

Resthaven Review



Resthaven
Incorporated

Autumn 2023 | Volume 32 | Issue 1



In this issue

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Green Thumbs Busy at Marion

Mr Millar's Woodwork Creations

From the Editor ...

Hello everyone,

What a great start to the year, with mask requirements easing across Resthaven's residential services. We know this is a much-welcome change for all.

The 2022/23 summer season was busy and cheerful, with residents, clients, staff and volunteers getting out and about. A bus trip on page 17 looked like loads of fun, and garden adventures feature on pages 13, 30, and 31, with flowers, potting mix, and terrariums coming out to play.

In the Limestone Coast, there was craft a-plenty (page 12), along with a very soggy Christmas pageant on page 26, with the Mount Gambier weather confused about the seasons!

Residents show off their creativity on pages 23 and 25, with some wonderful wood-carved creations at Resthaven Leabrook and a musical collaboration between a resident and volunteer at Resthaven Marion.

Finally, eight amazing centenarians share their stories and wisdom on pages 14, 15, 18, 21, 24, 27, 28, and 29. Their stories of resilience, courage, family and love are inspiring.

Especially take a look at the story of Mr Colin Wagener on page 14, who celebrated his 105th birthday in December 2022. Mr Wagener still lives at home and holds a driver's licence—an impressive feat!

We hope you enjoy this edition of the 'Resthaven Review,' along with the last of the summer weather.

Resthaven Marketing & Communications Team



From the CEO

Darren Birbeck, Chief Executive Officer

Happy New Year!

Executive Retirement

After almost two decades in the role, Resthaven Executive Manager Community Services, Sue McKechnie, has announced that she will retire in March 2023.



I thank and acknowledge Sue for the significant contribution that she has made over the past 18 years and the wonderful legacy that she has left for Resthaven.

Please join me in wishing Sue all the very best for the future.

Industry News

The aged care sector has undergone, and continues to experience, significant reform changes recommended by the Royal Commission into Aged Care Quality and Safety.

On 1 December, the Serious Incident Response Scheme (SIRS) extended beyond residential aged care to include home care and flexible care delivered in a home or community setting.

More changes will continue in 2023 and 2024, with the introduction of additional mandatory quality indicators and care minute targets, planned changes to home care and the release of a new Aged Care Act and Aged Care Quality Standards. The aim is for a better system, which needs appropriate resourcing to succeed.

Commonwealth Department of Health and Aged Care 'Resident Experience Surveys' (previously known as Consumer Experience Interviews) commenced in February 2023.

This offers older people in residential aged care the opportunity to share feedback about the quality of care they receive. Their responses will inform the Residents' Experience Rating in 'Star Ratings' on the My Aged Care website (www.myagedcare.gov.au). Star Ratings capture data relating to Compliance, Residents' Experience, Staffing and Quality Measures.

The Australian Government continues to release the 80,000 home care packages that were committed in the 2021 Federal Budget.

The challenge for aged care providers is in attracting the workforce to deliver the care and services required. In a recent publication, the Committee for Economic Development of Australia (CEDA) reported that they expected an annual shortfall of 30,000 to 35,000 direct care workers. Lower levels of migration and higher attrition rates suggest that 65,000 workers are leaving the sector each year.

The announcement by the Fair Work Commission of a 15% increase in the wages of direct care staff is encouraging. However, we are yet to learn when it will commence and how the government will fund the well-deserved increase.

Resthaven Board

In November 2022, the Resthaven Board and members of the Executive team visited the Resthaven Murray Bridge, Hills & Fleurieu Community Services offices at Strathalbyn, Murray Bridge, and Goolwa. We all enjoyed chatting with staff and clients.

Board Member, Rebecca Clarke, has left the Board due to an interstate appointment. We wish her all the best.

Each Board Member is responsible for a Resthaven site. An updated list of each Board Member's site of responsibility is on page 10.

Retirement Living Acquisition

I am pleased to announce that Resthaven has acquired a portfolio of retirement living villages from ACH Group. The acquisition includes small villages (less than 20 units each) in twelve locations in the following suburbs: Aberfoyle Park, Brighton, Blackwood, Kingswood, Wynn Vale, Walkerville, Lower Mitcham, Elizabeth North, and Salisbury.

This acquisition of 123 units across twelve locations will increase Resthaven's retirement living portfolio by 40%, adding to our service options for older people and diversifying our income streams. This reduces reliance on Federal Government funding.

With opportunities to provide affordable housing options, it further demonstrates our unwavering commitment to older people in South Australia.

Resthaven senior management met with ACH residents on 31 January 2023, and welcomed them to Resthaven from 1 February. I am pictured right with ACH Group CEO, Frank Waits. See more photos on page 4.



The Year Ahead

As we enter a new year, we reflect on how far we have come in the last 12 months.

The genuine joy and happiness of our site communities is a credit to our residents, clients, staff, and volunteers.

As we look forward to 2023, let's hope that life for us all returns to something that more closely resembles pre COVID-19.

Darren

Chief Executive Officer

Pictured front cover: Mrs Shirley Kanally and Mrs Sylvia Hill enjoy the gardens of Resthaven Malvern.



Residential Services & Retirement Living

Tina Cooper
*Executive Manager
Residential Services &
Retirement Living*

Hello residents, families and friends,

Masks

Due to declining COVID-19 numbers in the community, visitors and staff are enjoying no longer wearing masks in Resthaven residential aged care homes (unless there is a COVID-19 positive resident at the home). It is wonderful to be able to see each other's faces within the homes once more. Please note that circumstances may change according to government health advice.

My sincere thanks for your patience over almost three years of COVID-related mask requirements.

Staff Welcomes

It is pleasing to announce the appointment of both Bryan Kent as Manager Residential Services (MRS) at Resthaven Port Elliot (pictured), and Kylie Venables to the same role at Resthaven Murray Bridge. We welcome them both, and wish them the very best in their new roles.



I also acknowledge Debbie Lindner, previous MRS at Resthaven Murray Bridge, for her contributions over many years. Thank you, Debbie.

We farewell Susanne Castle, MRS at Resthaven Craigmore, who has made the decision to move away from the aged care sector into a new role. We thank Susanne and wish her all the best.



Above (L-R): Tina Cooper (Executive Manager Residential & Retirement Living), and Kris Henry (Residential & Retirement Living Support Coordinator) chat with former ACH Group retirement living residents at the joint meeting on 31 January 2023.

We also farewell Senior Manager Residential Services, Mark Bednall, after seven years with Resthaven. Thank you and all the best, Mark.

Retirement Living

As mentioned in the CEO's update, Resthaven has acquired a group of retirement living units from ACH Group. It was wonderful to meet many of our new residents at a joint meeting on 31 January (pictured above).

Please note that there is a new phone number for ALL retirement living enquiries: **8373 9131**.

Accreditation

During January 2023, Resthaven Bellevue Heights and Malvern underwent their triennial Accreditation visit from the Aged Care Quality Standards Commission (ACQSC). In February, the Assessors visited Paradise and Leabrook. We await the final outcomes from these visits.

Dining Excellence Project: Meal Feedback Forms

To improve and respond to resident preferences, we have implemented feedback forms in all residential services dining rooms. We look forward to receiving your feedback.

Thank You

Finally, I would like to acknowledge your support of our staff at residential sites during their ongoing management of COVID-19. Thank you.



Retirement Living

*Layla Mignone
Manager, Retirement Living*

On Stat pays a visit to Chiton

On 10 February 2022, around thirty 'On Statenborough' residents travelled to Resthaven Chiton Retirement Living, where they shared morning tea together at the Chiton 'Lake House' (right).

After enjoying a chat over scones with jam and cream, the On Statenborough residents then travelled to the Whaler's Inn for a delicious lunch (below).





Community Services

Sue McKechnie
*Executive Manager
Community Services*

Hello everyone,

Staff News

I am very pleased to advise that Kimberley Lord has been appointed Manager Resthaven Limestone Coast Community Services. She commenced in the role in January 2023.



Kimberley was previously Assistant Manager at Resthaven Murray Bridge Hills and Fleurieu Community Services. Congratulations to Kimberley.

I thank Karen Hammond for her past 12 months as Manager at Resthaven Limestone Coast Community Services.

With Karen's move back to the Adelaide metropolitan area, she has been appointed as Manager at Resthaven Western Community Services, where her extensive organisational knowledge and experience will be of great benefit to the team.

Focus Groups

Annually, Resthaven seeks feedback from clients and families through focus groups. In 2022, 47 people took up the invitation to attend sessions to provide feedback, with overwhelmingly positive feedback received.

The feedback particularly reinforced how much people value being told if their usual staff member is going to change. Individual site reports have been provided to managers.

Floods

I would like to thank Managers, Karen Boelens and Cecelia Oxborrow, and the teams at Riverland, and Murray Bridge, Hills & Fleurieu Community Services, for 'rising' to the challenges of adapting service delivery to the rapidly changing flood conditions along the River Murray and lower lakes.

The Riverland service has taken up a temporary office in Loxton, to allow support for the team along both river banks. Travel disruption for staff due to flood waters has been substantial.

It is much appreciated how resilient Resthaven staff have shown themselves to be in order to keep our services going.

Farewell

Finally, as mentioned in the CEO's update, I will be retiring in March this year.

Working at Resthaven has been a large part of my 45 year nursing career. Over 18 years, I am pleased to reflect that our Community Services have always been focussed toward the Resthaven purpose of outstanding care and support.

I leave Resthaven grateful for the opportunity, and for all the many people who work so hard to deliver our services.

Thank you, and I wish you all the very best.



Building Update

David Norton
*Executive Manager,
Financial & Corporate
Services*



We say 'so long' to 2022, and welcome 2023!

It is a big year ahead for the buildings and capital works program; particularly for Resthaven Bellevue Heights and Resthaven Westbourne Park, as one targets completion and the latter looks to commence.

Resthaven Bellevue Heights

It's 'all systems go' at Resthaven Bellevue Heights! Refurbishment of the Correa and Waratah areas were completed last year. This was a major milestone. The new rooms and living areas are a great improvement.

Stage 2, including the construction of a new service level and memory support area, has commenced. Manson Lodge has been demolished, and the foundations for the new lower service area are being prepared. The internal refurbishment of the Banksia area is well underway.

The latest progress is pictured above.

Resthaven Westbourne Park

The project design is now complete. It is currently anticipated that works will start in late February. Everyone is very excited for works to commence.

The project involves replacement of the Hampton and Richmond areas, and includes construction of a new entry with central garden, café, hall, new kitchen and laundry. It will also include refurbishment of the Marlborough area lounge and dining areas.

Resthaven Chiton Retirement Living

We have developed concepts for Resthaven Chiton Retirement Living for additional retirement units, a garden reserve, and caravan park.

A consultation workshop with residents recently took place, where the plans were well received. It was very beneficial to have their feedback and input. Works are expected to commence towards the end of the year.

Resthaven Marion

Another upcoming major project is the redevelopment of Resthaven Marion. This site is a major focal point for a multitude of Resthaven services, including residential services, community services, and community respite services. It is a large land holding that requires careful consideration. We will soon commence the master planning process to get this project moving.

Rooftop Solar Project

The Rooftop Solar Photovoltaic (PV) project has gained approval to enter the next phase, which is going to tender to suitable companies for pricing.

It will involve the installation of rooftop solar systems across all Resthaven sites. The estimated reduction in our carbon footprint is estimated at 9%, which is a really great step forward and something for us all to be proud of. It is expected that installations will commence in late 2023.



Governance & Chaplaincy

Erika Comrie
Executive Manager,
Strategy & Governance

Individualised Spiritual Support

Resthaven's Coordinating Chaplains provide individualised spiritual support at every Resthaven residential site, encompassing a wide range of needs – which are not always tied to a specific religion.

'People experience spirituality in many diverse ways,' explains Resthaven Coordinating Chaplain, Rev Adam Trethaway. 'The support that Resthaven Chaplains and volunteer Chaplain's Assistants provide is tailored to those diverse spiritual needs – whatever they may be.'

This was evidenced recently by a request from a resident for a combined Hindu/Christian funeral service, which Adam says, 'was an honour' to be involved in.

'The service of thanksgiving was not only an opportunity to honour the resident, but also to support them through their final journey.'

This is just one example of the many ways in which the Resthaven Chaplaincy team (right) provides individual support that meets the diverse needs of our resident community.

Philanthropy

Did you know that Resthaven's pastoral care program, scholarship and training programs, affordable rentals and external and internal research projects are not covered by government funding?

These are all things that Resthaven does to align with our charitable purpose.

Resthaven Coordinating Chaplains



Rev Samson Asirvatham
Resthaven Craigmore



Rev Cate Baker
Resthaven Paradise



Pastor Dianne Bailey-Walters
Resthaven Mount Gambier



Rev Frances Bartlett
Resthaven Bellevue Heights



Dr Nina Corlett-McDonald
Resthaven Leabrook & Murray Bridge



Rev Dr Bruce Grindlay
Resthaven Aberfoyle Park & Marion



Rev Sil Hein
Resthaven Malvern



Dr Louise Townend
Resthaven Port Elliot



Rev Adam Trethaway
Resthaven Mitcham & Westbourne Park



Volunteer Services

Stacey Thompson
Manager, Volunteer Services

Hello,

Each fortnight, I attend the Corporate Induction session for new staff, and speak about volunteers.

I always welcome this opportunity to share about volunteers, and one of the best ways to do this is to introduce them to some volunteers. It is an uplifting experience all round; it is energising and inspiring.

I ask for a show of hands of those who work at Resthaven Marion, and share the story of how the Indigenous artwork on the walls (right) came about, through volunteer bus driver, Nev Robinson, who has links with the Indigenous Art Gallery in Adelaide.

The commissioned artwork was partly funded by the proceeds from the site "Sweets 'n' Treats" shop, run by volunteers (below).



After eight years on the road, Nev is now hanging up his driving cap – a tremendous effort!

Nev has loved driving the bus and would like to hand over the reins and encourage others to become involved.

We are energised and very grateful for the width and breadth of the impact that volunteers make, increasing our diversity and capacity to provide more individualised care and support.

Every minute donated by each volunteer counts. Every smile, nod, acknowledgement, conversation, interaction and activity contributes to the wellbeing of Resthaven communities.

Thank you for working together and supporting volunteers.



Diary Dates

Dates may be subject to change—don't forget to check notice boards!

Resthaven Site	Volunteer Thank You Event (2pm)*	Annual Memorial Service	Retirement Living Annual General Meeting	Christmas Luncheon (12pm)
Chiton Retirement Living	n/a	n/a	19 Oct, 2pm	n/a
On Statenborough	n/a	n/a	25 Oct, 10am	n/a
Resthaven Aberfoyle Park	3 May	26 June	n/a	7 Dec
Resthaven Bellevue Heights	5 May	20 June	27 Sept, 10am	1 Dec
Resthaven Craigmore	10 May	28 June	n/a	20 Dec
Resthaven Leabrook	11 May	28 June	4 Oct, 11am	21 Dec
Resthaven Malvern	12 May	20 June	4 Oct, 9am	2 Dec
Resthaven Marion	16 May	5 July	27 Sept, 2pm	14 Dec
Resthaven Mitcham	12 May	29 June	n/a	8 Dec
Resthaven Mount Gambier	26 May	15 June	n/a	19 Dec
Resthaven Murray Bridge	18 May	27 June	n/a	12 Dec
Resthaven Paradise	23 May	26 June	4 Oct, 2pm	15 Dec
Resthaven Port Elliot	24 May	4 July	19 Oct, 11am	5 Dec
Resthaven Westbourne Park	26 May	16 June	n/a	13 Dec

* Volunteer 'Thank You' events are held at Resthaven residential sites, for volunteers from both residential and community services in that area. Detailed information is published in the quarterly 'Volunteer Buzz' newsletter.

Resthaven Board

Each Resthaven Board Member is responsible for a Resthaven site. These are listed below:

Resthaven Board Member Site Responsibilities

Name	Site Responsibilities
Annie Fabig	Resthaven Marion, Marion CS, Community Respite Services
Freddy Bartlett	Resthaven Malvern
Geri Malone	Resthaven Aberfoyle Park, Port Elliot, Onkaparinga CS
Jo O'Connor	Resthaven Westbourne Park
Jon Clarke	Resthaven Mitcham
Mark Porter (Board President)	Resthaven Head Office, Mount Gambier, Murray Bridge, Limestone Coast CS, Murray Bridge Hills & Fleurieu CS, Riverland CS
Michael Haydon	Resthaven Paradise, Paradise & Eastern CS
Rev Dr Graham Vawser	Resthaven Bellevue Heights, Western CS
Stephanie Rozokos	Resthaven Leabrook, Northern CS, On Statenborough
Stuart Headland	Resthaven Craigmore

Respite a 'Lifesaver' says Anne

In November 2022, clients from across Resthaven Community Respite Services joined in celebration of Melbourne Cup Day at Lane Cottages, the first of many joint events incorporating Lane Cottages, Ridgway House, Toorak House, Hersey Cottages and Aldinga House.

Among the well-dressed attendants was client, Mr Bob Hurst, and his wife and carer, Mrs Anne Hurst, who enjoyed a 'day at the races'.

Mrs Hurst first came across Resthaven Community Respite Services in 2018, during a Dementia Australia exhibition.

'When Bob was diagnosed with dementia, I knew I needed to organise support for both of us, and I started to explore our options.'

'I remember going around in circles before finding the Resthaven stall. They were the only ones at that time who catered to our needs of having day and overnight respite available 7 days a week.'

'Bob has been going to Ridgway House ever since, and it has been a lifesaver for me.'

'He now stays overnight every Wednesday, and then spends the day there on Thursday. He enjoys this social time with other clients, and there are always activities and events planned.'

'It's also important for me to take that time for myself, to run errands, or book a nail appointment. It helps me to be a better carer when Bob is home.'



Above: Mr and Mrs Bob and Anne Hurst enjoy the Melbourne Cup festivities at Ridgway House in November 2022.

'The services aren't limited to Bob, either. Whenever there is a big occasion, like today [Melbourne Cup], I feel welcomed to dress up and come along for the festivities.'

'It is nice to visit Lane Cottages for today's grand event, and I look forward to coming back next year.'

Subsidised overnight and day respite is available for carers of older people through the Commonwealth Home Support Programme. Private and Home Care Package options are also available.

To enquire and book, call Resthaven Community Respite Services on 8198 2060.

Naracoorte Crafters



In late 2022, a small group of creative Resthaven Limestone Coast Community Services clients tried their hand at a new medium, painting their way into Christmas.

Coordinator, Tess Hallett, says, 'The Naracoorte Crafters expressed their interest in stained glass art, so volunteer, Gina, developed a series of Christmas-themed templates for the group to work on.'

Among the designs were Christmas bells, stockings, Father Christmas bearing gifts, angels, and a decorated Christmas tree—all spreading Christmas cheer amongst the group.

'The participants picked up a glass frame of their choice, then chose which coloured markers they wished to "paint" onto their

templates—each creating their own unique stained-glass painting to take home.'

Clients commented:

'I quite enjoyed doing this activity, it's great to learn something new', and 'I always have a great time at Resthaven's social activities. I like that I have the opportunity to make new friends.'

Tess says, 'Many clients were looking forward to taking their works of art home to proudly show off to their friends and family.'

'They have already requested to do this activity again in the new year, and have asked Gina to come back again!'

What activity should they take on next?

Green Thumbs at the Friday Club

The Resthaven Marion Community Services 'Friday Club' members have channelled their inner 'green thumb', creating their own mini succulent terrariums.

Gardening enthusiast, Resthaven Marion Community Services Coordinator, Melanie Dale, led the charge with this nature-themed activity.

'What better way to celebrate springtime than reconnecting with nature?' says Melanie.

'This activity was a hit with clients — they really enjoyed getting their hands dirty!'



'They were amazed by the process of creating their very own terrarium.'

'I spoke about the history of the terrarium, and we all had fun experimenting with layering the charcoal, fertiliser, sand, and pebbles.'

'I provided after-care instructions for clients to nurture their creations at home.'



Client, Judy (above), has an extensive and well-maintained home garden, and said she has just the right spot for her little succulent.

New Friday Club member, Keith, chose to keep his terrarium safe at the Friday Club, as he was certain his cat, Popcorn, would play with (or destroy!) it at home.

'We've set up a spot for Keith's terrarium so that he can tend to it every Friday here instead,' says Melanie.

'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 – 3.30 pm.'

'The activities are social, fun and educational, and clients tell us that they always leave feeling happy!'

'If you would like to join in the fun, phone 8306 4400 to find out more.'

Happy 105th Birthday: Mr Colin Wagener

On 2 December 2022, Resthaven Murray Bridge, Hills & Fleurieu Community Services Client, Mr Colin Wagener, celebrated his 105th birthday.

Born in Adelaide, Mr Wagener was the youngest child of three, living with his parents and two older sisters in Hyde Park. He attended Parkside Primary School, then Pulteney Grammar.

His mother was a housewife, and his father a mechanical engineer, with a machine shop attached to the family home. He says, 'I suppose, in another life, I would've been an apprentice to my father, but in 1938, we all sensed that the war was coming.'

With his three best friends, Mr Wagener signed up at Keswick Barracks to join the militia forces part-time. Sadly, he was the only one out of the four who survived the war.

Mr Wagener was initially stationed in Woodside, working in signals intelligence, before joining the army full-time in 1939. He was posted to Loveday, then, in 1942, to Bonegilla in Victoria. However, he made time to rush back and marry his sweetheart, Peggy: 'I only had about four hours' notice before I was due to leave! It wasn't very romantic,' he says.

Mr Wagener worked his way up in the ranks, from Lance Corporal, to Corporal, to Sergeant. In 1944, he moved to the signal office in Townsville, but not before he came back to Adelaide and bought a house in Glen Osmond for Peggy and their son, John. 'Peggy was also pregnant with our second child, Paul, so I wanted to ensure they were well looked after.'

Mr Wagener's unit was sent to Borneo, where they were incidental witnesses to the surrender of infamous war criminal, General Baba Masao. Mr Wagener photographed this historic occasion, trading rationed cigarettes for darkroom equipment and developing the photos at night. His photos would later be displayed in the Australian War Memorial.



In December 1945, Mr Wagener was finally sent home. 'The best Christmas present I ever received was at half past ten on Christmas morning, 1945. The train rolled into Adelaide station, and I was on it,' he recounts.

'I was discharged after serving nearly 2,000 days in the army, and I was awarded the Australian Efficiency Medal. It was such an honour.'

In the post-war years, Mr Wagener became a real estate developer, and continued his love for motorsport by collecting (and driving!) classic cars and motorbikes. 'Peggy and I had great fun travelling around the world. Our trips to New Zealand and America are the most memorable.' Sadly, Peggy passed away in the 1990s.

In his later years, Mr Wagener is now a great-grandfather and enjoys a quiet life, remaining at home on a property in the Adelaide Hills. But he still enjoys living in the fast lane, ticking a memorable experience off his 'bucket list' at 102 years of age — getting behind the wheel of a Jensen Interceptor for a hot lap at The Bend Motorsport Park.

'I count all the years after the end of the war as my "bonus years" of life,' says Mr Wagener.

'Is there a secret to a long life?' he questions. 'Not that I know of, but if a vitamin company wants to sponsor me, I'll take it!'

Thank you for sharing your story, Mr Wagener.

Happy 100th Birthday: Mr Erwin Rohrlach

On 2 December 2022, Resthaven Murray Bridge, Hills & Fleurieu Community Services client, Mr Erwin Rohrlach, celebrated his 100th birthday, surrounded by family in his home at Murray Bridge.

Growing up at Tablelands, between Eudunda and Truro, Mr Rohrlach has many childhood memories of the 150 acre family farm with his eleven siblings.

‘My siblings and I went to Freshwater Creek Primary School. We’d have to walk a few kilometres daily to attend school; otherwise, we rode our horses.’

Mr Rohrlach left school at about 14 years of age, but ‘went to work on the farm long before that. Back in those days, it was all hard physical labour for us boys. We manually cut sheaves of hay and made stooks, and we had a horse and cart instead of a tractor.’

In his late teenage years, Mr Rohrlach met his future wife, Rita, at Christmas church service.

‘Rita lived east of Kapunda. We would often meet at socials, birthday parties and farewells. We had a lovely relationship.’

‘In 1949, Rita and I married at the Kapunda Lutheran Church. It was one of the best days of my life.’

Soon after, the newly married couple purchased a house and 85 acres at Koonunga, starting up their own family farm. ‘There were no sheds or infrastructure on the property when we bought it, so we had to build it all ourselves. So we got to work straight away — building sheds for hay, dairy, chooks and, of course, my cars!’

Over the next 15 years, the Rohrlachs expanded their family by having six children — all girls! ‘I held out hope that the next one might be a boy, all the while, I was getting more and more outnumbered!’

In the 1970s, the family moved to a farm at Murray Bridge, and the rest is history.

‘Rita and I loved living on that farm in Murray Bridge — it was truly a joy in our lives. When we retired, our eldest daughter and her husband purchased it from us. They continue farming the land today, with cattle, sheep, chooks, and cereal crops.’

‘If I had to pick the biggest change I’ve observed over my lifetime, it would have to be how much technology now plays a role in farming. Back in my day, everything was manual — it was hard work, but you could fix your own machine if you needed to. Nowadays, it’s all automated. Not to mention, the machinery is also so much bigger.’

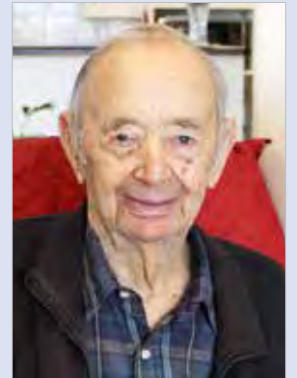
In retirement, Mr and Mrs Rohrlach led a very active social life with friends and continued their hobbies, including riding their beautiful horses. The couple travelled extensively to Europe, America, and New Zealand.

They also remained steadfast in their faith: ‘We always attended our church services and spent time with friends from church. Faith has always been so important to us.’

Sadly, Rita passed away at age 93, but Mr Rohrlach fondly reflects on their life together: ‘We were married for 63 years. I put that down to loyalty.’ Now, Mr Rohrlach has 22 grandchildren and 19 great-grandchildren. He continues to live at home with the assistance of Resthaven and his family.

‘By far, my greatest achievement is starting with nothing and building a comfortable life, while raising a big family.’

Many happy returns, Mr Rohrlach!



Donna's 'Life Changing' Career



Resthaven Northern Community Services Coordinator, Donna Haar, loves what she does in aged care, however, she hasn't always been in the sector; Donna explains, '15 years ago, my "office" looked slightly different!'

'I worked as a factory supervisor in regional South Australia. I thought I would be doing that for my whole working life, but I needed a change.'

'All my three kids were in school at the time, so I was able to study my Certificate III in Aged Care during the day, while working the night shifts full-time.'

'I did my four-week placement at Resthaven Craigmore, which introduced me to Resthaven as a great place to work.'

In 2007, Donna completed her certificate, and applied to Resthaven Paradise Community Services—eager to explore the community side of aged care.

'I thoroughly enjoy working in clients' homes. As a Home Support Worker, I met with the same clients each week, and was able to build strong connections, and I loved being able to see their progress.'

With an interest to have more involvement in developing clients' healthcare plans, Donna moved up to Program Assistant, and then Coordinator at Resthaven Northern Community Services, where she has stayed.

After 15 years with Resthaven, Donna reflects, 'I came in wanting a career change, but I never thought this would be THE career change—it has been life-changing.'

'I have made beautiful friendships over the years, and have even managed to support one client through my entire time with Resthaven.'

'No matter your circumstances, there is something for everyone here—take it from me, you won't turn back!'

Resthaven Riverland Community Services

The Resthaven Riverland Community Services team continues to work hard to support all those clients who are affected by the floods in the Riverland region.

Our thoughts are with everyone affected by this natural disaster.

We thank our staff teams for their ongoing hard work to ensure that clients are safe, and services continue, at this difficult time.

Thank you for your support.

Bus Trip Fun



In January 2023, Resthaven Paradise & Eastern Community Services clients enjoyed a fun day out on a bus trip.

First, the group stopped off at The Old Gum Tree at Glenelg for morning tea (pictured).

Later, they headed to Gallery M, an innovative visual arts gallery, and finished at the Warradale Hotel for lunch.

What a jam-packed day!

Did you know...?

Glenelg is recognised as the oldest European settlement on mainland South Australia.

Each year on 28 December, the Proclamation document (right) is read at the site of the Old Gum Tree.



Happy 100th Birthday: Mr Wilfred Taylor



On 12 December 2022, Mr Wilfred 'Wilf' Taylor celebrated both his 100th birthday, and 50 years in his southern suburbs home, where he lives independently with the assistance of Resthaven Onkaparinga Community Services.

Born in Rose Park, Adelaide, in a family of five, Mr Taylor reflects on childhood through the 1920s and Depression years of the 1930s.

'It was tough. We didn't have much, but my Mum was thrifty, and we always had food on the table. My father was a painter by trade and worked night shifts as a barman. He worked hard to provide for our family.'

Completing his schooling early in year 10, Mr Taylor found employment in Whyalla at the PMG Department—now Australia Post—as a telegraph messenger.

In January 1942, at the age of 19, Mr Taylor joined the Australian Imperial Force (AIF), following his father's legacy of serving at Gallipoli in the First World War.

'While working in Whyalla, I enlisted and commenced training at the Wayville Showgrounds. From there, I went to Bendigo, and later, Bonegilla, where I trained in signals.'



'I obtained my Commission as Lieutenant on 19 April 1943, and then, while camped on Randwick Racecourse, I attended a wireless training course in Sydney. Following that, I was posted as Signal Officer, attached to 2/8 Armoured Regiment in New Guinea, in November 1943.'

'While there, on Christmas Day 1943, I received a Comforts Fund parcel, donated by a Miss Lorna Craze. Being a polite lad, I wrote and thanked Lorna, starting a correspondence between us.'

'In February 1944, the Regiment returned to Australia, and was eventually disbanded. During this time, I managed several trips to Melbourne, and met Lorna, where we developed a romance. On our first meeting, she had baked fruit scones for Sunday lunch—she knew the way to my heart.'

In November, Mr Taylor was posted to Sydney for an advanced wireless course for three months. At completion, he returned to Melbourne, and he and Lorna were married at Holy Trinity Church, Doncaster, on 15 March 1945.



Shortly after marrying, Mr Taylor left for his final deployment, sharing one of his favourite memories; 'As I was leaving the dock, a telegram arrived to advise me that our first daughter had been born on 2 February 1946! That ship couldn't get me home soon enough.'

Returning home, Mr Taylor recommenced work at PMG, and the newlyweds welcomed a son to their family of three.

Twelve years later, due to various promotions, the family relocated to Eudunda, then Taillem Bend, and then finally, in Adelaide, where Mr Taylor resides today.

Many happy returns, Mr Taylor.

'Cottage Queen' Celebrates 15 years



Above: Back row (L-R)—Tammylee Winton (Home Support Worker), Darren Birbeck (CEO), Mrs Norma Dunn, Mrs Trisha Geidel, Rosemary Gorodecky (Home Support Worker), and Karen Hammond (Manager). Front row (L-R)—Mrs Anmarie Wrobel, Mrs Yvonne Campbell, and Mrs Bahra Buric.

Resthaven Western Community Services client, Mrs Yvonne Campbell, endearingly known as the 'Cottage Queen', has been enjoying day respite at Regency Cottage for an impressive 15 years, and her anniversary hasn't gone unnoticed!

Home Support Worker, Rosemary Gorodecky, says, 'Yvonne visits from Tuesday through Sunday each week, and she has become a strong part of our community.'

'We celebrate clients in any way we can, and they appreciate the effort we go to in making a fuss just for them. For Yvonne's anniversary, we went all out!'

On Friday 10 February, the cottage was filled with party decorations and the kitchen was stocked with delicious Pavlova, and other sweet treats for clients to enjoy.

Personal Assistant, Jude, kindly made a personalised t-shirt for Mrs Campbell, including two more for attending staff members. To top it off, the team crowned the 'Cottage Queen' with a tiara on the day.

Among the guests was Resthaven CEO, Darren Birbeck, who was delighted to stop by for a coffee and a chat.

Rosemary says, 'Yvonne couldn't stop smiling all day—she also had a surprise up her sleeve!'

After receiving Darren's gift of a Resthaven history book, Mrs Campbell turned around and handed him a gift of her own—a wrapped friendship bracelet she had made just for him, with the help of her friends at Regency Cottage (pictured below).



On celebrating her anniversary with the group, Mrs Campbell says, 'It feels like home here, and I always look forward to seeing my friends. They encourage me to try new activities, and we always have fun with whatever we do.'

'The staff and management are approachable. I enjoy my chats with Karen [Manager Resthaven Western Community Services], and of course, Rosemary, who always makes my day.'

After a morning of laughter and cake, Yvonne could hardly wait to fill her Cottage Memory Book with more photos of her Regency Cottage adventures.

Thank you to all who contributed to Mrs Campbell's special day!



Remembrance Day

On 11 November 2022, residents and staff across Resthaven commemorated Remembrance Day with their annual services, facilitated by the site Coordinating Chaplains.

At Resthaven Aberfoyle Park, resident, veteran, and centenarian, Mrs Muriel Dick (100), who served in the Royal Australian Air Force during the war, laid the wreath, with the assistance of Manager Residential Services, Hannah Coelho. They are pictured right.

Poppies were given to residents, volunteers and staff to wear on their lapel.

Coordinating Chaplain, Rev Dr Bruce Grindlay, who is also a veteran, led the service, which was followed by afternoon tea.

Thank you to all who attended the Resthaven Remembrance Day services, to pay tribute to and remember the fallen.



Happy 100th Birthday: Mr Eric Johnson

On 2 February 1923, 100 years ago, Mr Eric Johnson was born in Birmingham, England. Growing up with his sister and brother, Mr Johnson's father was a motorcycle engineer, while his mother tended to the home.

Mr Johnson remembers, 'It was a tough place to be during the Great Depression. My parents wanted a better life for us, so my father found employment at Holden's in Adelaide, South Australia.'

'I finished my schooling years there, at Unley Primary School. I would have been around 14-years-old then, and I started working as the local grocery store delivery boy.'

When Mr Johnson wasn't working, he was busy collecting, and learning an invaluable skill.

'When I was 12-years-old, I started collecting stamps. In later life, I collected beach shells, postcards and telephone cards—I had a room full at my house to prove it.'

'A hobby that really came in handy for me, was learning Morse code with my childhood friend. When we were supposed to be sleeping, we would communicate by flashing torches through our windows. We always had great fun with it.'

At the age of 18, Mr Johnson's Morse code skills were put into action: 'I joined the Australian Army in 1941, as a wireless operator, teaching Morse code, believe it or not! To this day, my mind reads in Morse code, it has always stayed with me.'

In 1945, as the war ended, Mr Johnson met his soon-to-be wife, June. 'We were celebrating at a service dance, and I saw June across the hall—I was smitten straight away.'

In 1948, the couple married, and relocated to Victor Harbor, where they purchased their first grocery store. The newlyweds spent their days working at the store, before welcoming three children into their family.



'After a few years there, a Woolworths store opened up down the road, and that was the end of that business venture for us.'

The young family relocated to Colonel Light Gardens, where they settled down, and purchased a deli. A few years later, they purchased a newsagency at Mitcham. At age 55, Mr Johnson hung up his business hat, and the couple travelled across Australia in a caravan.

'Exmouth in Western Australia was our favourite fishing spot.'

'June and I had a rich life full of adventure, and together, we watched our three children, five grandchildren, and four great-grandchildren grow.'

Mr Johnson reflects, 'I have only been sick once in my life, and I'll never forget it—I caught the flu on my daughter's wedding day!'

'Family means everything. If you eat well and look after yourself, your family will get you through.'

Many happy returns, Mr Johnson.

Old McDonald's Farm

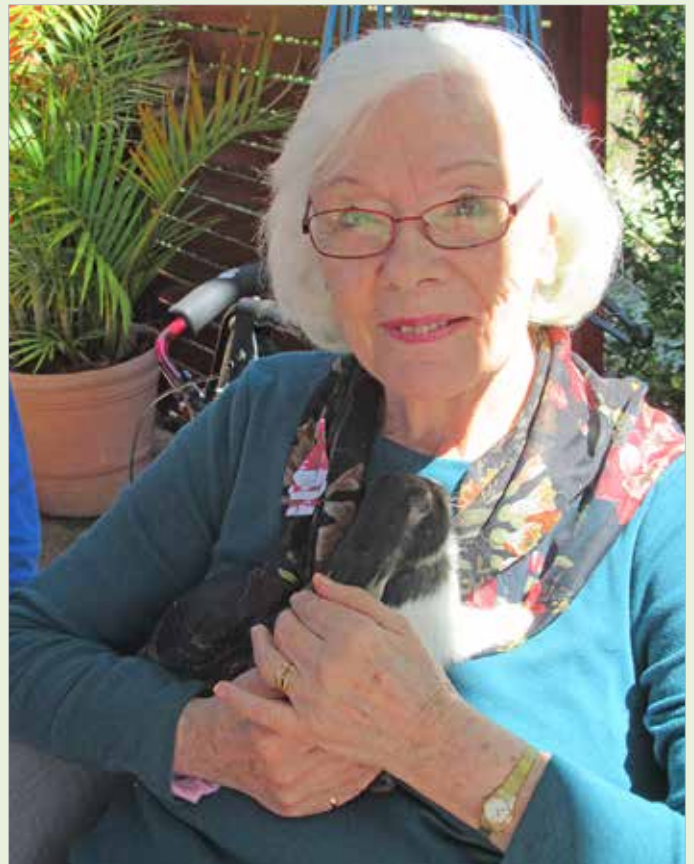
In December 2022, Resthaven Craigmore welcomed 'Old MacDonald's Farm' onsite.

Lifestyle Coordinator, Dianne Ashford, says, 'This event is always popular with residents.'

'As soon as the animals arrived, there were smiles all round.'

'Each resident had the opportunity to enjoy a pat and a cuddle from the animals, and their faces say it all!'

The visit is pictured this page.



Mr Millar 'Carves' His Way



Resthaven Leabrook resident, Mr Lloyd Millar, is not one to shy away from creative expression, having recently inspired a new initiative on-site.

Lifestyle Coordinator, Shah Naz, says, 'Mr Millar is always talking about his artworks, and his room is full of woodwork he's carved in his old workshop.'

'In September, I encouraged him to submit one of his pieces in our annual Leabrook Show. He chose to enter his hand-crafted wooden horse, which received a positive response from residents, families and staff.'

Since then, Mr Millar has been inspired to continue his work, most recently creating two wooden flowers from pre-carved wooden blocks, while also dabbling in a different medium—tapestry.

'He has already created so many artworks on-site, and has shown interest to display them in the Main Hall, for everyone to enjoy.'

Mr Millar's enthusiasm has inspired the team at Resthaven Leabrook to offer a safe, dedicated space for Mr Millar to continue his woodwork, establishing a Men's Group on site.

'We've had overwhelming support from families, who have kindly donated pieces of wood and other tools to get this space up and running.'

'Many residents have told me they are excited to get back into the handy-work they enjoyed in their younger years, and it's all thanks to our resident artist, Mr Millar.'

Stay tuned!



Happy 100th Birthday: Mrs Angelina Manias

On 7 January 1923, Mrs Angelina Manias (nee Makris) was born on the Greek island of Ikaria—one of five known 'blue zones' in the world. Blue zones are widely recognised as regions where the population live the healthiest, longest lives.

Mrs Manias, with her mother, sister and two brothers, lived in a lovely home in Evdilos—a part of Ikaria—built on a cliff directly above the sea. Paintings of this home still hang on the wall in her room. She has fond memories of her childhood, despite the difficult war years.

Back then, her father was not home much, having gone to America three times to earn money. He returned to Ikaria every few years. On his fourth trip in 1924, he came to Australia, and remained working there and sending money back home to support his family.

In 1948, after the war, Mrs Manias came to Australia with her mother and nephew to meet up with her father who she had seen so little of. Her father was a fisherman and was living in a shack at Bairds Bay on Eyre's Peninsula. Mrs Manias reflects, 'At that time, there was no electricity, telephones, or running water. We used kerosene lamps at night, we had ice cube deliveries in the morning to keep our food, and our clothes were all washed by hand.'

That same year, Mrs Manias met her soon-to-be husband, George, also a fisherman with family from Greece. At that time, there were a lot of Greek families living in Bairds Bay. 'We had a strong sense of community, often hosting parties in our homes with dancing and singing.'

After dating for six days, George proposed, and Angelina became Mrs Manias in the local town hall at Port Kenny. The whole town was invited and witnessed the ceremony and the reception.

Soon, the newlyweds welcomed three children of their own, raised in their two-bedroom Port Kenny house that George built.

Mr and Mrs Manias spent the next 12 years there, before relocating to Adelaide, where they built their new home at Ascot Park. Once the children grew up, Angelina returned with George to

Bairds Bay, where they would go out fishing together each day until well into their 80s.

They kept their house at Ascot Park, but bought a new, larger home at Seacombe Heights. They would commute regularly between Bairds Bay and Adelaide to see their children and grandchildren, and their many friends.

At this time, George and Angelina began regular travel to Greece, re-connecting with family and friends. They would stay in the beautiful home that Mrs Manias was born in, as ownership passed to Angelina's sister and her descendants.

Their children share, 'She was famous for her cooking, and we would all flock to grab a plate of her meatballs, fish soup, baklava and shortbreads, amongst other dishes.'

'Dad was known for meeting strangers on the beach at Bairds Bay and inviting them home for lunch or dinner. Mum was never flustered by this and would cook up a storm for hordes of people whom she had never met.'

As a blue zone centenarian, Mrs Manias shares, 'I always ate a lot of fresh fish, and homecooked meals. My family lived the same, and my YiaYia (grandmother) lived to 110!'

Now, Mrs Manias resides at Resthaven Malvern, to be close to her children, grandchildren and great-grandchildren who visit regularly.

She says, 'I have lived a lovely life, with a good husband, and a good family.'



Always an Entertainer!

Resident, Mrs Gillian 'Gill' Churchill, has taken the musical reins at Resthaven Marion—ukulele in hand!

Mrs Churchill has performed throughout New South Wales with her ukulele group, entertaining older people living in care. She has also sung with a barbershop chorus and is a keen poet—a person of many talents!

She explains, 'Now, I enjoy singing and playing my ukulele amongst a group of fellow residents who also enjoy music.'

What started out as a casual get-together, has since become a regular gig on the social calendar, with Mrs Pauline Pattison becoming a regular attendee—oftentimes joining Mrs Churchill in song.

Recently, a talented and accomplished musician, Karen, joined the team as a volunteer, and has fit in seamlessly with this lively musical group, playing her beautiful antique concertina (pictured).

Karen is no stranger to performing, having been a musician with the Royal Australian Air Force, and currently performing with numerous choir groups, both in Australia and internationally.



Karen says, 'It is great to share our love of music with residents and experience the joy this brings to the group, as well as myself.'

We are looking forward to hearing the music and poetry created by this group through the corridors of Resthaven Marion.

There are many ways for volunteers to connect with older people. We would like to hear about your interests and discover how you might like to be involved.

For more information, contact us on 8373 9036 or volunteer@resthaven.asn.au or <https://www.resthaven.asn.au/volunteering-careers/volunteer/>



Spirits (and Rainfall) High

In late 2022, Resthaven Mount Gambier residents took part in the annual Mount Gambier Christmas Pageant – thankfully from the shelter of the site mini-bus, amidst torrential rain!



Manager, Belle Kerr, says, 'We had terrible weather for the pageant, however, the show must go on.'

'Our spirits weren't dampened by the wet conditons, with a keen group of residents eagerly piling into our recently refurbished mini-bus.'

'The bus certainly looked part for its pageant debut, sporting a big red bow on its front.'

'Residents were thrilled to be part of the annual parade, and glad for the dry conditions inside the bus.'

'They had a great time, and we heard plenty of positive feedback about the outing.'

'It was wonderful to see the pageant come back to Mount Gambier after a two-year COVID-induced hiatus.'

'It was also a great excuse to take our refurbished bus for a spin.'

'Thank you to all those who took part, other pageant participants, and to the City of Mount Gambier for arranging this event.'

'We all had a great time!'



Happy 100th Birthday: Mrs Mary Small

On 16 January 1923, Mrs Mary Small (nee Fisher), was born into a musical family of nine, in North Adelaide, South Australia.

Growing up in Colonel Light Gardens, Mrs Small attended the local St Therese's Primary School with her sister and five brothers.

At the age of 14, Mrs Small worked at Foy & Gibson's department store in Rundle Street, Adelaide.

The family explain, 'As she sat covering buttons in haberdashery—and when no one was around—Mum loved to sing at the top of her voice! After her talent was discovered, she was invited to sing at various functions in the department, including the canteen manager's wedding.'

'Music has featured prominently in our family. Mum's father, Leo, had his own jazz/ragtime band, and it was at one of his concerts that he met Mum's mother—also named Mary—when he accompanied her on piano as she sang on stage.'

'In September 1942, Mum and her sister, Pat, joined the Signals section of the Australian Women's Army Service based at Keswick Barracks, Adelaide. Mum and Pat were known as the 'AWAS Sisters', performing at get-togethers and wartime weddings.'

'On her discharge, Mary worked at The Advertiser, and later, the drama department of the Australian Broadcasting Corporation.'

'In 1949, Mum met our Dad, Keith Small, a furniture manufacturer and retired Royal Australian Air Force serviceman. They were married on 20 May 1950, and had four children, David, Louise, Philip and Joanne.'

'Mum's interest in music and theatre continued after she married. She soon joined the Gilbert & Sullivan Society, the New Theatre, and the South Australian National



Opera Company. In the 1960s, she became a member of The Glenlea Singers.'

In later years, Mary became an avid reader, with a lively curiosity in the world around her. She enjoyed literature, became a member of Delta Book Club, and had a particular interest in politics and current affairs.

Throughout her life, Mary has loved getting together with friends and relatives for musical evenings, especially singing around the pianola.

'One of her greatest joys has been seeing her youngest son, Phil, play bass in well-known Adelaide band, Cold Chisel. Mum and Dad were so supportive, they attended many Cold Chisel concerts whenever they performed in Adelaide, well into their 90s.'

'Mum has truly lived a rich 100 years.'

Now, Mrs Small enjoys her home at Resthaven Mitcham, welcoming regular visits from her four children, seven grandchildren, and taking an active interest in her two great-grandchildren who live in England.

Thank you to the family for sharing this beautiful story.

Happy 100th Birthday: Mrs Grace Ormsby

On 12 February 2023, Resthaven Murray Bridge resident, Mrs Grace Ormsby, celebrated her centenarian milestone.

Growing up on the family farm in Snowtown, South Australia, with her sister and brother, Mrs Ormsby remembers a busy start to life.

'My father was a WWI veteran, and met my mother when he returned from service.'

'He went on to work for the Snowtown council, and my mother and us kids tended to the home, our three cows, chickens, and our dog, Jim.'

When Mrs Ormsby wasn't busy tending to the farm and helping her mother around the house, she attended the public school, leaving in grade 7, when she found employment as a cleaner.

'My younger years weren't all about work. I loved to go dancing with my friends, and we would dress up in our best ball gowns and attend all the dances we could get to. We particularly enjoyed when there was live music—most places had a pianist back then.'

At 22-years-old, Mrs Ormsby relocated to Adelaide, where she worked in a boarding house.

'I met my Terence then, and we married only a year later. I quit my job then and we found a family home in Kilburn, where we raised our son and two daughters.'



25 years later, after the children flew the nest, Mr and Mrs Ormsby made the move to Murray Bridge, where they stayed.

'We weren't big travellers, although we enjoyed a trip to Melbourne and Perth once. We were happy to stay home and watch the footy and cricket together.'

Now, Mrs Ormsby resides at Resthaven Murray Bridge, where she continues to keep on top of her spectating hobby.

On reaching her milestone birthday, Mrs Ormsby says, 'I don't have any secret to health and longevity, I just wake up in the morning, and live life as it comes—you have to let things happen as they will.'

Although she doesn't have any tips to reach 100-years-old, she does have a message to the young ones, 'Let them work it out like we did!'

Happy birthday, Mrs Ormsby.

Congratulatory Messages

In this issue, we celebrate several 100 year birthdays. Did you know that family members can arrange formal congratulatory messages for special anniversaries and birthdays? Messages are available to Australian citizens and permanent residents. Here's how to arrange them:

Anniversary messages are personal messages of congratulations from:

- the Prime Minister
- the Governor-General
- His Majesty The King.

Messages can be requested for the following occasions:

Message from the Prime Minister

- 50th wedding anniversary or any year thereafter
- 90th birthday or any year thereafter

Message from the Governor-General

- 50th wedding anniversary or any year thereafter
- 100th birthday or any year thereafter

Message from The King

- 60th, 65th and 70th wedding anniversary then every year thereafter
- 100th and 105th birthday then every year thereafter.

Submit a request via:

Federal Government Department of Prime Minister and Cabinet

- Website: <https://www.pmc.gov.au/government/anniversary-messages>
- Email: anniversary.messages@pmc.gov.au

South Australian Government Department of Premier and Cabinet:

- Website: <https://www.dpc.sa.gov.au/responsibilities/state-protocols-acknowledgements/wedding-anniversary-and-birthday-congratulatory-messages>

Your local Member of Parliament (State or Federal):

- **Federal Members and Senators:**
https://www.aph.gov.au/Senators_and_Members/Members
- **South Australian Members and Senators:**
<https://www.parliament.sa.gov.au/Members/Member-Details>



‘Flower Power’



In late 2022, the Resthaven Paradise resident and staff community held their annual Resthaven Paradise Flower Show at the home at 61 Silkes Road, Paradise.

Lifestyle Coordinator, Thuy-Anh Pham, says, ‘The Resthaven Paradise Flower Show is held every year, where we pick the amazing roses we grow in the site gardens and create floral displays for all to enjoy.’

‘The event was introduced by Coordinating Chaplain, Rev Cate Baker, almost ten years ago, and has been a hit ever since.’

‘The roses evoke fond memories for residents, and stimulate the senses with their beautiful perfume.’

‘It was great to see residents working on their arrangements once again, with the support of Rev. Cate, volunteers, families, and the lifestyle team.’



Garden Group

On 1 February, Resthaven Westbourne Park welcomed a special visitor from Edwardstown Bunnings, who brought with her a generous donation for a group of green thumbs on site.

Lifestyle Coordinator, Rachael Ross, explains, 'With the recent nice weather, several residents have been inspired to start up a gardening group on-site.'

'To kick-start the project, I made a trip to our local Bunnings, and I got to chatting with Lisa, a staff member who was excited about the idea and offered to assist.'

As part of the Bunnings Community Program, the team at Edwardstown were fully onboard to make the resident's garden project come to life.

'After discussing what we needed with the group, Lisa came to visit to donate a heap of supplies, offering her time to educate us on what we were planting and how best to look after them.'

'Putting on a pair of gardening gloves, each resident took turns going up to plant flowers and veggies in our new garden beds, with Lisa by their sides.'

'We are so thankful for the kind donation from Bunnings, and we look forward to watching our new garden flourish!'



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

Residential Services

Resthaven Aberfoyle Park

100 Hub Dve
Aberfoyle Park SA 5159
Phone 08 8115 1600

Resthaven Bellevue Heights

47 Eve Rd
Bellevue Heights SA 5050
Phone 08 8273 4400

Resthaven Craigmore

200 Adams Rd
Craigmore SA 5114
Phone 08 8288 4800

Resthaven Leabrook

336 Kensington Rd
Leabrook SA 5068
Phone 08 8139 6600

Resthaven Malvern

43 Marlborough St
Malvern SA 5061
Phone 08 8228 6300

Resthaven Marion

10 Township Rd
Marion SA 5043
Phone 08 8198 2000

Resthaven Mitcham

17 Hill St
Kingswood SA 5062
Phone 08 8378 8999

Resthaven Mount Gambier

24 Elizabeth St
Mount Gambier SA 5290
Phone 08 8726 3400

Resthaven Murray Bridge

53 Swanport Rd
Murray Bridge SA 5253
Phone 08 8532 9800

Resthaven Paradise

61 Silkes Rd
Paradise SA 5075
Phone 08 8154 8400

Resthaven Port Elliot

3 Frederik St
Port Elliot SA 5212
Phone 08 8574 5100

Resthaven Westbourne Park

30 Sussex Tce
Westbourne Park SA 5041
Phone 08 8228 6500

Community Services

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

Resthaven Community Respite Services

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

Resthaven Limestone Coast Community Services

17 Gordon St
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 Finnis St
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
1-3 Newland St, Victor Harbor
Phone 08 8534 2600

Resthaven Northern Community Services

16 Gillingham Rd
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 information

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

Retirement Living

General enquiries phone:

8373 9131

Apartments

On Statenborough Retirement Living

Coopers Ave, Leabrook SA 5068

Resthaven Leabrook Retirement Living

334 Kensington Rd,
Leabrook SA 5068

Villages (>20 units)

Resthaven Bellevue Heights Retirement Living

47 Eve Rd,
Bellevue Heights SA 5050

Resthaven Chiton Retirement Living

2 Ocean Rd, Chiton SA 5211

Resthaven Marion Retirement Living

12 Township Rd, Marion SA 5043

Other Locations (<20 units)

- Aberfoyle Park
- Blackwood
- Brighton
- Elizabeth North
- Kingswood
- Lower Mitcham
- Malvern
- Paradise
- Port Elliot
- Salisbury
- Walkerville
- Wynn Vale.

www.resthaven.asn.au

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