



## Spring has sprung!

Staff, residents, clients, and some volunteers have been 'springing' to action, creating colour artworks and paperchains for our volunteer celebrations. When this newsletter reaches you, some may have already been held, or are about to happen.

Spring time was in our minds when our theme, 'Colours of Life, Better Together,' came to us. As Robin Williams said: Spring is nature's way of saying, 'Let's party!'

Like spring, each of you is inspiring in the way that you care, by doing what you do in contributing in the lives of older people, however big or small that contribution may be. Collectively, you represent a compassionate and active community, and provide a continuous legacy across generations.

We love the bird feeder pictured right, held (and made) by Resthaven Community Respite Services guest, Mr Tree. I recently met Mr Tree whilst I was at Toorak House providing a new volunteer with an orientation.

Mr Tree was enjoying the day at Toorak House, and showing the team how to make bird feeders. We have included more images of Mr Tree's unique bird feeders on the back page, along with a full list of all of Resthaven's Respite Cottages.

Keep reading over the page...

**Stacey Thompson**

Manager,  
Volunteer Services



## Activities at Toorak House



*Above: Resthaven Community Respite Services 'Toorak House' guest, Mr Tree, shows off his bird feeder creation.*

Guests of Resthaven Community Respite Services cottages enjoy a range of fun activities — many of which are initiated by the guests themselves! An example of this is Toorak House guest, Mr Tree, who creates amazing bird feeders from items found in the natural environment. He has been teaching Toorak House staff and guests how to make them.



## Quarterly Newsletter for Resthaven Volunteers

### Statement of Purpose

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

### Our Values

- Trust
- Dignity
- Choice

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

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

### Volunteer Services

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## From Stacey (continued)

Since the last edition of the 'Buzz,' we have welcomed 32 new volunteers.

We are excited about continuing to share and promote volunteering, and inspire people to join us.

In recent times, this has included volunteers with their pet dogs, including golden retrievers, border collies, and an Australian Shepherd – all perfect heights for patting. These furry friends bring joy to all.

On page 11, read about Quaid, the ever so gentle Labrador who visits Resthaven Mitcham.

Approximately two thirds of households have a pet. Each week, we pass people in our local neighbourhood, walking their pet dogs.

It would be great to have volunteers with pets visiting with each and every Resthaven location – this is our goal.

If you know someone with a social pet who loves company, let them know we have just the spot for a few extra pats.

We are looking forward to seeing you in September/October and sharing photos from the celebrations in the next edition.

Below is a sneak peek of one of the artworks that will be displayed at each event, created by the amazingly talented Marketing Officer, Anna McKenzie.

Enjoy the beginning of spring, and see you soon.

**Stacey Thompson**

Manager,  
Volunteer Services



**COLOURS  
OF LIFE**  
*Better together*



# From the CEO

## Thank You

'Thank you' to the Resthaven volunteer community for all that you do during these difficult times. Your support is greatly appreciated.

We look forward to thanking you at our annual Volunteer Celebrations being held in September/October.

## Appreciation Events

In July, we celebrated Resthaven staff who reached their service milestones at the annual Staff Appreciation Awards. There were 148 award recipients this year, including one 40 year recipient, Garth Rowe, Resthaven Westbourne Park; and an incredible 45 year milestone at Resthaven Malvern, Lesley Wimbles (pictured with me, and Executive Manager People & Culture, Sylvia Powell.



## 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.

## 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.



## 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...

It is wonderful to see the start of spring. I hope that you are all enjoying the warmer weather!

Until next time,

**Darren Birbeck**  
Chief Executive Officer



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

Hello everyone,

A big thank you for volunteering in aged care, and most importantly, for Resthaven!

## **Welcomes**

I am pleased to announce the permanent appointment of Manager Residential Services for Resthaven Mitcham, Jessica Traeger.



I 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 deciding to step away from his Manager role in order 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. From 17-19 August, Resthaven Craigmore received a visit from Assessors from the Aged Care 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.



*Above: Mrs Olive Goddard, one of the 'knitters' of Resthaven Aberfoyle Park.*

## **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, with volunteer support, 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. The blossom on the trees has been a joy to see in recent weeks.

Please enjoy the volunteer celebrations. We are grateful for what you.



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

# **Community Services**

Hello everyone,

## **Welcome**

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 ably supporting 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 you for your ongoing support.



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

*Below: Resthaven Western Community Services.*





# Building Update



We continuously review residential, community and retirement living, to ensure that Resthaven meets the needs of older people.

## Resthaven Bellevue Heights

The new 12-place extension to Correa and Waratah is almost complete. The new communal lounge areas look fantastic, as you can see, above.

Correa and Waratah are currently being refurbished. Stage 2 commenced 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.

## 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 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.



**Emmet O'Donovan**

*Manager, Buildings and Capital Projects*

# Work Health & Safety

## Reporting a Concern

If you see anything you are concerned about, please advise the site Manager immediately; whether this be in relation to a resident, client, the workforce or visitors. Resthaven has reporting processes in place that are responsive, supportive and meet regulatory requirements.

Resthaven is required to report and handle any concerns in a particular way to support the workforce, and the people we support.

Every employee, Board Member, volunteer, contractor, agency employee and student must report any incident of abuse – whether witnessed, alleged or suspected – against a resident or client.

A reportable assault or incident includes a missing resident, unreasonable use of force, or unwanted sexual contact. It does not matter if the resident/client has cognitive impairment; if they say it happened, it must be reported.

If you would like someone to talk to, you are welcome to contact the Resthaven Employee Assistance Program (EAP) on 1300 667 700 for free, confidential support. Alternatively, you can contact the Independent Whistleblowers Support Line on 1800 951 055. As always, you are welcome to speak with the Manager Volunteer Services.

## Discrimination and Harassment

We are all entitled to enjoy a supportive, harmonious workplace, free of prejudice, harassment and discrimination. Treating each other respectfully is paramount.

We are shaped by numerous



influences, including pervasive social forces that shape behaviour from early childhood, such as religion, ethnicity and socioeconomic status; physiological influences that impose both opportunities and constraints, such as age and gender; and the influences from life choices that individuals make, such as occupation and geographical location.

Discrimination generally occurs when someone is treated less favourably than others because they have a particular characteristic, or belong to a particular group of people - for example, not hiring a woman because she is pregnant or may become pregnant.

Harassment involves unwelcome behaviour that intimidates, offends or humiliates a person because of a personal characteristic, such as race, age, gender, disability, religion or sexuality. This may be demonstrated through name calling or using references specific to a person's lifestyle.

Discrimination is unequal treatment owing to a person's characteristics, beliefs, or belonging to a specific community, whereas harassment is persistent, undesired, and unwarranted attention that causes distress.

A myriad of influences impact our behaviours. Recognising our own thoughts and beliefs will greatly assist us to understand the needs of others in relation to the way they conduct themselves in the workplace.

Should you believe you have been subject to discrimination and harassment, if you feel comfortable, indicate to that person directly that you want the behaviour to stop. If you do not feel comfortable approaching them directly, approach your Manager.

All reports of unlawful discrimination and harassment will be handled in a sensitive and confidential manner, and in accordance with procedural fairness. This is about respectful behaviour in the workplace.

## Strategy & Governance

Hi everyone,

### 'The Little Things'

Resthaven's 'The Little Things' program continues, and we encourage your submissions!

Nominate a staff member or volunteer who does 'the little things' to make the day a little brighter for residents, clients, staff or volunteers. Email [thelittlethings@resthaven.asn.au](mailto:thelittlethings@resthaven.asn.au), or follow this QR code!



### Customer Experience Review Survey Program

The Customer Experience Review program is complete across all 12 residential sites. The survey is based on the Aged Care Quality and Safety Commission's recommendations, which includes all aspects of care provided.

I am pleased to say that 48% of Resthaven residents (more than 600) participated in the survey, with at least 96% of respondents agreeing that their needs were met 'always' (67%) or 'most of the time' (29%) across the 12 questions relating to residents feeling safe, respected and at home.

There were some opportunities for improvement identified in relation to food. A number of initiatives will be progressed based on feedback from the reviews.

Great feedback was received from residents – best of all, residents reaffirmed how much they love our staff and volunteers. See some of the wonderful comments received above. Thank you for working together with Resthaven.

### Privacy

It is incredibly important to ensure that we handle personal information about our customers, and each other, carefully and confidentially.

Another good thing to remember, especially as technology continues to develop, is that it is illegal to record someone without them being aware that you are doing it.

If you are worried about privacy or are aware of a potential breach, please speak with the site Manager.

### Accreditation Bonanza!

Resthaven has a big year ahead, with Community Services and eight Residential Services sites all due to go through the re-accreditation process this financial year.

This is a very important time for the site teams.

Looking forward to seeing you at the volunteer celebrations.

Thank you!

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



### From our Customers...

*"Thank you Resthaven for all your support and care, particularly in these difficult times. It is evident that you always have the care and safety of residents at the heart of all you do."*

*"We have nothing but gratitude and admiration for the wonderful service. We have absolutely no complaints at all about Resthaven. We are so grateful that our mum is so well cared for. Thank you."*

**Gratitude can turn a meal into a feast and a house into a home.**

**Melody Beattie**

## The 'Little Things'

The 'little things' that staff and volunteers do across Resthaven every day make a big difference! This has inspired the 'little things' project. Here is one of our latest stories of 'little things' making a big difference.

**Email [thelittlethings@resthaven.asn.au](mailto:thelittlethings@resthaven.asn.au) to nominate someone.**

**"Working together with a client and their carer, we made a booklet with photos and stories of their lives. It brings joy and makes a positive difference."**

*Heather Wood (Resthaven Limestone Coast Community Services)*





# Chaplaincy

## 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 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.'

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

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



## Volunteer Chaplain's Assistants Wanted!

We are looking for Volunteer Chaplain's Assistants and musicians to support church services. Spread the word!



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

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



## Musical Volunteers

Musical volunteers make waves as they share a familiar sensory comfort to the older people whom Resthaven supports.

Coordinating Chaplain at Resthaven Paradise and Resthaven Leabrook, Rev Cate Baker, firsthand witnesses the benefits to residents that music brings. Cate, pictured left with Volunteer, Kathleen Creaser, says, 'Volunteers add so much to the Resthaven experience. Those who come to play the piano often bring more than just music.'

'I currently have two volunteers who play hymns on the piano in the church services and Chaplain's Chat each week: June Genders with Resthaven Leabrook, and Kathleen Creaser with Resthaven Paradise. June and Kathleen positively enhance the group experience for residents, where people can sing along at a comfortable pace.'

'It is heart-warming to see residents engaged and interactive with the group, and they often leave the service looking forward to the next one!'

The real benefit, however, is observed before and after each group gathering. Cate explains, 'Volunteers play the piano before and after each service, creating an incredibly calming effect on residents who can feel restless whilst waiting for people to gather, or to be accompanied home to their rooms.'

June and Kathleen spread joy across their respective Resthaven sites in many ways, including learning favourite hymns, and playing for older people living with dementia.

'Musical volunteers add so much to each service with their live music—it is good for the soul.'

Thank you to all volunteers who share their musical talents.



## Insight: Louise Balogh, Volunteer



Hello, my name is Louise Balogh. In March this year, I started volunteering with Resthaven Bellevue Heights, following my

very recent 'retirement' from a local public hospital, where I assisted patients and their families with moves to residential aged care homes (including Resthaven), a role I thoroughly enjoyed.

The company of older people has been a source of enjoyment for me since I was young. In retirement, I missed being involved and helping people. Having participated in a variety of volunteer roles over many years that were a great source of satisfaction, this is my way of staying involved, connected and active.

My volunteering roles have included an assistant at a local primary school, a Field Duty volunteer and Ambulance Trainee with St John, and with

the Community Visitor Scheme, visiting people living in aged care, of which I then became the Coordinator.

I am currently trying to learn to play the harp. I am a beginner, but just love the sound of this instrument. I also enjoy photography and capturing moments, especially during our Australian and overseas travels. I love riding my new e-bike in Belair National Park. Beach walks with friends and our dogs are some of my favourite things.

I want to continue to always learn, something of which I am doing since I also joined the Volunteer Services team in a brand new volunteer role. My role will include checking in with new volunteers to see how they are settling in, and connecting with volunteers who previously indicated their interest in attracting more volunteers and all the possible ways of reaching people, including, for example, old fashioned letter box drops.

Sometime in the future I will be in contact, however, if in the meantime you would like to contact me, my email address is [louise.balogh@resthaven.asn.au](mailto:louise.balogh@resthaven.asn.au). My primary day for this role is generally Thursdays.

Recently, Stacey Thompson and I have been joining Resthaven's Community Advisory Groups, running ideas by them and seeking ideas and feedback from a cross section of people.

I know only too well the importance of volunteer involvement, from a volunteer perspective, from my experience supporting a volunteer team, and my role helping people connect to care support networks.

I look forward to contributing and enhancing volunteer engagement, and ultimately supporting older people to live well. Resthaven's values of Trust, Dignity and Choice are so important and apply to us all.

I am proud to be associated with Resthaven and its people.

## 105<sup>th</sup> Birthday Milestone

On 8 September 2022, resident, Mrs Bonnie Chapman celebrated her 105th birthday—crowning her the wisest green thumb on site at Resthaven Aberfoyle Park.

Born and raised in the South Australian countryside, Mrs Chapman has always held an enthusiasm for the outdoors. 'I have used my hands all my life, working on the farm mostly,' explains Mrs Chapman. 'Wherever I went in life, I made a garden. It has brought me a lot of joy and purpose in my life, particularly now in my old age.'

Upon moving into Resthaven Aberfoyle Park, the site staff recognised her love of gardening—creating a space just for her. 'You won't miss it—it's the garden bed that reads, 'Bonnie's Garden'! I am just waiting on a couple of new additions to bloom now.'

'Whenever the sun is out, I'm out! I feel very grateful to have been given this area for me to continue doing what I love.'

*Bonnie is pictured right, pruning the lavender in the Resthaven Aberfoyle Park courtyard.*



# Diversity News

## 'Closing the Gap' Day

After a three year hiatus, 'Closing the Gap' day returned to the Adelaide Showgrounds in May.

It was a great day for all – exhibitors, entertainers and the public. At our combined Resthaven and Agedcare Alternatives stall, we received many queries from other organisations working with Aboriginal people, adult children for their parents, and older Aboriginal people themselves.

Mark Trebilcock (Agedcare Alternatives Coordinator) and I are pictured below at the stall.



## NAIDOC Week

To recognise NAIDOC Week (3-10 July), residents across Resthaven participated in many cultural activities. At Resthaven Mount Gambier (pictured right), residents used tissue paper to make brightly coloured Aboriginal flags, proudly displayed in the dining room for all to see.

At Resthaven Leabrook, residents created dot-inspired artwork on glass vases (below right).

Thank you to the site teams for working hard to recognise and acknowledge this significant cultural event.

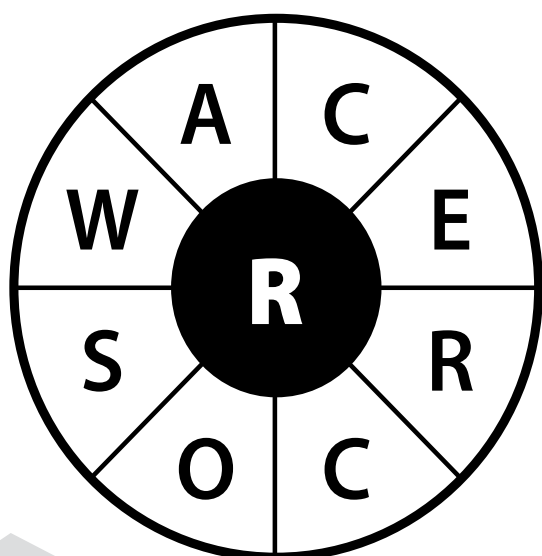


### Priscilla de Pree

*Project Officer,  
Multicultural &  
Diversity*



## Word Wheel



This word wheel is made from a 9 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 R. Good luck! Solutions page 12.

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# Meaningful Connections

Below, we share a snippet from the volunteer stories of Chris, Janine, and Diana and Quaid. For the full articles, visit [www.resthaven.asn.au/latestnews](http://www.resthaven.asn.au/latestnews).

Each story reflects the meaningful connections that are occurring each day amongst volunteers, and the people we care for and support. They reflect the establishment and development of trusting relationships. Thank you for sharing your story with us.



## Chris

Resthaven Leabrook volunteer, Chris Cornwell, has a professional background in nursing and midwifery, and volunteers because she 'wanted to help in some small way.'

'I began assisting the Lifestyle team with the resident activities, and the coordinator introduced me to individual residents who she thought would like a visit and a chat. Being someone who is always up for a chat myself, I just loved it.'

*'No matter who you are, no matter what you have done in your life, you have a story and every person's story is interesting and indeed, to me, fascinating.'*

Chris assists in many areas at Resthaven Leabrook, notably with residents living with dementia, where she has found the opportunity to create more connections with residents.



## Janine

Fellow Resthaven Leabrook volunteer, and scientist, Janine McGowen, shares a similar sentiment to Chris. While Janine works through the week, she makes sure to find time each fortnight to visit and support the older people in her community—creating a few special connections along the way.

'There is a group of wonderful ladies who sit in a dining room after lunch, and talk about anything from current affairs, their families, or Resthaven news. I enjoy joining in with them and hearing whatever is the topic of discussion.'

'I have heard so many stories, which have given insight into times gone by. I find it very interesting to hear their perspective on life.'

*'I feel privileged to spend time with all these amazing people and gain such an insight into their lives.'*

I am sure I get just as much, or even more than they do with our time spent together.



## Diana and 'Quaid'

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

Having previously spent time as a therapy dog in healthcare environments, 12 year old 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 often shares some fun science facts with residents. 'Science stays with you forever, and I like sharing it.'

## What's the Buzz?



## Community Services - Respite Cottages

During the last few editions, you may recall reading about the new Respite Cottages popping up in Aldinga, and more recently, at Toorak Gardens and Victor Harbor (above). We now have eight Respite Cottages all up. The list of locations is below.

These cottages provide a range of small group day and short-term overnight respite accommodation for older people in a home-style environment, offering family carers a break from their caring role so that they can stay well and healthy themselves. As you can see from the front cover, they are great places and enjoyed by guests. Check out the unique variety of bird feeders created recently (right).

Activities at cottages include a range of recreational and social activities, depending on what people would like to be involved in.

If you know someone who may like to know more about Resthaven Community Services Respite Cottages, please pass on this information. Please also know that a My Aged Care referral will ultimately be required for subsidised support.

And of course, if you know someone who might like to volunteer with one of our Respite Cottages, share our Volunteer Services contact details. Scan the QR code at right to email us, phone 8383 9036, or visit:



[www.resthaven.asn.au/volunteering-careers/volunteer/](http://www.resthaven.asn.au/volunteering-careers/volunteer/)

## Aldinga House

18 Halcyon Circuit, Aldinga Beach

## Hersey Cottages

6-8 Township Road, Marion

## Lane Cottages

Truro Avenue, Kingswood

## Limestone Coast Naracoorte

914-915 Pavy Drive, Naracoorte

## Regency Cottage

111 Regency Rd, Croydon Park

## Ridgway House

36 Sussex Tce, Westbourne Park

## Toorak House

61 Alexandra Ave, Toorak Gardens

## Newland House

1 Newland Street, Victor Harbor



**WORD WHEEL SOLUTIONS:**

9 **letter words:** scarecrow.  
7 **letter words:** coarser, scarcer.  
6 **letter words:** arrows, carers, coarse,  
corner, corsac, cowers, scarer,  
escrow, racers, rowers, scarer,  
score, soarer, soccer, sowcar, worse.  
5 **letter words:** acres, arose, arrow, carer,  
cares, cars, carse, ceros, cocas, corer,  
cores, cose, cosec, cower, craws, crews,  
racer, races, rates, raser, rawer, rears,  
rasaw, rasow, raser, sawer, scarer,  
scrow, secro, sewer, sewar, swear,  
sorer, sowar, sower, sware, swear.  
4 **letter words:** acres, acre, aéro, arco,  
arcs, ares, arse, awes, bare, cars,  
case, caws, ceca, cero, coca, core, cors,  
cows, craw, crew, croc, crow, ears, eras,  
eros, errs, oars, orca, orcs, ores,  
orra, osar, owes, owse, race, rare, rase,  
raws, rear, recs, roar, rocs, roses,  
rows, scar, scow, sear, sera, soar, soca,  
sora, sore, wae, ware, wars, wear,  
woes, wore.