

Resthaven Review



Resthaven
Incorporated

Spring 2022 | Volume 31 | Issue 3



In this issue

105th Birthday Celebration

45 Year Staff Milestone

21 Years of 'Keep Fit'

From the Editor ...

Spring has sprung!

Across Resthaven, buds are bursting to life, blossoms are appearing on the trees, and we are all enjoying spending more time outside.

As you can see on the front cover, the courtyard gardens of Resthaven Aberfoyle Park are amongst the many Resthaven sites gardens that are looking 'blooming' delightful.

The Resthaven community has been busy over the last three months. In Community Services, there's a 'sporting' theme this edition, with a footballing visit on page 12, a 'Lofty' hike on page 14, and 21 years of 'Keep Fit' classes on page 16.

In Residential Services, the pace is more stately, with a 'Pyjama Day' on page 22, Queen's Jubilee celebrations on page 25, and 'Christmas in July' on page 27.

Two volunteers talk about their volunteer roles on pages 23 and 26, and our volunteer celebrations feature on page 9.

We are always looking for more volunteers, so please encourage your friends or family to apply! Visit www.resthaven.asn.au/volunteering-careers/volunteer/ or email: volunteer@resthaven.asn.au.

As usual, centenarians abound, with seven clients and residents sharing their 100th milestone stories; see pages 11, 13, 15, 17, 19, and 20. On page 28, read all about Mrs Byass's 105th birthday!

It's a jam-packed edition, we hope you enjoy it, along with the spring weather!

Resthaven Marketing & Communications Team



From the CEO

Darren Birbeck, Chief Executive Officer

Thank You

On Sunday 7 August, we celebrated 'Aged Care Employee Day' across Resthaven. Many individual sites held morning and afternoon teas to thank the staff teams for all that they do.

Resthaven Board President, Mark Porter (pictured with me, above), was delighted to join in the celebrations to thank our staff for their hard work.

COVID-19

The Major Emergency Declaration in South Australia was lifted on 24 May 2022, after 793 days. However, all the requirements listed in the Emergency Management Direction for residential aged care facilities were transitioned over to the Public Health Act, essentially perpetuating the Emergency Direction. At the time of writing, COVID-19 restrictions have been eased in the community. This means that keeping aged care COVID-free has remained an ongoing challenge.

I sincerely thank you for your continued patience and commitment, as we navigate the ever-changing environment of aged care in a pandemic, and look towards a COVID-normal future.

Continued opposite page...

Resthaven Board

We are pleased to welcome Stuart Headland to the Resthaven Board. Stuart has significant experience in property development and planning. He is currently the General Manager SA and Built Form for Villawood properties.



A review of the Board Governance and Operating Framework resulted in a restructure of the board committees, including the addition of a Public and Customer Relations Committee.

Queen's Birthday Honours

On behalf of the Resthaven Board, I am extremely pleased to congratulate former Chief Executive Officer, Richard Hearn, on being awarded a Member of the Order of Australia (AM) for significant service to aged care and to the community, in the General Division in the Queen's Birthday 2022 Honours List. Congratulations, Richard!

Industry Updates

Along with COVID-19, a major challenge faced by our sector is ongoing sustainability.

On 2 August, the Australian Government passed the Aged Care and Other Legislation Amendment (Royal Commission Response) Bill 2022. The first legislation to pass in the new Parliament, the Bill implements nine measures to improve aged care and responds to 17 recommendations of the Royal Commission into Aged Care Quality and Safety.

The Bill establishes the Australian National Aged Care Classification (AN-ACC) funding model, which is on track to replace the Aged Care Funding Instrument (ACFI) on 1 October 2022.

We are very pleased that the new AN-ACC instrument will increase funding by around 10%. However, we are concerned that

the funding does not meet the cost of the additional hours of care required to meet the minimum minutes per resident per day. The Aged Care Royal Commission identified that funding of aged care, coupled with workforce shortages, are at a critical point, a situation that has been exacerbated by the pandemic.

The Bill includes a new Code of Conduct and banning orders, and extends the Serious Incident Response Scheme to all in-home care providers. It also extends the functions of the Independent Health and Aged Care Pricing Authority, along with several other transparency and accountability measures.

A second piece of aged care legislation, the Aged Care Amendment (Implementing Care Reform) Bill 2022, was introduced on 27 July and is before the Senate.

Departmental Name Change

From 1 July 2022, the Department of Health has been renamed the Australian Government Department of Health and Aged Care. The department's website address and email addresses will remain unchanged.

New Peak Body Formed

ACSA Australia has formally transitioned from Friday 1 July to the new Aged & Community Care Providers Association (ACCPA). This new peak body encompasses several other bodies to form one clear voice for the sector.

Finally...

We are inching towards spring and the warmer weather ahead. I don't know about you, but I can't wait!

Take care until next time,

Darren

Chief Executive Officer

Pictured front cover: Resthaven Aberfoyle Park Lifestyle Coordinator, Nav Kaur, and resident, Mrs Judy Haines.



Residential Services & Retirement Living

Tina Cooper
Executive Manager
Residential Services &
Retirement Living

Hello everyone,

As high numbers of COVID-19 in the community start to reduce, we hope that staffing availability begins to improve.

Our leadership teams continue to recruit staff to fill rosters. However, it is well known that COVID-19 has caused staffing challenges across the aged care sector in general. I thank you for your patience and support.

Staff News

I am pleased to announce the permanent appointment of Manager Residential Services for Resthaven Mitcham, Jessica Traeger. I also thank Charlie Roe, Relieving Manager Residential Services, for her time supporting the site during the recruitment process.



We have had a change at Resthaven Port Elliot, with Simon Blair stepping away from his Manager role to spend more time with his young (and growing!) family. Simon is staying on with Resthaven, joining the Workforce Development team as a Clinical Educator. Recruitment to fill the Manager role is underway. In the meantime, Aman Kahlon, Relieving Manager Residential Services, is capably leading the team.

Accreditation

We have already commenced our triennial round of re-accreditation (see page 10). From 17-19 August, Resthaven Craigmore received a visit from assessors from the Aged Care



Mrs Olive Goddard of Resthaven Aberfoyle Park

Quality and Safety Commission. At this time we have not received any formal report, but overall feedback from the assessors was very positive about the satisfaction of staff, residents and their families. We will continue to have further visits for our other residential sites over the coming twelve months.

Knitting for the Homeless

Resthaven Aberfoyle Park's 'knitting for the homeless' initiative has gone from strength to strength since it began in 2019, with residents filling up 14 boxes of warm knitted beanies and blankets this year – a site record!

Lifestyle Coordinator, and project founder, Navneet Kaur, personally delivers the knitted goods to homeless people on the streets of Adelaide each year in August. Thank you to Nav and the 'knitting team' of Resthaven Aberfoyle Park.

Thank You

In closing, I think you would agree that we will be happy to see the end of this cold and wet winter, and look forward to seeing some fresh spring weather. If the blossom on the trees is any indication, it is not too far away.

Our staff are grateful for your ongoing support, as am I! Thank you.



Community Services

Sue McKechnie
Executive Manager
Community Services

Hello everyone,

Staff News

We welcome Jocelyn Graham to the role of Senior Manager Community Services, following Grant White's move to a position in the disability sector. We thank Grant for his leadership contribution over the past seven years, and welcome Jocelyn to Resthaven.



These are the Senior Manager Community Services site allocations:

- **Sue Dahl:** Resthaven Limestone Coast, Riverland, and Paradise & Eastern Community Services
- **Jocelyn Graham:** Northern, Murray Bridge Hills & Fleurieu, and Western Community Services
- **Wojtek Swietek:** Resthaven Onkaparinga, Marion, and Community Respite Services.

We welcome Ilse Kruger to the position of Manager, Resthaven Marion Community Services. Ilse has extensive experience managing health and nursing services in the UK and middle east.



We farewell Louise Kennewell from the position of Manager Resthaven Western Community Services, and thank her for her time with us. Relieving Manager Community Services, Manule Harpas, is currently located at the site.

West Torrens Council

From 1 July, Resthaven transferred 107 Commonwealth Home Support Program clients previously supported by West Torrens Council, to Resthaven Western Community Services.

My thanks to our staff teams for their ongoing hard work and dedication to providing high-quality services to support you to live independently in your own homes.

Worth sharing...

"My mum has been coming to respite at Hersey Cottage. I have been so impressed with all the lovely staff. It always feels welcoming, and mum leaves with such joy.

Well done. You have created a wonderful atmosphere and a nice place to be!"

Google Review, July 2022





Building Update

David Norton
*Executive Manager,
Financial & Corporate
Services*

We continuously review residential, community and retirement living, to ensure that Resthaven meets your needs.

Resthaven Bellevue Heights

The new 12-place extension to Correa and Waratah is nearing completion, and is scheduled to be handed over in September. One of the communal lounge areas is pictured above right. Correa and Waratah are currently being refurbished. Stage 2 will commence in September, along with internal refurbishments of Banksia and Acacia. The project is scheduled to be complete in October 2023.

Resthaven Westbourne Park

We have reached a milestone in the design of the Resthaven Westbourne Park redevelopment, with primary stakeholders now reviewing the project. Works are expected to commence in November 2022 and run until mid-2025. I hope to share some images of the scheme in the next edition of this newsletter.

Resthaven Chiton Retirement Living

The recent purchase of Chiton Retirement Village in Port Elliot included vacant land. This forms part of a broader plan to build additional units on the site.

We are currently evaluating options for a connecting road, garden reserve, caravan park storage area, and additional units. We hope to share options with the village residents soon.



Smart Road, Modbury

The Department for Infrastructure and Transport is building a temporary car park on Resthaven's vacant land at Smart Road, Modbury, to assist with the O-Bahn redevelopment project. Whilst this is happening, we are busy developing a scheme for the site, and considering options to provide residential care and retirement living apartments. Several options are being considered and evaluated.

Resthaven Community Respite Services - Aldinga

The new respite house at 18 Halcyon Circuit, Aldinga Beach, is now operational. The modern, refurbished house is a welcome addition to Resthaven Community Respite Services' suite of offerings to support family carers.

Resthaven Murray Bridge, Hills & Fleurieu Community Services

The new Resthaven Murray Bridge, Hills & Fleurieu Community Services locations at Victor Harbor are now in service. They comprise an outreach office at Unit 5 Victoria Street, and respite cottage at 1-3 Newland Street.

The location in Victor Harbor is ideal, and the cottage has a great 'feel', with large windows bringing in plenty of light.

The service now has offices in Murray Bridge, Strathalbyn, Port Elliot, Goolwa, and Victor Harbor.



Chaplaincy

Erika Comrie
*Executive Manager,
Strategy & Governance*

Annual Memorial Services

Each year across Resthaven residential services, the Coordinating Chaplains and volunteer Chaplains Assistants facilitate Annual Memorial Services, to remember all those residents who have died in the last year.

Each site Chaplain chooses an appropriate theme for the event.

At Resthaven Mount Gambier, this year's theme was "Circle of Life: Weaving Through our Lives". Coordinating Chaplain, Pastor Di Bailey-Walters, explained, 'Our story is one we share with others, all woven together as in a tapestry.'

'When we lose someone special, our shared experiences and memories become all the more beloved and cherished to us.'

'Our memories intersect and connect us to those who have gone before, and the generations who will follow after.'

At Resthaven Murray Bridge and Leabrook, the service had the theme of 'light', with candles representing each person.

Coordinating Chaplain, Nina Corlett-McDonald, chose this theme as 'Light is often associated with life and hope; and when we lose someone we love, it can feel dark, lonely, and sad.'

'Remembering a person using light reminded us that whilst their mortal life is over, each person leaves behind a legacy—moments of laughter, friendship, and shared events.'



Above: Mrs Mary Somerfield of Resthaven Mount Gambier 'weaves memories' at the site Memorial Service.

'Light reminds me that there is always life and hope, and that our treasured memories of loved ones are moments of light.'

Events were held by all Resthaven Coordinating Chaplains.

Thank you to all those who facilitated, attended, and supported the Annual Memorial Services this year.

Below: 'Light' represents life and hope at the Resthaven Leabrook Memorial Service.





Retirement Living

Layla Mignone
Manager, Retirement Living

'On Stat' Robe Trip

Written by 'On Stat' resident, Julie Williams

Earlier this year, 27 On Statenborough retirement living residents (below) left in convoy to explore the Limestone Coast, and to sample the amazing seafood and wines from this magnificent region of South Australia.

We based ourselves in the fishing port of Robe, venturing out from there to learn about and savour the most delicious food and wine the region has to offer.

Resident, Hazel Peters, introduced us to the cray fishing industry, where we were able to hop on board the family cray boat. Her son, Simon, spoke with us about the trials and tribulations of this unique industry, and educated us all on this incredible business.

We were treated like royalty when we arrived at 'Norfolk Rise Winery,' where we enjoyed tasty crayfish sandwiches and quiches, washed down with an array of their delicious wines.

On the journey home, we stopped for a delicious lunch in a private setting at 'Henry and Rose Cafe' in Keith. This business is run by Marshall and Anne Hanna's daughter, Lucy, who welcomed us warmly and proved to be the perfect hostess.

Our three-day food and wine adventure went off without a hitch, and our group became one big, happy 'travel family,' sharing and enjoying what everyone agreed was an amazing adventure.





Volunteer Services

*Stacey Thompson
Manager, Volunteer Services*



**COLOURS
OF LIFE**
Better together

Volunteer Celebrations

At the end of September and early October, we will celebrate volunteers across four functions. This year, our theme is 'Colours of Life, Better Together.'

Sites are currently creating artwork to represent Colours of Life, including paperchains galore, which can be hung, draped and wrapped, filling venues with colour.

All are welcome to join in and add a few more links. The more chains, the better! This is a wonderful opportunity to show our appreciation of volunteers and the difference they make.

Volunteer with us

Visit www.resthaven.asn.au/volunteering-careers/volunteer

Let's connect.

Share with family and friends!



**Connect
with other
people**



**Connect on
a personal
level**



**Connect
with our
community**

We would like to create a buzz about bus drivers!

We need some extra volunteer bus drivers. People love bus trips, and volunteer bus drivers make these possible. A Light Rigid (LR) licence is required, which we can help people to obtain.

Join us in spreading the word... pass on our contact details and our website link, or share their contact details with us. People can apply directly online at: www.resthaven.asn.au/volunteering-careers/volunteer/ or email: volunteer@resthaven.asn.au.

Thank you for spreading the word!



What is 'Accreditation?'

Residential Services Accreditation

Each Resthaven residential aged care home is routinely audited by assessors from the Aged Care Quality and Safety Commission. The audits take the form of unannounced review visits, which generally take place on a triennial basis. This year, many of Resthaven's residential homes are due for their visits.

This is a very important time for the staff teams.

When the assessors are onsite, they not only review all documentation on the care and services we provide to residents, but seek feedback from residents and representatives on their personal experiences of living at Resthaven. Residents are welcome and encouraged to speak with assessors if they wish.

If you have any questions about the accreditation process, please feel free to speak with the site Manager.

Community Services Accreditation

Resthaven Community Services also participates in Quality Review visits from the Aged Care Quality and Safety Commission to assess compliance with the aged care standards.

Assessors may contact clients to discuss their experience of service; you will be notified in advance if the Aged Care Quality and Safety Commission wishes to speak with you.

If you have any questions about the Quality Review, please do not hesitate to ask your Coordinator, or the site Manager.

Your feedback is always welcome.

Please let us know if you have any suggestions, compliments, or complaints, by completing a 'We'd Like to Hear From You' brochure (available at reception) at any time, or by downloading from our website:

www.resthaven.asn.au/feedback.



Happy 100th Birthday: Mrs Patricia Porter

On 28 August 2022, Resthaven Community Respite Services client, Mrs Patricia Porter, celebrated her centenarian milestone with family and friends. The first of several family milestones on the horizon, her two sons turn 70 and 75 this year!

Mrs Porter grew up on the family orchard in Kapunda, South Australia, before relocating to Adelaide. She attended St. Morris Primary School and a technical high school.

'I didn't enjoy study very much, so I left at 15, and started a 9am-9pm job at the Myer Emporium — that was until 1941 of course.'

'During war times, when I was 18, unmarried women were expected to assist in some way. For me, that meant doing munitions work at an engineering company, where I made 20-pound shell cases as big as my forearm.'

It was in this line of work where Mrs Porter met her future husband, Sergeant Lloyd Porter, who drove tanks in the army.

After two years of courtship, the couple married at St Matthews Church, Marryatville, in 1942.

'Lloyd went on leave, and we only had three days to get everything together before he went back! It was madness.'



After six years of military service, Mr and Mrs Porter were free to purchase a tailoring business in Adelaide, where they settled down.

'Lloyd was a tailor by trade, and I had retail experience, so we worked well together in that shop for 30 years.'

After five years of marriage, the couple welcomed their first child, Noel, followed by their second, Scott.



'We all shared a wonderful life together in our Clarence Gardens home for 40 years, and we were always entertaining.'

Mr and Mrs Porter shared many beautiful memories together, including caravanning adventures around Australia. They also enjoyed music; 'We were always a musical family, and we were always charitable. That was always important to me, even now, as I have fundraised my whole life.'

'My family and friends get together each week to knit rugs for "treasure box", where they donate our items to refugees, the homeless, and other vulnerable members of the community.'

'While I can use my hands and my brain, I will keep contributing what I can. It is what keeps me active.'

At 100 years old, Mrs Porter carries on living independently at a local retirement village, keeping busy with gardening, knitting, reading, crosswording, and this year, travelling.

'I seem to always be packing for something! It is my 100th, but it will soon be Noel's 75th, and then Scott's 70th, so I will be heading to Melbourne next.'

Many happy returns, Mrs Porter.

Footballers' Visit a Treat!

Earlier this year, Resthaven Limestone Coast Community Services hosted a special morning tea for clients at their office in George Street, Millicent.

Resthaven social group clients were treated to a delicious home-baked morning tea cooked by the staff, while playing 'tea - rivia' with the chance of winning a lucky door prize that had been donated by a couple of clients.



The highlight of the morning was a surprise visit from Adelaide Crows AFLW players, Sarah Allan and Anne Hatchard. Both are premierships players, and the clients were excited to find out that they had brought with them the 2022 premiership cup to show the group.

Resthaven clients enjoyed the opportunity to speak with the players, particularly as many have known Sarah since her early days. Sarah grew up in the south east of South Australia, originally in Beachport, and later moving to Millicent.

Anne is a two-time premiership player and won the Crows 2020 AFLW Best and Fairest. The pair (above, with clients Judy and Nita)

were happy to pose for many photos that were taken to show off to the social group participants' family members.

Client, Judy said, 'It was a really good fun morning, great to be out socialising and being back in the community.'

Client, Nita added, "It was an enjoyable morning, and my family are going to have a chuckle at me with the photo of me with the girls, as they are not from my team!"

It was a very successful social group activity with many compliments received.

All proceeds collected from the morning were donated to the Millicent Cancer Support Group.

Happy 100th Birthday: Mr Keith Lord



On 28 May 2022, Resthaven Murray Bridge, Hills & Fleurieu Community Services client, Mr Keith Lord, celebrated his 100th birthday at his home in Murray Bridge, with wife, and life companion, Joyce.

Keith, a 'true blue rural-ite', was born in Broken Hill in 1922, with five siblings – 'I'm the last of them now,' explains Keith.

'Growing up, my mother was a station cook, and dad was a boundary rider. We were true country-dwellers.'

Keith's family lived on and off stations, with Keith and his siblings attending the local school in Perponda. 'I enjoyed football during those years, and my local teammates.'

Keith decided to leave his schooling at the age of 14, with plans to become a farmer. 'It was always my goal to be a farmer. I was quite good at clearing land and riding horses – I enjoyed it all.'

'Dad and I did all sorts – rabbiting and picking stumps, walking miles to set traps.'

During World War II, Keith found employment shearing sheep. He later found work as a grazier, which he enjoyed until retiring in later years.

In 1950, Keith met and married Joyce (pictured below), who has been there every step of the way. 'My most memorable highlight of my 100 years is marrying Joyce, and the five children she gave us.'



The newlyweds purchased their first home, where they reside today, in Murray Bridge. Enjoying a life of adventure together, Keith and Joyce travelled around Australia in their caravan, feeling thankful to still be in their first home after all these years.

'We have all our memories in this house. We are proud of our home here.' Thanks to the team at Resthaven Murray Bridge, Hills & Fleurieu Community Services, Keith and Joyce are assisted to continue living in their home.

On his long life, Keith reflects that he 'never smoked, and hardly drank.' His words of wisdom are, 'Enjoy life – you only have one.'

Many happy returns!

'Men on the Move' Take Mt Lofty



Resthaven Marion Community Services Therapy Assistant, Bruce, shares the 'Men on the Move's' excursion to Mt Lofty Summit, organised by Social Group Coordinator, Monika Lyckholm.

Bruce says, 'With nine fellows boarding the Resthaven mini bus, and a few cars, the "Men on the Move" proceeded to Mt Lofty via Blackwood and Crafers.'

'There was some beautiful scenery along the way, with colourful autumn leaves on display.'

'Arriving at Mt Lofty, everyone headed towards the summit lookout, which presented a great view on this clear day.'

'The group identified many landmarks, such as Adelaide City Centre, Adelaide Airport, the salt pans, St Kilda Mangroves, Glenelg, and Morphettville Racecourse.'

'This stirred up many memories of where the chaps grew up, where they hung out, and where they worked.'

'At midday, we went to lunch at the Mt Lofty Summit Café. The large table we'd booked was right against the window, with stunning views.'

'While we took in the great views of the Summit, we all enjoyed stimulating discussion amongst the group.'

'Finally, returning home, the men disembarked and commented on what a nice day they'd had.'

'This is one of the many services Resthaven offer that involve, heighten, and enrich the lives of the older people we support.'

'It certainly rewards your day's work when you receive terrific feedback from clients who have enjoyed their experience.'

'This part of the job reminds me that everything you do makes a difference.'

Thank you for sharing the 'Men on the Move's' latest adventure with us, Bruce.

Happy 100th Birthday: Mrs Olive Goode

On 13 June 2022, Mrs Olive Goode celebrated her 100th milestone birthday. She still lives independently, with the assistance of Resthaven Northern Community Services.

Mrs Goode is not the only female in her family to reach her centenarian birthday.

'My mum lived to 103, and my sister lived to 99 – us women live longer!', says Mrs Goode.

Mrs Goode was born on her family farm in North Hampfordshire, England. Her father was a builder.

Leaving school at 17, Mrs Goode soon found employment within the Royal Army Pay Corps in Warwick, England.

'I was transferred to the regular army in 1939, where I was deployed to Naples, then Rome, before heading to Redding, where I met my Canadian husband.'

'My army days were very memorable, especially V Day when I was in Rome. The streets were quiet and no one was out and about – I will never forget it.'

'I met many friends and experienced many adventures before marrying.'

The couple married in Margate, England, where they stayed for a few years, before deciding to move to Australia.

'We arrived by boat in 1965, starting off in Sydney, but then settling in Whyalla, South Australia, where we bought our family home.'

Mr and Mrs Goode welcomed four children into their family, as her husband found employment locally with the big Australian mining company, BHP. Mrs Goode managed their second-hand store.



Having lived a life of travel, Mrs Goode has no plans to stop anytime soon, most recently visiting Queensland, Western Australia and travelling within South Australia.

'I am proud to have gone back to visit England twice since living here.'

When asked how she does it at her age, she replies, 'I have never smoked or taken drugs, but I swear sometimes!'

'Above all, I have always lived a healthy, active lifestyle, while keeping my brain occupied.'

At 100, Mrs Goode continues living independently in her unit, reading Danielle Steele books, completing puzzles and spending time with her four children, five grandchildren and 14 great-grandchildren. Many happy returns, Mrs Goode.

21 Years of 'Keep Fit'

At age 80, Judith McKenzie has recently retired from her role with Resthaven, in which she delivered weekly Keep Fit/ChiBall classes to Resthaven Paradise and Eastern Community Services clients for 21 years.

'As a ChiBall teacher and Master Trainer, I've dedicated much of my later life to promoting the importance of health and wellbeing,' Judith explains. 'Now that I've just turned 80, it's the right time to focus more on my family and my interest in art.'

Judith's career with Resthaven started in 2001 after she retired as a school teacher from Norwood Morialta High School.

'The Principal, Sue McMillan, learned of my interests in teaching general fitness classes and suggested to apply at Resthaven, as she knew that the previous fitness instructor had retired.'

'I applied without exactly knowing what I was in for... little did I expect to be working with Resthaven for 21 years!'

Judith's popular ChiBall program presented a collaboration of Tai Chi-Qi Gong, dance, yoga, Pilates, relaxation, and meditation. She shaped the choreography of the classes around the themes of the seasons. One of her classes is pictured below in 2010.



Above: Judith is farewelled by Resthaven Paradise & Eastern Community Services Assistant Manager, Catherine Tintor.

A career highlight for Judith was in 2014, when she received a Physical Activity Award from the Council on the Ageing (COTA) for her contributions to physical activity.

'The more I learned about participants' needs, my classes evolved. I liked to call my class the "gentle moves version of ChiBall"!'

'Getting older is part and parcel of life, so I can only hope that my classes have had a lasting impact on the physical wellbeing of all my participants.'

Judith can still be found teaching ChiBall classes at the Campbelltown Community Club on Mondays and Fridays.

Thank you, Judith!

Happy 100th Birthday: Mrs Anne Thayne



On 3 July 2022, Resthaven Riverland Community Services client, Mrs Anne Thayne, celebrated her 100th birthday.

Mrs Thayne was born and raised in

Adelaide, with a devoted mother, fisherman father, and two siblings.

‘My father sold his fish at the local markets – we must have spent most weekends down there, all five of us.’

After completing her schooling in the city, Anne met and married her late husband, Mr Robert Hector Thayne, in Berri. During this time, she began working as a dressmaker.

‘I had my own clothing store in Berri, and once we were married, we bought a home close by in Lyrup, Riverland, on a fruit property, which Robert mostly took care of.’

‘We supplied all sorts, which we sold to the Berri Cannery, supplying peaches, citrus and dried fruit.’

When their children, Dennis and Leon, came along, Mrs Thayne sold up her store, committing her time to raising the children, and assisting Robert with the family business.

‘We had great fun on that property. When the children were old enough, they helped too – best of all, they had a lot of room to run around as kids,

which was important to both Robert and I. We made a good life for ourselves there.’

Mrs Thayne looks back fondly on her memories of travelling with Robert once the children were older.

‘We enjoyed travelling overseas the most and would always book a travel package so we could visit most of the countries around the world.’

Mrs Thayne also reflects on her hobbies throughout the years, ‘I enjoyed dancing, and was particularly good at quickstep.’

‘I have always loved anything to do with a sewing machine, and even now I carry on dressmaking, sewing, quilting, and crocheting for my family.’

At 100, Mrs Thayne continues living independently, with the assistance of Resthaven Riverland Community Services (below), enjoying frequent drives to her hometown in Adelaide, ‘although I get very tired nowadays!’

Many happy returns, Mrs Thayne.

Below: The Berri office of Resthaven Riverland Community Services.



Throwback to 2020

Lee Bennetts, Onkaparinga Community Services Manager, is fondly referred to by her grandkids as 'Manny'.

In 2020, when the COVID-19 pandemic first hit Australia, Lee made the difficult decision to stop contact with her beloved grandchildren, to ensure the safety of Resthaven staff and clients. It was during this time, at the height of the pandemic, that Lee received this chalk-



drawn message from her grandkids, which also acknowledges the important, caring work that Resthaven provides. It says, 'We miss you Manny. Thank you Resthaven.'

Lee, who was Assistant Manager at that time, briefly enjoyed a stint as Manager at Resthaven Marion Community Services, before returning to Resthaven Onkaparinga Community Services in late 2021 – this time as Manager, following Manule Harpas's retirement.

Technology Trial

As of 29 June, Resthaven Western Community Services has transferred to a new electronic platform to manage client services, records, and visiting information, called 'Alayacare'.

Resthaven Western Community Services is the 'pilot site' for this trial, which will eventually be rolled out at all Resthaven Community Services sites.

As all Resthaven Western Community Services records are now managed electronically, you may see staff using their electronic handheld device, rather than paper and pen, at their visits with you. If you have any questions about this, please speak with the staff.

The new system has been well received by staff, and aims to streamline documentation.



Happy 100th Birthday: Mrs Muriel Dick



On 22 June 2022, Mrs Muriel Dick celebrated her centenary at Resthaven Aberfoyle Park.

Mrs Dick, a Royal Australian Air Force World War II veteran, only recently transitioned into residential care, and shares some reflections about her incredible life.

Mrs Dick says, 'I was born and raised in Adelaide, and attended Adelaide High School, finishing as an Intermediate (Grade 12).'

She looks back fondly on her social life at the time, much of which was spent at the local dance at the Embassy on Grenfell Street, Adelaide.

'My friends and I would have been 15 or 16, and we went along every Saturday night. We got ourselves into a lot of strife back in those days!'

It was here where she first made her acquaintance with future husband, Mr Philip Dick. However, this was not your typical love story.

'I remember thinking he was handsome, but nothing came of it. I was not interested in marriage or the likes. Not one bit.'

At the age of 21, World War II shook the world as Mrs Dick knew it, and she decided to join the Air Force.

'I worked as a tailoress, as well as in equipment. I moved around to where they needed me.'

During her first year in service, Mrs Dick came across a familiar face.

'I had no idea as a teenager that Philip was in the Air Force all along! I met him there one day and we got to talking about the good old days, and I suppose he asked me on a date.'



Mrs Dick served in the Air Force throughout the entire duration of the war, and when it ended, she gave in to Philip's requests to marry him.

Mr and Mrs Dick went on to have five children, however, tragically, she lost three of her beloved children due to complications from Rhesus disease.

'It wasn't known so much back then, and they couldn't do anything about it for me, unfortunately. I am pleased with how far technology has come with the disease, and I often tell my story to spread awareness.'

Now, Mrs Dick enjoys the company of her closest niece, Kristy, who visits each week, as well as her 90-year-old sister, Val, who lives in a nearby retirement village.

'Val will drive down here, and we have tea and scones, then before bed, she's always calling me up! We have good fun together, even in our old age.'

Mrs Dick celebrated her centenarian milestone at the Belair Hotel with her sister, four grandchildren, and two great-grandchildren.

Many happy returns, Mrs Dick.

Happy 100th Birthday: Mrs Mabel Freeman



On 29 June, Resthaven Aberfoyle Park resident, Mrs Beatrice 'Mabel' Freeman, celebrated her 100th birthday with her family from across the globe.

Mrs Freeman was born in

Nottingham, England, along with her brother and two sisters. While her father worked in the railways and her mother tended to the home, she attended Clairmont School – first Prep, then Senior, finishing when she was 14 years old.

'I was a shy child, and didn't like school very much. What I was good at, was athletics – I have always kept fit throughout my life,' says Mabel.

Mrs Freeman spent the next decade working as a machinist making ladies' stockings.

'Us women were all doing that during the war, and I was quite good at it, so I kept going.'

In 1943, during her early 20s, Mabel met her husband, and engineer, Wallis Freeman. As she describes it: 'It was love at first sight.'

'We both happened to be at the local carnival, and we saw each other on the dodgem cars. That night, he told me he was going to marry me one day, and he did!'

In 1944, they married at their local church, surrounded by family and friends.

'We had a wonderful marriage, and did many things together; cycling, swimming, skating – he made me a great cyclist!'

'Every weekend, we would cycle around 90 miles, from Nottingham to Denver.'

As they enjoyed their newfound lives together, the newlyweds soon welcomed two daughters into their family, Julie and Pamela.

As an adult, Julie relocated to Australia, and in 2018, Mabel visited her, not wanting to leave.

'I came down to Australia on my own, and I fell in love with the beach, particularly Glenelg Beach. When I went back to England, I got a cold, and thought, "I'm not staying here", and that was that!'

Now, Mabel keeps busy in her home at Resthaven Aberfoyle Park, enjoying visits, some virtual, from her two daughters, three grandchildren, and two great-grandchildren.

'Monday is a busy day for me. Julie picks me up, and we go to Glenelg Beach for fish and chips – Oh, I love fish and chips!'

'When we get back, we have a video call with Pam, who is back in England. It brings me a lot of happiness to see my girls each week.'

Julie comments, 'My daughter laughs at her when she says, "I love men and chips", Mum's a bit of a jokester, even as she reaches 100!'

Many happy returns, Mrs Freeman.



70th Wedding Anniversary

On 5 July 2022, 93-year-old Bruce and 89-year-old Gwen Leane celebrated their platinum jubilee.

Bruce was born in Victor Harbor, and moved with his family to Mount Compass as a child. When Bruce's father went to serve in World War II, he was pulled out of school at 12 years of age to take over the dairy farm. He is no fan of cows to this day, having hand-milked them as a lad all those years ago.

The youngest of five children, Gwen was born and raised in the mid-north forestry town of Wirrabara, in the Southern Flinders Ranges. Unfortunately, her father died when she was about 16 years old, and she went her to live with her older sister in Nangkita, a rural locality on the Fleurieu Peninsula. Gwen worked on a pea patch, picking peas with another girl who attended the local youth group. This was how the couple met, at the youth group run by the Mount Compass Church of Christ, when Gwen was around 17 and Bruce 21.

Bruce recalls standing at the gate of the church with some friends, and seeing Gwen riding her pushbike, when he said, 'That one's mine, leave her alone. And I married her!' he says. 'Said jokingly, but it worked out wonderfully.'

The couple were married on 5 July 1952 in the Church of Christ Chapel in Mount Compass. Bruce suffered badly with asthma, and so needed to find a climate that suited him better. He found work in the Riverland in his early 20s, working with a father and son on a fruit block. Gwen cut fruit for drying and picked grapes for the Riverland wineries.

Bruce had a varied career, moving around and taking on many different roles. He says, 'God gave me a good pair of hands. I've learned many trades from each job I've had.'

Their faith has been pivotal throughout their marriage. Having started preaching for the Christian Revival when only about 16 years of age, 'Brother Bruce' was an ordained pastor for more than 50 years, working in many



communities. Bruce and Gwen's service included working as unofficial missionaries with First Nations peoples. 'We advocated for them and worked as go-betweens for the Aboriginal Inland Mission, which was running on a shoestring budget,' Bruce explains.

They covered a lot of South Australia throughout their marriage, spending around 20 years living in the Riverland, ten years in Whyalla, three years in Port Pirie, and 35 years near Port Augusta in their home at Stirling North. They also travelled extensively on holidays in their Land Rover.

When asked the secret to a happy marriage, the couple agree, 'Our own Christian experience has been the biggest light of our marriage. Our strong faith has enabled us to be strong with ourselves to be partners rather than co-dependents. Supported by God, a wonderful marriage, wonderful wife – a team from A to Z,' Bruce concludes.

The couple have two sons and two daughters, eleven grandchildren, 14 great-grandchildren and five foster great-grandchildren.

They celebrated their platinum jubilee with a special Sunday afternoon tea with family and friends.

Congratulations on a remarkable 70 years of marriage, Mr and Mrs Leane!

Bright Colour/Pyjama Day

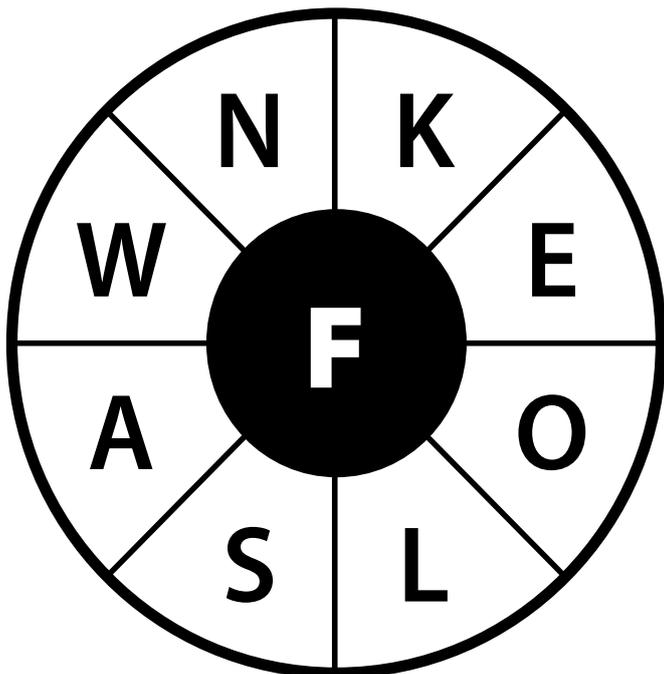
To inject a little 'pop of colour' into the wintry July days, everyone at Resthaven Craigmore recently enjoyed a bright colour/pyjama day.

Staff and residents selected their best colourful outfits for the day, and enjoyed surprising each other with their creativity!



Pictured: Resthaven Craigmore staff teams in their colourful outfits for 'bright colour/pyjama day' 2022!

Word Wheel



This word wheel is made from a nine letter word. Try and find that word, then make as many words of any length as you can from these letters. You can only use each letter once, and each word must include the letter F.

Solutions page 29. Good luck!

‘DJ’ Volunteer, Carolyn

Carolyn McHugh has been a proud volunteer at Resthaven Leabrook since 2016, bringing her talent of ‘DJing’ to music-loving residents who enjoy coming together and sharing their love and enjoyment of music.

Recently, Carolyn took it upon herself to write a letter to Resthaven, sharing how rewarding it is for her to share what she loves with older people in a volunteering capacity.

‘Some may think I have a set of headphones on, operating two turntables simultaneously, surrounded by flashing lights – actually, I operate a CD player, surrounded by a wonderful group of residents who love listening to my music,’ writes Carolyn.

‘As a child in the 1950s, I have fond memories of my parents playing their favourite “78” records on our “radiogram”.’

‘They taught my sister and I to dance to the “big bands” – Glenn Miller, Benny Goodman, and Artie Shaw. Some big favourites of mine are Frank Sinatra, Sarah Vaughan, Ella Fitzgerald, and Bing Crosby.’

‘My love of music has evolved over the years, and I have an extensive CD collection, consisting of a wide variety of genres, including classical (orchestral and opera), 30s, 40s and 50s swing, jazz and blues, and musical theatre (stage and film) – music generally enjoyed by older people.’

Carolyn prepares a new program every two weeks, which is first distributed to the Music Group, to help residents follow the music played to them.

‘To make the whole experience more interesting and enjoyable for the group, I research the music I play, and include information about the composers, music, and artists.’



‘There are lots of comfortable chairs in the cosy Knightsbridge Lounge on the third floor, where residents sit back, relax, and enjoy the wide variety of music I play for them.’

Residents are encouraged to share their memories of music, and to request a favourite song to be played in future sessions.

‘I look forward to sharing the music, chatter, and laughter with residents each fortnight – they feel like my extended family.’

‘Volunteering gives my life more purpose, and so much joy’, Carolyn concludes.

Lifestyle Coordinator, Shah, enthuses, ‘Carolyn brings the fun out in us all – especially residents! She helps to bring the quieter ones out of their shell and enjoy the music. We are thankful for her light.’

Thank you for sharing your heartfelt words with us, Carolyn.

Resthaven is keen to recruit more volunteers with musical interests. Do you know someone you could ask? Phone 8373 9036.

Lesley's Service Milestone

In July 2022, Resthaven Malvern Housekeeping Services Assistant, Lesley Wimbles, celebrated 45 years of service with Resthaven, making her the longest-serving staff member in Resthaven's 86-year history and the first to reach a 45-year milestone.

Still working three 'tea shifts' a week, Lesley, aged 78, was honoured at the annual Resthaven Staff Appreciation Awards on 8 July.

Reflecting on her long career with Resthaven, Lesley starts at the beginning: 'My neighbour, Margaret, was friends with the Resthaven Malvern Matron, Barbara. My eldest had started school that year, and Margaret said to me, "We're really desperate at Resthaven, you wouldn't like a job would you?"'

'And I said, "Oh gee, I'll have to ask mum if she can watch the kids – as long as it's only six weeks". Well, we all know it ended up being longer than that!'

'I still remember my first day. It was Saturday 5 March, 1977, and I just walked in not knowing where to go, or knowing anyone. Luckily, someone sent me to the main kitchen, and they told me what to do.'

'I used to work afternoon tea duty on Saturdays and Sundays – back then, the hot meal was already prepared, and it was a choice of two soups, then mains and salad, then sweets.'

'I had to do the salad plates, and another girl would come at 4pm and set the tables. Back then, there were 84 residents all in one big dining room. I remember thinking, how am I going to remember 84 names? But I obviously did.'

Lesley has fond memories of residents who have left an impression on her over the years.



Above: Lesley Wimbles (centre) with Darren Birbeck (CEO), and Sylvia Powell (Executive Manager, People & Culture), at the 2022 Staff Appreciation Awards.

'I remember one lady, Molly,' she says. 'We used to talk about cooking and recipes, and she gave me a nutloaf recipe. This was years ago, but I made that nutloaf just the other day. It's in my recipe book as "Molly's nutloaf." She was a beautiful lady.'

Lesley also remembers many a Christmas, when residents used to come back late from viewing the Lobethal lights on the Resthaven bus. 'They used to go to the lights then come back for supper, which I would have ready for 10pm,' Lesley says. These memories and more are what has kept Lesley in her role for such a long period of time:

'I think it gives you fulfillment that you're helping someone, that's probably the main thing for me. I feel like I'm doing something for the community.'

'I get sad when I think about retiring, but I know it has to come. By the end of this year I'm going to be 79! Resthaven is probably a second home to me now.'

We sincerely thank Lesley for her long and dedicated service.

The Queen's Jubilee

In June, the Queen's Platinum Jubilee was celebrated across Resthaven, with one of the biggest events held at Resthaven Marion.

Lifestyle Coordinator, Tamara Jacquier, says, 'Everyone dressed in their finest, including a few crowns and top hats, to enjoy high tea and watch the Jubilee celebrations on the big screen.'

'Several residents recalled celebrating the Queen's coronation, and we reminisced about weddings, funerals, and royal births.'

'We hope you all enjoyed the day.'

Pictured right (from top): Mrs Enid Philbey and Mrs Marlene Kempster put their fanciest foot forward!

Memories...

Her Majesty Queen Elizabeth II is pictured below in 1950 with His Royal Highness, The Duke of Edinburgh.



From Therapy Dog to Volunteer

Retired scientist, Diana Walter, first came across Resthaven Mitcham in September 2021, when visiting a dear friend and resident on site. 'Hannah Coelho [Manager Residential Services] noticed I had brought in my gentle Labrador, Quaid, and asked if we would like to become Resthaven volunteers – the rest is history!'

Diana explains that 12-year-old Quaid 'came to us as a puppy to be trained as a guide dog for the Royal Society for the Blind, but he failed his hip X-ray at 12 months.'

'As we had looked after him, we had first option to buy him, so, here he is today – a much-loved and gentle companion – perfect for aged care!'

Having previously spent time as a therapy dog in healthcare environments, Quaid is now the star of Resthaven Mitcham, with Diana saying, 'Once when I was signing in at reception, I heard someone behind me saying, "Well, hello gorgeous!" I knew they weren't talking to me! He gets all the compliments.'

'My favourite thing is seeing the faces of residents light up when Quaid comes to visit.'

While Quaid works his magic around site, Diana shares her knowledge of science; 'While visiting, I often share with residents some fun facts in science. This includes how to tell a hard-boiled egg from a raw one without breaking it open, or how to navigate by the stars.'

'Science stays with you forever, and I like sharing it.'

For his part, this is what Quaid has to say about being a Resthaven volunteer dog ('translated' by Diana!):

Hi everyone,

I have been busy lately, talking to residents at [Resthaven] Mitcham, or rather, listening to their dog stories that they love to tell me. I have heard about farm dogs rounding up sheep, and family dogs doing doggy things. This brings back memories for our humans, and they smile as they tell me.



They love to see me catching my dog biscuits in the air and playing with a big yellow ball in the Camelia section. I like to run off with it, and not give it back, which they reckon is not following the rules. I also sometimes hold up my paw when I meet someone new, so we can shake hands.

We go upstairs now, and everyone wants me to come back and visit again. When I come home, I feel like a film star.

One lady loves to take me for a walk around the courtyards. As soon as we walk in on Tuesdays, she is ready to take me out. I love watching the tea-trolley with its cakes, but I'm not allowed to have any. Alby, the white cat, and I are friends. We say hello when we meet, and I sometimes give him a smooch. Alby has everyone trained to let him in and out the doors that don't have a cat-flap. I reckon he has a good life, but I'm not allowed to eat his cat food!

Before we go on our visits, I have a brush-up, as I am very furry, and I am getting my winter coat. I also have to wear my special volunteer badge. I hope the residents get as much pleasure as I do, when I visit.

We are sure that they do, Quaid!

Thank you, Diana and Quaid, for bringing joy to all at Resthaven Mitcham on your visits each Tuesday.

‘Christmas in July’

On Thursday 14 July, Resthaven Mount Gambier held their annual ‘Christmas in July’ celebrations, with special guest, Resthaven CEO, Darren Birbeck.

This is a much-awaited event, particularly as the temperature in the Limestone Coast at this time of year closely resembles a European Christmas rather than a typical Australian winter!

Manager, Belle Kerr, says, ‘Our Christmas in July event is always a lot of fun, with guests enjoying a traditional three-course meal, including turkey with all the trimmings, and pudding with brandy custard.’

‘Residents, staff and volunteers all work together to decorate the home with festive Christmas tinsel, lights, and baubles.’

‘The dining rooms were decorated, and guests pulled their bonbons and happily donned their paper crowns.’

‘The most anticipated guest at the December Christmas event is, of course, Father Christmas,’ Belle explains, ‘but at the Christmas in July event, the most anticipated guest is Darren!’

‘One resident, Mr Norman “Bushy” Crafter, even has an annual tradition with Darren, where he has his picture taken with Darren while holding their picture from the previous year!’

Norman and Darren are pictured above.



‘Darren was delighted to visit each area of the home to meet and speak with residents.’

‘It was a wonderful, festive event, and we look forward to welcoming Darren again next year.’

Resthaven Mount Gambier opened on 4 July 2011, and it wasn’t long before the home started celebrating its annual ‘anniversary’ with a Christmas in July feast. What a great way to celebrate a birthday!

Later that evening, Darren and Mark hosted the annual Resthaven Staff Appreciation Dinner in Mount Gambier, which celebrates Resthaven’s long-serving staff across on the Limestone Coast.

He was joined by Resthaven Board President Mark Porter and staff from both Resthaven Mount Gambier and Resthaven Limestone Coast Community Services.

Happy 105th Birthday: Mrs Kathleen Byass



On 2 August 2022, Resthaven Murray Bridge resident, Mrs Kathleen Byass (nee Pedler), celebrated her 105th birthday.

Mrs Byass was born in Moonta on 2 August 1917, shortly after her twin

brother, and is the only daughter of Abraham and Gladys Pedler. A self-confessed 'real tomboy', Mrs Byass grew up in a family of five brothers.

In 1922, the family moved from Agery on the Yorke Peninsula to Yantanaby on the Eyre Peninsula, as pioneer farmers. The family farmed sheep, cattle and crops, and her brothers helped their father with all the jobs around the farm.

In those days, there was no electricity, and no tractors. When the first car arrived in the late 1920s, Mrs Byass says it was a 'God send, after the horse and buggy.'

As the children grew older, Mrs Byass's eldest brother, who played saxophone in a band, would take her along to balls, weddings and birthday parties, where everyone enjoyed dancing and singing.

One of Mrs Byass's first jobs was as a secretary in Streaky Bay, before moving to Adelaide, where she worked in the office of the Arcadia Café on King William Street. This is where she met her late husband, Mr Les Byass of Mount Gambier. He invited her to lunch, and by 1940, the couple were married.

They began their married life together in Darke Peak on the Eyre Peninsula, where Les had taken a teaching position. Their first son was born in 1941, and their second in 1947 in Warrnambool.

In 1956, they moved to Woods Point, by which time Mrs Byass had also become a teacher. Mrs Byass remembers the 1956 Murray River flood, and watching the breaching of the river banks from Woods Point with the school children.

In 1962, the family moved to Payneham, and their last teaching positions were at the Klemzig Primary School, until their retirement.

Mrs Byass now has six grandchildren, ten great-grandchildren and one great-great-granddaughter.

Mrs Byass says, 'I always enjoy seeing the families. Sometimes I see them and they're so small – the next time, they're all grown up! It's beautiful.'

Mrs Byass still enjoys regular visits from her family, who often take her for a walk in her wheelchair or to sit outside (weather permitting). Mrs Byass continues to enjoy music, and watching the ballroom dancers when they perform at the site.

As a resident of Resthaven Murray Bridge for ten years now, Mrs Byass has shared that 'she is quite happy here,' and that 'the staff are always popping in and out to look after me, and have a chat.'

When asked if she has any words of wisdom, Mrs Byass says, 'Just enjoy what comes to you.'

Wise words! Many happy returns on a wonderful milestone.

'Aged Care Employee Day'



'Word Wheel' Solution (from page 22)

9 letter words: snowflake.
7 letter words: seafowl.
6 letter words: felons, flakes, flanes, flanks, kenafs.
5 letter words: alets, fakes, false, fanes, fanos, fawns, felon, flake, flank, flans, flask, flaws, fleas, flews, floes, flown, flows, foals, folks, fowls, kenaf, leafs, loafs, wolfs.
4 letter words: alet, fake, fane, fano, fans, fawn, feal, fens, flak, flan, flaw, flea, flew, floe, flow, foal, foes, folk, fons, fowl, kafs, kefs, leaf, loaf, oats, safe, self, sofa, wolf.

On Sunday 7 August, residents and staff across Resthaven celebrated 'Aged Care Employee Day'.

This annual event aims to thank all those who work in aged care for their ongoing hard work and dedication.

At Resthaven Paradise, staff enjoyed a special treat of delicious donuts for morning tea. Similar events were held at many Resthaven sites. Thank you to Resthaven's dedicated staff teams!

Worth Quoting...

"Wrinkles will only go where the smiles have been."

- Jimmy Buffet

Working Holiday in the Fleurieu

Claire Fox, Personal Care Assistant at Resthaven Craigmore, recently took up a unique opportunity to experience life in the Fleurieu Peninsula.

Having only worked in aged care for one year, Claire is all about taking new opportunities.

'I was a dairy farmer in Victoria for 20 plus years, and felt it was time for a career change – that's when I found Resthaven.'

Since beginning her employment at Resthaven Craigmore, Claire hasn't looked back.

'I was first interested in aged care so that I could help people. And I have found that I really love it, and I'm actually pretty good at it.'

'I am always singing and dancing with residents. We all have a good laugh together.'

After seeing an internal advertisement for a 'working holiday' for Personal Care Workers at Resthaven Port Elliot, Claire was excited to start her new adventure.

'I expressed my interest to the manager, and it was smooth sailing from there!'

After Resthaven organised accommodation in a nearby hotel in Victor Harbor, Claire began her two-week working holiday, from 1 to 15 July.

'It was an incredible experience to do what I love, in a new location – especially by the beach. It was really wonderful.'



'The staff and residents at Resthaven Port Elliot were immediately welcoming and I loved every minute of my time there.'

When asked if she would consider another working holiday with Resthaven in the future, Claire said, '100%. I would absolutely do it again, and Resthaven made the process so easy for me. I barely had to lift a finger!'

'I can see the appeal of working at Resthaven Port Elliot. The staff and residents are noticeably happy and relaxed. It's a beautiful spot to work if you can.'

Thank you for sharing your positive experience with Resthaven's first working holiday, Claire!

If you have friends or family who are interested in working with Resthaven, please encourage them to apply by visiting our website: <https://www.resthaven.asn.au/volunteering-careers/careers/>.

Mrs Hrvatin, 'Tech Whiz'

Resthaven resident, Mrs Olga Hrvatin, is the 'tech whiz' of Resthaven Westbourne Park, using Facebook, WhatsApp and Skype to stay in touch with family and friends in Slovenia.

Mrs Hrvatin was born in Slovenia on 5 August, 1935, to parents Anika and Joseph. Growing up, she was the middle child in a family of five.

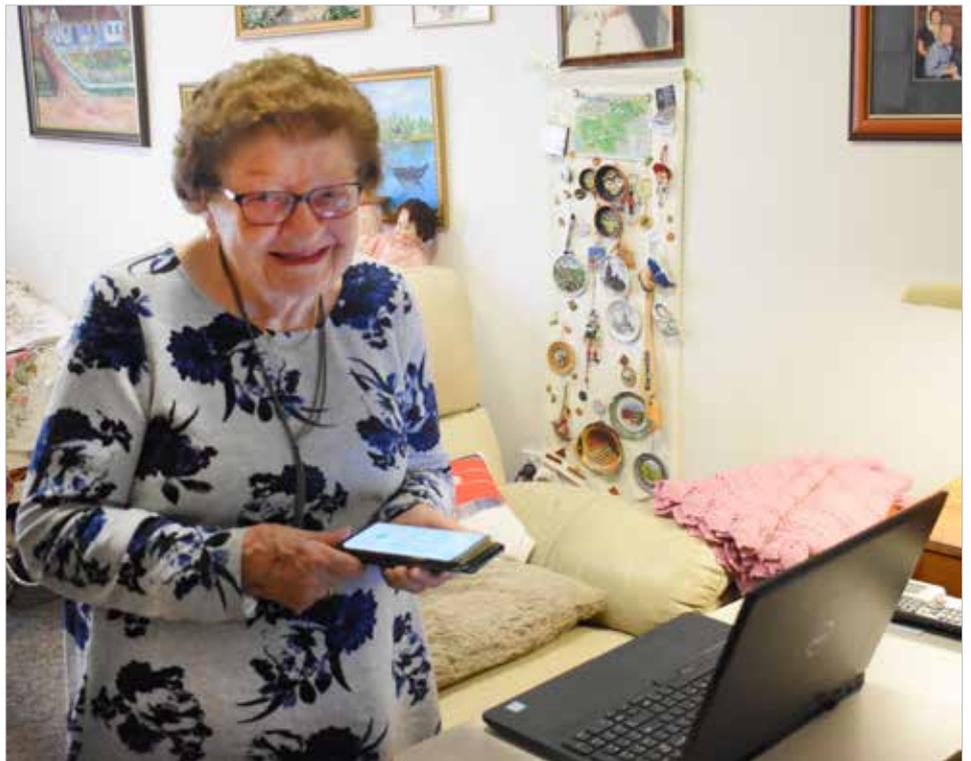
Mrs Hrvatin moved to Australia when she was 24 years old, where she reconnected with her family in Adelaide and lived with her uncle. Within a few years, she had met and married her husband. Together they had two children, a son, Boris, and a daughter, Lili.

Despite moving to Adelaide at such a young age, Mrs Hrvatin continued to strongly identify with her Slovenian heritage. She joined the Slovenian Club Adelaide (est. 1957)—a community club that preserves and promotes the richness of Slovenian culture. Always an active club member, Mrs Hrvatin was also the Vice President for nine years.

Her favourite memories with the club include hosting 'Kranjski Friday' on the first Friday of every month.

'With my friends, I catered crusty bread rolls with Kranjski sausage and sauerkraut for everyone to enjoy,' she says.

Now, at 87, Mrs Hrvatin connects with her Slovenian community in a different way—technology!



'When contacting family in Slovenia, I sometimes forget the time difference, and I wake them all up in the middle of the night!'

'I'm a bit of a slow coach, but I love talking with my friends,' Mrs Hrvatin says.

In 2019, Mrs Hrvatin was formally recognised for her invaluable contribution to preserving the Slovenian identity in Australia and her activity in the Australian–Slovenian Skype community. She was awarded a Certificate of Recognition, signed by Mr Peter J. Cesnik, Minister for Slovenes Abroad, Government of the Republic of Slovenia.

Since moving to Resthaven Westbourne Park two years ago, Mrs Hrvatin continues to maintain all her relationships with family and friends—whether online or in person!

'Family and friends mean everything to me.'

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

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

Phone: **8370 3756**

Resthaven 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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Published by Resthaven Incorporated,
PO Box 327, Unley SA 5061, phone (08) 8373 0211.
Editorial enquiries can be made to the Public Relations Department, phone (08) 8373 9141.

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