

Resthaven Review



Resthaven
Incorporated

Summer 2022-23 | Volume 31 | Issue 4

*Season's
Greetings*

from all at
Resthaven

In this issue

Aldinga butterfly garden

'Ruff Day' wins art prize

105th birthday celebrations

From the Editor ...

Hello!

Summer is here again, with longer days and sunny weather. It's no surprise, then, that this edition of the 'Resthaven Review' is brimming with stories and activities from the great outdoors.

Check out the flower show on page 4, the butterfly garden on page 11, and an outing to the Tantanoola Caves on page 12. To top it off, there are adorable spring lambs on page 14.

Two 'Show Days' are celebrated on pages 21 and 25, and creative pursuits continue on page 28, with the winning of an art prize at Resthaven Murray Bridge.

Eight centenarians share their life stories on pages 18, 19, 22, 24, 26, 27, 29, and 31. Be sure to read up about 105 year old Bonnie and her 'green thumb' at Resthaven Aberfoyle Park.

Finally, it wouldn't be summer without some Christmas spirit, and Retirement living residents and Resthaven Bellevue Heights are bringing it in spades, with their annual 'Operation Christmas Child' initiative. Read more on page 20.

If you would like to spread some Christmas cheer of your own, be sure to check out the Resthaven Christmas cards at reception. They are available for purchase at \$5 for a pack of eight, and all proceeds go back to Resthaven.

Thank you for your contributions over the past year. Please feel free to send your articles to pr@resthaven.asn.au at any time.

We'll see you in 2023!

Resthaven Marketing & Communications Team



From the CEO

Darren Birbeck, Chief Executive Officer

Thank You

As we near the end of what has been another incredibly busy year, I would like to thank you for your support of our staff teams. This year, we have continued to meet the challenges associated with the pandemic, while also responding to the significant reform agenda. I sincerely thank you all.

COVID-19

Recently, major changes were made by the State Government, regarding easing of COVID-19 restrictions for visitors at Residential Aged Care Homes:

- Visitors are no longer required to be vaccinated against Influenza or COVID-19
- Visitors are no longer required to sign in on entry to the home, or undertake temperature checks
- Visiting hours are no longer restricted.

You are encouraged to remain 1.5m away from one another where possible, particularly in indoor communal areas, and to wear masks where indicated.

Industry Updates

The Department of Health and Aged Care has developed a Code of Conduct for Aged Care (Code), in response to the Royal Commission into Aged Care Quality and Safety. It commences on 1 December 2022. The Code (see page 4) will apply to approved providers, their aged care workers and governing persons and will give older Australians receiving aged care more confidence in the workforce assisting them.

The Aged Care Quality and Safety Commission will be responsible for monitoring and enforcing compliance with the Code. The Code is the first element of the Government's national registration scheme for personal care workers to be implemented.

Work Value Case (FWC)

The Fair Work Commission (FWC) has handed down an interim 15% increase for pay rates for Registered Nurses, Enrolled Nurses, Assistants in Nursing, Personal Care Assistants, and aged care workers on the Aged Care Award 2010, the Nurses Award 2020, and the Social, Communities, Home Care and Disability Services Awards 2010.

The FWC is yet to announce when and how these increases will become operative. This is an encouraging outcome for our staff, and an acknowledgement of the work they do.

Resthaven Board

We welcome Freddy Bartlett to the Resthaven Board. Freddy joined us on 1 October, 2022.

Freddy is the Managing Director of ICAM (Inheritance Capital Asset Management) with over 25 years experience in funds management. He has held senior roles in Adelaide, Sydney, and London.

He is the Vice President of the Property Council of Australia (SA Division), and serves on the Investment Committee for the Public Trustee SA, the University of South Australia Business School Advisory Board, and the South Australian Centre for Economic Studies Independent Research Fund Advisory Committee. He is also a director of the Adelaide Symphony Orchestra.

We warmly welcome Freddy and his extensive knowledge and experience to the Resthaven Board.



Finally...

As we approach the end of a third year characterised by the COVID-19 pandemic, we are grateful to see the return of many pre-pandemic freedoms. These little things — sharing a meal in a restaurant, attending the cinema, or just hugging our friends — are things that we will never take for granted again.

I recently enjoyed calling in to see clients at Lane Cottages for Melbourne Cup Day (pictured below). Thank you for making me feel so welcome.



I look forward to the upcoming Christmas lunches onsite, and hope to see many of you at these and other events.

Together, we make up the fabric that makes Resthaven such a vibrant community.

Wishing you and your families a safe, happy and healthy Christmas and new year beyond.

Darren

Chief Executive Officer

“Gifts of time and love are surely the basic ingredients of a truly merry Christmas.”

Peg Bracken

Pictured front cover: Resthaven Westbourne Park centenarian, Mrs Gwenda ‘Great’ Ruse (see page 31).



Residential Services & Retirement Living

Tina Cooper
Executive Manager
Residential Services & Retirement Living

Hello residents, families and friends,

COVID-19

As mentioned in Darren's update, major changes to visitor requirements were made by the State Government in September and October. I know that these changes were very welcomed by residents and families. However, we acknowledge the new challenge in ensuring that we maintain high levels of infection control practices.

I thank you, as always, for your support as we continue to navigate the COVID-19 pandemic together.

Staff News

We sadly farewell Resthaven Murray Bridge Manager Residential Services, Debbie Lindner. We thank Debbie for her long service with Resthaven and wish her all the very best.

Accreditation

Our triennial round of re-accreditation continues, with a number of sites due. If you have any questions about the accreditation process, please speak with the Manager.

Season's Greetings

I wish you and your families a safe and joyous festive season, and hope that the new year ahead shows us some light at the end of the COVID tunnel!

Stay safe, and we'll see you in 2023.

Right: The proposed Aged Care Code of Conduct.

Aged Care Code of Conduct

The Department of Health and Aged Care has developed this Code of Conduct for Aged Care, in response to the Royal Commission into Aged Care Quality and Safety.

When providing care, supports and services to people, I must:

- (a) act with respect for people's rights to freedom of expression, self-determination and decision-making in accordance with applicable laws and conventions;
- (b) act in a way that treats people with dignity and respect, and values their diversity;
- (c) act with respect for the privacy of people;
- (d) provide care, supports and services in a safe and competent manner, with care and skill;
- (e) act with integrity, honesty and transparency;
- (f) promptly take steps to raise and act on concerns about matters that may impact the quality and safety of care, supports and services;
- (g) provide care, supports and services free from:
 - (i) all forms of violence, discrimination, exploitation, neglect and abuse;
 - (ii) sexual misconduct;
- (h) take all reasonable steps to prevent and respond to:
 - (i) all forms of violence, discrimination, exploitation, neglect and abuse;
 - (ii) sexual misconduct.



Community Services

Sue McKechnie
Executive Manager
Community Services

Hello everyone,

Staff News

I am pleased to advise that Kylie Venables has commenced as Manager Resthaven Western Community Services. Kylie is an experienced Registered Nurse and aged care manager in the not for profit sector. Please welcome her to Resthaven.

COVID-Safe

With the recent prevalence of COVID-19 in the community, a reminder not to attend social groups if you are not well or have any symptoms, and to notify staff before they attend your home. Staff continue to wear masks when providing personal care services in your home.

Serious Incident Response Scheme

The Government has introduced new reporting requirements for reporting incidents related to client care and services.

From 1 December, Resthaven is required to report to the Aged Care Quality and Safety Commission through the Serious Incident Response Scheme a range of events that we already monitor and manage in our internal systems to ensure client safety.

If you have any concerns about the quality of the care you are receiving from the Resthaven staff who deliver your services, please ensure that you let your coordinator or the Community Services Manager know of your concerns, so they can be addressed.



Above: New signage has been installed at the Resthaven Limestone Coast Community Services office in Naracoorte.

Be Prepared

With the Murray River in flood, unpredictable weather, and fire season on its way, please make sure your safety plans are up to date and that you advise our staff of what your plans are in an emergency situation. Please consider your personal safety.

With the recent wild weather across South Australia, Resthaven Community Services staff are undertaking welfare checks on clients who may have been affected.

Clients in flood-prone areas have been sent letters outlining the risks as advised by local authorities. Please heed the emergency services warnings and relocate early for your own safety. Please be aware that Resthaven is not to be relied upon for emergency evacuations; remember if you are unable to leave your property or are isolated due to flooding, then our staff are unable to access your property for the same reasons. The local SES or police should be contacted in an emergency.

Finally...

As we head into the end of another busy and challenging year, I take this opportunity to thank our staff teams for their hard work and ongoing dedication, and to you for supporting them as they provide services at our sites and in your homes.

Wishing you all the best for the festive season!



Building Update

David Norton
*Executive Manager,
Financial & Corporate
Services*

Christmas is just around the corner! It's amazing how quickly the year has gone.

Resthaven Bellevue Heights

As part of the Resthaven Bellevue Heights major redevelopment, the new 12-place extension to Correa and Waratah is now complete, as are the refurbished areas of Correa and Waratah. Residents are being relocated into the newly refurbished rooms.

Stage 2 has commenced, with Manson already demolished. The internal refurbishment of Banksia has commenced. The project is scheduled to be complete in December 2023.

Resthaven Westbourne Park

The design phase of the Resthaven Westbourne Park major redevelopment is almost complete. Works are scheduled to commence soon, and run until August 2025.

The project involves replacement of the Hampton and Richmond wings, a new entry, cafe, hall, kitchen and laundry, staff room, and back of house service areas. The cottages on Norseman Avenue, and part of Hampton/Richmond, will be demolished before the end of the year, to allow works to begin.

The new design connects all areas of the site to a central cloister courtyard (artist's impression above right). This will be the central meeting place, with a key focus on ensuring that outside areas always connect with internal. Everyone is excited to get the project started.



Resthaven Chiton Retirement Village

The Resthaven Chiton Retirement Village has a broader masterplan to build additional units onsite. We are currently evaluating options regarding building a connecting road, garden reserve, caravan park, and additional retirement units.

Options were recently shared with village residents at the Annual General Meeting in October. They are excited to see the village finally completed and look forward to consultation and finalising a scheme.

Smart Road, Modbury

The Department of Infrastructure and Transport has completed the temporary car park on Resthaven's vacant land at Smart Road, Modbury. This forms part of the O'Bahn redevelopment project.

We continue to consider different options for future use of the land, to align with supply and demand for both residential aged care and retirement living within the area.

Solar Panels Project

An initial analysis regarding the installation of roof top solar panels at all Resthaven sites has been undertaken, along with an estimate of costs and cost benefit analysis. The next step will be developing a scope, a project plan, and specifications for all sites.

We look forward to another busy year ahead in building services!



Chaplaincy

Erika Comrie
Executive Manager,
Strategy & Governance



Message from the Chaplain: 'Mentors'

Resthaven Coordinating Chaplain (Resthaven Murray Bridge and Leabrook), Nina Corlett-McDonald, shares her thoughts on wisdom.

Mentors are people who encourage, support and enable us to be the people we are meant to be; whether that's in a new job, a new circumstance, or just in general, as we learn to live as respectful human beings. Whatever the case, having someone share our journey is important.

For me, like many, my parents were my first mentors. They taught me about faith, and acceptance of others – especially those who had fallen on hard times, or were on the margins of community.

My first guitar teacher was a mentor. Not only did he teach me guitar, he inspired my passion for music, and my faith.

And I can't forget my favourite high school teacher, who inspired a strong sense of justice and compassion, but also made us feel that we could be the change in our world. He, too, modelled kindness and faithfulness.

The interesting thing about all of these people, and many others within my story, is that they were all older than me. They had life experience and wisdom.

We all need inspirational people in our life. They are there for us when things go well, but, more importantly, when things do not, and we need love and encouragement. They help to teach us resilience and courage.

As I continue to work alongside the older people in the Resthaven community, I can't help but be inspired by the resilience they display – both in your past lives, and as you navigate your current path.

On 1 October, we celebrated International Day of the Older Person. This year's theme was 'Resilience of Older Persons in a Changing World'.

Technological advancements, wars, and changes in families – these are just some of the many things that impact older people, who may feel lonely, excluded, or devalued, as society changes rapidly around them.

All people have value, and in this moment, older people still have much to give, as you live alongside others here at Resthaven, in your interactions with staff and residents and families.

I thank you for sharing as you do, and being a mentor to so many of us in this time and place. It is a privilege to walk alongside you.

Blessings to you and your families, as we head into the festive season.



Nina Corlett-McDonald
Coordinating Chaplain



Retirement Living

*Layla Mignone
Manager, Retirement
Living*



Resthaven Chiton Retirement Living Weed Whackers!

A big 'thank you' to Resthaven Chiton Retirement Living residents, Paul, Wendy, Rod and Barb, for cleaning up the area near our community centre, ready for spring. The group (above right) spent the day cleaning up the nature strip, filling three wheelie bins with weeds. Well done!

On Statenborough

Casino Night

Earlier this year, the residents of On Statenborough enjoyed a 'Casino Night', organised by Janet Sheeky (Bistro Manager). After entering our 'casino', residents were

given 'funny money' to play on the Black Jack and Roulette tables—which became quite rowdy when we reached the finals! At the end of the evening, the winner with the most 'money' left received a trophy.

Resthaven Bellevue Heights Retirement Living Units

Operation Christmas Child

Residents of the Resthaven Bellevue Heights retirement living units have once again participated in 'Operation Christmas Child,' their annual charity initiative which creates care packages for underprivileged children. This is a wonderful project and we are so proud of them. See page 20 for details.





Volunteer Services

Stacey Thompson
Manager, Volunteer Services



In September/October, we held a number of volunteer celebration events to show our gratitude and appreciation of the support provided by Resthaven volunteers.

We were fortunate to hold these events in external venues and transform the spaces filled with vibrant colour.

Across Resthaven, residents, clients and staff created works of art, including paper chains galore—Jenny Haby [Resthaven Marion Lifestyle Assistant Coordinator] described the chains as “waterfalls of colour”.

These have been a wonderful reflection of this year’s theme, “Colours of Life, Better Together”. We are grateful for the unique attributes each volunteer shares, and we are better together—symbolised by the chain links.

Whilst each and every day we appreciate volunteer support, it was really great to come together in this way and celebrate with volunteers.

Resthaven welcomes more volunteers. For details, visit <https://www.resthaven.asn.au/volunteering-careers/volunteer/>, email volunteer@resthaven.asn.au, or call 8373 9036.



We Welcome Your Feedback

Resthaven welcomes and encourages all feedback, both positive and negative, about the services you receive. Your suggestions allow us to monitor and continually improve the quality of services we provide.

You, or your carer, advocate, or representative, are entitled to make any complaint about the services you receive from Resthaven, without fear of reprisal. You will receive feedback about Resthaven's response to your complaint.

If you have a concern, please contact your Resthaven Coordinator or Manager in the first instance, if you feel comfortable to do so. If you need to use an interpreter, we can help with this.

You are welcome to either speak with them in person, or contact them in writing. There is a brochure available at all sites called 'We'd like to hear from you', which you can use to let us know how we can improve our services.

If you have a concern that is not resolved to your satisfaction you are welcome to contact the Chief Executive Officer, by writing to Resthaven Inc. at PO Box 327, Unley SA 5061 or telephoning (08) 8373 0211.

Please feel free to share your Resthaven service experience with us, whether good and bad. After all, if we don't know about it, we can't fix it! Thank you for your support.

Resthaven Community Respite Services

Recollections of Country Living

Resthaven Community Respite Services 'Hersey Cottages' guest, Pam, recently shared her recollections of growing up in eastern South Australia in the 1950s.

A self-confessed 'country girl,' Pam grew up between Renmark and the Victorian border, on a 3,000 acre farm. 'We grew wheat, and ran 1,800 sheep – you had to have both, as the sheep ate the stubble,' she says. 'That's what most farmers did. We also had 16 acres of lucerne patch.'

'There was a workman's house, where the workmen lived.'

'The girls didn't work the farm, that was my younger brother.'

'See, the way it works with boys is that they inherit the farm; the girls get a sum of money as their share. You don't cut a successful property up, as it becomes unviable.'

Pam clearly remembers the 1956 flood, which occurred when she was 'only eleven or twelve.' However, rather than describing the flood as a disaster, Pam says that 'It was a ball! I was in grade 7, and the primary school – of 200 or 300 kids – was shut.'

'There's a railway line between Paringa and Renmark – it's built up. So, they would shuttle passengers from the Paringa station. They had an 18-foot bank around Renmark.'

'To get the school open, the Principal walked the train line to Paringa every morning, before the trains started at 7am.'

Pam was clearly inspired by his tenacity, as she went on to become a school teacher herself, teaching home economics, history, geography, and English.

Thank you for sharing your memories, Pam.

Butterfly Garden at Aldinga House

Guests of Resthaven's new respite cottage at 18 Halcyon Circuit, Aldinga Beach, will soon enjoy the benefits of a 'butterfly garden', thanks to the efforts of Support Worker, Lorraine Maslen.

Lorraine, who has worked with Resthaven for six years, explains, 'I live at Seaford, and grow milkweed in my garden.'

'I noticed last year that there were so many butterflies opening up in my garden.'

'So, we decided to do the same here, and we went and bought some seedlings, which are growing at the moment.'

'We have milkweed and other flowers, to attract lots of butterflies. Some are already planted in the tubs, and others in seedling trays.' Lorraine is pictured holding the seedlings, below.

'They don't look like much now, but hopefully by the time summer comes, we'll have a heap of butterflies coming in, especially Monarchs.'



The butterfly garden project has inspired craft activities at the site, with guests such as Mr Rod McLeod (above, with Lorraine) enjoying making butterflies out of milk cartons, and adding their creation to a display on the outdoor patio.

Projects such as this are all part of the job for Lorraine, who says, 'I love spending time with people, building relationships and enjoying quality time.'

Resthaven operates eight respite cottages across South Australia, providing short term, day or overnight stays for older people.

Guests enjoy a cosy, home-like environment, with qualified staff onsite 24/7 during overnight stays, giving their family carers peace of mind to take a break from their caring role, so that they can take care of themselves.

For more information about respite, visit www.resthaven.asn.au/respite, or email respite@resthaven.an.au.



Exploring the Tantanoola Caves

Recently, clients from Resthaven Limestone Coast Community Services were invited to tour the two-million-year-old rock formations in the Tantanoola Caves Conservation Park, Tantanoola South Australia.

This highly visited tourist spot consists of a 30m wide by 8m high rock chamber, located inside the prehistoric marine cliff, the Up and Down Rock. The unique rock formations we see today were gradually formed over 2 million years by the constant crashing of waves. This is one of the the only naturally occurring caves in Australia that is fully wheelchair accessible.

Resthaven Limestone Coast Community Services Coordinator, Kate Farana, says, 'We are always looking for new and exciting outings to offer clients, and the Tantanoola Caves is a popular destination, so we had to put it on the agenda!'

The group of interested clients joined together on the Resthaven bus, eager to learn more about the history of the area they reside in.



'We all enjoyed learning more about the history of the location, and the geological explanation behind the rock formations.'

'Following our tour, clients and staff relaxed at the local pub for a spot of lunch, visiting the Tantanoola Tiger before heading home.'

'On the way back, clients commented on what a great experience it was and how they would love to explore more local tourist spots with the group.'

'We enjoy offering new experiences to the clients we support. We can see firsthand that these opportunities keep the mind active and curious, while helping others to come out of their shell.'

'We are all looking forward to our next adventure!'

Where will they go next?

Newland House Official Opening



On 14 September, Executive Manager Community Services, Sue McKechnie cut the 'opening ribbon' at Resthaven's new respite cottage at 1-3 Newland Street, Victor Harbor.

The respite cottage, called "Newland House", provides short term, overnight, individual and group stays for older people, giving family carers a break from their caring role whilst their loved one is cared for by qualified staff.

Sue says, 'We are so excited to be opening this new service to support older people to continue to live independently.'

'It is such a great holiday location to enjoy a few days of rest and recuperation.'

To enquire or book, call Resthaven Murray Bridge, Hills and Fleurieu Community Services on 8574 5111.

Above: Executive Manager Community Services, Sue McKechnie, cuts the opening ribbon.

Below (L-R): Natasha Dickinson (Assistant Manager), Cecelia Oxborrow (Manager) and Sue McKechnie (Executive Manager).



'Freedom Hill Sanctuary'

Recently, the Resthaven Marion Community Services 'Friday Club' members were delighted to enjoy a visit from two five week old lambs from Freedom Hill, a not-for-profit animal sanctuary.

Coordinator, Monika Lyckholm, says, 'The lambs, Matilda and Delilah, had been rescued early in life, when one lamb was attacked by a fox at birth.'

'They are both in the care of the Freedom Hill team, and will grow up and live their best life in the sanctuary, along with many other happy animals already living there – pigs, donkeys, cows, greyhounds, horses, and sheep.'

'The lambs, who were dressed in warm coats and nappies, were a bit wary of their surroundings at first. However, they soon settled in, roaming our activity room freely.'

'The lambs then rested on the laps of several clients, and were fed a bottle of warm milk.'

'This is just one of the many enriching activities we have enjoyed at the Friday Club, which meets weekly at Resthaven Marion Community Services from 1 – 3.30pm.'

'The activities are social, fun and educational, and clients tell us that they always leave feeling happy!' Phone 8306 4400 to find out more.



'Cards and Games' at Gawler

Mrs Susan Freeman (pictured right, at left, with Mrs Joy Stuart) is thoroughly enjoying the weekly 'Cards and Games' Social Group, held every Tuesday at 10.30am at Resthaven Northern Community Services, 5 King Street, Gawler.

After seeing an advertisement for the group in January, Susan immediately signed up, saying, 'The group is great. We play cards or games, and – oh – do we chat!'

'We chat so much we forget what we're meant to be doing.'

'They [Resthaven] supply morning tea – cake, buns, scones, cheese and biscuits; it's lovely.'

'It's been really good meeting new people; that's my favourite part, talking to other people and meeting them.'

'It's so much better than sitting at home and staring at your four walls.'

The Cards and Games Social Group is just one of the many groups held at the Gawler office of Resthaven Northern Community Services.

Assistant Manager, Kelly Ainsworth, says, 'We run a number of small groups, with new groups being introduced all the time.'

'On Wednesdays, we run a respite group called "Friendship Group," which gives family carers a break from their caring role while their loved one enjoys a variety of centre-based activities.'



'Currently, "Friendship Group" participants have a preference for board games, so that's what we've been doing! Lunch is also provided.'

'All our groups aim to provide participants with both socialisation outside of the home, and a place to be together with others.'

'There's really something for everyone.'

Mrs Freeman certainly recommends the groups, saying, 'I look forward to going there, it's giving me more of a positive attitude.'

'For anyone thinking of joining, I'd say, come on and have an experience that is so positive and enjoyable!'

If you are interested in joining a social or respite group, or in accessing the wide range of other in-home services supporting older people to continue to live independently in their own homes, phone Resthaven Northern Community Services (Gawler) on 8526 4700, or visit www.resthaven.asn.au.

'Thank You' from a Client

We recently received a wonderful letter of thanks from a client of Resthaven Paradise & Eastern Community Services. Thank you for your kind words to our hardworking staff team. We really appreciate your support!

An excerpt of the letter is below.

I am writing to say "thank you" to everyone at Resthaven Paradise & Eastern Community Services.

I need to say thank you to all of you for all the love and care offered to all clients. I can't remember when I first came to Resthaven, years ago, but I do know it was one of the best decisions we ever made.

I am treated with respect, not some old lady who has "lost it," or is "losing her marbles".

My life is full of the groups that you offer, how grateful I am.

Resthaven Paradise [& Eastern Community Services] has given me so much. You won't hear me grumbling.

I owe all of you so much, my quality of life is so much better.

Saying "thank you" individually is impossible, so to all of you, once again, thank you from my heart to your heart.

With so much love to everyone.

Resthaven Riverland Community Services

Floods

Resthaven Riverland Community Services is currently working hard to support all those clients who are affected by the floods in the Riverland region.

Our thoughts go out to all those in flood-affected areas.

A big 'thank you' to our staff teams for going above and beyond to ensure that Resthaven clients are safe and well cared for during this challenging time.



A Christmas Wish

I wish you the joy of Christmas,
The season's sweet repose.

I wish you the peace of Christmas
To mark the old year's close.

I wish you the hope of Christmas
To cheer you on your way.

And a heart of faith and gladness
To greet each coming day.

Author unknown



Llamajoy at Old Noarlunga

Resthaven Coordinator, Corinne Lama, is living up to her namesake, introducing a 'Llamajoy' program for Resthaven Onkaparinga Community Services clients, providing therapeutic social encounters with llamas.



Working together with local llama owner, Sherilee, Corinne has created an experience that can be personalised to support the individual health and mobility needs of Resthaven clients.

Corinne explains, 'One program includes making items from llama wool, using the old technique of the spinning wheel to make the yarn, which is then hand-dyed. Clients make the items whilst sitting in the shade under a tree with the llamas resting around them.'

'Our first client, Margaret, enjoyed her llama experience so much that she is now using her Home Care Package funding to support this fortnightly as a social outing.'

'Margaret always wanted to learn how to use the spinning wheel, but never achieved this goal.'

'At 81 years of age, Margaret will now meet with Sherilee fortnightly, learning how to create woollen socks out of llama wool, sitting with the llamas as they rest after their walk.'

Margaret was certainly enamoured of the experience, sharing her recollections here.

On Tuesday, I had a new experience – I went walking with llamas at Old Noarlunga. I had been told about them, but had not had the experience until then. Corinne, our Coordinator, had asked me to try this out as a possible social outing. I told her, 'I'm biased because I'm absolutely besotted with all animals!' When I learned that Sherilee, who runs the service, also spins their wool, and is based in a lovely old Uniting Church, I was really and truly hooked.



Most people are familiar with alpacas, but this is my first contact with llamas, who are the larger members of the family. In South America, they are used as pack animals, as we use horses and donkeys.

On meeting Sherilee's llamas, 'Peaches' and 'Sunset,' I had to allow them to sniff my face, which might be a bit confronting for some people, but not me. After most of my life associating with a variety of animals, I am well accustomed to having my face near them!

After our walk, we had a cuppa at the church, which is a lovely building where services are still held each Sunday.



Then, we took a look at the spinning wheel, and the homemade felted articles Sherilee makes.

Someone asked if you could ride the llamas? The answer was, 'probably', but in the meantime,

Sherilee is planning on having a cart made, which they can pull, for children to ride in.

All in all, it was a wonderful experience, and one I intend to have again.

Happy 100th Birthday: Mrs Marjorie Grice

On 2 September, Mrs Marjorie Grice celebrated her 100th birthday with family, in the home she has resided in for half of her life.

Growing up in Botany Bay, Sydney, in a family of seven, Mrs Grice looks back on her fast-paced childhood.

'My father was a truck driver, while my mother tended to the home. With five children, she was always running around, cooking, cleaning, and making sure we did not get into any strife.'

At the age of 14, tragedy struck the family, leaving Mrs Grice with an important decision.

'When my mum died, I picked up her role in the house. Someone had to keep the household together, and that someone was always going to be me.'

'I was very good at it, particularly the cooking. I have always enjoyed it.'

Two years later, Mrs Grice met her future husband—although she would not have believed it at the time.

'A group of us went to the local dance, and my brother was keen on me meeting his friend, Harry.'

'Well, my brother was not very happy with me when I turned him down! He must have known something I did not, because we ended up wonderfully happy until his late passing.'

At the age of 18, Marjorie became Mrs Grice, marrying in their local Church of England.

'A special moment I look back on was handing my bouquet to Harry's



grandma, Lou. She treated me like one of her own, so it was my honour to gift that to her.'

After a few years of married life, the couple relocated to Adelaide, with their young son, Harry Jr. Later they welcomed their adoptive daughter, Susan.

'I always wanted a daughter, and after a few long years, The Queen Victoria Hospital had a one-week-old baby who would come home with us—an absolute blessing in our lives.'

Now, Mrs Grice continues to live in the home she and Harry purchased 50 years ago, receiving regular support from Susan, daughter-in-law, Carole, and Resthaven Western Community Services. 'I am thankful for the support, and most importantly, my girls, who mean the world to me.'

At the age of 100, Mrs Grice imparts her wisdom on the future generations:

'Never underestimate a good night's rest, eating healthy, non-processed foods, and staying away from alcohol.'

Wise words indeed.

Many happy returns, Mrs Grice.

Happy 105th Birthday: Mrs Bonnie Chapman

On 8 September 2022, 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.

In her early 20s, Mrs Chapman relocated to Adelaide, where she began her seven-year stint at Haigh’s Chocolates, becoming the Chief Decorator.

‘While living with Mr and Mrs Haigh, I met my dear husband, Mr George “Georgie” Chapman. He was a handsome fellow, and we soon married at Flinders Street Baptist Church, Adelaide.’

Throughout those first years of marriage, Mr and Mrs Chapman welcomed two children, while starting up their family baking business, ‘Chapman’s Homemade Cakes’.

‘Georgie was a baker by trade, and there was an opportunity to buy a lot on Prospect Road. That was a busy but fulfilling time in our lives.’

Upon retirement, George became a Pastoral Carer, and the Chapman’s went on to take in many vulnerable members of the community.

‘It was always important for us to give back to those in need, especially those who were often overlooked. We did a lot of good over the years.’

While giving most of her time to others, Mrs Chapman made sure to keep something just for her.



‘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.’

When Mrs Chapman is not busy outside, you will find her on a chair by the window, working on her latest project of knitting coat hangers, or receiving a visit from her daughter, Bev.

Many happy returns, Mrs Chapman—an inspiring example of an active life at 105!

Operation 'Christmas Child'



Resthaven Bellevue Heights retirement living residents have completed their annual 'Operation Christmas Child' project, packing boxes full of goodies ready to distribute to underprivileged children this Christmas.

The project, part of international organisation, 'Samaritan's Purse,' was introduced in 2013 by independent retirement living residents, Mr and Mrs June and Bob Heath. Over the years, their contribution has totalled an amazing 1,036 boxes for vulnerable children across the world.

This is a wonderful legacy, as, sadly, June and Bob recently passed away. Fellow resident, Mrs Nadine Olafsen, is determined to keep the tradition going. She explains, 'Each box has to fulfill three categories of items; health, education and play.'

'Our group start collecting and knitting items in April, so that we can fill as many boxes as possible when it comes to packing day in October each year.'

Kathy Kennedy, Volunteer Coordinator of Samaritan's Purse, says, 'Resthaven Bellevue Heights retirement residents are wonderful contributors to Operation Christmas Child, and we are always in touch leading up to packing day so that we can bring along the shoeboxes, labels, and to also help make sure every box is packed correctly.'

'The aim of the packing is to pick a boy or a girl, and then decide which age group, ranging from 2-4, 5-9 and 10-14.'

Mrs Olafsen says, 'This year we had the goal of filling 50 boxes, and we managed to fill 60! Thank goodness Kathy always brings extra boxes!'

'It is a great initiative that we all look forward to each year, particularly when we receive photos of the children who receive their gifts... it is truly heart-warming and gives us all a bigger purpose.'

Thank you for bringing such joy to children at Christmas!

'Show Day' Celebrations

In early September, the Royal Adelaide Show came to town, and we know what that means — it was also time for the annual Resthaven Craigmore Show!

Residents enjoyed many activities on the day, including Old McDonald's Farm, show games, prizes, and stalls (pictured this page).

There were fun showbags, which were decorated with resident artwork.

Guests also enjoyed taking time to shop and browse gifts from 'Mobile Giftware'.

We're sure everyone enjoyed the day!



Happy 100th Birthday: Mrs Beryl Dickinson

Mrs Beryl Dickinson was born in a small Adelaide home, on 21 November 1922, the fifth child in her family.

Two years prior to her arrival, the family had made a life changing arrival of their own.

Mrs Dickinson explains, 'My family were originally from England, and they made the decision to migrate to Australia for a better life.'

'My father was a motor trimmer by trade, and found himself out of work during the Great Depression. As with many industries, car upholstery became an "unnecessary luxury" in Australia.'

Growing up during a challenging time in history, Mrs Dickinson reflects, 'We didn't grow up with many "things", so we sought out experiences. Being able to manage the cards you get dealt with is an important skill to learn.'

At the age of 14, Mrs Dickinson left school to work in a local box factory, packing chocolates and lace.

'I met my husband, George, at that same factory. We went on to marry for a few years, but it was not the union I had hoped.'

After taking back her independence, Mrs Dickinson went on to find immense joy living on her own terms and focusing on the loving family around her.

'I used to think I might have my own children someday, but I have instead been blessed with my nieces and nephews, and the friends I have kept in close contact with throughout the years.'

'I am happy to be living at Resthaven Leabrook. I am down the road from my friend, and we walk to lunch each Thursday. I am also close enough to my nephew, who visits me here each week.'

When Mrs Dickinson isn't out and about in her local area, she is keeping up with the many social activities held onsite.



'One thing you'll learn about me is that I am never in my room. I enjoy connecting with people, and there is always something to do here to keep me busy.'

Having led life on her own terms, Mrs Dickinson shares valuable advice to the younger generations; 'Enjoy life and be independent.'

'The most important thing for a woman is to be able to stand on her own two feet. Do that, and you can't go wrong.'

Mrs Dickinson is looking forward to celebrating her milestone birthday in her niece's home, where she will be joined with friends and family from across Australia.

Many happy returns, Mrs Dickinson.

Tribute to Queen Elizabeth II



On 8 September 2022, Elizabeth II, Queen of the United Kingdom and the other Commonwealth realms, the longest-living and longest-reigning British monarch, passed away.

Residents at many Resthaven residential sites were supported to send their condolences to the Royal family through the Australian Government website.

Mrs Shirley Kanally is pictured below with Lifestyle Coordinator, Felicity Tucker, sending her condolences.

At Resthaven Malvern, residents and their families were invited to watch the Queen's funeral in the Hall (below left). The site later held their own memorial service. A tribute display was set up in the foyer, and residents enjoyed sharing and reminiscing their own special memories of the Queen. Valé.



Happy 100th Birthday: Mrs Jean Morrison

On 14 September 2022, Mrs Jean Morrison celebrated 100 years with her devoted family by her side at Resthaven Marion.

Born and raised in Castlemaine, Victoria, Mrs Morrison was the third of eight children, helping raise her five younger siblings.

Daughter, Julianne, shares, 'Mum is remembered as a bright and pretty young woman, who loved dancing and singing in the church choir.'

'She was a clever student and a quick learner, beginning high school at the age of 10!'

After her schooling years, Mrs Morrison was thrilled to move into a clerical position at one of the biggest foundries in the country, Thompson's Foundry.

Around this time, Mrs Morrison met her future husband, and World War II veteran, Mr Dudley 'Dud' Morrison, while he studied mechanical engineering at Castlemaine Technical School.

Before jetting off for deployment in New Guinea, the couple (below) wed on 19 December 1942, spending an enjoyable few days' honeymooning in Melbourne.



'Mum and Dad spent the next gruelling four years apart, before having the opportunity to begin their married life.'

The reunited newlyweds welcomed three children into their family—Malcolm, Bruce, and Julianne—before relocating to Adelaide in 1959, where Dudley found permanent employment in his trade.

Mrs Morrison went on to live an active life, both at home and in the community.

'Mum could turn her hands to most tasks around the house, such as painting, bicycle maintenance, and cleaning out the gutters, well into her eighties!'

'She also volunteered for various charities and causes, including the Country Women's Association of Australia, Girls' Friendly Society of the Anglican Church, Brighton Surf Life Saving Club, Flinders' Hospital and the Red Cross.'

While Mrs Morrison enjoyed her community pursuits, family has always come first.

'Mum is a wonderful mother, always encouraging and supporting us in our endeavours.'

Son, Bruce, agrees, 'Mum spent tireless hours throughout the years looking after my children, so that I could run my business as a single father.'

'There is nothing Mum would not do for her family.'

On reaching her centenarian milestone, Mrs Morrison shares her best-kept secret, 'If it's not working, it just needs a drop of oil!'

Thank you for sharing your memories.

'Show Day' in the Mount



In late October, Resthaven Mount Gambier held its long-awaited 'Show Day' celebration, with residents, staff, and volunteers joining for this festive annual event.

'Our Show Day is always held in conjunction with the Mount Gambier Show, bringing to life many of the same activities and atmosphere as the main event,' Lifestyle Coordinator, Sue Wijewardhena, explains.

'Residents, staff, and volunteers commemorated the occasion by making and entering their creations in the categories of art, craft, knitting and crocheting, photography, floral arrangements and cooking.'

'Residents were delighted to judge the entries and determine the winners. There was so much enthusiasm and discussion over the creativity and presentation.'

'Everyone thoroughly enjoyed themselves, and there was lots of laughter.'

Lifestyle Assistant, Tracey Krueger, says, 'Staff love to get involved with the Show Day. A few brought in their furry and feathered pets this year, so we had our own Resthaven Mount Gambier petting zoo!'

'Residents were excited to pat the chickens, roosters, guinea pigs, and a rabbit.'

'And of course, Teddy, the site companion dog, was showing off his obedience skills.'

Another highlight for residents was the opportunity to ride a rollercoaster!

'We played a rollercoaster simulation on the big screen, with residents experiencing the thrilling ride from the comfort of their armchairs,' Tracey explains.

'The day was a great success. Residents participated in a variety of games and loved receiving a show bag filled with lots of goodies,' Sue says.

'Many residents commented that it was just like attending the real Mount Gambier Show!'

'Thank you to everyone for sharing this day with us and making our Show Day the best one yet.'

'We look forward to doing it again next year!'



Happy 100th Birthday: Mrs Trudi Kalisch

On 26 June, Mrs Trudi Kalisch (nee Ehmke) celebrated her 100th birthday with her family at Resthaven Mitcham.

She was born on a small German island in the Baltic Sea named Wollin (Wollin belonged to the rural region of Pommern, which would later become part of Poland after the Second World War).

It was here Trudi met her future husband, Egbert Kalisch, who was in the airforce and stationed on the island during the war. They were married in 1944.

After the war ended, they finally settled together in Wiehl (near Cologne on the Rhine) where they started their family – two daughters, Birgit (1947) and Sigrid (1949).

In 1960 the decision to immigrate to Australia led them to resettle in Adelaide (Mitcham), which became their permanent home.

Egbert passed away in 2001, and after 16 years, Trudi moved one more time, a last move to Resthaven Mitcham in 2017.

Thank you for sharing your story.



Happy 100th Birthday: Mrs Frances Blight

Resthaven Mitcham resident, Mrs Frances Blight, shares her hundred-years of wisdom with us, as she reaches her centenarian milestone on 14 October.

Born in North Melbourne, and with three siblings, Mrs Blight shares her fondness towards her father.

'My father [James Cairns] had a business making saddles for the war horses in World War I. As a child, I was interested in his work, and remember visiting him in the shop, the "Jaz Cairns".'

During her primary school years, the family relocated to the South-East Victorian town of Frankston.

Mrs Blight reflects on her school years; 'I enjoyed French class very much, but I was mostly interested in making things with my hands, and soon started working in my aunt's ladies' frock store. She taught me how to sew the hems on the skirts, and I enjoyed it very much.'

When Mrs Blight was around 16 years of age, she met her future husband, Sandy.

'He was studying engineering at the Sydney University, where he lived. He happened to come down to Melbourne with a focus group, to learn more about engineering work for the army in World War II.'

'We met as most people did back then, at the local dance. I was with my friends, and he was with his university group. We chatted, but I wasn't interested at that time.'

Sandy soon went back to his hometown in Sydney, however, once he graduated a couple of years later, he relocated to Melbourne.

'He called my landline to ask me to see a film. Well, my mother was the one to answer the



phone, and she said she was "tickled pink" by him, so I agreed.'

'We enjoyed our time together, and he was keen to marry me, so we did, when I was 21-years-old, at the Presbyterian Church at Clifton Hill.'

The newlyweds purchased a house locally, where they welcomed five children.

Mrs Blight shares, 'I always carried on sewing. When I wasn't working anymore, I sewed for my children. When they grew up, I sewed for their children, and so forth.'

Later, the family relocated to Adelaide, where Mrs Blight resides today, now at Resthaven Mitcham.

Her words of wisdom: 'Always find a way to do what you love.'

'Ruff Day' an Art Champion

From 23-25 September, Resthaven Murray Bridge residents had the opportunity to display their artworks at the Murray Bridge Show—and this year, we came back with a winner!

Lifestyle Coordinator, Soraya Fitzgerald, says, 'We have an enthusiastic Art Group on-site, and participants are always working on a project.'

'We encouraged them to submit some of their best, original works to the judging panel of the Seniors Artists competition.'

'Many residents entered their work, and received a fantastic response from those who came to check out the competition.'

One resident particularly caught the attention of the judges.

'Mrs Pamela Altmann, who has been practicing her painting skills, entered the Seniors Artists Painting category, with her water-coloured piece, titled, 'A Ruff Day''

'The judges loved her rendition of a dog, winning her a first-place ribbon, and Champion of the category!'

'She was so happy to receive her prize, and we proudly took her photo back at Resthaven Murray Bridge once we returned, next to her winning piece, of course.'

'Fellow residents on-site congratulated Mrs Altmann for her win, and it's safe to say that the Art Group feel much more motivated to enter again next year.'

Congratulations, Mrs Altmann!



Happy 100th Birthday: Mrs Mavis Wimshurst

On 15 November 2022, Resthaven Port Elliot resident, Mrs Mavis Wimshurst, celebrated her 100th birthday. She reflects on her life full of hard work, resilience, and unwavering dedication to family.

Mrs Wimshurst's dedication to her children stems from her childhood years — she never knew her parents and was raised in an orphanage and foster care homes throughout South Australia. 'I never felt a real sense of belonging throughout my childhood,' explains Mrs Wimshurst. 'I ran away from my foster carers when I was barely a teenager and lived on a houseboat on the Murray River for a few years. Then, I trained as a seamstress before joining the war effort as a telephonist.'

'During the war, I met my future husband, Harry. He was in the Air Force, stationed in New Guinea, but he'd come home on leave. We were very happy. I fell pregnant with our first child, a boy we named James — Jimmy for short!'

'Jimmy was still a young child while Harry was fighting the war in New Guinea. So, I spent time with other women whose husbands were at war or had been killed. Together, we looked after all the children. One of the best moments of my life was when Harry returned from the war. We were finally a family.'

After the war, Mr Wimshurst worked as a handyman, while Mrs Wimshurst once again took up work as a seamstress. Of course, Mrs Wimshurst made her own wedding dress! The family resided in Semaphore, welcoming two more children, sons Ross and Brian.

Challenging times struck when Jimmy was diagnosed with cerebral palsy. 'The doctors told us that he wouldn't live beyond seven years old, so I made it my mission to care for Jimmy as long as I could,' says Mrs Wimshurst. 'The boys had such great fun, always getting into mischief. I would hear Jimmy laugh and just know they were up to no good!'

Mrs Wimshurst's lifelong mission to care for Jimmy led her to work as an educator at the Home for Incurables (later known as the Julia Farr Centre). The now-closed facility was a hospital and care home for people living with disabilities in Fisher Street, Fullarton.



'I worked at the Home for Incurables with many friends, who also had children living with physical or mental disabilities,' says Mrs Wimshurst. 'It was such important work at a time when children were labelled "incurable" because of their illness or disability. Over everything else, I wanted to show these children that they were wanted in the world, and shouldn't be "pushed out" because they were different.'

Sadly, Jimmy passed away in the 1980s at age 31. Mrs Wimshurst reflects on his life fondly: 'I am so proud of the life Jimmy was able to lead. The doctors told us seven years, but we had 31 amazing years with him. We were so lucky.'

After Mr Wimshurst passed away in the 1990s, Mrs Wimshurst went to live with Brian in Victoria. Later, she moved back to South Australia and lived in Victor Harbor with Ross, and her daughter-in-law, Deb. For a while, Mrs Wimshurst received services at home from Resthaven Murray Bridge, Hills & Fleurieu Community Services, before moving to residential care at Resthaven Port Elliot.

When asked the secret to her long life, Mrs Wimshurst credits her family, 'I have been blessed with children, grandchildren, great-grandchildren and great-great-grandchildren! My family is everything.'

Many happy returns!

Music is 'Good for the Soul'

It is no secret that music is good for the soul. Volunteers who share their musical ability bring sensory comfort to people.

Coordinating Chaplain at Resthaven Paradise and Resthaven Leabrook, Rev Cate Baker, is a firsthand witness to the benefits that music brings to residents.

Cate elaborates, 'Volunteers add so much to the Resthaven experience. Those who come to play the piano often bring more than just music.'

'We 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 [pictured right, with Cate] with Resthaven Paradise.'

'June and Kathleen positively change and enhance the group experience for residents, where people can sing along at a comfortable pace,' Cate says.

'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, some of whom 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 people living with dementia.



'The atmosphere is transformed with the sound of the piano playing, and everyone is at peace while they hum to the music.'

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

Resthaven is keen to hear from people who would like to share their varied talents by volunteering with Resthaven. If you know someone, please suggest they enquire.

To find out more about volunteering, email volunteer@resthaven.asn.au, phone 8373 9036, or visit www.resthaven.asn.au/volunteering-careers/volunteer/

Happy 100th Birthday: Mrs Gwenda Ruse

On 10 September 2022, Mrs Gwenda Ruse celebrated her centenarian milestone with friends and family at Resthaven Westbourne Park.

The youngest of five siblings, Mrs Ruse grew up in a busy but close family in Murray Bridge. 'As a little girl, I was teased by my brothers constantly! But they protected me fiercely, and I felt very loved.'

'I was quite good at school and sports, which served me well in life. I received a scholarship to go to high school, but I didn't stay long.'

Mrs Ruse's family suddenly lost their father, and one by one, they all left school to support the family.

'I was 14 when I found employment in Adelaide as a housekeeper. I was lucky that I could go live with my aunt and cousin, who were locals there.'

In her newfound independence, she would often shop at the local grocery store, developing a crush on one of the attendants, Doug.

'We did not get much of a chance to get to know each other before he was off to fight in the war (World War II). I took over his job while he was gone, which involved a "Starting Price (SP)" service.'

'I'll never forget when I closed the whole operation down! I knocked three times on the door that led to the betting area, not knowing that this was the sign that the cops were coming and to evacuate!'

Mrs Ruse found a close friendship with the local butcher's daughter, Betty.

'We had such fun together and would get into all sorts! We have shared a lifelong friendship, and her daughter, Jan, still visits me several times a week.'



During the war, Doug returned to Adelaide on leave, and they developed a romance.

'We married in 1945 and had two children—the best thing that has ever happened to me.'

Soon, the newlyweds leased a grocery shop of their own.

'We worked hard for several years, before purchasing two blocks of land, where we built our home and shop next to each other.'

'We were very busy. When we weren't working, we were down at the football, or tennis, or hosting our group of friends and extended family. Family is everything.'

During retirement, Mrs Ruse enjoyed yoga, line dancing, and travel with her children, the highlights being Japan and a cruise on the Queen Elizabeth II.

At 100, Mrs Ruse is the proud grandmother to 5 grandchildren, and 6 great-grandchildren—known endearingly to all as 'Great'.

Happy birthday!

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.

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