

Resthaven Review



Volume 25 Issue 3

Spring 2016



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 residents, clients, family and friends.

It must be almost spring, as there's definitely a little romance in the air!

We have not one, but **two** 60th wedding anniversaries to celebrate in this edition - one from Resthaven Bellevue Heights (page 21) and another from Resthaven Murray Bridge (page 28). To top it off, wedding bells have been ringing at Resthaven Paradise (page 30), with a wedding taking place in July.

Congratulations to the three happy couples!

Over in Community Services, excitement is the order of the day.

Resthaven Murray Bridge, Hills and Fleurieu clients have been living it up, with the 'Squeaky Joints' group enjoying a mystery tour in the Adelaide Hills (page 15).

Resthaven Northern Community Services clients worked with local young people on a collaborative mural project (page 17), and a Resthaven Paradise and Eastern Community Services client celebrated her 100th birthday with a skydive.

There's never a dull moment!

We hope you enjoy this action-packed edition of the 'Resthaven Review'.

Until next time,

Resthaven Public Relations Team

From the CEO's Desk ...

Hello!

In July, I took some annual leave, and enjoyed quality time with my family. In my absence, Executive Manager, Financial Services, David Norton, was Acting CEO. I appreciate David's hard work whilst acting in this role.

In this report, I mention several matters David also shared in the spring 2016 edition of Resthaven staff newsletter, 'Staff Link'.

Aged Care Funding

The government has introduced changes to the way the amount of residential care funding is determined, so that the amount paid to service providers will reduce.

The government believes that the rate at which care funding paid to providers has increased is excessive. Accordingly, it is taking steps to reduce the rate of growth and recover some of this funding.

In defence of this strategy, the government has indicated that auditing of a selection of claims suggests an element of 'over-claiming,' and that the impact upon those services that are claiming correctly will be minimal.

Resthaven's performance when we are audited indicates that, by and large, our claiming is correct. We should therefore anticipate minimal impact. However, our modelling of the changes paints quite a different picture.

Uniting Care Australia has engaged a firm of industry experts to model the impact of the changes and the results are consistent with Resthaven's: an across the board reduction to resident care funding.

Accordingly, we have written to each of South Australia's Federal Parliamentary representatives expressing our concern, and requesting their opposition to the funding reductions.

Continued opposite page...

From the CEO's Desk (continued) ...

Uniting Care Australia is also leading a national campaign. Collectively, we are very concerned that the funding reductions will be more severe than the government has disclosed. The first round of reductions took effect on 1 July 2016, and more significant reductions are planned for implementation on 1 January 2017.

I strongly urge the government to reconsider their proposed funding cuts. If you feel the same, I encourage you to contact your local Senator or Federal Member of Parliament.

I invite you to review the Uniting Care Australia website for further information: <http://unitingcare.org.au/projects-and-activities/cuts-to-aged-care-funding>.

Board Governance

I welcome a new member to the Resthaven Board. Darren Birbeck commenced with the Board at the 22 June 2016 meeting.



Darren holds a Bachelor of Economics (Accounting), Masters of Business Administration, is a Fellow of CPA Australia and a Graduate of the Australian Institute of Company Directors (AICD). He brings managerial experience in corporate services, financial analysis, audit and risk management and governance experience with other boards and subcommittees.

ACS Award Win

I am delighted that on Friday 3 June 2016, Resthaven Port Elliot won the 2016 Aged & Community Services (ACS) SA & NT Inc 'Excellence in Aged Living Design' Award.

My congratulations to all involved with the planning and development of Resthaven Port Elliot!

Better Practice Award Win

I am very pleased to announce that Resthaven has won a 2016 'Better Practice' Award for our 'Managing Medication Risks in the Community' project. The award was announced at the Better Practice conference in Sydney on 18 August.

Congratulations to all involved. It is a great acknowledgment of complex care in the home, and outstanding care and support in the community.

Reaffirmation of our Commitment to you

I wish to address the recent, very public matter of the abuse of a resident at a Mitcham residential care home. We want to absolutely emphasise that this was not a Resthaven home. It was a private facility located in Mitcham, of which Resthaven is not associated in any way.

However, this matter has led to some discussion and anxiety in the community, and I thought it proper to offer comment.

I want to reaffirm to all residents, clients and families that if they have a concern, to understand the importance of raising it with us. If you have a concern which you have raised at your site which was not resolved, you are welcome to raise it at a corporate level with Executive Manager, Residential Services, Tina Emery, as part of our due processes.

Independent of that, I wish to reaffirm also that there are independent processes that you can access, such as the Aged Rights Advocacy Service (ARAS), or the Aged Care Commissioner. However, I encourage you to raise any matters with us in the first instance, so that your concern can be resolved as quickly as possible.

Finally, this issue has raised the broader subject of closed circuit television cameras (CCTV) in the rooms of residents in aged care homes.

Continued page 4...

From the CEO's Desk (continued) ...

At this time, our general view is that this has broader implications regarding the privacy and dignity of individuals. However, this issue must be taken in context with the changing world we live in, and people's personal use of technology. We will further consider that as we contemplate the changing nature of technology.

Separate to this, an independent Bill regarding CCTV in aged care homes has been submitted to the State Parliament. We are watching the nature of this debate closely.

Matters like this have broad implications; the outcome of these debates should be applicable across the board to any vulnerable person in care.

We reaffirm our commitment to your wellbeing, and encourage you to speak with staff at any time.

Staff Appreciation Awards

Congratulations to all long-serving Resthaven staff who were recognised at the 2016 Staff Appreciation Awards on 8 July. The total service that was recognised at the ceremony was an impressive 1,455 years!

A special congratulations to Resthaven Marion Housekeeping Assistant, Mira Trett, who reached her 40 year milestone this year (pictured right, with Deputy Board President, Lee Sando).



Congratulations, Mira.

Asia Business Mission

In August, Senior Manager, Residential Services, Darren Pike, attended a South Australia trade mission to Southeast Asia, with delegates from the South Australian Government, Industry, and Not for Profit service providers.

Darren was the only representative of the aged care sector, and was able to gain an understanding of the development of aged care services in SE Asia, and explore potentially mutually beneficial opportunities.

Resthaven already has links in this region through the ongoing support we offer to Arnop Chirakiti, the Foundation Chairman of a benevolent venture which has established an aged care home for destitute elderly Thai women.

Executive Manager, Governance and Workforce Development, Wendy Morey, provided advice and practical assistance during the development and commissioning of this facility.

Arnop continues to maintain regular contact with Resthaven, and seek our advice. He is a remarkable man with a wonderful vision, and we are honoured to contribute to its realisation.

This is a valuable relationship in terms of Resthaven's mission, and the potential opportunities for Resthaven and South Australia as our Asian neighbours consider the care and support offered to its older people.

Community Engagement

The Resthaven Board continues to maintain a genuine interest in the good work Resthaven does. The Board Meeting held at Resthaven Mitcham on 5 May, the Board met and spoke with several residents prior to the meeting.

Continued opposite page...

From the CEO's Desk (continued) ...

Resthaven Board President, Mark Porter, has a scheduled visit to all Resthaven sites this year. In early 2016, he visited Murray Bridge. In May, he called in to the Resthaven Riverland Community Services office in Loxton (right).

Mark also visited Resthaven Craigmore, where he was delighted to view the recent site upgrades, and speak with residents and staff.

Mark has also visited Limestone Coast Community Services, and Resthaven Mount Gambier, where he joined them for their fifth birthday 'Christmas in July' lunch.



Above: Board President, Mark Porter, visits Resthaven Riverland Community Services. Back row (L-R): Sam Harkins (Coordinator), Sam Zimmerman (HSW), Sandy Smith (Manager), and Mark. Front row (L-R): Ken Harris, Kimberlee Francis (Coordinator), and Shirley Harris.



Richard Hearn
Chief Executive Officer

Farewell, Dorothy Wilson: 1915 - 2016

It is with sadness that I inform you that Miss Dorothy Wilson passed away peacefully on Monday 27 June 2016, aged 101.

Miss Wilson was the Matron of Resthaven Leabrook from 1953-1974, living at the site during this time. After her retirement, she volunteered at the home for many years, and had an area of the site named after her in honour of her great contribution.

Later, she moved into the home as a resident, where she was a vibrant and greatly respected member of the Resthaven Leabrook community.

Miss Wilson's funeral was conducted at Resthaven Leabrook by Rev Matthew Bond from Burnside Uniting Church. More than 50 residents, family and friends attended to pay their respects.

Valé, Dorothy.



Residential Services

Aged Care Open Day

On (or around) Friday 17 June, Resthaven joined in the National Aged Care Open Day. All residential sites opened their doors to the public. The event generated much interest from the public in our services.

Accreditation

In June and July, Resthaven Marion and Westbourne Park underwent Unannounced Assessment Contact visits from the Australian Aged Care Quality Agency (AACQA).

The assessors gave very positive feedback at both sites, which is reflective of the quality care and services provided.

Congratulations to management and staff at both sites on these great outcomes.

Resthaven Mount Gambier turns 5!

On Friday 15 July, Resthaven Mount Gambier celebrated their fifth birthday with a 'Winter Christmas Dinner'.

Resthaven Board President, Mark Porter, visited to join in the celebrations, along with Darren Pike, Senior Manager, Residential Services. Everyone enjoyed the celebration.

Resthaven Port Elliot Capacity Milestone

In June, Resthaven Port Elliot marked a major milestone. With a new couple moving into their 90th room, this meant the site is now running at full capacity, just over a year after opening in May 2015. Well done!

Newspaper Deliveries

A reminder to all residents that, unfortunately, NewsCorp have ceased bulk delivery of Messenger Press local newspapers to all residential aged care homes. Please be aware that this decision was not made by Resthaven.

You are welcome to raise any concerns about this directly with NewsCorp, or with your local member of Parliament.



Above: The wedding ceremony of Ian and Vivienne Matthews at Resthaven Paradise, being officiated by Rev Cate Baker, and witnessed by a delighted Sylvia Salinas (Lifestyle Assistant).

Wedding Bells at Paradise

On 9 July 2016, Resthaven resident, Ian Matthews, wed his wife, Vivien, at Resthaven Paradise (see full story page 30).

This wonderful celebration was embraced by staff at the home, giving Ian and Vivien a beautiful ceremony.

I sincerely thank all residential staff for the efforts they make; it is their commitment that places Resthaven above all others!

Tina Emery
Executive Manager,
Residential Services



Community Services

Staff Movements

I am pleased to advise that Karen Hammond has been appointed Manager, Northern Community Services until June 2017.

Karen has a strong background in Community Services as Assistant Manager and Community Services Coordinator, and offers a wealth of experience as a long term Resthaven employee. Congratulations to Karen on her appointment to the role.

New Service Provision

Resthaven is now a contracted Veterans' Community Nursing provider in the Gawler area, expanding our reach throughout the metropolitan area and beyond.

Government House Visit

On 23 March, Resthaven Paradise and Eastern Community Services client, George Berryman, and Coordinator, Anastasia Kratounis, were invited to a reception for World War II veterans in the grounds of Government House. George and Anastasia (below) had a great time.



Resthaven Northern Community Services Art Mural Project

Earlier this year, art teacher and visual artist, John Whitney, was commissioned by Resthaven to create a mural for Northern Community Services. He was assisted in its creation by a group of young people, along with several Resthaven staff and clients.

The mural was installed on the exterior wall of the site in late July. See page 17 for more about this intergenerational learning project.

Community Services Clients take on 'Running Man'

Resthaven Marion Community Services clients have challenged the stereotypes of ageing by creating their very own 'Running Man Challenge' video for YouTube.

The 'Running Man Challenge' is a worldwide internet sensation, where groups of people dance to a certain piece of music and upload it to the web. The youngest participant was five months old, and the oldest 92.

Marion Community Services Manager, Deb McDonald, says, 'You can have fun at any age - age really is just a number!'

The video is now live on Resthaven's YouTube channel (www.youtube.com/resthaven).

Well done to Deb and her team.



Sue McKechnie
Executive Manager,
Community Services

Building Projects Update

Resthaven Malvern

Stage 1 of the redevelopment at Resthaven Malvern is nearing completion, with residents now occupying both the temporary rooms, and seven new rooms. The new kitchen was completed on 27 June, and the new nurses station was opened in mid-August.

Stage 2 refurbishment works commenced in August, due for completion in December 2016. Stage 3 is due for completion in mid-2017.

Resthaven Northern Community Services

The Resthaven Northern Community Services extension was completed on 2 August. An outdoor mural was created as part of a community art project with local artist, John Whitney, which has been attached to the roadside wall (see page 17). An official opening is planned for later this year.

Resthaven Mitcham

Design development of the major redevelopment of Resthaven Mitcham is nearing completion. Early works are underway, including a temporary reception and drop-off point, a new entry off Hill Street, and new stormwater culverts. Stage 1 will commence once these works are complete.

Resthaven Mount Gambier

Dycer Constructions have been appointed to undertake the construction works for the significant refurbishment at Resthaven Mount Gambier. Works commenced in the first week of August, and are expected to be complete by late October.

The design will see the curved balconies installed with glazed balustrading and blinds; a new automated louvre system over the corner balcony, and new shade sails on the staff balcony.

Works will also include the installation of a flag pole to the front of the property, a weather-proof area outside the café area which will include landscaping, a water feature and blinds, and a 15 kw solar power system.

Resthaven Murray Bridge

Development approval has been granted by the City of Murray Bridge for Stage 1 of the redevelopment at Resthaven Murray Bridge. Development approval has been lodged for Stages 2 and 3, which will include refurbishment of 20 rooms in the Homburg and Harrip areas, construction of 20 new rooms to replace Talbot, Jenkins and Christopher, and a new reception and administration area, hall, café, hairdresser, shop and library.

Sarah Constructions have been appointed as construction manager, with works commencing in late 2016/early 2017.

Resthaven Aberfoyle Park

Onkaparinga Council are preparing documents to grant development approval for the new 100-place residential home at Aberfoyle Park. The approval is expected to be issued in August. Tender documents are being prepared to engage a construction manager.

The project is expected to commence in 2017.

Resthaven Craigmore

A six place extension has been designed for the Flinders area of Resthaven Craigmore. Development approval has been received, and the design process is well underway.

Other works will include the construction of a new meeting room, a gopher storage area, refurbishment of the dining room and Flinders area, and the existing double rooms. Building is expected to commence in late 2016.

Building Projects Update

Resthaven Westbourne Park

The design for the Westbourne Park Jade area extension will now include 16 extra places, achieving all single rooms at the home.

The plans will include enlarging the reception area to create a meeting place with a café, moving the Manager's office, and enlarging the staff room. We expect to submit the development application in August.

Resthaven Paradise

Plans for a significant refurbishment at Resthaven Paradise are currently being finalised. Works will incorporate widening of doors into ensuites, new flooring, undercover gopher parking, barbeque area, extended outdoor café area, and new air conditioning.

Resthaven Bellevue Heights

The application for a significant refurbishment at Resthaven Bellevue Heights was approved in late July. Plans include an upgrade to the bathrooms in the Robin and Swan areas, and building two secure, low bushfire risk verandas overlooking Sturt Gorge. Other plans include replacing ILUs with stair access, and adding more car parking and an additional entrance.

Resthaven Murray Bridge, Hills & Fleurieu Community Services

Temporary Wellness Centre

Due to expansion plans, the Wellness Centre at Anerley Road, Murray Bridge (at the rear of Resthaven Murray Bridge) will be closed, and replaced by a temporary Wellness Centre at 67 Adelaide Road, Murray Bridge. All the programs offered will be available here.

A development application will be lodged for a new Community Services building which will centralise all community services in Murray Bridge.



Above: A refurbished bedroom at Resthaven Community Respite Services (Ridgway House).

New Strathalbyn Office

With the recent additional Home Care Packages and the closure of the leased Mount Barker office due to the site's sale by its owner, the Strathalbyn office has relocated to new premises at 9 Rankine Street Strathalbyn (formerly a restaurant). This will be converted into a much larger base for the rural services.

The project involves fit out and modifications to the existing building to accommodate Community Services and a Regional Assessment Service (RAS). Building is expected to commence in late August, due for completion in November.

Resthaven Community Respite Services

Ridgway House Overnight Respite Cottage at 36 Sussex Terrace Westbourne Park has undergone a facelift, with a new fit out and modern feel, updated ensuites, décor and air conditioning.



Emmet O'Donovan
Manager, Buildings and
Capital Projects

Retirement Living Update

The 'Bellevue Games'

In solidarity with our Australian athletes in Rio, in August, Independent Living Residents at Resthaven Bellevue Heights held their own 'Games' in Gum Tree Lodge.

The games began with a torch being escorted into the lodge. President of the ILU Residents Association, Graham Prior, acted as 'Chef de Mission' for the day.

More than 25 residents joined in the fun of the day, along with Member for Davenport, Sam Duluk MP, and Manager, Residential Services, Wendy Martin.

Divided into four teams, games included an egg and spoon 'walk', pass the 'flag', the teddy bear 'reel-in', and corner spray.

Residents then enjoyed lunch together, with hot pies, sandwiches and cake, and music from Josie on the piano.

Jeannie Peace
Retirement Living
Coordinator



Volunteer Services

“ **‘Volunteerism is a source of community strength, resilience, solidarity and social cohesion. It can bring positive social change by fostering respect for diversity, equality and the participation of all. It is among society’s most vital assets.’** ”

Ban Ki-moon, Secretary-General of the United Nations, 2009

More recently, Ban Ki-moon emphasised that volunteering fosters creativity, and ‘draws strength from our passions, and connects us to those who need it most.’

In the winter 2016 edition of the ‘Volunteer Buzz’ newsletter, we discussed the powerful, yet subtle, difference we make when we connect with each other using eye contact and touch. Dr Fiona Kerr of the University of Adelaide is currently investigating the amazing therapeutic effects of eye contact and touch on our emotions, mood and outlook.

The importance of connections was again highlighted during the 2016 Middle Manager’s Development Day in June, when Resthaven Paradise volunteer, Anna Mizzi, joined us as a guest speaker.

Anna volunteers in an area of Resthaven Paradise where residents are living with dementia. During her talk, it really came through how much she genuinely enjoys connecting and engaging with them. Each time she walks up the Resthaven Paradise driveway, she looks forward to her morning. When she leaves for the day, it is with an extra bounce in her step.

Often, Anna and residents will enjoy the garden, the textures and smells, including the rosemary (which often leads to conversations and reminiscing about lamb roasts!).

Recently, Anna was folding items with a resident, and a staff member walked by and commented that she had not noticed Anna. In Anna’s words, she ‘blends in’. We have many volunteers who ‘blend in,’ and it is so important that we don’t overlook their important work. They embody Resthaven’s values in action: trust, dignity and choice.

Whilst Anna may not always be remembered by the residents she spends time with, she is warmly greeted and welcomed into their home because of the connections she has built over time.

Anna has worked in community health, education, career coaching and the arts which has included marketing, palliative care and dementia. Her approach in life is to experience as much as possible. It sounds like this attitude has been passed on to her sons, one of whom was recently a contestant on Channel Ten’s MasterChef!

Beyond the Expected

Drawing from the messages above, we ask people to open their ‘parachutes,’ and open their minds to the difference volunteers make that you may not be seeing; and the difference they can make, now and in the future.

Stacey Thompson
Manager,
Volunteer Services



Chaplaincy

Sharing Quality Time Together

Every Friday at Resthaven Westbourne Park, a group of men gather with Resthaven Coordinating Chaplain, Rev Kingsley Congdon, for a casual get-together known as "Men's Group".

The group of around ten men enjoy discussing a variety of interesting topics, catching up on the latest news and just being together in each other's company over morning tea.

Kingsley, who also coordinates chaplaincy services at Resthaven Craigmore, describes himself as both 'facilitator' and 'waiter' at these informal gatherings.

'The aim of this group is not pastoral support, but fellowship – connecting with each other.'

The men regularly enjoy visits from guest speakers, including Magistrate Kym Boxall, who explained the history and practise of law, and Geoff Paige, a Maintenance Person



at Resthaven Mitcham who related his experience of working in the Antarctic.

Resthaven CEO, Richard Hearn, was invited to visit the group, relating his own personal story and experiences throughout his 30 year career with Resthaven.

Regular group member, Richard Henschke, thoroughly enjoys the 'Men's Group' sessions, saying, 'The group is a great chance to interact, and recall memories.'

Kingsley says, 'I am really proud and pleased to be part of this group. It's all about fellowship, fun, and a nice cup of tea.'

Annual Memorial Service Reflection

When someone we love dies, it often feels as though we pass through many storms and times of calm. We all experience these things differently, yet a few things remain the same for us all.

We need to grieve; to acknowledge that something significant has happened and life will never be quite the same again.

We all do this to some degree. Often, we expect that after a storm of tears or anger, that we have finished. Surprisingly, we find there is yet more in store.

It is important to recognise that grief is a normal experience, and that the process of grieving does require experiencing the pain that accompanies the loss of a loved one. Grief is a process towards healing, not an event.

It is a journey, not a destination. Through it all, no matter what, God is with us. We are never alone.

Rev Dr Bruce Grindlay
Coordinating Chaplain



Community Respite Services

Ridgway Refurbishment Complete

Guests of Resthaven Community Respite Services are delighted by the recent upgrade to Ridgway House, at 36 Sussex Terrace, Westbourne Park, which provides a 'home-like' place for them to stay when their carers need a short break.

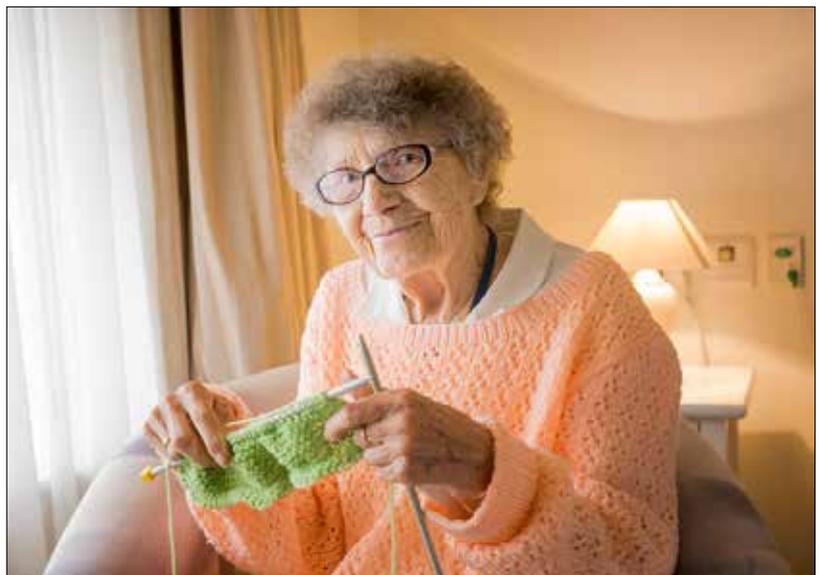
Ridgway House offers day and overnight respite for carers, with home cooked meals, socialising, activities, and 24/7 support, giving carers the opportunity to attend appointments, or look after their own personal wellbeing from an afternoon to a whole week.

The cottage recently underwent a "facelift," with new air conditioning, modern ensuite bathrooms, and new carpet throughout. Clients and carers alike are very happy with the renovations.

Professional photographs were taken of the newly renovated cottage in July, with several guests jumping in to participate on the day (pictured this page).

Resthaven supports carers through a variety of options across the metropolitan area, the Adelaide Hills, Fleurieu, Riverland and Limestone Coast, and can assist with the application process for government funded support.

Phone 1300 136 633, or visit www.resthaven.asn.au for more details.



Limestone Coast Community Services

Life Changed by Simple Solution

Until recently, Resthaven Limestone Coast client, Sergio Manfrin, was unable to walk or move from his wheelchair by himself.

This was an issue for his wife and carer, Emma, who wished to take her husband out for the day, and assist him to move safely by herself.

'In collaboration with Sergio and Emma, and a Resthaven Occupational Therapist, we worked together to find a solution,' said Resthaven Limestone Coast Community Services Manager, Liz Southall.

'The outcome was the trial and subsequent purchase of an "ETAC Turner".'

'This specialty piece of equipment allows the person using it to rise up safely out of a chair or bed, and turn, before safely lowering themselves again, with the help of just one person.'

'This meant that Emma was able to safely transfer Sergio from one chair to another, enabling them to resume a more independent lifestyle, where they participate together.'

'Sergio was able to obtain this life-changing item with funds from his government-funded level 4 Home Care Package, which is provided through Resthaven.'

'Before Sergio used the equipment, it was by assessed Resthaven, a safe work procedure was developed, and staff who assist in caring for Sergio were educated in how to use it.'



Pictured: Emma and Sergio Manfrin using the 'ETAC Turner'.



'This purchase has had a life-changing impact on Sergio and Emma, giving Sergio the freedom to move without the intrusion of staff multiple times each day.'

'It is so pleasing when we are able to assist clients this way – it's the best possible outcome.'

If you are interested in how Resthaven Community Services can support you to remain living independently in your own home, phone 1300 136 633.

Marion Community Services

A Poem from the Parkinson's Group

We have now commenced the combined Parkinson's Group on a Thursday
So please come along and say g'day!

The group consists of friendship, support, discussions and a good laugh,
Lots of friendly banter, including with the staff!

It's a great group of people, who enjoy absolutely everything,
We play games, both mental and physical and sometimes even sing.

So on Thursdays we head over to the gym,
Endeavoring to become more slim.

Crows and Port Power: 'Rah Rah Rah'!
On that note, let's head to the bar!

That's the parallel bars, to practice our balance and steps,
'Think big' is our aim, to help keep us in the game.

The group is fun as everybody knows, and the exercises keep us on our toes,
Especially waving along to Barry Manilow.

The music we hear comes through loud and clear,
The Yellow Rose of Texas we all like to hear,
Except of course the manager, oh, the poor dear!

'Number 19 Special' is Owen's favorite song,
Gets the knees moving and keeps the heart strong.

Some members want to begin with morning tea,
But that's when we become very busy bees.

Our discussions are usually very informative,
We have even had a go at art work, mandalas and being creative.

Marilyn the Therapy Assistant has been in the group for 15 years,
And now it is time to shed some tears.

Now it's time to wish her all the best,
So that she can get some well-earned rest!

So now you have heard all about our fun and games,
Please come and join us, we promise you will feel the same!

Written by the Thursday Parkinson's Group

Murray Bridge, Hills & Fleurieu Community Services

Squeaky Joints 'Mystery Tour'

In April, the 'Squeaky Joints' Group embarked on a 'Mystery Bus Tour'.

The group enjoyed wine and cheese tasting, lunch, and a visit to the 2016 Sculpture Symposium at the Cedars, Hahndorf.

Destinations on the day were a total surprise to participants, and they were delighted to take part in such a unique and culturally rich day.



Northern Community Services

Mural Project

In early July 2016, teacher and visual artist, John Whitney, was commissioned by Resthaven to create a community artwork for an exterior wall at Resthaven Northern Community Services.

Having designed the piece in his studio, John set to work to create the large piece at VTECH at Davoren Park, who very generously provided this great workspace for the project.

Four young adults, Bianca, Lauchlan, Dylan and Cameron volunteered their time to assist John in developing six art panels. Client, Violet James, along with Assistant Manager, Tracey Bunyon, also lent a hand on the artwork.

The resulting mural was installed in early August, and looks fantastic. An official opening is planned for later this year, which will also celebrate the recent extension at the site.

Well done to all.

Pictured this page (from top right): Violet James working on the mural; Artist, John Whitney; (L-R) Cameron, John Whitney, Lauchlan, Bianca, Violet James, Lynn Openshaw (Manager, Service Development) and Dylan; The mural being installed on the wall of Resthaven Northern Community Services in early August.



Onkaparinga Community Services

Community Collaboration

Resthaven Onkaparinga Community Services work hard to ensure they meet the needs of the community, supporting older people so they can remain independent and be an active participant in their community life.

'An important part of this is our collaboration with local community groups,' says Manager, Manule Harpas.

'We work closely with many local groups, including lifestyle and retirement villages, local doctors, service groups, community centres and support groups.'

'Some of our exciting collaborative activities with these groups include low impact fitness classes, guest speakers, group outings, and social activities.'

'Through collaboration with the local community, we strengthen our commitment to supporting the wellbeing of older people living independently in the community.'

If you are interested in the services that Resthaven Onkaparinga Community Services can offer, phone 8326 3444.



Riverland Community Services

Meet the Team!

Clients are benefiting from the great new staff who are part of the Resthaven Riverland Community Services team.

Jodie Rothe (right) has returned to the role of Coordinator, after a year working as a Program Assistant.

'Jodie was a Coordinator for two years before going on maternity leave,' says Manager, Sandy Smith.



'Her return to the Coordinator position is very welcome, as she brings with her excellent skills and knowledge.'

'John Kanyi has also joined us as a Program Assistant. John (right) worked as a Home Support Worker for just over a year, and has a very strong work ethic.'

'John is very easy to get along with, and he will be a strong addition to the team.'



Paradise & Eastern Community Services

'Just Live your Life' says Skydiving Centenarian

Resthaven Paradise and Eastern Community Services client, Irene O'Shea, celebrated her 100th birthday in a most unusual way.

Not content with the usual birthday party and letter from the Queen, Irene chose to go skydiving from 14,000 feet, clocking up a speed of 200km/hr during her 45 second freefall.

'It was wonderful!' she says, 'It was an experience I'll never forget.'

Indeed, Irene has always been an adventurer, described by her son in law, Mike, as 'fiercely, determinedly independent. If it doesn't suit her, she'll let you know.'

Born in Wheatacre (Norfolk, England) in 1916, Irene was one of seven children. She married Thomas O'Shea on 17 August, 1940 (a week before the Battle of Britain and the London bombing). Together, they had two children, Shelagh and Michael.

When Irene was widowed in 1953, she did several odd jobs to make ends meet, including cleaning and making chocolate.

In the 1970s, Shelagh emigrated from England to Australia. Irene followed in 1974, and began work as a Nurses' Assistant at the Magill Nursing Home. There she stayed until her retirement.

Sadly, Shelagh passed away in 2008, aged 67, from Motor Neurone Disease. However, it was this tragedy which prompted Irene's daredevil skydiving feat for her birthday this year.

'This was for my daughter,' she says. 'I wanted to do something to raise awareness of Motor Neurone Disease.'

Raise awareness she did, with her stunt featured on both the Channel 7 National News and the 'Sunrise' morning show.

Whilst skydiving at 100 was possibly Irene's most impressive feat, it certainly wasn't her first – she climbed Uluru aged 64, travelled



all over Australia with two friends in her 70s, and travelled (alone, of course) throughout America well into her 80s.

When she suffered a minor stroke in her 90s, thereby losing her driver's licence, it only took her six weeks to recover, re-sit the exam, and have her licence reinstated.

Still living independently in her own home, Irene does not even need reading glasses!

Irene now has five grandchildren and 11 great-grandchildren, which are her great joy in life. She also enjoys embroidery, sewing, reading, jigsaw puzzles and gardening. 'She's a real whiz with fruit trees and flowers!' says Mike.

When asked if she has any tips for longevity, Irene simply smiles and shrugs.

'You never know how much time you'll have.'

'Just live your life, that's all you can do.'

Western Community Services

Delicious Outing to Krispy Kreme

Community services clients can use their time with Resthaven Home Support Workers for all sorts of things.

Never was this more evident than when a morning tea was organised for Regency Cottage clients to the local 'Krispy Kreme'!

Richard and Janet (who are brother and sister - pictured) thoroughly enjoyed their hot chocolate and delicious sweet treats, accompanied by Home Support Worker, Martina.

It was a fun outing for all!



Bellevue Heights Residential Services

60th Wedding Anniversary Celebrated

On 9 June, Mr and Mrs Keith and Josie Wilson celebrated their 60th Wedding anniversary.

They celebrated this milestone with a lovely luncheon at Resthaven Bellevue Heights with family and friends.

Josie and Keith met on Friday 15 July, 1955, when Josie attended the Windsor Ballroom on North Terrace, to go dancing with friends. She had arranged to be picked up by her then-boyfriend after the dance.

Even though Josie and Keith had never actually spoken, they had seen each other before: aged 18, Josie used to catch the train from her parents' house at Thebarton into the city, where she worked at G&R Wills. Keith, then aged 22, was working at Holden's. As the train went past Holden's on the way to the city, Keith would wave at Josie. Josie thought this mysterious man was tall, dark and handsome.

On Friday 15 July, 1955, Keith had also decided to attend the Windsor Ballroom. After the dance that night, Josie was taken home by her boyfriend, but that was the last time.

Eleven months later, on 9 June, 1956, Josie and Keith were married.

They moved to Whyalla, where Keith bought a newsagency, and, in 1970, Keith became the Mayor of Whyalla.

Together, Josie and Keith have six children, 16 grandchildren and four great-grandchildren.

Congratulations to Josie and Keith on 60 wonderful years of marriage!



Craigmore Residential Services

National Aged Care Open Day

On 17 June, Resthaven Craigmore (along with all Resthaven residential homes), held a lovely afternoon tea to celebrate 'National Aged Care Open Day'.

'This was a great opportunity to show interested members of the public Resthaven Craigmore supports residents,' said Lifestyle Coordinator, Elaine Gratton.

'The theme of the day was "Roaring 20s". We enjoyed mocktails with our afternoon tea, and a lot of fun was had by all.'

'Thank you to all those who attended.'

'We hope you had a great time!'

Right: Pat Uppington enjoys her 'mocktail'.

Below: Aileen Clarke, Flora Jarman and Ray Jarman.



Leabrook Residential Services

'There is Always More Paint' - Tribute to Dorothy Wilson

My friend Dorothy died recently, not unexpectedly, at the age of 101. Not that she seemed about to die - in fact, until a few days beforehand, she was quite intent on living.

As it crept up on her quietly, she declared she might not be alive for long now, but whatever was to be, she could not help it either way. She did not say so, but it seems her faith was with her and she was simply on her way.

We were the best of friends. She called me her 'Saturday friend', as that is the day I visited as a volunteer. After a few years, she just called me her friend. We could talk about anything, Dorothy and I, and the hour of my visit always passed before we knew it. Many times, we had to be reminded it was lunch time.

It was always a simple time - a walk in the grounds, reading, going through old photographs, watering her plants, and talking about her life: her many precious memories, sometimes her regrets, mostly her joys, the babies she had helped be born, and the older people she had nursed.

Dorothy was royalty at Resthaven Leabrook. It was her life and home most of her adult life; when she lived onsite as matron, then when she came home to live in her old age. She knew everything about Resthaven, and will be missed by everyone who knew her there.

Inevitably, I came to know to some degree, and to know about to a greater degree, everyone in her life - her large family of her remaining younger brother and nieces and nephews and their families, for whom she had nothing but love - as well as the other residents and workers who talked to and cared for her each day.

At her funeral, I sat with her friends from her floor, all special people. I ached for Peg, at 106, seeing off yet another of her old friends; the unique burden of the last one left.



Above: Dorothy Wilson and Rhondda Harris, May 2016 (photo taken by Chris Wilson).

I, too, felt immeasurably sad. Yet I smiled at her niece's eulogy. When her niece was herself training at Resthaven, under Dorothy's charge, she had learnt to fold sheets with the rest and been astounded at her Aunt Dorothy's attention to everyone's needs - instructing her who had more peas or extra potato.

I smiled again, this time at myself, when I foolishly offered the man next to me, who I well-knew to be blind, my hymn sheet to share, and he understood; and again I smiled when the woman sitting next to me told me a story I will long remember. She had moved into Resthaven more than a year ago, she said, and of course her room was newly painted. She told Dorothy one day that she was always worried she might scratch the paint. Dorothy had stopped in her tracks, and said to her as though it was an evident fact of life, 'there is always more paint'.

So there it is, Dorothy was under no illusions, life comes and life goes, as a nurse she knew this well; but there is always more paint.

***Written by Rhondda Harris
Volunteer, Resthaven Leabrook***

Malvern Residential Services

Happy 100th Birthday: Joan Harvey

On Wednesday 15 June, Joan Harvey celebrated her 100th birthday with a party for family and friends at Resthaven Malvern. Surrounded by extended family, Joan was delighted to share her special day.

Born in Newcastle in England, Joan went to St Margaret's Girls School. When Joan finished school, she went to Commercial College and became shorthand typist. However, she didn't like sitting in an office all day, and soon went to work in a large shop. There was a cinema and coffee shop nearby, where young people gathered for coffee.

A workmate mentioned to Joan that they should go to have a coffee, as 'there's some dishy boys there.' Soon she was on a date with the younger of the three brothers whose parents ran the coffee shop. The older brother, Charles, decided that he would like to take Joan out, and that is how the couple met.

Charles worked as a travelling manager for the Ford Motor Company, a job that often took him away for weeks at a time. It also meant that they moved around a lot. After the war, opportunities were few and many things were rationed. Looking for a better life for their young family, Charles decided they would come to Australia.

So it was at age 30, with two children, Graham, 8, and Moira, 5, that Joan left the seaside village of Tynemouth with Charles and took a First Class Passage aboard the 'Orion' to Sydney, Australia. The nine week journey was a great adventure for the children, who enjoyed many on-board games.

With Charles still working for Ford, the family moved to Toowoomba in Queensland, for their first few years, before moving to Bundaberg, where daughter Jennie was born.



Here, everyone played golf, even though Joan said, 'I'd go into hysterics, because I couldn't hit the ball - I'd hit the turf instead. Everyone was in the golf club. It was how you met people. I made lots of friends.'

The next move was further north, to Townsville, where they had a lovely house facing the sea and Magnetic Island. 'We were wanderers, then. I think I've seen a lot more of Australia than many Australians.'

They moved to South Australia in the mid-1950s, living in metropolitan Adelaide.

Joan's secret to longevity is eating well. She cooked for Charles and looked after him at home until Charles was 102, and she was 98, only moving in to Resthaven when a fall meant that Joan could not look after him any more. He was 103 when he died.

Joan has three children, eight grandchildren, and 1 great-grandson, Jackson. Her great-grandson was particularly keen to help her to celebrate her big day (pictured above), along with Unley Mayor, Lachlan Clyne, who visited to present Joan with a bouquet of flowers.

Many happy returns, Joan!

Marion Residential Services

Knitted Bears Bring Joy

Resthaven Marion and Westminster School have a long association of intergenerational learning.

Part of this included a recent project where members of the Resthaven Marion Craft Group knitted jumpers for orphaned children in the Philippines. These were delivered by former Westminster School teacher, Philip Stewart, who was travelling to the Philippines as part of a Uniting Church project he was involved in.

Craft Group member, Garyfallia (Gary) Jerkovic, decided to go down a different path, and began making knitted teddy bears for the children instead.

'Gary made some wonderful bears,' said Lifestyle Coordinator, Karen Neighbour.

'She has it down pat now - it's a real production line!'

'Philip delivered the bears to the children in July. He said they were a great hit, and the children could not wipe the smiles off their faces.'

'The Craft Group continues to make coloured bears, which will be presented to a group of school children who will visit us during book week.'

'Thank you to Gary, and all the Craft Group ladies, for all their hard work.'



Above: Former Westminster School teacher, Philip Stewart, delivering teddies knitted by the Resthaven Marion Craft Group to orphaned children in the Philippines.



Mitcham Residential Services

Improving Pain Management

From April – June 2016, Resthaven Mitcham was involved in a trial focusing on pain management, through the 'Aged Care Clinical Mentor Model of Change.' This booklet was developed through an 'Encouraging Better Practice in Aged Care' (EBPAC) project that Resthaven led in 2014.

Leanne Lawrence (Project Officer, Clinical Services) was appointed 'Aged Care Clinical Mentor', and Ruth Martin (Registered Nurse) as 'Site Champion'.

Manager, Mandy Hutchinson, said, 'Staff embraced the opportunity to improve their knowledge and improve pain management for residents.'

'Pain can often impact greatly on sleep, general comfort, ability to move, and on emotional wellbeing.'

'This trial aimed to support residents living with pain to have a better quality of life.'

Well done to all involved.

Below: Robyn Masters (Coordinating Chaplain) with Elsie Reynolds.



Above: Resthaven Mitcham resident, Eva Matic, with Registered Nurse, Ruth Martin.

Below (from top): Volunteer, Les May and Virginia Bungey (Lifestyle Assistant); Leanne Lawrence and Ruth Martin.



Mount Gambier Residential Services

Fifth Birthday Celebrations

On 4 July, Resthaven Mount Gambier celebrate their fifth birthday with a festive birthday party.

There was a historical timeline display, drinks on arrival, and entertainment from the 'Irish Country Band'.

The event was formally opened by Manager, Lisa Sutcliffe.

'There was lots of singing and dancing, and we all shared a delicious afternoon tea and birthday cake,' says Lifestyle Coordinator, Meredith Simons.

'Many family members joined us for this celebration, joining in the singing and dancing.'

'We look forward to our 10th birthday party!'



Above: Volunteer, Joy Berry, and Lifestyle Coordinator, Meredith Simons, blow out the candles on the fifth birthday cake.

Below: Residents enjoy entertainment from the 'Irish Country Band' in the Hall.



Murray Bridge Residential Services

60th Wedding Anniversary Celebration

On 23 June, John and Dawn Andrae celebrated their 60th wedding anniversary.

John and Dawn were delighted to receive congratulations on this milestone from the Queen, The Premier, The Prime Minister and Governor General.

Born and raised in Murray Bridge, Dawn met John at the local dance at Burdett. Dawn was working as a telephonist and John worked as a plasterer and was a member of the Army Reserve.

John and Dawn were married on 23 June, 1956, at a Presbyterian Church. They have three children, six grandchildren and seven great-grandchildren.

The couple built their first house in Thomas Street, Murray Bridge, before moving to Elizabeth Street, where they owned the 'Daily Deli' for several years.

Over the years, they started their own building company, owned and operated one of the first video stores in Murray Bridge, and ran a landscaping business.

Upon retirement, they built a holiday house at Middleton, and spent many Christmas holidays travelling in their caravan with their children.

Dawn was a keen sportswoman, playing golf, tennis and table tennis. John was keen on making and fixing things in his shed, including restoring cars, and making wooden toys.

Dawn now lives at Resthaven Murray Bridge, and John visits his wife on a daily basis, regularly attending activities together. Their lifelong romance continues.

Congratulations, John and Dawn!



Above: John and Dawn Andrae on their wedding day on 23 June, 1956.

Below: John with the couple's framed congratulatory messages.



Port Elliot Residential Services

New Mini Bus for Port Elliot

In direct response to resident feedback, the Resthaven Board approved the purchase of a Resthaven Port Elliot minibus earlier this year.

This exciting announcement was made during the site's first birthday celebration on 18 May.

The bus is currently 'living' at Resthaven Head Office in Wayville, with delivery anticipated very soon.

'We can't wait to take it for a test run!' says Lifestyle Coordinator, Kirsty Meggison.

'We look forward to some wonderful scenic drives, and hopefully some whale watching, in the not too distant future.'

Below: The new Resthaven Port Elliot mini bus outside Head Office.



Paradise Residential Services

Wedding Bells Ring!

On 9 July, 2016, Resthaven resident, Ian Matthews, wed his beautiful wife, Vivien, at Resthaven Paradise.

'Ian and Vivien were already planning their wedding prior to Ian moving into Resthaven Paradise in May 2015,' says Manager, Belle Kerr.

'However, in June this year, the couple decided they didn't want to wait any longer, and went into discussions with our Coordinating Chaplain, Rev Cate Baker, about holding something here at the home instead.'

'Vivien and her friends arranged a guest list of close family and friends, as well as finger food and drinks, which all went off without a hitch.'

'Resthaven Paradise staff put on a beautiful ceremony and reception for the happy couple.'

'We felt privileged to support Ian in his goal to marry Vivien, all without leaving the comfort of the home.'



Vivien echoed these sentiments, saying, 'We were so pleased that our wedding could be accommodated at Resthaven Paradise, a place we now consider Ian's home.'

'It was also reassuring to know that Ian was close to care and assistance if it was required.'

'Guests reported that the wedding felt like an old-fashioned "community wedding," and we wouldn't have had it any other way.'



'We are so happy to be finally married!'

Congratulations to the happy couple!



Resthaven Westbourne Park

Library Improvements

The library at Resthaven Westbourne Park has been undergoing a 'refurbishment' under the watchful eye of resident, Peter Trumble, with assistance from Barbara Bedford.

Peter and Barbara have been working hard to sort and categorise all the books, so residents can find what they need quickly and easily.

New shelves were installed in July, and they look 'fantastic', according to Lifestyle Coordinator, Verona Rix.

A big thank you to Peter and Barbara for all their hard work!



Above: Peter Trumble and Barbara Bedford in the refurbished, reorganised library.

Red Cross History Display

During August, Resthaven Westbourne Park are 'hosting' a History SA travelling exhibition (right).

The display is entitled: 'Good and Useful Work: A Century of Red Cross in South Australia'. It celebrates 100 years of the Red Cross in South Australia.

From its beginnings as the Australian Branch of the British Red Cross, established just nine days after the outbreak of World War I, the display traces the history of the South Australian division of the Australian Red Cross.



The exhibition will travel to Resthaven Mitcham in September, followed by Malvern in October, and Murray Bridge in November.

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

RESIDENTIAL SERVICES

Bellevue Heights

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

Craigmore

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

Leabrook

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

Malvern

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

Marion

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

Mitcham

48 Smith-Dorrien St,
Mitcham, 5062
Phone (08) 8271 0639

Mount Gambier

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

Murray Bridge

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

Paradise

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

Port Elliot

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

Westbourne Park

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

Coming soon to
Aberfoyle Park!

COMMUNITY SERVICES

Community Respite

31/12 Township Rd,
Marion, 5043
Phone (08) 8358 3173

Limestone Coast

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

Marion

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

Murray Bridge, Hills & Fleurieu

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

Northern

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

Onkaparinga

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

Paradise & Eastern

61 Silkes Rd,
Paradise, 5086
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Riverland

60 East Tce, Loxton, 5333
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Western

96 Woodville Rd,
Woodville, 5009
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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.

Stay up to date by checking our website:

www.resthaven.asn.au

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