

# Resthaven Review



Resthaven  
Incorporated

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## In this issue

Norman, 105, lives independently

Community garden thriving

Valentines celebrate 66 years

## From the Editor ...

Hello all,

Here we are in a new year.

Whilst it may not have gone quite as we hoped, there is still plenty of positivity to be found in the Resthaven community.

If you need an extra lift, be sure to read the Chaplains' articles on page 7.

Community spirit is strong, with volunteer 'RAT packers' on page 9, a special donation on page 10, and a community garden project in full swing on page 14.

Be sure to read the story of Mr Norman Lewis on page 13, as he celebrates his 105th birthday—amazing!

More centenarian stories can be found on pages 15, 19, 22, and 23.

Several other milestones are celebrated this edition, with a fifty year citizenship on page 16, a sixty-six year couple on page 21, and a thirty year career on page 31. That's a lot of milestones!

Connections and creativity are more important than ever at the moment. Have a look at a knitting project for the homeless on page 24, a 'postal service' on page 27, and a 'rhythm and beat' group on page 29.

All in all, it's a big edition—we hope you enjoy it.

Thank you to every member of the Resthaven community for your positivity, contributions, and support.

Until next time,

**Resthaven Public Relations Team**

*Do you have feedback about this newsletter, or a story that you'd like to share? Email us at [pr@resthaven.asn.au](mailto:pr@resthaven.asn.au). We'd love to hear from you.*



## From the CEO

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

Hello everyone,

### Welcome to 2022!

What a remarkable team we have at Resthaven! I feel privileged to work amongst such dedicated and committed people. In the face of significant numbers of COVID-19, it has been our exceptional people who have risen to the challenge.

I thank you for your patience and support as the pandemic continues to disrupt our lives.

### Retirement Living Acquisition

I am extremely pleased to announce that Resthaven has acquired the award-winning Chiton Retirement Living village at 2 Ocean Road, Chiton.

This acquisition complements Resthaven's continued expansion into the Fleurieu region with new community services offices and services in Goolwa and Victor Harbor. Read more on page 8.

### COVID-19 Booster Vaccinations

Thank you to everyone who has already had their COVID-19 booster vaccination. If you are not yet triple vaccinated, I encourage you to book now.

Booster clinics are planned or have already been held at all Resthaven residential sites. For those living in the community, booster doses are available at participating SA Health vaccination clinics, GPs, pharmacies, and Respiratory Clinics.

## Industry News

It is almost a year since the Royal Commission into Aged Care Quality and Safety released its final report, which was the culmination of 28 months of work, with over 10,500 submissions.

In May 2021, the Australian Government announced a \$17.7 billion aged care reform package over five years. The aged care reform was built of five pillars, including home care, residential aged care services and sustainability, residential aged care quality and safety, workforce and governance.

Some of the initiatives require a change of legislation, yet it is not yet clear when the Federal Parliament will next sit to finalise the changes. The delay may influence the timing of the additional funding.

The Royal Commission into Aged Care Quality and Safety presented a once in a generation opportunity to make the necessary changes to the aged care system to ensure that it meets the needs of future generations.

The promises made following the Royal Commission must be honoured, regardless of who gains power after the upcoming federal election. Everyone must show they care about aged care.

## Board Update

As mentioned in the last edition of this newsletter, in October 2021, we farewelled former Deputy President, Ben Sarre, from the Resthaven Board.

Effective 1 November 2021, Stephanie Rozokos was appointed as Deputy President. Stephanie is the Chief Financial Officer of the South Australian Tourism Commission. We are fortunate to have someone of Stephanie's calibre on the Board, and wish her every success in the role.



## Christmas Hamper Donations

Every year across Resthaven, residents, clients, staff and volunteers support many charity Christmas appeals.

In December 2021, Resthaven head office and maintenance staff provided Christmas hamper donations for Uniting Communities Eastern Services Christmas Appeal. Hampers were distributed to around 120 families prior to Christmas to bring a little joy to those in need. Thank you for your generosity.

## Looking Forward

I hope that this year brings an opportunity for you to share time with friends and family and to enjoy the best of what our state has to offer.

Take care until next time.

*Darren Birbeck*  
**Chief Executive Officer**

*Above: Resthaven Public Relations Manager, Julie Johninke, with CEO, Darren Birbeck, and the donations for the Uniting Communities Christmas Appeal.*

*Front cover: Mr Norman Lewis, aged 105, who is supported to live at home by Resthaven Marion Community Services.*





## Residential Services & Retirement Living

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

### Staff Welcomes

I am delighted to welcome Belinda Willshire to the role of Manager Residential Services at Resthaven Leabrook, following Mark Bednall's move to Senior Manager Residential Services. Belinda previously held the role of Care Coordinator at Resthaven Murray Bridge, before leaving to take on a Manager role with other aged care providers in 2019. It is great to have Belinda with us again.



Welcome to Leanne Spencer in the role of Manager Residential Services at Resthaven Bellevue Heights. Leanne is an experienced site manager, having previously held management roles with other aged care providers.



I am pleased to welcome Layla Mignone to Resthaven, in the new role of Retirement Living Manager. Layla has a strong history in Property and Business Development, and she will be based at On Statenborough.



Finally, Terry Kirkwood has stepped down from the role of Manager Residential Services at Resthaven Malvern, after 11 years at the home. We thank Terry for her long and committed tenure in this role. Terry remains with Resthaven, working as a casual Project Officer.



We also farewell Mia Brooks as Manager Residential Services at Resthaven Aberfoyle Park, after almost five years with Resthaven. We wish Mia all the very best. Recruitment is underway for the Manager role at both sites.

### Accreditation

From November 2021—February 2022, Assessors from the Aged Care Quality and Safety Commission visited Resthaven Port Elliot and Resthaven Marion for unannounced accreditation visits. I am pleased to report that Resthaven Port Elliot has been granted a three year accreditation. We await the final outcome for Marion.

### Adapting to Change

With all Resthaven residential sites experiencing COVID-19 restrictions of some kind over the last few months, staff are finding creative ways to ensure that residents remain connected. This includes Zoom or FaceTime calls with families, in an effort to keep residents in contact with loved ones.

In January, Resthaven Leabrook resident, Mrs Nora Kelly, celebrated her 100th birthday, and the site teams were determined that she enjoy her special day, despite visitor restrictions.

They therefore set up a special 'balcony appearance' for Mrs Kelly, with her family gathered below singing 'Happy Birthday' and holding signs (above). What a wonderful idea! See more on page 22.



## Community Services

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

### Staff Movements

There has been some movement in Resthaven Community Services, with several Managers moving to different sites.

Franco Parenti (former Manager, Resthaven Western Community Services) has moved to Resthaven Community Respite Services, following Carole Philp's retirement in December 2021.



Carole was Manager at Resthaven Community Respite Services for 13.5 years, and brought to Resthaven her many years of experience and her passion for supporting family carers. We sincerely thank Carole, and wish her all the best in her retirement.

Louise Kennewell has been appointed Manager Resthaven Western Community Services, in Franco's stead. Louise is a Registered Nurse with experience in leadership roles. Please make her welcome.

Karen Hammond (former Manager Resthaven Northern Community Services) has moved to Resthaven Limestone Coast Community Services. Former Manager, Liz Southall, has stepped into the role of Clinical Lead.

Marilou Trocio (former Assistant Manager Resthaven Paradise & Eastern Community Services) has been appointed as Relieving Manager Community Services. She will cover the Manager role at Resthaven Northern Community Services until further notice.



We welcome Eli Ulbrich to the role of Manager, Resthaven Paradise & Eastern Community Services. Eli brings to Resthaven his extensive experience in community health, social services and community aged care. Please make him welcome.

Finally, we welcome Veer Kaur to the role of Manager at Resthaven Marion Community Services, following Lee Bennett's move to the Manager role at Resthaven Onkaparinga Community Services.

Veer is a registered nurse with substantial nursing and management experience in aged care. I am sure you will welcome Veer to Resthaven when you have the opportunity to meet her.

I look forward to working with this team of fantastic leaders in 2022.

### Service Growth

As mentioned in the building update, a new overnight and day respite cottage is being prepared at 18 Halcyon Circuit, Aldinga Beach. We expect this will be operational in March. The new outreach office for Victor Harbor, which includes a respite cottage, will also be operational shortly.

See the building update for more.



## Building Update

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

Welcome to 2022. The current environment makes it very difficult to plan building activities, however, we are doing our best to balance our various projects with the safety of residents, clients and staff.

### Resthaven Bellevue Heights

Prior to Christmas 2021, works were progressing well on the 12 place extension at Resthaven Bellevue Heights, part of the major redevelopment of the home. However, works have now been delayed due to COVID-19. We have recommenced works in external areas, and set strict protocol for limited internal works. In good news, the Auditorium is complete, with very positive feedback (see page 20). The project is scheduled to be completed in June 2023.

### Resthaven Westbourne Park

Kennett Builders have been appointed as the managing contractors for the Resthaven Westbourne Park redevelopment. The design process and detailed planning is progressing. A co-design workshop with residents and families was held in November 2021, which received very positive feedback. This input is now being reviewed, and construction is estimated to commence later this year, and be complete in mid-2024.

The project involves replacement of Hampton and Richmond, refurbishment of Marlborough communal areas, a new entry with central garden, café, hall, new kitchen and laundry, staff room and service areas.



### Resthaven Community Respite Services

In December 2021, Resthaven purchased a house at 18 Halcyon Circuit, Aldinga Beach. This house (pictured above) will be converted into a new respite service for the southern area. It is expected the service will become operational in March 2022.

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

Works continue on fitout and upgrades to Unit 5, Victoria Street, Victor Harbor, for a new outreach office for Resthaven Murray Bridge, Hills & Fleurieu Community Services. This office will serve as an administration area for 16 staff workstations.

A co-located house at 1-3 Newland Street, Victor Harbor, is being refurbished to provide community respite for the area (see page 12). It is anticipated that the office will be open in April 2022, and the house shortly after.

### Resthaven Mitcham

Work is underway to repair damage caused by an electrical fault in the ceiling cavity.

### Solar Panels Project

Finally, a new project is being initiated to review the cost benefit analysis of the installation of rooftop solar panels across Resthaven. This project will investigate developing a plan for all sites. This is the first step in reducing our carbon footprint.

There's always something to keep us busy!





## Chaplaincy

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



A word from two of our Coordinating Chaplains, to encourage us in these difficult times.

### 'COVID Kindness'

Small acts of kindness, either done or witnessed, can nurture the soul.

Recently at my local supermarket, I witnessed an elderly lady rummaging around in her shopping trolley. She said out loud, 'I've left my mask at home', indicating that she would have to walk home to get her mask. A lady nearby said, 'I've got some spare', and gave one to her. The elderly lady beamed with delight, and a couple of nearby shoppers even applauded.

Other shoppers witnessed the exchange, and suddenly, the mood changed. The demeanour of those present projected an aura of 'niceness' (no such word I know).

Time and time again, a small act of kindness performed by us, or witnessed, can be such a delight. I don't like supermarket shopping, but that morning I shopped and returned home in a much better mood. My day seemed to be more enjoyable in a myriad of ways.

Maybe big acts of kindness are not ours to perform every day. However, a small gesture can make our life, and the lives of others, immeasurably more wonderful.

**Rev Dr Bruce Grindlay**  
*Coordinating Chaplain,  
Resthaven Marion &  
Aberfoyle Park*



### 'Challenge and Change'

A new year has begun. Usually, this comes with new hope and opportunity. However, this has not been the experience for many of us, as COVID-19 continues to wreak havoc on our lives. It has been a hard way to start the year.

It is often in adversity that we can take stock and refocus on the types of people we want to be. Most recently, I was thinking about butterflies. They work so hard at becoming butterflies, moving from being caterpillars, then building their cocoons, becoming mush, and then transforming into beautiful butterflies. It is not an easy process—they cannot be helped from the cocoon, they need to do that, as it strengthens their wings.

So it is with us, often. In order to move on after the challenges life throws at us, we need to move through the challenge—bit by bit, a step at a time. It is not easy and can be painful. However, what we see on the other side of the experience is that we are stronger, more resilient, and more resourceful.

As we continue to move through the challenges that 2022 has brought us, let us continue to be people of peace, hope, joy and love to ourselves, and those around us.

**Nina Corlett-McDonald**  
*Coordinating Chaplain,  
Resthaven Leabrook &  
Murray Bridge*





## Retirement Living

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

### Resthaven acquires Chiton Retirement Living

As mentioned in the CEO's update, we are delighted to announce that Resthaven has purchased the Chiton Retirement Living village, to add to Resthaven's suite of options for older people.

Located at 2 Ocean Road, Chiton, the retirement village is only three kilometres from Resthaven's Port Elliot site, which includes a residential aged care home and community services office.

Chiton Retirement Living represents the next investment in Resthaven's retirement living portfolio, following the acquisition of On Statenborough in July 2021.

Resthaven senior management met with the Chiton residents prior to taking ownership. Settlement took place on 28 February 2022.



Chiton Retirement Living features 29 modern architectural homes, nestled between Port Elliot and Victor Harbor.

Chiton has won a number of awards, including the 'Excellence in Seniors Living Award' in 2017, the national 'Environmental Excellence' Award in 2013 and the Master Builders' National Excellence in Building and Construction Award for 'National Lifestyle Housing for Seniors' in 2015.

We welcome Chiton to the Resthaven family!

*Below: CEO, Darren Birbeck (third from left) with Chiton residents.*

*Top: Steve Aspinall (CEO, KeyInvest) 'shakes hands' with Darren.*







## Volunteer Services

**Stacey Thompson**  
Manager, Volunteer Services

### Volunteer 'Pack n Chat': COVID-Style

Volunteers are providing fantastic support in helping to pack individual Rapid Antigen Tests (RATs) that arrived in bulk. The Pack 'n' Chat volunteers have been joined by a few extra bus drivers – as these trips have been on pause. The volunteers are very happy to get the job done to support sites, whose time is at a premium.

*Pictured (from top right): Just some of the volunteers, Sonya, Peter, Pauline and Kaye, becoming RAT packing experts.*





## Social Group Donation

Resthaven Community Respite Services hosts a social group at The Shed, at Township Road, Marion. The members of The Shed group have been busy teaming up with Minton Farm Native Animal Rescue Centre (MFNARC) at the Cherry Gardens Animal Rescue Service.

Assistant Manager, Julian Sporne, says, 'The group members have been working on a variety of projects for the community, including growing native tree and bush seedlings, and building possum and bird nesting boxes' (pictured below).



The group met with Bev Langley from MFNARC back in May 2021, in search of a meaningful project.

'We knew the landowners nearby had been impacted by the bushfires, and the group insisted on helping in any way they could. They each have their own handy-man skills to make it possible.'



'Upon learning that they needed possum and bird boxes and trees, we approached *Trees for Life*, and organised to purchase seedling kits for the varieties that were best suited for the area.'

'We took a template of a bird box from Bev, and the group went about building some boxes to their design.'

On 26 January 2022, Julian (pictured above) had the pleasure of dropping off the finished projects to the Cherry Gardens Animal Rescue Centre.

'The Shed group were thrilled that they could make a difference by doing what they do best. We can't wait to find the next community project to work on!'



## Karen's Move to the South East



Karen Hammond is delighted to be taking on the role of Manager at Resthaven Limestone Coast Community Services, following Liz Southall's transition to another role in late 2021.

Karen, who has been with Resthaven for almost 20 years, has been Manager at Resthaven Northern Community Services since 2016. On her move to the south east, she explains, 'I had been at Resthaven Northern Community Services for seven years, and even though I loved it, I felt like a change. I'm also looking forward to the new challenges and learnings of delivering services in a regional location.'

Starting as a Therapy Assistant with Resthaven in 2003, Karen has taken advantage of the professional leadership development that Resthaven offers, and was a Coordinator by 2005, before being appointed as an Assistant Manager in 2011.

After taking on the Manager role at Resthaven Northern Community Services in 2016, she navigated the service through exponential growth, driven by ever-increasing demand for quality aged care

services. With similar growth now occurring across the Limestone Coast, Karen is well-placed to manage this booming regional site.

She is also looking forward to meeting and working together with older people across the Limestone Coast. 'I've worked in aged care for most of my life, and I think elderly people have such great stories to tell,' she says.

'For instance, I have just found out that one of Resthaven Limestone Coast Community Services' clients attended the 'Old School House' as a student in 1946. This very same school house was relocated to the same property where Resthaven's Naracoorte office is now located!'

'I love these personal stories, and getting to know the clients. It's so rewarding knowing that the good work you do is appreciated.'

'I really enjoy working with people – whether that's meeting the individual needs of our clients, or mentoring and supporting staff teams. There's something so satisfying about a career in aged care.'

# Respite House to Open in Victor Harbor



## What is Respite?

Resthaven supports people who care for someone to have a break from their caring role. Carers need time out to look after themselves and their own needs. This may be going to work, a social engagement, an appointment, a medical procedure, or a volunteer commitment.

Having some respite helps keep carers healthy; improving the quality of care they can provide. A little respite support can sustain carers so they can continue their caring role, and the person they care for can stay living at home for longer.

## New Respite Location

As mentioned on page 6, a respite cottage has been leased at 1-3 Newland Street, Victor Harbor. It will provide day respite and overnight respite services for older people in the area, facilitated via Resthaven Murray Bridge, Hills & Fleurieu Community Services.

It is currently being refurbished, and aims to open around April 2022. Watch this space!

## What do you think about getting older?

One of our staff is putting together a book honouring the elderly, and would love to receive short quotes or poems from you, about your experience of getting older, or advice for those following in your footsteps.

Submit your named or anonymous contributions to [pr@resthaven.asn.au](mailto:pr@resthaven.asn.au), or hand submissions in to site reception with 'Attention: Public Relations,' to be sent to Resthaven Head Office via the internal mail system. Thank you!



# Happy 105<sup>th</sup> Birthday: Mr Norman Lewis

## Mr Lewis remains independent at 105-years-old

On 24 December 2021, Resthaven Marion Community Services client, Mr Norman Lewis, celebrated his 105th birthday.

Norman was born in South Australia, and enjoyed school, particularly geology. He went on to complete a Bachelor of Science at the University of Adelaide, then a cadetship with the Woods and Forest Department, as it was called then (now Forestry SA), working under Professor Douglas Mawson, who inspired in him a dream to travel to Antarctica.

At age 28, Norman met his wife, Mavis.

'I want to say Mavis was one in a million, but she really left all the other girls behind,' he says.

The couple married in 1948, soon welcoming two children into their family.

In 1957, Norman was awarded a scholarship to study his honours at Oxford University, in England (right).

Later, the family returned to their home in South Australia, settling in Glenelg North, where Norman still resides today.

Norman retired as Head of the Department in his 70s, but had a goal in mind—to visit Antarctica. He ended up visiting three times, the last aged 92!



During his life, Norman wrote and published five books on forestry, and also received several medals, including the Imperial Service Order (above), for his contribution to South Australian forestry.

Today, Norman continues living independently in his home, with support from Resthaven.

He is involved in various social clubs, including two Rotary clubs (below), two Probus clubs, and remains an honorary member for Forestry SA.

Happiest of returns on your birthday, Mr Lewis. You are an inspiration (and feature on our cover!).



# Community Garden Project

On 1 February, Lizzy's Community Garden Group at Resthaven Northern Community Services commenced at 16 Gillingham Road, Elizabeth 5112.

Assistant Manager, Kelly Ainsworth, says, 'After three weeks of planning, it was finally planting day!'

The week prior, the group met up at Bunnings for final plant selections.

Client, Dawn, reminisced about the award-winning flowers she previously showed every year at the Royal Adelaide Show.

'Dawn has not been able to work on a project of this scale for many years, and she was so excited to arrive early today, ready and eager for the morning ahead.'

While the group only recently started, they have already made great strides in the community garden.

'So far, we've planted vegetables, herbs and companion flowers. Our raised garden beds are already full, and next, we will plant the seeds we collected from last year's supermarket promotion.'

'We have big plans for our gardening space at the Elizabeth office - it has so much potential.'

The next step for the group is to fill the remaining garden bed.

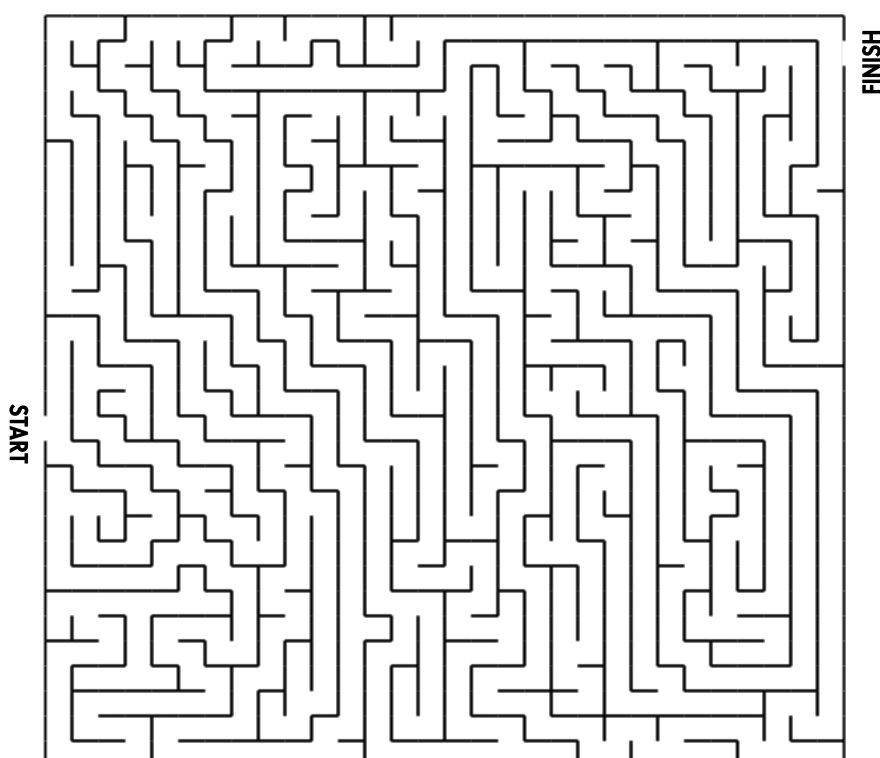
'There are endless hours of fun ahead for us here – stay tuned!'



## Resthaven Paradise & Eastern Community Services

### Find your way from START to FINISH

Make a copy and have a race with a friend. Set a time limit or just meander slowly through until you get to the finish. Choose your own path. Good luck!





# Happy 100th Birthday: Mrs Jean Croxton

*'It's not what happens to you, it's how you handle it.'*

On 29 December 2021, Resthaven Onkaparinga Community Services client, Mrs Phyllis 'Jean' Croxton, celebrated her 100th birthday in the comfort of her home.

'I was born in 1921, growing up with five brothers and two sisters in Norwood.'

Jean spent seven years in school, and after completing her qualifying exam, she began her career as a dressmaker at Vogue Australia. Little did she know, she would become one of the best dressmakers of her time, highly coveted by Vogue and the fashion community across Australia.

'I had no desire to marry young, as others around me did. I was quite ambitious and happy in my career, where I stayed until retiring in my 70s.'

In 1943, Jean discovered she had bowel cancer, which she has now had for 80 years. 'I'm known to say, "you can always turn lemons into lemonade", and I was hopeful that I could do that through this next challenge in my life, and I did.'

'In 2000, I carried the Olympic torch over the bridge at Regency Park – I am so happy that I was able to do that.'

While Jean was dealing with more than the average young adult in their 20s, it was during this time that she fell in love with her brother's childhood friend, Ronald - 'Ron'.

'Ron found out I was sick, and he came to visit me at home. I didn't know that he cared much about me until then.'

'Soon after that, he went off to war, so we became pen-pals. We continued to write to each other for two years.'

Jean also found herself entrenched in the war, due to a shortage of nurses. She worked as a Red Cross Nurse for a short time, before returning home to support her sister.

'When Ron was away, my sister went into labour, but didn't live long enough to hold her baby. I sent Ron a telegraph to let him know I wanted to take her on as my own. Telegraphs back then were sometimes unclear, and he returned to a big surprise!'

'We married once Ron returned from war. My father gave us his blessing to raise Frances in our home – we couldn't be happier, because we already saw her as our daughter.'

When Jean retired, and her husband passed away, she found a new lease on life: 'My entire house is filled with oil paintings from my travels, and things I hold close to my heart. I have sold many, and gifted to those I love.'

Currently, Jean resides in her home, with the support of her daughter, Frances, and Resthaven Onkaparinga Community Services.

'If it wasn't for Resthaven, I wouldn't have made it this far. It is important to be able to live in your home for as long as possible, and I commend Resthaven for making that possible.'

Jean's words of wisdom to the younger generations is, 'It's not what happens to you, it's how you handle it. I am grateful for everything that I have, and the life I have lived.'

Thank you for sharing your magnificent life with us, Jean. Many happy returns!



# 50 Year Citizenship Celebration

In February, Resthaven Riverland Community Services client, Mrs Remy Jusup, celebrated 50 years of Australian citizenship, after emigrating here from the Philippines in 1972.

To commemorate this amazing milestone, the staff team held a celebration for her during the Berri/Barmera Social Group.

This group is held fortnightly at the Resthaven Riverland Community Services office at 7 Wilson Street, Berri.

Assistant Manager, Gina Stephenson, says, 'We celebrated Remy's 50 year anniversary of Australian citizenship by presenting her with a certificate and a bunch of flowers.'

'We also made sure that lamingtons were on the menu!'

'As it was Valentine's Day, everyone had a go at a Valentine's Day themed quiz.'

'This prompted a lot of other discussions throughout the group, which was lovely.'

'Congratulations on your 50 years of Australian citizenship, Remy!'





# Support and Services



Resthaven Western Community Services provides a range of support services for older people in the area.

As well as providing in-home support to enable older people to remain living independently at home, Resthaven Western Community Services run regular social and exercise groups from its centre at 96 Woodville Road, Woodville (above), providing companionship and supporting wellness.



A respite cottage located at 111 Regency Road, Croyden Park (right), provides short term stays for older people, to give family carers a break from their caring role.

For more information about the range of services provided by Resthaven Community Services, phone 1300 13 66 33 to be connected to your nearest location.



# Newsletter Submissions Welcome

## 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 the newsletter, and stay up to date, by checking our website, or following us on social media: [resthaven.asn.au](https://resthaven.asn.au)



## Residential Services

# Residential/Retirement Living Diary Dates 2022

Please note these dates in your diaries.

*Dates may be subject to change—don't forget to check notice boards!*

Resthaven Site	Annual General Meeting	Christmas Luncheon
Chiton Retirement Living	11 October, 10am	n/a
On Statenborough	5 October, 3pm	n/a
Resthaven Aberfoyle Park	n/a	7 December
Resthaven Bellevue Heights	21 September, 2pm*	1 December
Resthaven Craigmore	n/a	20 December
Resthaven Leabrook	6 October, 10am*	21 December
Resthaven Malvern	29 September, 10am*	2 December
Resthaven Marion	20 September, 10a,m*	14 December
Resthaven Mitcham	n/a	8 December
Resthaven Mount Gambier	n/a	19 December
Resthaven Murray Bridge	n/a	12 December
Resthaven Paradise	29 September, 2pm*	15 December
Resthaven Port Elliot	11 October, 10am*	5 December
Resthaven Westbourne Park	n/a	13 December

\* For retirement living residents only



# Happy 100th Birthday: Mrs 'Terry' Collette

On 1 February, Mrs Therese 'Terry' Collette celebrated her 100th birthday with family in her home at Resthaven Aberfoyle Park (right).

Growing up in Colombo, Sri Lanka, known then as Ceylon, Terry started life differently from the average child.

'My father worked as a doctor, and like most households, we had a live-in servant who assisted my mum with the cooking and cleaning.'

'My mum died when I was quite young, but I do look on my childhood as a happy time.'

Terry completed her schooling at the equivalent of grade 11, soon starting her secretarial course in typing.

'I quite enjoyed typing, but I never pursued it, as I met my husband, Bruce, around this time.'

Bruce was an engineer, and an accomplished tennis player.

'The first time I saw Bruce, he was playing a match! We got to chatting and he asked me to the dance.'

*Terry and her husband both thoroughly enjoyed dancing and found their lifelong dance partner that night.*

'We carried on dancing most weekends throughout our lives together. There are many happy memories there.'

After almost a year of dating, the couple married at St Peters Church, Colombo, on 16 May 1942.

Soon, they welcomed three children to their family, two boys, and one girl.

In 1958, they made a decision that would change their lives forever.

'Life had changed quite dramatically in Sri Lanka, and during this time, we were dealing with a lot of unrest.'

'Bruce and I decided to move the family to Australia to give the children the best opportunities in life.'

'It was tough to get used to a new way of living, the culture shock and all, but it was the best decision we could have made.'



Throughout Terry's life, she travelled the world, kept active and social, and picked up a few creative hobbies along the way.

When asked about her secret to longevity, she replied:

*'Live a simple life and keep active. Family is everything.'*

Wise words indeed.

# Auditorium 'Facelift'

As part of the first stage of a major \$25million redevelopment of Resthaven Bellevue Heights, the Auditorium has undergone a major transformation. The Auditorium is the large communal area of the residential home.

Manager Building and Capital Projects, Emmet O'Donovan, says, 'The Auditorium was part of the original build in 1979. It is a large, multipurpose space, but was sadly outdated style-wise, with exposed brick walls and a pine-clad ceiling.'

*'It has now undergone a complete makeover to bring it up to contemporary standards.'*

'The timber truss beams which hold the roof up have been stained to a darker walnut finish, which works really well with the white and blue colour palette chosen for the ceiling and walls.'

'With the rest of space featuring modern, neutral colours, the wooden beams are now a lovely feature.'

'An inviting chapel space has been incorporated into the design, giving residents a focal point for regular worship services and special events. It is being well utilised now that the renovation is complete.'

'The Auditorium now has a modern look and feel with the addition of new, contemporary furniture.'

'The Auditorium has always been the centre of the site for activities and friendship, and will continue to create memories for many years to come.'

'We can't wait to see the rest of the renovations over the next 16 months.'





# Valentines Celebrate 66 Years



On 7 January, 66 years ago, Resthaven Craigmore couple, Mr and Mrs Ron and Joyce Jeffree, married at Eastwood Methodist Church, now known as Eastwood Community Centre.

The couple met through a casual 'set-up' when Ron was 20 and Joyce was 16.

Ron says, 'I was getting picked up by a friend and his girl, and I noticed Joyce sitting quietly in the back.'

'We didn't drive long before I became fond of her.'

Before Joyce could get out of the car, Ron asked her to the movies over the weekend. The rest was history.

'I was working for the State Police at the time when I asked Joyce to marry me – we had only been dating for a year or less.'

They married on a 'terribly hot day', but that didn't bother the newlyweds.

*'I remember thinking, "lucky me", when I saw her walk down the aisle. I still think that today.'*

Mr and Mrs Jeffree welcomed three children to their new family, one girl and two boys.

'We settled down in Gilberton and made a good life for ourselves.' The couple also shared a strong passion for travelling: 'We went everywhere we could! We wanted to see all of Australia, and we just about did.'

When asked about the secret to a long, happy marriage, the couple responded, 'Always be patient, kind and enjoy each other's company.'

Since 19 July 2020, the couple have enjoyed living in their double room at Resthaven Craigmore, receiving regular visits from their eight grandchildren, and four great-grandchildren. Happy Valentine's Day.

# Happy 100th Birthday: Mrs Nora Kelly

*'I have truly lived a rich life.'*



On 19 January 2022, Mrs Nora Kelly celebrated her 100th birthday with family and friends, who joined her in a COVID-safe 'balcony party', at Resthaven Leabrook (above).

Nora grew up in a family of twelve in Gawler, spending most of her life at Redbanks Road, Willaston. 'I was the fifth child out of ten, we kept very busy! My father was a hard worker, picking up farm work wherever he could to support our family – my mother was a great stay-at-home mum to us all.'

After her mother had her 10th child, Nora decided to leave school to help raise her brothers and sisters.

'It was the right thing to do, and my mother fell ill around this time, so I left school after completing my qualifying exam in year seven.'

Nora found her passion for home-keeping – learning how to cook, clean and nurture children. 'I found that I had a knack for raising children and keeping them entertained. It made me excited to keep my own home and raise my own children one day.'

Nora made her dream a reality on 12 August, 1944, marrying her husband at St Peter and Paul Church in Gawler. 'We'd met a year prior, at the local Gawler dance, and he proposed to me on my 21st birthday – a memorable birthday for many reasons.'

The newlyweds were blessed with six children of their own, and to no surprise, Nora excelled at motherhood.

Nora and Joe Kelly enjoyed their lives together, driving to Adelaide every weekend with the children, and living in the 'Majestic Hotel' for a decade, running the business together.

'We lived an interesting life! The children enjoyed that experience. We had a lot of fun back then.'



After the hotel closed, the couple settled down in a house in Glengowrie.

'After living in a hotel for so long, I wanted my own garden. I got right into it, and my roses were so beautiful, the neighbours started requesting me to tend to theirs! I became the street's unofficial rose pruner from then on.'

Nora was still planting her own tomatoes in her veggie patch right up until she moved into Resthaven Leabrook at the age of 96.

Now, Nora enjoys her time with her friends on-site, with regular visits from her six children, and fourteen grandchildren.

'I have truly lived a rich life.'  
Many happy returns, Nora!



# Happy 100th Birthday: Mrs Joan Hunt

On 15 February 2022, Mrs Joan Hunt celebrated her 100th birthday at Resthaven Leabrook.

Born in Adelaide and raised in Angaston, Joan's father worked at the National Bank, while her mother stayed at home to look after Joan and her two sisters.

'I had a nice childhood with my family. I quite enjoyed school – my favourite subjects were English, Geography and History.'

Joan stayed in school for as long as she could.

'I left school at the beginning of World War II, to do my service through nursing. Unfortunately my mother fell ill, and so I stayed home instead to look after her and the family.'

While disappointing at the time, Joan's decision ended up being a blessing in disguise.

'Soon after deciding to stay in Angaston, I met my husband to be, Walter, but we called him by his middle name, Morris. I would have been 17 then.'

'He was a farmer and deemed an essential worker. He was one of the few men who didn't go to war, although he desperately wanted to.'

After dating for a few years, Joan and Morris married on Joan's 21st birthday (below). 'It was a special milestone in my life, for many reasons.'



A couple of years later, the newlyweds welcomed two daughters and one son into their family. 'We lived on the farm in McLaren Vale, where I'd first met Morris. It was a beautiful, big property. The children loved running around.'

*'I was very hands-on – I learned how to drive the tractor, milk a cow, churn the butter. You name it, I did it!'*

Once the war was over, and the children were a bit older, Joan and Morris travelled around the world - a lifelong dream of theirs.



'After retiring and selling the farm, we moved down to Christies Beach for a few years, which I enjoyed very much, but eventually settled back down in McLaren Vale.'

When asked about her secret to a long, happy life, she replied, 'Think positive and enjoy life. Everybody has something going on in their lives, so you must always be kind.'

Joan now resides at Resthaven Leabrook, enjoying the lush gardens as much as she can.

She also enjoys weekly visits (when possible), and phone calls from her eight grandchildren and 22 great-grandchildren who 'all look after me'.

Joan celebrated her milestone birthday with a morning tea in the garden with the family. Happy birthday, Mrs Hunt.

# Christmas a Time for Giving

In mid-2021, residents at Resthaven Malvern began their annual knitting project, with the goal to donate warm blankets to the homeless by Christmas.

After months of hard work, Ruth, Shirley and Joyce (right) packaged up their work to gift to the Hutt Street Centre.

Lifestyle Coordinator, Felicity, says, 'This is a project that we keep up with each year, the ladies really look forward to it, and have become passionate about donating what they make to those in need.'

'This year, the ladies were able to finish three large blankets, which were delivered on 20 December 2021 – just in time for Christmas' (pictured below right).

*'This is a time for giving, and the knitting group remind us of that with their generosity each year.'*

Ruth says, 'It gives me peace to know that they're going to someone in need.'

Thank you to Ruth, Shirley, and Joyce, and all others who participated in this project.





## Visit from 'Farmer Darcy'



In late 2021, residents of Resthaven Marion enjoyed a visit from 'Farmer Darcy' and his adorable farmyard friends.

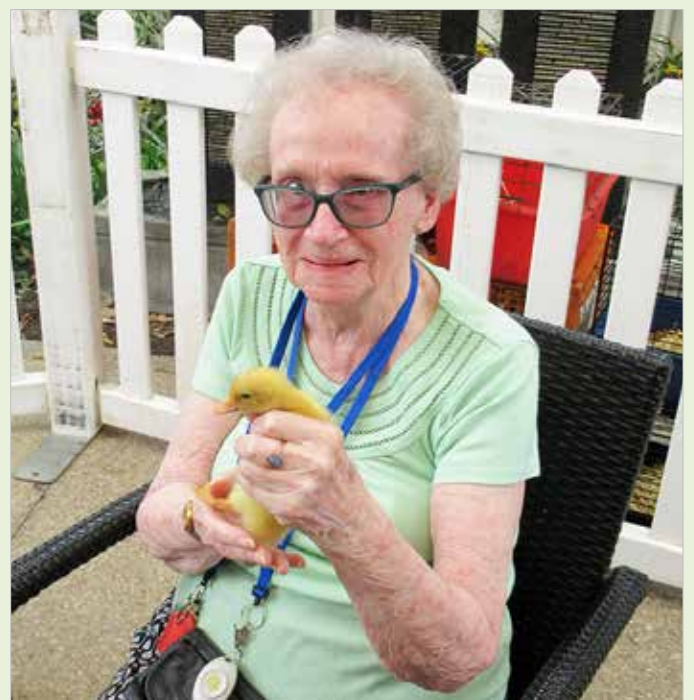
Lifestyle Coordinator, Tamara Jacquier, says, 'This visit was definitely the most popular activity of the year!'

*'We had a lovely afternoon in the Warrawee garden, feeding and petting the animals.'*

'Several residents were quite taken with the calf, and the baby rabbits.'

'I think there were a few staff members who would have liked to take the piglets home!'

Thank you to Farmer Darcy and his friends.





## Birthday Party Fun

On the last Sunday of each month at Resthaven Mitcham, residents enjoy a birthday party celebration, held for all residents with a birthday in that month.

Lifestyle Assistant, Marica, explains, 'Everyone with a birthday in that month is invited by personal invitation.'

'Other residents are welcome to attend.'

'Tables are decorated with colours and flowers according to the flowers and gemstones that correlate to that month.'

'In November 2021, the birth month gem was citrine, and the flowers were chrysanthemums.'

'As you can see, we all got right into the theme, with several ladies helping out too.'

'Yellow chrysanthemums were displayed, supplemented by lovely agapanthus from our own site gardens.'

'Residents always enjoy these monthly parties, which have continued in adapted format throughout the COVID pandemic.'

*All Resthaven events adhere to COVID-safe precautions.*





# Staying Connected

With Resthaven residential sites experiencing rolling visitor closures in January 2022, staff found creative ways to keep residents supported and connected.

Residents at Resthaven Mount Gambier were surprised to receive fresh flowers from lifestyle staff. Residents commented, "these flowers made my day".



A 'Resthaven Mail Service' gave the opportunity for residents to stay connected with their loved ones within and outside the site. Residents used the 'mail service' to send postcards to their friends and family.

In addition, activity packs including art and craft, crosswords and cards, were distributed among residents. Well done, everyone!



## Art Group

Residents of Resthaven Murray Bridge enjoyed getting creative over summer, producing unique masterpieces in Art Group.

Pictured this page are some of their nature-inspired creations.

There are pieces made from gum nuts and leaves, river pebbles, and blossoms—many from within the site grounds and gardens.



*“Art is unquestionably one of the purest and highest elements in human happiness. It trains the mind through the eye, and the eye through the mind. As the sun colours flowers, so does art colour life.”*

**John Lubbock**



## 'Rhythm & Beat'

'Rhythm & Beat' is a new activity introduced at Resthaven Paradise in late 2021. It is an exercise class for residents, with a twist—it's based on music and movement.

Lifestyle Coordinator, Thuy Pham, says, 'During each session, residents learn to move to the beat, along with a familiar song with drumsticks, and gym balls used as drums.'



'Lifestyle Assistant, Amanda, does a fantastic job of getting heartbeats racing.'

'It's a fun way to exercise, as you can see from the photos!'

*Sessions are conducted in a COVID-safe manner, and postponed during periods of COVID-19 restrictions. Participants photographed in early December 2021.*



## Site Filming Day

In November 2021, Resthaven Port Elliot residents, staff and volunteers participated in a 'site filming day,' with support from the Resthaven Public Relations team.

Each Resthaven residential site has a film on the Resthaven website, to showcase the home to people interested in joining our community—even more important during periods when site tours are postponed due to COVID-19 safety measures.

The Resthaven Port Elliot site team did a wonderful job!

To view this site film, or films from other Resthaven sites, visit [www.resthaven.asn.au/care-homes/](http://www.resthaven.asn.au/care-homes/).





# Julie's 30 Year Milestone

*'I couldn't imagine doing anything else.'*

In January 2022, Resthaven Westbourne Park Lifestyle Assistant, Julie Venables, reached her 30-year milestone with Resthaven.

Julie started in 1992 as a kitchen hand, when her two children went off to school. 'I had free time on my hands and wanted to get into something meaningful,' says Julie.

'The first place I looked was Resthaven Westbourne Park, as it was close to their primary school – I remember thinking to myself, "working in aged care wouldn't be so bad!"". Soon after reaching out, Julie was told there was a job opportunity as a kitchen hand.

'I thought I'd be alright at it, as I had been cooking for my family for years.' Julie started right away, enjoying the flexibility of working around her full-time duties as a mum. 'I started slow, only working here and there, and I was soon offered another position as a cleaner – so I did those two.'

'I got to know the staff pretty well, and the residents too. It wasn't long before the manager saw my potential and offered to support me through a Certificate III in Aged Care.'

Julie completed her studies and was offered a position onsite, as a personal care assistant – which she enjoyed for many years. Then, around eight years ago, a position opened up for Lifestyle Assistant.

'I was a bit nervous about taking it on, but of course, the team around me encouraged me to go for it, and I've been doing it ever since!'

'After 30 years in aged care, I am just as passionate as ever about caring for older



*Above: Julie shares her characteristic good humour on Australia Day, 26 January 2022.*

people, and creating those wonderful connections with people. I couldn't imagine doing anything else.'

Julie is a favourite with residents, who always enjoy her caring and cheerful demeanour.

CEO, Darren Birbeck, comments, 'Julie is a delight. Every time I have met with her at [Resthaven] Westbourne Park, she has demonstrated such a warm and positive attitude.'

'Congratulations Julie. We are so lucky to have you working at Resthaven.'

Happy 30th anniversary, Julie, and thank you for sharing your story!

# 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 Finniss 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 service***

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

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## Retirement Living

General enquiries phone:

**8370 3756**

### **Chiton Retirement Living**

2 Ocean Rd, Chiton SA 5211

### **On Statenborough Retirement Living Village**

8 Stanley St, Leabrook SA 5068

### **Resthaven Leabrook Apartments**

334 Kensington Road,  
Leabrook SA 5068

### **Resthaven Malvern Independent Retirement Living Units (IRLUs)**

43 Marlborough Street,  
Malvern SA 5061

### **Resthaven Marion IRLUs**

12 Township Road,  
Marion SA 5043

### **Resthaven Paradise IRLUs**

61 Silkes Road,  
Paradise SA 5075

### **Resthaven Port Elliot IRLUs**

50 North Terrace,  
Port Elliot SA 5212.