

Resthaven Review

Volume 29, Issue 4

Summer 2020-21



Above: First Christmas at Resthaven Leabrook, 1944

Residential Services

- Aberfoyle Park • Bellevue Heights • Craigmore • Leabrook • Mitcham • Malvern
- Marion • Mount Gambier • Murray Bridge • Paradise • Port Elliot • Westbourne Park

Community Services

- Community Respite • Limestone Coast • Marion • Murray Bridge, Hills & Fleurieu
- Northern • Onkaparinga • Paradise & Eastern • Riverland • Western

From the Editor...

Hello residents, clients, families and friends,

2020 will surely be remembered as an interesting year!

We thank you all for your ongoing patience as Resthaven sites navigate the COVID-19 pandemic this year.

Despite the chaos the pandemic has caused, the Resthaven community has remained strong, drawing on the wisdom and resilience of our members.

Many of those members share their stories this edition, with another record number of centenarians.

In Community Services, check out the double page spread from two Resthaven Onkaparinga Community Services clients on pages 18 and 19.

In Residential Services, five wonderful residents share their stories. Have a look at Resthaven Bellevue Heights (page 22), Leabrook (24), Malvern (25), Marion (27) and Westbourne Park (31).

Along with these many and varied life recollections, this newsletter also contains many outings and events—from coffee dates, macrame social groups, flower shows, and Resthaven 85th anniversary celebrations.

All in all, it's been a busy year.

Wishing you all the best for the 2020 festive season.

Stay safe, and we'll see you in 2021!

Resthaven Public Relations Team

From the CEO

Hello everyone,

As 2020 draws to a close, South Australia is once again having to manage through COVID-19 restrictions.

At time of writing on 19 November, 2020, South Australia is in the midst of a six day 'circuit breaker' lock down. This has had a major effect on the Resthaven community. However, our staff teams strive to continue to deliver high quality services to support you and your families.

I sincerely thank all residents, clients, staff, volunteers, and families, for your willingness to adhere to safety guidelines, to ensure that we all stay safe and well.

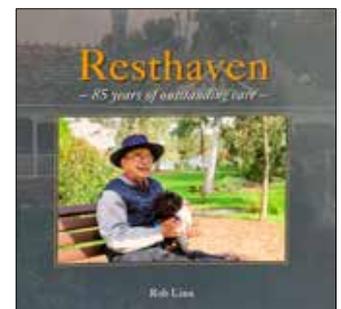
As the COVID-19 situation is fast-moving and ever-evolving, I encourage you to check the Resthaven website for the latest information: www.resthaven.asn.au.

Senior Australians who would like information and support are encouraged to contact the Older Persons COVID-19 Support Line on 1800 171 866, Monday–Friday, 8:30am–6pm.

85th Anniversary Book

Unfortunately, many activities and events were postponed or cancelled due to the COVID-19 pandemic this year. This includes the launch of the Resthaven

85th anniversary history book, *Resthaven: 85 Years of Outstanding Care* (above). Copies of this book will be sent to sites later this year—look out for them in the site libraries or at reception.



Continued opposite page...

From the CEO (continued)

Strategic Plan 2020-25

Resthaven has a proud history of supporting older people that goes back 85 years. We have done remarkably well to navigate an extremely volatile environment, particularly in recent years. It is now time to look to the future, and Resthaven's new Strategic Plan will serve as the roadmap for us for the next five years.

The Strategic Plan 2020-2025 includes a range of new strategies and initiatives that will help us to meet the changing environment.

The road ahead is challenging, but we have the opportunity to implement positive reforms and innovative models of care and services needed to redefine the future of ageing in this country.

Our purpose of working together to provide outstanding care and support for older people remains true. Our staff teams look forward to working together with you as we deliver on this exciting new chapter.

Industry Update

For years now, we have seen ongoing government reform. In the past few years this has escalated as we experience changes in public expectations, an increase in media scrutiny, new Aged Care Quality Standards, a new Aged Care Quality & Safety Commission, a Royal Commission into Aged Care Quality and Safety and now a global pandemic.

Increasingly, we are seeing the focus turn back to the government and their lack of action on the multiple reviews and reports on the sector in the past decade.

The reality is, however, that significant commitment by the sector and government will be required to achieve the level of societal change needed.

As we have done throughout our history, we will need to change and adapt the way in which we deliver our services to ensure that we continue to meet the needs of our residents, clients and their carers in this new paradigm.

Federal Budget

Five months after it was delayed due to COVID-19, the Federal Government handed down its Budget for 2020-21 on 6 October.

There were some measures to benefit older Australians, including \$1.6 billion in funding for 23,000 new Home Care Packages to help older people to continue living independently at home. However, the waiting list for packages is currently more than 100,000, and there was no commitment to reducing the waiting times, currently over a year for Level 2, 3 and 4 packages.

Other measures will not be considered until after the Royal Commission into Aged Care Quality and Safety has completed its report, due in February, 2021.

We hope the federal government will implement the recommendations of the Royal Commission with appropriate resourcing, to transform the aged care system and deliver high quality care to every older Australian when and where they need it.

Continued page 4...

From the CEO (continued)

Royal Commission

The Final Hearing of the Royal Commission into Aged Care Quality and Safety was held on Friday 23 October 2020. At this hearing, the Senior Counsel described it, as 'the most in-depth and thorough examination of Australia's aged care systems that has ever been undertaken'.

The commentary coming from the Royal Commissioners and Counsel Assisting is extremely encouraging.

The Royal Commission has received over 10,000 submissions from the public and held hearings, workshops, community forums, meetings and roundtables across the country. They published eight background papers, 16 research papers and two consultation papers. The official website holds a wealth of information on the workings of the aged care sector.

It will be a valuable source of reference for many years to come.

The Commissioners will deliver their Final Report in February 2021.

National Aged Care Emergency Response Team

In July this year, we saw the COVID-19 outbreak worsen in Victoria as the second wave took hold. We watched as thousands of Victorians were affected by the virus. Many residents in aged care homes lost their lives.

In early August, Resthaven was advised that the Commonwealth was looking to rapidly deploy people from across the country to assist in providing care for people in aged care facilities in Victoria.



Above: The Resthaven National Aged Care Emergency Response (NACER) team.

They were seeking Registered and Enrolled nurses, personal care and housekeeping workers as part of the National Aged Care Emergency Response (NACER).

An urgent call was sent out to Resthaven staff to seek volunteers who were prepared to leave within a week for the secondment.

We received 33 responses from people who were willing to spend four weeks in a COVID-19 hotspot in Melbourne, followed by two weeks quarantine.

It was an amazing response. Resthaven elected to send a team of six people, consistent with NACER's request.

Our 'Resthaven team' (pictured above, L-R) were Eleanor Keizer, Anne Mapuku Badibe, Catherine Pickering, Trudi Hotstone, Belinda Stewart, and Vicky Kaur.

They left for Victoria on 9 August 2020 and were deployed to residential care homes with significant COVID-19 outbreaks and who were struggling to find sufficient staff.

Continued opposite page...

From the CEO (continued)

Having returned safely to Adelaide, this inspirational group finished their quarantine at the Pullman Hotel on 27 September 2020. They endured a significant disruption to their own lives, to selflessly support others in need.

On 6 October 2020, we celebrated and acknowledged the efforts of this wonderful group of people, with a special lunch at Resthaven Head Office. They truly represent the purpose and values of Resthaven.

Personnel

It is with great pleasure that I announce the appointment of Erika Comrie to the role of Executive Manager Strategy & Governance. Erika has spent the last four years initiating and delivering a collaborative performance improvement program across three metropolitan councils, resulting in significant savings.

Prior to this, she spent 20 years in a variety of senior management roles at Origin Energy, including leading the strategic planning and governance processes for the organisation. She will be a wonderful addition to the Resthaven team. Erica commenced in early November 2020.

Thank you to Lynn Openshaw for acting in the role of Senior Manager, Governance whilst the recruitment process was undertaken. She has been a tremendous support and has progressed several key strategic and governance initiatives.

Out and About

Since taking on the role of CEO in June this year, I have had the opportunity to meet residents, clients and staff at all of our locations. This is incredibly important to me. It has been wonderful meeting so many of you.

Please feel free to say hello if you see me at your site, I would love to have a chat when we are able.

Finally...

As we head towards the end of what has been a year like no other, I take this opportunity to thank you for your continued support.

We appreciate the patience and resilience that you and your loved ones have shown throughout the COVID-19 pandemic, as we all work together to keep our site communities safe.

Wishing you and your families all the very best for the 2020 festive season, and the year beyond.

Season's greetings,

Darren Birbeck
Chief Executive Officer



“ Constant kindness can accomplish much. As the sun makes ice melt, kindness causes misunderstanding, mistrust, and hostility to evaporate. ”

Albert Schweitzer

Christmas Cheer



Above: *The first Christmas at Resthaven Leabrook, 1944*

The Way We Were...

Times have certainly changed at Resthaven since the very first Christmas luncheon, held at Resthaven Leabrook in 1944 (pictured above and front page).

We also think that the celebrations held these days are a little more festive, judging by those serious faces!

We hope all residents enjoy the 'modified format' Christmas luncheons this year, and wish each and every member of the Resthaven community a safe and festive Christmas, and a happy a new year.

'The Joy of Christmas'

*I wish you the joy of Christmas,
The season's sweet repose.*

*I wish you the peace of Christmas
To mark the old year's close.*

*I wish you the hope of Christmas
To cheer you on your way.*

*And a heart of faith and gladness
To greet each coming day.*

Anonymous

Chaplaincy

Coordinating Chaplains

Sadly, we farewell two of Resthaven's nine Coordinating Chaplains this year.

Shelley Alexander will begin a full time Ministerial role in her local parish. Shelley has been a valued member of Resthaven Murray Bridge since early 2019. Shelley's last day will be 15 December 2020.

Rev Anne Butler has accepted a role as Minister of Seaford Uniting Church (in addition to her role at Port Elliot Uniting Church). Anne has provided chaplaincy and pastoral care to residents and staff at

Resthaven Port Elliot and Westbourne Park for several years. She finished at the end of October.

I thank both Shelley and Anne, who have worked diligently with the residential teams to provide spiritual guidance, care and compassion.

Resthaven is working in partnership with the Uniting Church to recruit to the vacant positions.

*Lynn Openshaw
Acting Senior Manager,
Governance*



'In Hope This Christmas'

In some ways, the year 2020 has flown by. In other ways, it has dragged. We take the good with the bad, and we can do nothing else. Thus it is with a mixture of joy and trepidation that we look to the future.

I wonder if Mary, mother of Jesus, also felt both joy and trepidation as she approached the birth of her first child. Like most women today who find out the gender of their baby in advance, Mary knew that she would bear a son.

When her baby boy was presented at the Temple, the wise old Simeon blessed her and then told her, "sorrow will pierce your heart like a sword" (Luke 2:35). The life she had been excitedly looking forward to would not be the life she thought it would.

Over and over again, Mary must have had to grieve the loss of her expectations for her son. She had been told that he

would provide light, revelation, glory and salvation. But she had not imagined the excruciating way in which her son's life would end, nor the new life that would be brought to all humanity as a result. The future was unimaginable.

We sit at a place in history where we cannot predict the future. We sit with joy. We sit with trepidation. We sit, with Mary, in hope.

This Christmas, let us give thanks for the past, enjoy the present, and look forward with hope to the future.

Blessings to you and your loved ones this festive season.

*Shelley Alexander
Coordinating Chaplain,
Resthaven Murray Bridge*



Residential Services & Retirement Living

Hello everyone,

Retirement Living

Since the last newsletter, the Retirement Living portfolio has shifted to Residential Services. Jeannie Peace, Retirement Living Coordinator, has now joined the Residential Services team.

Staff Movements

I am pleased to announce the appointment of Simon Blair to the position of Manager Residential Services at Resthaven Port Elliot. Simon has held the position of Care Coordinator at the site for the past year, so offers consistency for the site community.



We welcome Susanne Castle to the role of Care Coordinator at Resthaven Craigmore. Congratulations, Susanne.



Aged Care Quality & Safety Commission (ACQSC) Visits

Infection Control visits from ACQSC have occurred at several residential sites, to audit our COVID-19 preparation. All of these have gone well, with acknowledgement of our planning and preparation in this area.

I was pleased to receive the final re-accreditation report for Resthaven Marion, confirming all requirements under the Quality Standards were now compliant.

A full re-accreditation visit took place at Resthaven Mount Gambier in late October. We are yet to receive the report.

We await a visit to Resthaven Murray Bridge to close outstanding non-compliances at the site. A re-accreditation visit is yet to occur for Resthaven Port Elliot. Visits are suspended until the current COVID-19 shut down is over.

Show Days

In September, three Resthaven residential homes—Craigmore, Leabrook, and Aberfoyle Park—held festive 'Show Days'.

It was heartening to see that, even though the Royal Adelaide Show was cancelled, it wasn't going to stop the sites from holding their own special events. Everyone thoroughly enjoyed themselves, as you can see from the photos on page 21 (Resthaven Aberfoyle Park) and page 23 (Resthaven Craigmore). Well done!

In Appreciation

I wish to acknowledge the changing state of managing the COVID-19 situation at residential sites. I very much appreciate the efforts of staff, residents, visitors and families to ensure that we meet all requirements. It was incredibly disappointing to have to restrict visitors. We hope this will be resolved soon. Thank you!

All the very best for the 2020 festive season.

Tina Cooper
Executive Manager
Residential Services &
Retirement Living



Community Services

In Appreciation

I thank everyone for their patience as we once again have to adjust services due to the COVID-19 pandemic.

Staff Movements

We welcome Kimberley Lord to Resthaven, in the role of Assistant Manager, Resthaven Murray Bridge, Hills & Fleurieu Community Services.

I am pleased to announce that Community Services Project Officer, Philip Ellison, has been appointed to the role of Relieving Assistant Manager Community Services. Congratulations, Philip.

Expansion

Resthaven Community Services continue to expand rapidly in response to demand, with in excess of 1,400 Home Care Package clients receiving support in their homes.

Due to ongoing demand for services, an outreach office has been leased at 131 Goodwood Road, Goodwood, to support the Resthaven Marion Community Services team. The office is being fitted out and will hopefully be occupied by Christmas. See more on page 11.

At Port Elliot, the old school building has been reconfigured to accommodate additional staff and improving the internal fit out.



Happy 10th Birthday Agedcare Alternatives

A special celebration was held on 10 November, to mark the 10th anniversary of Agedcare Alternatives.

Congratulations to Mark Trebilcock and the 'Options Guide' volunteers, Grant Lauritsen, Anne Nosworthy, and Paul Carberry, (pictured above) for making this service an ongoing success.

Other special guests included Board President, Mark Porter, and CEO, Darren Birbeck. Thank you to everyone who helped us to celebrate this milestone.

Season's greetings,

Sue McKechnie
Executive Manager
Community Services



Building Update



Resthaven Northern Community Services – Gawler Office

The fitout at 5 King Street in Gawler is now complete. The service commenced on site on 19 October.

The new offices (above, with new signage) look great, and provide good indoor and outdoor space for client activities.

This office is an outreach service for Resthaven Northern Community Services.

Resthaven Bellevue Heights

On 1 October, we received planning consent by the Mitcham Council for the redevelopment of Resthaven Bellevue Heights. This is fantastic news after a long period in the planning process.

However, due to the COVID-19 pandemic, the project remains on hold until further notice, as the safety of residents and staff always take precedence.

Once the works do commence, the redevelopment will relocate residents from Manson and Grevillea lodges to the main home. This will involve the construction of a new extension to Correa and Waratah areas, plus the construction of a new memory support unit with kitchen, laundry and associated service rooms. A new staff room will also be provided.

The central entry and café area will undergo a major transformation, along with the upgrade of the hall. The redevelopment will also provide new car parking and access to the site. The works will occur over a period of 18-24 months.

Building Update (continued)

Resthaven Westbourne Park

Different options for the redevelopment of Hampton and Richmond areas at Resthaven Westbourne Park are being developed and analysed in order to produce the best outcome for the site, residents and staff. As part of this process, consultation with residents and staff will occur initially through a questionnaire.

As the years have passed, our facilities and standard of care has evolved, and it is now time for these areas to be replaced so that we can offer residents at Resthaven Westbourne Park the best and most modern facilities.

Careful consideration is being given to all elements of this redevelopment to ensure we achieve the best outcome.

Resthaven Riverland Community Services

Services are now in full operation at Berri. The old bank has been transformed into a modern community services office, whilst maintaining the external art deco period style.

The building and service occupy a prominent location in the heart of Berri. The new building will allow client groups to meet and undertake activities on site, whilst providing more office space as the service continues to expand.



Resthaven Marion Community Services – Goodwood Office

A newly rented building at 131 Goodwood Road is being fitted out as an outreach office of Resthaven Marion Community Services. Signage was installed in mid-November (above).

The new premises offers large open areas for client activities accompanied by offices and good rear parking. Works are expected to be completed in late November.

Season's greetings,

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



Retirement Living

Media Stars!



In early November, Mr Norm and Mrs Jan Watts of the Resthaven Bellevue Heights Independent Retirement Living Units participated in a photo shoot for the 'Sunday Mail' newspaper.

Their story featured in the 'Independent Lifestyle' liftout of the paper on 22 November.

Thank you, Mr and Mrs Watts!

Resthaven Retirement Living

Resthaven retirement living offers peace of mind, safety, and security, with no more maintenance. Independent Retirement Living Units are co-located with Resthaven residential homes at Bellevue Heights, Leabrook (apartments), Malvern, Marion, Paradise and Port Elliot.

If you are interested in joining the Resthaven independent retirement living community, phone Retirement Living Coordinator, Jeannie Peace, on 8370 3756.

Jeannie Peace
Retirement Living Coordinator



Volunteer Services

Pack n Chat Christmas Cards

It's that time of year again when the 'Pack n Chat' group unite at Resthaven Head Office to pack the charity Christmas cards into packs, to be sold at all Resthaven sites.

All proceeds from the cards go to Resthaven.

Sonja Johnke, Peter Johnke, and David Le Cornu are pictured (right) in the midst of their packing duties.



Stacey Thompson
Manager, Volunteer Services



Resthaven Community Respite Services

'Men About Town'



Above (L-R), the 'Men About Town': Mr Bevan Shearer, Dr Geoffrey Davidson, Greg McNamara (Home Support Worker), Mr Bob Boots, and Michael Segneri (Home Support Worker).

Sitting at a café in North Brighton, having a chat over coffee, Resthaven Community Respite Services Home Support Workers, Michael and Greg, simply love facilitating the weekly 'Men About Town' social group.

The men take a group of older gentlemen out for a range of cultural outings, followed by coffee and cake at any number of local cafés, when permitted by COVID-19.

Greg explains, 'The group always enjoys the outings, which usually have two parts – there's the venue we go to, which creates discussion. Then we go for coffee afterwards, which we all look forward to.'

Group member, Mr Bevan Shearer, who has been attending for around 18 months, explains how important the group is to him, especially since his wife died. 'My wife encouraged me to come in the first place,' he says, 'She felt that I was not mixing outside enough.'

'Now, it's good to have something to look forward to, to go see something interesting.'

'It gets me out of the house, and it's good meeting people and relating to people – you bond together after a while.'

'And the carers look after you very well.'

Michael and Greg certainly take their jobs seriously – but not too seriously: 'We're just blokes shooting the breeze around the coffee table!' Greg says with a laugh.

'We're here to make a difference. The clients really appreciate what we do, and that's what it's all about.'

Resthaven Community Respite Services provides short term and overnight respite stays and small group outings, giving carers of older people a break from their caring role.

To find out more, phone 8198 2060.

Resthaven Marion Community Services

Macramé Madness



Clients of the Resthaven Marion Community Services craft group (above) created hand-knotted macramé plant holders, just in time for spring.

Coordinator, Susan-Jane Billing, says, 'The craft group, which meets weekly on Mondays at our centre at 43 Finnis Street, Marion, are supported by Therapy Assistant, Sue Deal, to develop craft projects that will stimulate their minds and support their general health.'

'Macramé is a great example of this, as tying the knots not only requires a great deal of concentration, but strengthens hands and arms, and improves fine motor skills.'

'Clients reported that they found the project challenging but rewarding, as it involved following a pattern of around/over/under/up.'

'Participants also said that the activity was calming and soothing to the body, mind and spirit.'

'This is exactly what we aim for in the group, along with improving cognitive ability, relieving pain, reducing stress – and, of course, enjoying socialising together.'

'Well done to the Resthaven Marion Community Services craft group on their macramé creations.'

'We can't wait to see what they come up with next.'

Resthaven Murray Bridge, Hills & Fleurieu Community Services

'Bread Tags for Wheelchairs'



Above (L-R): Cynthia (Home Support Worker), Colin (client), and Jenna (Program Assistant).

Resthaven Murray Bridge, Hills & Fleurieu Community Services have donated 10kgs of bread tags to charity, 'Bread Tags for Wheelchairs'.

The site has been collecting the small plastic tags for several years, thereby preventing them from going into landfill. 'Bread Tags for Wheelchairs' recycles the tags and turns them into wheelchairs.

What a wonderful community initiative. Well done to all!

If you are interested in donating to 'Bread Tags for Wheelchairs,' visit the website: www.ozbreadtagsforwheelchairs.org.au.

Resthaven Northern Community Services

'Pom Pom Wall' for Dementia Action Week

For Dementia Action Week (21-27 September), Resthaven Northern Community Services created a 'pom pom wall' at their centre at 16 Gillingham Road, Elizabeth. Manager, Karen Hammond, says, 'Our pom pom wall is up in our visitor waiting room, where the colourful pom poms can be enjoyed by all'

'Everyone was invited to take part in the project, including clients, staff, and families, by making a pom pom or two and adding it to the display.'

'We chose pom poms because they are bright, soft, and tactile, stimulating all the senses, which is especially beneficial for those living with dementia.'

'They also encourage reminiscence and can rekindle fond childhood memories.'

'And, making pom poms is an inclusive activity. Anyone can make them, be they eight or eighty.'

'Thank you to everyone who contributed to our "pom pom wall".'



Resthaven Paradise & Eastern Community Services

'Thank You' from a Family

A family recently reached out to the Resthaven Paradise and Eastern Community Services team to thank them for the 'calm and professional support' provided to their parents by Coordinator, Jane Sweeney.

The family wrote: 'In conjunction with my parents, we initially interviewed several home care providers to set up a Home Care Package.'

'We were so very impressed by Jane's professionalism, empathy, knowledge and personality we agreed without hesitation to select Resthaven as our service provider.'

Following a change in circumstance, a transition into a residential care was

needed. About this, the family said, 'With Jane's help, we were able to quickly seek respite care at Resthaven Paradise, which then turned into permanent care at the same facility.'

'I cannot express sufficiently how wonderful Jane has been throughout this stressful and challenging period in our life.'

'Without her calming and professional support, I would not have known what to do or whom to contact.'

'My family will be forever grateful for Jane's kindness. Her assistance was crucial.'

Thank you for your kind words.

Resthaven Riverland Community Services

'Dog Therapy' Group

A 'Dog Therapy' group is in planning stages at Resthaven Riverland Community Services (COVID-19 depending).

If clients are interested in joining the group or finding out more, please contact Group Coordinator, Jodi Smith, on 8580 1400.



Resthaven Limestone Coast Community Services

Thank You

Resthaven Limestone Coast Community Services supports several clients living across the Victorian border. Some staff are Victorians working in South Australia.

The COVID-19 pandemic gave our cross-border teams many challenges in being able to continue to support vulnerable people when the border is closed.

Thanks to all staff who provide services to clients across the border, for going above and beyond, committing to living 'in the bubble' and adhering to COVID restrictions.

Resthaven Onkaparinga Community Services

Happy 100th Birthday: Mrs Kay Crichton

Many happy returns to Mrs Katherine (Kay) Crichton, who celebrated her 100th birthday on 8 September, 2020.

Kay is supported to live independently in her retirement living unit by Resthaven Onkaparinga Community Services.

Born in Blantyre, ten miles out of Glasgow, Kay was the eldest of six kids. 'My mum and dad married when mum was 17; I was born when she was 18,' she says.

Even though the family didn't have much money, they were surrounded by family and friends. 'Mum was one of six sisters, so I had great fun with all of them,' she says.

Kay attended the local primary school, where she 'didn't get much of an education,' before finishing at age 14 to go to work in a tailor shop. She remained there until she was 19, when she was called up to the war.

'I took war work instead of land army, which I regret,' she says. 'It took me an hour to get there and back along the River Clyde, and it was a ship building firm. There was all sorts of muck. I used to hate it.'

One thing that Kay did enjoy, however, was dancing, which is how she met her late husband, John: 'John didn't dance much, but I thought he was handsome,' she says. 'Within three months, we were married in a church in Glasgow.'

After the war, the couple found a home, and, by the 1950s, had two boys together. In the 1960s, Kay started hearing stories about how lovely Australia was, especially the beaches. So it was that in 1963, the couple emigrated.

They moved to Rostrevor, then Newton. Kay worked several jobs, but 'liked being a housewife, being at home looking after things. I like to cook and bake.'



'I also knitted a lot – I knitted my son's jumpers, and did embroidery. But the thing I always enjoyed most was dancing.'

The family had a happy life, and Kay and John travelled a lot in their retirement. Sadly, when John was in his 70s, he died suddenly. Not long afterwards, Kay also found she had some serious health issues – 'But I'm 100, so I don't worry too much,' she says with a shrug.

This pragmatic attitude is characteristic of Kay, whose says of her milestone birthday, 'You just keep going; I eat well, I've got a good appetite, I love food but I don't eat too much rubbish. I smoked until I was about 30, then I haven't had one since. Don't smoke, you'll get wrinkles!'

Kay still enjoys a very independent lifestyle in her retirement living unit, in which she has been living for 20 years. She attends Resthaven's monthly social group, which she very much enjoys: 'I've been doing all the monthly social group activities,' she says. 'The Resthaven services are very good – oh yes, no complaints.'

Kay celebrated her birthday at her nephew's home in Seaton, where she enjoyed a 'nice meal with family.'

Happy birthday, Kay!

Resthaven Onkaparinga Community Services

Happy 100th Birthday: Mr Arthur Porter

Mr Arthur Porter, who, until recently, was supported to live independently in his own home by Resthaven Onkaparinga Community Services, shares his life story on the occasion of his 100th birthday on 17 October, 2020.

'I was one of seven children, and spent my early days in Laura, South Australia,' says Arthur. 'We lived on a property with some animals, which fed the family well. In those days, our life centred around the church. I have fond memories of Sunday school picnics.'

'We never had much money, but we were happy. Our family was close.'

'I enjoyed school; I was terrible at sport (last one picked in the football team) but when it came to the academic side, I held my own.'

'After finishing high school, I left Laura and came to town, where I was given a job as an office boy at the Tramways, earning 42 pounds a year.'

'My career was put on hold when WWII commenced. My Battalion was sent to Darwin, and I was only there a few weeks when the first raid on Darwin happened. It was a complete devastation—every ship in the harbour was destroyed.'

'In March 1943, I joined the ParaTroops, which earned me 40 cents a day. It was around this time that I met my wife, Audrey. It was a lightning romance—we met in November 1943, and married on 29 January, 1944.'

'After the war ended, I returned to the Tramways, and started working my way up. One of my fondest memories was developing programs for the first IBM computer, which was as large as a piano and had 8K storage!

I completed my accounting studies, and Audrey and I welcomed our two children: Arthur and Merridy. In 1975, the tramways



Above: Mr Arthur Porter with his wife, Audrey, and children and grandchildren.

became part of the State Transport Authority. I continued as an Accountant for the State Transport Authority, and was promoted to Finance Manager in 1982. I retired in 1983.

Outside of work, I was involved in community work with Audrey; we are both life members of church basketball and Meals on Wheels. We are Honorary Life Members of Glenelg Bridge Club. We have many fond memories of cruises that we enjoyed together. I was involved with Rotary for 30 years. I followed Sturt Football Club from the beginning.

During retirement, my two children welcomed two children each, which kept Audrey and I very busy. Audrey and I have been married 76 years, and, until earlier this year, lived in our home at Glenelg East. We have both recently moved to aged care.

I consider that I have had a successful and involved life, I have always supported various charity organisations with my time, and I am proud of what I have achieved, in both my career and my personal life. I have lived a full and active life and I believe that has contributed to my milestone birthday.

Resthaven Western Community Services

Poppy Power! 325 Knitted Poppies



The Resthaven Western Community Services 'social group' put their formidable knitting skills into action, creating 325 knitted poppies to distribute to friends on Remembrance Day.

Coordinator, Rebecca Bratovich, says, 'With this year being somewhat chaotic and challenging, we wanted to spread a little goodwill to our community.'

'It was lovely to see so many people get involved with the "light up your driveway" Anzac Day initiative, and it inspired us to do something similar for Remembrance Day.'

'With many of our clients interested in knitting, we came up with the idea of poppy brooches that could be posted out to clients ahead of Remembrance Day.'

'We thought this gesture would make us all feel a little more connected.'

'The project really took off, spreading out from the Resthaven Western Community Services social group, to staff and clients from Regency Cottage joining in, then another staff member, her mum, and a friend of a client getting on board.'

'I think it just goes to show the power of positivity, and how good news spreads.'

'By late October, the group had made 200 poppies and are were still going strong.'

'The final tally in early November was 325 poppies. What an effort!'

'Well done, everyone.'

Resthaven Aberfoyle Park

Show Day

In mid-September, the Resthaven Aberfoyle Park site community celebrated their annual 'Show Day'.

Lifestyle Assistant, JoJo, says, 'Even though the Royal Adelaide Show was cancelled, that wasn't going to stop us from holding our own special event – with physical distancing and hygiene measures in place of course.'

'The day was a great success; in the morning, residents participated in a variety of games, including bean bag toss, knock the cups, velcro darts, thread the string, quoits, and skittles.'

'Everyone thoroughly enjoyed themselves, and there was lots of laughter.'

'In the afternoon, staff and volunteers took their turn, adding a few more games to the mix, such as an egg and spoon race, musical chairs, and seeing how long they could walk whilst holding a balloon between their legs' (below).

'There was also a staff tug of war, which had everyone cheering' (below).

'Residents were delighted to act as judges in the staff games, determining the winners of the afternoon's activities.'

'The Resthaven Aberfoyle Park Show Day was lots of fun for our whole site community.'

'Thank you to everyone who participated. We look forward to doing it again next year.'



Resthaven Bellevue Heights

Happy 100th Birthday: Mr Reg Wilcox

Reginald Thomas Wilcox, affectionately known as 'Reg,' was born in Portsmouth, Hampshire, England on 29 October, 1920, the first of two sons. He started school at the age of six, and spent ages 9-13 being schooled at Saint Alfred's College. Unlike his classroom achievements, he excelled in sport, and was always picked for the soccer or cricket games. Off the field, he has fond memories of listening to the 'Musical Hall Variety Show' and the series, 'Man in Black,' on the radio with his family.

When Reg was 13½, his father died of consumption, which he had contracted in the World War I, forcing dad to leave school and take on a position as an apprentice painter. This enabled him to support his mother and younger brother. To begin with, he worked for a building firm, but then his mother arranged for him to work at the Portsmouth Dockyards, where he was paid five shillings a week. Four shillings and sixpence went to his mother.

In 1939, World War II broke out, and, aged 19, Reg was notified that he was required to do service for his country, and he joined the Air Force as a Wireless Operator.

After hearing an announcement that there was a great need for 'Gunners,' he decided to answer the call. In total, he spent seven years in the Armed Forces, joining at 19 and being discharged at 26 as a Flight Sergeant.

When Reg was 17, he met Annie Shadforth Carlisle, whom he eventually married on 26 September, 1942, when he was 22 years old. For six years, they lived in Portsmouth, until, with encouragement from one of his wife's brothers, they emigrated to Australia with 11 other members of her family. Leaving behind Reg's mother, they left England on 24 December, 1948, aboard the *SS Mooltan*.

After six weeks at sea, they arrived in Brisbane on 5 February, 1949. For several years, they would live and work in Queensland, before moving to Tasmania in 1955, where they would spend 15 years.



In 1970, the family moved to Victoria for three years, before going back to Queensland, this time to the Gold Coast. It was here that Reg coached Broadbeach Junior soccer teams, and took them to many Premierships. He also restarted ballroom dancing with his wife, and, again, many medals were achieved.

Sadly, his wife passed away in 1978, at the age of 54. In 1984, Reg decided to move to Adelaide to be with his daughter and family in Upper Sturt in the Adelaide Hills. Reg has lived in the same area now for 36 years.

He continued his trade as a painter and decorator, which kept him fit up until his mid 80s, and he also coached soccer at his grandchildren's school until his late 70s. He loved dancing, and would go to a dance at least three times a week, and then take classes to compete in competitions where he would obtain many medals for his achievements.

He lived independently in a unit in Blackwood until 2016, before moving to Resthaven Bellevue Heights.

Reg has two daughters, three grandchildren, and five great-grandchildren, and he is very much loved by all.

Written by Reg's daughter, Sandy

Resthaven Craigmore

Show Day

On 13 October, Resthaven Craigmore held their annual 'Show Day'.

Residents enjoyed a fun-filled day, with games, a photo booth, a magic show, and a lucky dip. Staff member, Michael, was a big hit in his clown dress ups (pictured).

There was plenty of laughter as guests tucked into their fairy floss and donuts (COVID-19 safe measures were in place).



Resthaven Murray Bridge

'Words of Wisdom'

As part of a social media campaign by Resthaven to spread some positivity during these challenging times, residents of Resthaven Murray Bridge were encouraged to provide their best parenting advice to share with Resthaven's social media 'followers'.

The resulting photos, some of which are pictured below, were published on Resthaven's Facebook page. Thank you to all those residents who took part!



Resthaven Leabrook

Happy 100th Birthday: Mrs Mary Hawkes



Warm birthday wishes to Mrs Mary Hawkes of Resthaven Leabrook, who celebrated her 100th birthday on 25 September, 2020.

Mary Lucy Hawkes (nee Dickins) was born in Stone, Staffordshire, a small town in the United Kingdom.

The fourth of five children, with two sisters and two brothers, Mary was educated by Sisters from the local convent. Hers was an 'Airforce family', with her father and brothers serving. Nonetheless, they all lived to a good age; Mary's youngest sister is 97.

Like many girls her age, as a young woman, Mary learned shorthand and typing, which served her very well, and gave her the opportunity to gain many interesting and varied jobs in a long working life. Her first job was in a cake shop, but she recalls that, unfortunately, the cakes were very good, but not so good for her waistline!

Mary married Albert Hawkes in Stone whilst he was serving in the RAF during the war. He was granted special leave for the wedding.

Their only daughter, Roslynn, was born in 1945, whilst Mary lived with her favourite aunt, as Albert was still in the RAF. Later, Albert would go on to teacher's college.

Whilst in Stone, Mary enjoyed working as the Office Manager for the local newspaper. It was a real challenge to organise the young reporters, and she heard all the local gossip firsthand.

In the early 60s, the family moved to Poole, in Dorset, in the hope of a warmer climate. Mary's most interesting job in Poole was for the Max Factor cosmetics company. Lots of free samples were available to the staff – so started her love of cosmetics (and perhaps explains her still-lovely complexion).

Ros subsequently moved to Port Lincoln, Australia, with her husband, and Mary and Albert joined them in the early 1970s, emigrating from the UK. Mary very quickly got used to the change to a country lifestyle and lovely weather.

The family lived in Port Lincoln for several years before moving to Adelaide.

Mary moved into Resthaven Leabrook around five years ago. She enjoys the companionship and social activities, and is 'very happy'. Having always been keen on fitness, Mary attends sitting exercises twice weekly. As a younger woman, she had always loved dancing, and attended the Women's League of Health and Beauty each week.

Mrs Hawkes has enjoyed good health, although recent eye problems have meant her sight is diminishing. She puts her good health down to 'good genes and moderation'. She is always calm.

Mrs Hawkes celebrated her milestone birthday with a small party at her daughter's home, where she enjoyed her favourite dish, prawn curry, followed by trifle.

Mrs Hawkes continues to dress for the occasion, with makeup and nails beautifully manicured. She now has four granddaughters and six great grandchildren.

Her advice to younger people is to 'Be yourself'.

Wise words!

Resthaven Malvern

Happy 100th Birthday: Mrs Patricia Lathlean

Many happy returns to Mrs Patricia Lathlean of Resthaven Malvern, who celebrated her 100th birthday on 13 October, 2020.

The daughter of Richard (Dick) and Dorothy (Dot) Richards, Patricia grew up in Ballarat. Her father was a physicist and lecturer at the Ballarat School of Mines, who joined the ill-fated 1914 Shackleton Expedition to try and cross Antarctica. In 1919, he married Dot, a talented artist. Pat was born in 1920.

Dick was an encouraging father and sang and accompanied Pat on the piano. Pat was very talented and received honours in her Australian Music Exams in 1935 at the age of 15, and in later years also. She went on to be awarded a Diploma of Music at the University of Melbourne (Melbourne Conservatorium) with Honours. She returned to teach music in Ballarat.

Pat played concerts with the Melbourne Symphony Orchestra, under conductor Sir Bernard Heinz, and also played on ABC radio.

In 1943, Pat married Flight Lieutenant Ray Bradstreet. However, he was lost at sea flying in a Catalina in the Philippines during WWII.

During the war, Pat performed at many fundraisers for the troops. After the war, Pat was encouraged to go to Adelaide to visit relatives. There, she met Peter Lathlean, and they fell in love on sight. The couple were married on 28 March, 1948, and their first son, Richard, was born 9 March, 1949.

Pat had no grounding in child rearing, but was supported by Mamie, her mother-in-law, and lived with them in North Adelaide until they built a house in Henley Beach. Andrew was born in 1951, and Simon in 1955, but after three boys they wanted a daughter. In 1957, they moved to Unley, and Jennie was born in July, which addressed that concern.

After Simon developed asthma, Patricia became involved with the Asthmatic Mothers Auxiliary, and served as President for many years. She was awarded Life Membership in November 2014. She was instrumental in initiating Swimming for Asthmatics – a program that is still important today.



She also played an active role as President and Secretary of the Adelaide Children's Hospital Auxiliary (Fullarton) in 1964. She was made a Life Member in 1992.

In retirement, Pat and Peter travelled overseas to the Dominican Republic and Europe. Trips to Papua New Guinea and Cairns were also enjoyed.

Pat and Peter moved from Unley and lived in Netherby. Later, after Peter was a resident at Resthaven, Pat moved to a unit in Hawthorn. She lived independently until she moved to Resthaven Malvern in 2018.

Patricia is a wonderful mother, who looked after four children in most trying times, but was always sympathetic and well organised in the running of the house. She is much loved by four children, seven grandchildren, and three great-grandchildren (with two more on the way).

Pat is the epitome of the saying that 'we stand on the shoulders of those who have gone before', in that her descendants are most grateful for her love and life.

Written by Pat's son, Richard

Resthaven Mitcham

85th Anniversary Garden Party



On 15 October 2020, Resthaven Mitcham celebrated Resthaven's 85th anniversary with a festive garden party!

The weather was perfect for a sausage sizzle in the courtyard gardens, with guests entertained by the music of volunteer, Bob Wharton.

Thank you to everyone who helped to make this day special.

Clockwise from top left: Sylvia Ortiz (Lifestyle Coordinator) and Hannah Coelho (Manager Residential Services); Volunteer, Bob Wharton, plays for guests; festive cupcakes; balloons in the courtyard gardens; The history display in the foyer.



Resthaven Marion

Happy 100th Birthday: Mr Les Schmaal

Mr Leslie (Les) Schmaal was born on 4 November, 1920, in Mannum, South Australia, the eldest of four children. His family resided on a mixed farming property, which included cereal cropping, sheep grazing, a small dairy herd, pigs, and poultry.

Les and his siblings attended Punthari School, often walking the five miles there and back across the paddocks each day.

After primary school, Les left to help his father on the farm. He ran the property from after his father's death in 1967, until his retirement in 1993, when Les' son, Bruce, took over, who still runs the farm.

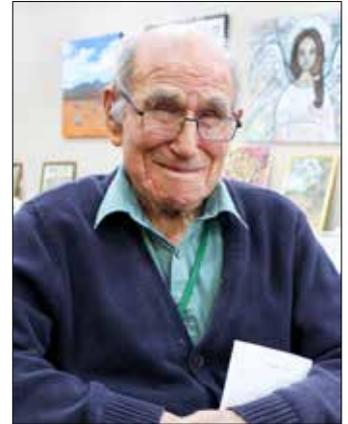
In 1942, Les enlisted in the army, serving in New Guinea and North Queensland before returning to the family farm.

Les has always been a keen sportsman. Whilst in the army, he was the 400m champion for his regiment. Although talented at many sports (athletics, tennis, football, and golf), his great love was cricket. He played for the local teams on the Murray Flats as an allrounder. One of Les's most memorable innings was making 130 not out at Alberton Oval.

In 1957, Les met his future wife, Desma, who worked as a housekeeper for Senator Condor Laucke. Les and Desma were married on 20 September, 1958, at St Peters Lutheran Church in Greenock. They enjoyed 56 years of marriage before Desma's death in 2014. During their marriage, Les and Desma had five children. Les now has six grandchildren, all of whom have inherited his sporting talent.

On their retirement from the farm in 1993, Les and Desma moved to Nuriootpa in the Barossa Valley, and quickly became involved in numerous activities in the local community. They were very active members of the St Petri Lutheran Church.

Les took on the role of groundsman, and also ran their paper shed, as well as assisting with bible studies, activities, and transport for mid-week church services. Les's handyman and farming skills were invaluable at church working bees, including the restoration of Schaedel House in the main street of Nuriootpa.



Les and Desma also joined the Senior Citizens, and were part of the Country Stitchers group, and 'Operation Christmas Child.' For more than ten years, Desma sewed t-shirts, skirts and shorts, and Les made and covered shoeboxes. All up, Les made more than 11,000 shoeboxes before reduced sensitivity in his hands brought about his retirement.

In late 2011, Desma moved to an aged care home, where she resided up to her death in October 2014. Les continued to live by himself and keep busy with his activities, until health troubles prompted his move closer to his daughters in Adelaide. Les became a resident at Resthaven Marion in September 2018, where he now enjoys life and the activities on offer (particularly concerts, bingo and footy tipping!). He is also grateful for the visits from his family and church community.

Les's secrets for a long life are to work hard (if the job is worth doing, then do it well), to care for those around you, and focus on the positives in life. His attitudes revolve around his Christian faith and love of God.

Written by Les' daughter, Eleanor

Resthaven Mount Gambier

Memories of 'Slim'

With the feature film, 'Slim and I,' coming out this year, Resthaven Mount Gambier resident, Mrs Margaret Dohling, was inspired to share some of her memories of her husband, John, who was one of Slim Dusty's song writers.

Margaret recalls that one day, when John was writing songs, she had suggested to him that the songs were good enough to be recorded. Even though she says he 'scoffed at this idea,' she organised for him to sing on The Variety Show on Channel 8 (which was then the local television station in Mount Gambier).

His songs were well received by the audience, and the station rang John to let him know about all the positive feedback that they had received from the public.



Margaret then suggested to John to sit down and record his songs, so they purchased a cassette recorder and some cassettes, and he recorded some songs.

Margaret then sent these on to none other than Slim Dusty himself, who, to everyone's delight, rang back! It was from here that the working relationship began.

According to Margaret, Slim was continuously ringing John to see if he had composed new songs that he could record.

John Dohling wrote 30 songs for Slim Dusty, although not all were recorded.

John now has a photo and a plaque dedicated to him in a Hall of Fame, with a plaque that reads: 'John Dohling, a true Bushman'.

His songs include: *Blue Hills (In The Distance)*, *Answer To Billy*, and *No Good Truckin' Man*.



Resthaven Port Elliot

Code Cracking Marj

Mrs Marj Thornton (98) of Resthaven Port Elliot has many interesting stories—but one of the most fascinating is her role in cracking the famous ‘Enigma’ during World War II.

Born in Birmingham, England, in 1921, Marj was conscripted aged 20. After a training period, she was posted to Trowbridge on Salisbury Plain as a Wireless Operator (WOp), one of the first girls to do the wireless training course. ‘The first thing I had to learn was dots and dashes, then earphones,’ she says.

From Trowbridge, Marj was sent to an old country house, Shenley, where the group were introduced to the ‘Superhets’ wireless sets, given a frequency to cover, and told to take down everything they heard.

Marj explains, ‘This is where we learned what we were actually going to do, which was intercept messages from the German army under the Official Secrets Act.’

Marj says, ‘At the time, we had no idea of what really went on at Bletchley Park, as the only information anyone working on Enigma was told was what they needed to know.’

‘In the very early days, deciphering had to be done manually. It involved miles of punched tape, which had to be matched up – a process similar to a huge slide rule. Then they came up with a machine called bombe, which was 8 foot tall and 7 foot wide. Bombes unravelled wheel settings for enigma ciphers.’

‘However, more sophisticated, high speed machinery was needed. Colossus 1 was rolled out at the end of 1943, and Colossus Mark 2 was brought into commission on 2 June 1944.’

‘By 1945, Britain kept ten Colossi busy, decrypting 1,200 messages a month. By the end of the war, they had decrypted 63 million characters of messages sent between Hitler and his generals.’



‘After the war, equipment was either spirited away by security services, or destroyed on orders of Churchill. The importance of Colossus was only realised in 1996, following publication of secret documents by the US.’

‘As far as the rest of my army experience was concerned, I spent two years at Kedleston Hall, then some of us were posted to Harrogate, which is where I met my husband, Ed. We married in March 1945.’

Marj and Ed eventually moved to Australia, where Marj was an active member of the community until her retirement. In 2016, Marj was awarded the medal of the Order of Australia for her service to the community and the church.

Starting out as a volunteer at Resthaven Port Elliot, Marj came for a respite stay in February 2020, before moving in at the end of May.

Thank you for sharing your story, Marj!

Resthaven Paradise

Annual Flower Show



In September, Resthaven Paradise held its annual 'flower show,' using roses and other blooms from the beautiful site gardens.

Lifestyle Coordinator, Thuy, says, 'We are so blessed with our beautiful rose garden, which flourishes each year, just in time for the annual flower show.'

'Residents have the opportunity to arrange their own vases full of flowers, which are put on display for all to enjoy.'

'It is a beautiful sight to see, and the perfume from the roses lingers in the hall.'

'Thank you to everyone who participated, we hope you enjoyed the day.'



Resthaven Westbourne Park

Happy 100th Birthday: Mrs Grace Baker

Happy birthday to Mrs Grace Baker of Resthaven Westbourne Park.

Grace was born in Kent, England, on 30 October, 1920.

When she was six years old, her family moved to Adelaide. They lived in Millswood, and Grace attended Westbourne Park Primary School, then Adelaide Girls High School.

After high school, Grace was the office manager in her father's tailoring business located in Rundle Street.

Grace was always a high achiever, graduating in the first group of female cadets in the St Johns Ambulance Brigade in South Australia.

On 6 December, 1941, Grace married Leonard Baker. They set up home at Clarence Park where they raised their three daughters, who also attended Westbourne Park school.



This tradition continued when two of her great grandchildren also attended this primary school.

Grace has nine grandchildren and 12 great-grandchildren.

On her 100th birthday, Grace's full and eventful life, dedicated to her family and many friends, was celebrated at the Westbourne Park Uniting Church.

Many happy returns!

Written by Grace's daughter, Marie

Season's Greetings!

Thank you to all those who contributed items for publication in the Resthaven newsletters over the last 12 months.

We look forward to receiving your articles in the coming year. Please forward to Head Office via the internal mail at reception, or email pr@resthaven.asn.au.

With best wishes for a safe and happy Christmas and new year, from the Head Office Public Relations Team.



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

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Hills & Fleurieu
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www.resthaven.asn.au

AGEDCARE ALTERNATIVES

Free aged care information service 8408 4600

Newsletter Submissions

Do you have an item for the 'Resthaven Review'?

Residents, clients and staff are strongly encouraged to submit items for publication.

Please give your items to Reception, or a staff member, to be sent to the Public Relations Department via the internal mail. Alternatively, you can email items to pr@resthaven.asn.au.

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

www.resthaven.asn.au

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