



Hi from **Stacey**

Every individual is talented in their own unique way. This includes Ken Wells, a talented amateur photographer who is featured on this cover with one of his photographs of Resthaven Murray Bridge taken many years ago.

Ken is also an expert gardener, which leads me to our theme for our volunteer celebrations throughout May: let's celebrate with 'Garden Parties'. This is a wonderful time, to thank you for your 'thyme' and 'commitmint'.

Invitations for the Garden Parties will be posted to you. In the meantime, the Garden Party dates are on the back page. If your invitation doesn't reach you via post, please let us know.

We are very pleased to let you know that Angela Snowball has joined the Volunteer Services team. You will see Ange out and about conducting volunteer interviews and orientation, and she will also be at our Garden Parties – say 'hi' as you see her. Ange's role also includes supporting special customer engagement projects.

Speaking of 'out and about', check out pages 2 and 11 for the latest volunteer sighting's across Resthaven. I love the Penny Pancake photos and the joy in these shots.

We have included some important information about manual handling and living with dementia on page 8.

Here's to autumn and a 'blooming' good 'thyme' in May.

Stacey Thompson

*Manager,
Volunteer Services*



History in the Making



Above: 30+ year volunteer, Ken Wells, celebrates the 60th anniversary of Resthaven Murray Bridge.

When Resthaven's third-oldest residential aged care home (Resthaven Murray Bridge) celebrated its 60th anniversary in November 2018, it was only fitting that 30 year Resthaven volunteer, Ken Wells, was there to head up proceedings.

Ken, whose long association with Resthaven is matched only by his flair for amateur photography, has kept a photographic record of the home since it opened in 1958.

In his speech to residents, staff, volunteers, family and friends, Ken recalled walking past the property as a young boy, then privately owned. He chuckled his way through a story about stealing oranges from the front yard of 'Homburg House' – the heritage cottage located on site, which was recently restored to its former glory as part of the \$16.5m redevelopment of the home.

Ken's photographs of Resthaven Murray Bridge over the years (such as the one above) hang proudly around the site, and include such moments as the opening of a new 'wing' (as it was called in those days) in 1978.

The gathered crowd thoroughly enjoyed Ken's recollections of the site history, and were delighted that he could be there to celebrate such an important event.

The birthday celebrations were kicked off with a celebratory cake, followed by tours of the new and recently refurbished areas of the home.

Another celebration was held in January 2019 to officially mark the opening of the redevelopment (see page 5).

Resthaven Murray Bridge is supported by a team of volunteers, all of whom play a vital part in the site's past, present, and future. Thank you!



Quarterly Newsletter for Resthaven Volunteers

Statement of Purpose

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

Our Values

- Trust
- Dignity
- Choice

Resthaven is a richly diverse South Australian community founded on the principles of inclusion and unity, embracing and respecting each person's beliefs, culture, language, background, lifestyle, life experience and values.

Volunteer Services

P 8373 9036
 E sthompson@resthaven.asn.au
angela.snowball@resthaven.asn.au
volunteer@resthaven.asn.au
 PO Box 327, Unley SA 5061

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What's the Buzz?



'Penny Pancake' goes on tour

On Thursday 21 February, 'Penny Pancake', the iconic mascot of UnitingCare's Pancake Day, boarded the Resthaven bus to tour Resthaven Malvern, Mitcham, and Lane Cottages (Community Respite Services).



'Penny' was warmly welcomed by all, with everyone delighted to pose for photographs and give Penny a hug. Mrs Lenz at Lane Cottages even joined Penny for a dance!

A big thank you to volunteer bus driver, David le Cornu, for driving the Resthaven bus, and participating in the activities.

We hosted Penny again on 5 March (Shrove Tuesday) at Resthaven Malvern. Penny was joined by Channel 10 newsreader, Rebecca Morse, who came along to join in the festivities on this special day. A live weather cross was also held from Resthaven Head Office that evening. Well done to all involved.

Above (from top): Volunteer bus driver, David, with Penny Pancake at Resthaven Malvern; Mrs Catherine Lenz has a dance with Penny at Resthaven Community Respite Services Lane Cottages.

Right (L-R): Lydia Wallis (Public Relations Officer), Mandy Hutchinson (Manager Residential Services), Julianne Rogers (UnitingCare), and David le Cornu (Volunteer Bus Driver) with Penny at Resthaven Mitcham.



From the CEO

Welcome to a new year!

Industry Update

Aged Care Quality & Safety Royal Commission

Australians expect a safe, high quality and high performing aged care system. Older Australians deserve nothing less. The new year brought with it a focus on the Royal Commission into Aged Care Quality and Safety that is currently underway.

A Royal Commission is the highest form of Government review that can be undertaken. The two Commissioners have significant powers to review matters as defined by Government regarding the scope of the Terms of Reference of the Royal Commission.

The aim of the Commission is to establish "a world-class caring system in which those receiving aged care and their loved ones can have confidence." Such a system will be easy to use and understand, accessible, compassionate, fit for purpose, effective, sustainable into the future, customised to individual needs and of the highest standard of quality and safety.

Based in Adelaide, hearings will be conducted across the main capital and regional centres. The Commissioners will provide an interim report by 31 October 2019, and a final report by 30 April 2020. It will be open and transparent, providing a forum for all stakeholders to tell their stories with regard to their experiences of the aged care system and to share their views on how to make it better.

On 23 November 2018, the 100 largest aged care service providers in Australia were invited to respond to eight questions set by the Royal Commission in regard to Residential Aged Care Services and Home Care Packages (Commonwealth Home Support Programme and Veterans' Home Care were not included) by 7 January 2019.

The remaining service providers were asked the same eight questions, but were given until 9 February to respond. The Commissioners sought comments on what needs to change within the sector and how it can be improved, as well as data around instances of substandard care and complaints over the past five years, and any improvements that have been made by providers.

On 7 January 2019, Resthaven submitted its response to the eight questions asked by the Royal Commission. A team based at Head Office worked together to finalise our feedback from site managers to provide Resthaven's response. I am most grateful to everyone who contributed. This involved a significant level of time being given.

The Royal Commission into Aged Care Quality and Safety invites interested members of the public and institutions to make online submissions to the Royal Commission through the specific website: <https://agedcare.royalcommission.gov.au>.

Aged Care Quality and Safety Commission

The Aged Care Quality and Safety Commission Bill 2018 was passed in Parliament on 27 November 2018 to establish the nation's first, independent Aged Care Quality and Safety Commission. The Commission will be underpinned by a new aged care Charter of Rights and is set to enforce a new, single set of Quality Standards across residential and home care services, the first major upgrade of standards in 20 years. The role of the Commission is to implement a strong but fair regulatory framework that will protect and enhance senior Australians' quality of life, safety, health and wellbeing.

The Commission integrates and streamlines the governance roles of the Aged Care Complaints Commissioner and the Australian Aged Care Quality Agency.

From January 2020, it will include the Department of Health's aged care compliance responsibilities.

The Commission commenced on 1 January 2019 and is the government's 'one-stop quality and safety resource' for all aged care concerns or queries: phone 1800 951 822 or visit www.agedcarequality.gov.au

The Commissioner, Janet Anderson, oversees the approval, accreditation, assessment, complaints processes, monitoring and compliance of aged care providers in Australia. She reports directly to the Minister for Aged Care, Ken Wyatt AM MP.

Additional Home Care Packages Announced

In the Government's Mid-Year Economic and Fiscal Outlook (MYEFO) announcement on 17 December, 2018 a further 10,000 new high-level Home Care Packages were announced.

The new packages will be released progressively through to 30 June 2019 and split across 5,000 level three and 5,000 level four care packages. They offer important services at home, such as complex clinical care, nursing and mobility care, nutrition, hydration and meal preparation and transport support.

This funding will assist but not alleviate the pressure on the waiting list for a home care package, most recently reported at more than 127,000 Australians.

Continued page 4...

From the CEO (continued)

Federal Election

The federal election must be held by late May 2019. Thus far, little has been proposed by the Government and other parties that reflects the critical needs in the aged care service system. As discussed above, the key issues are:

- Resolution of the Home Care Package shortage; individuals with high care needs should not wait more than three months for their package of care.
- Workforce supply strategies are given prominent and tangible financial support; commit to aged care and ensure that government resources for aged care meet community expectations.
- Government and all parties commit to honouring and giving due respect to the good and important work that staff and family carers undertake working with older individuals.

New Executive Appointments

On 7 January, we welcomed Darren Birbeck to Resthaven in the position of Executive Manager Governance and Corporate Services (right).



Darren has a wealth of experience in the provision of high quality aged care services at a senior level.

For the past three years, Darren was a member of the Resthaven Board, and Treasurer during 2018. With his appointment to the executive, Darren is no longer a member of the Board. However, that experience means he has a good understanding of Resthaven and the broad range of services offered.

Darren has assumed responsibility for Quality and Corporate Services, along with Volunteer Services, Chaplaincy and Governance.



Above: Executive Managers, Des Itsines (left, People, Culture and Risk) and Wendy Morey (Governance and Workforce Development) at their farewell on 29 January 2019.

Executive Manager People and Culture, Des Itsines, retired on 1 February 2019 after 19 years in the role. Des made a significant and unique contribution to Resthaven and we are very grateful for her service.

Wendy Morey left Resthaven on 15 February 2019 after 24 years of valued leadership and significant contribution in various roles.

For the past 12 years, she has been an executive manager in both Residential Services and, more recently, Governance and Workforce Development. Wendy leaves Resthaven to further pursue her commitment to serving people in need in developing communities. We wish Wendy, and her husband Sandy, our best wishes in these worthy endeavours.

I am delighted to announce the appointment of Samantha (Sam) Bradley to the position of Executive Manager People and Culture. Sam (right) commenced with Resthaven on 12 March 2019.



Resthaven is fortunate to have benefited from a long serving, stable and high calibre executive team. Darren and Sam will complement the team very well.

We held a farewell celebration for Des and Wendy on 29 January 2019 (pictured above).

Board Update

Darren Birbeck's departure from the Resthaven Board coincides with the recent retirements of both Suzanne Fuller and Geoff Tully on 31 December 2018. Individually and collectively, they gave significant time and commitment over many years. We sincerely thank them for their service.

Mark Porter, the Board President, is the interim Treasurer for 2019.

Finally...

We are well into 2019, and I wish all members of the Resthaven community a great year ahead.

Richard Hearn

Chief Executive Officer



Building Update

Resthaven Murray Bridge 'Aged Care Precinct' Opening

On Friday 18 January 2019, the \$18m Resthaven Murray Bridge redevelopment, encompassing both residential and community services, was officially opened by president of the Resthaven Board, Mark Porter, and dedicated by the Moderator of the Uniting Church in SA, Rev Sue Ellis. We were welcomed to country by Ngarrindjeri Elder, Mr Francis (Fran) Lovegrove. Fran, Sue and Mark are pictured below.



The landmark site at 37-53 Swanport Road, Murray Bridge, is now home to the Resthaven Murray Bridge residential aged care home, along with the Resthaven Murray Bridge, Hills & Fleurieu Community Services offices, creating an 'aged care precinct' for older people across the Murraylands.

More than 50 residents, clients, staff, volunteers and dignitaries (including the local state MP, Adrian Pederick, and Mayor, Brenton Lewis), gathered to celebrate the opening of the redevelopment, which was two years – and a lot of hard work – in the making.

A celebratory cake was cut by volunteer, and Community Services client, Des Kuhl.

Well done and thank you to all!

Above (from top): The newly redeveloped Murray Bridge residential site; Debbie Lindner (Manager Residential Services, Resthaven Murray Bridge) and Cecelia Oxborrow (Manager Resthaven Murray Bridge, Hills & Fleurieu Community Services) with Pastor Des Kuhl as he cuts the cake.

Below (L-R): Resthaven Murray Bridge volunteers, Des Kuhl, Shirley Hobbs, Ken Wells, Janet Martin and David Trevorrow at the redevelopment opening.



New Land Purchased at Modbury

On 20 December 2018, Resthaven announced the purchase of vacant land at 122 Smart Road, Modbury (below) for future aged care and support services.



We are considering options to develop the land to support older people who need extra support in residential aged care accommodation, as well as retirement living and community service options.

Resthaven Head Office

In January 2019, works were completed to create an additional 18 car parks at Resthaven Head Office, to meet visitor requirements.

Resthaven Leabrook

Final plans are being developed to revamp and revitalise the Leabrook reception and entry area, including the Hall and café.

Resthaven Bellevue Heights

We are looking at options and scope for a redevelopment at Resthaven Bellevue Heights.

Watch this space!



Emmet O'Donovan
Manager, Buildings and Capital Projects

Residential Services

Accreditation

In the last few months, unannounced assessment contact visits from the Aged Care Quality and Safety Commission occurred at Resthaven Leabrook, Westbourne Park, Paradise, and Craigmore.

Feedback from reports have been positive, with all expected outcomes met. Congratulations to all site teams.

Staff News

It is with much sadness that I announce that Darren Pike is unable to return to his role as Senior Manager Residential Services, for health reasons.



We thank Darren (above) for his hard work with Resthaven over the last seven years, and wish him all the best.

I am very pleased to announce the appointment of Sonja Dillon to the role of Senior Manager Residential Services.



Sonja currently holds the same position in Resthaven's Community Services, but has made the decision to expand her experience by moving across to Residential Services.

Sonja has broad experience in a variety of health positions, and we welcome her to the Residential Services team.

Finally...

Wishing you all the best for 2019,



Tina Cooper

Executive Manager,
Residential Services

Community Services

Quality Audit

On Friday 14 December 2018, Assessors from the Department of Veteran's Affairs visited Resthaven Onkaparinga Community Services to formally review our services. The reviewers were very positive in their feedback relating to our nursing services for veterans.

Thank you to the Resthaven Onkaparinga Community Services team for participating in the review on behalf of all Resthaven's veterans nursing services.

Short Term Restorative Care

We are delighted that extra Home Care Packages and Short Term Restorative Care Packages have been made available by the Australian Government. We look forward to assisting more people to live at home with support.

Passing on Ngarrindjeri Wisdom

Ngarrindjeri Elder (and Resthaven Murray Bridge, Hills & Fleurieu Community Services client), Mr Archie Kartinyeri (right), is passing on the wisdom of the Ngarrindjeri people's culture and language to students across the Fleurieu.

In his classes, Mr Kartinyeri (pictured right) speaks about the beliefs, culture and practices of the Ngarrindjeri people, including ways of living, ceremonies, dreamtime, and the language of his people.

Mr Kartinyeri takes very seriously his duty to pass on his knowledge to the next generation. Thank you!

Site Phone Number Changes

With the NBN being progressively rolled out across metropolitan Adelaide, phone number changes continue at many Resthaven sites. Please note the following recent phone number changes:

Resthaven Bellevue Heights
Old number (8278 8588)
New number: **8273 4400**

Resthaven Marion Community Services
Old number (8296 4042)
New number: **8306 4400**

Resthaven Northern Community Services
Old number (8252 6811)
New number: **8259 5600**

For the latest information, visit www.resthaven.asn.au



Sue McKechnie

Executive Manager,
Community Services



'Brain Teaser' Answers

1. Six feet
2. Background
3. Tricycle
4. Reading between the lines
5. Cross roads corner
6. Three degrees
7. Neon lights
8. Just between you and me
9. One in a million
10. Broken promise
1. You are out of touch
2. Backward glance
3. Jack in a box
4. Booming economy
5. Up before eight
6. Just around the corner
7. Apple pie
8. Making up for lost time
9. Standing ovation
10. I understand you
1. Undermine me

Multicultural Services

Happy Lunar New Year!

Tuesday 5 February marked the lunar new year, also known as Chinese New Year and the Spring Festival. Residents across Resthaven celebrated with a range of themed activities and celebrations.

At Resthaven Paradise, Lifestyle Coordinator, Thuy Pham (right) gave a presentation on her Vietnamese culture and how they celebrate the occasion. Residents also created an amazing paper dragon.



At Resthaven Marion, residents created Chinese lanterns, dragons (below), and other decorations. Mrs Christine Stead, (left) is pictured creating a themed piece of art.

At Resthaven Craigmores, a festive morning tea was held, with themed decorations and pink cupcakes.

Happy lunar new year!



Above (from top): Mrs Yvonne Rose with Resthaven Paradise Lifestyle Coordinator, Thuy Pam; Mrs Elaine Cotton and Mrs Betty Orman of Resthaven Paradise with the dragon they made; Mrs Margaret Rush at the Resthaven Craigmores morning tea.

Welcome, Ange!

A Little About Me...

Recently, I moved back to my home town of Adelaide, after living and working in both Melbourne and Queensland for 12 years. My husband and I now live at beautiful Goolwa Beach.

Over the years, I have worked predominantly in corporate event management, Human Resources, and travel, across many industries, including engineering, recruitment, tourism, aviation and wholesale travel. Most recently, I worked with the Cancer Council, managing and guiding volunteers to run the 'Relay For Life' event across South Australia.

My love of working with volunteers inspired me to apply for this role here at Resthaven.

I look forward to taking on this role, and meeting everyone as I move around the Resthaven community.

Please say 'hi'!

Angela Snowball

Volunteer Services & Special Projects Support Officer



Work Health & Safety

Dementia and Sensory Challenges

There is more to dementia than changes to memory. Dementia can also affect the senses.

When Agnes Houston MBE was diagnosed with Alzheimer's some years ago, she expected memory changes, but not the sensory challenges.

Agnes has initiated a project, resulting in a booklet and DVD, which aims to support those living with dementia and their carers on how to live a positive life with sensory challenges.

In the booklet, people share their experiences relating to seeing/spatial awareness, hearing/hyperacusis, touch/taste/smell, hallucinations/misperception, balance, and sensory overload.

For each section in the booklet there is a definition with personal examples. Solutions are included, aptly called 'stuff that helps'.

Some examples in the booklet include:

Seeing

For people with dementia, the brain may not interpret what their eyes see correctly, which Agnes calls 'Brain Blindness'. For example, a black mat on the floor of a shop may be perceived as a hole.

'Stuff that helps' with these issues includes allowing more time to process information, using contrasting colours, and having plain backgrounds, especially with carpets.

Hearing

People living with dementia may experience hypersensitivity to certain noises, or particularly noisy environments, leading to sensory overload and social isolation. Agnes says: 'In noisy environments, I just can't think – my brain shuts down.'

Hearing issues can be helped by allowing more time to process what the person is hearing, using reflective listening and repeating back, and reducing sudden, unexpected noises and sensory overload.

Useful Resource

The full booklet is available for free download from this website: <https://www.lifechangestrust.org.uk/sites/default/files/Leaflet.pdf>. The supporting DVD can be viewed at: https://www.youtube.com/watch?v=U_L2107EweQ.

Manual Handling

We all engage in 'manual handling' every day. It includes when we pick up a ball, clean the bath, go shopping, sit at a desk, and hundreds of other daily tasks.

Manual handling is any form of lifting and carrying, including using force to push, pull or hold something.



Before you undertake a manual handling task, ask yourself:

- How heavy are the items you have to move?
- How far does the load need to be carried?
- How much bending and twisting will there be?
- How repetitive will the task be?
- Does the job need two people, or the use of trolleys?

Tips on how to bend, lift and carry safely:

- Have your feet shoulder width apart,
- Bend at the knees (not the waist) and stick your bottom out,
- Keep the load small and close to your body (arms/elbows in),
- Coordinate with the person helping you,
- Avoid twisting your body; move your feet first.

Remember:

- Only carry as much as feels comfortable for you,
- Maintain spinal curves and good posture,
- The squat position is best when you need to bend low,
- Utilise equipment such as trolleys,
- Ensure you have adequate space, lighting, and height of work surface,
- Do not stand on tables, chairs or ladders to reach heights,
- Don't rush,
- Take regular breaks (including from sitting).

Helping People

We do not require you to lift or transfer residents or clients. This includes taking the part weight of people, for example, taking someone by the arm, or helping someone out of a chair. This is the responsibility of direct care staff, including nurses and personal care assistants, who have been trained to use specific lifting techniques and equipment.

Avoid the temptation to help people out of a chair. This can inhibit a client/resident's ability to maintain their mobility and independence, and you are at risk if the person loses balance. You will not be able to hold them, so two people may potentially be injured. If a client/resident requires assistance, seek care staff.

ICT Tips

This quarter, we will look a little deeper into Malware, and provide some more tips on how to deal with this type of event.

What is Malware?

Malware is defined as any software intentionally designed to cause damage to a computer, server or computer network. Malware does the damage after it is implanted or introduced in some way into a target's computer.

How does Malware get into my computer?

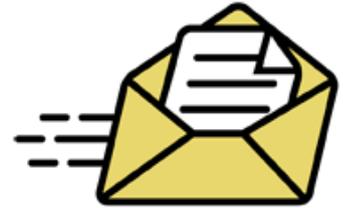
Malware can be automatically installed on your computer by clicking malicious links, inserting infected USB drives, accessing infected files, web pages, videos, images or documents.

How to avoid Malware

- Do not click links within emails unless you are expecting a message with a link.
- Do not open email attachments unless you are expecting them.
- Avoid suspicious web sites and never install anything unless you are sure what it is.
- Watch out for pop-up windows.
- Be very cautious of USB sticks and other media you insert into a computer.

Keep your data personal

Attackers are usually trying to get your personal data. Watch out for emails asking you to validate accounts, update passwords, or asking you to log in. Fake login pages are a common way of obtaining user credentials.



Change your passwords regularly, and try not to use the same password across all your accounts.

Data breaches that have occurred over the years may have been from legitimate sites you use. You can check to see if you are at risk by going to this site: <https://haveibeenpwned.com>.

If you get a positive result, change any associated passwords immediately.

Stay cyber safe!



Chris Balogi
Manager, ICT

Brain Teasers

Can you guess them all? Solution page 6.

1 GROUND FEET FEET FEET FEET FEET FEET	2 ECNALG	3 CYCLE CYCLE CYCLE	4 R E A D I N G	5 R O A D S S
6 0 — M.D. Ph.D. B.Sc.	7 KNEE LIGHTS	8 YOU JUST ME	9 MILONELION	10 PRO / MISE
11 TO CH U	12 1,2,3,...,38 39,40 LIFE	13 JACK	14 economy	15 UP 8
16 	17 	18 G N I LOST I K LOST K A LOST A M LOST 	19 NOIHAVO	20 STAND TAKE MINE TAKING I YOU 2 MY

Chaplaincy

Farewell

On 12 February, a farewell morning tea was held for Resthaven Murray Bridge Coordinating Chaplain, Rev Frances Bartlett. Residents, volunteers, and staff gathered in the new cafe area to wish Frances well.

New Coordinating Chaplain, Shelley Alexander, joined Resthaven Murray Bridge on 5 March 2019. Welcome, Shelley.

Right: Manager Residential Services, Debbie Lindner, gives Frances a farewell hug.



Conference Speaker

From 13-15 February, Coordinating Chaplain, Rev Dr Bruce Grindlay (Resthaven Marion and Aberfoyle Park) was a keynote speaker at a 'Chaplain Learning Community' conference in Brisbane, where he spoke about innovation in aged care creating wellbeing. Well done!



Customer Engagement

Promotion of positive culture at Resthaven, focused on quality and safety for all

It all begins at the top.

The Resthaven Board is responsible for setting the tone and direction at Resthaven. This is mandated via the Rules of Resthaven and the Board Charter of policies.

The Board sets the Strategic Plan, and this high-level vision and document articulates values, behaviours reflective of values and important organisational wide objectives.

It continues with performance review and management for the workforce; both employees and volunteers:

- Management 'walking the talk'
- Policies and procedures which describe acceptable behaviour
- Actioning breach of policy, procedure, code of conduct and behavioural expectations
- Education for knowledge, skill and capability gaps
- Checking the cultural climate biennially via 360 reviews.

It continues with the recruitment of both employees and volunteers:

- Tone of advertisements, promotions and expo interactions
- Screening and interview process for potential recruits, designed to share positive culture with candidates and test for alignment
- Employee and volunteer handbooks detailing expectations.

It continues with the orientation and induction process for the workforce:

- Corporate and site-specific orientation and induction processes which focus on cultural and behavioural expectations
- Buddy support and mentoring programs to enable new members of the workforce to learn about 'how it works around here', using standard written materials.

It is demonstrated through corporate communications:

- Language which promotes positive corporate culture
- Clear expectations given via workforce newsletters
- Story telling about lived experiences at Resthaven emphasising acceptable behaviours and listening to customers
- Public relations and marketing initiatives deliberately consistent in tone and presenting a positive culture outcome and expectation
- Participation in community events, sponsorships and education that demonstrate corporate leadership, and Resthaven's values
- Expressing cultural expectations through media articles
- Responding to feedback and complaints as a continuous quality improvement process.

We are all part of the process, and we thank you for your part!

Out and About



Melbourne Cup

Volunteers, Biruta and Warren (above) added flair to the 2018 Resthaven Aberfoyle Park Melbourne Cup celebrations, with their bright outfits and Biruta's fun fascinator.



Australia Day

Residents, staff and volunteers at Resthaven Leabrook had a great time celebrating Australia Day 2019. Volunteer, Yash, is pictured (left) with resident, Mrs Melita Busby, during the celebrations, with one of the Australian flags that were on display. Other 'Australiana' that decorated the Hall included a giant inflatable 'boxing kangaroo'.



Musical Duet

Resthaven Westbourne Park volunteer, Bob, accompanies residents with old favourites on his trusty guitar. Lately, Bob has been joined by Milton, the son of one of the residents, in performing lovely duets. Bob also volunteers with Resthaven Bellevue Heights. Milton (left) and Bob are pictured left.



Volunteer 'Thank You' Celebrations 2019

'Garden Party—bring the outside in.'

Let's celebrate volunteers this year with a 'Garden Party' theme throughout May. You will receive an invitation in the mail.

The 2019 dates are listed below. Events begin at 2pm.

Date	Sites	Location
2 May	Resthaven Leabrook	Ivon Wardle Hall
3 May	Resthaven Craigmore and Northern Community Services	Resthaven Craigmore Tamarisk Hall
8 May	Resthaven Paradise, Paradise & Eastern Community Services, Western Community Services	Resthaven Paradise Hall
9 May	Resthaven Murray Bridge, and Murray Bridge, Hills & Fleurieu Community Services	Resthaven Murray Bridge Hall
10 May	Resthaven Bellevue Heights	Auditorium
14 May	Resthaven Port Elliot	Encounter Hall
15 May	Resthaven Marion, Marion Community Services, Community Respite Services	Resthaven Marion, Kiah Lounge
16 May	Resthaven Malvern, Westbourne Park, Mitcham, Agedcare Alternatives	Resthaven Mitcham Hall
20 May	Resthaven Mt Gambier and Limestone Coast Community Services	Resthaven Mt Gambier, Blue Lake Cafe
22 May	Resthaven Aberfoyle Park	Hall

Community Engagement on Vision Australia Radio (formerly Radio RPH Adelaide) in 2019

On the second Saturday of every month, a guest speaker from Resthaven is interviewed on RPH Adelaide Community Radio station by Peter Greco on his 'Leisure Link' program.

You can listen in at around 6pm on 1197 on the AM dial. Don't forget to tune in!

Guest speakers are listed at right.



Date (2019) Speaker

9 Feb	Mark Trebilcock, Coordinator Agedcare Alternatives
16 March	TBC
13 April	Peter Jenkin, Palliative Care Nurse Practitioner
11 May	Stacey Thompson, Manager Volunteer Services
8 June	Liz Southall, Manager Limestone Coast CS
13 July	Franco Parenti, Manager Western CS
10 Aug	Stephen Harding, Advanced Practice Nurse
7 Sept	Deb McDonald, Manager Marion CS
12 Oct	Carole Matthews, Manager CRS
9 Nov	Manule Harpas, Manager Onkaparinga CS
14 Dec	Philip Ellison, Project Officer, Community Services