

Volunteer **B**uzz



Hello!

My message often includes a 'thank you' to each of you, and this edition is no different, because there is much to thank you for.

We can't thank you enough—for those who are undergoing Rapid Antigen Tests (RATs) for volunteering in residential sites. We thank your noses, too!

We thank you for your patience during the fluctuation periods at sites, when volunteering may be on pause for a period of time. We appreciate each individual's circumstances, and that you are doing what is right for you.

We thank you for the immunisations you are having, and for sending through your records. See more about these requirements on page 5.

Continuing the 'thank you' theme, normally in this edition we include our May dates for getting together and celebrating volunteers and volunteering. However, we are unsure what this will look like this year, and what will be possible. We will let you know!

We have a new article edition called 'Insight' on page 9. This time, Hannah Coelho, Resthaven Mitcham Manager Residential Services, shares with us their COVID preparation and outbreak experience in the memory support area.

As part of our new 'Insight' feature, let us know who you would like to hear from at Resthaven; this might be a Physiotherapist or a Palliative Care Nurse Practitioner, a resident or client.

Let's keep chatting over the page...

The Joy of **A**nimals



Above: Mrs Dorothy Best feeds a calf at Resthaven Marion.

Below (from top right): Mrs Sylvia Newlands, Mrs Anne Downing, and Mrs Anne Arbon of Resthaven Craigmore enjoy quality time with lambs, baby goats, and rabbits.

Spreading Joy

With the COVID-19 pandemic continuing to impact our lives, it is important to spread positivity wherever possible—and what could bring more joy than animals?

Residents across several Resthaven homes have enjoyed visits from 'travelling farms', where they can touch and pat the animals. You can see the joy it brings to their faces in these photos.

All visits are held in a COVID-safe manner.





Quarterly Newsletter for Resthaven Volunteers

Statement of Purpose

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

Our Values

- Trust
- Dignity
- Choice

Resthaven acknowledges the traditional owners of the lands on which its services are delivered. We pay our respects to elders past, present and future.

Resthaven is a richly diverse community, founded on the principles of inclusion and unity, embracing and respecting each person's beliefs, culture, language, sexual orientation, gender identity, lifestyle, life experiences and values.

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Hello! (continued)

We love how many of you are involved in the multicultural events held with residents and clients.

We have included some of the upcoming significant cultural dates on page 11, and encourage your ideas and suggestions.

We are a wonderfully diverse group of people. I really enjoyed reading a recent piece by Rev Nina Corlett-McDonald, Coordinating Chaplain with Resthaven Leabrook and Murray Bridge, where she talks about diversity and Easter.

Nina says: 'In the stillness, I can pause and remind myself that I am only one person, but special and unique. I am one of many special and unique individuals. Like the breeze around me, change is certain. But, together, we are like pieces of a puzzle that create beauty around us.'

Easter means different things for each of us. In the words of Nina, 'May you know some peace amidst the chaos, and the hope that the Easter season brings, when we are the agents of peace, grace and love'.

Bona Pasqua!
(‘Happy Easter’ in Italian)



Stacey Thompson
Manager,
Volunteer Services

What's the Buzz?



Volunteer 'Pack n Chat': COVID-Style

Volunteers have been 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 – whilst these were on pause. This has been such a great support for sites and greatly appreciated.



From the CEO

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 4.

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 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 more than 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.



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

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. Volunteer, Peter Johninke, took the collection to Uniting Communities. Hampers were distributed to around 120 families prior to Christmas to bring a little joy to those in need.

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

Residential **Services** & Retirement **Living**

Staff Welcomes

We welcome Belinda Willshire to the role of Manager Residential Services at Resthaven Leabrook, following Mark Bednall's promotion 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 is based at On Statenborough.



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 as a casual Project Officer.

Finally, 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.

Retirement Living

As mentioned in the CEO's update, 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. It represents the next investment in Resthaven's retirement living portfolio, following the acquisition of On Statenborough in July 2021.



Above: Steve Aspinall (CEO, KeyInvest) 'shakes hands' with Darren Birbeck (CEO, Resthaven).

Below: Darren with Chiton residents.

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



Tina Cooper

Executive Manager,
Residential Services
& Retirement Living



Community Services

Staff Movements

Following Franco Parenti's move to Resthaven Community Respite Services, Louise Kennewell has been appointed Manager Resthaven Western Community Services. 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.

I look forward to working with this team of fantastic leaders as we get into 2022.



Sue McKechnie

*Executive Manager,
Community Services*

Easter Trivia

When is Easter?

Easter in Australia takes place on a different weekend each year. The date of Easter Sunday can fall any time between 22 March and 25 April, taking place on the first Sunday after the first full moon following the Spring Equinox (in the Northern Hemisphere). This year, 2022, the Easter weekend will start on 15 April.

Why do people eat eggs at Easter?

Early Christians used eggs as a symbol of the resurrection of Jesus on Easter Sunday. Traditionally, Christians practicing Lent would abstain from all animal products leading up to Easter and then eat eggs during Easter celebrations. This is where the Easter traditions of hard-boiling eggs and decorating them began.

Source: <https://thechampagnemile.com.au/easter-in-australia/>

Just for Laughs... A garden with a difference!



Don't forget: onions repeat and the brocollies.

Don't leave the garden gate open, otherwise the spinach leaves.

I promise not to tell secrets in the garden, unless you lettuce.

The swedes are waiting for the parsnips to turnip.

Don't share secrets in the garden, unless the onion rings.

If you upset them, the carrots can be a bit pointed.

Tomatoes and basil make a good pear.

Talking whilst eating in the garden might cause you to artichoke.

Where do veggies eat?
At vege-tables!

What does the wasabi say to the bee? 'Wa-sup-bee?' (the person who came up with this said they were being a bit of a dill).

Scraping the bottom of the compost barrel (with some of the puns).

Building Update

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. The Auditorium (right, before and after) has now undergone a complete makeover, with the timber truss beams stained to a darker walnut finish, and the rest of space featuring modern, neutral colours.

A chapel space has been added, giving residents a focal point for regular worship services and special events.

The full 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, workforce room and service areas.

Resthaven Community Respite Services

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



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 with 16 staff workstations.

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



Resthaven Mitcham

Work on repairing damage from an electrical fault is underway.

Solar Panels Project

Finally, a new project is being initiated to look at 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!

Emmet O'Donovan

Manager, Buildings and Capital Projects



Strategy & Governance

Hello,

Welcome to 2022! I have wondered lately what we all talked about before COVID-19, vaccinations and RATs. The weather must be feeling slightly neglected at the moment!

I also reflected a lot on kindness. It's interesting how, when times are hard and we need kindness the most, there isn't time for it. If you're feeling a bit flat, take a minute to show someone a bit of kindness. One our or Chaplains shares his reflections at right.

Latest Achievements

Our incredible organisation has achieved a lot, despite the relentless challenge presented by the pandemic. In the last six months, in addition to supporting more than 13,000 people, we:

- Employed 614 staff—a more than 40% increase compared to this time last year—taking us to nearly 2,900 staff.
- Increased customer numbers by around 6%, mostly due to more Home Care Packages.
- Tackled major sector reforms such as improved payment arrangements in Home Care, SIRS level 2 reporting, revised/new national quality indicators, daily supplement reporting, and revised financial reporting to the regulator—all on top of our daily ongoing tasks.
- Undertook market research indicating that our new advertising campaign had positive impact.
- Transitioned 'On Statenborough' Retirement Living Village into 'Resthaven', a collaborative effort across the organisation.

There is always more to do, but it is good to pause and reflect on all that has been achieved.

The Little Things

I hope you have seen the 'little things' posters showcasing the wonderful things that our people do. We have received more than 30 submissions about the little things you do every day that make a real difference to the lives of residents and clients.

It may be a big, genuine smile (when we can!), remembering how someone has their tea, asking them about how their family are, unpicking their knitting, or sending photos to loved ones who can't visit.

There are just so many fantastic examples of thoughtfulness and kindness. Look out for more as we share them, and please continue to send us your stories by emailing littlethings@resthaven.asn.au.

Thank you

I have been with Resthaven for a little over 12 months now, and continue to feel incredibly fortunate, with our great reputation as a provider, our sound financial backing, and above all because of our wonderful people.

I am continually amazed by the unwavering commitment and kindness you show for the people we support. Resthaven people make you want to be a better person.

Thank you again for all you the incredible things you do.



Erika Comrie
Executive
Manager, Strategy
& Governance

Chaplaincy

'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



Volunteer Projects

We are grateful to all Resthaven volunteers, for your patience and consideration, for reconvening when it is okay to be onsite, and appreciate those who are waiting a bit longer.

Naturally, over the last couple of years, with the stopping and starting of restrictions across the sites, we have not actively engaged as many new volunteers as we normally would.

We are looking forward to activating this space this year!

We are excited about two Internal Research Projects we are running, both of which align with connecting with more volunteers.

One project aims to harness the full potential of the Resthaven community and networks for connecting and attracting more volunteers across all services. The second project focuses on exploring volunteer engagement opportunities in Resthaven Community Services.

For both projects, we will engage and co-design with stakeholders.

If you have a particular interest in either of these projects, please make contact with Volunteer Services. Phone 8373 9036, or email volunteer@resthaven.asn.au, or email Project Officer, Julie Khune, directly: julie.khune@resthaven.asn.au.

Volunteers: Leon & David



Above: Volunteers, Leon and David, at their site 'Beeing Together' Thank you event in May 2021.

Resthaven Bellevue Heights has welcomed back volunteers, Leon and David, who facilitate the Men's Group.

Like many volunteers across Resthaven, David and Leon were on a break over Christmas, then their return was delayed due to COVID-19. They have been missed.

Leon, David, and the gents of Resthaven Bellevue Heights were very happy to see each other again. They enjoyed getting back into the flow of the group, and catching up on what's been happening.

David started volunteering with Resthaven five years ago, and, a year later, Leon joined. Together, they make a great team!

Leon is an Apiarist, and has brought in honeycomb and honey for tasting and discussion. It is appropriate that Leon and David are pictured with the 'beehive' in the background at the 2021 May Volunteer celebration, '**beeing**' together again.

The 'show and tell' dynamic of the Men's Group, and the themes

explored, have evolved over time, encouraged by David and Leon's homework and gathering of topics and information between sessions.

Topics are fuelled by the interests and hobbies of group members, and information gathered during individual visits when the group format wasn't possible.

Rather than meet each time in the Auditorium, each month they now meet up in different areas of Resthaven Bellevue Heights.

Lifestyle Coordinator, Susan Klus, describes the time when there was a solar eclipse, and Leon described and explained this and other environmental events using the whiteboard.

Meanwhile, David often shares his knowledge about Australian inventions and events. On 24 January 2022, his talk was about the Australian Open Tennis Tournament—very timely.

This is one of many volunteer stories across Resthaven.

Thank you to David and Leon, and all Resthaven volunteers!

Insight

Hannah Coelho, Manager Residential Services, Resthaven Mitcham

Hannah shares her insight into the learning and preparation they undertook at the home in their memory support area during this COVID-19 period.

Mitcham's COVID-19 Experience

In preparation for a potential COVID-19 outbreak in the Resthaven Mitcham memory support area, the Mitcham team undertook a 'mock trial' in late 2021. The aim of the trial was to provide practical experience, and identify and adapt practices should an outbreak occur. This was timely when the outbreak management plan was enacted in December of that year.

The trial had highlighted practical issues, such as the best way to transport and dispose of Personal Protective Equipment (PPE). Staff put together PPE packs, and the amount of waste quickly showed the need for larger waste bins.

Regular communication plans were already in place for family and staff, and out of this grew the development of a resident circular communication, regularly as required. Additional designated staff were also rostered for the memory support area.

Due to the difficulty of recognising people in full PPE, we also introduced laminated staff photos. These were worn by staff, and held up prior to entering a resident's room. Other measures included adapting the setting and physical features of the area, such as removing dining tables to assist in the encouragement of and need for residents to enjoy their meals in their rooms.

Individualised resident activities were held, and, where possible, individual garden walks were arranged. It was a great effort by the site team, and I am grateful to them all.

A Little About Hannah...

Hannah joined Resthaven in August 2020, having worked in the aged care sector for almost



20 years, with 13 of those years nursing. She is mother to two boys, and loves cooking up a Portuguese feast. Prior to coming to Resthaven Mitcham, she was a Manager with another aged care organisation, and had an aged care consultancy business.

She is very passionate about aged care, and is a valued member of the Resthaven community.

Dementia Awareness

Here are some tips from Dementia Australia about activities for people with dementia. For more, visit: www.dementia.org.au.

Enjoyment doesn't need memory

Whilst abilities can vary depending on a person's age or stage of dementia, keeping involved and active in the things people enjoy is extremely important. Rather than giving up on hobbies and interests that are becoming difficult, it may be possible to modify the activity.

Activities for relaxation

It is very important to keep enjoying anything that gives meaning to one's life or provides a sense of pleasure or relaxation.

Many people enjoy creative hobbies such as playing a musical instrument, knitting or painting. Others enjoy social contact, so it is important to keep this up as much as possible. A person with dementia may enjoy an outing, even if they may not remember where they have been. What is important is that the moment is enjoyed.

Don't allow activities to reinforce inadequacy or increase stress

Abilities can fluctuate from day to day. Activities can be adapted and tried another time if not successful or enjoyable.

Simple and unhurried activities that are meaningful are best

Give the time and space necessary to allow the person to do as much as possible. Focus on one thing at a time. Break down activities into simple, manageable steps. Communicate one instruction at a time.

Prepare a safe working area

People with dementia often have difficulty with visual perception and coordination. Ensure that surfaces are uncluttered with few distractions and noise.

Source: www.dementia.org.au

Work Health & Safety

Manual Handling

Manual handling is any form of lifting and carrying, including using force to push, pull or hold something.



We all engage in 'manual handling' every day. It includes when we pick up a ball, clean the bath, go shopping, sit at a desk, and hundreds of other daily tasks.

Before you undertake a manual handling task, ask yourself:

- How heavy are the items you have to move?
- How far does the load need to be carried?
- How much bending and twisting will there be?
- How repetitive will the task be?
- Does the job need two people, or the use of trolleys?

Tips on how to bend, lift and carry safely:

- Keep feet shoulder width apart
- Bend at the knees (not waist) and stick out your bottom
- Keep the load small and close to your body (arms/elbows in)
- Coordinate with the person helping you
- Avoid twisting your body; move your feet first.

Remember:

- Only carry as much as feels comfortable for you
- Maintain spinal curves and good posture
- The squat position is best when you need to bend low
- Utilise equipment (ie trolleys)
- Ensure you have adequate space, lighting, and height of work surface
- Do not stand on tables, chairs or ladders to reach heights
- Don't rush
- Take regular breaks (including from sitting).

Helping People

We do not require you to lift or transfer residents or clients. This includes taking the part weight of people, for example, taking someone by the arm, or helping someone out of a chair. This is the responsibility of direct care staff, including nurses and personal care assistants, who have been trained to use specific lifting techniques and equipment.

Avoid the temptation to help people out of a chair. This can inhibit a client/resident's ability to maintain their mobility and independence, and you are at risk if the person loses balance. You will not be able to hold them, so two people may potentially be injured.

If a client/resident requires assistance, seek care staff.

Immunisation: COVID-19 and Flu

COVID Booster: As you receive your COVID-19 booster jab, please send a copy of your record to Volunteer Services. We have received quite a few, however there are some yet to come through. If you have any questions, please contact us.

Influenza 2022: The flu season will soon be upon us. It is expected that the vaccine will be available from 1 April, 2022. We don't yet know the flu vaccination requirement date, however, last year it was 1 June 2021, so it is likely to be similar in 2022.

Please send your vaccination records to Volunteer Services, by **one** of the following methods:

- Email: volunteer@rethaven.asn.au, or
- Text photo to: Ange Snowball on 0429 085 797 or Stacey Thompson 0488 105 510, or
- Ask Reception to forward a copy to Volunteer Services via the internal mail system. Thank you!



Right: CEO, Darren Birbeck, receiving his 2021 vaccinations.

Just for Laughs...

This sign was spotted in a library—sums up the last few years nicely!



Face Masks: Safety Information

Face masks are mandatory at all Resthaven sites. However, they are only effective if worn and used correctly.



Please read the following tips to ensure that we are keeping Resthaven residents and clients, and each other, safe.

- Before putting the mask on, wash your hands for at least 20 seconds with soap and water, or use hand sanitiser.
- If using a surgical mask, ensure that the white side is toward your face, and the coloured side is facing outwards.
- On one edge of the mask you feel a wire, this is the side that is for shaping to the bridge of your nose.
- Do not twist the loops around your ears, as this creates a gap at the side of your mask and therefore does not ensure a close fit to your cheeks.
- Make sure the mask fits snugly under your chin, over the bridge of your nose and against the sides of your face.
- Change your mask if it becomes moist or soiled.

While wearing your mask, it is important to:

- Not touch the front of your mask EVER while wearing it – the virus can be on that surface of the mask. If you do accidentally touch the mask, wash or sanitise your hands immediately.
- Not allow the mask to hang around your neck, hang on your ear, or place the mask on the top of your head.
- Not allow the mask to sit under your nose.
- Not remove your mask for photos or to speak to people.
- Ensure that, if you are eating or drinking, you remove your mask safely, as described below.

Removing/disposing of masks:

- Remove your mask by handling only the ear loops or ties.
- If using a single-use mask, do not re-use it. It should be thrown away immediately after being removed.
- Wash your hands for at least 20 seconds with soap and water, or use hand sanitiser.
- Dispose of mask into a bag or lined bin (NOT a recycling bin). Please cut the ear straps first.

Thank you for following these guidelines to keep each other safe.

Follow Resthaven on Social Media

Resthaven's social media channels and website are a great source of information. We advise on important industry details, showcase resident, client, staff and volunteer stories, and promote job and accommodation vacancies.

Please follow us and keep up-to-date with all the site happenings.

Share your stories with your friends, and suggest they also consider becoming a volunteer!

Resthaven website:
www.resthaven.asn.au/volunteer, or phone
8373 9036 or 8373 9092.



Diversity

Upcoming Significant Dates

Resthaven celebrates many culturally significant dates and events. Below is just a selection of those coming up in the next few months. Do you have any ideas about how you'd like to celebrate? Share them with your team!

March

- 1 Shrove Tuesday
- 2 Ash Wednesday
- 4 World Day of Prayer
- 8 International Women's Day
- 10 Palm Sunday
- 15-21 Harmony Week
- 17 St Patrick's Day
- 17 National Close the Gap Day
- 18 Holi (Festival of Colours)

April

- 3 Start of Ramadan
- 15 Good Friday
- 17 Easter Sunday
- 18 Easter Monday
- 25 Anzac Day

May

- 3-4 Eid al-Fitr (End of Ramadan)
- 12 International Nurses Day
- 16-22 National Volunteer Week
- 17 International Day Against Homophobia, Biphobia, Intersexism and Transphobia (IDAHOBIT).

Happy Easter!

Priscilla de Pree

*Project Officer,
 Multicultural &
 Diversity*



Out & About



Site Filming Day

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

Several volunteers were happy to participate (below), showcasing the wide range of ways in which they support the site.

They all did a wonderful job!



'Santa's Den'

Throughout December 2021, Resthaven Aberfoyle Park set up a 'Santa's Den' in the hall, where residents could have their photo taken with 'Santa' (volunteer, Kay). Volunteers, Linda and Liz, and Lifestyle Assistant, Jojo, were the 'elves'. We hope everyone enjoyed the Christmas photo booth!



Christmas Lights

In December 2021, the Resthaven bus travelled all over Adelaide to see the Christmas lights. Resthaven Leabrook residents (right) visited Ninth Avenue, St. Peters, Paradise, Woodforde, Rostrevor, Woodforde Ward, Joslin, College Park, Victoria Square, and Adam Street Reserve. Residents had lots of fun, wearing Santa hats, enjoying carols, and reminiscing.



Pancake Day

Pancake Day fell on Tuesday 1 March 2022 (Shrove Tuesday). Each year, many Resthaven sites enjoy pancakes and raise money for UnitingCare (Resthaven is a community service associated with UnitingCare). This year, as in 2021, events were affected by the COVID-19 pandemic. However, many sites were still able to hold events in adapted format. Festivities at Resthaven Community Respite Services 'Ridgway House' are pictured left.