

# Resthaven Review

Volume 28

Issue 3

Spring 2019



## 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 readers,

Spring is in the air, and we are sure you join us in welcoming in the new season (and the warmer weather!).

This year, Resthaven sites from both community and residential services held 'Christmas in July' celebrations. Enjoy the photos and stories on pages 19 (Resthaven Onkaparinga Community Services), 20 (Resthaven Paradise & Eastern Community Services), 26 (Resthaven Marion), and 29 (Resthaven Mount Gambier).

At Resthaven Western Community Services, they kept out the cold with 'friendship scarves' (page 21). In the Riverland, our Community Services (page 17) ignored the cold completely and went house boating!

'Heart' warming stories abound in residential services, with a surprise wedding at Resthaven Aberfoyle Park (page 22), and some adorable kindergarten children visits at Resthaven Malvern on page 27.

We congratulate several Resthaven staff on recent award wins. In July, Resthaven CEO, Richard Hearn, was awarded the 2019 Aged and Community Services Australia 'Distinguished Service in Aged Care Award' for South Australia. Richard is pictured (right) with fellow winners.

We also congratulate Resthaven Limestone Coast Community Services Coordinator, Fiona Thompson, who won 'Employee of the Year' at the Millicent Outstanding Business Awards in August (see page 17 for more). Well done.

Until next time, happy reading!

**Resthaven Public Relations Team**

## From the CEO...

### Quality

I am delighted that Resthaven was successful in recent Aged Care Quality and Safety Commission reviews.

Resthaven Community Services met 18/18 Standard Outcomes in the June Quality Framework Review and were re-accredited for three years.

Resthaven Craigmore and Resthaven Aberfoyle Park were re-accredited for three years. Several other residential sites met full compliance following assessment contact visits. Well done to all!

### \$300,000 Scholarship Boost

In recognition of the importance of an appropriately skilled aged care workforce, the Resthaven Board has agreed to fund a further \$300,000 towards scholarships at all three major South Australian universities, to support the future aged care workforce.

***Continued opposite page...***

*Below: Richard Hearn (centre) at the 2019 ACSA Awards on 19 July (see story at left).*



## From the CEO... (continued)

This extra investment in the future workforce is in addition to the existing scholarships Resthaven already supports at the University of South Australia, Flinders University, and the University of Adelaide.

We thank all three universities for partnering with Resthaven over many years on these scholarship programs, and look forward to continuing to work together to support the future aged care workforce.

We have worked hard as an organisation for many years to seek to have aged care highlighted in tertiary institutions as an important area of work for graduates to consider undertaking.

This is complemented by the important role staff play in supporting student placements and making this a meaningful and rich learning experience for individuals.

It was very gratifying to learn that Nicole Cannon (right), recently appointed as Manager of Resthaven Craigmore, was one of the earlier scholarship recipients.



### Royal Commission into Aged Care Quality and Safety

The Aged Care Royal Commission hearings began in February, with hearings in all capital cities and a number of regional locations, such as Broome, Cairns and Townsville.

In addition, community forums are being held to offer an opportunity for members of the community to hear about the work

of the royal commission and to offer ideas on the challenges, strengths and opportunities to improve aged care.

A community forum was held in Adelaide on 12 August.

The Commission is reviewing all aspects of aged care and we trust it will ultimately mean better outcomes for older people and, of critical importance, increased resources committed by the Federal Government.

The Commission's draft report is due at the end of October, with the final report due in April next year.

For more information, visit: [agedcare.royalcommission.gov.au](http://agedcare.royalcommission.gov.au).

### Governance

Resthaven hosted this year's second Governance workshop of the SA Innovation Hub on Thursday 25 July at Head Office.

The 53 attendees from the twelve participating aged care organisations of the Hub comprised mainly of Board members and senior management representatives.

We were delighted that the Aged Care Quality and Safety Commissioner, Janet Anderson, attended to address the meeting of industry leaders and answer questions (see photo page 4).

President of the Australian Medical Association, Dr Chris Moy, also gave a valuable presentation.

**Continued page 4...**

## From the CEO... (continued)

### Board Update

Resthaven has a capable and professional Board to oversee organisational governance.

Several long serving board members are due to retire at the end of the year, so I was pleased to welcome Annie Fabig to the Resthaven Board on 1 August 2019.

Annie (right) holds positions on several not-for-profit boards, including Palliative Care SA.



### Aged Care Reforms

On 1 July, many government reforms commenced. These include the National Aged Care Mandatory Quality Indicator Program for residential care services. This involves three quality indicators related to the use of physical restraint, pressure injuries and unplanned weight loss.

These are in addition to the way Resthaven has been monitoring such areas to date, and their introduction requires a focused approach to establishing the new systems required by Government.

***Continued opposite page...***

*Below: The Aged Care Quality and Safety Commissioner, Janet Anderson, presents to the Innovation Hub at Resthaven Head Office, on 25 July.*



## From the CEO... (continued)

A new Charter of Aged Care Rights for both residential and home care service consumers was introduced (published in the winter edition of this newsletter). Service providers are required to assist consumers to understand the new charter and invite them to sign this document.

The new Aged Care Quality Standards came into effect on 1 July. See pages 8-9 for a full list of the Standards and more information.

Other reforms and regulation include further encouragement of open disclosure approaches to matters raised by consumers, and Home Care reforms such as the posting of home care package pricing on the MyAged Care website.

All home care package providers are required to publish their pricing information in a new standardised home care pricing schedule on the My Aged Care website and their own website. Resthaven's published prices were adjusted to be consistent with the processes required by Government.

The Aged Care Quality and Safety Commission (ACQSC) has released the Open Disclosure Framework, which complements the new Aged Care Quality Standards.

### Clinical Governance

Another related aged care reform is Standard 8, 3(e) of the Aged Care Quality Standards. Providers are required to demonstrate the use of a clinical governance framework.

Clinical Governance involves the integrated use of strong clinical leadership, policies, procedures, guidelines, planning, monitoring and the use of best practice principles to provide safe clinical care and sustainable clinical outcomes for consumers.

Resthaven has a well-established Clinical Governance model and related reporting and monitoring of outcomes. This includes the report we provide the Board Governance Committee. We have reviewed our systems against what is being defined by the Commission.

### Finally...

At the heart of what we share at Resthaven is our commitment to supporting your quality of life.

**Richard Hearn**  
**Chief Executive Officer**



### 100<sup>th</sup> Birthday Celebrations

Warm birthday wishes to Mrs Everett of Resthaven Bellevue Heights (page 23) and Mr Stevens of Resthaven Paradise (page 30), who recently celebrated their 100<sup>th</sup> birthdays.

A special congratulations to Resthaven Leabrook super-centenarian, Mrs Moore, who celebrated her 105<sup>th</sup> birthday in August (page 25). What an amazing milestone!

Warm birthday wishes to all.

# New Aged Care Quality Standards

On 1 July 2019, a new single set of aged care standards called the Aged Care Quality Standards came into effect, replacing existing aged care quality standards.

The eight new Standards are underpinned by Standard 1 – ‘Consumer dignity and choice’, which reflects several concepts: dignity and respect; identity, culture and diversity; cultural safety; dignity of risk; information; personal privacy; and choice.

	<p><b>Standard 1 - Consumer dignity and choice</b></p> <p>“I am treated with dignity and respect, and can maintain my identity. I can make informed choices about my care and services, and live the life I choose.”</p>
	<p><b>Standard 2 - Ongoing assessment and planning with consumers</b></p> <p>“I am a partner in ongoing assessment and planning that helps me get the care and services I need for my health and well-being.”</p>
	<p><b>Standard 3 - Personal and clinical care</b></p> <p>“I get personal care, clinical care, or both personal care and clinical care, that is safe and right for me.”</p>
	<p><b>Standard 4 - Services and supports for daily living</b></p> <p>“I get the services and supports for daily living that are important for my health and well-being and that enable me to do the things I want to do.”</p>
	<p><b>Standard 5 - Organisation's service environment</b></p> <p>“I feel I belong and I am safe and comfortable in the organisation's service environment.”</p>
	<p><b>Standard 6 - Feedback and complaints</b></p> <p>“I feel safe and am encouraged and supported to give feedback and make complaints. I am engaged in processes to address my feedback and complaints, and appropriate action is taken.”</p>
	<p><b>Standard 7 - Human resources</b></p> <p>“I get quality care and services when I need them from people who are knowledgeable, capable and caring.”</p>
	<p><b>Standard 8 - Organisational governance</b></p> <p>“I am confident the organisation is well run. I can partner in improving the delivery of care and services.”</p>

*'Standard' icons source: The Australian Aged Care Quality Agency website: [www.aacqa.gov.au](http://www.aacqa.gov.au). Images do not constitute an endorsement by the AACQA.*

## New Aged Care Quality Standards

### What does this mean for Resthaven?

Since 1 July 2019, Resthaven is required to meet, and be assessed against, the new Aged Care Quality Standards for both Resthaven's Residential Services and Community Services.

It also means that Resthaven Residential and Community Services will have unannounced visits from the Aged Care Quality and Safety Commission to assess Resthaven's performance against the Standards. As your experience of the quality of care and services Resthaven delivers is an important part of the visit, Resthaven encourages you to speak with the Aged Care Quality and Safety Commission representatives when they visit.

### We'd like to hear from you

Resthaven is committed to providing a personalised customer experience that enables customers to be highly satisfied with their interactions with Resthaven. If you have any feedback or suggestions about the care and services you receive from Resthaven, please let us know. Resthaven continuously strives to improve care and service to you and invites you to speak with a Manager or staff at any time, or call Resthaven head office on (08) 8373 9000 during office hours if you have any queries or concerns. If you prefer to make a comment in writing, please use the 'We'd like to hear from you' brochure available at Resthaven sites or via the Resthaven website [www.resthaven.asn.au/feedback](http://www.resthaven.asn.au/feedback) to let us know how Resthaven can improve.



### How can you find out more?

If you want to find out more about the new Aged Care Quality Standards, please speak with a Manager Residential Services, or Manager or Coordinator Community Services.

You can also find out more via the Australian Government Aged Care Quality and Safety Commission website at [www.agedcarequality.gov.au/consumers](http://www.agedcarequality.gov.au/consumers) or by calling 1800 951 822 (free call).

### New-Look Invoices for Residential Care

Residents, from 1 October, keep an eye out for 'new-look' Resthaven invoices and financial statements (note: residential care services only).

The new invoices will include additional payment options, such as a payment option via the Resthaven website. Watch this space!

## Building Services

Several redevelopments and upgrades are in the works across Resthaven.

### Resthaven Leabrook

An upgrade at Resthaven Leabrook is in the design stage. Plans include an upgrade of the reception area, café, and shop, along with the hairdresser and hall.

The design is currently being finalised, with works expected to commence in late October 2019. An artist's impression of the proposed new cafe/reception area is below.



### Resthaven Bellevue Heights

A redevelopment is planned for Resthaven Bellevue Heights to bring the Manson and Grevillea area together within the main residential home. This will involve the construction of a new extension. The redevelopment will also provide more car parking and improve access to the site.

Information sessions were held for residents, families and staff in August, and works are expected to commence during the first quarter of 2020.

### Resthaven Marion

Additional rooms are planned for Resthaven Marion, to provide rooms for residents when the 'couples' rooms are being used as premium singles (ie accommodating one person instead of two).

Three new rooms will be constructed in the Koolkuna area, and one existing older room will be demolished.

Work is scheduled to commence in September, and expect to be complete by March 2020.

### Lane Cottages

The upgrade of the external appearance of the 'Lane Cottages' at Resthaven Mitcham, including the cottage used by Resthaven Community Respite Services for group day respite programs, is now complete (below).



The exposed brick was rendered and painted, with landscaping and new fencing. The drop off area for community service clients was also improved.

### Finally...

These new projects aim to provide you with high quality amenities and living environments.

All the best,

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



## Residential Services

### Accreditation

The new Aged Care Quality Standards commenced on 1 July. These standards require a strong and continued focus to ensure that you, the consumer, are at the centre of all that we do.

Resthaven has a Governance Model and a Clinical Governance Framework which ensures that consumers remain at the centre of all service provision. Our care planning processes are designed to promote partnerships between Resthaven and each consumer, and to respect and value the choices individuals make in regard to their care and services.

We have completed two re-accreditation audits at Resthaven Craigmore and Resthaven Aberfoyle Park, with both receiving three years accreditation. This is a credit to both homes, their leadership teams, and all of the residential site staff.

From May to July 2019, a number of our other residential homes experienced assessment contact visits from the Aged Care Quality and Safety Commission (ACQSC). Prior to 1 July, these were under the previous Accreditation Standards. Those from 1 July were assessed under the new Aged Care Quality Standards.

On 3 July, the ACQSC returned to Resthaven Mount Gambier to review the areas of non-compliance found earlier in the year. Their assessment was that we met full compliance in these areas. This was a wonderful result for the home and I extend my sincere thanks to all who assisted in this process.

### Staff Movements

In July, Marian Greenshields (right) stepped down from her role as Manager Residential Services at Resthaven Westbourne Park, after 13 years with Resthaven.



Marian will return occasionally in a casual capacity to undertake some project work in residential services.

Pam Alde (right) will take the opportunity to change sites, and has relocated from Resthaven Port Elliot to Resthaven Westbourne Park. Recruitment for a new Manager Residential Services for Resthaven Port Elliot is underway.



We welcome the following new staff to Resthaven:

Charmane Hill (right) as Manager Residential Services at Resthaven Mount Gambier.



Catherine Carroll, or 'Cat' (left) as Relieving Manager Residential Services, working across all homes during times of staff leave.



Tammi Schubert (right) as Care Coordinator at Resthaven Murray Bridge.



Ashley van Ryneveld (left) as Relieving Care Coordinator, filling the Care Coordinator role during staff leave across all Resthaven homes.



I am very proud of the strong staff and volunteer team who support those who live in Resthaven's high quality residential care homes.

Thank you.

**Tina Cooper**  
**Executive Manager,**  
**Residential Services**



## Community Services

### Quality Review

The triennial community services Quality Review was undertaken by the Aged Care Quality and Safety Commission (ACQSC) in June 2019. I am pleased to advise that Resthaven achieved 18 out of 18 Home Care Standards outcomes across Community Services.

The Review was based on the standards as they existed up to 30 June, 2019. However, from 1 July 2019, new Aged Care Quality Standards came into force.

The new standards apply to all aged care services, including residential care, home care, flexible care, and services under the Commonwealth Home Support Programme (CHSP). The new standards also apply to Veterans' Home Care.

The new Charter of Aged Care Rights also covers all aged care services. You will receive a copy of the Charter and be encouraged to sign it. If you have any queries, please speak with your Coordinator or Key Contact Person.

### Reablement Focus

The government policy for the Commonwealth Home Support Programme (CHSP) is strengthening attention to a reablement mode of service.

This means that new CHSP referrals will be very focused on reablement, with time-limited interventions that are targeted towards a person's specific goal or desired outcome to adapt to some function loss or to regain confidence and/or capacity.

The support plans may include identified training in a new skill, home modification, or access to equipment or assistive technology.



### Language no Barrier

Mrs Mara Lalic of Salisbury East may not speak English, but that doesn't stop her from accessing support services to assist her to remain living independently at home – and it's all thanks to Resthaven Northern Community Services Home Support Worker, Zora Peric.

Zora and Mara met through the Macedonian community in Adelaide two years ago. Mara's health was declining, but she was hesitant to use any support services. Luckily, Zora was able to reassure Mara, in her own language, to reach out to Resthaven for support.

Now Zora spends quality time with Mrs Lalic each week, assisting with meal preparation, shopping trips, and attending appointments.

Well done, Mara and Zora.

### New Offices

Due to expansion, I am pleased to announce that Resthaven Onkaparinga Community Services will move into much larger offices that Resthaven has purchased at 3-5 James Clark Road, Noarlunga Centre. Following refurbishment, we expect to move in towards the end of 2019.



**Sue McKechnie**  
**Executive Manager,**  
**Community Services**

# Carers Week Workshops: 13<sup>th</sup>–19<sup>th</sup> October 2019

## FREE Workshops for Carers

To celebrate Carer's Week 2019, Resthaven Community Respite Services presents the following lineup of **FREE** workshops for carers of older people, facilitated by experts in their respective fields.

To attend any of the workshops, just call Community Respite Services on 8198 2060 to book your place. Limited places available.



- **Practical Stuff for Women: Tuesday 15 Oct, 10am–12 noon**  
*Location: The Shed (behind Hersey Cottages, 6-8 Township Road, Marion)*  
Ladies, learn how to do small household maintenance, such as changing tap washers, fixing stuck cupboard doors, and learn some of the basics about under the bonnet of your car, and when it's time to change your tyres.
- **Cognitive Stimulation Therapy to use at Home: Wednesday 16 Oct, 10am–12 noon**  
*Location: Marion-Warradale Uniting Church Hall, 9 Township Road, Marion*  
Hear, see and learn some amazing tips on meaningful activities to do with the person you care for. You can make the time you spend together less stressful, and more enjoyable.
- **The Legal Stuff: Friday 18 Oct, 10am–12 noon**  
*Location: Marion-Warradale Uniting Church Hall, 9 Township Road, Marion*  
All you need to know about Wills, Enduring Power of Attorney and Advance Care Directives.
- **Looking After You Is A Smart Move: Monday 21 Oct, 10am–12 noon**  
*Marion-Warradale Uniting Church Hall, 9 Township Road, Marion*  
Come along and be part of a group who will take you through some light and fun (very low impact) movement to music, caring for your own physical, social, mental and spiritual wellbeing (whatever that means to you).
- **Men: Looking After Yourself as a Carer: Monday 21 Oct, 1–3pm**  
*Marion-Warradale Uniting Church Hall, 9 Township Road, Marion*  
A session for men caring for someone, where we will look at a range of tips and ideas on issues that are important to men in their caring role.
- **Finding What I Need In the Aged Care System: Tuesday 22 Oct, 1–3pm**  
*Marion-Warradale Uniting Church Hall, 9 Township Road, Marion*  
From starting your search for services, right through to residential care, and all the stages in between, we will talk about each stage and how to access what you need. A range of information will be available for you to take away for 'just in case.'

## Chaplaincy

### Commissioning Service

A Commissioning Service for the new Coordinating Chaplain at Resthaven Murray Bridge, Shelley Alexander, was held on 7 June.

Shelley was joined by around 100 residents, staff, volunteers, family and friends. Special guest, Rev Philip Gardner, UnitingCare Placements Officer, officially commissioned Shelley as Coordinating Chaplain for Resthaven Murray Bridge.

Shelley says that 'The occasion was a very happy one for me, and I truly believe that Resthaven is where God has called me to be at this time.'

Welcome to Resthaven, Shelley.



*Above (L-R): Rev Anne Butler (Coordinating Chaplain), Margaret Davidson (Seeds Uniting Church), Rev Frances Bartlett (former Murray Bridge Coordinating Chaplain), Shelley Alexander (Coordinating Chaplain), Rev Ruthmary Bond (Uniting Church), and Rev Matthew Bond (Uniting Church), celebrate Shelley's Commissioning Service.*

### The Human Worth of our Neighbour

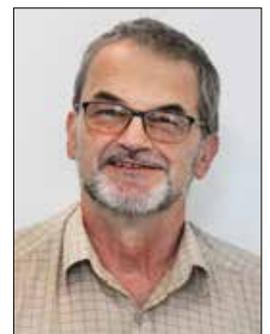
When I was much younger, I was told, as many others were, that there are two certainties in life: death and taxes.

I would like to add another item to that short list, and that is that we are all born as whole, precious human beings. We are all born with the same innate sense of value and worth.

Some of us may achieve high status in life and be greatly admired, and some may take a more lowly path. We all wholly share a fundamental sense of human value.

Historically, there are people who were treated as if they were lesser human beings. Slaves were treated as objects to be bought or sold. People with disabilities have been regarded as 'not normal'—whatever that means.

The truth is that we are all imbued with a fundamental whole value, regardless of our abilities, age, achievements, family, or country of birth.



**Rev Dr Trevor Whitney**  
**Coordinating Chaplain Resthaven Craigmore**

## Volunteer Services



### Spreading the Cheer (and the Word)

Volunteer, Ronna Fisher, is pictured above on her shop trolley round at Resthaven Paradise. During her travels, Ronna spreads her cheerful nature, engaging with people living and working at the home.

Ronna is just one of the many volunteers who connect with the people whom Resthaven supports, in a myriad of areas. These include companionship, learning, creativity, entertainment and wellbeing.

We would like more volunteers, so please join us in spreading the word—you may know someone, who may in turn know someone!

In particular, Resthaven Northern and Onkaparinga Community Services, and Resthaven Craigmore, Malvern and Mitcham, would love to welcome more volunteers.

People who are interested in volunteering with Resthaven can apply via the Resthaven website, [www.resthaven.asn.au](http://www.resthaven.asn.au), by phoning 8373 9036, or by emailing [volunteer@resthaven.asn.au](mailto:volunteer@resthaven.asn.au).

## Retirement Living



On 17 July, Resthaven Bellevue Heights Independent Retirement Living residents were entertained by a lively German band, who entertained them in their communal area, 'Gum Tree Lodge'.

The band played many old favourites, including *When You Wish Upon a Star*, *Home on the Range*, and many more. They also played a jaunty polka.

The group were very entertaining, especially with a couple of 'saucy' jokes in between songs, which had guests in stitches.

The performers were delighted to join us for tea and coffee afterwards, where we all shared a good laugh.

Thank you for your visit!

**Jeannie Peace**  
Retirement Living  
Coordinator



“ You don't stop laughing when you grow old, you grow old when you stop laughing. ”

**George Bernard Shaw**

# Resthaven Community Respite Services

## Client Profile: Mr Maurice Lavers, 'The Man from Broken Hill'

Resthaven Community Respite Services client, Mr Maurice Lavers, was born in Broken Hill on 9 February, 1938, and was one of seven children—two brothers and four sisters.

He remembers his family home as basic but comfortable, with a dirt floor and a wood fired stove, which was fuelled from wood collected in the nearby scrub. His father shot kangaroos and trapped rabbits to feed his family.

The house had four bedrooms, which accommodated Maurie, his siblings, his granddad, and the out of town boarders his dad regularly brought home. Maurie recalls that he often slept 'head to toe', but that life was good, and he considered himself lucky.

Maurie attended Alma Public School, followed by Broken Hill High School, leaving at the age of 14. In order to avoid working in the mines, Maurie went to work at the local grocery store.

He enjoyed his time there, and remembers carefully measuring quantities of flour and sugar on scales and dispensing biscuits from the large Arnott's Biscuits container.

When he was 18, Maurie left Broken Hill for Adelaide, where he started working as a barman at the South Australian Hotel on North Terrace. Back in those days, you had to be 21 to work in a hotel, so Maurie had to 'bend the truth' a little to get the job!

In 1960, Maurie caught a boat to England, and spent the next two years touring England and Europe in an old taxi. He worked at Selfridges in London, along with various cleaning jobs.

In 1962, Maurie returned to Australia, where he started work at menswear store, Toovey Morris, in Franklin Street. He later worked at their stores at Glenelg and Port Adelaide.

In February 1964, Maurie met his wife, Joy. The pair were engaged by April and married by November.

Despite some saying it was a 'little quick', they are still happily married some 55 years on. They now have two children (a daughter and a son), and two grandchildren.

Joy tells a story of how, when they were dating, they didn't have much money, so Maurie would either walk from Joy's home on Daws Road to his home on Henley Beach Road, or take a taxi. He would carefully watch the meter, and when it hit the amount of money he had in his pocket, he would yell 'stop!' and walk the remaining distance home.

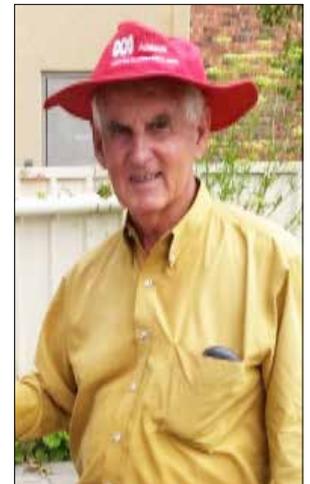
In 1977, Maurie had enough of menswear, and quickly found a job as a porter at Flinders Medical Centre, before being promoted a week later to the position of orderly.

Maurie quickly moved through the ranks at the hospital, and went on to the position of Manager of the Orderly and Porter Department, managing 100 staff across all shifts. However, Maurie was retrenched in 1996 when the hospital outsourced his department.

Prior to that, Joy had retired, and they spent a wonderful three months touring Europe and England in 1988, before both volunteering at the Daws Road Repatriation Hospital, Meals on Wheels at Warradale, and being heavily involved in the Hallett Cove Probus Club.

These days, Maurie enjoys gardening, watching the mighty Adelaide Crows football team, and attending Resthaven Community Respite Services 'Shed' the 'Just Fella's' social group.

Thank you for sharing your story!



# Resthaven Marion Community Services

## That's Entertainment!

On 27 June, Resthaven Marion Community Services held an entertainment afternoon called 'That's Entertainment'.

Manager, Deb McDonald, says, 'The atmosphere was lively and full of anticipation for the upcoming show, with guests enjoying non-alcoholic Pina Colada and Shirley Temple "mocktails" as they waited in their seats.'



'Our first entertainer was husband and wife duo, Michael and Pauline Butler.'

'Michael played guitar, as they both sang songs from past decades.'



'Everyone enjoyed singing along, with several guests enjoying a dance with staff.'

'The first act was followed by delectable finger foods, before the audience was entertained by the "Stars of the Nile" belly dancing troupe.'



'The audience loved the colourful costumes and upbeat music.'

'Coffee and dessert followed the second act, then it was on to our final act, singing duo Simone and her partner, with their sweet voices and Irish tunes.'



'The afternoon was a great success, with all who attended saying they would like to attend another entertainment afternoon in the near future.'

'Watch this space!'

Contact Resthaven Marion Community Services on 8198 2000 to find out more.

*Right (from top): Entertainment from Michael and Pauline Butler, the "Stars of the Nile" belly dancing troupe, and Simone and partner with some Irish tunes.*

## Resthaven Murray Bridge, Hills & Fleurieu Community Services

### Knitted with Love

Mrs Tillie Kirtland has been knitting since she was seven years old. Now aged 94, she is still going strong, and using her knitting talents to create beautiful hand-crafted dolls for those in need.

Tillie's love of knitting began when she was confined to bed with scarlet fever, and she knitted to keep boredom at bay. The finished doll's dress at that time was full of holes, and not quite the shape it was meant to be, but it was the start of a passion that would last a lifetime.

Tillie made sure her seven children always had beautiful, hand-knitted jumpers to keep them warm. She continued knitting when her grandchildren started arriving, even knitting a baby suit in Crows colours for her grandson (whose mother was a faithful Port supporter!).

When her great-grandchildren arrived, Tillie knitted for them.

In more recent years, Tillie turned to smaller projects. Anyone visiting the Mt Compass supermarket last winter would remember the basket of knitted footballers in South Australian team colours sitting on the counter. Proceeds from their sales went to support the local Country Fire Service.

At Christmas time, Tillie changed from knitted footballers to knitted Christmas decorations. Tillie guesses she made at least sixty of them, with proceeds from their sales supporting the St Vincent de Paul society, who do such good work to make Christmas special for those in need.

Today, Tillie continues to knit, with her beloved dog, Millie, watching on.



She has created thirty-five dolls since April, with still more in production.

Each doll (pictured above) is unique, given a different colour, dress pattern, and even hair. With a little bit of help from her daughter, Tiera, Tillie thoughtfully selects all the details.

But Tillie doesn't knit for her own entertainment, or to keep Resthaven staff on their toes. Apart from a few special dolls set aside for family members and her doctor, Tillie knits for children in need.

The dolls will be sent out in Christmas hampers distributed by St Vinnies, the Adelaide Children's Hospital, and Ronald McDonald House. With each stitch she knits, Tillie imagines a happy child cuddling a beautiful doll, individually crafted with love.

Tillie is supported by Resthaven Murray Bridge, Hills & Community Services to continue to live independently in her own home, where she can knit as much as she pleases.

## Resthaven Limestone Coast Community Services

### Employee of the Year

Congratulations to Resthaven Limestone Coast Community Services Coordinator, Fiona Thompson, who won 'Employee of the Year' at the Millicent 'Outstanding Business' awards in August.

Fiona won for going the extra mile in her outstanding support of older people living in the community.

Well done, Fiona!

*Right: Fiona with Nick McBride MP (left) and MBCA Chair, Lee Morgan.*



## Resthaven Riverland Community Services

### Boating Trip

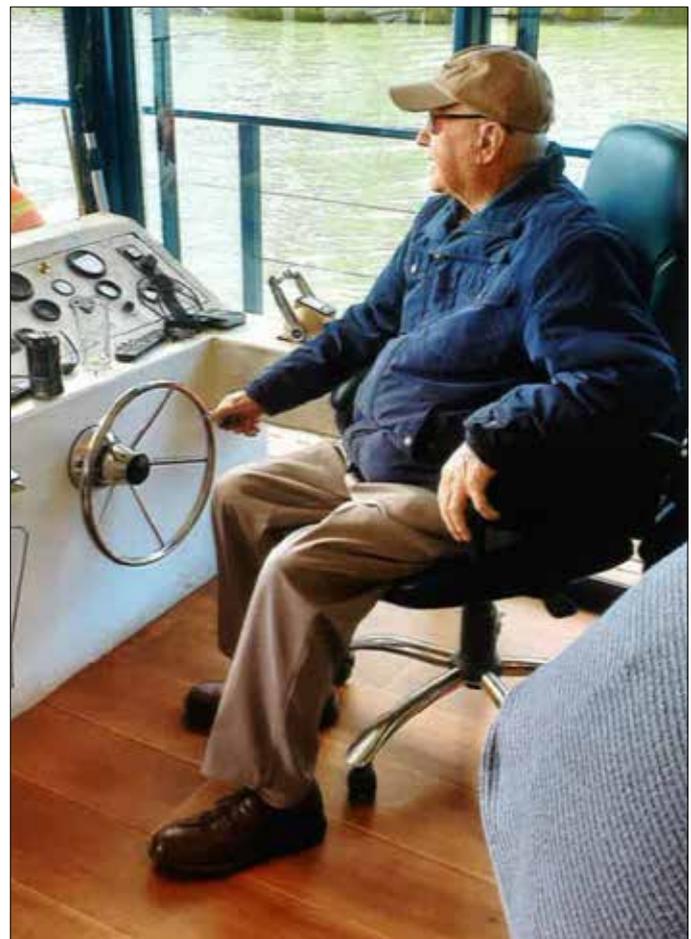
Resthaven Riverland Community Services clients continue to enjoy regular events and social outings.

Manager, Sandy Smith, says, 'On 1 June, clients were treated to a lazy Saturday afternoon in the shape of a two hour houseboat cruise. Guests enjoyed lunch, drinks, beautiful scenic views of the mighty Murray River, and the unexpected bonus of a musician playing guitar in the background.'

'On 14 June, clients attended a showing of the Riverland Musical Society production of *Legally Blonde*. Riverland Community Services Coordinator, Sam Harkins plays a leading role in the musical. One client stated that the show was "excellent, funny, and that "Sam was outstanding!"'

Well done to all.

*Right: Mr Jacka drives the houseboat.*



## Northern Community Services

### Daniel Radcliffe Makes Keith's Car 'Almost Famous'

When filmmakers visited Adelaide recently to film upcoming thriller, 'Escape from Pretoria', starring Daniel Radcliffe, they needed to make Adelaide look like 1979 South Africa – and Mr Keith Rothe's 1977 Classic XC Ford Falcon was the perfect prop!

In the movie, Daniel Radcliffe drives Keith's beautiful vintage car down Adelaide's Pirie Street, making it 'almost famous'.

Keith, who has been a Resthaven Northern Community Services client for more than 15 years, bought the 4.1L V6 sedan brand new on 28 May, 1977. Since then, he has driven it 519,690kms, including seven return trips to Cairns towing the family caravan.

Keith puts the vehicle's longevity down to having the oil changed regularly (he changes it himself every 6,000kms). The only major mechanical work performed on the car to date was to replace the transmission at around 30,000kms. The second transmission has been good for around 490,000kms!

Besides the woollen seat covers, the only non-original part on the car is the historic number plate, which originally belonged to Keith's grandfather's car, a 1927 Vauxhall 14/40.

Keith can't wait to see his pride and joy on the big screen when 'Escape from Pretoria' is released in 2020.

Keith has always had a passion for motor vehicles, particularly Fords. He is the President of the Model-T Ford Register of Australia, a position he has held since 1991.

His garage houses a fully restored 1924 Model-T Ford, which he rebuilt himself from original 1924 spare parts.



The car has the name 'Gillian-Sue' emblazoned in gold letters across the windscreen, in loving memory of his daughter who passed away at the age of 35.

Keith also has a 1969 Ford Cortina, which belonged to his wife, who won it in a lottery after purchasing a single \$2 ticket.

It's fair to say that Keith really loves cars!

Keith finds the support received in his relationship with Resthaven Northern Community Services staff very helpful, saying, 'They're all lovely, I can't believe how wonderful they are.'

'They really look after me. No one could say a bad word about them.'

Keith is actively pursuing his interests, and continuing to engage with his community, sharing with others the very interesting hobbies and abilities he has developed over the years.

We reckon Keith is a classic, just like his XC Falcon.

# Resthaven Onkaparinga Community Services

## 'Christmas in July' Celebrations

On 23 July, almost thirty Resthaven Onkaparinga Community Services clients attended a 'Christmas in July' dinner dance at the Southern Districts Working Man's Club in Morphett Vale.

Coordinator, Corinne Lama, says, 'All clients were invited to the festive event, giving people the opportunity to enjoy a social outing, and hopefully make new friends along the way.'

'We also welcomed husbands, wives, and families.'

'The band played music by many favourite artists, including Cliff Richard, the Beatles, Johnny Cash, and Neil Diamond. Their tunes had everyone singing along.'

'After dessert, several clients enjoyed a rock 'n' roll dance, with one person commenting that they "hadn't danced like that for thirty years!"'

'Happy Christmas in July!'



# Resthaven Paradise & Eastern Community Services

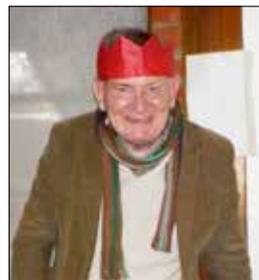
## 'Christmas in July' Bus Trip

On 12 July, almost 50 Resthaven Paradise & Eastern Community Services clients enjoyed a festive 'Christmas in July' themed bus trip to the Adelaide Hills.

Manager, Sue Dahl, says, 'The first stop was Ferryden Park, for a "behind the scenes" tour of the Christmas pageant floats and workshop.'

'Clients were delighted to learn how the floats are built, and see all the costumes worn by pageant participants.'

'After the workshop tour, participants boarded their bus to the Woodside Hotel, where the group enjoyed a traditional Christmas lunch of roast turkey with all the trimmings, followed by Christmas pudding.'



'After a festive Christmas lunch, clients enjoyed one final destination—a trip to Melba's Chocolate factory.'

'It was a wonderful day out, and we hope everyone had a great time!'



Resthaven Paradise & Eastern Community Services runs bus trips once a month for all Commonwealth Home Support Programme clients.

If you are interested in joining in the fun, contact Resthaven Paradise & Eastern Community Services on 8337 4371.

# Resthaven Western Community Services

## 'Friendship Scarves' Keep out the Cold



Resthaven Western Community Services 'Regency Cottage' guests are keeping out the cold by knitting colourful 'friendship scarves' together during their respite stays.

Coordinator, Jodi Brabon, says, 'Guests of our Regency Cottage respite house make the scarves whilst enjoying a yarn over a nice hot cuppa.'

'Friendship is the thread that ties us all together, and what nicer way to celebrate this than by making someone a handmade, heartfelt gift.'

'Norma (above left) loves her scarf, which was made for her by fellow guest, Margaret (above right). Well done, ladies!'

The Resthaven Western Community Services 'Regency Cottage' respite house, located at 111 Regency Road, Croyden Park, provides day stays for older people, giving carers a break from their caring role.

Guests enjoy stimulating activities, home cooked meals, and socialisation with others, with support from Resthaven staff.

To find out more, phone 8241 5480.

### Carer Recognition

Resthaven recognises and acknowledges the valuable contribution carers make to society. Resthaven is committed to providing services and support to carers that facilitate their caring role, respects their right to a life of their own, and that reflect the Statement for Australia's Carers (*Carer Recognition Act 2010*).

Carers support the people they care for to stay in their communities and families and, by doing so, make an essential contribution to the emotional, spiritual and physical health of many older South Australians. Should the person they care for move to residential aged care, carers continue to have a valued role as partners in care.

Carers deserve respect, recognition and support for the work they do, and assistance in reducing the often unidentified secondary stresses that come with the caring role.

# Resthaven Aberfoyle Park

## Love is in the Air

Mr John Minns and Mrs Yvonne Bails have been together for 19 years, but it wasn't until after moving into Resthaven Aberfoyle Park, that they decided to tie the knot!

John and Yvonne met at a bereavement group, after both their partners died from cancer in the same month.

'The Daw House Southern Hospice signed us up to the same bereavement group—we hadn't met before that,' says John.

'After a time in the group, we got to know each other well. We also discovered that we had some mutual friends. Luckily enough, they gave good report cards for each of us!'

'We went out for lunch one day, and that was that—we've been together ever since.'

During their time together, they lived in Yvonne's home at Aberfoyle Park, near the old Homestead. They spent a lot of time travelling New Zealand and the Pacific Islands in coaches, on tours and on cruises.

'We really loved travelling together, spending our retirement exploring our region and learning about different cultures.'

After moving into a large room for a couple at Resthaven Aberfoyle Park, John began pondering his upcoming 90th birthday.

'I knew we wanted to celebrate with the family, so we organised a High Tea at the Lenzerheide Restaurant in Hawthorn. What we didn't tell our guests was that it was also going to be our wedding day!'



'My sons were trying to help arrange the celebration, and couldn't work out why I was being so difficult.'

'Yvonne had passed her daughter a silk horseshoe as a hint, and she cottoned on straight away.'

'After birthday greetings and speeches, a birthday cake was brought out, followed by a wedding cake. Everyone was shocked!'

'We'd organised a wedding celebrant, keeping it a secret from everyone who was going to be invited.'

But the greatest difficulty, says Yvonne, was keeping the wedding surprise a secret from her daughters, 'Keeping such a big secret from my daughters was so hard, but we were rewarded by their great support for us.'

The couple are very pleased they are finally married, and their happiness is evident on their faces. John says, 'I've signed on to be married to Yvonne, and we couldn't be happier. And I'll sign on for another 10, in increments of five!'

## Resthaven Bellevue Heights

### Happy 100<sup>th</sup> Birthday: Mrs Elaine Everett



Many happy returns to Mrs Elaine Everett (nee Harper), who celebrated her 100<sup>th</sup> birthday on 19 June, 2019.

Mrs Everett was born in 1919 in Moonta, the eldest of three children.

Both her father and grandfather were lay preachers at the Primitive Methodist Church (later Methodist). Working for the Home Mission meant taking up preaching circuits around South Australia, and this travel took the family to Kalangadoo, Ceduna, Hawker, Wilmington, and Yacka.

Whilst living in Wilmington, Mrs Everett attended Booleroo Centre High School, and later won a scholarship to the Methodist Ladies' College, where she attended as a boarder for two years.

At Yacka, she worked for the Postmaster as the telephonist, earning £1 per week.

She met her husband, Cecil Everett, in Yacka, and the pair were married by her father in the Yacka Methodist Church in 1939. They moved to Adelaide to live during World War II, and their son was born in 1942.

When the war ended, they moved to Cecil's family farm at Brinkworth. Their daughter, Sandra, was born in 1946. She and Cecil sold the farm in 1978 and moved to Adelaide, where they built a new home in Glen Osmond.

After their children left home, they travelled with friends and family all over Australia, as well as Europe, the Middle East and South East Asia, by cruise ship, plane and car. Sadly, Cecil passed away in 2001.

Mrs Everett now lives at Resthaven Bellevue Heights, where she enjoyed a low-key event at the home to celebrate her birthday milestone.

Warm birthday wishes, Mrs Everett.

## Resthaven Murray Bridge

### Crafty Creations

The Resthaven Murray Bridge Craft Group has been busy making items for the site Christmas trading table to be held in December (pictured).

Items include doll dresses, rag dolls, teddy bears, bagged potpourri, boxed lollies, and Christmas stockings.

Well done, ladies, they look fantastic!



# Resthaven Craigmore

## NAIDOC Week Celebrations

Residents at Resthaven Craigmore celebrated NAIDOC Week (7-14 July) with a beautiful Indigenous-themed artwork display, Craft Group activities, and a site barbeque.

NAIDOC Week aims to celebrate the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. NAIDOC originally stood for 'National Aborigines and Islanders Day Observance Committee,' however, the acronym has since become the name of the week itself.

Acting Lifestyle Coordinator, Samantha Matthews, says, 'Mr Ernie Wilson, who is a proud Indigenous man, especially enjoyed our NAIDOC Week festivities.'

'Ernie enjoyed plenty of sausages at our barbeque, which was well attended by residents and staff from all across the home.' Ernie is pictured top right.

'A sure sign of the barbeque's success was that more than fifty sausages were cooked!'

'Of our Aboriginal artwork display in the foyer, Ernie gave his tick of approval, saying, "I love the artwork, it's a lovely painting."'

'Along with the artwork display and the site barbeque, residents also created some wonderful Indigenous-themed creations, including an Aboriginal flag made out of paper.'

'We were honoured to celebrate NAIDOC Week, in honour of Australia's 65,000 year old Indigenous voice.'

*Right and above: Residents enjoy the NAIDOC activities.*



## Resthaven Leabrook

### Happy 105<sup>th</sup> Birthday: Mrs Mavis Moore



Many happy returns to Resthaven Leabrook resident, Mrs Mavis Moore, who celebrated her 105<sup>th</sup> birthday on 26 August, 2019.

Mrs Moore grew up in Geelong, the daughter of a successful builder. Her mother was a talented singer, and Mrs Moore remembers Dame Nellie Melba visiting Melbourne to hear her mother sing, when she was just a little girl.

'I had a lovely mama and a lovely papa,' says Mrs Moore with a smile.

'I had three brothers – two older, one younger – and they all looked after me very well. We all looked after each other, we were a good family.'

Mrs Moore attended the local state school, followed by the local protestant grammar school. 'I liked school – not that I was much good! But I enjoyed it,' she says.

'I was more interested in swimming – I used to love swimming down at the Koriah Bay baths.'

Mrs Moore also remembers a favourite bakery near the baths which she used to frequent, called Tim's Cake Shop. 'It was German,' she says, 'and, oh, their meat pies and cream puffs!'

She finished her schooling aged 16, continuing to live in the family home until her early twenties.

She met her husband, Harry Moore, through her youngest brother, Ivan. 'Harry was a professional golfer at the Geelong Golf Club, and he gave Ivan a job,' says Mrs Moore.

'I was heading out one night to the Town Hall to get some books from the library, when Ivan and Harry pulled up in a car and offered me a lift.'

'I was relieved I didn't have to get my good shoes wet! And that's how we met.'

The couple were married when Mavis was 22, and went on to have one son, Roger.

'Harry bought a block for us opposite the Port Lonsdale Golf Club, and, dad being a builder, built a house for us,' Mrs Moore says.

'I remember how we were the first family to get a telephone on our street.'

'It was a better world back then – easy to live in,' she says. 'Everyone knew everyone. We lived on a great street.'

'Harry was lovely, he was a gentleman. I had a marvellous husband and son.'

Harry continued his golfing career, and Mrs Moore took up golfing as a hobby. When Roger was old enough, he played golf, too.

When Harry died, Mrs Moore moved to Adelaide to be closer to Roger. She moved into Resthaven Leabrook six years ago, aged 99.

She has no big secret to longevity, saying that she was 'never much of a drinker, and always ate healthily.' Interestingly, her hair has also retained its longevity, and never went grey – it remains its natural ash blonde colour.

Mrs Moore celebrated her milestone birthday with family and friends.

Happy 105<sup>th</sup> birthday, Mrs Moore!

## Resthaven Marion

### 'Christmas in July' Family Night

In July, Resthaven Marion held a 'Christmas in July' family night event.

Lifestyle Coordinator, Karen Neighbour, says, 'It was a roaring success, with around 140 residents, family, staff and volunteers attending.'

'The Kiah Lounge was full to the brim with good cheer, decorated by staff with twinkling lights and Christmas trees.'

'Entertainment for the night was provided by the Southern Ukulele Band, who played our Christmas favourites.'

'Guests spent time catching up over the supper that followed, with all enjoying the scrumptious Christmas treats.'

'Staff received some lovely feedback from residents and their family members on how much they had enjoyed the evening, and the opportunity to spend time together.'



## Resthaven Malvern

### Intergenerational Visit Brings Joy to Young and Old



Jacaranda children (aged 3-5) from Hyde Park Nursery School and Early Learning Centre (ELC) are bringing joy to residents living at Resthaven Malvern with their weekly visits to the home at 43 Marlborough Street, Malvern.

Hyde Park ELC Educator, Renee Moxham, says, 'The visits to Resthaven began in February 2019, and have become a highlight of the children's week.'

'From the feedback we receive from the home, we think the residents feel the same!'

'The children and residents enjoy all sorts of activities together each week, including reading, drawing, art and craft, and spending time outside in the courtyard gardens.'

'In August, they visited the home all dressed up for Book Week.'

Comments from the children are suitably adorable, and include:

- 'We were reading books to the ladies and the ladies helped us with the words'
- 'I love playing with the old people'
- 'I felt happy seeing all the old people'
- 'They have walking sticks when they walk.'

Resthaven Lifestyle Coordinator, Felicity Billing, who facilitates the visits, says, 'The kindy kids bring out everyone's inner child, it's beautiful to see.'

'Residents get down on the floor and read books with the children, they sing Twinkle Twinkle Little Star together.'

'It just goes to show that some pleasures in life never get old.'

'We hope to continue this intergenerational partnership for a long time to come.'

## Resthaven Mitcham

### To Costco We Go!

An excited group of Resthaven Mitcham residents recently enjoyed a bus trip to the 'invitation only VIP shopping event' at the Costco Warehouse in Kilburn.

Lifestyle Coordinator, Sylvia Ortiz, says, 'Residents really enjoyed the drive out west on the Resthaven bus, with many guests commenting on how much the area had changed.'

'On arriving at our destination, residents were blown away by the size of the Warehouse, saying that they certainly didn't have anything like this in their day.'

'We were amazed by the variety and quantity of products inside, not to mention the size of the self-propelled trolleys.'

'Our wonderful guide, Elizabeth, was on hand to show us around, and prevent us from getting lost!'

'We all had a great time, and can't wait to visit again soon.'



## Resthaven Mount Gambier

### 8<sup>th</sup> Birthday Celebrations

On 17 July, Resthaven Mount Gambier celebrated eight years since opening with their annual 'Christmas in July' feast at the home at 24 Elizabeth Street, Mount Gambier.

Lifestyle Coordinator, Trudyanne Bedson, says, 'Residents thoroughly enjoyed their Christmas lunch, which included roast turkey with gravy and cranberry, sauce, roast vegetables, and all the trimmings.'

'Our new Manager, Charmane Hill, who commenced at the start of July, welcomed everyone to the feast, and helped serve residents, along with other staff and volunteers.'

'There were Christmas carols playing, and staff dressed in their best Christmas jumpers.'

'Residents and staff alike all enjoyed pulling their bonbons, and happily donned their Christmas paper crowns.'

'There was lots of laughter and banter in the hall as we enjoyed lunch together, it was wonderful.'

'The feast was topped off with a delicious dessert of Christmas pudding with brandy custard and ice cream.'

'Thank you to everyone who came along to help us celebrate Christmas in July!'



## Resthaven Paradise

### Happy 100<sup>th</sup> Birthday: Mr Norvyn Stevens



Many happy to returns to Mr Norvyn Stevens of Resthaven Paradise, who celebrated his 100<sup>th</sup> birthday on 7 August 2019.

Norvyn served in the Second World War, and is one of the last remaining members of his original 2/3 machine gun battalion. He still has his original army uniform, which he wore as a Dispatch Rider (Don'r), and has never missed an Anzac Day march.

'It's my job to remember them,' he says.

'I've worked out that's why I'm still here.'

His granddaughter, Ineke, describes Norvyn as, 'the most resilient man, who bounces back from everything.'

'He refuses to focus on the darker times from the war, even though he remembers them clearly.'

One of Norvyn's favourite stories is how, the night before going into action, he accidently flipped his motorbike into a prickly bush.

'So while everyone else was resting up the night before battle, there I was, pulling prickles out of my posterior!'

Norvyn celebrated his milestone birthday with family and friends with a celebration at Resthaven Paradise.

## Resthaven Port Elliot

### Men's Group Barbeque

In late May, the Resthaven Port Elliot Men's Group enjoyed a barbeque together—for no reason other than they wanted to spend some time outside together before winter hit!

They enjoyed a lovely lunch, cooked by volunteer, Mike, who facilitates the group. The men spent the afternoon sharing stories and laughing (right).

It is wonderful to see the men enjoying each other's company.



## Resthaven Westbourne Park

### Welcome and Farewell!

On Friday 16 August, Resthaven Westbourne Park held a special 'welcome and farewell' afternoon tea to farewell long-time Manager Residential Services, Marian Greenshields, and welcome new Manager, Pam Alde.

Residents and staff were delighted to have the opportunity to farewell Marian after 13 years with Resthaven, eight of those as Manager.

The site team thanked Marian for her many achievements and hard work over the years. Marian will continue to assist with project work at Resthaven Head Office from time to time, so it is 'au revoir,' not goodbye.

The occasion was also the perfect opportunity to welcome Pam Alde into the role of Manager Residential Services at Resthaven Westbourne Park.

Pam is a very experienced manager, and has relocated to Resthaven Westbourne Park from Resthaven Port Elliot, which she has managed since it opened in 2015.

Resthaven Port Elliot was the second Resthaven home that Pam commissioned, having commissioned and managed Resthaven Mount Gambier from 2011-2014. She then started work on the new site at Port Elliot.

Pam is now looking forward to joining the vibrant Resthaven Westbourne Park community.



## 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) 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) 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**

201 Commonwealth House,  
Beach 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](http://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](mailto:pr@resthaven.asn.au).

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

**[www.resthaven.asn.au](http://www.resthaven.asn.au)**

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