

# Resthaven Review



*Resthaven*  
Incorporated

Winter 2022 | Volume 31 | Issue 2



## In this issue

**Respite cottage opens at Aldinga**

**The man behind the Umpherston  
Sinkhole Gardens**

**70 year wedding anniversary**

## From the Editor ...

Hello all,

The weather is cooling down, and the trees are bare. It's perfect weather to curl up in a comfy chair and enjoy this edition of the 'Resthaven Review'.

With Anzac Day just gone, this edition includes a fascinating veteran story on page 26, and current-serving members of the Australian Defence Force on page 27. The ADF teams did a great job in supporting the residents of Resthaven Mount Gambier. We honour the service of all veterans, young and old.

Six centenarians also share their stories in this edition, on pages 10, 11, 13, 18, 23, and 24. As Mrs Richardson says on page 11, 'always look on the bright side'.

On page 14, the Resthaven Marion Community Service 'men on the move' have taken a (train) trip down memory lane.

On page 15, a garden donation was much appreciated by Resthaven Northern Community Services. The garden theme continues on page 28, with a Resthaven Murray Bridge resident showing off her 'green thumb'.

Heart-warming tributes to Mother's Day can be found on pages 19 and 30, and a 70th wedding anniversary is featured on page 25.

Finally, with International Volunteer Week from 16-22 May, two inspiring volunteer stories appear on pages 9 and 29.

So, sit back, relax, and put your feet up on your favourite footstool, and read all about what's happening across the Resthaven community.

We'll see you in spring!

*Resthaven Public Relations Team*



## From the CEO

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

Hello everyone,

My ongoing thanks to all Resthaven site communities for your patience, as we continue to navigate the challenges of the COVID-19 pandemic.

Reported daily COVID-19 cases remained high throughout April/May, which had a significant impact on our workforce. I thank the staff teams for their hard work, and residents, clients, and families, for supporting them during this time.

## Vaccinations

Thank you also to everyone who has received their COVID-19 booster vaccination.

It is now time to have your annual influenza vaccination. Resthaven funds flu vaccinations for staff and volunteers aged under 65 years. Thank you again for having your vaccinations and for helping to keep Resthaven and Australia safe.



## Federal Election

It's one year on from the Royal Commission and we still haven't seen the changes we need to set up aged care for decades to come. In preparation for the federal election on 21 May, we geared up our advocacy via the collaborative campaign, 'Time to Care About Aged Care'.

Without action, aged care will continue to feel the pressures and older Australians won't get the care they deserve. We encourage you to sign the online petition. Visit the website:  
[www.careaboutagedcare.org.au](http://www.careaboutagedcare.org.au).

## Industry News

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.

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 legalisation, yet it is not yet clear when the Federal Parliament will finalise the changes. The delay may influence the timing of the additional funding.

The Federal Government's second Aged Care Bill was not passed by the previous Parliament. The Labor Party now has the opportunity to re-present the Aged Care and Other Legislation Amendment (Royal Commission Response No. 2) Bill 2021 to parliament for endorsement.

This could result in delays to two significant reforms that will potentially increase the funding for providers: the rollout of the

Australian National Aged Care Classification (AN-ACC) funding model in October, and the establishment of the Independent Hospital and Aged Care Pricing Authority, which was due to give its first pricing advice from 1 July 2023.

Early indications are that funding for Resthaven under the new instrument could be increased by almost \$20 per resident per day. This additional funding will enable us to expand rosters to meet the target care minutes proposed by the government. This is a great outcome for residents and for Resthaven. We are currently investigating how these changes can be implemented in readiness for the commencement of the new tool in October 2022.

We continue to advocate at a national level to ensure that Resthaven is funded fully for the care minutes that are provided.

The 'Support at Home Program' is currently planned to be introduced in July 2023, and will consolidate current home care programs including the Home Care Package Program, the Commonwealth Home Support Program, and the Short-Term Restorative Care Program. It is a key element of the Australian Government's response to the Royal Commission into Aged Care Quality and Safety.

The 'Support at Home Program' will bring significant changes to the way home care services are delivered and funded.

## Looking Forward

Thank you again to all Resthaven residents, clients, families, volunteers and staff, for the important contribution that you make every day to our vibrant site communities.

Stay warm and well over winter, and take care until next time.

*Darren Birbeck*  
**Chief Executive Officer**

*Pictured front cover: Mrs Patricia Griffin enjoys the new respite cottage at Aldinga Beach.*





## Residential Services & Retirement Living

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

### Retirement Living

I would like to take this opportunity to introduce you to the Resthaven On Statenborough staff team. These dedicated staff support the daily lifestyle of around 150 'On Stat' residents. Welcome to the Resthaven family!

*Right (L-R): Layla Mignone (Manager Retirement Living), Felicity Allery (On Stat Clerical Assistant) and Geoff Jennings (On Stat Maintenance).*



### Aged Care Quality & Safety Commission

Since the new year, the Aged Care Quality and Safety Commission has undertaken three Infection Control Assessment audits; at Resthaven Mount Gambier and Marion in February, and then Paradise in March. All of these audits went well, and no issues were identified. During March, Resthaven Aberfoyle Park completed their three day re-accreditation audit, with all standards being found compliant, and a further three year accreditation period confirmed.

### Staff Changes

With movement in roles in residential services, we have seen some of our current Managers Residential Services transfer to other residential sites. With Terry Kirkwood moving away from the Manager role at Resthaven Malvern to a Project Officer position, Jess Margrate moved from Resthaven Westbourne Park to Malvern.

### New Site Phone Numbers

Due to an external infrastructure upgrade, the phone numbers for Resthaven Murray Bridge and Resthaven Mount Gambier will soon change. The existing phone numbers will remain divert to the new number for 12 months. The new numbers are:

**Resthaven Murray Bridge**  
**(08) 8532 9800**

**Resthaven Mount Gambier**  
**(08) 8726 3400.**

The newly appointed Manager at Resthaven Westbourne Park is Kamala Sharma Paudel (right), who joined us following a move from interstate. At Resthaven Aberfoyle Park, Mia Brooks retired. As a result, Hannah Coelho moved from her role as Manager at Resthaven Mitcham to Aberfoyle Park. We are currently recruiting for the Resthaven Mitcham Manager role, and hope to announce a successful replacement soon.



Finally, at Resthaven Paradise, Cat Carroll also resigned from her role, and we are pleased to welcome Shani Liyanage as the newly appointed Resthaven Paradise Manager. Additionally, we have added a further Relieving Manager, with Carolyn 'Charli' Roe commencing with Resthaven in April.

I thank all those who have left Resthaven for their dedicated and caring service, and welcome the new leaders to their roles.

### Thank You

Residential services had a difficult and demanding time, due to the ongoing cases of COVID-19 affecting our residents and staff. I extend my sincere thanks to all our valued and important staff, whose work is important and valued more than ever during these difficult times. Thank you for your patience and understanding. You are our number one priority.



## Community Services

**Sue McKechnie**  
Executive Manager  
Community Services

### Respite

Resthaven offers support for carers through in-home respite at all locations, home-style day and/or overnight respite at respite cottages and centres, counselling, carer support and social respite groups, and residential respite at all residential aged care homes. See a list of all Resthaven Community Services cottage respite locations, right.

Our staff have been busy preparing our new day and overnight respite location at Aldinga Beach, which is now operational. 'Aldinga House', is located at 18 Halcyon Circuit, Aldinga Beach. An 'open day' was held on 12 May to show potential clients through.

The new Community Services office in unit 5 of the Harbor Traders Shopping Centre in Victoria Street, Victor Harbor, is now open (pictured right).



A cottage respite program will commence in the coming weeks at the adjacent Newland House, at 1 Newland Street.

### iSupport Project

The 'Partnership in iSupport' respite project, in which Resthaven is collaborating with Professor Lily Xiou and Flinders University, is due to commence the next round of research. Invitations will be sent to clients and coordinators to participate over the next six months or so.

The program is designed to improve quality of life and health for informal carers and people living with dementia by equipping them with the skills and knowledge to cope with the disease and their caring role.

## Community Services Respite Cottages

### Aldinga House

18 Halcyon Circuit, Aldinga Beach  
Phone: **8198 2060**  
[respite@resthaven.asn.au](mailto:respite@resthaven.asn.au)

### Hersey Cottages

6-8 Township Road, Marion  
Phone: **8198 2060**  
[respite@resthaven.asn.au](mailto:respite@resthaven.asn.au)

### Lane Cottages

Truro Avenue, Kingswood  
Phone: **8198 2060**  
[respite@resthaven.asn.au](mailto:respite@resthaven.asn.au)

### Limestone Coast Naracoorte

914-915 Pavy Drive, Naracoorte  
Phone: **8762 4389**  
[limestonecoastcs@resthaven.asn.au](mailto:limestonecoastcs@resthaven.asn.au)

### Regency Cottage

111 Regency Rd, Croydon Park  
Phone: **8345 0577**  
[westerncs@resthaven.asn.au](mailto:westerncs@resthaven.asn.au)

### Ridgway House

36 Sussex Tce, Westbourne Park  
Phone: **8198 2060**  
[respite@resthaven.asn.au](mailto:respite@resthaven.asn.au)

### Toorak House

61 Alexandra Ave, Toorak Gardens  
Phone: **8198 2060**  
[respite@resthaven.asn.au](mailto:respite@resthaven.asn.au)

### Newland House

1 Newland Street, Victor Harbor  
Phone: **8574 5111**  
[mbhcs@resthaven.asn.au](mailto:mbhcs@resthaven.asn.au)

*Please speak with your Coordinator to arrange a little respite, or phone the numbers above for more information.*



## Building Update

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

Hello everyone,

The year is flying by! As we travel along our slow path out of the COVID-19 pandemic, challenges remain regarding planning building activities. We continue to push on with our master program, within COVID-safe boundaries, with some new projects noted below.

### Resthaven Bellevue Heights

The new 12-place external extension to Correa and Waratah is nearing completion, and is scheduled to be handed over at the end of May. The new extension is pictured above right. The views out onto the gorge are fantastic. Stage 2 will commence in June, along with internal refurbishments. The transformation on site will be amazing.

The project will lead to the replacement of 32 rooms currently in the Grevillea and Manson Lodges, improvement to car parking and access, and upgrades and refurbishment works throughout. The project is scheduled to be complete in June 2023.

### Resthaven Westbourne Park

The design development process and detailed planning for the redevelopment at Resthaven Westbourne Park continues to progress. The scheme is developing central communal areas, including a central cloister courtyard. Construction is estimated to commence in the third quarter of 2022, and be complete in mid-2024.



*The nearly-completed Resthaven Bellevue Heights 12-place extension.*

### Solar Project

Planning and analysis at sites for our solar project will soon commence. Over the coming months, we will analyse the cost benefit of installing rooftop solar across Resthaven sites. This is the first step in reducing our carbon footprint.

### Resthaven Leabrook

I am excited to share that we are planning a new project at Resthaven Leabrook. Having upgraded the foyer, hall and entry area, the areas in Dorothy Wilson, Burnside, Godfrey, Mortimer and Shapley and Pearce require renovation to bring the site up to a consistent standard. Watch this space.

### Community Respite Services

The new respite cottage in Aldinga Beach will be a welcome addition to the community services suite. The upgrade works are now complete, and the respite service is now operational.

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

The new outreach office for Resthaven Murray Bridge, Hills & Fleurieu Community Services at Victoria Street, Victor Harbor, is now open.

Works continue to upgrade the house on Newland Street to provide respite for the area. It is anticipated that the respite service will be operational by late May for day and overnight respite.





## Chaplaincy

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



### From the Chaplain...

Rev Dr Bruce Grindlay, Coordinating Chaplain for Resthaven Aberfoyle Park and Marion, shares a piece with us, below. Thank you to Bruce, and our entire Chaplaincy team.

#### When I glance in the mirror I am taken aback – how did I get to this age?

It's a fact that many people don't want to face: with every tick of the clock, every one of us is ageing.



It feels scary, but it needn't be.

The longer I work for Resthaven, and the longer I have the privilege and delight of spending time with older folk, the more content I am about my own ageing.

I am in the position of having the luxury of spending significant amounts of time listening to the stories of many of the wonderful seniors in our residential sites. Amazing stories. Stories of struggle. Stories of grief and loss. Stories and stories.

It is said that being human and living our lives is all about change, and that's what ageing is, it's change over time. Although we cannot delay ageing, nor prevent the end of life, we can live our last days well.

The research that I am currently involved in reveals to me that the fullness of the life and experience of Resthaven (and I know I can be accused of bias) reveals that many residents become happier as they age with us.

There are brighter moods, and fewer symptoms of depression and anxiety than in younger people.

Part of that is due to the fact that when we recognise we cannot do all the things we used to do, we can actually focus on the things that are most important to us. For example, in these COVID-19 times, the joy of friendship with other residents. A sense of contentedness can be with us.

I'm not looking through rose-coloured glasses. I'm not saying that our last years can't be difficult. There can be various losses and health problems, and life is finite. However, it is a gift that we can receive and treasure.

So, when I look in the mirror and see my face, I know it is older. But it's me and I still have life to enjoy.

Amen.

**Rev Dr Bruce Grindlay**  
**Coordinating Chaplain**  
**(Resthaven Aberfoyle Park and Marion)**



## Retirement Living

*Layla Mignone*  
**Manager, Retirement Living**

### Cancer Council Morning Tea

The On Statenborough Social Committee, in conjunction with Janet Sheeky and her team from the Clubhouse Bistro, hosted a very successful High Tea as part of the Cancer Council's Biggest Morning Tea annual fundraiser.

The Clubhouse tables were decorated with fine china cups and saucers. Morning tea commenced with a glass of champagne and orange juice, followed by finger sandwiches, hot savouries, scones with jam and cream, and a selection of cakes and slices. Special thanks to Janet, Kelly, Leanne, Natalie and Meredith for supplying the delicious food on the day. Residents are pictured below enjoying the festivities.

A special mention also to the very generous sponsors for the raffle, including a number of On Stat residents, committee members, the Marryatville Hotel, and Tusmore Traders.

Thank you to the residents of On Stat and their guests, who generously donated funds to the Cancer Council, raising a total amount of \$1400.60. Well done!



### Chiton Residents Support Charitable Initiatives

Residents of Resthaven's newest retirement living acquisition, Chiton Retirement Living, are supporting women going through breast cancer treatment by creating Zonta Breast Care Cushions.

Resthaven Chiton Retirement Living resident, Mrs Marg Dent, has been a proud member of the Zonta Club of Fleurieu Peninsula since 1978, and explains, 'During the healing phase, the cushions have a very comforting effect on patients, especially when sleeping.'

Marg, pictured above (second from left) with fellow Chiton residents, says, 'Our club provides between 300-400 cushions to the Flinders Medical Centre each year, and we have been making them for approximately 24 years. Each package includes a small, handwritten card to wish them well in their recovery.'

The residents of Chiton are also supporting the 'Life in a Bag' charitable initiative this year, which gives hope to those doing it tough in the community. Residents have made bags, scarves and beanies to share with those less fortunate.

Thank you to the residents of Chiton for their help in supporting the southern Fleurieu community.





## Volunteer Services

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

Resthaven Bellevue Heights volunteer, Elaine Crettenden, has a long association with Resthaven, stretching back to 1988, when her late husband, Ron, was appointed as a member of the Board.

‘Ron and I were married in 1982,’ Elaine explains. ‘I had been interested in volunteering back then, I just didn’t have the capacity at the time.’

After the Crettenden’s moved to their home together in the Adelaide Hills, Elaine found a volunteer role at the Royal Adelaide Hospital. ‘Volunteering opened a door for me that had been shut, and that’s one of the greatest things about it.’

‘Ron was involved so heavily with Resthaven during his time on the Board, and he was fantastic with people. It made me want to put my volunteer services to work at Resthaven, too!’

When Ron retired from the Board, the Crettenden’s relocated to Elaine’s hometown of Devonport in Tasmania, where they stayed until Ron’s passing in 2012.

Three years ago, Elaine found herself returning to Adelaide, and to Resthaven, to volunteer once again. Elaine made the transition into retirement living at Resthaven Bellevue Heights: ‘It made sense for me to go with Resthaven, as I had been involved for so many years in a volunteering capacity, and I’m just a mere walk away from the residential aged care home.’

Elaine keeps busy with her local choir group, practicing each Tuesday, and calling the bingo each week at Resthaven Bellevue Heights.

‘Volunteering fills my soul, and gives me a sense of purpose, which is especially important to me now as I get older.’



## Happy 100th Birthday: Mrs Ruth Ross

On 22 February, Mrs Ruth Ross celebrated her 100th birthday surrounded by family in her home at Aldinga Beach.

Growing up on the eastern coast of the Yorke Peninsula in Ardrossan, Ruth has fond memories growing up with her three brothers and two sisters.

'My father worked in the Moonta mines – he has his picture in the Moonta museum! My mother stayed at home to look after us kids, she was a lovely lady and a great mum – always did everything for everyone.'

In the early 1940s, Ruth left school and began working at Hendon Munition Factory as a factory worker during war times. 'It was then that I met my first husband, Alick, who served in the war in Papua New Guinea. It wasn't long before we got married.'

'However, it wasn't until the war had ended in 1944, that we had our children – Colleen, then Bronte.'

After his service with the Australian Army, Alick found employment as a Postal Manager for the PMG (Post Master General). We bought our first home in Semaphore, and lived a good life there for a while. We enjoyed many family vacations – Aldinga Beach was always a favourite. We went all over, thanks to Alick's work benefits.'

'Life with Alick was wonderful, but short. We were all devastated when he passed. We always did everything together, so it was an adjustment for the whole family.'

*'It was then that I found a lot of joy in hobbies. I was always very sporty, so I got into hockey, and learned cake decorating - there is always joy to be found in life.'*



During the 1970s, Ruth met Charlie Ross, who would become her second husband.

'Charlie and I were married for 30 years – he was great with the children and he fit into our lives quite nicely.'

Looking back on her 100 years, Ruth reflects, 'It is important to not take life so seriously. I was always easy-going, but you must care for those around you, and you will lead a happy life.'

Now, Ruth continues to live independently in her home at her favourite holiday destination, Aldinga Beach, receiving fortnightly shopping services from Resthaven Community Respite Services.

Many happy returns, Mrs Ross.



## Happy 100th Birthday: Mrs Joan Richardson

### **'Always look on the bright side,' says Joan**

On 15 April, Resthaven Community Respite Services client, Mrs Joan Richardson, celebrated her 100th birthday surrounded by family and friends.

Growing up in Prospect with her parents and three siblings, Joan remembers the hardship of the Great Depression. Times were difficult then - hard work meant everything.

Joan's father worked for the Railways and no matter how hard times got, her mother always kept her family fed and healthy.

Joan was particularly fond of her school years.

'I enjoyed school, particularly English. When I left at 16, I found work as a shorthand typist.'

Joan continued working through the early years of the war, and in 1944, at St. Cuthbert's Anglican Church Prospect, she married Mr Norman Richardson, who was serving in the Royal Australian Air Force.

They began their married life in Glenelg, and when the war ended, welcomed their two daughters, Jan and Helen, who have been constant for Joan all these years.

*'Looking back on my life, I am so grateful to have had my two girls, who visit me every Friday. We have great fun together!'*

A special memory from Joan's life, is her time caravanning across Australia with her late husband, Norm.



'Once my husband retired, we purchased a caravan and went on our way! We enjoyed our adventures all around Australia.'

Now, Joan proudly remains living independently in a local retirement village in Adelaide, enjoying her many social events and activities. Joan receives fortnightly visits from a Resthaven Home Support Worker, who assists her to continue living independently.

On reaching her centenarian milestone, Joan shares the key to a long and happy life, 'Always look on the bright side'.

Thank you for your words of wisdom. Many happy returns, Mrs Richardson.



## Scenic River Cruise

Recently, Resthaven Limestone Coast Community Services clients enjoyed a relaxing, scenic cruise along the Glenelg River.

Manager, Karen Hammond, says,

'There was a 15-person cap on the boat, and with much interest, we ended up organising two separate cruises, one for clients from Millicent, the other for clients from Naracoorte.'

'Volunteer, Gina, drove the Resthaven bus to pick up clients one day, and the next day, we had a volunteer from the Lion's Club take the other group.'

Karen and her team were sure to make the outing extra special for clients.

'Each cruise lasts two and a half hours, so we provided lunch. Everyone enjoyed a huge buffet of cold meats, salads, and then hand-made fruit salad and cream, and of course, tea and coffee.'

Both groups enjoyed their time on the cruise, growing closer friendships within their social group.

'One client, Kevin, recalled the last time he was on a boat on the river which was, "far too long ago", and "can we please do this again? It has been the highlight of the month".'

'We would love to do something like this again for clients – stay tuned!'

Thank you to the team at Resthaven Limestone Coast Community Services for making this special day a great success!



## Happy 100th Birthday: Mr Kelvin Wegener

On 13 March 1922, Mr Kelvin Wegener was born on his family farm in the Barossa Valley, where he grew up with two brothers.

'My parents were strict, honest people – I learned a lot about life from them that I am grateful for.'

Mr Wegener walked two miles to school every day, until he graduated from Nuriootpa High School at the age of 17.

'After I finished, I stayed back at the farm full-time. I took over the sheep shearing, starting off manually, then I moved on to the electric shearers when they came about – much easier.'

Soon, World War II began, and Mr Wegener signed up to be a foot soldier.

'It was a lot of walking around, so I signed up for the Royal Air Force, and was employed as their spitfire mechanic.'

When the war ended in 1945, Mr Wegener returned home, claiming his soldier's block in Naracoorte, where he started up his own farm.

'I was so proud to have my own farm, and I got to work right away, with the knowledge I picked up from my parents.'

At the age of 25, Mr Wegener met a young woman, Betty Pomery, who would soon become his wife.

The newlyweds soon welcomed a daughter, Meredith, into their home on the farm.

'The three of us lived a great life together on that farm, it suited us quite well.'



When Mr and Mrs Wegener retired from their farm, they purchased a home in Victor Harbor, where Mr Wegener resides today.

'Life is peaceful here. I'm close to the beach, and Woolworths – I ride my gopher there every day, in between my visits from Resthaven.'

Mr Wegener receives home support from Resthaven Murray Bridge, Hills & Fleurieu Community Services, twice a day, assisting him to live independently in his home for longer.

'I feel very lucky to be here at my age. It is my home.'

Many happy returns, Mr Wegener.



# Train Trip down Memory Lane



*Above: Resthaven Marion Community Services client, Mr Geoffrey Eckhold-Simpson, enjoys a little train history at the Noarlunga Model Railroaders Club.*

On 21 April, Resthaven Marion Community Services social group, 'Men on the Move', were invited to join the Noarlunga Model Railroaders Club (NMRC) for the morning, as the first group since COVID-19 restrictions have been eased.

NMRC has been run by volunteer modellers since 1989, starting out from the shed of a member's house. Now, due to the size of the models, and community interest, they reside at 163 Old South Road, Old Reynella SA 5161.

President of the club, Denis Woolard, explained the importance of Resthaven's visit: 'Since 2020, we haven't been able to invite groups here like we used to. We have gotten used to bringing our display layout to others, such as schools, but it is difficult to do. It requires multiple trailers to transport, which often results in damage to our models. We were excited to invite the Resthaven group here to our base, where they can view everything that we have, and not just the mobile display layout.'

The volunteers of the club each utilise their skills to create the miniature layout of Adelaide's railway history, with some building the models, others painting, and then there's the complicated electrical work.

One client noted his special connection to the trains on display, being a local in the area.

'My wife and I bought our house in 1966, and I remember noticing the Duchess of Gloucester train going by, also referred to as the 526. I could see it pass from my front window each day,' says Mr Geoffrey Eckhold-Simpson.

'It is an interesting train, with an incredible history going back to 1945. My son and I grew an interest in trains because of it, so it is special to see it here today.'

Many clients commented on the memories of their favourite trains, sharing stories from days gone by amongst the group.

Thank you to the volunteers of the NMRC for a memorable experience.



# Garden Club Welcomes Donation



On 3 May, Resthaven Northern Community Services, welcomed a special visit from staff at Bunnings, Munno Para West.

As part of their Community Program, the team came along with much-needed gifts for the Community Garden Club on-site, to enable clients to continue the great work they have been doing.

Assistant Manager, Kelly Ainsworth, says,

*'The Bunnings team arrived with a cart full of goodies to spruce up our courtyard, and provided us with many winter veggies to grow, as well as some beautiful hanging pots and flowers.'*

'They even gave everyone new gloves, and left us with enough to keep everyone going as more and more gardening enthusiasts join!'

The event started with a lovely morning tea (pictured above), and everyone arrived early to prepare for the planting workshop, led by the Bunnings team.

'Clients, Margaret and Dawn, our founding Community Garden Club members, were delighted with the turn out, as everyone rallied to support the club.'

'Clients from our Men's Group and Games Group also participated in the event, popping in to show their support.'

'Everyone worked so hard to get this club up and running, so to have other clients join in the day meant so much to them.'

'The club was grateful for the kind donation offered by the Bunnings Community Program.'

'It was an amazing morning, sharing in the spirit of our social community!'

# Robyn Shares her Story



'The day I started working in aged care, is the day I fell in love with it,' says Home Support Worker, Robyn Jones.

'I have been working in the aged care sector for around 20 years, a lot of that being in residential care.'

'It's the conversations that I have with older people that has always appealed to me and is a big reason why I have never left.'

During her time as a personal care worker, her mother was diagnosed with dementia.

'I needed time off from my job to look after Mum, and I returned about six months later. Coming back, I needed more flexibility - that's when I found Resthaven.'

'A friend recommended Resthaven Onkaparinga Community Services, as a Home Support Worker. That was it!'

'Resthaven has always given me the flexibility I needed, but also, being in the role of Home Support Worker allows me to work around my life.'

Robyn recommends Resthaven to anyone looking for a fulfilling career.

'During my time at Resthaven, I have always been fully supported whenever I've needed to be, in my private life as well as my role as a Home Support Worker.'

'I have never experienced anything like this before in a workplace.'

'Of course, the best part about my job is the clients, and always will be.'

'They are all so beautiful, and they genuinely look forward to telling me about their week - I'm a chatter, so it works for me!'

Robyn's love of aged care has even persuaded those around her to get involved.

'My husband had a stressful job for years, and he said to me one day, "I want to do what you do".'

'It's been really great for both of us, and now we can take our motorhome out every two weeks if we want to!'

'As you get older, it's more about finding fulfilment in what you do, and I know I have found that here.'

## Find-a-Word

See if you can find these 'autumn' themed words in the table below! Solution page 19.

N	L	E	P	A	C	S	D	N	A	L	N	T	G
O	G	I	B	R	G	G	C	O	L	O	U	R	S
I	A	O	G	O	B	L	O	F	T	Y	C	A	F
U	R	T	N	H	T	R	R	O	N	S	H	A	M
L	D	S	C	A	T	A	I	E	N	R	A	T	S
S	E	E	R	T	L	E	N	S	G	D	N	H	M
U	N	R	U	V	A	L	N	I	K	U	G	U	O
N	V	O	E	I	C	E	T	I	C	R	I	N	M
S	V	F	A	B	I	A	R	I	N	S	N	D	I
H	R	R	U	R	G	V	E	M	V	G	G	E	S
I	M	R	T	A	A	E	O	U	R	A	V	R	T
N	N	E	U	N	M	S	R	A	I	N	T	R	Y
E	H	E	M	T	T	A	S	T	O	R	M	S	T
M	O	U	N	T	D	A	D	E	L	A	I	D	E

BRISK	<input type="checkbox"/>
LEAVES	<input type="checkbox"/>
VIBRANT	<input type="checkbox"/>
MOUNT	<input type="checkbox"/>
CHANGING	<input type="checkbox"/>
ADELAIDE	<input type="checkbox"/>
LIGHTENING	<input type="checkbox"/>
TREES	<input type="checkbox"/>
LOFTY	<input type="checkbox"/>
STORMS	<input type="checkbox"/>
COLOURS	<input type="checkbox"/>
MAGICAL	<input type="checkbox"/>
MISTY	<input type="checkbox"/>
LANDSCAPE	<input type="checkbox"/>
THUNDER	<input type="checkbox"/>
RAIN	<input type="checkbox"/>
AUTUMN	<input type="checkbox"/>
SUNSHINE	<input type="checkbox"/>
GARDEN	<input type="checkbox"/>
FOREST	<input type="checkbox"/>
BOTANIC	<input type="checkbox"/>

## Word Scramble

Can you unscramble these letters to make Resthaven locations? Solution page 19.

1. EAOLORKB	11. TBWRROEPSUKNEA
2. LPOTROTLIE	12. IDAAPERS
3. IREARBDUGRMV	13. THBEAZEIL
4. MEUGRMBNAOTI	14. WLGERA
5. YEBRFOREPKALA	15. ATYTNALBSRH
6. SIHELEEGBTHLUEV	16. TAORKSORGDAEN
7. REGAICOMR	17. ORCBARHTVIOR
8. NOAMIR	18. OGOLWA
9. MMCHIAT	19. RRECANOAOOT
10. MRNVLAIE	20. OIKWGDNOS





## Happy 100th Birthday: Mr Les Voigt

On 28 March, Resthaven Riverland Community Services client, Mr Leslie 'Les' Voigt, celebrated his big 100.

Growing up on his father's farm in Robertstown, in the mid-north of South Australia, Les developed his skills in handy work. 'We had a mixed farm on 640 acres, so we had a lot to do each day,' Les says. 'I enjoyed school, particularly maths, but I left after grade 7 to work on the farm full-time.'

In 1939, at the beginning of World War II, Les joined the Australian Army at 18 years of age. 'I started as a foot soldier, but soon transferred into transportation. A group of us would cart the goods to Alice Springs, a four-day trip, as there was no railroad back then.'

'After some time, I worked in petrol supply, going between bases where needed. I learnt a lot back then, and a lot about myself.'

During the war, a group of soldiers, Les included, camped out at Cheltenham Racecourse in Adelaide, and made their way over to the local dances.

'I met my dear Muriel – Mickie, we called her. She was with a group of her friends, and I was with mine, but they all caught the train and we both hung back. The rest is history.'

Les and Mickie married once the war ended, in 1946, settling down in a house of their own in Robertstown where Les worked for the local council. The family grew with four children, one sadly deceased, and then Les and Mickie decided to move to Adelaide for the kid's education and job opportunities.

'She did a great job at looking after our three children, and I got myself into the car business with Chryslers.'



Eventually Mickie also got a job at Chrysler Australia and Les and Mickie stayed there for the rest of their working life, Les becoming a 'leading man' and Mickie doing upholstery work.

'Mitsubishi took over then and gave us all a reasonable package to retire. I didn't mind though, I ended up doing handy man jobs here and there for a bit of extra cash.'

During this time, Les and Mickie had bought some land and built a shack at Wellington on the Murray River. Liking the river so much they eventually sold their house in Adelaide and moved to Wellington in 1982.

Les and Mickie's children had grown up, and so they bought a caravan, and travelled across Australia.

'This was the best time of our lives, we used to "chase the summer", and stay in Queensland during the miserable, winter months, and then go where the wind would take us.'

Mickie kept a diary of their travels, and when she passed away, Les took her notes, and started writing his autobiography, currently being printed for his family.

It was during their caravan trips that Les and Mickie decided to move from Wellington to Loxton in 1990 to be closer to the shops and doctors and still be on the river.

Sadly, in 2008 Mickie passed away and now, Les still resides in Loxton, having lived independently up until recently.

Les celebrated his milestone with friends and family at the Loxton Uniting Church for morning tea. Many happy returns, Mr Voigt.



# Gratitude on Mother's Day



## 'Puzzler' Solutions (from page 17)

### Find-a-Word:



### Word Scramble:

1) Leabrook 2) Port Elliot 3) Murray Bridge 4) Mount Gambier 5) Aberfoyle Park 6) Bellevue Heights 7) Craigmore 8) Marion 9) Mitcham 10) Malvern 11) Westbourne Park 12) Paradise 13) Elizabeth 14) Gawler 15) Strathalbyn 16) Toorak Gardens 17) Victor Harbor 18) Goolwa 19) Naracoorte 20) Kingswood.

The Resthaven Western Community Services team at respite house, Regency Cottage, produced a beautiful collage in time for Mother's Day on Sunday 8 May.

Coordinator, Rebbecca, says, 'Our board of positive thoughts was filled with Mothers Day sayings and thoughts. Clients and staff worked on this for two weeks, and it now takes pride of place in the passageway.'

Quotes included:

- *The first lady I loved was my mum.*
- *Mother and daughter from the start, best friends forever from the heart.*
- *My mum is like a good bottle of wine; she just gets better with age.*

'Watch this space for the next project commencing soon!'

Thank you for sharing with us, Rebbecca.



# Site Photography Day

In May, professional photography was undertaken at Resthaven Aberfoyle Park, to showcase the site, and its wonderful residents, staff and volunteers. Here are just some of the photos taken on the day. Well done, everyone!





# The Man Behind the Cave Gardens

Mr Kenneth 'Ken' Norton was born on 12 August 1929, not yet knowing the integral role he would play in the formation of the cave garden in the Umpherston Sinkhole in Mount Gambier.

The sinkhole was formed by geological processes over millions of years. Originally a limestone cave typical of the area, the limestone rock was corroded by seawater waves. The sinkhole was created when the chamber's roof collapsed. In 1886, the Umpherston Sinkhole was made into a sunken garden by James Umpherston, and had been a popular tourist destination. However, the garden fell into disrepair.

Ken was born and bred in the area, and grew a keen interest in South Australia's geology at a young age.

'When I completed my schooling, I took up a job within The Woods and Forests Department [now ForestrySA], but it was never just a job to me,' Ken explains.

Ken soon took interest in his department's idea of developing the sinkhole, which was full of dirt at the time, into the impressive ecosystem it is today.

This development turned into a 33-year project, one that Ken proudly led from start to finish.



'We started by cleaning it up and planting lots of greenery. I even planted the surrounding trees, which you'll find standing tall today.'

'Something you may not know - the reason you will only find hydrangeas in the garden, is because the possums don't like them - they ate every other flower we ever planted!'

The sinkhole slowly began looking more like Ken's vision, and the community became excited, with many offering their time over the weekend free of charge.

'The help was overwhelming, and much appreciated. Everyone could see the potential, and it became a community project that everyone enjoys today.'

Once the sinkhole was completed with lush gardens, pathways and benches, the community could enjoy weddings, awards, and many other special events, and is highly sought after by all who know the area.

Now, Mr Norton resides at Resthaven Bellevue Heights. He proudly remembers the Umpherston Sinkhole, and all he achieved within the Woods and Forests Department, sharing his story with great pride.



## Kezia Shares her Story



UniSA Occupational Therapy student, Kezia Norton, is thoroughly enjoying working in the role of Resthaven Craigmore Lifestyle Coordinator whilst she takes a break from her studies.

The six month contract position, covering a period of maternity leave, was the perfect opportunity for Kezia to gain aged care experience during her study break.

Kezia explains, 'I am excited to keep working in Lifestyle while I finish my degree. I can help older people with the knowledge I am picking up along the way.'

'Resthaven has supported my professional development by giving me this opportunity to extend my capabilities, learn more about aged care, and develop new skills and confidence.'

'Lifestyle makes a significant impact in the lives of older people.

Our program enables socialisation, boosts confidence, maintains and encourages mobility, and most of all, provides life enjoyment, which is so important in a person's overall wellbeing.'

Kezia chose to work with Resthaven as 'I am involved with the Uniting Church, and I used to volunteer at Resthaven Westbourne Park – I realised my connection to this organisation was already quite solid.'

'I encourage everyone, no matter your age and skillset, to consider a career in aged care – there are so many opportunities, and it's a truly fulfilling career path.'

Resthaven is committed to providing young professionals with the right opportunities to thrive at the beginning, and throughout, their careers.

Thanks for sharing, Kezia.



# Happy 100th Birthday: Mrs Margaret Young

## 100 Years 'Young'

On 21 April, resident, Mrs Margaret Young, celebrated her 100th birthday with family at Resthaven Leabrook.

Mrs Young was born in the Memorial Hospital in Adelaide in 1922.

'I grew up with three brothers and one sister, and my father was a doctor.'

She enjoyed school, excelling in her English studies.

'I graduated high school with Leading Honours - a big deal for my family and I at the time.'

However, English was not the only subject Mrs Young mastered throughout her life.

'After school, I took a year off to spend at home, helping my mother around the house.

'I then went to Adelaide University to study Physiotherapy, which I practised part-time, until I was about 50. I enjoyed this career very much and can still remember some remedial exercises.'

When Margaret was 23, she met her late husband, Mr Philip Young.



'Phil and I married the day the war ended in 1945, at St Andrew's Church in Walkerville.'

Philip was an Agricultural Scientist and had important work to do after World War II.

'People all over the world were struggling to find food, particularly fresh, healthy ingredients. Phil travelled across South Australia, assisting farmers to increase their production.'

'He was gone for six weeks at a time, leaving me with the children when they were quite young. It was a busy time for all of us, but I enjoyed cooking and cleaning for our children, Philip, David and Briony.'

As Mrs Young reaches her milestone birthday, she shares with us, 'Always look out for those you love – that is the only thing that really matters in life.'

Many happy returns, Mrs Young.

## Happy 100th Birthday: Mrs Mary Philp

On 9 May, Resthaven Malvern resident, Mrs Mary Philp, reached her 100<sup>th</sup> milestone – and she owes it all to her family.

‘We have always been close. I grew up in Port Adelaide with my parents, and my maiden aunts lived right next door!’

‘We had a great time together, all of us. Sunday nights were picture nights, and we would always purchase a great big cake from the store next to the theatre to take home. I always looked forward to Sunday.’

Mrs Philp also had a strong group of friends growing up, which lasted a lifetime: ‘There were five of us, and we were friends until they passed away in their late years. We met as young children at the local Congregational Church, as it was back then.’

Mrs Philp recalls fun with her friends over the years; one night, when she was 18-years-old, they all decided to go to the dance at the Embassy Ballroom in town.

‘All us girls were sitting in a line, waiting for the gentlemen to approach us – different times back then!’

My dear Alick came straight up to me and asked me to dance.’

Mrs Philp ran off with her friends before he could ask to see her on a date, but he saw her again at the pictures, and sat down next to her. ‘He wanted to walk me home, and I said, “If you want to walk with my parents, sure!”, and he did.’

‘He was an outgoing man - they got along right away, asking him to come inside for cake when we reached home. That was enough for me, and we married in 1941.’

During the war, Mrs Philp trained as a teacher, finding a passion in deaf education.



‘I taught reception to grade 7, and although I wasn’t supposed to teach, as I was married, they didn’t have much choice, as all the men were gone. Not Alick though – he was an engineer, who worked on the submarines.’

As an only child herself, Mrs Philp went on to have an only child, Barbara.

‘We are all very close, and until Barbara moved out with her own family, we all lived with my parents, who renovated the family home to fit us all.’

Now, Mrs Philp enjoys precious time with her close-knit family, who are celebrating milestones of their own.

‘Barbara reached 80 on 8 May, and Jane [granddaughter] reached, 50 on 20 April. We had a joint celebration at Barbara’s. What a year!’

Mrs Philp shares, ‘I’ve lived an exceptional life, and never went without anything. Always support those in need if you can, and cherish the family you have - you only get one.’

Many happy returns, Mrs Philp.



# 70th Wedding Anniversary

On 17 May, two residents of Resthaven Marion celebrated a significant milestone anniversary, and they are still as loved-up as they were 70-years-ago.

Mr Robert 'Bob' and Mrs Audrey 'Rae' Cocks met in 1950, at John Martins department store, where they both worked.

Mr Cocks remembers, 'We worked together - I was in sales, and she was the store's seamstress. I couldn't get my mind off her, so one day, I asked her to the pictures.'

Rae happily said yes. Although the couple couldn't remember what movie they saw, they remember how strongly they felt for one another all those years ago.

'We dated for a couple of years, before marrying at our local Congregational Church in Torrensville, on 17 May 1952.'



'My parents had a large property, and at the time, it made the most sense for us to move in with them. We all got along just fine.'

After many months of saving, Mr and Mrs Cocks were able to purchase the house from his parents, who were looking at downsizing.

'We loved that house and had already started making a life for ourselves there with our daughter and son. It was all timing, really.'

However, the couple didn't settle in their first home for long.

'I found employment with the Harris Scarfe's sales team, and I was a bit of a rover - I travelled to many different places around



Australia, often having to stay somewhere for a couple of years before moving on to the next place.'

Through Bob's work, the Cocks family were given the opportunity to live in Port Lincoln, Naracoorte, and Adelaide, with many family trips to Tumby Bay.

'We were very lucky to have that job. Our life was an adventure, and we have many photographs and memories throughout the different chapters in our lives.'

Now both aged 91, the Cocks are celebrating 70 years of marriage, residing at Resthaven Marion. Mr Cocks will celebrated his 92nd birthday in June this year.

'It is great to continue living together, even if only in the same building. Rae visits me upstairs, and I come down each morning and we walk to have breakfast together.'

'After all this time, we are still best of friends, and couldn't be apart.'

Happy anniversary, Mr and Mrs Cocks.

# A Veteran's Journal

Mr Neil Player Pearson was born in Pinnaroo, South Australia, on 3 August 1930.

He spent much of his life serving in the Royal Australian Air Force, and his daughter, Dian Naraniecki, shared his story with us through adapted notes from her father's journal, reflecting on his time in service. 'He typed it all up on his computer upon retiring, with the title, 'From Southern Cross to Concorde' says Dian.'

'His experience with planes started early,' explains Dian. 'In 1930, Sir Charles Kingsford Smith, MC, AFC, the great aviator who had previously flown from America to Australia, took up delivering Air Mail, and relatively short distance passenger flights during the Great Depression.'

'It was decided that Neil's mother would fly in the Southern Cross with 'Smithy' for her birthday, from Pinnaroo to Balaklava, in South Australia, and that baby Neil would also travel with her. Some sixty years later, Dad would fly in an equally significant plane, the Concorde, from New York to London, inspiring him to write his journal.'

'In 1948, when Dad turned 18, he joined the Royal Australian Air Force at Keswick Barracks in Adelaide, as Ground Crew, due to his colour blindness. This was the beginning of the Permanent Air Force.'

'He was sent to Laverton in Victoria for training, where he gained the Air Force nickname, "Curley" - this name stuck with him all 29 years of his time in the RAAF.'

'After training, he was posted to Wagga Wagga, Foresthill, to complete a Supply Course. On the completion of this course, he was posted to the RAAF Base at Point Cook.'

'He was soon posted to Woomera, where his squadron, No. 2 Airfield Construction Squadron, formed up to go to the Cocos Islands to build an airfield.'

'Early the following year, in 1952, he was posted back to Laverton, to lecture National Service Trainees.'

'One day, he received a call, asking if he would accept a posting to the Mediterranean. They sailed on 4 July 1952, on the Asturias.'

'During leave, Dad travelled to London for the Coronation of Queen Elizabeth. Afterwards, he drove up to Scotland.'

'A young lady, Avril Murray, was the receptionist where he stayed in Inverness; she had turned 18 the month before. They were engaged four and a half days later, marrying in St. Andrew's Church in Valetta, Malta, on 14 November 1953.'



Mr Pearson continued to be posted around the world for the next two decades, including in Thailand, Malaysia and Vietnam.

Dian recalls, 'While in Malaysia, he was transferred to 2 Squadron, and was posted up to Vietnam. He flew up by Hercules and landed at Phan Rang. He went to Cam Rahn Bay, to supervise the unloading of explosives from two ships, the Japarit and the Booneroo. At that stage, he was the only explosives qualified person in Vietnam.'

After serving in the RAAF for 29 years, Mr Pearson found employment with the South Australian Police Force, serving for 25 years before retiring.

Now, Mr and Mrs Pearson reside together at Resthaven Mitcham, soon to celebrate their 69th wedding anniversary. Thank you for sharing your Dad's story with us, Dian.

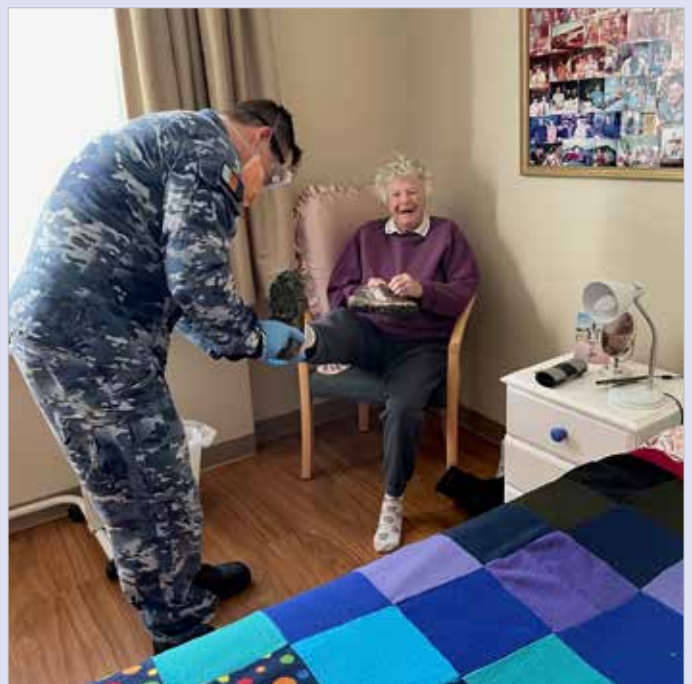


## ADF Support

With residential aged care facilities across Australia impacted by workforce pressures relating to COVID-19, the Australian Defence Force (ADF) continues to have personnel available to support them.

Resthaven Mount Gambier Manager, Belle Kerr, says, 'In early May, we were joined by a wonderful team of Airforce personnel, who supported a range of activities around the home, including bus trips, bingo calling, running meal trays, making Mother's Day packs, chatting with residents one-on-one, and assisting with daily touch point cleaning, just to name a few' (pictured this page).

'We were very grateful for their support, and residents thoroughly enjoyed their company. Thank you to all for making them feel so welcome onsite.'





## Betty's Balcony



The 'green thumb' of Resthaven Murray Bridge, Mrs Betty Preece, enjoys spending her days tending to the plants on the Riverview West balcony.

Lifestyle Coordinator, Soraya Fitzgerald, says, 'You can find Mrs Preece amongst the flowers every day, ensuring that they have had plenty of water and are getting enough love and light. Her efforts ensure that the balcony is a beautiful and relaxing place for all.'

'Lifestyle staff have taken plants to Mrs Preece, asking for help in bringing them back to life.'

'Thank you, Mrs Preece, for your hard work in making this a beautiful and relaxing space for all to enjoy.'





# Four Legged Volunteer, 'Shadow'

Resthaven Paradise's own canine volunteer, Shadow, 'barks' joy to residents each week, accompanied by his owner, and Resthaven volunteer, Russell Dahms.

'Shadow is my nine-year-old male Siberian husky, who loves meeting new people during our pet therapy sessions,' Russell explains.

'We started volunteering with Resthaven Paradise in July [2021]. The staff and residents have absolutely fallen in love with Shadow, and the feeling is mutual.'

'I discovered Shadow loves one on one, and group sessions with the residents. It is now at the stage where he sits by the gate, waiting to go to Resthaven Paradise! We will often visit more than once a week – he just loves it.'

'Occasionally, I take along some treats that the residents can give him, and he is always looking for them!'

Shadow is not the only cuddly volunteer making an appearance at Resthaven Paradise these days. 'My other husky, Flicker, is a two-year-old Siberian husky, crossed with poodle and Manchester terrier. She is quite shy, and so she only occasionally visits with us, and residents love cuddling her when she does.'

'It never ceases to amaze me to see the big smile on residents' faces when they meet the huskies, especially those experiencing memory loss.'



'A lot of residents used to own dogs themselves, and they particularly enjoy having a canine friend again.'

In speaking with Russell, Angela Snowball, Volunteer Services and Special Projects Support Officer, remarked, 'I can't believe how well you know your way around Resthaven Paradise!' Russell laughed and said it was Shadow who was leading him - Shadow knew where to go.

'One resident told me that on the days their family were unable to make it, a visit from Shadow and Russell becomes the highlight of their day,' Ange explained.

When Shadow and Flicker aren't visiting residents, you will find them enjoying long walks in Linear Park, or having a run in one of the local dog parks.

Resthaven welcomes new volunteers, not just the four-legged variety, to join the team. To find out how to volunteer with us, visit <https://www.resthaven.asn.au/volunteering-careers/volunteer/>

# Mother's Day 2022: by Margaret

*Resthaven Port Elliot resident, Mrs Margaret Drummond, recently contacted the site management to pass on a lovely interaction she witnessed on Mother's Day 2022. Thank you, Mrs Drummond, we appreciate your kind words for our hardworking staff teams.*

*"My room at Resthaven Port Elliot looks out on to the car park. On Mother's Day morning, I noticed children skipping happily about.*

*I then saw their mother—one of the kind and diligent staff members, who, to care for us, had left home before her family had wakened.*

*She had come to help care for us. Her children needed to see their mummy for ten minutes and tell her, 'they loved her'. They did. We love her too.*

*It was Mother's Day 2022—a lovely sight for an old grandmother."*

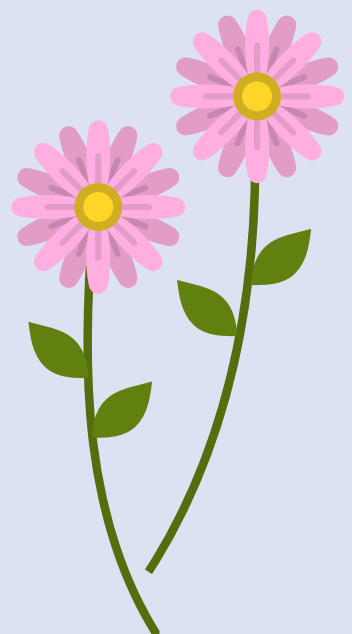
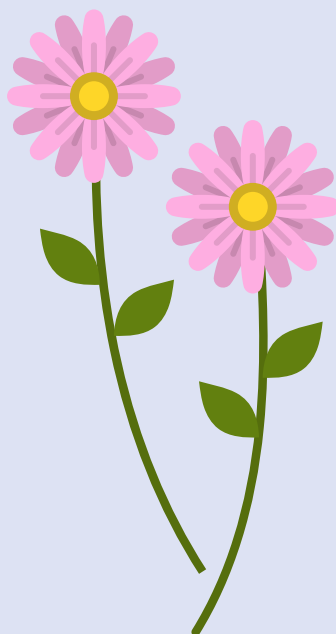
***Mrs Margaret Drummond, Resident***



## *'Only One Mother'*

Hundreds of stars in the pretty sky,  
Hundreds of shells on the shore together,  
Hundreds of birds that go singing by,  
Hundreds of lambs in the sunny weather.  
Hundreds of dewdrops to greet the dawn,  
Hundreds of bees in the purple clover,  
Hundreds of butterflies on the lawn,  
But only one mother the wide world over.

***Author Unknown***





# \$37m Site Redevelopment



A \$37m redevelopment of Resthaven Westbourne Park will soon commence, inspired by the innovative 'small house' aged care model, providing a more homely and personalised living environment to the 121 residents who call it home.

The redevelopment is the culmination of almost two years of planning and consultation with residents, staff, volunteers, and the local community.

Resthaven Manager Building and Capital Projects, Emmet O'Donovan, says, 'To ensure we were on the right track, we undertook stakeholder engagement and co-design workshops in late 2021, with residents and families sharing their ideas and suggestions.'

'These suggestions included traditional living spaces, more activities and games spaces, private dining areas, outdoor walking trails, and raised garden beds.'

'We incorporated this feedback into our designs, which have received very positive feedback from the site community and neighbouring residents alike.'

*Above: An artist's impression of the enclosed central garden area.*

'Along with increased car parking, the whole site will be upgraded, with a new entrance, café, hall and casual meeting/recreation areas surrounding a large central garden area with water feature, a variety of seating and a children's play area.'

'Sixty-eight of the original rooms will be demolished and replaced in stages through the construction of five new areas.'

'Wellbeing improvements, such as increased natural light and more external garden outlooks, will be incorporated into the design.'

'We are excited to begin this ground-breaking project, which is anticipated to generate over 100 construction jobs and take two years to complete.'

'This is a large investment in upgrading the amenities that Resthaven can offer, and we look forward to working together with our site communities on this major project.'

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

## Residential Services

### Resthaven Aberfoyle Park

100 Hub Dve  
Aberfoyle Park SA 5159  
Phone 08 8115 1600

### Resthaven Bellevue Heights

47 Eve Rd  
Bellevue Heights SA 5050  
Phone 08 8273 4400

### Resthaven Craigmore

200 Adams Rd  
Craigmore SA 5114  
Phone 08 8288 4800

### Resthaven Leabrook

336 Kensington Rd  
Leabrook SA 5068  
Phone 08 8139 6600

### Resthaven Malvern

43 Marlborough St  
Malvern SA 5061  
Phone 08 8228 6300

### Resthaven Marion

10 Township Rd  
Marion SA 5043  
Phone 08 8198 2000

### Resthaven Mitcham

17 Hill St  
Kingswood SA 5062  
Phone 08 8378 8999

### Resthaven Mount Gambier

24 Elizabeth St  
Mount Gambier SA 5290  
Phone 08 8726 3400

### Resthaven Murray Bridge

53 Swanport Rd  
Murray Bridge SA 5253  
Phone 08 8532 9800

### Resthaven Paradise

61 Silkes Rd  
Paradise SA 5075  
Phone 08 8154 8400

### Resthaven Port Elliot

3 Frederik St  
Port Elliot SA 5212  
Phone 08 8574 5100

### Resthaven Westbourne Park

30 Sussex Tce  
Westbourne Park SA 5041  
Phone 08 8228 6500

## Community Services

General enquiries phone: **1300 13 66 33**

### Resthaven Community Respite Services

31/12 Township Rd  
Marion SA 5043  
6-8 Township Rd, Marion  
36 Sussex Tce, Westbourne Pk  
Truro Ave, Kingswood  
18 Halcyon Cct, Aldinga Beach  
61 Alexandra Ave, Toorak Gdns  
Phone 08 8198 2060

### Resthaven Limestone Coast Community Services

17 Gordon Street  
Naracoorte SA 5271  
U914 Pavy Dve, Naracoorte  
11 George St, Millicent  
15b James St, Mt Gambier  
Phone 08 8762 4389

### Resthaven Marion Community Services

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

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

37 Swanport Rd  
Murray Bridge SA 5253  
9 Rankine St, Strathalbyn  
50 North Tce, Port Elliot  
1 Loveday St, Goolwa  
U5/68 Victoria St, Victor Harbor  
Phone 08 8534 2600

### Resthaven Northern Community Services

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

### Resthaven Onkaparinga Community Services

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

### Resthaven Paradise & Eastern Community Services

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

### Resthaven Riverland Community Services

7 Wilson St, Berri SA 5343  
Phone 08 8580 1400

### Resthaven Western Community Services

96 Woodville Rd  
Woodville SA 5011  
111 Regency Rd, Croydon Pk  
Phone 08 8345 0577

### Agedcare Alternatives:

*Free aged care service*

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

## Retirement Living

General enquiries phone:

**8370 3756**

### Chiton Retirement Living

2 Ocean Rd, Chiton SA 5211

### On Statenborough Retirement Living Village

Coopers Ave, Leabrook SA 5068

### Resthaven Bellevue Heights Independent Retirement Living Units (IRLUs)

47 Eve Rd  
Bellevue Heights SA 5050

### Resthaven Leabrook Apartments

334 Kensington Rd  
Leabrook SA 5068

### Resthaven Malvern IRLUs

43 Marlborough St  
Malvern SA 5061

### Resthaven Marion IRLUs

12 Township Rd, Marion SA 5043

### Resthaven Paradise IRLUs

61 Silkes Rd, Paradise SA 5075

### Resthaven Port Elliot IRLUs

50 North Tce, Port Elliot SA 5212.

Keep up to date and check  
out our socials! Find us by  
searching for 'Resthaven SA'.



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