

Residential Services News

Congratulations!

After an extended building program, residents at Resthaven Paradise have moved into the new facility. Thank you to all staff for their patience and care in making the move as smooth as possible, despite technical difficulties. Well done, everyone!

Welcome

It is my pleasure to announce the appointment of Roger Levi to the position of Manager, Residential Care Services, at Bellevue Heights. Roger commenced at Resthaven on Monday, 29th March 2010.



Roger, pictured above right, has an extensive nursing and management background – within both acute and aged care. Roger is an associate clinical lecturer and clinical title holder at the University of Adelaide and brings to Resthaven a passion for lifestyle innovation and lifestyle satisfaction for older people. We welcome Roger to the residential team.

Vice Regal Visit

On Wednesday, 14th April, His Excellency, Rear Admiral Kevin Scarce AC CSC RANR Governor of South Australia, and Mrs Liz Scarce, visited Resthaven's Mt Gambier site as part of a tour of the district organised by Mt Gambier Council.

There to greet them was Limestone Coast Community Services Manager, Liz Southall, and site manager, Jeff Faulder, who explained progress of the building works. It is a significant development for the region.

Wendy Morey
Executive Manager, Residential Services

Onkaparinga Community Services

We have moved!

Resthaven
Onkaparinga
Community Services
are now located at:



Suite 103
Commonwealth House
Beach Road
NOARLUNGA CENTRE SA 5168
Phone 8326 3444.

North East/Inner West Community Services

Happy Birthday!

Resthaven North East/Inner West
Community Services client, Mrs
Eugenia Braimis, turned 100 on 12th
May 2010.

We wish her many happy returns
on this special day.

What do you get if you cross...

a banjo with a hen?
A chicken that plucks itself.

Elves with a sponge?
Fairy cakes.

*The Simpson Desert with no
shoes?*
Sore feet!

Answers:
Europe
Beograd (Belgrade)
Cyrillic
Novak Djokovic

Marion Community Services

As you may be aware, the *Out & About* project has continued over the past 12 weeks. This was a project run by two fourth year Occupational Therapy students from the University of South Australia (pictured below), which aimed to increase the social participation of Resthaven Marion Community Services clients, and community members in the Marion Council Area.

One of the strategies developed was trialling a social group session, which was held at Resthaven Marion Community Services on Wednesday, 14th April. Clients had an enjoyable afternoon participating in the Anzac-themed session, which involved cooking Anzac biscuits, reminiscing about the war years, a game of mini-golf, and a shared afternoon tea. It also provided participants with the opportunity to meet new people, socialise, learn new skills and engage in fun activities.

Based on the success of this group session, there are early plans to continue a monthly social group at Resthaven Marion Community Services. However, these preliminary plans still need to be finalised and approved. Stay tuned in the coming months for more details!

For more information, please contact:

Ashleigh Scollin and Jody Mitchell
Occupational Therapists
Resthaven Marion Community Services
Phone 8296 4042

Pictured below are Resthaven Marion Community Services clients, Vera Duncan, Mary Armstrong and Vera Laidlaw, with University of South Australia students, Shara Lucas (left) and Kerry Simpson.



Murray Bridge Community Services

Mining Town Pianist

The Broken Hill was a man's place,
A harsh space, a graceless place,
A grey slag dump slumped behind the yellow
house, a mountain of rock,
Crushed and discarded, crushed and discarded.

And when the north wind swirled
And rolled the red dust into town,
The grey slag spat and menaced the little house.
The red earth, eroded, dumped against her fence,
Spat over the top,
Smothered a pathside patch of mignonette and
wallflowers,
Perfumes in exile.

Her liquid notes enfolded and nurtured her young
family,
Created a place not ravaged and plundered,
scarred and disemboweled.

Her fingers flew across the keys, Rachmaninoff and
Tchaikovsky held back the rolling menace.
Her fingers flew as deftly as a swallow, conquering
distance to alight,
In far off lands of cool, green summers.

She conquered the stony yard, and created a patch
of spring,
A lattice of leaves against the harsh white summers.
She shut out the pub brawls with roses and plum
blossom,
And organised singalongs around her piano,
And picnics in the redgum creeks.

When the man's town tried to harden her, she
played like a concert pianist – Beethoven, Debussy,
Mozart and Rimsky Korsakov,
And the harsh light fell more softly through chintz
curtains,
And the crows cawed with more sorrow than
before,
As the world passed her by.

Written by Jacqui Merckenschlager

Riverland Community Services

My Treasure

For Mum

I look back on these years,
To see how far I've come and
grown,
I take a trip down memory lane,
And what I see has shown ...

That every step I've taken,
You have been there by my side,
From infancy to adulthood,
We've stood the test of time.

You cradled me and nurtured me,
Through all these many years.
You held me and did comfort me,
Through happiness and tears.

You'd pick me up when I would fall,
You'd dust me off and then,
Encourage me to get back on
That horse and ride again.

Your constant care and loving,
And your warm inviting heart,
Has always been a treasure that
I knew would n'er depart.

If I could be just half the person
You have been to me,
Then you have taught me well dear
mum,
For in my heart I see,

A woman whose most
gentle soul,
Embraces me each day,
A woman whom I
dearly love,
Much more
than words can
say.



**By Kit
McCallum**

Naracoorte and Limestone Coast Community Services

Mrs Jean Shepherd Celebrates 100 Happy Years

Mrs Jean Shepherd (pictured right) was born in the Penola Hospital on 28th May, 1910. She grew up in Coonawarra, then moved to Naracoorte during her later Primary School years.



Her father broke in horses for a living, and once even won a gold medal for horse activities.

Her mother was a school teacher, who also enjoyed playing the piano and knitting. She knitted beautiful christening robes for all of her children and grandchildren.

Jean had two older sisters, one younger sister, and two younger brothers, all of whom are now deceased.

She has been twice married, and has three children, 13 grandchildren, 21 great grandchildren and eight great great grandchildren!

Jean's son, Ormonde, is very proud of how his mother made their house a home when he was growing up.

Ormonde used to ride a motorbike, even taking his mother out in the sidecar from time to time.

Fellow bikers often used to stop at their house. It used to look rough from the outside, with lines of motorbikes pulled

up out the front, but they would be sitting inside, chatting and cooking crumpets over the fire.

In those days, Jean remembers the road from Naracoorte to Millicent was a series of dirt tracks, and you had to open and close gates as you went.

Jean's favourite memories both involve travelling; the first is of travelling from Naracoorte to Kingston on a narrow gauge steam train, and the second is travelling to Melbourne in an early Fokker plane.

When Jean was younger, she enjoyed a variety of sports, including hockey and running. She now enjoys doing jigsaws and gardening, and can often be found out edging her lawn with a pair of scissors!

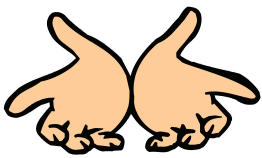
Jean has travelled extensively, having been to New Zealand, Indonesia, and to every Australian State. She is amazed by the differences in travel time that have occurred over the years – she cites the example that it is now quicker to go from Adelaide to London than what it once was to travel from Adelaide to Perth.

Jean claims she doesn't have a secret to longevity – in fact, she has always enjoyed doing all the things they say are bad for you, including eating food such as dripping on toast, thick cream and dessert with every meal!

Jean celebrated her 100th Birthday on 28th May, with family and friends, at a lunchtime party at the Naracoorte Football Club.

**Love doesn't make the world go round,
but it makes the ride worthwhile.**





Hersey Cottage Respite Services

Hersey Hands

Collectively, the hands displayed on the Hersey Cottage 'Hersey Hands' wall (pictured right) hold almost 700 years of life experience.

They belong to husbands, wives, mothers, fathers, grandparents and great-grandparents.

They hold a wealth of knowledge and life experience. They come from many different backgrounds.

Some of the hands have spent all of their days in Australia. These hands held out the hand of friendship and welcome to the many people who came from overseas to call Australia home.

Some hands have held the rails of ships and planes as they climbed on board, and waved goodbye to loved ones, and took the journey of a lifetime to arrive in Australia and a new life.

All the hands have one thing in common; they come together at Hersey Cottage.

They create craft, they hold the hands of others, they make cups of tea and coffee, they clap along to music, they pat each other on the back, they push walking aids and wheelchairs, they enjoy afternoon tea, they play cards or dominoes.

The hands come together in friendship, and they wave goodbye at the end of the day, until they come together again the next week.

They come from Australia, Scotland, Germany, England, Ireland, Prague, Wales and India.

They have covered many careers, including Dressmaker, Home Support Worker, Shorthand Typist, Nanny, Secretary,



Pictured above are Hersey Cottage clients, Tom and Maureen, in front of the 'Hersey Hands' display.

Architectural Drawing Officer, Railway worker, Preacher, Milk Boy, Woodworker, Door Installer, Retail Assistant, Florist, Merchandiser and Engineer.

They have also enjoyed many hobbies along the way; glass painting, cooking, face painting, horse riding, gardening, knitting, playing board games & cards, playing bowls, singing boys brigade, girl guides, writing songbooks, travelling, reading the bible, net surfing, music and playing many different sports.

Next time you hold the hand of someone at Hersey Cottage, think of all the stories and life experiences that bring us all together.

Please feel free to add your hands to the story.

***Alison Blair
and the clients of Hersey Cottages***

Residential Services Volunteer 'Thank You' Luncheons

Throughout May, Volunteer Thank You Luncheons were held at each Resthaven residential site, to recognise and celebrate Resthaven volunteers. The Luncheons had a 'party' theme, in honour of Resthaven's 75th Anniversary Year. Guests wore party hats and sat at tables festooned with streamers and balloons. A wonderful time was had by all.



Pictured: 1 Malvern Volunteer, Jeanette Richards, Mitcham Care Coordinator, Ali Markovic, Mitcham Volunteer, Ken Rogers, and Resthaven Executive Manager, Corporate Services, Chris Headland; 2 Westbourne Park Volunteer, Kathy Vass, receives a certificate from Resthaven Board President, Carole Davies; 3 Malvern Lifestyle Coordinator, Gillian Schulz, and Malvern Care Coordinator, Christine Comley, at the Malvern Luncheon; 4 Murray Bridge Volunteer, Beth Williams, with Murray Bridge Manager, Residential Services, Barb Kompier; 5 Volunteer Resources Coordinator, Stacey Thompson,

with Paradise Volunteer, Barbara Portell; 6 Leabrook Volunteer, Pam Mitchell; 7 Chaplain's Assistant, Mike Russell, with Coordinating Chaplain, Rev Kingsley Congdon, at the Westbourne Park Luncheon; 8 Paradise Volunteer, Manju Thapa, with Coordinating Chaplain, Rev Anne Hewitt; 9 The festive 'party' themed table at the Craigmore Luncheon; 10 Bellevue Heights Volunteers, Jess Kahlbaum, Anne Moore and Joyce Wainwright.



Bellevue Heights Residential Services

Happy Birthday to Two Special Centenarians

Mrs Doris Wait

Resthaven Bellevue Heights (high care) resident, Mrs Doris Wait (pictured right), was born in Newcastle, England, on 7th May, 1910.

A talented artist and pianist, she enjoys classical music.

Many happy returns!



Mrs Donovan grew up in Perth, and started work in domestic service when only twelve years of age. In 1946, she moved to Darwin. Her travels then led her to Cairns for a couple of years, then Brisbane, followed by a 52-year stay in Bondi, Sydney, prior to moving to Adelaide eleven years ago.



She has two daughters, one granddaughter and six grandsons, and many great grandchildren. Edie explains that the secret to her longevity is hard work and good living. 'I didn't get it easy', she says.

She enjoyed receiving her letters for reaching 100 years of age from the Queen, Governor General and many others.

Mrs Edie Donovan

Mrs Edie Donovan (nee Meldrum, pictured far right) celebrated her 100th birthday on Monday 3rd May, 2010.

Mrs Donovan has only recently moved in to Resthaven Bellevue Heights, and enjoyed visits from family members and friends from across Australia.

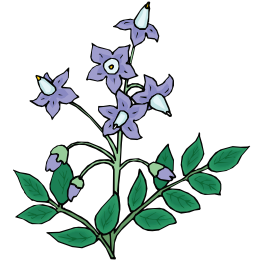
A Little Stress Relief ... Some Ways of Dealing With the Burdens of Life

- Accept that some days you're the pigeon, and some days you're the statue.
- Always keep your words soft and sweet, just in case you have to eat them.
- Drive carefully. It's not only cars that can be recalled by their maker.
- If you can't be kind, at least have the decency to be vague.
- It may be that your sole purpose in life is simply to be kind to others.
- Never put both feet in your mouth at the same time, because then you won't have a leg to stand on.
- Nobody cares if you can't dance well. just get up and dance.
- Since it's the early worm that gets eaten by the bird, sleep late.
- The second mouse gets the cheese.
- When everything's coming your way, you're in the wrong lane.
- Birthdays are good for you. The more you have, the longer you live.
- You may be only one person in the world, but you may also be the world to one person.
- Some mistakes are too much fun to only make once.
- We could learn a lot from crayons – some are sharp, some are pretty and some are dull. Some have weird names, and all are different colours, but they all have to live in the same box.
- A truly happy person is one who can enjoy the scenery on a detour.

Author Unknown

Craigmore Residential Services

75th Anniversary Open Day



On Friday 30th April, Resthaven Craigmore Residential Services held a 75th Anniversary Celebration Day. The theme was "Walk Through the Ages of Resthaven."

Photos were displayed depicting Resthaven's 75 year history, the Playford City Band entertained visitors at the front entrance, and there was a White Elephant and Craft Stall in the Hall.

A Sausage Sizzle and Devonshire Tea were also held during the afternoon.



*Pictured below: **1** Residents Joyce Deed, Evie Bond and friend manning the Craft Stall on the 75th Anniversary Celebration Day; **2** Resthaven CEO, Richard Hearn, checks out the goodies on display at the White Elephant Stall; **3** The Stall tables, ready and waiting for customers on the 75th Anniversary Celebration Day; **4** The 'Walk Through the Ages of Resthaven' display, depicting Resthaven's 75 year history; **5** Michelle Moyle and Jenny St Clair are kept busy preparing for the 75th Anniversary Celebration Day.*



Leabrook Residential Services

The Garden of Your Daily Living

Plant three rows of peas:

Peace of mind,
Peace of heart,
Peace of soul.

Plant four rows of squash:

Squash gossip,
Squash grumbling,
Squash selfishness.

Plant four rows of lettuce:

Lettuce be faithful,
Lettuce be kind,
Lettuce really love one another.

No garden is complete without
turnips:

Turnip for meetings,
Turnip for service,
Turnip to help one another.

Finally, we must have thyme:

Thyme for each other,
Thyme for family,
Thyme for friends.

Water freely with patience and
cultivate with love.

There will be much fruit in your
garden, because you reap
what you sow.

Author Unknown
Submitted by Beryl Burford

Birthday Wishes

Resthaven Leabrook wishes to extend sincere birthday greetings to resident, Mrs Elma Lewis, who turned 100 on 17th April 2010.

Mrs Lewis spent the day with family to celebrate.

Happy Birthday, Mrs Lewis.

Three Cheers for Breast Screen!

I would like to take this opportunity to review my recent experience of Breast Cancer.

In February 2009, I went for a regular two year screening mammogram, and I was shocked and upset when I was told that my results were positive.



The Breast Screen doctors and nurses were all very supportive. They explained that the small size and early detection of my lump gave me an excellent prognosis, so from the start I felt very confident that I would be okay.

For six weeks, daily radiotherapy became the norm, but the staff were really lovely, friendly and helpful.

People say that a life-threatening illness like Breast Cancer makes you review your life, and it's true. I noticed that I started prioritising things differently – I had no patience for gossip, putting people down or getting stuck on trivial issues.

An important message I want to give you all is about responding to people with Breast Cancer and other life-threatening conditions. With the best of intentions, people want to pass on information they believe has helped others. However, this is rarely helpful. The most helpful things people did for me was tell me they cared about me, not avoiding talking about it and not offering me advice or telling me stories about people they knew with Breast Cancer.

Two other messages I would like everyone to know: early detection means cancer with a little c, not a big C. Secondly, having regular mammograms for women over 50 is vital.

Three cheers for Breast Screen!

Written by Wendy Leach
Submitted by Leabrook Resident,
Daphne Leach (Wendy's Mother)

Malvern Residential Services

What Were You Doing 75 Years Ago?

Early In 1935, the South Australian State government announced that a 'Floral Pageant' would be held in the streets of Adelaide to mark the State's 1936 Centenary. All local councils were invited to enter a float, featuring a floral theme.

These floats were to pass in procession through the city twice on pageant day – once during the afternoon, then again at night, so that any special lighting effects could be appreciated.

The Corporation of Henley and Grange, in whose area I lived as a youth, held public meetings in 1935 to discuss the venture with citizens, and to gauge the voluntary design and labour skills likely to be available in constructing the exhibit.

Eventually, when these factors came together favourably, the Corporation decided that their entry would be a model of the Taj Mahal building in India.

The float was to consist of wire netting, stretched over a Taj Mahal-shaped timber frame, supporting thousands of real white flowers. A 'lake', with a fountain in a shallow tank, would be set in front of the building.

After countless hours of work, the 'Taj Mahal' was built. It was mounted on a four-wheeled trailer, to be towed by a tractor disguised as an elephant. Several of the Henley and Grange beauties, in colourful Indian silks, adorned the area around the float.

There was little room inside this structure. Due to this lack of space, two small boys were recruited to operate the machinery required to activate the fountain, and the batteries needed to power the lighting for the night procession. They were my friend, John Harvey, and I.

Our tasks were to continuously pump water to the fountain in the 'lake', and, in the night-time procession, to switch the blue, white and yellow lights in sequence in the domes of the 'building'.

The judging of the entries placed the Henley and Grange float second, and the City of Adelaide float first – a satisfactory result, John and I thought, helped by our small contribution to our State's centenary celebrations nearly 75 years ago.

Lindsay Mitton
Resident, Resthaven Malvern

Below: the 'Taj Mahal' float of the 1936 South Australian State Centenary Floral Pageant, inside which Resthaven Malvern resident, Lindsay Mitton, rode.

Images courtesy of the State Library of South Australia: SLSA B833420 & SLSA B62243.



Marion Residential Services

75th Anniversary Church Service Recollections

Dear friends and neighbours,

On 21st March 2010, I had the pleasure of attending Resthaven's 75th Anniversary 'Service of Celebration' at Malvern Uniting Church.

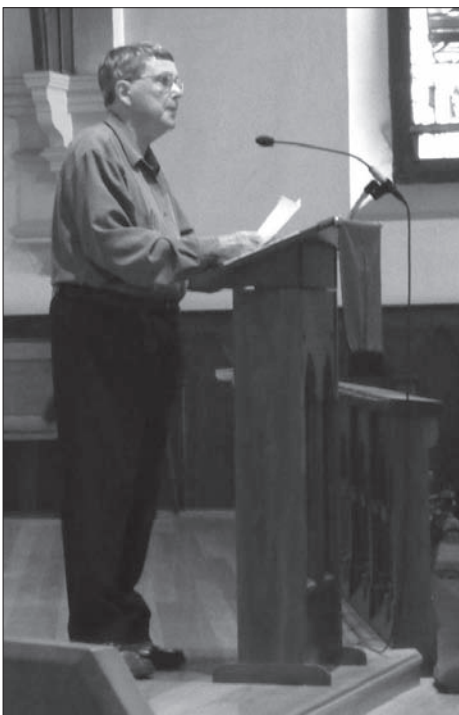
I was invited to read from the Bible during the service, and shared Isaiah 44:1-4 – 'The Lord says, listen now ... you are ... my chosen people whom I love.'

I was part of the processional, which entailed Resthaven staff, volunteers and residents proceeding through the church with items representing Resthaven's 75 years of service. These items included a bowl and towel, music, games and historical books and photographs. I carried a Bible.

A large number of folk joined in the service of praise and thanksgiving. Those present included residents, staff and carers, volunteers, friends and Resthaven supporters. The whole service, conducted by the Resthaven Chaplains, was concluded by sharing together an excellent afternoon tea, provided by Resthaven Malvern.

It was interesting for me to note that 2010 is Resthaven's 75th Anniversary, and also mine – I will turn 75 in September this year. I have respected our church's aim to care for older members of our community since a very early age.

This celebration was important to me for one more reason; I was returning to the Church of my youth. I attend Malvern Methodist (now Uniting Church) for much of my life – from my very early years, until I married and moved away in 1958. It nurtured me, and taught me many things which have withstood the test of time. It was great to revisit the rooms where I attended Sunday School, and to share in the celebratory service in the beautiful church building where I used to worship.



Greetings,

Brian Bowley
Resident, Resthaven Marion

Isaiah 44:1-4:

*The Lord says,
"Listen now, Israel, my servant, my chosen people.
I am the Lord who created you;
From the time you were born,
I have helped you.
Do not be afraid: you are my servant,
My chosen people whom I love.
I will give water to the thirsty land
And make streams flow on the dry ground.
I will pour out my spirit on your children
And my blessing on your descendants.
They will thrive like well-watered grass,
Like willows by streams of running water."*



Mitcham Residential Services

Advance Directives

At Resthaven, we believe that decisions about lifestyle and care should take into account the informed choices of residents and their families. This is never more relevant than when discussing end of life issues and Advanced Care Planning, or 'Advance Directives'.



Advance Directives are defined by the Australian Journal on Ageing as 'the process of helping a resident work through, by themselves or with family, their doctor or other staff, the process of thinking about and considering what kinds of treatment they might want in the future.' This may include written documents such as appointment of a medical power of attorney or legal guardian, and palliative care orders or 'living wills'. The most important aspect of Advance Directives is that people can consider the options they might want for themselves in the future, should they be unable to communicate their decisions, or unable to make decisions for themselves.

Planning ahead provides the opportunity for residents and their families to discuss, in a calm environment with no immediate crises, the issues important to the person and their family. Topics discussed can include health, professional and support services, financial management, planning food and clothing preferences (particularly relating to spiritual choices), and planning choice of doctors, dentists or other health professionals. It is particularly important that health professionals are aware of residents' beliefs regarding quality of life, spiritual and religious preferences and end of life care and treatments.

It is important to recognise that information regarding these issues, and decisions relating to them, may change over time.

Future planning is about respecting people's choices. At Resthaven Mitcham, we encourage positive and strong relationships between staff, residents and their families, and we wish to ensure that residents and their families have the information and assistance they require to make informed choices about Advance Directives and palliative care planning.

We encourage residents to discuss and document their wishes with assistance from family and health professionals, including clinical staff.

If you or your family would like more information or assistance regarding Advance Directives, please contact either Care Coordinator, Ali Markovic, Clinical Nurse, Jill Whyntie, or myself, Elaine Whitford, at any time. We will be only too pleased to assist with this most important aspect of resident care.

Elaine Whitford
Manager, Residential Care Services

Electric Blankets

With winter approaching, it is timely to remember that electric blanket safety is important.

- Turn off the blanket when in bed,
- Ensure your blanket has been electrically tested by Maintenance staff - if in doubt, ask staff,
- Ensure your blanket is waterproof with an automatic cut out.

Murray Bridge Residential Services

75th Birthday Celebrations

To recognise Resthaven's 75th Anniversary Year, Resthaven Murray Bridge held an afternoon of roving entertainment and fun for residents, family and friends on Wednesday 14th May.

Wobbles the Clown kept residents enthralled, and musical performances were also enjoyed.

Residents and staff were introduced to the traditions and sound of the didgeridoo, much to everyone's delight.

The Resthaven Murray Bridge Singers gave a wonderful finale performance to complete the day.

In keeping with the 75th Anniversary theme, the Lifestyle Team, office staff and Housekeeper dressed in clothing from the 1930's.

This incited much comment from residents, who recalled many outfits that they had worn themselves in this era. Outfits were borrowed from the Murray Bridge Singers and Players. A display of 1930's clothing was also set up, and was much admired and appreciated.



Pictured above, from left: Resthaven Murray Bridge Lifestyle staff, Karen, Jan and Pam, dressed in their 1930's clothing as part of the 75th Anniversary celebration.

Below, from left: The Murray Bridge Singers, who performed on the day, and Julie and Wayne, who played the didgeridoo, much to the delight of residents.



Westbourne Park Residential Services

What Were You Doing 75 Years Ago?



In 1935, I was 16 years old, and a Junior Officer in the Savings Bank of South Australia, Rundle Street branch. The branch was open daily 10.00am-3.00pm. We were also open on

Friday nights (for deposits only) 7.00pm-9.00pm, and on Saturday mornings 10.00am-12.00pm.

The branch was situated on the northern side of Rundle Street, east of Pulteney Street. 'Cravens Emporium' was next door,

and directly opposite was the large 'Foy and Gibsons' store. I am sure that many of our residents will remember those establishments!

Many of the Bank's customers were market gardeners who brought produce to the (then) East End Markets, and others were employees of the Royal Adelaide Hospital. Of course, we also had many customers who were employees at the many businesses in the Rundle Street area.

It was a very busy branch, even during the days of the Great Depression.

It certainly was a long time ago!

George Telfer
Resident, Westbourne Park

Thank You!

I would like to thank William Taylor and Shirley Swan, who recently agreed to display their artwork at Resthaven Westbourne Park.

William has always been a painter, and, last year, staff arranged for him to give painting lessons to residents.

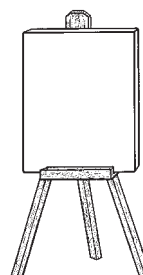
Shirley has painted many wonderful pieces of art, which are displayed along with Williams' in the foyer and Recreation Room.

Staff and family members have praised their works, and it has been great to hear the wonderful comments as people walk past.

Verona Rix
Lifestyle Coordinator



Pictured left and below: the paintings by William Taylor and Shirley Swan, which are displayed at Resthaven Westbourne Park.



Resthaven provides outstanding care and support to older South Australians and their carers.

Resthaven is a diverse community of people: residents, clients, staff, volunteers, families, friends and other stakeholders.

We value respect, integrity, choice, individuality, independence, belonging, resourcefulness, safety and well being.

Chief Executive Officer: Mr Richard Hearn
Coordinating Chaplains: Rev Kingsley Congdon
Rev Anne Hewitt

RESIDENTIAL CARE SERVICES

Bellevue Heights	47 Eve Road, Bellevue Heights
Phone (08) 8278 8588	
Craigmore	200 Adams Road, Craigmore
Phone (08) 8254 4008	
Leabrook	336 Kensington Road, Leabrook
Phone (08) 8332 4333	
Malvern	43 Marlborough Street, Malvern
Phone (08) 8272 0222	
Marion	10 Township Road, Marion
Phone (08) 8296 7555	
Mitcham	48 Smith-Dorrien St, Mitcham
Phone (08) 8271 0639	
Murray Bridge	53 Swanport Road, Murray Bridge
Phone (08) 8532 1969	
Paradise	61 Silkes Road, Paradise
Phone (08) 8336 5444	
Westbourne Park	30 Sussex Terrace, Westbourne Park
Phone (08) 8271 3300	

COMMUNITY SERVICES

General Enquiries	Phone 1300 13 66 33
Community Respite	Unit 31/12 Township Rd, Marion
Phone (08) 8358 3173	
Limestone Coast	Unit 13a Pavy Drive, Naracoorte
Phone (08) 8762 4389	
Marion	43 Finnis Street, Marion
Phone (08) 8296 4042	
Murray Bridge & Hills	88 Adelaide Road, Murray Bridge
Phone (08) 8531 2989	
North East/Inner West	391 Torrens Road, Kilkenny
Phone (08) 8345 0577	
Northern	16 Gillingham Road, Elizabeth
Phone (08) 8252 6811	
Onkaparinga	Commonwealth House Noarlunga Centre
Phone 8326 3444	
Paradise & Eastern	61 Silkes Road, Paradise
Phone (08) 8337 4371	
Riverland	60 East Tce, Loxton
Phone (08) 8584 5866	

www.resthaven.asn.au

Keep up to date by checking Resthaven's website. It includes all services and a comprehensive outline of the organisation. The News Update Page has the most recent news. Please let us know how our website could be improved.

Email comments to: pr@resthaven.asn.au

The **Resthaven Review** is a quarterly newsletter produced and published by Resthaven Inc for all of Resthaven's residents, community services clients, volunteers, friends, relatives and staff. Articles are invited for consideration to effectively communicate news of events and items of interest throughout the Resthaven network.

Those wishing to contribute articles are encouraged to do so. Items for publication can be given to the Program Manager, the Clerical Assistant, or to a staff member, to be forwarded to the Public Relations Department at Head Office. We reserve the right to determine the appropriateness of items and to edit or adapt articles as necessary at any time.

Please mark on the article the Resthaven program or site, author's name (if desired) and 'For Resthaven Review'.

Thank you. We appreciate your contributions!

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