

Volume 30, Issue 1

Autumn 2021



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,

Welcome to the autumn edition of the 'Resthaven Review'.

We hope you enjoyed the 2020 festive season and are looking forward to a great new year ahead.

Throughout December 2020, there was plenty of festive cheer across Resthaven community services, with a surprise gift at Resthaven Murray Bridge, Hills & Fleurieu Community Services (page 16), and a joyful Christmas lunch in the hills for clients of Resthaven Paradise & Eastern Community Services (page 18).

Festivities abounded at Resthaven Paradise (page 29), Port Elliot (page 30) and Westbourne Park (page 31), with a 'Christmas corner,' a nostalgic Christmas tree creation, and Christmas decorations made by local school children.

We also celebrated Valentine's Day with two very special stories—a couple who who met at Resthaven Northern Community Services and married each other aged in their 90s (page 17), along with six Resthaven Leabrook couples who have shared their wisdom on page 24.

Speaking of wisdom, read our centenarian stories on pages 19, 22, 25, and 28. Thank you for sharing your stories!

Find all this and more in this edition of the 'Resthaven Review'. Enjoy.

Resthaven Public Relations Team

From the CEO

Happy new year!

The first few months of 2021 will be a testing time for the aged care sector, waiting for the rollout of the COVID-19 vaccine.

Recent clusters of COVID-19 have highlighted the importance of remaining vigilant. This means continuing with visitor screening at residential aged care homes, appropriate infection control measures to maintain the safety and wellbeing of clients, residents, and staff, ensuring that every precaution is taken and the latest health advice monitored.

To ensure that residents of aged care homes continue to have regular access to visitors in this 'COVID-normal' world, the Aged Care Quality and Safety Commission has advised that it will increase its regulatory activity in this area. This follows recent visits across all homes to observe infection control procedures.

Industry Update

In the wake of the release of further funding by the Government, Resthaven is enjoying remarkable growth in our Community Home Care Packages. I would like to acknowledge the efforts of the staff who are working tirelessly to make this possible.

The final report of the Royal Commission into Aged Care Quality and Safety will be released by 26 February 2021. My hope is that it will include recommendations of the systemic change that is required to meet the needs of future generations, while providing sufficient funding for this to be possible. Feedback from the Royal Commission to date has been encouraging.

Continued opposite page...

From the CEO (continued)

The Commissioners and Counsel Assisting appear to have developed a deep understanding of the challenges facing the sector and what is required to reform how we deliver care and support for older Australians.

The reform of the sector is long overdue and welcome, especially where it improves the services and support for older people. Ensuring safety and quality in aged care is our primary concern.

In late February, six aged care peak bodies came together to form the Australian Aged Care Collaboration to lobby for wholesale reform of the aged care sector through a national media campaign demanding that politicians back the reforms outlined in the Royal Commission into Aged Care's final report. The campaign is titled 'It's time to care about aged care'.

As part of the campaign, a comprehensive report has been produced containing key information about the challenges that the sector faces, the communities that are more at risk and some good ideas for how everyone can play a part in improving Australia's aged care system.

To read this report, find out more about this campaign, or sign the petition, visit: www.careaboutagedcare.org.au/

COVID-19

The Commonwealth Australian Department of Health will soon be rolling out Australia's COVID-19 vaccination program. SA Health is working closely with the Department of Health to develop a vaccine plan for South Australia.

The vaccine will be first made available to South Australians in phases from late February.

Aged care residents and staff are a priority group in the first of five phases of the Federal Government's strategy for COVID-19 vaccine rollout, with Resthaven Marion and Resthaven Port Elliot two of the first aged care homes chosen for the vaccinations.

Under the strategy, aged care residents and staff will receive the Pfizer vaccine. The Commonwealth has procured a workforce to administer vaccinations onsite at aged care facilities to both aged care residents and staff, at the same time where possible. We will update you with more details about the vaccination program as they are available.

The COVID-19 vaccine should not be taken in close proximity to the influenza vaccination (the Pfizer is a two dose vaccine). The timing of Resthaven's annual fluvax program will take this into consideration. Some key information about the COVID-19 vaccine:

- The first doses of the vaccine will be given to people who need it most.
- The vaccination will be **free**.
- The vaccine will be available for everyone in South Australia in a phased roll out.
- The vaccine will be **voluntary**.

The Therapeutic Goods Administration assess the vaccine for safety, quality and effectiveness. More information is available at www.sahealth.sa.gov.au/COVIDvaccine.

We are fortunate that the people living and working in aged care have been chosen to be in the first group of Australians vaccinated against the disease. This will relieve a lot of stress for many residents, family members and staff.

Continued page 4...

From the CEO (continued)

Although the vaccine is not mandatory, it is in the best interests of all as we move into this new COVID-normal world. I for one will be lining up for my COVID-19 vaccination when my turn comes. It will give me great comfort to know that I will be doing everything that I can to keep our residents and clients safe, not to mention my own family.

85th Anniversary Book

In the year that was 2020, many 85th celebrations could not go ahead as planned. Many were held in a modified, creative way. This includes the launch of the Resthaven 85th anniversary history book, *Resthaven: 85 Years of Outstanding Care*.

The launch was cancelled, however, we were able to hold a 'book signing' with the author, noted historian, Dr Rob Linn, on 24 November (pictured right with Board President, Mark Porter, and myself). We sincerely thank Dr Linn for his work.

The Resthaven history book is available for purchase for \$40. All sites received a copy for their reception area and site library.

Board Update

Board Member, Barbara Sibley, retired at the end of 2020. She will remain a member of the Board Finance Committee. We thank Barbara for her long service on the Resthaven Board. Barbara continues as a member of the Board Finance Committee.



Above (L-R): Board President, Mark Porter; Dr Rob Linn, Historian; and Darren Birbeck, CEO, at the Resthaven History Book 'signing' on 24 November, 2020.

In February, we welcomed new Board Member, Rebecca Clarke. Rebecca is currently the Principal of Walford Anglican School for Girls, and we look forward to sharing her expertise.



Reflecting on My First Six Months...

People have asked me what motivated me to apply for the role of CEO for an aged care provider at a time like this. With a Royal Commission into Aged Care Quality and Safety under way, years of chronic underfunding of the sector and major reform on the horizon, it certainly looked like a challenging job. Then throw a global pandemic into the mix for good measure.

Continued opposite page...

From the CEO (continued)

I passionately believe that older people deserve to be supported to live the best life possible and I wanted to help lead Resthaven into its next chapter, where we continue to deliver on the expectations of not only current but future generations. The aged care system in Australia must fundamentally change if it is to be successful in meeting the needs of a growing ageing population. I want to be part of that change.

It has been a joy travelling to all of our sites to meet with residents and clients, volunteers and staff. What a privilege to have a chat, share a laugh and spend time with people. After all, it is the people who make this sector special.

One of these is Mrs Marlene Kempster (top right), who I enjoyed meeting at the Resthaven Marion Resident Christmas Luncheon in December 2020. Until recently, Marlene volunteered with Resthaven Marion for 27 years. The staff teams from some of our Limestone Coast sites are also pictured at right.

I thoroughly enjoyed chatting with residents, clients, and volunteers, and I appreciate all your comments, compliments, and suggestions for improvement!

When visiting the sites, it didn't take me long to realise the strength of our site communities. Your support as we navigate through a year like no other has been phenomenal, and very much appreciated by the staff and volunteer teams.

The timing of my commencement may not have been ideal, but I look forward to seeing the confusion on the faces of my grandchildren in years to come when I tell them that when I was appointed as CEO, not one person shook my hand!

I feel fortunate to work for Resthaven, a remarkable organisation which has been providing outstanding care and support for older people for 85 years.

Take care until next time,

Darren Birbeck
Chief Executive Officer



Above: Darren with Mrs Marlene Kempster at the Resthaven Marion Resident Christmas Luncheon.

Below: Darren with the Limestone Coast staff teams, from top, Resthaven Limestone Coast Community Services, and Resthaven Mount Gambier.



Residential Diary Dates 2021

Site	Day	Event	Time
Aberfoyle Park 100 Hub Drive Aberfoyle Park Ph 8115 1600	Thursday 6 May	Volunteer Thank You Event	2pm
	Monday 28 June	Memorial Service	2pm
	Monday 20 Dec	Christmas Lunch	12 noon
Bellevue Heights 47 Eve Road Bellevue Heights Ph 8273 4400	Monday 17 May	Volunteer Thank You Event	2pm
	Tuesday 22 June	Memorial Service	2pm
	Friday 24 Sept	IRLU Residents' AGM	11am
	Monday 6 Dec	Christmas Lunch	12 noon
Craigmore 200 Adams Road Craigmore Ph 8288 4800	Tuesday 25 May	Volunteer Thank You Event	2pm
	Thursday 1 July	Memorial Service	2pm
	Wednesday 8 Dec	Christmas Lunch	12 noon
Leabrook 336 Kensington Road Leabrook Ph 8332 4333	Tuesday 11 May	Volunteer Thank You Event	2pm
	Wednesday 23 June	Memorial Service	2pm
	Friday 24 Sept	IRLU Residents' AGM	11am
	Thursday 2 Dec	Christmas Lunch	12 noon
Malvern 43 Marlborough Street Malvern Ph 8272 0222	Thursday 20 May	Volunteer Thank You Event	2pm
	Tuesday 22 June	Memorial Service	2pm
	Monday 27 Sept	IRLU Residents' AGM	11am
	Thursday 9 Dec	Christmas Lunch	12 noon
Marion 10 Township Road Marion Ph 8198 2000	Friday 14 May	Volunteer Thank You Event	2pm
	Wednesday 28 July	Memorial Service	2pm
	Monday 27 Sept	IRLU Residents' AGM	11am
	Tuesday 14 Dec	Christmas Lunch	12 noon

Note these diary dates in your calendar!



Residential Diary Dates 2021

Site	Day	Event	Time
Mitcham 17 Hill Street Kingswood 5062 Ph 8378 8999	Wednesday 19 May	Volunteer Thank You Event	2pm
	Thursday 1 June	Memorial Service	2pm
	Thursday 16 Dec	Christmas Lunch	12 noon
Mount Gambier 24 Elizabeth Street Mount Gambier Ph 8723 0911	Friday 28 May	Volunteer Thank You Event	2pm
	Thursday 17 Jun	Memorial Service	2pm
	Monday 13 Dec	Christmas Lunch	12 noon
Murray Bridge 53 Swanport Road Murray Bridge Ph 8532 1969	Wednesday 12 May	Volunteer Thank You Event	2pm
	Tuesday 29 June	Memorial Service	2pm
	Wednesday 15 Dec	Christmas Lunch	12 noon
Paradise 61 Silkes Road Paradise Ph 8336 5444	Friday 21 May	Volunteer Thank You Event	2pm
	Monday 21 June	Memorial Service	2pm
	Monday 20 Sept	IRLU Residents' AGM	11am
	Wednesday 1 Dec	Christmas Lunch	12 noon
Port Elliot 3 Frederik Street Port Elliot Ph 8554 2000	TBC	Volunteer Thank You Event	2pm
	Tuesday 20 July	Memorial Service	2pm
	Tuesday 28 Sept	IRLU Residents' AGM	11am
	Friday 17 Dec	Christmas Lunch	12 noon
Westbourne Park 30 Sussex Terrace Westbourne Park Ph 8271 3300	TBC	Volunteer Thank You Event	2pm
	Friday 18 June	Memorial Service	2pm
	Friday 3 Dec	Christmas Lunch	12 noon

Note these diary dates in your calendar!



Residential Services & Retirement Living

Accreditation

The Aged Care Quality and Safety Commission (ACQSC) undertook a number of unannounced assessment contacts at several of our sites between November 2020 and February 2021. These visits were largely as part of their infection control reviews of residential aged care providers. All visits went well, and I thank the site teams for their ongoing hard work.

It was also great to receive the final and fully compliant Accreditation Performance Report for Resthaven Mount Gambier in January 2021, from the visit that occurred in October 2020. I congratulate Belle Kerr and the team for successfully achieving three years accreditation.

Staff Movements

We farewellled Pamela Alde from the position of Resthaven Westbourne Park Manager Residential Services in December 2020. Pam has been an important member of the residential team for the past 11 years, and we wish her the very best.



We farewell Relieving Manager Residential Services, Linden Brazier. We thank Linden for her time with Resthaven, and wish her well for the future.



Relieving Care Coordinator, Robyn Dawes, has been appointed to the permanent Care Coordinator role at Resthaven Port Elliot, following Simon Blair's move to the Manager Residential Services role. Congratulations, Robyn.



Partners in Care

The ACQSC requires residential aged care providers to ensure that residents are as safe from COVID-19 as possible. The ACQSC also recognises that it is of equal importance that the physical, social and emotional wellbeing of residents is supported, by ensuring that residents have regular access to family and friends. This is now known as the 'Partner in Care' Program. The Industry Code for Visiting Aged Care Homes during COVID-19 sets out the aged care industry's expectation of conduct regarding this.

Resthaven Residential Services is developing a 'Partner in Care' program that will support safe visiting for residents, and identify opportunities for implementing and sustaining the program. We regularly review Resthaven visitor access processes in line with the current SA Emergency Direction, and provide timely information to residents and their families.

Finally...

I recognise the difficult year that was 2020, whilst we all navigated the COVID-19 pandemic and the constant changes it brought to requirements at sites.

I thank each and every member of our site communities for your adaptability to these changes. It is very much appreciated.

Happy new year,

Tina Cooper
Executive Manager
Residential Services &
Retirement Living



Community Services

Bushfire Response

In January, Resthaven Limestone Coast, and then Murray Bridge, Hills & Fleurieu Community Services, faced the pressures of bushfires in their service areas.

It was pleasing to see that the seasonal preparation was followed through, ensuring our teams were ready to respond.

Thank you to those staff members who worked additional hours to ensure that clients and staff were safe, and that services were only minimally disrupted.

Recruitment

With the recent release of additional home care packages by the Federal Government, we anticipate continued growth across Resthaven, particularly in regional areas.

Community Services Project

A project to implement a new IT system for Community Services is well underway. Many Community Services staff are involved in the review and design phases of this project.

Shortly, we expect to be able to invite some clients to also comment on the development of the aspects of the system that will impact on them. They will be invited to comment on the presentation of documents they regularly receive from Resthaven, such as financial statements and invoices, as well as their involvement in care planning.

The software, called 'AlayaCare', supports many functions across Community Services.

It will allow staff to manage your records, visits, billing and invoicing more easily. It also includes a mobile 'app', which staff may access on a tablet or portable device during their visits with you.

COVID-19

Thank you for your continued vigilance to prevent the transmission of COVID-19. Resthaven Community Services staff are operating under COVID-safe plans approved by SA Health and in accordance with the Emergency Management Direction for Public Activities, and the Emergency Management Direction for Cross-Border travel.

Remember to wash your hands frequently and maintain 1.5 metres physical distance where possible.

Stay well,



Sue McKechnie
Executive Manager
Community Services



Assistive Technology

What is Assistive Technology?

Assistive technology is any device, system or design, that allows an individual to perform a task that they would otherwise be unable to do, or increase the ease and safety with which a task can be performed, or anything that assists individuals to carry-out daily activities.

Other common terms you may be familiar with include aids and equipment or home healthcare.

Assistive technology can include simple products such as those that assist you to open a jar or bottle, or turn a tap or open a door.

Complex technologies can include specialised computers, powerdrive wheelchair controllers, home automation and environmental control systems.

They can also include environmental design and home modifications or a different technique or way of doing a task.

Information resources about accessing Assistive Technology are listed (right).

Resthaven Website Accessibility

An accessibility 'widget' has been added to the Resthaven and Agedcare Alternatives websites. This widget (pictured) makes it easier for anyone to view and access information, how it best suits them.



Usage data shows that an average of 1,550 people use the 'widget' each month, with the 'Read Page' tool the most popular. This is followed by 'Bigger text' and 'Contrast'.



Assistive Technology Resources

Independent Living Centre of SA

The Independent Living Centre of SA provides information and advice on disability-related aids and equipment.

11 Blacks Rd, Gilles Plains, 5086

Telephone: 8266 5260

National Infoline: 1300 885 886

Blind Welfare Association

1 Cameron Avenue, Gilles Plains, 5086

Telephone: 8367 6088

Website: <http://www.blindwelfare.org.au/>

Royal Society for the Blind of SA Inc

230 Pirie Street, Adelaide 5000

Telephone: 8417 5600

Website: <http://www.rsb.org.au/>

Guide Dogs SA.NT

Guide Dogs SA.NT has vision, hearing and sensory loss resources. People are able to view and trial a wide variety of assistive technology devices.

251 Morphett Street, Adelaide, SA 5000

Telephone: 8203 8333

Website: [http://www.guidedogs.org.au.](http://www.guidedogs.org.au/)

Retirement Living

Retire in Style in the Fleurieu

Just a short distance from magnificent Horseshoe Bay, Resthaven offers modern, street front cottage-style independent retirement living units at 52 North Terrace, Port Elliot, with easy access to an array of cafes, the famous bakery, shopping, churches, leisure and lifestyle experiences.

With only four two-bedroom units in the group, independence, privacy and security are maximised, with the advantage of access to onsite communal facilities and outdoor gym equipment. Soft furnishings are supplied, and all units feature secure, private garages with direct entry into the home, a rear patio, high ceilings, generous storage, separate laundry, and modern utilities.

Unit 1/52 North Terrace, Port Elliot (below) is currently available for \$390,000 for a Licence to Occupy.

For details, call me on 8370 3756, email retirement@resthaven.asn.au.

Jeannie Peace
Retirement Living
Coordinator



Staff Profile: Billie Garden

*Relieving Assistant Manager,
Community Services*



Since Billie Garden commenced with Resthaven ten years ago, she has gone from Home Support Worker to Relieving Assistant Manager Community Services – and she still loves her work now just as much as she did when she started.

Billie says, 'I have a real passion for the aged care industry. The support I receive within Resthaven has also kept me happy in my career for a decade.'

'A big reason for me loving where I work, is that everyone is so approachable – and I mean everyone! It's not often that senior management, especially the CEO, knows you by name and comes up to talk to you – but they do.'

Billie has worked in the Relieving Assistant Manager role for the last five months. She hopes to continue learning and working with Resthaven Community Services, whilst spreading her love for aged care to others, saying, 'If you love what you do, then it's not work.'

Volunteer Services

Volunteers Around the Sites

Volunteer, Dino (right), has a great rapport with people living at Resthaven Marion. He supports a variety of activities and provides companionship.

When we put the 'callout' to him to join and support the new year's party at the last minute, he arrived that same afternoon in great spirits.



Volunteer, Janet's, artistic talents are enjoyed by all who live, visit, volunteer and work at Resthaven Aberfoyle Park. Pictured above is a floral display that she created for Mother's Day. Her Valentine's Day 2021 display is pictured right.



Volunteer, Leigh (right, with the Resthaven Mount Gambier Men's Group) is really great at engaging with people and helping them feel connected.

How fantastic is this?

Thank you to volunteers!



Stacey Thompson
Manager, Volunteer Services



Building Update

Hello everyone,

I am sure we are all looking forward to a much better year in 2021!

At present, much planning is underway for future Resthaven developments. The COVID-19 pandemic has focused our minds on infection control, and how our built environment can assist through smart design and the use of technology at our sites.

Resthaven Bellevue Heights

The Resthaven Bellevue Heights redevelopment remains on hold until further notice pending a review of the status of the COVID-19 pandemic. The safety of residents, staff and volunteers always takes precedence.

Once the works do commence, they will include relocating residents from Manson and Grevillea to the main home, a new extension to Correa and Waratah, a new staff room, and a new memory support area, located above a lower level services floor with kitchen, laundry and associated service rooms.

The central entry and café area will also undergo a major transformation, along with an upgrade of the auditorium and new car parking.

The works will occur over a period of 18-24 months.

Resthaven Westbourne Park

In November 2020, a consultation survey was undertaken with residents, families, and staff, to gather feedback and input for consideration into the replacement of the Hampton and Richmond areas of Resthaven Westbourne Park.



As time has passed, the standard of our facilities has evolved, and it is now time for these areas to be replaced in order for us to offer residents at Resthaven Westbourne Park the best and most modern facilities.

This project is now being developed further, taking into consideration Resthaven's design standards and consultation survey responses. A planning submission will be developed in the coming months.

Resthaven Marion Community Services: Goodwood Office

The fitout is now complete for the Resthaven Marion Community Services outreach office located at 131 Goodwood Road (above).

The new premises offers large open areas for client activities, accompanied by offices and good rear parking.

Until next time,

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



Resthaven Community Respite Services

'Leonie and Myra'



Resthaven Community Respite Services Home Support Worker, Leonie Friedenfelds, still loves working for Resthaven, after almost 20 years in the job! As a Home Support Worker, Leonie has learned first-hand how vital her role is in supporting the quality of life of Resthaven clients.

One of these clients is Mrs Myra McGinn, who Leonie has been working with for 14 years. Leonie says, 'A day with Myra involves changing the sheets and laundry. After that, we could be doing gardening, and occasional shopping.'

'Myra talks over her concerns with me, and shares amusing stories. I learn a lot from her experiences.'

'Myra knows that I will do exactly what she wants and how she wants it.'

Resthaven is not just a workplace for Leonie, but a community – a community whose values align with her own.

'All people need to feel safe, valued, in control of their lives and have a purpose. Resthaven's values of trust, dignity and choice fit with that,' she says.

Happy 100th Birthday!

Many happy returns to Mrs Rose Drage, who celebrated her 100th birthday on 31 January, 2021.

Rose attends Resthaven Community Respite Services 'Lane Cottage', where staff and fellow clients were delighted to celebrate her milestone with her.



There were flowers, a cake, and even a special 'birthday tiara'.

Happy birthday, Rose!



Resthaven Marion Community Services

'Matchless' Guest Presentation

On 10 December 2020, two Resthaven Marion Community Services groups, 'Men on the Move' and 'Parkinson's self-management', joined together to host special guest, Stephen Hooper, with his Matchless 1952, 500cc motorcycle sidecar to show the participants.

Stephen is based at Resthaven Head Office, as Manager Facilities and Assets.

Stephen's journey with his restoration project of the Matchless is one of passion and dedication. He has a number of veteran vehicles, including this one. He says, 'The outfit is a 1952 Matchless (500cc) English made motorcycle with an Adelaide made sidecar, known as a Tilbrook Standard Tourer (1950).'

Everyone enjoyed Stephen's presentation and said he spoke very well, sharing his love of bikes through a pictorial journey on a PowerPoint presentation. As the motorcycle couldn't quite fit through the door at Resthaven Marion Community Services, for the presentation, it remained outside for all to enjoy.

Client, Mr Clarry Abbott, was reminded of his trips overseas with his BSA motorcycle.

Mr Keith Hubber said he 'learnt more about motorbikes today than I ever have in my life.'

Mr Hubber also noted how much attending the 'Men on the Move' group had changed his life. His wife backs this up, saying, 'Keith is up early on Thursday ready to go by 9am. He is enjoying his time and coffee with his new friends.'



After the presentation and a thorough inspection of the Matchless, the groups enjoyed a barbeque lunch together.

'Men on the Move' has evolved over time, after starting as just a coffee and catch up. It is now a weekly adventure to many diverse community areas.

The group has visited St Peters Cathedral in North Adelaide, ridden in the Flex auto car at the Tonsley Innovation centre, built a tool caddy in Bunnings, and even experienced a ride on the track at the Bend Motorsport park in Tailem Bend. Social group coordinator, Monika, is planning more experiences and adventures for 2021.

The Parkinson's Self-Management group supports people living with the disease to better manage and understand the condition.

These are just two of the many group support and social programs on offer at Resthaven Marion Community Services for older people who live at home in the community.

For more information, phone 8306 4400.

Resthaven Murray Bridge, Hills & Fleurieu Community Services

Surprise Christmas Gift from Woolies



On Christmas Eve 2020, Resthaven Murray Bridge, Hills & Community Services client, Mr Alby Parslow, was delighted to be 'gifted' his Christmas shopping by the team at Woolworths Goolwa.

Resthaven Home Support Worker, Leah Duke, had taken Mr Parslow shopping at Woolies as part of his home care package service. Mr Parson recalls that his son had told him 'go and buy up big for Christmas, spoil yourself' – and so he did!

Leah says, 'We bought prawns, a croquembouche, and other goodies to the value of around \$130.'

'After we put the groceries through the till, the Woolies staff announced that Mr Parslow's groceries were a Christmas gift from them!'

'It was a totally unexpected gift from Woolworths, and it made Mr Parslow's day.'

'Thank you to Woolworths Goolwa!'

Resthaven Paradise & Eastern Community Services

Christmas Lunch in Hahndorf

In December 2020, after several COVID-19 related postponements, Resthaven Paradise & Eastern Community Services clients were delighted to enjoy Christmas lunch at the German Arms Hotel in Hahndorf.

Clients were excited to get out and about in the community once again. The food was delicious, with a choice of Christmas turkey or more traditional German fare. There was a bit of silliness and, as always, lots of laughter.

A great time was had by all.



Resthaven Northern Community Services

Never Too Late for Love!

A big congratulations to Mr Bryan and Mrs Faye Wormald, who exchanged wedding vows on 1 March 2019, after connecting at Resthaven Northern Community Services.

Mrs Wormald, 92, and Mr Wormald, 93, formed a special connection to one another while attending the same social group at Resthaven.

'We had both attended the group for a couple of months, but had never spoken to each other more than a polite "hello". We usually sat at opposite ends of the table, so never really found the opportunity.'

Mrs Wormald recalls their charming first encounter, 'One day I arrived late, and the only seat left was beside Bryan – we started chatting and discovered we got along really well. From that day onwards, we sat together when we could, and our friendship grew quickly.'

Soon after forming their friendship, Mr Wormald suffered a minor injury, restricting him from attending the group for a couple of weeks. However, this didn't stop Mrs Wormald from seeing him.

'We had built a good friendship and I missed seeing him at the social group, so I made sure to visit him when I could.'

'I never thought I'd meet anyone else at my age and Bryan had said to me previously that he was never getting married again – until we met of course!' Mrs Wormald reflects. The loved-up couple married at Mr Wormald's daughter's property in scenic Eden Valley, with their closest friends and family in the garden, surrounded by red roses.



'My granddaughter, Lily, is a makeup artist and so she did my makeup, hair and nails for the day. I felt like the Queen!'

Wearing a blue and white lace outfit for her nuptials, Mrs Wormald walked down the aisle, accompanied by her grandson.

'Seven of our great-grandchildren between us, walked down the aisle throwing rose petals. It was very special to see them all together having fun – they get along quite well.'

With twenty-one of Mrs and Mr Wormald's children, grandchildren, and great-grandchildren present on the day – the event was filled with love and joy from a newly joined family.

'We never expected to meet someone at this point in life, but when it's right it's right. We are very excited about this new and exciting chapter!'

Mr and Mrs Wormald's love story goes to show that it is never too late for love.

Happy Valentine's Day, Mr and Mrs Wormald!

Resthaven Onkaparinga Community Services

Stepping Back in Time with the 'History Group'

If you love solving mysteries and learning more about history, Resthaven Onkaparinga Community Services has the perfect group for you!

Community Services Coordinator, Laura Fatchen, says, 'Clients really look forward to getting together in the activity room every month for this. They originally started it out of their own interests and passion to learn more!'

'The history group started through our book club. Clients were chatting about their own experiences and stories that they had growing up which sparked the beginning of the group.'

The history group runs each month for a period of two-hours, with each session ending with clients deciding what they want to research and present for the following month.

'Clients put a lot of time and effort into their presentations, visiting the library and talking amongst themselves to solve mysteries such as the Bermuda Triangle, and looking back into historical events that they themselves wanted to learn about, such as the Eureka Stockade to name a couple.'

Laura mentions the benefits that she has noticed for clients who are a part of the group: 'They are keeping their minds engaged and active, improving their memory and recall.'

'It is so important for everyone to keep their minds active and interested – learning doesn't have to stop when you age and nor should it!'

New members are always welcome to join. In February, the group discussed space and the fourth dimension – if this interests you, call 8307 3700 and join in on the fun!

Resthaven Limestone Coast Community Services

Resthaven Limestone Coast Community Services deliver in-home support, social activities and respite care throughout the southeast of South Australia. The main office is based in Naracoorte (pictured), with a respite cottage nearby. Other offices are located in Millicent and Mount Gambier. Phone 8762 4389.



Resthaven Riverland Community Services

Happy 104th Birthday: Mrs Mavis Lugg



Congratulations to Mrs Mavis Lugg, who celebrated her 104th birthday on 20 January, 2021.

Mavis, who is supported by Resthaven Riverland Community Services to live independently in her own home, is Riverland born and bred. She grew up on a beautiful farm in Yamba, where her parents were wheat farmers.

Mavis and her five siblings grew up helping around their property; 'Growing up on a farm teaches you a lot about life and hard work,' she says.

'We had a wonderful childhood, running around and picking up important life skills along the way.'

Mavis scored her first independent job a bit later, doing what she loves - Home Service.

'I volunteered for a good while at St Catherine's nursing home, helping the nuns with whatever they needed at the time. I loved giving back and doing what I could for my community.'

Mavis met her husband, Mick, during World War II. They married when Mick was able to take a short period of leave, before returning to his duties.

Soon after the war, they welcomed their first son, followed by three beautiful daughters – when Mavis happily devoted herself to family and home duties.

'I love my family and live for my family. It was always about family.'

'I remember we would all sit around the kitchen table whilst I was cooking on the wood stove. There was always a pot of soup on the stove and we would all make meat pies from scratch together – it was a wonderful time.'

In terms of travelling, Mavis has fond memories of visiting New Zealand and Western Australia.

In her spare time, she loved to involve herself and her family in challenging games and activities.

'I loved puzzles and crosswords. We always played cards. It was always important to me to keep your brain active.'

'In recent years, I like to listen to the wireless. My eyesight isn't so good now, but my family still like to play cards, which is something that they have carried on from me.'

She claims that the secret to longevity is a good batch of home-made chicken noodle soup, saying, 'I make my own noodles with just flour and egg and leave them on baking paper to dry in the sun. It's a family recipe – my mother used to make it to kill off the roosters on the farm!'

Through a life long lived, Mavis has some encouraging words of wisdom to the younger generation:

'Go with the flow – if it happens it happens.'

Many happy returns, Mavis.

Resthaven Aberfoyle Park

85th Anniversary Celebration

In December 2020, Resthaven Aberfoyle Park celebrated Resthaven's 85th anniversary with a day of nostalgia.

Resthaven commemorated its 85th anniversary in 2020 with a range of events (adhering to physical distancing guidelines) across its residential and community services sites. This event was the last of the year!

The day began with morning tea across all areas of the site, with physical distancing measures in place.

To add to the nostalgia, staff dressed up as figures of the past (pictured below). This was very popular with residents, one of whom commented, 'I loved it. All the staff looked great in their special outfits.'



Lifestyle Coordinator, Nav Kaur, says, 'Residents who could not join the others for morning tea had a delightful visit from the staff who showed off their fun costumes.'

'After a relaxing start to the day, residents were taken on tours, where they could "explore through time" through displays they'd created.'

'Residents had put together multiple exhibitions of artwork that they had been preparing for the past two years. Among them, were paintings, sketches, knitwork and antiques.'

'All displays were popular among the residents, however, the display of antiques was the most popular.'

Residents comments that 'I liked looking at the old irons, my grandma had the same ones!' and 'I loved the old iron, it reminded me of old times.'

Nav says, 'Another highlight was the vibrant red poppies which a resident had knitted for Remembrance Day, as well as the 85th sign made from handpicked photographs of the residents and staff.'

'I was very impressed by the outcome of the day. It came together really well.'

Nav puts the days' success down to the residents and the staff equally, who ultimately made the day possible.

'Everything that we had on display was entirely produced by the residents, and they helped the staff put it all together,' she says.

'Residents were thrilled to be able to participate so significantly and personally in making the day so special.'

'It was the perfect way to celebrate Resthaven's 85th anniversary, and it reminded us of the great organisation that we are all a part of.'



Resthaven Bellevue Heights

Happy 100th Birthday: Mrs Margaret Craig

Many happy returns to Mrs Margaret Craig of Resthaven Bellevue Heights, who celebrated her 100th birthday on 19 December, 2020.

Mrs Craig was born in Scotland. During the war, she worked in a factory, making items to assist the war effort. She was promoted to a higher position due to her excellent work quality and ability to instruct and teach others.

She met her future husband, Hugh, during this time, and they married in 1947. Before agreeing to marry Hugh, Margaret had thought he was much too young for her – all of three years. However, it was Margaret's mum who realised that they were perfect for each other, and it turns out that she was right!

Margaret and Hugh's first son, also named Hugh, arrived in 1950, followed by their youngest, David, in 1959.

After the war, Margaret worked as a secretary at *Downey's Barrel Works and Cooperage*. Hugh was a Welding Engineer and Inspector, which involved some travel back to Scotland, England and Brazil.

They saw the work drying up in Scotland and made the decision to move the family to Australia. Travelling on the P&O Liner, *Orsova*, they arrived in Adelaide on 30 April, 1963. When they arrived, Margaret "expected to see cowboys riding down the street", as it was a vastly different place to Scotland.



In 1970, they uprooted again to start a new adventure in Gippsland, Victoria, before retiring in Adelaide in 1990, where they stayed until Hugh's passing in 2010. Margaret and Hugh were happily married for an impressive sixty-two years!

Among Margaret and Hugh's children, they were blessed with four grandchildren (Alexandra, Lucy, Andrew and Tracy), and five great-grandchildren (William, Samuel, Catherine, Skyla and Charlotte).

Margaret has lived at Resthaven Bellevue Heights since 2015. She finds herself very comfortable and happy with the support that she receives, and the friendships that she has made with other residents.

Happy birthday Margaret, and congratulations on your 100-year milestone!

“ Winter is an etching, spring a watercolor, summer an oil painting, and autumn a mosaic of them all. ”

Stanley Horowitz

Resthaven Craigmores

Summer Sunshine

The gardens of Resthaven Craigmores are looking wonderful, with the summer flower beds in full bloom.

They are certainly appreciated by 'Ace', one of the dogs who visits the home. Ace belongs to the family of a resident. The family bring Ace in often to spend time with 'granddad'.



Resthaven Marion

Australia Day

Resthaven Marion celebrated Australia Day in style, with special guest, 'Dame Edna Everage'!

Residents were treated to a sausage sizzle, washed down with a nice cold beer or 'shandy'. Dame Edna entertained all with a collection of music from her Australian friends, and showed off her famous sense of humour. A wonderful afternoon was had by all involved.

Many thanks to very talented Lifestyle Assistant, Jane Juckers, for bringing Dame Edna to life, and to the Maintenance Team, Steve and Merv, for cooking the sausages.

Right: Mrs Thelma White, Mrs Marj Thredgold and Mrs Jean Lawson receive a Gladioli from 'Dame Edna'.



Resthaven Leabrook

Words of Wisdom from Resthaven 'LOVE-brook'

Resthaven Leabrook might have to be re-named 'LOVE-brook', with six couples currently residing at the home! Ahead of Valentine's Day on 14 February, the happy couples came together and shared their words of wisdom for a happy marriage. Enjoy.

Mr and Mrs Bruce and Gwen Hepworth

Married for: 62 years

Words of wisdom:

'Do as you're told!'



Mr and Mrs Wilfred and Evelyn Sutcliffe

Married for: 62 years

Words of wisdom:

'Don't bother arguing. Compromise, compromise, compromise!'



Mr and Mrs Harry and June Shaw

Married for: 65 years

Words of wisdom:

'There isn't one thing that has kept our marriage alive, but we have both always felt lucky to have each other, and that has been everything.'



Mr and Mrs Graham and Pauline Alderman

Married for: 62 years

Words of wisdom:

'Tolerance has been important for our marriage, on both sides!'



Mr and Mrs Jean and Richard Neville

Married for: 65 years

Words of wisdom:

'We are perfectly suited for each other, always complimenting each other, and always there for each other.'



Mr and Mrs Lawrence and Maxine Middleton

Married for: 70 years

Words of wisdom:

'If you agree to disagree then you won't have much else to argue about!'



Resthaven Malvern

Happy 100th Birthday: Mrs Joyce O'Driscoll

Congratulations to Resthaven Malvern resident, Mrs Joyce O'Driscoll, who celebrated her 100th birthday on 7 December, 2020.

Joyce has enjoyed a culture rich life, travelling with her husband as her family grew, before settling down in Adelaide.

Born in Manchester, Joyce enjoyed school, with her favourite subject being English.

'After school finished, I worked in the office of a co-op, doing administrative work. I stayed there awhile before getting another job at a big electrical firm, where I stayed until I was 19 or 20 years old.'

During the war, Joyce met her husband, Bernard, at a local dance, which was held on Monday nights at the church.

'He did a lot of chasing after me, and I told him to buzz off because I wasn't interested in settling down!'

'He was three years younger than me, I was 25 and he was 22. I said that I wasn't getting married until the war was finished.'

It wasn't all smooth sailing for Joyce and Bernard, 'but we ended up having a very successful and happy marriage.'

Joyce's days of travelling began when Bernard was offered a job with the Western Australian railways, including a house for the family to live in. They travelled to Australia by boat, which took them three months. With two small children in tow by this time, Joyce described the journey as a 'nightmare'.

The family eventually arrived and moved into a big housing estate just outside of Perth, where they stayed for 'a fair while'.



Here, Joyce had her third child, before the family moved to Adelaide when Bernard was transferred.

Joyce stayed at home to look after the children, although she 'never liked cooking. But I was an avid reader.'

In retirement, the couple enjoyed a lot of travelling, going 'all over the place'.

'I liked Western Australia, and Queensland was nice. We also travelled back to England several times, and Asia and Borneo.'

Regarding her milestone birthday, Joyce describes it as 'a bit of a shock – it's hard to believe!'

She doesn't have any secret to her great longevity, other than 'walking a lot in my younger years'. However, she does have words of wisdom for the younger generations, 'behave yourselves!'

Many happy returns, Joyce.

Resthaven Mitcham

Tania is 'Fulfilling our Purpose'



Resthaven Mitcham Personal Care and Lifestyle Assistant, Tania Roberts, says, 'there is nothing else quite as fulfilling as our purpose', of which Resthaven's is: *Working together: Outstanding care and support for older people and their carers.*

Tania started working at Resthaven Mitcham in 2018, as a Personal Care Assistant. With Resthaven's support, Tania was studied for her Certificate III in Aged Care whilst working. Along with this, she undertook work experience on-site in anticipation of becoming a Lifestyle Assistant after the completion of her studies.

'Now, half of my shifts are doing the Personal Care Assistant role that I still love, and the other half with my new role in Lifestyle,' she says.

Another big part of why Tania enjoys her work is the positive impact that she can have over older people's everyday lives.

'No matter what is going on in life, as soon as I walk through those doors, it is about the residents – and that in itself helps to ground me and see what is important at times'.

During her work with Resthaven, Tania has held the important role of resident 'Santa,' offering an element of fun for herself, her co-workers and of course, residents.

'I have loved being Santa! The residents get a kick out of it and it is something that they look forward to and something that I have come to look forward to as well'.

'It is incredible what we all do in aged care. These are people's lives that we have a responsibility to, and it is magic to see the connections that can be formed between the generations'.

Tania looks forward to continuing her work at Resthaven Mitcham as one of Resthaven's committed and dedicated workforce.

Resthaven Mount Gambier

A Vibrant Site Community

Resthaven Mount Gambier recently welcomed new Lifestyle Coordinator, Pamela Bastow, who is looking forward to leading the vibrant Lifestyle team of staff and volunteers.

Pamela says, 'A favourite with residents is spending time with volunteer dog, Wally, and his human, Ross Patterson. Wally is always happy to receive a pat or a shake of your hand!'

'Fellow volunteer, Jenny Dow, conducts Comedy Club, Bingo, and movies.'

Leigh Jones facilitates the Men's Group, and assists with Bingo and Happy Hour.'

'Volunteers support the Lifestyle Assistants to provide a stimulating program.'

'I regard working in aged care to be a privilege, and I look forward to working together with residents, staff and volunteers who have welcomed me into this beautiful home.'

Welcome to Resthaven, Pamela!

Below: Pamela Bastow (Lifestyle Coordinator), Dianne Bailey-Walters (Coordinating Chaplain), Jodie Jarnevic (Lifestyle Assistant), Ross Patterson (volunteer), Wally, Leigh Jones (volunteer) Carolyn Taylor (Lifestyle Assistant) and Tracey Krueger (Lifestyle Assistant).



Resthaven Murray Bridge

Happy 100th Birthday: Mrs Lorna Reseigh

Many happy returns to Mrs Lorna Reseigh of Resthaven Murray Bridge, who celebrated her 100th birthday on 7 February, 2021.

To celebrate her milestone birthday, Mrs Reseigh enjoyed a luncheon at the races with around 60 friends and family.

At Resthaven Murray Bridge, staff visited Mrs Reseigh with flowers, cards, and balloons, and the housekeeping team created a beautiful cake, for which there was lots of positive feedback.

Happy birthday, Mrs Reseigh!



'One Liners'

- When a door closes another door should open, but if it doesn't then go in through the window.
- Far too many people seek the right person instead of trying to be the right person.
- Silence is golden until you have children, then silence is suspicious.
- The older you get, the better you get. Unless you're a banana!
- You never realize what you have until it's gone. Toilet paper is a good example!
- You know you've reached middle age when you're cautioned to slow down by your doctor, instead of by the police.
- Always remember; you're unique, just like everyone else!

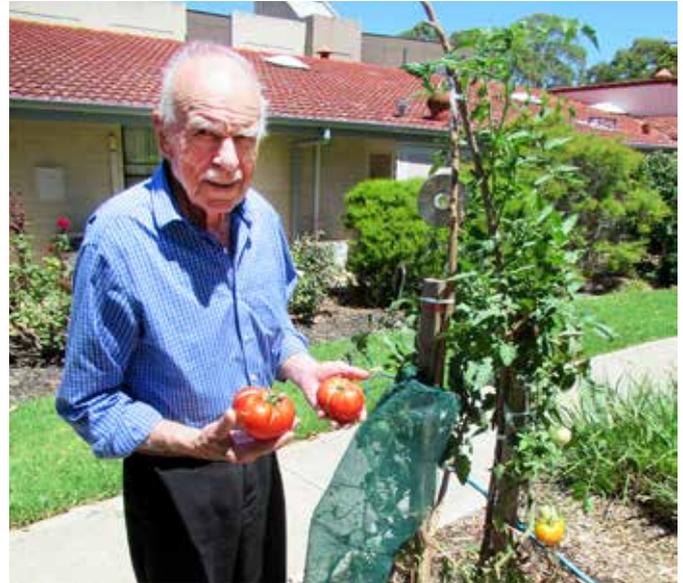
Anonymous

Resthaven Paradise

Tomatoes Aplenty

Mr Guerrino (John) Vanin has been growing tomatoes in the Resthaven Paradise gardens. John goes out every morning and afternoon to take care of his plants, and his hard work is paying off—the tomato in his right hand weighs almost half a kilogram!

John has always loved gardening. At home, John grew lots of vegetables, but tomatoes were his favourite. He is very happy to be able to continue his love of gardening at his new home at Resthaven Paradise.



'Christmas Corner'

In December 2020, residents and families at Resthaven Paradise enjoyed a beautiful 'Christmas Corner' set in the reception area of the home (pictured this page). Manager, Cat Carroll, says, 'The corner was great to lift spirits, and help us remember what is important.'



Above: Mr and Mrs Creaser enjoy the 'Christmas corner'.

Left: Mr and Mrs Woolfe.

Resthaven Port Elliot

Old Fashioned Christmas Cheer

Resthaven Lifestyle Coordinator, Rebecca Kingsbury, who commenced at the site in late 2020, says, 'Christmas is always a busy and exciting time of the year, and it was wonderful for me to spend my first Christmas at Resthaven Port Elliot.'

'We decided to decorate one of our trees with handmade items, just as it would have been done in the past. Each Monday during our Art and Craft group, we got together and began to create!'

'We had paper chains made from Christmas paper, baubles made with material and decorated in ribbons, and even knitted baubles.'

'There was material "tinsel" tied to string, clear baubles filled with a choice of items, and painted pine cones gathered locally.'

'We had wonderful conversations and reminiscing around Christmas and family, trees and decorations, and what Christmas meant to all of us.'

'It was a beautiful way to celebrate Christmas at the home, and I look forward to many more Christmases ahead.'

The Christmas trees weren't the only summer feature at Resthaven Port Elliot—the lovely gardens in the 'Emu' area put on an amazing display of jasmine, lavender, and wildflowers (right).

The gardens of Resthaven Port Elliot were designed to stimulate the senses—especially smell—and they certainly delivered!



Resthaven Westbourne Park

Christmas Cards from Local School Children

In December 2020, year one students from Highbury Primary School made beautiful Christmas cards and decorations for residents at Resthaven Westbourne Park (pictured this page).

While the Lifestyle team were busy putting up the decorations, residents were heard to comment, 'Look at that!', 'How pretty!', 'How wonderful!' and 'It really looks like Christmas!'

Upon receiving their special Christmas cards, multiple residents could be heard saying things like, 'Isn't this wonderful!'

Thank you to the students for this lovely Christmas treat.



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

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100 Hub Drive
Aberfoyle Park, 5159
Phone (08) 8115 1600

Mitcham
17 Hill Street
Kingswood, 5062
Phone (08) 8378 8999

Bellevue Heights
47 Eve Road
Bellevue Heights, 5050
Phone (08) 8273 4400

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

Craigmore
200 Adams Road
Craigmore, 5114
Phone (08) 8288 4800

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

Leabrook
336 Kensington Road
Leabrook, 5068
Phone (08) 8139 6600

Paradise
61 Silkes Road
Paradise, 5075
Phone (08) 8154 8400

Malvern
43 Marlborough Street
Malvern, 5061
Phone (08) 8228 6300

Port Elliot
3 Frederik Street
Port Elliot, 5212
Phone (08) 8574 5100

Marion
10 Township Road
Marion, 5043
Phone (08) 8198 2000

Westbourne Park
30 Sussex Terrace
Westbourne Park, 5041
Phone (08) 8228 6500

COMMUNITY SERVICES

Community Respite
31/12 Township Road
Marion, 5043
Phone (08) 8198 2060

Onkaparinga
3 James Clark Road,
Noarlunga Centre, 5168
Phone (08) 8307 3700

Limestone Coast
17 Gordon Street
Naracoorte, 5271
Phone (08) 8762 4389

Paradise & Eastern
61 Silkes Road
Paradise, 5086
Phone (08) 8154 8444

Marion
43 Finnis Street
Marion, 5043
Phone (08) 8306 4400

Riverland
7 Wilson Street
Berri, 5333
Phone (08) 8580 1400

Murray Bridge,
Hills & Fleurieu
37 Swanport Road
Murray Bridge, 5253
Phone (08) 8534 2600

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Woodville, 5011
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www.resthaven.asn.au

AGEDCARE ALTERNATIVES

Free aged care information service 8408 4600

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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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