

Resthaven Review



Volume 27 Issue 1

Autumn 2018



Residential Services

- Bellevue Heights • Craigmores • 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 readers,

As we head into late summer and early autumn, it is fitting that this edition of the 'Resthaven Review' celebrates friends, family, and our great country.

With the warmer weather, many were inspired to venture into the great outdoors, including a kayaker on page 9, and a fishing group on page 13.

Others dealt with the summer heat by focusing inward – see poetic contributions, some written by residents and others simply passed around for others to enjoy, on pages 23, 24, 25, and 26.

Of course, it wouldn't be the 'Resthaven Review' without milestone 100th birthdays – see pages 19 and 27.

Finally, the usual groups, events, parties and functions continued, from Australia Day at Resthaven Bellevue Heights (page 11), a 'Day Time Night Quiz' at Murray Bridge, Hills & Fleurieu Community Services (page 15), and a Christmas Party at Resthaven Northern Community Services (page 16).

Don't forget to check out the many groups offered at various Resthaven Community Services locations, listed on pages 13, 14, 16 and 17. Similarly, if you are interested in a tour of one of Resthaven's eleven residential homes, see page 10 for this year's tour dates.

All in all, there is plenty of summer fun in the following pages, to read as autumn beckons. Enjoy!

Resthaven Public Relations Team

From the CEO...

Another Great Year Ahead

As we embark on another year, I am reminded that Resthaven works with approximately 10,000 older people, offering the compassionate care and respect you deserve in maintaining your quality of life in your particular circumstance.

In this, Resthaven's 83rd year, I trust that our services continue to support you.

Industry Update

Important changes are required to the Australian aged care system to support those who have contributed so much to our community and families, and some of whom now need our help.

Reflecting on what we observed in 2017, one area high on the priority list includes the more than 100,000 individuals who have been assessed as eligible or needing a Home Care package, yet there is not a package available for them. Most have high care needs—needing such a package to assist them to remain at home.

The Federal Government has continued an important, bipartisan aged care reform process, giving welcomed control, choice and a greater emphasis to services that support older people to remain living at home. However, many thousands of older people cannot obtain the support they have been assessed for because there are not enough high level home care packages available. The number of people on the national wait list **exceeds** the number actually receiving a home care package on any given day.

Continued opposite page...

From the CEO...

The most recent data indicates that more than 100,000 older individuals in Australia are assessed for a home care package at a level of support they are not receiving.

In 2018, a key challenge for all members of Federal Parliament is to address this situation. We optimistically look forward to the May 2018 Federal Government Budget, with the hope that it will result in a significantly increased number of high level Home Care Packages and introduction of a Level 5 Home Care Package.

During 2018, the anticipated move to a single set of quality standards will be a major area of focus requiring significant adjustment for services in both residential aged care homes, and in-home care.

The proposed new quality framework that AACQA will adopt and the funding model review is another focus. Of major importance is ensuring a sustainable aged care system that consumers expect and deserve, with an appropriately skilled workforce to deliver it.

Board Matters

On 1 January 2018, Darren Birbeck commenced as Treasurer. Darren has been a member of the Resthaven Board since June 2016. His appointment follows the retirement of Geoff Tully as Treasurer.

On behalf of the Board and Executive, we sincerely thank Geoff for his outstanding commitment and support of Resthaven as Treasurer.

We are fortunate to continue to have Geoff's expertise on the Board in his final year. Geoff has dedicated many years to Resthaven.



Generators

From late November 2017, we commenced installation of power generators at every Resthaven residential home. This decision was approved by the Board in response to the significant power shortage risks that are reported for South Australia. The generators will assist in times of electricity blackouts, to minimise discomfort and risk to residents.

The majority of this \$2.5 million project is complete, with the final generator being installed at the new Resthaven Aberfoyle Park site prior to its opening in mid 2018.

Sites currently undergoing major building projects will have generators installed at different times specific to their build.

Resthaven's Head Office has also had a generator installed to ensure business continuity.

Continued page 4...

From the CEO...

Childdsafe

Resthaven's purpose is to work with older people and their carers to offer the best possible outcomes in their personal circumstance. So whilst our focus is on older people, Resthaven values children and what they bring to our communities as family members, church and school groups, volunteers, and visitors.

We believe that children should feel and be safe. We are committed to maintaining a child safe and friendly environment within all services and where services come into contact with children.

Since late 2017, we have been establishing (where necessary), enhanced 'child safe' environments and practices in accordance with our values, the Uniting Church in Australia's National Child Safe Policy Framework for a Child Safe Church, and The Children's Protection Act 1993 (SA), which requires appropriate policies and procedures to be in place to ensure that child safe environments are established and maintained.

Thank You

I was delighted to spend time with many residents, family members and staff at the annual Resident Christmas Functions held at all Resthaven residential sites during December 2017.

My sincere thanks to residents and staff for welcoming representatives from the Resthaven Executive and Board to your site communities. Some Head Office staff also attended to support the functions.

I spoke with many residents and families. I was gladdened to hear nothing but praise for the hard work of our staff in supporting you to meet your individual wellness goals.

I also extend my thanks to our community services teams, who supported clients to enjoy the festive season, whether through on-site events, or by assisting them to attend social activities or family functions. This is an important part of our work supporting people to live independently at home.

It was heartwarming to observe many acts of kindness shown across Resthaven in supporting those less fortunate, from support for Christmas hampers, 'It's in the Bag', the Hutt Street Centre, and more. It reinforces that ours is a very caring community.

Best wishes for 2018, and to another great year ahead.

Richard Hearn
Chief Executive Officer

Below (L-R): James Bevan (Lifestyle Assistant), 'Santa' (Tom Lynas, Residential Services Accountant), and Richard Hearn (CEO) at the 2017 Resthaven Paradise Christmas Luncheon.



Building Services

In 2018, Resthaven continues the expansions and redevelopments that are underway across the organisation. We not only respond to the daily needs of existing customers, but also respond to the growing demand of an ageing community.

Major redevelopments continue at Resthaven Mitcham (\$14 million), Murray Bridge (\$16.5 million), and Westbourne Park (\$5.2 million). A minor upgrade is underway at Paradise as we plan for future major redevelopment of this location.

Resthaven Aberfoyle Park

The superstructure of Resthaven's newest residential site at Aberfoyle Park is complete, with cladding progressing well and the roof installed. Cabling for services are installed, and rooms are being formed.

Resthaven Mitcham

The new 'Lavender', 'Jasmine' and administration areas at Resthaven Mitcham are being enjoyed by all residents and staff.

The main site entry has returned to Smith-Dorrien Street whilst stage 2 is undertaken, which involves the demolition of 'Clement' and 'Crump'. Works to the new carpark and 'Banksia' extension are underway.

Resthaven Murray Bridge

Stage 3 of the redevelopment is now underway. See page 28 for more information.

Resthaven Westbourne Park

The works are progressing well at Resthaven Westbourne Park. Turn to page 31 for the latest updates.



Resthaven Paradise

Works are progressing at Resthaven Paradise, with the lounge rooms in 'Robin' and 'Swan' complete, along with eight updated rooms, which are more open and functional. Cool room works are underway.

Environmental Responsibility

Resthaven is committed to fulfilling environmental responsibilities, and ensuring that all we do complies with or exceeds statutory requirements. Environmentally friendly practices included use of solar panels, reticulated water for gardens and energy efficient lighting.

Recycling management and waste minimisation strategies are standard at every Resthaven location. All new buildings incorporate environmentally friendly design. Redevelopments and refurbishments aim to improve the environmental impact of existing buildings.



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

Residential Services

Award Presentation

On 8 December 2017, Philomena Mitolo from the Aged Care Quality Agency visited Resthaven Marion to formally acknowledge the residents and staff involved in the award winning 'Spirituality in the Garden' program. The program was awarded an Aged Care Quality Agency 'Commendation' award as part of the 2017 Better Practice Awards. My thanks to all who contributed, and continue to contribute, to this outstanding initiative.

Accreditation

From December 2017 - January 2018, Unannounced Assessment Contact Visits from the Australian Aged Care Quality Agency were completed at Resthaven Mount Gambier, Bellevue Heights and Marion. I am pleased to report that all visits were successful, with all Expected Outcomes reviewed as met. Well done.

Staff News

I am pleased to announce the appointment of former Resthaven Marion Manager Residential Services (MRS), Anthea Tyler, to the role of Residential Funding and Accommodation Manager, based at Resthaven Head Office.



With Anthea's move, we have recruited one of Resthaven's Relieving Managers Residential Services, Stephanie Steensma, to the role of MRS at Resthaven Marion.



Above (L-R): Rev Bruce Grindlay (Coordinating Chaplain, Resthaven Marion), Tina Cooper (Executive Manager Residential Services), Philomena Mitolo (AACQA), Ben Sarre (Deputy Board President) and Anthea Tyler (then-Manager Residential Services) with their Better Practice Award trophy in December 2017.

Mia Brooks, also a Relieving MRS, has been appointed to the MRS role at our newest residential site, Resthaven Aberfoyle Park, opening in mid-2018. Read more about Mia on page 22.



Congratulations to Anthea, Stephanie and Mia on their new appointments!

Enhanced Service Options

Resthaven Lifestyle Choices *Plus* offers enhanced services available for purchase by and for residents. Our Companion Service was introduced in 2017 across all homes, and has been very well received. Many residents have taken advantage of booking one of our capable staff to accompany them on a personal outing, to appointments, or for additional companionship visits on site.

Continued opposite page...

Residential Services

In response to feedback from residents, at some sites we are trialling a new exercise program run by a physiotherapist, aimed at improving balance, core strength and physical fitness. Residents with private health cover may be able to claim some of the cost of the class.

We are also exploring additional catering options, such as offering different high tea events or supplying a barbeque or picnic pack for a family get together.

We are pleased to offer these additional services to further enhance your quality of life. Booking details are available from reception staff.

Dining Excellence

Responding to customer needs and preferences, a positive dining experience consistently rates as important. Consequently, a review of practices related to the dining experience for residents living in all Resthaven residential aged care homes was conducted. The project reviewed food quality, dining room ambience, staff service skills and presentation, table setting and table presentations, crockery, cutlery and glassware.

A staff orientation training film was developed to visually show staff the expected "Resthaven Dining Excellence" approach. This is very helpful where cultural experiences differ. The project reinforces our expectations in dining and staff training. There has been a significant improvement in resident satisfaction to their dining experience so far. Throughout the year, this project will continue to be rolled out at all sites.

Research Collaboration

Resthaven has worked in collaboration with the Monash University since 2015. The first project, "Optimising the use of medicines in aged care facilities" gathered data from 383 residents across six Resthaven residential aged care homes.

Annual reviews of medicines and potentially preventable hospitalisations of the original study group will inform a 2018 research study, entitled "Project Prevent". It will investigate pathways to potentially prevent infection and falls-related hospitalisations, via work with expert panels.

I look forward to an exciting 2018 as we embark on change and growth in our services.



Tina Cooper
Executive Manager,
Residential Services



Mrs Shirley Kanally of
Resthaven Malvern
is served by Heidi
Boller (Coordinator
Housekeeping Services)

Volunteer Services

Volunteer Pastoral Support

In December 2017, it was with great fondness that Resthaven farewelled Volunteer Chaplain's Assistant, Joan Bennett (right, with Resthaven Westbourne Park Manager Residential Services, Marian Greenshields).



Joan volunteered with Resthaven Westbourne Park (initially with Bellevue Heights) for seven years. She contributed much to the chaplaincy team, with her spiritual insight, great sense of humour, prayer support, and piano skills.

'I have so many beautiful memories of my time at Resthaven,' says Joan.

'However, anything I have given is nothing compared to what I received. It was always a privilege to just 'be' there for residents.'

'We really enjoyed the church services together too, and I so enjoyed being able to play the music.'

'Staff and residents were so welcoming, and I am going to miss them all terribly.'

'However, I know that God's timing is right, and I thank Him for all He does and has done for us all.'

'Volunteering has been such a privilege, and I have enjoyed it very much.'

Farewell, Joan, and we wish you all the very best in your retirement.

Resthaven's Coordinating Chaplains and Chaplain's Assistants contribute to offering a welcoming presence across residential sites, providing emotional, religious and spiritual support to residents of all faiths – or none, respecting the dignity and sacredness of all individuals.

Each residential site has a Chaplain.

Resthaven on 1197 AM Vision Australia (formerly 'Radio RPH')

Remember to listen to 1197 AM Vision Australia Radio on the second Saturday of the month

for Resthaven's regular speaker spot. See this year's schedule at right.

Thank you to all speakers for this community engagement.



Date (2018)	Speaker
10 Feb	Rev Dr Bruce Grindlay, Coordinating Chaplain
10 Mar	Jessica Bonfield, Coordinator Western Community Services (CS)
14 Apr	Manule Harpas, Manager Onkaparinga CS
12 May	Stacey Thompson, Manager Volunteer Services
9 June	Mia Brooks, Manager Resthaven Aberfoyle Park
14 July	Tina Cooper, Executive Manager Residential Services
11 Aug	Darren Pike, Senior Manager Residential Services
8 Sept	Kerry Billing, Student Facilitator
13 Oct	Anthea Tyler, Residential Accommodation and Funding Manager
10 Nov	Mark Trebilcock, Agedcare Alternatives Coordinator
8 Dec	Karen Hammond, Manager Northern CS

Community Services



Our Services

This year, we will give renewed focus to the Commonwealth Home Support Programme, particularly those aspects related to a stronger focus on reablement.

We are also expanding support for people with vision loss. Specialised vision support services are individually tailored to manage vision loss, maximise independence and support people to remain living at home.

To speak with your nearest Resthaven Community Services location, phone 1300 13 66 33.

Community Expansion

We are in the process of designing a new office for Resthaven Murray Bridge, Hills and Fleurieu Community Services, located adjacent to the residential home. This will accommodate expansion in rural community service delivery.

Reablement Story

Resthaven's Short-Term Restorative Care program has supported Resthaven Marion Community Services client, David, to return to his passion of kayaking on the Murray River (pictured above).

David, who has Parkinson's Disease, attends several Resthaven Marion Community Services groups and centre-based gym sessions. A home-based exercise program was developed, and equipment provided. David's condition and balance has markedly improved, and he is able to manage his daily tasks.

Well done to the Resthaven Marion Community Services team for their support throughout David's reablement journey.

Sue McKechnie
Executive Manager,
Community Services





Resthaven 2018 Residential Site Tours

Tours of all Resthaven residential sites are held regularly.

To book a tour, please ring the site directly (details below). **Tours are by appointment only.**

For general Resthaven residential enquiries, phone the Head Office team on 8373 9113.

Resthaven 2018 Residential Site Tour Dates/Times

	<i>Bellevue Heights</i>	<i>Craigmore</i>	<i>Leabrook</i>	<i>Malvern</i>	<i>Marion</i>	<i>Mitcham</i>	<i>Mount Gambier</i>	<i>Murray Bridge</i>	<i>Paradise</i>	<i>Port Elliot</i>	<i>W'bourne Park</i>
	2pm	2.30pm	2pm	11am	2pm	11am	2pm	11am	2pm	2pm	2pm
Jan	19	10	4 & 17	8	4	3	4	17	9	11	10
Feb	16	14	1 & 21	12	1	7	1	21	13	8	14
Mar	16	14	1 & 21	19	1	7	1	21	13	8	14
April	20	11	5 & 18	9	5	4	5	18	10	12	11
May	18	9	3 & 16	14	3	2	3	16	8	10	9
June	15	13	7 & 20	18	7	6	7	20	12	14	13
July	20	11	5 & 18	9	5	4	5	18	10	12	11
Aug	17	8	2 & 15	13	2	1	2	15	14	9	8
Sept	21	12	6 & 19	10	6	5	6	19	11	13	12
Oct	19	10	4 & 17	8	4	3	4	17	9	11	10
Nov	16	14	1 & 21	12	1	7	1	21	13	8	14
Dec	21	12	6 & 19	10	6	5	6	19	11	13	5

Resthaven Residential Site Contact Details

<i>Resthaven Residential Site</i>	<i>Address</i>	<i>Phone Number</i>
Resthaven Bellevue Heights	47 Eve Road 5050	8278 8588
Resthaven Craigmore	200 Adams Road 5114	8254 4008
Resthaven Leabrook	336 Kensington Road 5068	8332 4333
Resthaven Malvern	43 Marlborough Street 5061	8272 0222
Resthaven Marion	10 Township Road 5043	8296 7555
Resthaven Mitcham	17 Hill Street, Kingswood 5062	8271 0639
Resthaven Mount Gambier	24 Elizabeth Street 5290	8723 0911
Resthaven Murray Bridge	53 Swanport Road 5253	8532 1969
Resthaven Paradise	61 Silkes Road 5075	8336 5444
Resthaven Port Elliot	3 Frederik Street 5212	8554 2000
Resthaven Westbourne Park	30 Sussex Terrace 5041	8271 3300

Retirement Living

Australia Day Celebrations at Bellevue Heights

Australia Day 2018 was celebrated by Resthaven Bellevue Heights Independent Retirement Living Unit residents with a lunch of traditional Australian 'tucker'.

Residents shared pea soup, pie floaters, bacon, egg and cheese damper, lamingtons, and pavlova.

In true 'Aussie' style, there was much camaraderie and friendship, with all guests having a lovely time.

The afternoon was rounded off with a sing-along of old favourites, including 'Waltzing Matilda', 'Click goes the Shears', and 'I still call Australia home'. A nice sentiment to finish off the afternoon.



Resthaven Community Respite Community Services

'Thank You for Everything' says Fred

As Mr Fred Mogel blew out the candles on his 84th birthday cake, he reflected on the positive changes to his life since attending the Lane Cottage Program through Resthaven Community Respite Services.

'I'm very, very lucky that I got here, as a year ago, I had my doubts,' he says.

'I am thankful to all the people around me, including all the people here [at Resthaven Lane Cottages] – I couldn't have met nicer people.'

Resthaven Community Respite Services Coordinator, Gillian Schulze, explains, 'A year ago, Mr Mogel had a medical episode which altered his ability to successfully process information, make decisions and maintain connections with others.'

'He was depressed, and his wife was needing a break from her caring role.'

'Through attending our Lane Cottage Day Respite Program once a week, Mr Mogel has had the opportunity to socialise with others, and participate in Cognitive Stimulation Therapy activities.'

'This has enabled him to articulate his thoughts, and has given him a newfound sense of worth and wellbeing.'

Mr Mogel celebrated his birthday at Lane Cottage. As he cut his chocolate cake, he said, 'I've been here almost every week, and I really look forward to coming.'

He paid particular tribute to Home Support Worker, Libby, saying with a laugh, 'My good "chauffeur," Libby – she never lets me down!'



Above: Mr Fred Mogel enjoys his 84th birthday celebration with cake and a smile at Resthaven Community Respite Services.

'She's there every day, and she gets me home safely, and I'm thankful for that.'

'All in all, long story short, I love you all and thank you very much for everything.'

Thank YOU for your beautiful words, Mr Mogel.

To find out more about Resthaven Community Respite Services, phone 8358 3173.

Resthaven Limestone Coast Community Services

Group Shennanigans

It's all happening at Resthaven Limestone Coast Community Services, with an array of fun groups now available for older people in the area. 'We do lots of great activities in our groups, including cooking, exercises, bus trips and games,' says Manager, Liz Southall.

'Group members meet new people, learn new skills, and remain socially connected.'

'The number of people attending the groups continues to grow, with about ten people currently attending our Naracoorte Social Group. This group (above right) recently spent an afternoon making beautiful jewellery.'

'Not to be outdone, the Millicent Men's Group took a fishing trip up the river (right), coming home with an impressive catch.'

'If you would like to join any of the groups listed, just contact our office on 8762 4389. Our staff team will be happy to help you.'

'Alternatively, you can contact the Government portal, My Aged Care, and let them know that you wish to join a Resthaven Limestone Coast Community Services Social Group.'

'We also offer overnight and day respite for carers in Naracoorte. We can provide transport to and from the respite cottage, so it is easier for everyone. Phone us to find out more about our respite services.'

Resthaven Community Services has offices at Naracoorte (8762 4389) and Millicent (8733 3311). Overnight respite is available at Pavy Street, Naracoorte, for several nights.



Current Groups

- Millicent Exercise Group, weekly on Fridays at 10am
- Millicent Men's Exercise Group, weekly on Fridays at 1.30pm
- Millicent Men's Social Group, social activities, bus trips, movies, events
- Naracoorte Baking Buddies, weekly on Wednesdays, 1-4pm
- Robe 'Golden Oldies' Social Group, weekly on Mondays
- Naracoorte Social Group, weekly on Mondays 1-3pm

A minimal fee (less than \$10) may apply.

Resthaven Marion Community Services

Barbara's New Lease on Life

Barbara has come a long way since she first approached Resthaven Marion Community Services for support more than four years ago.

'Barbara first came to us for physiotherapy to help with her arthritis,' says Manager, Deb McDonald.

'After a few weeks, she heard about our "Wellness on Wednesday" group, a group specifically for older people with arthritic hands.'

'Barbara thought she would give this a go, thinking that she had "nothing to lose" by coming along.'

'I think it's safe to say that Barbara's moderate expectations were exceeded!'

'Thanks to the classes, and her own hard work, Barbara has regained movement in her hands, enabling her to knit and crochet again for the first time in years.'

'She has been busy resuming these much-loved crafts, creating beautiful hand towels, blankets, and fiddle muffs.'

'She gets great pleasure in handing out her crafty goods to other Resthaven Marion Community Services clients at Christmas.'



'Barbara is also a regular of our "Friday Club," where she enjoys the guest speakers and entertainment.'

'She is a regular face in our hallways, and has even referred to Resthaven Marion Community Services as her "second home" – a lovely sentiment that means a lot to staff.'

'Barbara especially prizes the friendships made here, saying that our services have given her a "new lease of life".'

Wellness Groups and Classes

Resthaven Marion Community Services offers a wide range of excellent wellness groups and classes.

Several groups focus on support and management for those living with parkinson's, arthritis and dementia.

A range of exercise classes are offered throughout the week, from gentle Tai Chi classes, to music-based fitness.

Social groups and 'positive thinking' groups are also available.

For a full group list, phone 8296 4042.

Resthaven Murray Bridge, Hills & Fleurieu Community Services

Inaugural 'Day Time Night Quiz'



In mid-2017, Resthaven Murray Bridge, Hills & Fleurieu Community Services held their Inaugural 'Day Time Night Quiz'.

Occupational Therapist, Carolyn Tenney, says, 'There was a great turnout, with representatives from all groups – the "Wellness on Wednesday" ladies made up two tables, the "Squeaky Joints" arrived with an air of confidence to make up another table, and the "Parkinson's Support" group made up the fourth and final table.'

'All groups were in fine form, and vying for the prizes and bragging rights.'

'Our MC, Bernie, was in fine voice, with question and quizzes to keep the crowd entertained.'

'The competition was close and vocal after six rounds and bonus questions.'

'In the end, the "Squeaky Joints" were the overall winners, each taking home a prize, and, most importantly, bragging rights.'

'The "Squeaky Joints" are looking forward to defending their title in 2018!'

'In the meantime, we are sure that the "Wellness on Wednesday" and "Parkinson's Support" groups have every intention of challenging that title.'

'A big thank you to those who helped arrange, set up and clean up, and to all those who attended—we hope you had as much fun as we did!'

Well done to all.

Resthaven Northern Community Services

Christmas Celebrations

In December 2017, Resthaven Northern Community Services clients enjoyed a fantastic Christmas function.

Staff loved serving and interacting with the clients on the day, and fun was had by all who attended!



Resthaven Onkaparinga Community Services

Wellness Groups and Classes

Maintaining physical and mental health aids independence. The following groups are offered by Resthaven Onkaparinga Community Services:

- Moana Mews Movers: Low impact exercises and morning tea, Tuesdays, 10 – 11.45am
- Luncheons: Lunch and a chat at a variety of local hotels, first Wednesday of each month, 12 noon – 2.30pm (transport may be negotiated)
- Ladies Afternoon: Pampering, quizzes, games and afternoon tea, second Tuesday afternoon of the month, 1.30 – 3.30pm
- Arthritis Support Group: support and friendship, Wednesdays, 12.45 – 3pm.

A minimal cost (approx. \$10) may apply.

For more information, or to join a group, please phone 8326 3444.



Resthaven Paradise & Eastern Community Services

Summer Sunflowers

This huge sunflower is towering over the garden beds at Resthaven Paradise & Eastern Community Services, giving a cheery welcome to all clients visiting for their wellness services. What a lovely summer display!



Letter of Thanks

Resthaven Paradise & Eastern Community Services staff recently received the following letter from a client. Thank you for your kind words!

We would like to thank you for planning and implementing such a variety of activities, and the dedication and joy you put into caring for your clients while they are at respite care every week. You definitely show concern for their welfare.

The program of activities, especially the outings, are much appreciated and thoroughly enjoyed.

It is comforting to know that the life of an elderly person is valued and enriched by attending your care.

The lunch bus excursions have been a highlight to which Paul has eagerly looked forward with anticipation. We both appreciated the services provided.*

*Kind regards, Paul and Janet**

** Names have been changed to protect clients' privacy.*

Wellness Groups and Classes

Resthaven Paradise & Eastern Community Services offers a wide range of groups to support older people. Check these out!

- Respite Group: Crafts, activities, morning tea, Mondays and Fridays, 10am – 2pm
- Dance Class: Mondays, 2.30 – 3.30pm
- Pool Exercises: Group class in the pool, Tuesdays, 10.30 – 11.15am
- Circuit Class: Exercises with equipment, Tuesdays and Thursdays, 10.30 – 11.30am
- Move Well: Stretching and gentle exercises, Tuesdays, 1 – 2pm
- Keep Fit: Chi ball sitting and standing exercises, Wednesdays, 9.15 – 10.15am
- Parkinson's Group: Exercises and education, Wednesdays, 10.30am – 12 noon
- Parkinson's Carers Support Group: Social support and morning tea, first Wednesday of the month, 10.30am – 12noon
- Speech and Communication Group: Encouraging group environment, Wednesdays, 1.30 – 3pm
- Campbelltown Keep Fit Group: Chi ball standing exercises, Thursdays, 9.15 – 10.45am
- Aquatic Physiotherapy: Individual exercises in the pool, Thursdays, 10 – 10.45am
- Keep Active Group: Seated exercises, Thursdays, 1.30 – 3pm
- Water Exercises: Group exercises in the pool, Thursdays 11 – 11.45am

A minimal cost (approx. \$10) may apply.

For more information, or to join a group, please contact Dawn on 8337 4371.

Resthaven Riverland Community Services

Melbourne Cup Festivities

In November 2017, Resthaven Riverland Community Services held a Melbourne Cup Luncheon for clients at the Berri Hotel.

Clients and staff alike enjoyed watching the Cup together, along with mini sweeps, where each client drew a horse's name from a cup. The winners were given a box of chocolates.

Everyone enjoyed an afternoon of good food, laughter, and great conversation.



Did you know...?

In September 2017, the \$200,000, 18-carat gold Emirates Melbourne Cup visited Resthaven Murray Bridge.

The Cup was making its way around South Australia as part of its milestone 15th annual tour of Australia and New Zealand. The tour started in West Wyalong in regional NSW, where the gold used to make the trophy is mined, and visited 31 destinations, including Resthaven Murray Bridge, before returning to Flemington for the 'big race' in November!

'When You Were Young'

The Loxton Mardi Gras, to be held on 24 February, is celebrating its 61st 'birthday' this year, with the fitting theme, 'When You Were Young'.

Resthaven Riverland Community Services will have a booth at the event. As part of the celebrations, some clients are providing photos from when they were young, and a more recent photo, along with a story from their youth, such as the one below.

Manager, Sandy Smith, says, 'We hope that these stories will reach out into the community, allowing others to remember that everyone was young once, and that older people have amazing stories to tell.'



Age 16



Age 87

I grew up in the United States during prohibition. Alcohol was illegal to drink and especially to make. I remember my uncles and neighbours all making moonshine in their bathtubs. Sometimes the police would come around and try to catch everyone making the moonshine, so all of us kids would run between the houses with buckets emptying one bathtub and running to another house and pouring it in to that tub after the police checked it! We would run through the woods where we couldn't be seen. And we were never caught! ~Helen Woyinarski

Resthaven Western Community Services

Happy 100th Birthday: Mr Arthur North

On 22 March 2018, Resthaven Western Community Services client, Mr Arthur North, will celebrate his 100th birthday.

Mr North was born in Wallaroo, where he lived until he was around six years old, before the family moved to Adelaide.

'I grew up mainly in Parkside – we were there for donkey's years,' he says.

'I had several ways of holding a job in those days – I started off at William Adams working on motorbikes aged around 16. After a few months, I managed to get into the counter instead of the store room.'

'It was the depression days, and I was pretty lucky in getting a start really.'

'They asked if I could ride a Harley Davidson with a sidecar,' he says.

'I says, "Yes, they're very good, those Harley's" – but I'd never driven one in me life!'

'You gotta tell a fib now and then to get a start,' he says with a wink.

He then moved to a motor workshop at Parkside.

During the war, Mr North was stationed at the top of Australia, but didn't leave the country. Being a mechanic, his trade was an essential service to Australia.



He met his late wife, Gladys, at a dance in Grote Street, and the couple went on to have four children.

After the war, Mr North worked on the corner of Waymouth and Currie Street for 30 years, before the business was subsequently sold, and moved out to Gepps Cross.

Mr North moved to Richmond 20 years ago, where he now lives with his son and daughter in law, and their enormous Rhodesian Ridgeback puppy, Cooper, who is almost as tall as Mr North!

He is an avid Crows fan.

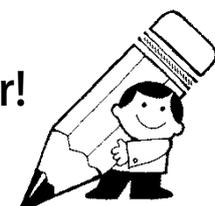
Mr North has six grandchildren and eight great-grandchildren, many of whom will help him celebrate his milestone birthday at the Western Youth Centre on Marion Road.

Many happy returns!

Residential Diary Dates 2018

Site	Day	Event	Time
Aberfoyle Park 100 Hub Drive Aberfoyle Park	Date to be confirmed	Residents' AGM	TBC
	Thursday 6 December	Christmas Lunch	12.00 noon
Bellevue Heights 47 Eve Road Bellevue Heights Ph 8278 8588	Tuesday 15 May	Volunteer Thank You Event	2.00pm
	Tuesday 12 June	Memorial Service	1.30pm
	Wednesday 12 Sept	Residents' AGM	11.00am
	Friday 21 Dec	Christmas Lunch	12.00 noon
Craigmore 200 Adams Road Craigmore Ph 8254 4008	Wednesday 16 May	Volunteer Thank You Event	2.00pm
	Thursday 14 June	Memorial Service	2.00pm
	Friday 7 Sept	Residents' AGM	11.00am
	Thursday 20 Dec	Christmas Lunch	12.00 noon
Leabrook 336 Kensington Road Leabrook Ph 8332 4333	Wednesday 2 May	Volunteer Thank You Event	2.00pm
	Wednesday 27 June	Memorial Service	2.00pm
	Friday 14 Sept	Residents' AGM	11.00am
	Tuesday 11 Dec	Christmas Lunch	12.00 noon
Malvern 43 Marlborough Street Malvern Ph 8272 0222	Friday 11 May	Volunteer Thank You Event (combined event at Malvern)	2.00pm
	Friday 8 June	Memorial Service	2.00pm
	Wednesday 19 Sept	Residents' AGM	11.00am
	Thursday 13 Dec	Christmas Lunch	12.00 noon
Marion 10 Township Road Marion Ph 8296 7555	Thursday 17 May	Volunteer Thank You Event	2.00pm
	Thursday 14 June	Memorial Service	2.00pm
	Thursday 25 Sept	Residents' AGM	11.00am
	Wednesday 12 Dec	Christmas Lunch	12.00 noon

Note these diary dates in your calendar!



Residential Diary Dates 2018

Site	Day	Event	Time
Mitcham 17 Hill Street Kingswood 5062 Ph 8271 0639	Friday 11 May	Volunteer Thank You Event (combined event at Malvern)	2.00pm
	Wednesday 6 June	Memorial Service	2.00pm
	Tuesday 11 Sept	Residents' AGM	11.00am
	Monday 3 Dec	Christmas Party	12.00 noon
Mount Gambier 24 Elizabeth Street Mount Gambier Ph 8723 0911	Friday 25 May	Volunteer Thank You Event	2.00pm
	Wednesday 13 Jun	Memorial Service	2.00pm
	Monday 10 Sept	Residents' AGM	11.00am
	Monday 10 Dec	Christmas Lunch	12.00 noon
Murray Bridge 53 Swanport Road Murray Bridge Ph 8532 1969	Tuesday 8 May	Volunteer Thank You Event	2.00pm
	Tuesday 31 July	Memorial Service	2.00pm
	Wednesday 19 Sept	Residents' AGM	2.00pm
	Friday 30 November	Christmas Lunch	12.00 noon
Paradise 61 Silkes Road Paradise Ph 8336 5444	Friday 14 May	Volunteer Thank You Event	2.00pm
	Monday 25 June	Memorial Service	2.00pm
	Wednesday 5 Sept	Residents' AGM	11.00am
	Friday 14 Dec	Christmas Lunch	12.00 noon
Port Elliot 3 Frederik Street Port Elliot Ph 8554 2000	Wednesday 9 May	Volunteer Thank You Event	2.00pm
	Tuesday 3 July	Memorial Service	2.00pm
	Friday 21 Sept	Residents' AGM	11.00am
	Monday 17 Dec	Christmas Lunch	12.00 noon
Westbourne Park 30 Sussex Terrace Westbourne Park Ph 8271 3300	Friday 11 May	Volunteer Thank You Event (combined event at Malvern)	2.00pm
	Friday 6 July	Memorial Service	2.00pm
	Tuesday 18 Sept	Residents' AGM	11.00am
	Tuesday 18 Dec	Christmas Lunch	12.00 noon

Resthaven Aberfoyle Park

Manager Appointed

Mia Brooks has been appointed as Manager Residential Services for Resthaven's new residential home at 100 Hub Drive, Aberfoyle Park. Resthaven's twelfth aged care home is due to open mid-year.

CEO, Richard Hearn, says, 'Mia has worked in aged care for the last six years. In her current role as Relieving Manager Residential Services at Resthaven, Mia has gained valuable experience in working at several of Resthaven's residential aged care homes.'

'Another benefit is that Mia lives locally, and is engaged in community activities. She is excited to start in this new position and assist in the early set-up work required prior to opening the home mid-year.'

Mia says, 'When the opportunity came up to manage Resthaven Aberfoyle Park, I was delighted to be the successful candidate.'

'This is a fantastic opportunity to work in my local area, in our brand new, state of the art residential home.'

'I am looking forward to commissioning a new home from day one, and building up a high quality staff team of around 100 people, across a seven day roster.'

'Most importantly, I am looking forward to building very close relationships with new residents and their families – I enjoy really getting to know each person and who they are.'

Mia, like all Resthaven Residential Service Managers, is a Registered Nurse, having commenced her training at The Queen Elizabeth Hospital in 1979.



From there, she went on to obtain her midwifery certificate, and worked in a variety of nursing roles, both in Australia and overseas.

'I chose to work for Resthaven because of our excellent reputation for high quality care and services,' she says.

'I feel very fortunate to be working with such a well-respected not for profit organisation.'

Mia is looking forward to getting out and about in the Aberfoyle Park community, starting with the 'get to know your neighbour' community event on Friday 23 February from 5–9pm at 28 Taylors Rd West, Aberfoyle Park (in the school grounds).

'I encourage you to come along and say hello,' says Mia. 'Look out for me at the Resthaven stand!'

Resthaven Bellevue Heights

Poetry Corner

I look at Rhododendrons leaves and buds
Covered by the canopy
Branches strong make me feel so secure
Green grass stretches for miles as I peer through
The woods and fences broken in places
I dream and feel deep love for one so dear
Her pretty face and bobbing hair
Makes me yearn
I need her in my safe and secure hideout
In the copse set like an island in a green sea
This haven even without her
Has been my retreat all my life
Whenever I need to find in my subconscious
A feeling so pure so exciting
I reach back into the past and remember.

*Written by Mr Frank Newstead
Resident, Resthaven Bellevue Heights*

Resthaven Craigmore

Morning Tea and Reminiscing

Twice a week at Resthaven Craigmore, residents, families and friends gather in the Internet Café for 'Morning Tea and Reminiscing'.

Lifestyle Coordinator, Elaine Gratton, says, 'Guests reminisce about the past, and the trouble we used to get into when we were growing up, which always turns into laughter.'

'There have been many new friendships made, and families often join in on the fun.'

'If you are at Resthaven Craigmore on Tuesdays and Thursdays at 10.30am, and feel like a chat and a giggle, come on down to the Internet Café and make some new friends.'



Resthaven Leabrook

Mrs Margaret Turner's 'Imponderables'

Mrs Margaret Turner recently moved into Resthaven Leabrook, and is always looking for opportunities to engage with someone to brighten their day.

Manager, Mark Bednall, says, 'Last week, Mrs Turner was walking around the home, doling out these "imponderables", which she appeared to be able to recite verbatim.'

'It provided many laughs for staff and residents alike. We hope you enjoy it too!'

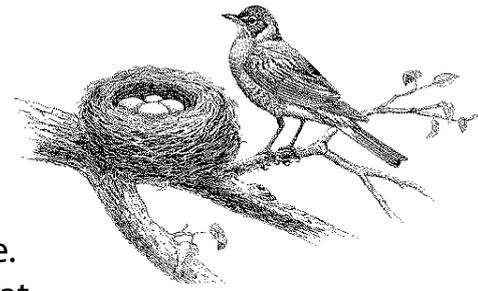
'Imponderables'

- Why isn't 'phonetic' spelled the way it sounds?
- Why are there flotation devices under plane seats instead of parachutes?
- Why do 'fat chance' and 'slim chance' mean the same thing?
- If you can't drink and drive, why do you need a driver's licence to buy alcohol, and why do bars have parking lots?
- Have you ever imagined a world with no hypothetical situations?
- If 7-11 is open 24 hours a day, 365 days a year, why are there locks on the doors?
- If a cow laughed really hard, would milk come out of her nose?
- If nothing ever sticks to Teflon, how do they make Teflon stick to the pan?
- If you're in a vehicle going the speed of light, what happens when you turn on the headlights?
- You know how most packages say 'Open here'? What is the protocol if the package says, 'Open somewhere else'?
- Why isn't 'palindrome' spelled the same way – backwards?
- Why is it that when you transport something by car, it's called a 'shipment', but when you transport something by ship, it's called 'cargo'?
- You know that little indestructible black box that is used on planes, why can't they make the whole plane out of the same substance?
- Why is it that when you're driving and looking for an address, you turn down the volume on the radio?
- Why is it so hard to remember how to spell MNEMONIC?
- If someone invented instant water, what would they mix it with?

Author Unknown

Resthaven Malvern

'My Blackbird Friends'



Mr Blackbird was a handsome fellow
All dressed in a sleek black gown was he.
Mrs Blackbird preferred a shiny brown coat.
'Come Mrs B,' said he, 'We must build a nest
And raise a family.'

It was a fine round bowl-like nest they made
And it sat quite snug on my window sill.
Mrs B jumped for joy and three lovely eggs laid she.
She ruffled her feathers and covered all three.

I watched her as she lay hour by hour, day by day,
And marvelled that she was not afraid.
But where was Mr B strutting his merry way?
He scattered leaves and soil to feast on insects.
He searched for snails and fruit.
But none he brought to Mrs B.

Day after day, patiently Mrs B sat all alone.
Mr B never took a turn or bring juicy bits to her.
She was undisturbed and content.
I could greet her each day as she watched me.
I heard faint chirping sounds. Three chicks had she,
Tiny fragile hearts pumping in frail bodies,
And they opened outsized beaks for juicy worms.

They looked so frail and were so still one day
I thought they had died in the night.
But Mrs B kept vigil and brought more food.
And lo, when next I looked plump bodies
Were covered with feathers.
And who should appear but Mr B,
As proud as he could be,
And took his turn to feed his hungry brood!

**Written by Rev Elwyn Penna
Resident, Resthaven Malvern Independent Retirement Living Units**

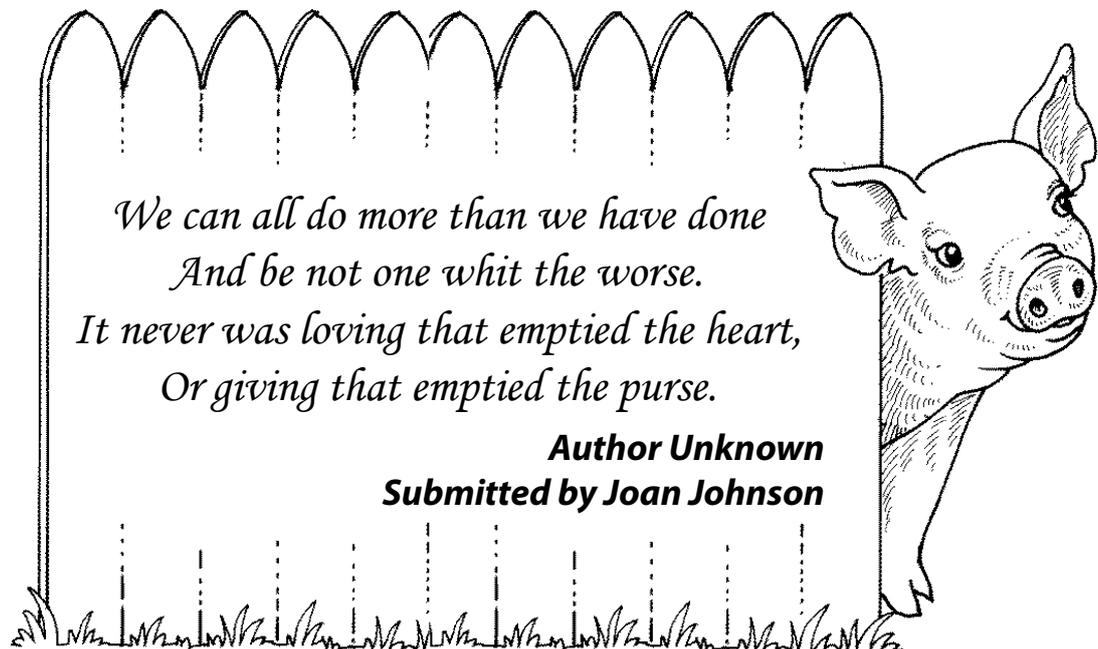
Resthaven Marion

'I Love to Live'

Today, dear Lord I'm 80, and there's not much I haven't done,
I hope, dear Lord, you'll let me live until I'm 81.
But then, if I haven't finished all I want to do,
Would you please let me stay awhile until I'm 82?
So many places I want to go, so very much to see,
Do you think you could manage to make it 83?
The world is changing very fast, there is so much in store,
I'd like it very much to live until I'm 84.
And if by then I'm still alive, I'd like to stay till 85.
More planes will be up in the air, so I'd really like to stick,
And see what happens to the world when I turn 86.
I know, dear Lord, it's much to ask (and it must be nice in Heaven),
But I would really like to stay until I'm 87.
I know by then I won't be fast, and sometimes will be late,
But it would be so pleasant to be around at 88.
I will have seen so many things, and had a wonderful time,
So, I'm sure I'll be willing to leave at 89...maybe!
Just one more thing I'd like to say, dear Lord, I thank you kindly,
But if it is okay with you, I'd like to live past 90!

Author Unknown

Submitted by Joan Johnson, Resident, Resthaven Marion



Resthaven Mitcham

Happy 100th Birthday: Mrs Maria Vroom

Mrs Maria Vroom was born on 12 February, 1918, in Rotterdam, Holland.

She had three brothers, the oldest of whom was an artist, and 'very clever'.

Mrs Vroom migrated to Australia in 1953. She went on to have two sons, Peter and Hans, and one grandson, Michael, who visit regularly.

Over the years, Mrs Vroom has enjoyed many activities with the boys, including bicycling and camping.

She loved cooking special family dinners, and doing things with her hands, especially tapestry, embroidering, dressmaking, gardening, and sewing. Mrs Vroom still enjoys reading and watching movies.

We wish Mrs Vroom all the the best for her special milestone.



Resthaven Mount Gambier

Mayoral Visit

On 27 November 2017, Mayor Andrew Lee visited Resthaven Mt Gambier.

The Mayor (pictured speaking with residents right, and with Manager, Lisa Sutcliffe, below) enjoyed morning tea with residents, and spoke with them about their thoughts about Mount Gambier and the local services available in the community.



Resthaven Murray Bridge

Site Redevelopment Update

After 60 years, a major redevelopment project will transform Resthaven Murray Bridge. The \$16.5m site redevelopment is progressing in leaps and bounds.

In December 2017, the 'Harrip' and 'Homburg' areas were refurbished, and residents from these areas were able to move back to their rooms.

In early January 2018, residents from 'Jenkins', 'Talbot' and 'Christopher' moved into 'Riverview' and 'Anerley', in preparation for the old areas to be demolished. The demolition occurred in late January.

Manager, Debbie Lindner, says, 'The entrance to the site has been temporarily relocated to Anerley Road for the remainder of the building project (so until November 2018). Reception has moved to this new temporary entrance.'

'As a consequence of all this action, car parking near the site is extremely limited. There is currently no car parking available on site for any staff or visitors. However, we have gained permission for parking behind the Lutheran Church off Marchand Street, for which we are very grateful.'



'The site kitchen and laundry have been relocated to temporary facilities. Working from these units will present some challenges for staff, but we are committed to continuing our great service in all areas.'

'I am pleased to say that, throughout all this, residents have remained quite settled, and staff have worked tirelessly to ensure this, for which we thank them.'

'We have a great team here at Resthaven Murray Bridge, and this has allowed us to complete these moves relatively smoothly.'

'It has been extremely pleasing to see residents enjoying the new internal courtyard—the barbeque has been connected, and the water features and lighting is being installed. The paths, plants and seating look fantastic.'

'Signage is now up on Swanport Road, and at the temporary reception, to identify the entrance for all new visitors.'

'We are looking forward to the completion of the project later this year, which we will combine with our 60th anniversary celebration—watch this space!'



Resthaven Paradise

Sixty One Silkes Road—A Harbour of Memories

Trust in the Lord with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge Him, and He shall direct thy paths.

Proverbs 3:5–6

RESTHAVEN! A refuge for those who have been young, lived life's experiences, and grown old. I have been here almost five years; time now to be at ease, rest and to remember.

So many memories! Of a life and times, so different from those of today. My life began in South Australia's mid north; my family name of four letters—short, sharp and properly British. By the time I was twenty, home was on Eyre Peninsula. A time when to marry a new Australian was considered by some to be daring, and not quite nice!

My farming family led a quiet social life involved in the activities of the local Methodist Church. Following my heart, disregarding advice and criticism, I married a new Australian. My Polish born husband of almost 56 years died in 2008. Four years later, I became a resident of 61 Silkes Road Paradise. I had been here a year or two, when I learned that a new resident, a lady from Poland, occupied a room several doors from mine.

May 1999 was the 50th anniversary of my husband's arrival in Australia. To celebrate, I had written and published a small book, so armed with a copy I went to make her acquaintance. To my surprise and delight, this now elderly widow and her husband had also arrived at Adelaide's Outer Harbor that same 3rd of May morning in 1949. Some of the names in the book were familiar to her, but she had never met my husband!

A converted freighter, the Norwegian MV Goya, carrying 907 Displaced Persons from post-war Europe, was the first post-war migrant ship to disembark at Outer Harbor.

Mrs Margaret Fishers, who recently arrived at Resthaven Paradise, shared her story with me. The mother of two sons and a daughter, Margaret has been a widow for 17 years. Her Latvian born husband, Eddy, was fifteen years old when, with his parents and siblings, he arrived in Australia. They were one of the first, non-British migrant families of that era.

Assisted European migrants were under contract to work for the government for two years. Both men, Eddy, and my husband Stan, worked for the South Australian Railways. Once they were freed from this commitment, Eddy made his living in the building industry. Stan, who loved the land, became a farmer. When he died, I left our family home and came to Newton, to live near our family—a son and two daughters, now in their sixties.

Margaret and Eddy both made their mark in the world of sport. Margaret played tennis at Memorial Drive. For several years, Eddy and Margaret represented South Australia at the annual Table Tennis Tournaments. Eddy achieved the title of Junior State Champion.

Stan made 32ha of neglected wasteland into a prosperous small farm. Fifty years later, on 11 January 2005, a bushfire destroyed it all.

Everyone has a story...

A HAVEN, is a harbour or a refuge. 61 Silkes Road, Paradise, is now home; its walls, harbour a wealth of untold history; collective wisdom of the years. Of heroism and achievements. It is the beautiful young people; the caring staff of Resthaven, whose lives and experiences are now making Australian history. The future is theirs. Someday, all too soon it will be their turn to sit and reflect upon the past.

Thank you, Resthaven.

Alice Lorraine Domagalski
Resident, Resthaven Paradise

Resthaven Port Elliot

Love Never Grows Old

After 66 happy years together, Mr Graham Marshall is still as devoted to his wife, Valda, as he was on the day they first met.

Sitting in Mrs Marshall's room at Resthaven Port Elliot, Mr Marshall looks fondly at his wife of 66 years as he recalls their first meeting back in 1948, when they worked together at Ern Smiths.

'I was 16 and Val was 18,' he says. 'I built radios in the workshop, and Val was in the office.'

'I used to come back with my pint of milk for morning tea, and she'd give me a smile as I walked past the workshop.'

After a couple of weeks of this, Mr Marshall worked up the courage to ask her out, and the couple enjoyed the first of many dates at the Ozone Theatre at Prospect. 'We used to sit in the back row so that I could put my arm around her,' says Mr Marshall with a grin.

The couple were engaged in 1952, after gaining begrudging permission from Mrs Marshall's father. 'Her dad said we had to wait until I was 21,' says Mr Marshall.

'The day after my 21st birthday, I asked him if I could marry her – and he still said no!'

'We finally got the word, and were married on 6 November, 1952, the day after Guy Fawkes.'

'During the ceremony, as I went to say "I do," my best friend Kelvin let off firecrackers outside the church during the vows. So, technically, I never said "I do" to my wife!'

The couple moved to a house they built themselves in Blair Athol, where they would stay for the next 50 years. Daughter, Rosalie, came along in 1955.

For a time, Mr and Mrs Marshall both worked at a company called James Walker.



However, when Mr Marshall was promoted to a Managerial position, Mrs Marshall was no longer allowed to work in the office, as per company policy.

In 2003, the couple moved to Goolwa at the request of Rosalie (who then proceeded to move back to Adelaide, much to Mr Marshall's wry amusement).

Mrs Marshall moved into Resthaven Port Elliot in 2017, and Mr Marshall has visited her every single day since, his ongoing devotion to his wife clearly evident for all to see.

When asked about the secret to his long and happy marriage, Mr Marshall is very clear: 'Working things out together – we always have. You just treat one another as you would like to be treated.'

We wish Mr and Mrs Marshall a very happy Valentine's Day.

Resthaven Westbourne Park

Redevelopment Update

The redevelopment at Resthaven Westbourne Park is coming along well, with much progress over summer.

Manager Residential Services, Marian Greenshields, says, 'The recreation room is now 'hoarded off' (blocked) at the northern end. This hoarding will stay in place whilst the old store room is converted into offices for the Clinical Nurse and Care Coordinator.

'Once the hoarding is removed, work will begin on the new reception and foyer area, and the shop will be temporarily relocated to the recreation room, and reception will be set up in the former shop space.'

'We hope that shop volunteers enjoy their temporary relocation to the recreation room, as they will see all the action that goes on in there in the mornings!'

'The framework on the new area is in place (below), making it look less like a "slab", and more like a building. Work on the roof has begun.'

'Once this area is opened, we will refurbish the share rooms in Opal/Jade, which will be turned into premium single rooms.'

'We have been considering names for the new area. Following survey feedback from residents and staff, the recommendation will be to call the new area "Carlisle," after Carlisle Road, which runs between Sussex Terrace and Goodwood Road.'

'We are also taking the opportunity to implement a consistent approach to naming areas across the site, and continuing with the theme of local street names. Street names are embedded with local history, and we love this connection with our Westbourne Park community.'

'So, there is a lot happening in a short period of time, and we do appreciate residents' patience with all these changes.'

'If residents or families have any questions or concerns about the redevelopment, I encourage them to speak with me.'



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

RESIDENTIAL SERVICES

Aberfoyle Park

100 Hub Drive
Aberfoyle Park, 5159
Opening mid-2018

Bellevue Heights

47 Eve Road
Bellevue Heights, 5050
Phone (08) 8278 8588

Craigmore

200 Adams Road
Craigmore, 5114
Phone (08) 8254 4008

Leabrook

336 Kensington Road
Leabrook, 5068
Phone (08) 8332 4333

Malvern

43 Marlborough Street
Malvern, 5061
Phone (08) 8272 0222

Marion

10 Township Road
Marion, 5043
Phone (08) 8296 7555

Mitcham

17 Hill Street
Kingswood, 5062
Phone (08) 8271 0639

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) 8358 3173

Limestone Coast

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

Marion

43 Finnis Street
Marion, 5043
Phone (08) 8296 4042

**Murray Bridge,
Hills & Fleurieu**

88 Adelaide Road
Murray Bridge, 5253
Phone (08) 8531 2989

Northern

16 Gillingham Road
Elizabeth, 5112
Phone (08) 8252 6811

Onkaparinga

201 Commonwealth House,
Beach Road
Noarlunga Centre, 5168
Phone (08) 8326 3444

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**

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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