



## Hi from **Stacey**

How beautiful are the flowers (right) painted by Audrey? I have fallen in love with Audrey's work, and would love one of her pieces on our wall at home.

Thank you to volunteer Bus Driver, Neville Robinson, for introducing Audrey to us; initially through bus trip destinations, and then as a guest at Resthaven Marion. The site visits came about because the Resthaven Marion Lifestyle Coordinator asked Neville if he could support their Men's Group whilst another volunteer was away, and did he happen to know someone who could be a guest? Ultimately, this opportunity was opened to all who live at Resthaven Marion.

These connections and conversations spread far and wide. Recently, during a chat in the corridor with a Resthaven Marion resident, I realised she was the one who had got down on the floor to paint with Audrey (below right). She used to be a teacher and taught Aboriginal children.

This is just one example of the smorgasbord of networks, interests and diversity you bring to Resthaven. We are collaborating with Thailand aged care provider Baan Sudthavas (BSV) on their developing volunteer framework. There is more about this on page 7.

Previously, I have mentioned our 'Yellow Brick Road' concept, currently in its early development stages. In the meantime, see a 'snapshot' on the back page.

Gracias, for connecting with residents, clients and staff.

Until next time,

**Stacey Thompson**

*Manager, Volunteer Services*



## Indigenous Art Demonstration

Residents at Resthaven Marion were recently treated to a demonstration of Indigenous art work by renowned artist, Audrey Brumby. Audrey, along with her daughter, Aroha, spent time with residents, volunteers and staff creating a magnificent canvas based on the spinifex flower which grows around her home town of Ernabella.

Residents were thrilled to watch Audrey at work, with a couple joining in, producing their own miniature canvases. One resident chose to join Audrey sitting on the floor to complete her art work.

Thank you to Volunteer Bus Driver, Neville Robinson, for helping to make this wonderful event happen. Because of Neville, residents from several sites, including Marion, visited the Indigenu Art Gallery on their bus outings, and thoroughly enjoyed it!





## 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

### Volunteer Services

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## From the CEO

### 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.

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!

*Continued opposite page...*



# From the CEO (continued)

## 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.

## 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 seeks 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 their older people.



*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.*

## Community Engagement

The Resthaven Board continues to maintain a genuine interest in the good work Resthaven does.

At the Board Meeting held at Resthaven Mitcham in May, the Board met and mingled with several residents prior to the meeting. Barbara Sibley enjoyed chatting to 100 year old Miss Marion Sinclair (right).

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 (above).

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.



**Richard Hearn**  
Chief Executive Officer

*Below (from top): Resthaven Mitcham resident, Marion Sinclair, with Board Member, Barbara Sibley; Mark Porter and residents enjoying the Resthaven Mount Gambier 5<sup>th</sup> birthday 'Christmas in July' lunch.*



# 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 of Resthaven systems and processes as a long term 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.

## 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.

The mural, which was painted at the V-TECH workshop at Davoren Park, was recently installed on the exterior wall of the site, facing Gillingham Road.

John has had able assistance from three young adults, Bianca, Lauchlan and Cameron, along with Northern Community Services client, Violet James, to complete the mural—a wonderful display of intergenerational learning. Resthaven Assistant Manager, Tracey Bunyon, even lent a hand on the artwork.

This is not the only improvement at the site, with an extension completed in July to accommodate growth in services for the benefit of clients.



*Above: Violet James works on the mural project for Resthaven Northern Community Services.*

## CDC Research Published in International Journal

A recent research article, 'Impact of consumer-directed care on quality of life in the community aged care sector', which I contributed to, will soon be published by the Geriatrics and Gerontology International Journal.

The paper comes from the Australian Research Council (ARC) linkage project with Flinders University and Resthaven, regarding the economic implications of consumer directed care (CDC).

Resthaven contributed strategic plan funding and many hours of in-kind support, including having clients from Marion, Onkaparinga, and Community Respite participate in research workshops.

## Community Services Clients take on 'Running Man'

Resthaven Marion Community Services clients are once again challenging the stereotypes of ageing by creating their very own 'running man challenge' video for YouTube.

The youngest participant was five months old, and the oldest 92. Now that's what I call intergenerational!

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.

Marion Community Services Manager, Deb McDonald, said, 'When we were looking at the running man challenges on YouTube, we noticed that there were none made by older people.'

'We thought making our own would be a great way to promote positive ageing, with Resthaven clients living life to the fullest. After all, you can have fun at any age - age really is just a number!'

The video is now live on Resthaven's YouTube channel – google 'YouTube Running Man Resthaven' to view the inspirational clip.



**Sue McKechnie**

*Executive Manager Community Services*



# Residential Services

## Aged Care Open Day

During June, Resthaven joined in the National Aged Care Open Day. All residential sites opened their doors to the public, and residents were pleased that the event generated much interest from the local community.

## Accreditation

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

The assessors gave very positive feedback at both sites, after listening to comments from residents, and reviewing services. Congratulations to management, staff and volunteers at both sites on these great outcomes.

## Resthaven Mount Gambier turns 5!

On Friday 15 July, residents, staff and volunteers of Resthaven Mount Gambier celebrated the site's fifth birthday with a 'Winter Christmas Dinner'.

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



*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).*

## Resthaven Port Elliot 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!

## Wedding Bells at Paradise

On 9 July 2016, Resthaven resident, Ian Matthews, wed his now-wife, Vivien, at Resthaven Paradise. This wonderful celebration was embraced by staff and volunteers, giving Ian and Vivien a beautiful ceremony. The bride's daughter, Alison, could not speak highly enough of their compassion and willingness to make a special day even more special.

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



**Tina Emery**

*Executive Manager, Residential Services*

## Farewell, Dorothy Wilson: 1915 - 2016

It is with sadness that we 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 City Uniting Church. More than 50 residents, family and friends attended to pay their respects. Volunteer, Rhondra Harris, has written a beautiful tribute to Dorothy on page 9.

Valé, Dorothy.



# Building Update

## Resthaven Malvern

Stage 1 of the redevelopment at Resthaven Malvern is nearing completion. 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 Mitcham

Design development of the major redevelopment of Resthaven Mitcham is nearing completion, and early works are underway.

## Resthaven Mount Gambier

Works on the significant refurbishment at Resthaven Mount Gambier commenced in the first week of August, and are expected to be complete by late October.

## Resthaven Community Respite Services

Ridgway House Overnight Respite Cottage at 36 Sussex Terrace Westbourne Park has undergone a facelift (above), with updated ensuites, décor and air conditioning.

## Resthaven Murray Bridge

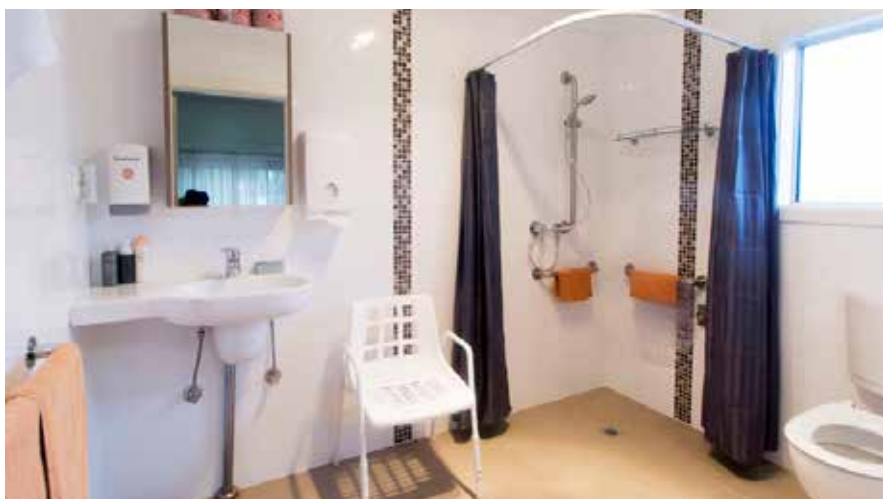
Development approval has been granted by the City of Murray Bridge for Stage 1 of the redevelopment at Resthaven Murray Bridge. Development approval has been lodged for Stages 2 and 3. Works commence in late 2016/early 2017.

## Resthaven Aberfoyle Park

Onkaparinga Council are preparing documents to grant development approval for the new 100-place residential home at Aberfoyle Park. The project is expected to commence in 2017.

## 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, a barbeque area, extended outdoor café area, and new air conditioning.



*Above: One of the beautifully refurbished bathrooms at Resthaven Community Respite Services (Ridgway House).*

## Resthaven Craigmore

A six place extension has been designed for Resthaven Craigmore. Other works will include several new areas and refurbishment of the dining room and double rooms. Building is expected to commence late 2016.

## 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. We submitted the development application in August.

## Resthaven Northern Community Services

The Resthaven Northern Community Services extension was completed on 2 August. An official opening is planned for later this year.

## 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, 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.

### New Strathalbyn Office

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. Building is expected to commence in late August, due for completion in November.



**Emmet O'Donovan**

*Manager, Buildings and Capital Projects*



# Volunteer Services Collaboration

As volunteers, you have important roles in supporting older people receiving aged care services.

Aged care provider in Thailand, Baan Sudvathas (BSV), with the assistance of Resthaven, is developing and trialling a volunteer model, which they hope will inform the wider Thai community about the value that volunteers bring to aged care services.

As part of ongoing collaborative support, Resthaven has provided a Volunteer and Research framework to assist BSV to engage volunteers and support their contributions.

BSV began trialling this model at an Active Ageing event, held earlier this year, and will soon be introducing the concept at their care home.



Above: BSV staff, Phasinee, Sinnjaporn and Arnop, with the volunteer framework model provided by Resthaven.

Below: Resthaven staff, Lynn Openshaw (Manager, Service Development), Darren Pike (Senior Manager, Residential Services) and Stacey Thompson (Manager, Volunteer Services) in their pink BSV t-shirts.



## Multicultural Services

### Australian Red Cross International Tracing Service

According to the Red Cross International Tracing Service, there has recently been an increase of requests from older people who would like to find lost family or loved ones.

With 31% of Resthaven clients and residents and 28% of Resthaven staff born overseas, the International Tracing Service may be able to help.

This service has assisted families for more than 100 years to regain contact after they have become separated as a result of war, conflict, disaster or migration. They are still able to find family from prior to World War II using war and migration records.

This worldwide network is free and confidential. For more information contact Red Cross SA on (08) 8100 4500, or go to <http://www.redcross.org.au/migration-resources.aspx> to download the flyer (below), available in 18 languages, including English.

**Priscilla dePree**

Project Officer,  
Multicultural  
Services



# Health & Safety

## Infection Control

The best way to prevent the spread of germs is by washing your hands.

We recommend you wash your hands when you arrive on site, before you leave, and often during your stay, depending on what you are doing. This includes after using the toilet, sneezing, blowing your nose, coughing, or using gloves.

### Hand washing tips:

- It takes 20-30 seconds to wash your hands properly.
- It is important to wash your hands under running water, using soap.
- Cover the whole surface of your hands.
- The common areas that people miss include between the fingers, backs of hands, nails and cuticles, and going far enough down the wrist.
- If you are right-handed, you may have a tendency to miss your right thumb, and likewise, you may miss your left thumb if you are left-handed.
- Dry your hands properly.

The hand washing routine takes roughly the same amount of time as to sing 'Happy Birthday'.



## Food Safety

A reminder to be aware of individual food and dietary requirements. We cannot provide food or drink to someone unless we know it is safe for them. Staff will provide you with information about individuals. If you are ever unsure, please double check before providing food or drink.

Please check even if you have seen staff providing a certain kind of food, as individual circumstances may vary. For example, staff may have provided a piece of cake to a resident during a birthday party, so would assume they can always have cake. However, they may have diabetes, so too much cake may not be good for them.

Please ask the staff you work with for more information, and refer to pages 18-19 of your Volunteer Handbook.

## Breaking Down Generational Barriers

I recently read a book, 'Inspiring tomorrow's leaders today,' by Avril Henry. The focus was breaking down generational barriers, and finding ways in which different generations can understand each other better to drive workplace effectiveness, excellence and harmony.

Whilst 'date ranges' for generations aren't really fixed, they are generally: Baby Boomers (born 1946-1964), Generation X (1965-1979), Generation Y (1980-1995) and Generation Z (1996 onwards).

We all have a generational identity, which is shaped by many events and influences. For example, which of these popular television shows do you most relate to: Countdown, MTV, Rage, or 24? Perhaps you relate to all four!

Having the advantage of volunteering alongside people of other generations means you can access a diversity of thinking and insight. You can see how the world once was, how it is today and where we might be in the future.

At Resthaven, generational diversity amongst volunteers is unique. No matter your age, you have the privilege of working with the 'veterans' generation in your day to day interactions. 'Veterans' often have a unique view and collection of characteristics, shaped by their time and place in an earlier generation.

To minimise generational gaps which divide people, we can all play an active role in developing a deeper understanding of generational differences, and fostering stronger acceptance of those differences.

This does not necessarily mean agreeing, but rather cultivating tolerance based on mutual respect, despite difference.

### Wendy Morey

*Executive Manager,  
Workforce Development  
and Governance*





# 'There's 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.



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

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.

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*

“ **You give but little when you give of your possessions. It is when you give of yourself that you truly give.** ”

*Kahlil Gibran*

# 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 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 (sometimes including pizza).

Kingsley, who also coordinates chaplaincy services at Resthaven Craigmore, describes himself as both ‘facilitator’ and ‘waiter’ at these informal gatherings, saying, ‘The aim of this group is not pastoral support, but fellowship – connecting with each other.’

‘If that crosses paths with spiritual guidance, and it sometimes does, well, I can cover that, too.’

The men regularly enjoy visits from special 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.

In May, Stephen Hooper, Resthaven Manager Corporate Services, visited the weekly Men’s Group with his classic car, a 1961 EK Holden, and his 1950 AJS motorcycle (right).

Kingsley says, ‘It’s so important to the men to have this “men only” space in the predominantly female-based environment of residential aged care. I am really proud and pleased to be part of this group.’

‘It’s all about fellowship, fun, and a nice cup of tea.’



## National Guidelines for Spiritual Care

A video about the new National Guidelines for Spiritual Care in aged care is now available to view on [meaningfulageing.com.au](http://meaningfulageing.com.au).

The guidelines are evidence-based, and have been developed by Meaningful Ageing Australia (formerly PASCOP, of which Resthaven is a member).

Senior Manager, Residential Services, Kelly Geister, and Coordinating Chaplain, Rev Kingsley Congdon, attended an information session concerning these guidelines earlier this year, and will be learning more about them and their use at Resthaven over time.

In the meantime, this video is excellent for anyone to watch - it is relevant to Resthaven in many ways.

Visit [www.meaningfulageing.com.au](http://www.meaningfulageing.com.au) to view the videos or for more information about the National Guidelines for Spiritual Care in aged care.

A big ‘thank you’ to all Chaplain’s Assistants, who spend time with residents providing religious, pastoral, and spiritual care.

# Thank you to all volunteers!

**Wendy Morey**  
Executive Manager,  
Workforce  
Development  
and Governance





# Out and About

## Mystery Bus Tour

On Tuesday 7 June, the Resthaven Murray Bridge Hills & Fleurieu Community Services 'Wellness at the Old School' groups combined for a Mystery Bus Tour.

The group (right), driven by volunteer, Carolyn Sellick, visited the Milang Old School House Community Centre, followed by lunch at the Finnis General Store.



Above: Volunteer, Carolyn Sellick (front) with the 'Wellness on Wednesday' and 'Wellness at the Old School' groups at the Milang Old School House Community Centre.



## School Visit Fun

Resthaven Marion volunteer, Den (above), was right in the thick of the action when a group of school children visited the site during 'Book Week' in August.

## New Bus for Port Elliot

In response to resident feedback, the Resthaven Board approved the purchase of a Resthaven Port Elliot minibus earlier this year. The minibus (pictured below at Head Office) was delivered to Port Elliot in late August.



## Volunteering Expo

On Monday 8 August, Resthaven participated in the Volunteering Expo at Flinders University Bedford Park. Thanks to Stacey Thompson and intern Samantha Horwath for showcasing volunteering with Resthaven.

Samantha tells us more about herself below...

## Welcome, Samantha!

My name is Samantha Howarth and I'll be a part of the team here at Resthaven for the next eight weeks working on an internship project. I'm currently a student at the University of South Australia studying a double degree of Law and Journalism. I have an interest in social responsibility and justice, which drew me to apply to Resthaven.



I'll be working under the guidance of Stacey Thompson on promoting volunteerism here at Resthaven and collaborating on increasing awareness amongst Resthaven's employees and stakeholders. This is one of the goals of Resthaven's Strategic Plan related to Volunteer Services.

Volunteering fulfils such an important role in our society to promote cohesion and charity, and from what I have seen, volunteerism for Resthaven is very important. I'm excited to be a part of a team that wants to engage and work together about what they want to learn and hear about with volunteering.

Thank you for this opportunity and I'm looking forward to working with all of you over the coming weeks!

# Featured Volunteer Opportunities

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

## Follow the 'yellow brick road'!

Picture the corridors and garden pathways of Resthaven's residential sites as 'yellow brick roads'; pathways leading to the many experiences that you can share with residents.

The 'yellow brick road' can lead to quiet spaces, raucous spots, sunny spots, aromatic areas, breezy areas, information hotspots, adventurist areas and playgrounds.



## Our values are more than just words



### Trust

- Following up and following through
- Taking responsibility: being reliable
- Being committed
- Playing in the team
- Doing the right thing



### Dignity

- Listening and speaking up
- Using respectful language and being courteous
- Respecting the sacredness of others
- Unlocking potential
- Paying attention to appropriate attire and grooming



### Choice

- Being adaptable
- Reframing negative signage
- Appreciating difference
- Being in partnership
- Offering options

Or simply just  
'be' together

