

# Resthaven Review



Resthaven  
Incorporated

Summer 2021-22 | Volume 30 | Issue 4



## In this issue

**Double centenarians  
share their story**

**Volunteer award win**

**Diwali celebrations**

*Season's  
Greetings*

from all at  
Resthaven

## From the Editor ...

Hello all,

Firstly, we thank you for the positive feedback we have received about the 'new look' to this newsletter. We're so glad you like it! Your feedback is always welcome.

With the festive season around the corner, it is fitting that this edition celebrates the many ways in which Resthaven residents, clients, staff and volunteers meaningfully contribute to our community.

A great example of this is the recent award win of volunteer, Janet Hill—see opposite page.

Connections and community also take centre stage, with a 70 year anniversary celebrated on page 12, and a 40 year friendship rekindled on page 14.

Cultural events are a highlight, with the Diwali 'Festival of Light' showcased on page 19, and games and showtime celebrations on pages 21 and 28.

Notable 100th birthday milestones are shared on pages 10, 16, 24 and 30. Look out for the 'centenarian couple' on page 15—Mr and Mrs Wood, aged 100 and 100½ respectively, are supported by Resthaven to remain living independently in their own home. What a wonderful story.

With very best wishes for a peaceful Christmas, and all the best when we will see you in the new year!

***Resthaven Public Relations Team***



## From the CEO

**Darren Birbeck**  
**Chief Executive Officer**

Hello everyone,

### COVID-19 Immunisation

This year continues to be significantly affected by the COVID-19 virus.

One of the best defences against COVID-19 is vaccination. It was a mandatory government requirement that all residential aged care staff had obtained their first COVID-19 vaccination by 17 September, 2021. All have now obtained at least a first vaccination. This is a wonderful effort, and I commend our workforce on their willingness to roll up their sleeves and get the 'jab' in an effort to protect our site communities.

From 30 November, all community home care services staff also require a vaccination.

In November, the government announced that, from 6 December 2021, a person must not enter a residential aged care facility unless they have been double vaccinated against COVID-19. They will be required to provide evidence of vaccination. The requirement does not apply to a child aged 12 years and two months or less, at this time.

As more than 70% of residents at all Resthaven aged care homes have received both doses of a COVID-19 vaccine, visitor numbers are not restricted. However, as per the new government requirement, all visitors must be double vaccinated from 6 December.

***Continued opposite page...***





*Above (L-R): Erika Comrie (Executive Manager Strategy & Governance), Peter Hill (Janet's husband), Janet Hill (Resthaven Aberfoyle Park Volunteer), Stacey Thompson (Manager Volunteer Services), Nav Kaur (Lifestyle Coordinator), Aman Khalon (Relieving Manager Residential Services) and Tina Cooper (Executive Manager Residential & Retirement Living) at the 2021 ACSA Awards.*

## Board Update

The Resthaven Board has oversight of governance issues. We are privileged to have a well-qualified and diligent board.

Deputy President Ben Sarre was recently appointed as Executive Officer of The Cottage Homes Incorporated (TCHI). Given the similarity between the objectives of THCI and Resthaven, Ben has tendered his resignation to the Board. We thank Ben for his significant contribution over many years to the governance of Resthaven.

## Award Win

Resthaven was proud to be a finalist in three categories at the 2021 Aged & Community Services South Australia (ACSA) awards:

- Provider of the Year
- Employee of the Year (Leanne Lawrence, Clinical Services)
- Volunteer of the Year (Janet Hill, Resthaven Aberfoyle Park).

I am delighted to announce that, whilst we were not successful in the first two categories, Janet Hill was named as Volunteer of the Year. Congratulations, Janet!

Janet is pictured above with the Resthaven team. She is one of many volunteers who make a real difference every day at Resthaven. We welcome and encourage new volunteers. If you know someone, please encourage them to apply.

## Finally...

As we approach the end of what has been another year characterised by the COVID-19 pandemic, I thank you for your ongoing support.

I look forward to seeing many of you at the upcoming Resident Christmas Luncheons held at all Resthaven residential aged care homes throughout December.

My very best wishes to you, and your families and loved ones, for a safe and happy Christmas, and a wonderful new year.

*Darren Birbeck*  
**Chief Executive Officer**

*Front cover: Former volunteer, Mrs Glenda McDonald, now a resident of Resthaven Bellevue Heights*



## Residential Services & Retirement Living

**Tina Cooper**  
*Executive Manager  
Residential Services &  
Retirement Living*

### Blankets for the Homeless

Residents at several Resthaven residential sites have created warm, knitted blankets to donate to the homeless. You will have seen the Resthaven Aberfoyle Park story in the previous edition of this newsletter.

At Resthaven Malvern, the blanket-making began more recently, but they have already made three large blankets and have plans for more. These will be delivered to the Hutt Street Centre for Christmas.

Well done to our site teams for these thoughtful and generous initiatives, giving back to the community.

### Accreditation

In September, Resthaven Murray Bridge underwent an unannounced visit from the Aged Care Quality and Safety Commission. I am pleased to say that we have received the completed report and were compliant in meeting the standards assessed. Well done.

### Staff Welcomes

We welcome Mark Bednall to the role of Senior Manager Residential Services. Mark has been Manager Residential Services at Resthaven Leabrook for the last nine years, and we are delighted that he has taken up this new position. Congratulations, Mark. Recruitment is underway for the Manager Residential Services role at Leabrook.



*Above: Mrs Joyce Thomas, Mrs Shirley Kanally, and Mrs Ruth Osborn (100) of Resthaven Malvern.*

We welcome four new Care Coordinators at the following sites (pictured below, L-R):

- Sarah Markham (Resthaven Mitcham)
- Raman Randhawa (Resthaven Leabrook)
- Amy Davey (Resthaven Mount Gambier, covering the maternity leave of Sam Shaw)
- Rhianna Dal-cin (Resthaven Marion).



Sarah, Raman and Amy are existing Resthaven staff, and their appointments provide great continuity of care for residents.

Finally, we farewell Mandy Micallef from her role as Manager Residential Services at Resthaven Bellevue Heights. Mandy has been an integral part of the residential leadership team, and she will be missed.

I thank Mandy for her contributions, and wish her the very best for her future endeavours. One of our Relieving Managers will cover the vacancy whilst we fill this position.





## Community Services

**Sue McKechnie**  
*Executive Manager  
Community Services*



### Staff News

We farewell two long-serving Managers who are heading into retirement: Manule Harpas (Resthaven Onkaparinga Community Services) and Carole Philp (Resthaven Community Respite Services). Both have been with Resthaven for more than ten years, and I thank them heartily for their important contribution. We wish them all the best in their well-earned retirement.

Lee Bennetts has been appointed as Manager Onkaparinga Community Services. Lee has been Manager of Resthaven Marion Community Services for the past 18 months. Prior to that, she was Assistant Manager at Resthaven Onkaparinga Community Services for eight years.



Franco Parenti will take up the position of Manager Resthaven Community Respite Services. Franco is a very experienced manager, having spent nine years as Manager Resthaven Western Community Services, and, prior to that, Coordinator to establish Resthaven Agedcare Alternatives.



We farewell Leah Wills, Manager of Resthaven Paradise & Eastern Community Services, and wish her all the best. Recruitment is underway for this role, along with the Manager roles at Resthaven Marion and Western Community Services.

### Alexandra Cottage

A new day and overnight community respite cottage commenced operations in October at 61 Alexandra Avenue, Toorak Gardens (pictured above). It offers day and overnight respite for carers of older people.

### 'Making Minds Matter'

On 21 September (World Alzheimer's Day), Resthaven Onkaparinga Community Services launched their 'Making Minds Matter' (MMM) cognitive stimulation therapy program. Senior Manager Community Services, Wojtek Swietek, is pictured below at the event.

Resthaven's evidence-based MMM program is designed to provide purposeful activities for older people with mild to moderate dementia. Using cognitive stimulation therapy principles, it involves physical and mental exercises and activities to stimulate thinking, concentration and memory.

Resthaven Community Services offers the Making Minds Matter program across metropolitan Adelaide and in regional areas. Season's greetings to all.





## Building Update

**David Norton**  
*Executive Manager,  
Financial & Corporate  
Services*

### Resthaven Bellevue Heights

On Friday 17 September 2021, a 'turn the turf' ceremony was held at Resthaven Bellevue Heights, to officially mark the beginning of the \$27m site redevelopment.

The 'first sod' was turned by Resthaven Deputy Board President, Ben Sarre, and Manager Residential Services, Mandy Micallef.

The ceremony was also attended by residents, and various Resthaven Managers and Executive (pictured above right), and representatives from builder, Sarah Constructions, and architects, Brown Falconer.

The redevelopment includes the replacement of 32 rooms, extra landscaping and car parking, and refurbishment across all areas of the home. The works will continue over two years, and are scheduled for completion in May 2023.

### Resthaven Westbourne Park

Planning consent has now been granted by Mitcham Council for the redevelopment of Resthaven Westbourne Park. Onsite engagement with staff and residents will commence shortly, along with detailed design of the scheme.

It is expected that works will commence in March 2022.



*Above: Ben Sarre (then-Deputy Board President), Tina Cooper (Executive Manager Residential and Retirement Living), David Norton (Executive Manager Finance and Technology), Kelly Geister (Senior Manager Residential Services), Darren Birbeck (CEO), Mandy Micallef (then-Manager Residential Services) and Emmet O'Donovan (Manager Building and Capital Projects).*

### Resthaven Murray Bridge, Hills & Fleurieu Community Services: Victor Harbor

A new office and house have been leased in Victor Harbor, as outreach locations for Resthaven Murray Bridge, Hills & Fleurieu Community Services.

The office is located at unit 5 in the Harbor Traders Complex, between Victor Harbor and Encounter Bay.

Planning is now underway to upgrade this space to serve as an administration area. The house, located on Victoria Street, will be refurbished to provide day respite and overnight respite. It is anticipated that the office will be open by the end of 2021, and the respite service in early 2022.

### Carbon Analysis Project

The first step of the Resthaven Carbon Analysis Project is to establish rooftop solar across Resthaven. This project will undertake a feasibility analysis, and draw up the scope for sites. Other strategies are being considered for further analysis from a time/cost perspective.



## Strategy & Governance

**Erika Comrie**  
Executive Manager,  
Strategy & Governance

## Pastoral Care

Resthaven is very fortunate to have a team of Chaplains who work across our residential sites. Personally, I always feel very fortunate to work with our Chaplains. They play a key role in supporting residents, families and staff to work through significant change, grief and loss, as well as worry, anxiety and loneliness, and other 'big' questions or concerns in life.

The Chaplains are available to listen confidentially to the experiences of residents and staff and offer support, comfort and genuine pastoral care.

Please feel free to reach out to the Chaplains if you need a chat, a friendly face or a confidential ear, or think that someone else might benefit from their company.

The Chaplains are wonderful people who are practiced in the selfless art of good listening.

The newest member of the Chaplaincy team is Dr Samson Asirvatham, who joins us following Rev Dr Trevor Whitney's retirement earlier this year.

Samson is Coordinating Chaplain at Resthaven Craigmores, and does a fantastic job of providing relieving Chaplain support across many of our sites. Please say hi if you see him about!

My best wishes for a blessed Christmas.



## The Resthaven Chaplains

For your information, the Resthaven Coordinating Chaplains as at November 2021 are:



**Dr Samson Asirvatham**  
*Resthaven Craigmores*



**Rev Frances Bartlett**  
*Resthaven Bellevue Heights & Westbourne Park*



**Rev Sil Hein**  
*Resthaven Mitcham & Malvern*



**Pastor Dianne Bailey-Walters**  
*Resthaven Mount Gambier*



**Dr Nina Corlett-McDonald**  
*Resthaven Murray Bridge & Leabrook (shared)*



**Dr Louise Townend**  
*Resthaven Port Elliot*



**Rev Cate Baker**  
*Resthaven Paradise & Leabrook (shared)*



**Rev Dr Bruce Grindlay**  
*Resthaven Marion & Aberfoyle Park*

**Thank you for all that you do!**





## Retirement Living

**Anthea Tyler**  
**Senior Manager,**  
**Accommodation &**  
**Residential Funding**

### Operation Christmas Child

Independent retirement living residents of Resthaven Bellevue Heights have made an impressive donation to the Operation Christmas Child Initiative, a project they participate in every year.

Throughout the year, residents band together, creating a variety of gifts, ready for vulnerable children to open on Christmas Day. Retirement Living Coordinator, Jeannie Peace, says, 'The preparation extends from one year to the next, so it is always in progress!'

'The Samaritan's Purse organisation put together this initiative to help children around the world have a better Christmas.'

'They take donations ranging from toys, hygiene items, school supplies to miscellaneous gifts, packaged up in "Shoe Boxes of Love".'

'The independent residents here are always knitting clothing, beanies and mitts, and toys, so it is the perfect initiative to get them involved in, and they have continued doing this for years!'

'It is one way for residents to give back to the community, and this year, they filled 71 boxes!'

'They can't wait for their creations to be delivered to the children in need, they really do work hard on them.'

How many boxes will they fill next year?

If you would like to see how you can get involved, visit Samaritan's Purse at <https://samaritanspurse.org.au/what-we-do/operation-christmas-child/>.

*Below: Independent living residents at Resthaven Bellevue Heights with the Shoe Boxes of Love.*







## Volunteer Services

**Stacey Thompson**  
*Manager, Volunteer Services*

### Susie's Story

*Resthaven Westbourne Park volunteer, Susie Nelson, shares her experience of volunteering with Resthaven below. Thank you, Susie!*

Being a volunteer at Resthaven Westbourne Park is a wonderful experience, that brings me as much joy as it brings to the people who join the art group.

Mrs Janet Ralph [a resident] is my mum. She is an incredibly creative person, who was a great source of inspiration to her six children. Mum (and dad) helped us all develop our own creative interests, but, strange though it may seem, I didn't realise my own love of art until two years ago.

One of the best and most loved thing in my life is being a grandma, and this keeps me really busy. Then, a few years ago, I was diagnosed with Parkinson's Disease. That discovery led me to make some changes in my life and to look for things to keep me happy in tough times. I decided to 'have a go' at painting – to follow in mum's footsteps.

I love it! Painting, sketching, and throwing colours at a canvas is life enriching and joyous!

I don't have any formal training, but I have definitely inherited mum's artistic gene. The other thing I inherited is a love of sharing fun and happiness, of being with a group of people to chat with, and enjoying their company.

When Resthaven was able to increase activities again [following COVID-19



restrictions] I knew I wanted to give residents the chance to come together and share the joy and fun of creating art. We meet weekly on Tuesday afternoons and the room is full of laughter, conversation and inspiration.

I can't believe how many talented and imaginative residents enjoy coming. What makes it even more enjoyable is no one feels any pressure to participate. Some residents simply like chatting to people, enjoying a cup of tea, and the novelty of watching me paint a new canvas each week.

Being a volunteer works both ways – not only do I feel like I'm helping to make people happy, but I'm definitely making myself happy.

Thank you to Resthaven Westbourne Park for giving me this opportunity.

**Written by volunteer, Susie Nelson**

*Note: Susie's sister, Rosie, is also a volunteer at the home. What a talented family!*

## Happy 100th Birthday: Mrs Marj Holman

Happy birthday to Mrs Marjorie “Marj” Holman, who celebrated her 100th birthday on 1 October.

Marj was born and raised on the family farm in a small mid-north town, along with her two brothers and two sisters. Following in the footsteps of her mother, a teacher, Marj started teaching in a school in the Flinders Ranges at age 19. She was thrown in the deep end, teaching thirty children in seven different grades – without training. ‘Back then, being a country town, you started teaching before you got the training,’ she says.

As a young adult living alone for the first time, during the Great Depression, Marj didn’t forget her roots. ‘I was used to saving. I walked to work every day, rather than catching the tram, and I owned three dresses in total.’

As Marj reached her 21st birthday, fate brought her to the small-town dance. There, she met Ronald, who was on leave from his job in the air force at the time. ‘We hit it off straight away, but I remember saying to my Mum, “I’ll make the most of it, but it won’t last forever”, well, I guess I was wrong!’

‘He never properly proposed, he just wasn’t like that. I remember us travelling 70km in the back of a chap’s ute on one of our many adventures. I asked Ronald if he would take care of me then, and I will never forget his reply – “I’m going to look after you for the rest of my life”, and I replied, “too right!”’

Marj and Ronald relocated to Kyancutta, a small wheatbelt town more than 550km from Adelaide. Here, they stayed for twenty years, farming and store-keeping, amongst other things. ‘We kept ourselves busy, and we were the adventurous type, travelling all around Australia in any way we could – caravans, cars, off-road – you name it, we’ve done it!’

Marj and Ronald had five children, but unfortunately lost one of their girls in infancy – they never forgot her.



During Marj’s life, she remembers always keeping ‘happy and active’, and having many craft projects on the go, most of them going towards the community through the Uniting Church. ‘I’ve always been with the Uniting Church, and at one point I was a lay preacher.’

Through the Uniting Church, Marj found Resthaven, and volunteered with Resthaven Westbourne Park for more than twenty-five years, working in the site shop.

She continues to be supported to live independently through Resthaven Community Services. Every Sunday, you will find her on Westbourne Park’s Uniting Church livestream, receiving church services through her new gadget. ‘I used to be an avid reader, but now I play on my iPad!’

Marj shares, ‘The secret to a long life is faith. Faith has gotten me through everything in my life, and has helped me to be strong, happy and active – no matter what storms I weathered.’

Many happy returns, Mrs Holman.



# Seniors Month Celebrations

On 21 October, Resthaven Limestone Coast Community Services celebrated the contribution of the older community, holding a special event at the Millicent Civic and Arts Centre.

Limestone Coast Community Services Assistant Manager, Unyetta Raddon, says, 'It is important that we make clients feel appreciated in our community, especially during Senior's Month.'

'Everyone who attended enjoyed a lovely high tea, and the impressive display of vintage cars and traditional dress.'

The free event was open to the older community, including Resthaven clients.

'We had a great turn out - about seventy people attended, which was outstanding.'

'It was the most popular event of the month - so much so that we had to turn people away and have a waitlist!'

The older community were not the only invitees who attended, as the local Mayor and his wife made an appearance.

'We were so pleased to have had them join us. It made all the difference in truly thanking our older community.'

'It was a great way to end Senior's Month on a high!'

Resthaven Limestone Coast Community Services supports older people to live independently in their own homes through a range of group, in-home, and respite services. Overnight respite is also available in Naracoorte.

Phone 8762 4389 to find out more.



# Happy 70th Wedding Anniversary

On 6 October, Resthaven Murray Bridge, Hills & Fleurieu Community Services clients, Mr Des and Mrs Helen Hansen, celebrated their 70th wedding anniversary.

Both Mr and Mrs Hansen grew up in the Cooke Plains near Murray Bridge, meeting through a common interest in sport, particularly horse racing.

Soon after meeting, Mr Hansen asked his Helen to marry him.

'We married in the Methodist Church in our hometown – it was a day I will always remember,' says Mrs Hansen.

The couple are pictured (right) on their wedding day.

Once married, the Hansen's relocated to Coomandook, where they would work alongside one another as farmers for sixty-five years.

'It wasn't long until we had our first child – we were blessed with four boys all up, who all helped on the farm growing up.'

'Every year we took the family up to Port Elliot and West Beach for a holiday – we have such great memories of our trips there.'

'Oh, we loved to travel. We made our way across Australia twice, New Zealand twice, and Tasmania twice!'

Aside from their desire to travel, Mr and Mrs Hansen have carried on their love of sport throughout their lives together.

'We have always loved horses, we owned a few over the years and enjoyed racing them.'



Even now, we still enjoy going to the races together!'

Mr and Mrs Hansen enjoyed another special common interest over the years.

'We have always ballroom danced – we danced together for seventy-five years in the country and the city!'

'Des is the romantic type.'

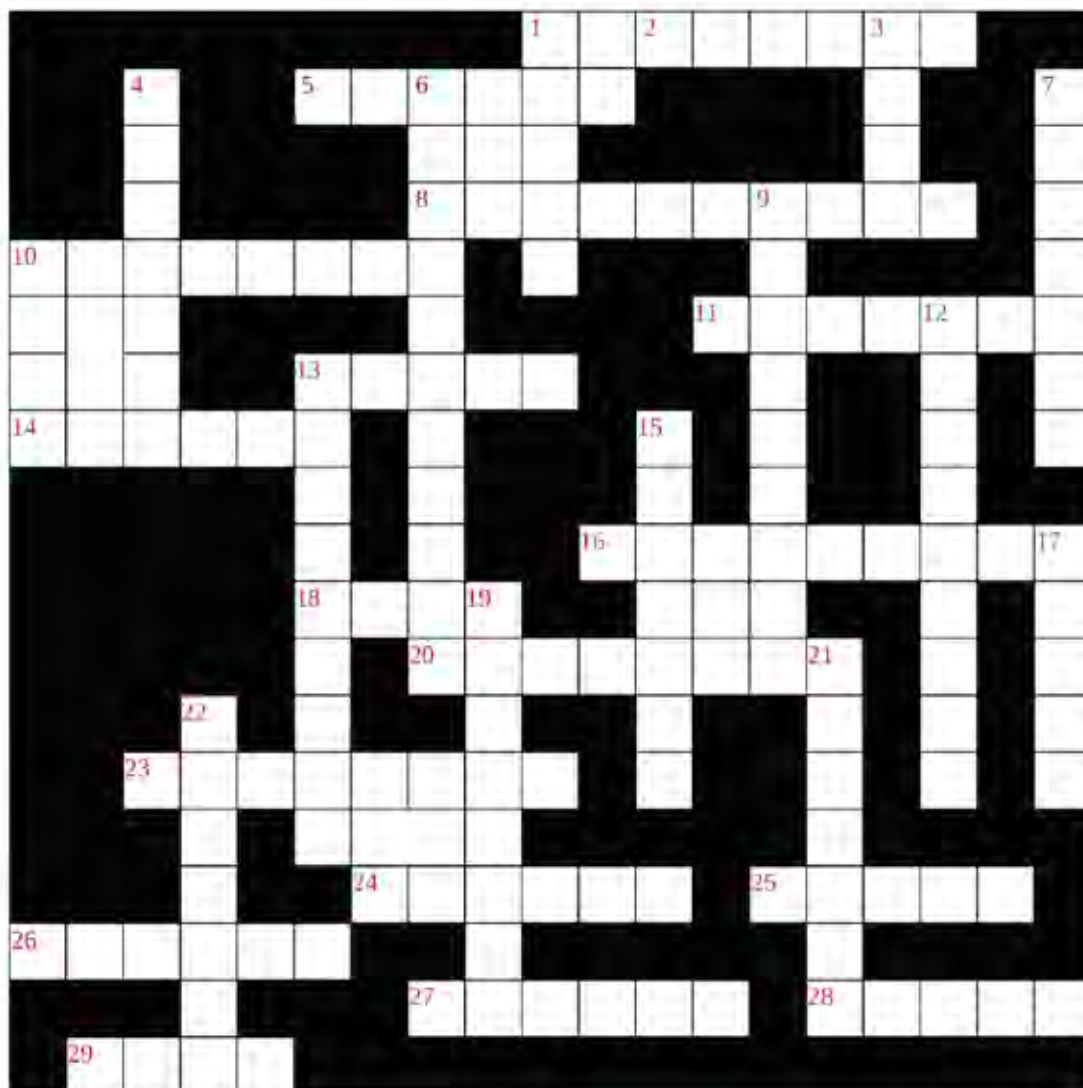
Mrs Hansen shares her advice for a happy marriage, 'Have patience, hope and trust – and always remember to give and take.'

Mr Hansen says, 'Do everything together, and find the perfect wife, mother and grandchildren for the family, like I have!'

Mr and Mrs Hansen are currently retired and living in Murray Bridge, with support from Resthaven Murray Bridge, Hills and Fleurieu Community Services.



# Christmas Crossword



## Across

- 2 Famous snowman
- 5 Traditional dairy drink
- 8 An opener or a famous ballet
- 10 Hung over the fireplace
- 11 Carrot-nosed figure
- 13 Christmas song
- 14 Circular decoration
- 16 Dance of the \_\_\_\_ Fairy
- 18 Tree topper
- 20 Christmas month
- 23 Tree decoration
- 24 Santa's ride
- 25 Santa's helpers
- 26 \_\_\_\_ Bells
- 27 Green Christmas thief
- 28 Plant with red berries
- 29 The First Christmas, "The First \_\_\_\_"

## Down

- 1 \_\_\_\_ Pole
- 3 Green Christmas decoration
- 4 Mean or miserly person
- 6 Treat used to build miniature houses
- 7 How Santa gets in
- 9 Striped sweet
- 10 Frozen rain
- 12 Christmas "kissing" plant
- 13 Gift giving holiday
- 15 Little \_\_\_\_ Boy
- 17 \_\_\_\_ Christmas; A season's greeting
- 19 Rudolph and friends
- 21 Lead reindeer
- 22 Kris \_\_\_\_

Source: [www.printablepuzzles.com](http://www.printablepuzzles.com)

# Long Lost Friends Reunite



In October, Maureen and Jeanne rekindled a 40-year friendship after losing touch years ago, and it's all thanks to the Resthaven Northern Community Services social group luncheon.

Resthaven Northern Community Services Manager, Karen, explains, 'The ladies first met when they were younger and were good friends for around forty years, before they lost touch with one another.'

'Maureen used to volunteer with Jeanne's husband all those years ago, and the ladies found a close friendship through that connection – they even went holidaying together!'

'They didn't have mobile phones back then like everyone does now. Unfortunately, they lost touch. Once they found each other again, they noted how much they had missed each other's friendship.'

'Maureen is a regular at the social group, but this was Jeanne's first appearance – and she nearly didn't go!'

'Jeanne's Home Support Worker encouraged her to come along, as she was suddenly nervous about attending last minute.'

'Thankfully, she found the courage to go with the hope to meet new friends – she had no idea she would find her long lost friend there!'

Both clients were excited at the surprise of meeting each other at the social group and look forward to continuing their friendship through Resthaven Northern Community Services.

A number of social group programs are available and are an important way to reduce loneliness and isolation.

For details, call 8259 5600.



# 200 Years of Wisdom

## The story of Mrs Una Wood (100) and Mr Thomas Wood (100½)

One hundred years ago on 12 December, Mrs Una Wood was born in a small village in Stutton, England.

Mrs Wood remembers living a quiet, happy childhood with her family and friends, which came to a halt when she entered adulthood.

‘I would have been around 21 years old when I joined the Royal Air Force (RAF).’

‘The war had broken out [1941, World War II] and it was what everyone was doing – I wouldn’t have met Tom if I didn’t.’

Mrs Wood first met her now-husband, Mr Thomas Wood, on an eventful Christmas Eve in 1941.

‘We had gone on a double date with a girlfriend I knew at the time, and one of Tom’s friends, who wanted to set us up.’

‘There was a major blackout in the town, which made for an interesting first date – I knew I wasn’t going to let this one go!’

And she never did, ‘We have been married for around 78 years now and have had many adventures together.’

It wasn’t long before the couple mutually decided to marry. ‘The wedding was held in my village, and I remember it being the biggest village wedding at the time.’

After enjoying their honeymoon in London, Tom returned to the war.

‘I stayed back with my mother, not long finding out I was with child.’

Mr and Mrs Wood would then spend two years apart – Tom serving his duties in the RAF, and Una staying back to raise their first son, Andrew.



‘When the war ended in 1946, Tom came home for good – and we had our second son, Ian.’

‘I went back to work for a while myself, working as a secretary in an accounting hall – I was very good at that.’

Tom and Una enjoyed many years living abroad in England, Germany and Romania, among other places, before settling down in Fullarton, South Australia, where they have lived in their home for 41 years.

‘We love it here, and this way we can be with our sons and their families, who all made the move down this way first.’

Now, Mr and Mrs Wood receive Home Support services from Resthaven Paradise & Eastern Community Services, assisting them to live independently in their home.

Mrs Wood doesn’t yet have plans for her birthday, but no matter the details, she will be surrounded by her family, in her beloved home with Tom.

Many happy returns, Mrs Wood.

## Happy 100th Birthday: Mrs Lorraine Payne

On 20 October 2021, Resthaven Onkaparinga Community Services client, Mrs Lorraine Kathleen 'Joan' Payne, reached her 100th milestone with ease, surrounded by family and friends.

Joan was born in Adelaide, and had one brother, James. 'In my school years I enjoyed history class, although, I didn't stay long, leaving when I was about 14 years old,' she says. 'I started work for Moores as an assistant [Now the Supreme Court of SA], until it burned down that is! I would have been around 16 then, and I'll never forget that sight.'

'I was the same age I suppose when I met my husband, Hubert, but he was always my Hugh.'

'We met at the local dance when he was on leave from the Australian Army - he was the best dancer there, and out of everyone, he asked me to dance! He thought I was pretty good, too.'

It was World War II, and Hugh was being sent off to Papua New Guinea, and so Joan's mother, a talented seamstress, was quick to make a wedding dress. 'The wedding was rushed, but it didn't matter, we were in love.'



The couple are pictured on their wedding day, above.

Hugh went off to war, and Joan began work at Perry Engineering, a company that produced the bombs for the army. Very soon, they welcomed two daughters, Cheryl and Judith.

'Family is everything to me. It brought me a lot of joy bringing up our beautiful girls.'

Joan always kept a meticulous house and had a flair for cooking – becoming the envy of the neighbourhood with her delicious Sunday roasts.



'It served me well keeping a good house - Hugh always invited folks to the house without asking me! He could get along with anyone, that man.'

At 100, Joan continues to live independently in her home, with the help of Home Support Workers who visit three to four times a day. 'I have no plans on leaving home anytime soon, I get everything I need here thanks to my girls and Resthaven.'

Between her family and Resthaven, Joan is kept busy! However, she finds the time to catch up with her group of friends once a week.

'We're all about the same age and have known each other for a long while. Every week we go to someone's house to play cards and gossip - which is always good fun!'

Of reaching this milestone, Joan says, 'I never smoked, and I never drank, except the occasional glass of wine. I was always lucky to have my good health and a beautiful family.'

Joan celebrated her milestone birthday all week – first, with her group of friends, and then later, with her two daughters, grandchildren, and great-grandchildren.

Many happy returns, Mrs Payne.



# Melbourne Cup

On 2 November, Resthaven Riverland Community Services clients celebrated 'the race that stops the nation,' the Melbourne Cup.

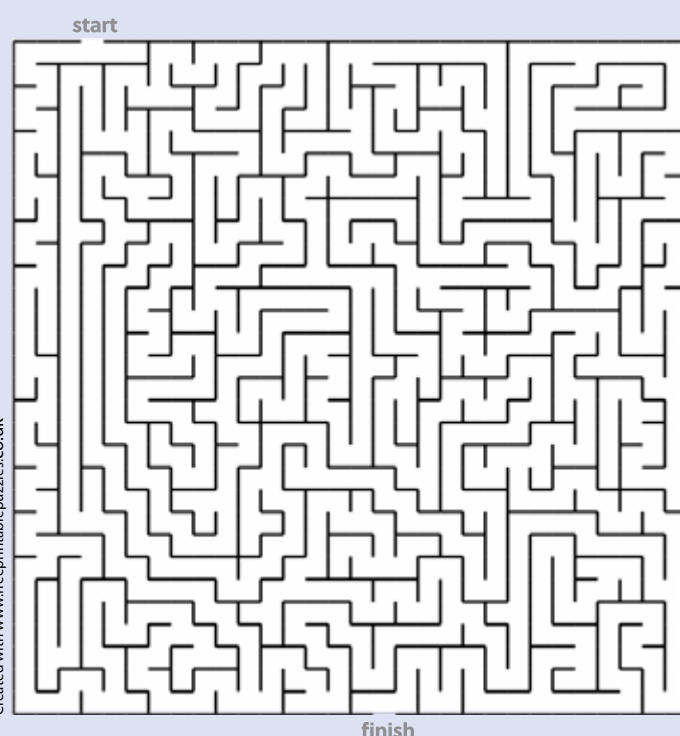
There were sweeps, quizzes, a 'best dressed' competition, finger food, and even some staff 'horse races' (pictured below).

Thank you to all who came along and joined in the fun!

To find out how Resthaven Riverland Community Services can support you, phone 8580 1400.



*Find your way...*





# Christmas Cheer



Christmas is just around the corner, and the decorations are going up across the Resthaven community.

Resthaven Western Community Services is no exception, with Clerical Assistant, Valerie Strezovski, recently spotted creating a festive display at the site reception.

Thank you, Valerie!

Wishing everyone a wonderful festive season and a happy new year.



# Diwali Celebrations



In October, Resthaven Aberfoyle Park celebrated Diwali, the Hindu 'Festival of Light'.

Lifestyle Coordinator, Nav Kaur, says, 'Hands and Divas (made of clay) were made by me and volunteer, Janet. These were painted and decorated by residents' (above).



'Fellow volunteers, Alison and Marianne, also assisted with these decorations.'

'I created the floor design, which is known as "rangoli"' (above right).

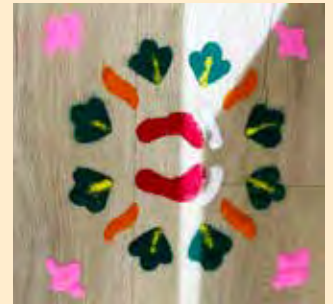
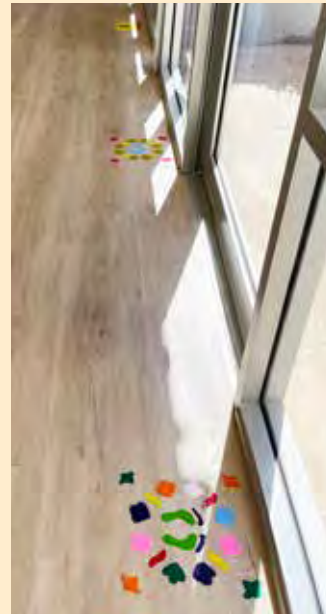
We also had displays set up in the site shop and in the hall (right).

'There was Indian food for staff, which was cooked and packed in disposable containers (in line with COVID-19 regulations).'

'In the afternoon, volunteers and staff performed traditional dances for residents.'

'It was a great day. Thank you to everyone who helped us celebrate!'

*Top: Linda (volunteer), Nav (Lifestyle Coordinator), JoJo (Lifestyle Assistant) and Liz (volunteer).*





## Rainbow Petting Zoo

The Royal Adelaide Show may have been cancelled, but Resthaven Bellevue Heights residents still enjoyed an 'agricultural day', with a visit from Rainbow Petting Zoo in September (pictured this page).

Lifestyle Coordinator, Susan Klus, says, 'Almost 60 residents came to be part of this fantastic event.'

'The guinea pigs sat quietly on residents' laps, with people commenting that they were lovely and warm, and soft to touch.'

'The big rabbit kept jumping off laps and hopping around the Auditorium. Residents laughed when staff tried to catch him.'

'The visit was a great reminiscing experience for those residents who had grown up with farm animals.'

'Thank you to Rainbow Petting Zoo for their visit.'

*Right (from top): Mrs Margaret Craig and Mr Charles White; Mrs Mary Prime; Mrs Kathleen McPherson; and Mrs Betty Ludwig.*

*Below: Mr Russell Bradford.*





# Craigmore 'Mini-Games'

In honour of the Tokyo 2020-21 Olympics in August, Resthaven Craigmore held their own 'Mini-Games', which was received with great excitement.

Lifestyle Coordinator, Himi Sadhu, says, 'The seven days of activities and challenges were so much fun!'

'We started with our own version of an opening ceremony, followed by a week of adapted games such as shot put, javelin, bocce, bean bag toss, and indoor bowls.'

'At the end of the week, we held our closing ceremony, where we announced the winners of the week, and presented them with their well-deserved medals.'

'Thank you to everyone who participated—we hope you enjoyed it!'



## Bindia's Story

Having commenced her career as a Personal Care Assistant at Resthaven Leabrook in 2009, Bindia Arora has progressed from a university student, to a nearly fully qualified professional in the industry.

Studying a Bachelor of Nursing on a part-time basis, Bindia came across Resthaven after expressing interest in the aged care industry.

'I began doing my placements at Resthaven Leabrook, getting to know the staff and residents there, and I fell in love.'

'While studying, I had the opportunity to work here [Resthaven Leabrook] part-time, which was perfect for me at the time.'

Bindia's employment came a mere year after relocating from India.

'In India, I was working as a community worker, doing the same things I am doing as a Personal Care Assistant now – assisting in making sure people are well looked after and cared for.'

'Having the opportunity to work in aged care while studying has been a fantastic experience for me, not just in a practical sense,



but in solidifying my passion in helping and supporting the older community.'

Aside from flexibility with study, Bindia praises Resthaven for much more.

'I have two children now, and I have felt 100 percent supported through that – they understand the work-life balance needed as a mother.'

This year, Bindia made her love of Resthaven known by starring in Resthaven's 2021 television commercial. She is pictured above with one of the paid actors, Gerald, 'shooting' a scene.

'My experience of Resthaven has always been that they value their staff, and this was just another way of them

showing that – it was an absolute pleasure and an exciting memory for me and for my family.'

Bindia is set to complete her Bachelor of Nursing at the end of the year, with plans to become a Registered Nurse with her 'family' at Resthaven Leabrook.

'There's a lot of anxiety around students to find employment after study, and I just don't have that same experience.'

'Leabrook is like a second home to me now. Actually, I felt part of the "family" since I started my placements here!'

'I can't wait to progress and do more at [Resthaven] Leabrook after graduating!'



# Pool Table Donation

In October, residents at Resthaven Malvern were delighted to receive the donation of a pool table, courtesy of the Unley City Council.

Unley Community Centre Coordinator, Kate Richardson, says, 'Here at the Unley Community Centre, we no longer have programs running that utilise our pool table.'

'We thought we would reach out to see if the table would be useful at Resthaven Malvern for use by the residents.'

'Rather than selling the table, we wanted to see it used again as a community asset.'

'We hope that "re-homing" the pool table provides some fun and recreational activity.'

Resthaven Malvern Manager, Terry Kirkwood, says, 'We are so grateful to the Unley Council for their donation. Residents are loving it.'

This includes Mr Robert Bridgman who says, 'Even though it's been a long while since I played, I'm looking forward to trying it out.'

'It's great that it's right here on the premises, we don't have to go anywhere for it.'



'It's also good exercise, which is essential. People who can get around can have a bit of fun.'

Dr John Murchland remembers playing pool as a young lad, when he was an intern at Adelaide Hospital, aged 23: 'People would come into the staff room and have a hit,' he says.

'This table will be handy on off days when I can't get out; I can just come up here and have a hit.'

Mrs Sylvia Hill agrees, saying, 'I used to have a pool table in my house.'

My husband mainly played, and I'd have a few hits with him.'

'I think it's a wonderful opportunity for people to come up and play it.'

'There must be plenty of people here who would have played – the gents, yes, but the ladies too.'

'I think it's great.'

'It's very good of Unley Council to donate it, very kind of them. It'll definitely get used.'

A big thank you to Unley Council!

*Above (L-R): Mr Robert Bridgman, Mrs Sylvia Hill, and Dr John Murchland enjoy a game of pool at the newly donated pool table.*

# Happy 100th Birthday: Mrs Mary Garner

Many happy returns to Mrs Ruth (Mary) Garner of Resthaven Marion, who celebrated her 100th birthday on 23 September, 2021.

Mary's association with Resthaven began long before she moved in three years ago – her mother, Miriam Harris, was one of Resthaven Marion's earliest residents, moving in shortly after the home opened in 1974.

Before this, however, Miriam lived in Peterborough, where Mary was born. Mary was the eldest sister of four younger brothers and had 'a very happy childhood'. Mary's father worked on the Peterborough railways, while Miriam kept house.

A 'middle of the road' student, Mary attended the local Peterborough primary and high schools, finishing her education aged 14. She then 'went to work on the telephone exchange as a telephonist, until the war broke out. Then, all the men went off to war, and I worked at the Post Office desk,' she explains.

Along with working at the Post Office, Mary had a lovely singing voice, and was an enthusiastic member of her local church choir (then the Peterborough Methodist Church).

It was through church that she met her husband, Reg, who lived in Gladstone and was a boilermaker.

The couple were married when Mary was 25, and had one child together, Deb, who says, 'Mum was an excellent cook; her favourite thing to make was oodles of biscuits, and especially cockles [jam-filled shortbread]. Mum also enjoyed knitting and crochet, but hated dusting! She was also involved in the CWA [Country Women's Association]'.

The family stayed in Peterborough until Deb moved to Adelaide, and Reg and Mary soon followed, buying a house in Blackforest. Mary always loved gardening, and was delighted to move to a less arid climate, saying 'The garden grows so much easier here than in Peterborough.'

In Adelaide, Mary worked at Ditter's Nuts until Reg retired, aged 59. Together, Mary and Reg travelled all over Australia in their caravan. Mary says that 'Any place is good with a caravan, isn't it?'

Deb recalls that, 'They never made plans – they just went. And every time they went away, I had to pack up and move in to look after the house!'



Reg died in 2003. Mary kept the Blackforest house, where she stayed until 2018, when she moved into Resthaven Marion. Deb, who lived with her 'off and on' over the years, still lives at the Blackforest house to this day.

As for Resthaven Marion, Mary couldn't be happier, saying, 'It's lovely here. There's such a nice outlook. I'm enjoying going to the church services especially. I also like the garden clubs and the "Red Hat Ladies".'

As to how she reached her 100 year milestone, she puts it down to 'Just luck, healthy living, and a wonderful daughter.'

Mary celebrated her birthday surrounded by family and friends. Happy birthday, Mary, and thank you for sharing your story.



# Miniature Horse Visit

On 13 October, residents of Resthaven Mitcham were delighted to welcome a special visitor: Bella the miniature horse, from Nolton Park.

Lifestyle Coordinator, Sylvia Ortiz, says, 'This was the first time that Bella has visited an aged care home, as she is the youngest of the many miniature horses at Nolton Park Miniature Therapy Horses.'

'Many residents were very surprised at Bella's miniature stature, and how Bella was so gentle and friendly.'

'Bella calmly worked her way around the room, and residents were eager to pat her.'

'There were many conversations and smiles. It was joyful and memorable afternoon.'



## In the Media

Resthaven Mount Gambier was recently featured in 'The Border Watch' online, for our fidget mat (or 'fiddle rug') project.

Mrs Jean Humphries was pictured (below) with one of the fiddle rugs. Well done, everyone!

### Fidget mats keep residents and patients occupied

02/11/2021

Like 0



*MAT TO HELP: Resthaven resident Jean Humphries sits with a fidget mat.*



# Teaming up with Local Community



Recently, Resthaven Murray Bridge reached out to the local community to improve a popular onsite activity.

Lifestyle Coordinator, Soraya Fitzgerald, says, 'We needed a stronger, more durable prop to use for our growing golf activity on-site. We had been using a modified cardboard box as our target, and it was taking a beating!'

Soraya came across the Murraylands Community Men's Shed, which was the perfect group to join in on a project to create a sturdy target.

'Mick and the men at the Murraylands Community Men's Shed were more than accommodating and willing to help us out.'

The Murraylands Community Men's Shed is a small, local not-for-profit group that aim to provide engaging venues for men of all ages and backgrounds to enjoy.

'This was a great way for us to reach out and build connections within the community.'

'Now we have built a relationship with them, we may well work with them again in the future!'

While the group were happy to assist, Resthaven Murray Bridge provided a small donation of fifty dollars to cover the material costs.

'The group were very accommodating, not wanting us to pay too much for such a piece that will bring joy to a lot of people for many years to come.'

'They take a lot of pride in their work and are a wonderful bunch of men who support their community.'

'We certainly had a great time taking part in this project, and we have already received great praise from residents at [Resthaven] Murray Bridge.'

What will they do next?!

# Show Time at Paradise



The Royal Adelaide Show was cancelled for another year, but the show still went on at Resthaven Paradise!

The Lifestyle team delivered an exciting show time program for residents to enjoy over several days.

Lifestyle Coordinator, Thuy Pham, says, 'There were walks down memory lane, prizes won and show bags given.'

'The event ran smoothly with the support of the Resthaven Paradise volunteer team—thank you.'

*Above (L-R): Gianni (volunteer), and Lifestyle Assistants, Rozita and Amanda.*

*Right: Residents enjoy one of many fun competitions held during the week.*





# Spring Colour



Earlier this year, Resthaven Port Elliot resident, Mrs Hazel Jones, planted a variety of beautiful spring flowers in the raised garden beds onsite.

As you can see, these flowers are now in full bloom, and are looking spectacular!

Thank you to Mrs Jones, and to all other residents and staff who tend to the flower beds. You are making the bees very happy!





## Happy 100th Birthday: Mrs Mani Krishnappa

Manonmani ('Mani' for short) was born on 21 November, 1921, in the town of Seremban, Malaysia. She is the second eldest of eight siblings. All but the eldest are still living, and three of them live in Australia.

Though born a Hindu, Mani was a boarder in a convent-run school. She lived through the Japanese-occupation of Malaya without incident. She has a lot of stories of what she saw in that period. Her father passed away at age 65, her mother at 98.

As was the way then, women were married instead of seeking a profession. Mani married a dental specialist, and, in the early years, enjoyed playing tennis and the social life in a British-run administration. She learnt the violin and enjoyed playing the piano, and encouraged her children to take up music.

She has two children, and became the 'school-mum,' transporting her children to various school and extra-curricular activities. Her husband was an academic and high achiever and expected the same from his children. Though both children were fortunate to have become doctors, Mani always reminded them that academic success should not get in the way of enjoying a stress-free, happy life.

Mani is well travelled. In 1958, she took her children by steamer from Ceylon to the Tilbury Docks near London, to join her husband, who was completing his Post-graduate in Oral Pathology – luxury not seen on cruise liners nowadays. In 1968, they travelled the globe as a couple. There were subsequently a few trips to Dublin and Europe.

When her husband retired from public service and went into private practice, Mani played the role of dental receptionist, which gave her the joy of paid employment, and meeting people outside of her social circle.



She took up the role of surrogate parenting her grandson for five years, before her daughter migrated to Toowoomba in Queensland. Once again, she took on the role of 'school-mum' to her grandson in their new home.

Mani and her husband plied the annual circuit between Toowoomba, Adelaide (where she has a son and two grandsons) and Malaysia. It was on one of the trips back to Malaysia when she lost her husband in 2006.

She lived on her own in Adelaide, a few doors down from her grandsons.

After having a fall in 2012, she moved in with her son and daughter-in law, and Jasper, the mini-poodle, who became Mani's constant companion.

In February 2017, she moved into Resthaven Westbourne Park. She sometimes reverts to speaking in Malay, but is fortunate that there are several staff at Resthaven who speak Malay and Tamil.

*Written by Mani's son, Ega Krishnappa*

**Wishing you all the best for your milestone birthday, Mani!**

**Thank you for sharing your story.**



# Puzzlers (answers below)

1 jinks jinks jinks	2 cycle cycle cycle	3 right = right	4 geren regen ngree
5 <i>Please</i>	6 hair_	7 age a g e age	8 morning
9 12safety345	10 m ce m ce m ce	11 DRINKS house	12 eyebrows
13 bus	14 socket	15 ca se case	16 r o a d s
	17 dice dice	18 _____ program	19 s t o n e

## Feeling Festive?

Christmas will be here before we know it! Christmas cards are now available from reception, at \$5 for a pack of eight mixed designs, or eight of the same design.

They come in a range of designs. All proceeds go towards Resthaven.



### 'Puzzlers' answers:

(1) hijinks (2) tricycle (3) equal rights (4) mixed greens (5) pretty please (6) receding hairline (7) middle age spread (8) top of the morning (9) safety in numbers (10) three blind mice (11) drinks are on the house (12) raised eyebrows (13) double decker bus (14) light socket (15) open and shut case (16) cross roads (17) paradise (18) space program (19) cornerstone

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

## Residential Services

### Resthaven Aberfoyle Park

100 Hub Drive,  
Aberfoyle Park SA 5159  
Phone 08 8115 1600

### Resthaven Bellevue Heights

47 Eve Road,  
Bellevue Heights SA 5050  
Phone 08 8273 4400

### Resthaven Craigmore

200 Adams Road,  
Craigmore SA 5114  
Phone 08 8288 4800

### Resthaven Leabrook

336 Kensington Road,  
Leabrook SA 5068  
Phone 08 8139 6600

### Resthaven Malvern

43 Marlborough Street,  
Malvern SA 5061  
Phone 08 8228 6300

### Resthaven Marion

10 Township Road,  
Marion SA 5043  
Phone 08 8198 2000

### Resthaven Mitcham

17 Hill Street,  
Kingswood SA 5062  
Phone 08 8378 8999

### Resthaven Mount Gambier

24 Elizabeth Street,  
Mount Gambier SA 5290  
Phone 08 8723 0911

### Resthaven Murray Bridge

53 Swanport Road,  
Murray Bridge SA 5253  
Phone 08 8532 1969

### Resthaven Paradise

61 Silkes Road,  
Paradise SA 5075  
Phone 08 8154 8400

### Resthaven Port Elliot

3 Frederik Street,  
Port Elliot SA 5212  
Phone 08 8574 5100

### Resthaven Westbourne Park

30 Sussex Terrace,  
Westbourne Park SA 5041  
Phone 08 8228 6500

## Community Services

General enquiries phone:

**1300 13 66 33**

### Resthaven Community Respite Services

31/12 Township Road,  
Marion SA 5043  
6-8 Township Road,  
Marion SA 5043  
36 Sussex Terrace,  
Westbourne Park SA 5041  
Truro Avenue,  
Kingswood SA 5062  
Phone 08 8198 2060

### Resthaven Limestone Coast Community Services

17 Gordon Street,  
Naracoorte SA 5271  
Unit 914 Pavy Drive,  
Naracoorte SA 5271  
11 George Street,  
Millicent SA 5280  
15b James Street,  
Mount Gambier 5290  
Phone 08 8762 4389

### Resthaven Marion Community Services

43 Finnis Street,  
Marion SA 5043  
131 Goodwood Rd,  
Goodwood SA 5034  
Phone 08 8306 4400

### Resthaven Murray Bridge, Hills & Fleurieu Community Services

37 Swanport Road,  
Murray Bridge SA 5253  
9 Rankine Street,  
Strathalbyn SA 5255  
50 North Terrace,  
Port Elliot SA 5212  
1 Loveday Street,  
Goolwa SA 5214  
Phone 08 8534 2600

### Resthaven Northern Community Services

16 Gillingham Road,  
Elizabeth SA 5112  
5 King Street, Gawler SA 5118  
Phone 08 8259 5600

### Resthaven Onkaparinga Community Services

3-5 James Clark Road  
Noarlunga Centre SA 5168  
Phone 08 8307 3700

### Resthaven Paradise & Eastern Community Services

61 Silkes Road,  
Paradise SA 5075  
111 Hampstead Rd,  
Manningham SA 5086  
Phone 08 8154 8444

### Resthaven Riverland Community Services

7 Wilson Street,  
Berri SA 5343  
Phone 08 8580 1400

### Resthaven Western Community Services

96 Woodville Road,  
Woodville SA 5011  
111 Regency Road,  
Croydon Park SA 5008  
Phone 08 8345 0577

### Agedcare Alternatives

*Free aged care  
information service*

1/445 Fullarton Road,  
Highgate SA 5063  
Phone 08 8408 4600

## Newsletter Submissions

### Would you like to contribute to 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](mailto:pr@resthaven.asn.au)

Read online issues of  
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