

Resthaven Review

Volume 29, Issue 2

Winter 2020



Above: 'Rest Haven' at Wattle Street, Brighton is opened on 11 May, 1935, by Lady Isabel Kidman.

Residential Services

- Aberfoyle Park • Bellevue Heights • Craigmore • Leabrook • Mitcham • Malvern
- Marion • Mount Gambier • Murray Bridge • Paradise • Port Elliot • Westbourne Park

Community Services

- Community Respite • Limestone Coast • Marion • Murray Bridge, Hills & Fleurieu
- Northern • Onkaparinga • Paradise & Eastern • Riverland • Western

From the Editor...

Hello residents, families and friends,
What a strange start to the year we
have had!

At times like this, we are reminded of
the importance of resilience, courage,
and community spirit. These themes
and more are celebrated in this
edition of the 'Resthaven Review'.

Mrs Joan Barty of Resthaven
Riverland Community Services is the
embodiment of community spirit,
knitting jumpers for newborns in
South Africa—read more on page 18.

Centenarians, Mr Longmire and
Mrs Pritchard, both of Resthaven
Onkaparinga Community Services,
share their words of wisdom on pages
16 and 17.

Centenarians from our residential
homes also have a thing or two to say
about resilience and courage as they
share their stories with us.

With eight—yes, EIGHT—milestone
birthdays across seven residential
sites, you might say that this edition
of the 'Resthaven Review' contains
more than a few pearls of wisdom.

Please enjoy their stories on pages
20-24, 26, and 28-30.

We hope that you enjoy this edition,
along with the included activity pack
supplement, in a comfy chair next to
the fire on those cold winter days.

Take care until next time,

Resthaven Public Relations Team

From the CEO

Resthaven's 85th anniversary year is
certainly one that will be remembered. The
devastating impact of the bushfires in early
2020 showed the great spirit of support
and modern day mateship of Australian
communities.

Following this, the coronavirus COVID-19
pandemic swept the world. Unfortunately,
this means that 85th anniversary celebration
events have been cancelled for the majority
of 2020. Hopefully, by the end of the year,
we will again be able to celebrate.

As ever, the safety of the staff, volunteers,
and the older people who have invited us
into their lives, is our utmost priority.

See page 5 for important health and safety
information.

New CEO Welcome

In late February, I announced to the
Resthaven community my intention to
retire in May, 2020. The Resthaven Board
undertook the recruitment process to find a
suitable candidate to take on this leadership
role that I have held for 27 years. In total, I
have been very privileged to spend 34 years
at Resthaven.

On Tuesday 21 April, the Board President,
Mark Porter, announced on behalf of
the Resthaven Board the appointment
of Darren Birbeck as the new Resthaven
Chief Executive Officer. Darren is currently
Resthaven Executive Manager Governance
and Corporate Services.

Darren holds a Bachelor's degree in
Economics and a Master's in Business
Administration, and is a Fellow of the
Certified Practising Accountants Association
of Australia.

From the CEO (continued)

Darren (right, with me) achieved an Order of Merit in the Company Directors Course with the Australian Institute of Company Directors.



Previously, Darren worked in local government as General Manager of Corporate Services with the City of Charles Sturt, and prior to this was General Manager of Corporate Services with ECH (formerly Elderly Citizens Homes) in South Australia.

Darren's appointment enables a smooth transition and continuation of 'business as usual' in this unchartered external operating environment amidst the COVID-19 pandemic currently impacting the world.

I will continue in the position of CEO until Friday 29 May 2020, which allows a smooth transition period and opportunity for a hand over with minimal disruption to day to day operations. Darren commences in the role of Resthaven Chief Executive Officer on Monday 1 June 2020.

I wish to acknowledge my appreciation of the valued relationships and kindred spirit of the many individuals I have had the good fortune to work with over time, and I wish Darren all the best and trust his experience will be as fulfilling as mine in this wonderful organisation—Resthaven.

Royal Commission into Aged Care Quality & Safety

Submissions to the Royal Commission into Aged Care Quality and Safety have been extended to 30 June 2020, which will allow the Commission to consider COVID-19 in an aged care context.

85th Birthday

On 11 May, Resthaven celebrated 85 years of high quality support to older people and their carers. 'Rest Haven' was borne out of the Great Depression, a Home Mission of the Methodist Church.

The official opening of Resthaven on 11 May, 1935, was a joyous occasion at Wattle Street, Brighton (pictured front cover), where the Rev John and Annie Pearce had taken into care several elderly ladies. This very first 'Rest Haven' was opened by Lady Isabel Kidman, wife of the prominent pastoralist, Sir Sidney Kidman.

When we look at Resthaven in 2020, it is amazing to see what has grown out of that first initiative. Over the years, many things have changed. However, our commitment to supporting older people and their carers has never wavered. We stay true to the original vision of our founders.

Finally...

'Ask not what your country can do for you, ask what you can do for your country.'

- John F Kennedy

I have always found this quote to be inspiring, and reflective of those in the community who seek to do good works, serve and support others in need, as we collectively and individually do.

Continued page 4...

From the CEO (continued)

You belong to this cohort. You built our community, responding when asked what you could do for your country and community.

Also inspiring is the passionate speech by Dr Martin Luther Kings Jr, *I have a Dream*, a message for all people of various backgrounds, working together for a better world, where all are treated equally.

In Resthaven's context, this would be a world where older individuals will receive quality services when and where required; where they are acknowledged and respected for the great contributions they have and do make; and where those working in aged care are truly recognised for the wonderful and important work they do.

Noting this important work is one aspect of the quote by Mahatma Ghandi that:

'The true measure of any society can be found in how it treats its most vulnerable members.'

As this is my final contribution to the 'Resthaven Review' as CEO, I wish you all the very best for the future.

Looking back over our 85 year history, the Resthaven community has come through difficult times together, building and re-building many times. Together, we will again do this.

Thank you!

Richard Hearn
Chief Executive Officer



Welcome, Darren

It has been a privilege to work with Resthaven in both a board and an executive capacity over the past four years. There is something special about Resthaven. I am delighted to be a part of this wonderful organisation.

I am humbled to follow in the footsteps of Richard Hearn, who has provided inspired leadership over the course of his outstanding career. He is a man I respect and admire.

Congratulations and best wishes on your retirement, Richard!

I look forward to working with everyone at Resthaven to ensure that we continue to have such a positive influence on the lives of the people we serve.

Once restrictions have been eased, I am excited by the prospect of visiting all of our sites and meeting you in person.

Until then, take care,

Darren Birbeck
Incoming Chief Executive Officer



Health & Safety

We wish to thank all members of the Resthaven community for adhering to the visitor restrictions, social distancing, and other health regulations during this difficult and unprecedented time.

Resthaven's COVID-19 Response Group is working in line with the advice from the Commonwealth Department of Health. Thankfully, none of our community has tested positive to COVID-19 at this time.

At time of writing, there are continued very low levels of COVID-19 in Australia. However, older people are more susceptible to contracting and being seriously affected by COVID-19, so a highly precautionary approach must be adopted.

It is critically important that everyone continuously implements good infection control procedures, such as hand washing and using hand sanitiser, good cough etiquette, and social distancing.

Strict visiting procedures are in place at all Resthaven residential aged care homes. Please check the Resthaven website for the latest information: www.resthaven.asn.au.

A reminder that ALL persons entering a residential aged care home MUST have received a vaccination for 2020 seasonal influenza, and be able to provide evidence of this. Entry to the home will be denied if you are unable to provide evidence of your flu vaccination on every visit.

All Resthaven staff are provided with a free fluvax each year. Clinics for staff commenced on 1 April 2020, and we have had a very positive response, with a nearly 100% staff vaccinated rate.



We ask for patience and kindness, along with a high level of vigilance and attention to infection control measures, including regular and thorough hand washing. Avoid touching your face and mouth after touching surfaces and use alcohol gel.

For the latest government advice, visit www.health.gov.au, or call the National Coronavirus Health Information Line on 1800 020 080, 24 hours a day, 7 days a week.

Alternatively, you can call the SA COVID-19 Information Line on 1800 253 787 between 8am-8pm, 7 days per week.

As the situation is fluid, watch for signage at all Resthaven sites that reflects current restrictions, or speak with your Manager or Key Contact Person.

Most importantly, stay well!

Residential Services

Accreditation

It is very pleasing to report that all ten residential sites who have completed their reaccreditation audits have achieved three years' accreditation. Overall, this achievement so far is worthy of celebration and I thank all those involved for this outstanding result. Well done!

Resthaven Mount Gambier and Port Elliot have not as yet been assessed. The audit at Mount Gambier will occur once COVID-19 restrictions are lifted. Resthaven Port Elliot is due in 2021.

Staff Movements

Manager Residential Services, Belle Kerr, who undertook a six month secondment to Resthaven Mount Gambier in late 2019, has decided to remain at Mount Gambier as Manager Residential Services on a permanent basis.



Relieving Manager Residential Services, Cat Carroll, who covered the Manager role at Resthaven Paradise during this time, has decided to stay on at Resthaven Paradise permanently.



These two appointments allow for continuity at the sites. Congratulations!

We farewell Wendy Martin, Manager Residential Services at Resthaven Bellevue Heights, who will retire in June. We wish her all the best in her retirement.



Mandy Micallef, Manager Residential Services at Resthaven Mitcham, will transfer to Resthaven Bellevue Heights. Recruitment for a Manager at Mitcham is underway.



We welcome Jane Perry to the role of Manager Residential Services at Resthaven Craigmore. Jane comes to Resthaven with a long working history in the aged care industry in leadership roles, both here and in Tasmania.



Service Adaptation

I am gratified to see the Resthaven residential teams adapting services to ensure that you can stay in touch with your communities, and stay occupied, during the COVID-19 pandemic.

We implemented ways of connecting people with family and friends, through increased telephone calls and use of technology. Residents have iPads available to them to Skype, Zoom, or FaceTime. Lifestyle programs continue in an adapted format, with smaller groups run more often, increased one-on-one support, and entertainment and concerts streamed via YouTube at many sites.

I am very proud of the continued flexibility and resilience of both residents and staff at this unusual time for us all. Thank you.

Tina Cooper
Executive Manager
Residential Services



Community Services

Changes to Service Delivery

Many Resthaven Community Services sites are adapting their centre-based group programs to ensure that clients may continue to access wellness services during the COVID-19 pandemic.

In the past few months, social support has been reconfigured for several thousand clients who usually attend social group activities.

Amongst them is Resthaven Northern Community Services, where a 'Keeping Active with Parkinson's at Home' program was introduced - see page 15.

At Resthaven Marion Community Services, staff went 'on the road' to deliver activities in people's homes such as "Brain Games", and "Falls and Balance". Mrs Patricia Mackey (right) is pictured with her in-home 'Easy Moving at Home' class kit. It's great to see staff finding creative ways to scale up the fun.

I appreciate all the work of Resthaven Community Services teams to adapt services to this new environment.

Community Advisory Groups

Resthaven Community Advisory Groups have been running since 2007. They have provided Resthaven with great insight into the needs, concerns and aspirations of the older people whom Resthaven supports.

Groups' members range in age from mid-40s to 90+, and include current and past Resthaven residents and clients, their families and carers, and interested community members from service clubs, community organisations, church congregations and retirement villages.



Above: Mrs Patricia Mackey of Resthaven Marion Community Services with her in-home exercise pack.

Community Advisory Group meetings have been put on hold for now, to help keep participants safe during the COVID-19 pandemic. However, groups will start meeting again when we're comfortable that it's safe to go ahead, hopefully later this year.

My sincere thanks to the Community Advisory Group members for their valuable input into Resthaven's service delivery.



Sue McKechnie
Executive Manager
Community Services

Building Update



Despite the COVID-19 pandemic, we continue to undertake and plan construction projects.

The safety of residents, clients, and staff must be maintained during these difficult times, and is our top priority. All our projects are now implementing strategies to prevent the risk of transmission of COVID-19.

Resthaven Leabrook

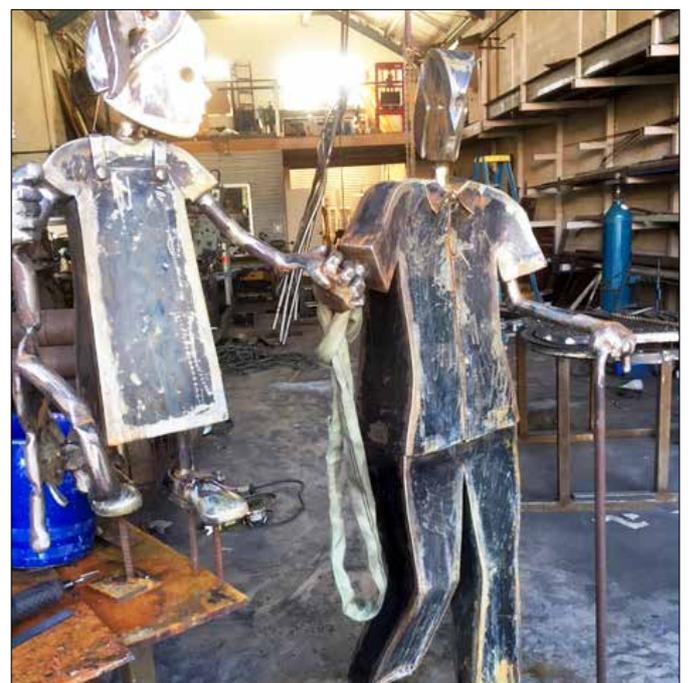
Since the start of the new year, works for the front entry upgrade at Resthaven Leabrook have focused on a new reception area, foyer, Manager's office, and administration office.

These works are now complete (pictured above), and were 'handed over' on 30 April. The whole area looks fantastic.

A newly commissioned sculpture for the site has been fabricated by Gerry McMahon, who has created many of the sculptures at several sites.

The sculpture features a man holding a child's hand as she walks along a low wall. Having seen the sculpture in the workshop (below), I can confirm that it looks amazing! It will be a nice point of interest at the junction of Glynburn and Kensington Roads.

Continued opposite page...



Building Update

Resthaven Bellevue Heights

We have deferred commencement of the redevelopment project at Resthaven Bellevue Heights until September 2020, pending a review of the status of the pandemic closer to that date. The safety of residents and staff take precedence.

However, planning and design continue, with this component expected to be complete by end of May.

Once the works do commence, the redevelopment will relocate residents from Manson and Grevillea lodges to the main home. We will construct a new extension to Correa and Waratah, plus a new memory support area, located above a lower level services floor, with kitchen, laundry and associated services rooms.

A new staff room will also be provided, which will be very welcome on site.

The central entry and café area will undergo a major transformation, along with the upgrade of the auditorium. The redevelopment will also provide new car parking and access to the site. The works will occur over a period of 18-24 months.

Resthaven Riverland Community Services

Resthaven purchased the old State Bank building in Berri to become a new office for Resthaven Riverland Community Services. It is a fine building from the art deco period. Internally, it needs an upgrade and modifications to align with our community service program.

Currently, we are planning to commence works in May. The Loxton office plans to relocate in mid/late-August 2020.

New Phone Numbers:

Please note that, due to the NBN, the phone numbers for Resthaven Leabrook and Malvern have changed.

The new phone numbers are:

Resthaven Leabrook: 8139 6600

Resthaven Malvern: 8228 6300

A diversion will be in place until April 2021 at both homes.

Resthaven Westbourne Park

With the Resthaven Bellevue Heights redevelopment deferred, we have been given unexpected time to commence planning to replace the Hampton and Richmond areas at Resthaven Westbourne Park.

As the years have passed, our facilities and standard of care has evolved, and it is now time for these areas to be replaced, in order to allow us to offer residents at Westbourne Park the best and most modern facilities and level of care.

The plans will be developed over the coming months.

Stay safe and well,

*Emmet O'Donovan
Manager, Buildings and
Capital Projects*



Volunteer Services



‘Virtual Volunteering’

As for many people, the way of life has changed for many volunteers. COVID-19 restrictions mean that volunteers in older age ranges, or those with health conditions which put them at greater risk, are coming into the sites. The need for group activities to be smaller has also impacted on the participation of volunteers.

Excitingly, we are exploring alternative ways for volunteers to connect with people, including phone calls, letters, emails, and making items for events.

One wonderful example of this in action is volunteer, Bronwyn Pederson, who made two beautiful wreaths to be used for the site Anzac Day services at Resthaven Leabrook and Westbourne Park. Bronwyn brought the wreaths to Head Office on 17 April, where they were sent on to the sites. They were gratefully received by the Lifestyle teams.

The handmade wreaths of colourful silk leaves and remembrance poppies (above) were very much appreciated, and took pride of place during the services.

Bronwyn (right) is also connecting with three residents by phone, across two sites.



Those volunteers who are not coming in are very keen to return as soon as they can! In the meantime, virtual volunteering is gathering speed.

We continue to acknowledge and support volunteers, and celebrate this unique workforce, recognising the importance of National Volunteer Week 18-24 May, and the postponement of the site celebration events.

Kindness and gratitude,

Stacey Thompson
Manager, Volunteer Services



Keeping Busy!

Activity Packs

With many social activities currently postponed, both in Resthaven residential aged care homes and throughout the wider community, Resthaven has created a suite of 'activity books' for residents and clients.

These include short, four page 'puzzlers' sent with all winter editions of the site newsletters, 'life story' booklets for people to record their treasured memories, and activity books containing puzzles and games, sent to all community services, independent retirement living, and residential services sites.

The booklets are proving to be a hit with everyone, with lots of positive feedback received. Comments include:

'Thanks so much for sending out the puzzle book. We have really enjoyed working on them. Such a good idea, not only for entertainment, but also brain food.'

'Thanks for the activity book, I love the community spirit, supporting one another.'

'I love the activity book – I haven't done those sort of puzzles in years!'

We are so glad that you're enjoying the booklets.

If you have not yet received an activity booklet and would like one, please speak with your Manager or Key Contact Person, or email pr@resthaven.asn.au.



Staying Connected

With visitor restrictions in place throughout April at all residential aged care homes, Resthaven ensured that residents could stay connected with their loved ones by utilising technology such as FaceTime, Skype, and Zoom for 'virtual visits'.

Residents such as Mrs Gwen Ruse (above) and Mrs Onde Graham (below) loved FaceTiming with family and friends during this time. Resthaven provided extra iPads and WiFi capability, to ensure that everyone could stay in touch.



Retirement Living

New Budget-Friendly Retirement Living Option Introduced

I am delighted to let you know that Resthaven has introduced a new budget-friendly option for older people wishing to purchase a retirement living unit at Resthaven Bellevue Heights.

One bedroom independent retirement living units are now available at 47 Eve Road, Bellevue Heights for just \$87,700. We are excited to be able to offer this new option to older people wanting to enjoy retirement living.

The amazing price of \$87,700 allows you to live in the comfort and security of a Resthaven retirement living unit for the rest of your life, knowing that everything is taken care of. There is a fortnightly maintenance fee, which covers general maintenance, gardening, water, council rates, and the Emergency Services Levy.

The Resthaven Bellevue Heights independent retirement living village is

a welcoming, tight-knit community of 60 units, overlooking the picturesque Sturt Gorge. The village is located adjacent to the Resthaven Bellevue Heights residential aged care home, giving you extra security should your needs change.

Resthaven Community Services may also provide in-home care and support in your unit if you need or want it.

Resthaven retirement living offers peace of mind, a secure environment and enviable lifestyle at an affordable price.

To find out more, contact me on 8370 3756, or email retirement@resthaven.asn.au.



Jeannie Peace
**Retirement Living
Coordinator**



Resthaven Community Respite Services

Media Stars on Pancake Day

On Tuesday 25 February, 2020, many Resthaven sites held 'Pancake Day' events, to raise money for UnitingCare.

One of these sites was Resthaven Community Respite Services, whose Ridgway House event featured two very special guests: Kate Freebairn from Channel 10 news, and Penny Pancake!

Kate gave three live weather crosses from Ridgway House between 5-6.30pm on the night. Guests of Resthaven Ridgway House were delighted to host the news team, and enjoy a pancake dinner in between takes!

Thank you to all who participated in this event, which was a great way of showcasing Resthaven's high quality services to thousands of South Australians.



Resthaven Marion Community Services

Making Hand-Sewn Doll's Clothing

Resthaven Marion Community Services client, Mrs Margaret Rankine, wanted to share what she has been doing to keep herself busy during isolation!

Margaret recently purchased a handheld sewing machine, and has just finished making a full dolls outfit from scratch. She said that 'making the outfits has made the time at home go quicker'.

Margaret thanked the Resthaven Marion Community Services staff, who supported her in this endeavour, in particular, Home Support Worker, Jenn, who showed Margaret how to set the machine up and use it. Great job, Margaret!



Resthaven Limestone Coast Community Services

Exercise Group

The Resthaven Limestone Coast Community Services Exercise Group, with volunteer, Alicia, are pictured (right), in February 2020, enjoying morning tea following working up a sweat at their weekly class.

Whilst classes are currently on hiatus, the group previously met each Friday, supported by a group of volunteers who greet the clients, support with setup and handing out equipment, and encourage others by joining in themselves. This is just a small snapshot of volunteers in action, enhancing lives and sharing their spirit and energy.



Resthaven Northern Community Services

'Parkinson's at Home' Program



Above: Chris and Ros, Occupational Therapists at Resthaven Northern Community Services, holding the USBs containing their home exercise program.

As mentioned on page 7, many Resthaven Community Services sites are adapting their centre-based group programs to ensure that clients may continue to access wellness services during the COVID-19 pandemic.

Amongst them is Resthaven Northern Community Services, where a 'Keeping Active with Parkinson's at Home' program has been introduced*.

Occupational Therapist, Rosalind Wren, says, 'People with Parkinson's are especially vulnerable during this time, as they need to keep up regular exercise in order to maintain their mobility.'

'To ensure that our clients can do this, we introduced a program where clients receive a USB containing videos of myself and fellow OT, Chris, demonstrating exercises and other challenges, to complete at home.'

'There are six folders on the USB, labelled "week 1-6," giving clients a structured weekly program to follow, from the comfort of their lounge rooms.'

'We also introduced an Action Planning Tool, where Chris and I call clients to discuss their individual training goals and track their progress.'

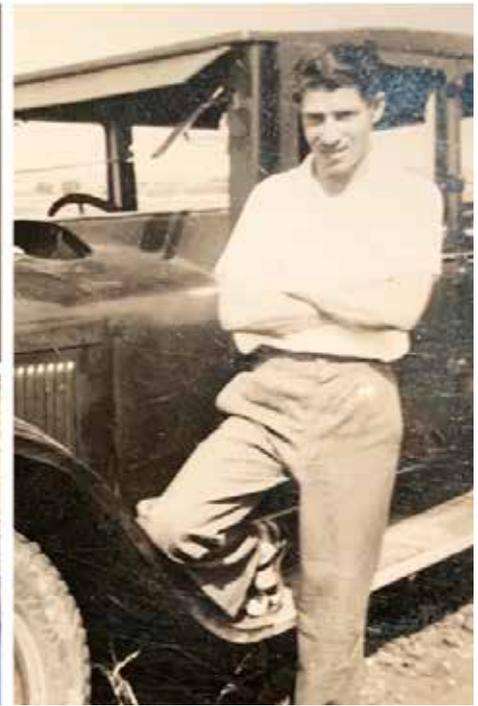
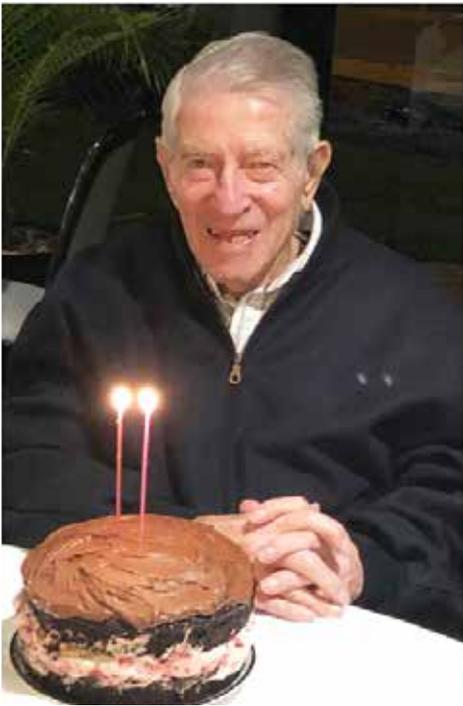
'Our goal with this program is to maintain a network of communication and support during this time of distancing, and to provide resources that will assist clients to stay physically active.'

'We are looking forward to our "virtual catchups"!'.

**All program participants are existing Resthaven clients, who have previously received a clinical assessment determining that the program is suitable for them.*

Resthaven Onkaparinga Community Services

Happy 100th Birthday: Mr Ross Longmire



Happy 100th birthday to Mr Ross Longmire, who is supported to live independently at home by Resthaven Onkaparinga Community Services.

Mr Longmire was born in Red Hill, South Australia, on 7 April, 1920. He attended Red Hill Primary School before moving to Semaphore and transferring to LeFevre.

His father died when he was about 15 years old, leaving his mum to look after the seven boys – Ross, and his six brothers: Leslie, Hedley, Roy, Claude, Arthur and Bob.

Mr Longmire was married to his wife, Elsie, at the Semaphore Methodist Church in June 1942. The couple went on to have three daughters, and now have seven grandchildren and seven great-grandchildren.

Throughout his life, Mr Longmire has worked in various jobs, including as a newsagent owner, doing paper rounds on a motorbike and side cart; on the railways as a coppersmith; and at a gas company as a coppersmith until he retired.

In his leisure time as a young man, he enjoyed supporting the Stage Dancing Society, as well as doing calisthenics and rhythmic gymnastics.

He still attends the gymnastics club twice a week, where the children and adults all adore him and call him 'pop'.

Mr Longmire has travelled extensively throughout Australia, to destinations including Perth, Robe, Northern Queensland, and Victoria. His favourite travel memory was caravanning in Robe.

He says that his most memorable life highlights were meeting his wife, Elsie, and the birth of his daughters, Karen, Robyn, and Julie.

When asked if he has a secret to health and longevity, he says that it is important to stay involved in the community, and not smoke.

He goes on to say that if he could impart some words of wisdom, he would say to 'behave yourself, and pay attention to your elders'. Many happy returns, Mr Longmire!

Resthaven Onkaparinga Community Services

Happy 100th Birthday: Mrs Violet Pritchard

Many happy returns to Mrs Violet Pritchard, who celebrated her 100th birthday on 21 March!

Violet, who is supported to live independently in her own home by Resthaven Onkaparinga Community Services, was delighted that Resthaven staff were also able to help her to celebrate this milestone, whilst still ensuring her safety by practicing the social distancing measures that were in place on that date.

As Violet has no immediate family, and her extended family were overseas and unable to travel internationally, Resthaven Onkaparinga Community Services staff initially organised a small celebration for her at the Willunga Hotel. However, when social distancing guidelines were put in place, plans had to be altered.

With a total of nine people invited, six being Resthaven staff, the day was able to be moved somewhere outdoors (pictured), and the Willunga Hotel prepared a takeaway meal instead!



Being a 'northerner' hailing from the United Kingdom, Violet had requested roast beef and Yorkshire pudding, and the Willunga Hotel kitchen was happy to oblige. Violet loved her special meal, saying it was 'delicious!'

After the meal, there was birthday cake, followed by speeches, where Resthaven staff presented Violet with a congratulatory letter from Board President, Mark Porter.

Violet was absolutely thrilled with the whole day, and so grateful for the extra effort that the Resthaven staff team made to make this a memorable occasion.

Happy birthday, Violet!

Staying in Touch with 'Manny'

Lee, Onkaparinga Community Services Assistant Manager, is fondly referred to by her grandkids as 'Manny'. Recently, to ensure the safety of Resthaven staff and clients, Lee made the difficult decision to stop contact with her beloved grandchildren.

It was with delight that Lee received this message from her grandkids, which also acknowledges the important, caring work that Resthaven provides. It says, 'We will miss you Manny. Thank you Resthaven.'

During these challenging times, a simple acknowledgement to a grandparent who is committed to their work means a lot.



Resthaven Riverland Community Services

Joan Knits 4,000 Baby Jumpers

Answering an advertisement more than 15 years ago entitled 'Knitters Alert,' 86-year-old Joan Barty of Loxton set out on a mission.

It was no ordinary request for help; this was an urgent call to knit jumpers for newborn babies in South Africa who had been born with AIDS.

For the past 15 years, Mrs Joan Barty, who is supported to live independently in her own home by Resthaven Riverland Community Services, has knitted six jumpers per week. This amounts to more than 4,600 jumpers!

Resthaven Riverland Community Services Coordinator, Jodi Smith, says, 'Before this program, these babies were sometimes sent home wrapped up in newspaper.'

'The jumpers replace the newspaper and provide the newborn babies with both comfort and warmth.'

'Once Joan has knitted the jumpers, she drops them to her local Rotary Club, to post to South African communities in need.'

'Joan sources all her own wool, and has become very savvy at repurposing old woollen jumpers and blankets by unpicking them and making the small jumpers out of the recycled wool – how's that for "upcycling"!'

Joan says that she 'enjoys keeping busy by knitting,' and 'feels good about being able to knit for such a worthy purpose.'



Joan was thrilled when ABC Radio Riverland saw this story on Resthaven's social media and requested an interview, which went very well.

Resthaven Paradise & Eastern Community Services

Resthaven Paradise and Eastern Community Services has supported people who are homeless or at risk of homelessness through the Assistance with Care and Housing program for more than 25 years. It is now part of the Commonwealth Home Support Program.

With a Health and Wellness Centre onsite, a range of in-home support and respite, health and wellness activities, and allied health services are available.

To find out more, phone 8337 4371.

Resthaven Western Community Services

The Day the Cottage Went Wild!

Respite clients at Resthaven Western Community Services' respite service, Regency Cottage, recently welcomed some really wild visitors!

By using Google Chrome on a compatible tablet or phone, they were able to place a three dimensional animal into their pictures.

To find out more about the services provides by Resthaven Western Community Services, phone 8345 0577.



Resthaven Murray Bridge, Hills & Fleurieu Community Services

'Hugs'

It's wondrous what a hug can do.
A hug can cheer you when you're blue.
A hug can say, 'I love you so',
Or 'Gee! I hate to see you go'.

A hug is, 'Welcome back again!',
Or 'Where have you been?'
A hug can soothe a small child's pain,
And bring a rainbow after rain.

The hug! There's just no doubt about it,
We scarcely could survive without it.
A hug delights and warms and charms.
It must be why God gave us arms.

Kittens crave them, puppies love them,
Heads of State are not above them.
A hug can break the language barrier,
And make the dullest day seem merrier.

No need to fret about the store of 'em.
The more you give,
The more there are of 'em.
So, stretch those arms without delay,
And give someone a hug today.

*Written by Dean Waller
Submitted by Home Support Worker,
Bernie Gates*

Mother's Day Delight

For many years, the Resthaven Murray Bridge, Hills & Fleurieu Community Services staff team have delivered carnations to their clients on Mother's Day, and this year was no exception. What a lovely idea!

Resthaven Aberfoyle Park

Happy 100th Birthday: Mrs Madeleine Curran



On 8 May, Mrs Madeleine Curran (nee McManus) of Resthaven Aberfoyle Park celebrated her 100th birthday.

Mrs Curran was born in Ireland. Her father was a gardener, and her mother a homemaker. She was one of six children, with three brothers and two sisters.

The family moved to Australia when Mrs Curran was young, and she remembers enjoying road trips in Western Australia.

She was married in Melbourne in 1942 at St Bridget's in North Fitzroy, and says that her wedding day was 'wonderful.'

The couple had five children, and now have seven grandchildren and five great-grandchildren.

Over her life, she was worked as a typist in offices. She remembers working at the Brickworks in Adelaide, typing, filing, and answering phones.

One of Mrs Curran's goals was to ensure that her family was healthy, and that her children were successful in whatever they chose to do.

In her younger years, she enjoyed travelling, gardening, and football. She still enjoys watching football, and attending lifestyle activities at Resthaven Aberfoyle Park, where she has lived since 2018.

One of the biggest changes that Mrs Curran has noticed over her lifetime is the changes to modern technology, especially colour television.

Her secret to a long and healthy life is no smoking, no drinking, and a healthy diet. She also used to 'walk for miles – I was a great walker.'

Her words of wisdom to the younger generation are 'don't give up – keep trying and follow your dreams.'

'In my day, things were a lot tougher than today. But overall, I've had a good life.'

Happy birthday, Mrs Curran!

Tell us about yourself!

We invite residents and clients to submit their personal profiles for publication in the newsletters.

If you would like to submit a personal profile of yourself or another person who has given permission, please email pr@resthaven.asn.au, or hand your submission in to reception. They will forward it to the PR Department via the internal mail system.

Resthaven Aberfoyle Park

Happy 100th Birthday: Mr Frank Bettoney

Happy birthday to Mr Frank Bettoney of Resthaven Aberfoyle Park, who celebrated his 100th birthday on 26 March, 2020.

Mr Bettoney was born in Leicester, England. His father was a bricklayer, and his mum worked in a laundry. He was one of six children, with two brothers and three sisters.

At the age of 14, he followed in his father's footsteps, and began work as an Apprentice Bricklayer. He would work as a builder for the rest of his life.

He recalls that he could not afford a holiday until the age of 16, but that his first holiday was to Cleethorpes, England, in 1936.

He travelled a lot along the coast of England as a young man, recalling that he never did much travelling outside of England, other than during the war, when he was stationed in Libya and Egypt.

He was married in 1947 in Leicester, and the couple went on to have eight children. He now has 'too many grandchildren'!

His wedding day and the birth of his children remain his most cherished memories.

After the couple moved to Australia, he continued to work as a builder, recalling that his 'last job was building a restaurant at Victor Harbor. I also built hotels, worked at the Barracks on Anzac Highway.'

It was important to Mr Bettoney to provide for his family financially, and he is proud that he achieved this, through long hours and hard work.



As a younger man, his hobbies included playing soccer and cricket, and gardening. He also enjoyed playing darts and skittles in a team.

He still enjoys watching soccer, and reading novels and newspapers, and says he has had 'lots of happiness and amazing challenges' throughout his life.

Mr Bettoney most recently lived in Sellicks Beach, before moving to Resthaven Aberfoyle Park aged 99.

His secret to health and longevity is 'working hard' and 'staying active,' along with 'good cooking and lots of fresh air.'

His words of wisdom are to 'keep smiling and be happy within yourself – keep a positive attitude towards life.'

Thank you for sharing your story, Frank, and many happy returns for your milestone birthday.

Resthaven Bellevue Heights

Happy 100th Birthday: Mrs Elsa Koerner

Thank you to Mrs Koerner's daughter, Rosemary, for submitting this story!

Mrs Elsa Koerner was born on 30 March, 1920, in Bremen, northern Germany. She had a sister, Wilma, who was nine years older than her (who lived to 105), an older brother who died when she was young, and a younger brother, Dieter, who was born in 1929.

After leaving school, mum worked as a secretary in an aviation company. She also played tennis and sang in a choir, which is where she met my father, Johann. Elsa and Johann had a civil marriage service shortly before dad went to WWII. Elsa stayed with an aunt in the country, where she had her eldest son, Horst, born in 1942. Her second son, Gunter, was born in 1946.

After the war, Johann leased a piece of land from a local farmer and built a house there (not really legally). The first winter they lived there, the house was unfinished, and icicles formed on the inside of the building. There was no water supply into the house, only a tap some distance away, and a drop toilet. Any hot water had to be boiled.

When the Cold War loomed, my father didn't want to subject my brothers to the same experience he'd had at having to go to war, and Australia was taking migrants so the family emigrated. Horst was 17 and Gunter 13.

When they first arrived, the family was sent to Bonegilla migrant camp on the border of New South Wales and Victoria. However, they had always intended to move to South Australia because of its reputation of having a lot of Germans living here.

Dad found a job in Adelaide as a bricklayer, and nine months later the family bought a house in Edwardstown. We lived in this home until Dad passed away in 1994.



Elsa and Johann became members of the German Club in Flinders Street, which became the centre of their social lives. I came along when Elsa was 44 and Johann almost 50.

Johann had by this time stopped working as a bricklayer and started up his own business as a tiler, and mum did the administration for the business. Later, when dad's knees couldn't take all the kneeling anymore, he started up a business as a picture framer. Again, mum did a lot of the phone calls and accounts.

Along with supporting Johann's business endeavours and keeping house, Elsa was also very creative, and enjoyed sewing, crochet, and needlework. Nowadays that is replaced by jigsaw puzzles and playing Rummikin.

At age 85, mum moved into an independent living unit at Resthaven Bellevue Heights, and about seven years ago she decided that she wanted to feel more secure and so moved to Manson Lodge [in the residential aged care home] where she's been ever since.

Written by Rosemary Argue

Thank you for sharing your story!

Resthaven Craigmores

Happy 100th Birthday: Mr Ray Jarman

Many happy returns to Mr Raymond (Ray) Jarman, who celebrated his 100th birthday on 14 April, 2020.

Mr Jarman was born in England, and attended Rockliffe Primary School on the coast, before leaving to go to school in London at the age of eight. He returned after a year to attend the local grammar school. He recalls that he didn't like the London school as he couldn't understand the way they talked!

He attended Commercial College until graduating age 16. Once he had finished school, he worked in a steel company, before leaving to join the Territorial Army age 18. This is where he met his late wife, Flora.

When Hitler declared war, Ray was sent to France. He says that he 'managed to get out of France without being shot,' but then became unwell and spent three months in hospital.

When he regained his health, he was sent to Africa for four months, before being discharged and going into a top secret specialist branch for four more years.

In 1969, Ray and Flora moved to Australia, where Ray worked some odd jobs before finding a permanent position at David Jones. He worked there for 15 years, until his retirement.

He has lived at Resthaven Craigmores for four years. Flora lived here with him prior to her death, aged 100, in 2018.

Over his life, Ray's hobbies included growing and selling orchids, and playing billiards and snooker.



He also took up oil painting in his retirement. He has sold many of his paintings, but several hang in his room at Resthaven Craigmores.

Ray admits that he isn't sure what his secret to health and longevity is, as he used to drink and smoke! However, he thinks maybe his wife, Flora, was his motivation. He recalls that she motivated him to stay at home until age 92, before the couple moved to a retirement living community, then to Resthaven.

His words of wisdom to the younger generation are to 'live simple, and love everyone!'

Ray celebrated his milestone birthday at Resthaven Craigmores with a lovely cake made by the kitchen team.

Resthaven Marion

Happy 100th Birthday: Mrs Beatrice Wallace

100th birthday celebrated via 'Zoom'

Mrs Beatrice Wallace of Resthaven Marion was delighted to enjoy her 100th birthday celebrations on Sunday 12 April with her family and friends from around Australia, via popular conferencing app, 'Zoom'.

Manager, Stephanie Steensma, says, 'Bea was originally meant to have a celebration at the Glenelg Golf Club with family from Adelaide and interstate – but unfortunately, that was not possible due to the pandemic situation at present.'

'Bea's granddaughter contacted us, and we arranged a Zoom conference with her family from all over Australia.'

'Bea was very surprised on Sunday when I turned up with an iPad, with all her family on there waiting to wish her happy birthday!'

'She opened her letters from the Queen and Governor General, and spent half an hour chatting with her family.'

Many happy returns, Bea!



Above: Mrs Bea Wallace chats with family from across Australia via 'Zoom'.

Below: Manager Residential Services, Stephanie Steensma, surprises Bea with a bunch of flowers and an iPad!



Resthaven Leabrook

85th Anniversary Research Uncovers Historical Photo

As part of Resthaven's 85th anniversary this year, an updated Resthaven history book by noted historian, Rob Linn, will be published in October 2020. In preparation, Rob recently toured those Resthaven sites which are new or have undergone redevelopments since the history book was last published for the 75th anniversary in 2010.

On 23 January, Rob visited Resthaven Leabrook, where he toured the Kingsborough area and retirement living apartments, which were added in 2014. Whilst there, he met up with resident, Mr Bruce Retallick, who invited him to take a look at his apartment.

Manager, Mark Bednall, says, 'Rob said he recognised Bruce's name, but couldn't remember where he had seen it.'

'In the coming days, his thoughts turned to a particular photograph on the Australian War Memorial website.'

'The photo [below] is of a group of three Royal Australian Air Force (RAAF) Leading Aircraftmen (LACs) loading equipment onto a jeep in Labuan, North Borneo, after the end of the war in 1945.'

'Rob sent me the link and I showed it to Bruce, who said, "Yes, that's me! I have a copy of that picture, but I didn't know it was on the internet. It's fabulous it is in the public domain for all to see!"'

Description: Labuan, North Borneo. 1945-11-03. Three South Australian volunteers, 152286 Leading Aircraftman (LAC) Ron Thompson, Colonel Light Gardens, 141439 LAC Don Adair, Alberton, 152742 LAC Bruce Retallick, Payneham, are assisting in the packing of boxes of necessary equipment.



Resthaven Malvern

Happy 100th Birthday: Mrs Elizabeth Gould

Warm birthday wishes to Mrs Elizabeth Gould of Resthaven Malvern, who celebrated her 100th birthday on 28 April, 2020.

'My parents were both Scottish, from an island at the very top of Scotland called Stroma,' she says. 'I was born in London whilst my parents were on holiday.'

'I grew up in Scotland and England, and had two brothers – Donald was the oldest, and Ted was the youngest. I was in the middle.'

'During the war, I worked as a telephonist at the Embankment. I clearly remember walking headlong into Winston Churchill in one of the corridors!'

'I met my husband, Walter (Wally), during the second World War. After the war, we married and had two children: Sinclair and Allan. We leased a house (upstairs) and a grocery business (downstairs) in Finchley, a suburb of London. Wally and I thought our children would have a better opportunity if we went to live in Australia, so we emigrated in 1951.'

The couple started off in Port Adelaide, before moving to Prospect, where they 'rented a house and corner store, where we sold groceries and fruit and vegetables. Our next move was to the new city of Elizabeth, where Wally worked at the Weapons Research Establishment Salisbury. I got a job as a bookkeeper at Parsons and Robertsons Electrical at Salisbury, and later in Adelaide.'

'When Wally and I retired, we bought a block of land at Cape Jervis and built a beach house, spending many enjoyable days fishing and relaxing. We had a boat, and so could go fishing in the ocean out of Cape Jervis.'

'When Wally died in 1985, I moved to Ocean Grove near Geelong, Victoria, to be near Allan. 'I enjoyed looking after Allan's two children, and collecting them from school,' she says.



When Allan got a job in Brisbane, Elizabeth moved back to Adelaide, living in an apartment between Rundle Street and Grenfell Street. She 'enjoyed city living immensely, and spent many happy times between my apartment and my son Sinclair and Janet's apartment nearby in Pirie Street.'

'My next move was at 98, when I came to live in Resthaven Malvern. I consider myself very fortunate to have had such a fulfilling life.'

Due to COVID-19 visitor restrictions, Mrs Gould enjoyed a 'window party' at the home, seated in the front foyer as her family celebrated outside. The family contacted the local Channel 9 news team, who arrived to do a television story for the nightly news. Mrs Gould was delighted to be featured on her special day.

Mrs Gould's family completely understand the measures to keep their mum safe, and were delighted with the birthday celebration. Daughter in law, Janet, said, 'In a way, it was made more special than if we celebrated with her in her room. How joyful we were – you could see in her face how happy she was.'

Many happy returns, Mrs Gould!

Resthaven Mitcham

A Gift from the 'Art'

In early May, residents of Resthaven Mitcham were delighted to receive a beautiful delivery of artwork from the year 1 children of nearby Mercedes College.

Lifestyle Coordinator, Sylvia Ortiz, says, 'The children sent us their colourful creations, accompanied by a lovely message.'

'This year, we have been building an intergenerational program with Mercedes College, which is located within walking distance of Resthaven Mitcham.'

'The children have visited us on several occasions.'

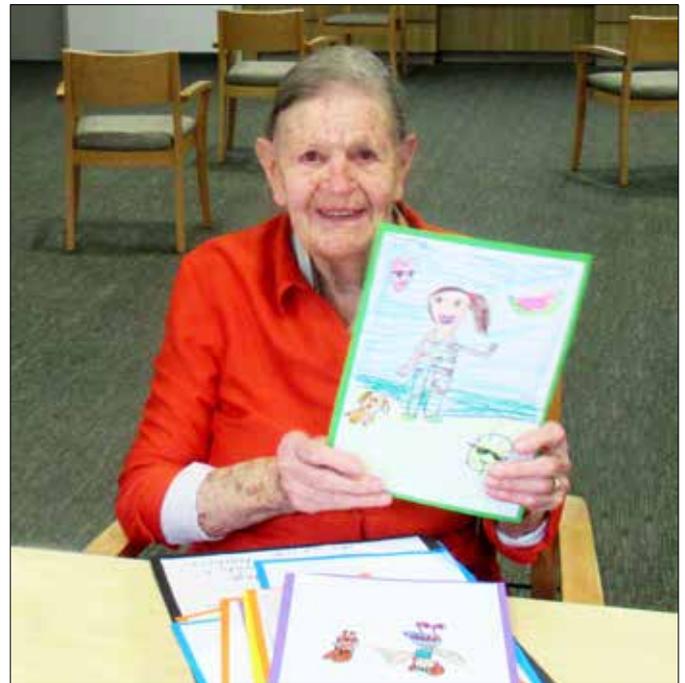
'However, due to the COVID-19 pandemic, we are currently unable to host the children onsite.'

'The school thought residents might appreciate them keeping in touch via post instead.'

'What a great idea!'

'Thank you to children of Mercedes College, residents just loved your thoughtful gesture.'

Pictured right (from top): Mrs Patricia Blue holds the handmade artwork; All the artworks up on display in the front foyer.

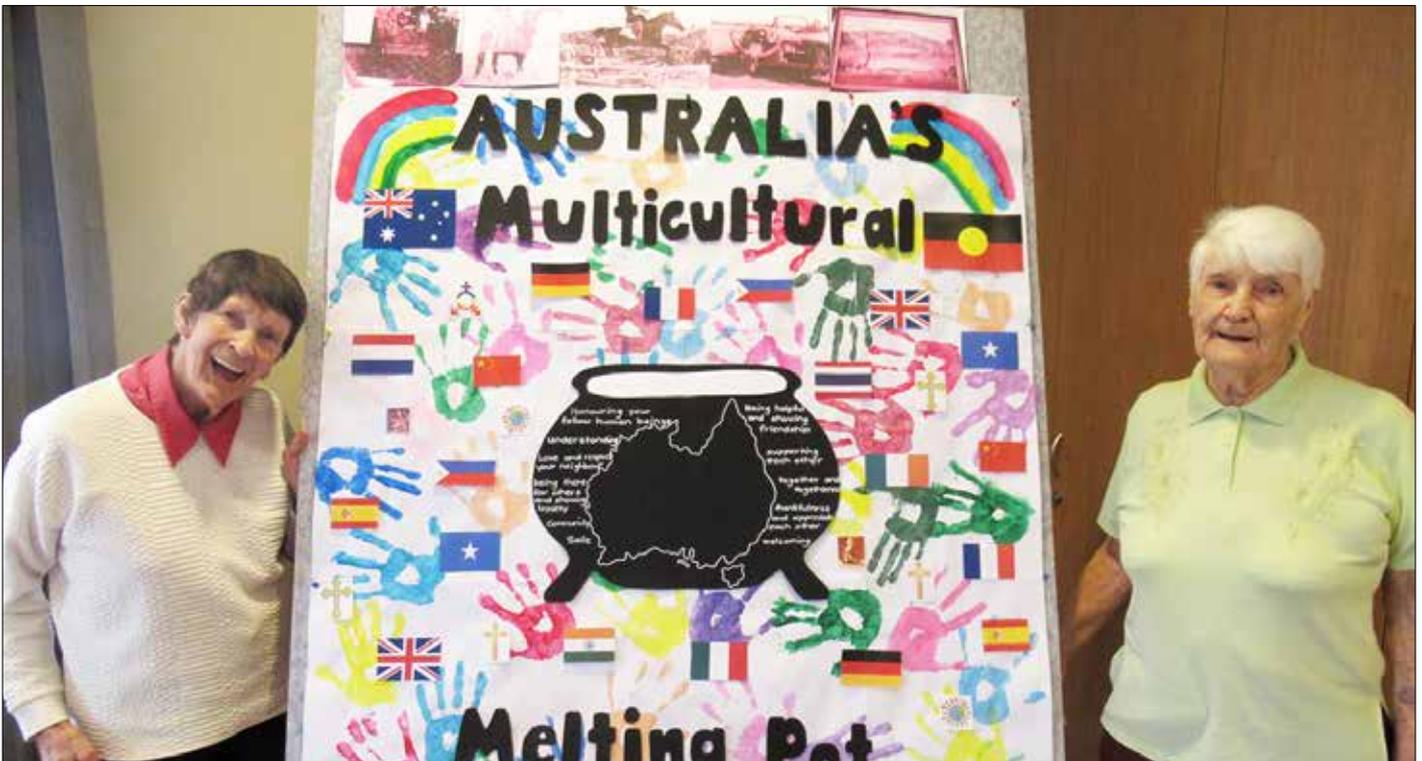


“ Children are the living messages we send to a time we will not see.

— **John F. Kennedy** ”

Resthaven Mount Gambier

Diversity & Inclusion Project



Above: Mrs Lily Logan and Mrs Margaret Craig of Resthaven Mount Gambier, with the site 'multicultural melting pot' display.

To promote a culture of inclusion and respect for all, Resthaven Mount Gambier have created an 'inclusion and diversity' poster, put together with the help of residents and staff. Mrs Lily Logan and Mrs Margaret Craig are pictured (above) with the display.

As part of the idea of a 'multicultural melting pot', they attached a 'recipe' about how our wonderful, diverse country works.

The 'recipe' was formulated by residents at Church and Chaplain's Chats, and included sentiments such as 'love,' 'respect your neighbour,' 'honour,' 'understanding,' 'togetherness,' 'home,' 'thankfulness,' 'loyalty,' 'friendship,' 'support each other,' 'appreciate,' and 'be there for others.'

These thoughtful words were written on the Melting Pot.

Craft group residents were asked to place their painted hand prints over the poster, and symbols of different nationalities, religious groups, and sexual preferences were all represented on the poster.

Resident, Mr Oscar Morris-Boyd, was invited to place a picture celebrating his indigenous heritage, or showcasing something else that is important to him. He chose to share some of his photographs, which are situated on the top of the poster.

The Resthaven Mount Gambier lifestyle team wishes to thank all those residents and staff who contributed to the piece.

Resthaven Murray Bridge

Happy 100th Birthday: Mrs Dulcie Pearce

Many happy returns to Mrs Dulcie Pearce of Resthaven Murray Bridge, who celebrated her 100th birthday on 11 March, 2020.

Mrs Pearce was born in Port Pirie in 1920, one of four children - one brother and two sisters.

Growing up, Mrs Pearce attended school in Port Pirie, before moving to Adelaide, where she worked at a cafe in the Adelaide Railway Station.

During the war years, she worked in a munitions factory. It was also during these years that she met her first husband, with whom she would have one daughter, Helen. She describes her role during that time as to look after the home and family.

Sadly, Mrs Pearce's first husband died. However, she eventually remarried, and had another daughter, Yvonne.

In her retirement years, Mrs Pearce enjoyed travelling to visit family, along with a range of hobbies such as knitting, making cards, sewing, and embroidery. She was also an avid reader, and enjoyed ballroom dancing until the age of 70.

Mrs Pearce eventually moved to Resthaven Murray Bridge in 2014, aged 94. She says she has been very happy at Resthaven, and enjoys continuing to maintain relationships with family.

Happy birthday, Mrs Pearce!



Above: Mrs Pearce with the wonderful display of photos celebrating her long life.

Below: With Manager, Debbie Lindner, and a very impressive birthday cake!



Resthaven Paradise

Happy 100th Birthday: Mrs Joan Doyle



Happy 100th birthday to Mrs Joan Doyle of Resthaven Paradise, who celebrated her milestone birthday on 8 April, 2020.

Mrs Doyle was born in Brighton, Victoria.



Above (from top): Mrs Doyle as a young woman; Mr and Mrs Doyle in their younger years.

Her mother was a homemaker, and her father worked in the Melbourne CBD at Government House. She had one sister, Shirley, who was seven years her junior.

As a young lady, she worked at Suncorp doing secretarial work. Her hobbies included swimming, card games such as Patience and Bridge, and watching Norwood Football Club every Saturday, saying she 'never missed a game.' She continues to be an avid Adelaide Crows supporter.

Mrs Doyle met her husband in 1942 at Port Cook, whilst he was training to be a pilot. They were married in October 1943 in Melbourne, and moved to Adelaide after the war.

The couple had three children, and now have 'too many grandchildren to keep count!' They were married for 67 years.

Mrs Doyle has travelled extensively, having visited Italy, France, Germany, Greece, Spain and Africa.

She moved into Resthaven Paradise in 2014. We thank her for sharing her story, and some of her treasured photos, right.

Many happy returns!

Resthaven Port Elliot

CWA Rose Blooms and Grows

The Country Women's Association's 90th anniversary rose, which was donated to Resthaven Port Elliot in 2019, bloomed beautifully throughout summer 2020!

The rose was planted on 30 August 2019, by President of the Victor Harbor Country Women's Association, Eve Balfour Ogilvy.

Eve was joined for official 'planting' on that day by resident, Mrs Margaret Newell (nee Haskard), who has been a CWA member for 39 years, and fellow CWA member, Bernice Hull. The rose was purchased by Margaret and Bernice, and donated to Resthaven Port Elliot on their behalf.



Resthaven Westbourne Park

Piano Tuning Donation is Music to the Ears

In early March, Resthaven Westbourne Park was delighted to receive a \$5,000 donation from the estate of the late Dr Neville Arthur to tune the site pianos, which were originally donated by the family back in 2008 and 2012 respectively.

Dr Arthur's parents, Mr and Mrs Joan and Ern Arthur, were both long-term residents at Resthaven Westbourne Park, moving in together in 1993. Joan passed away in 2003, Ern in 2012. Now, after Neville's death, the family continue to safeguard those same pianos, the latest being this donation on Neville's behalf to ensure that they are serviced and tuned.

Neville's sister, Liz, and her husband, Malcolm, were delighted to present the donation to Clerical Assistant, Angela Woltynski. Thank you for your kind donation.



Above: Liz Thanissorn and husband, Malcolm, present Clerical Assistant, Angela Woltynski, with a cheque for \$5,000 to tune the site pianos.

Working together: Outstanding care and support for older people and their carers.

RESIDENTIAL SERVICES

Aberfoyle Park
100 Hub Drive
Aberfoyle Park, 5159
Phone (08) 8115 1600

Bellevue Heights
47 Eve Road
Bellevue Heights, 5050
Phone (08) 8273 4400

Craigmore
200 Adams Road
Craigmore, 5114
Phone (08) 8288 4800

Leabrook
336 Kensington Road
Leabrook, 5068
Phone (08) 8139 6600

Malvern
43 Marlborough Street
Malvern, 5061
Phone (08) 8228 6300

Marion
10 Township Road
Marion, 5043
Phone (08) 8198 2000

Mitcham
17 Hill Street
Kingswood, 5062
Phone (08) 8378 8999

Mount Gambier
24 Elizabeth Street
Mt Gambier, 5290
Phone (08) 8723 0911

Murray Bridge
53 Swanport Road
Murray Bridge, 5253
Phone (08) 8532 1969

Paradise
61 Silkes Road
Paradise, 5075
Phone (08) 8336 5444

Port Elliot
3 Frederik Street
Port Elliot, 5212
Phone (08) 8554 2000

Westbourne Park
30 Sussex Terrace
Westbourne Park, 5041
Phone (08) 8271 3300

COMMUNITY SERVICES

Community Respite
31/12 Township Road
Marion, 5043
Phone (08) 8198 2060

Limestone Coast
17 Gordon Street
Naracoorte, 5271
Phone (08) 8762 4389

Marion
43 Finnis Street
Marion, 5043
Phone (08) 8306 4400

Murray Bridge,
Hills & Fleurieu
37 Swanport Road
Murray Bridge, 5253
Phone (08) 8534 2600

Northern
16 Gillingham Road
Elizabeth, 5112
Phone (08) 8259 5600

Onkaparinga
3 James Clark Road,
Noarlunga Centre, 5168
Phone (08) 8307 3700

Paradise & Eastern
61 Silkes Road
Paradise, 5086
Phone (08) 8337 4371

Riverland
60 East Terrace
Loxton, 5333
Phone (08) 8584 5866

Western
96 Woodville Road
Woodville, 5011
Phone (08) 8345 0577

General Enquiries:
Phone 1300 13 66 33

www.resthaven.asn.au

AGEDCARE ALTERNATIVES

Free aged care information service 8408 4600

Newsletter Submissions

Do you have an item for the 'Resthaven Review'?

Residents, clients and staff are strongly encouraged to submit items for publication.

Please give your items to Reception, or a staff member, to be sent to the Public Relations Department via the internal mail. Alternatively, you can email items to pr@resthaven.asn.au.

Read online issues of the newsletter, and stay up to date, by checking our website:

www.resthaven.asn.au

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