



Thank you!

We can't say 'thank you' enough.

The importance of volunteers has never been more evident than in the last few years. Read more about this on page 11.

Volunteering changes lives.

You change lives.

We want to thank you with Afternoon Soirees – where we say 'Merci Beaucoup' throughout May, French style. The 2024 Olympic Games are being held in France, supported by thousands of volunteers. We hold the torch high to you now.

This year, we will hold celebration events onsite and next year we will hold events offsite – we thank you for your feedback! More on page 12.

In this edition, we would normally include an education section on Dementia, a very important topic for many of us. However, this year we are excited to hold a number of 'Volunteer Forums,' the first being with Guest Speaker, Gillian Schulze, Resthaven's Dementia Educator. More details about the forums on page 11.

Check out page 7 and the children enjoying the story read by volunteer Rosie, during Resthaven Westbourne Park's annual 'Christmas Carols Night'. Another moment inspired by music, was captured right, as you can see. These are precious moments.

Enjoy this edition and I wish you a happy Easter—it is just around the corner.

Joyeuses Paques,

Stacey Thompson

Manager,
Volunteer Services



Marian dances her way into hearts



On Valentine's Day, love was celebrated in all its forms.

Pictured above is Resthaven Murray Bridge Volunteer, Marian Allam, sharing an impromptu connection with resident, Mrs Woolley.

Marian says, 'A group of residents were listening to the band play, and Mrs Woolley, who normally keeps to herself, got up from her chair and started dancing!'

'She was having a great time, and I found myself walking over to her and we danced together.'

'She was so pleased to have a dancing partner and together we inspired others to take to the dance floor.'

'It was a beautiful connection, and it is for these moments that I love volunteering.'

We thank you Marian, and all volunteers, for your spontaneity and being in the moment with people, and sharing both the joy and the challenges.



Quarterly Newsletter for Resthaven Volunteers

Statement of Purpose

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

Our Values

- Trust
- Dignity
- Choice

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

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

Volunteer Services

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From the CEO

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 at the end of 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.

From the CEO (continued)

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 5.

Resthaven Centenarians

Today, more and more people are living to celebrate their 100th birthday. This includes Resthaven Murray Bridge, Hills & Fleurieu Community Services client, Mr Colin Wagener (pictured right, with me), who celebrated his 105th birthday in December 2022.

I was fortunate to attend Colin's 105th birthday celebrations. Active in the community, he still holds a driving licence and drives his own car!

We recognise a new group of centenarians in our quarterly site newsletters and the 'Resthaven Review'. I often hear people explain how privileged they feel to hear about the experiences that have shaped these individuals, speaking about their history, their story, their life.

We are privileged to continue to support these older people to live full, independent lives. It is the essence of why we do what we do. Thank you.

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.



Above: Darren with 105-year-old Resthaven Murray Bridge, Hills & Fleurieu Community Services client, Mr Colin Wagener.

This acquisition of 123 units across twelve locations increases 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 below with ACH Group CEO, Frank Weits, at the meeting. See more photos page 4.



The Year Ahead

It was wonderful to see residents enjoying Christmas functions again throughout December 2022. Thank you to all those volunteers and staff who came and spoke with me when I was able to attend the homes, and our community services locations.

The genuine joy and happiness of our site communities is a credit to the amazing people who work and volunteer in aged care.

There is something special about working and volunteering in this sector. Many join because of a personal association or experience, or previous responsibility for the informal care of a loved one. Whatever the reason, the compassion and care that exists in your hearts and minds is quite palpable.

Thank you for making a difference in the lives of the older people that Resthaven supports.



Darren Birbeck
Chief Executive Officer

Residential & Retirement Living

Hello everyone,

Masks

Due to declining COVID-19 numbers in the community, visitors, staff and volunteers 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 to their new roles.



We farewell Susanne Castle, MRS at Resthaven Craigmare, 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.

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 below).

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.

Thank You

Finally, I would like to acknowledge your support at residential sites. Thank you.

Tina Cooper

*Executive Manager,
Residential Services &
Retirement Living*



Remembrance Day

For Remembrance Day on 11 November 2022, Resthaven Murray Bridge Chaplain's Assistant, Ian Kluge (above), led a beautiful and moving service, providing residents with the opportunity to acknowledge and pay our respects to our fallen soldiers.

Cough Etiquette

Practicing good cough etiquette is a great way to reduce the spread of illness to others. Simple tips:

- Cover your mouth and nose with a tissue when you cough/sneeze
- Discard the tissue immediately
- If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands
- Turn away from other people when coughing /sneezing
- Always clean your hands after coughing/sneezing/nose blowing
- Regularly use the alcohol based hand gels, available on the wall/stand mounted dispensers.

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



Governance & Chaplaincy

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 Tretheway.

'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.

He explains, 'The resident was Hindu, but as a child, had attended a Catholic convent. She had said that, when she died, she would like a funeral with prayers led by a priest.'

'Following her peaceful passing some time later, her son then asked me if I would be open to performing her funeral. It was an honour to do so, blending Malaysian, Hindu, and Christian elements.'

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

All Resthaven residential aged care homes have an onsite Coordinating Chaplain and volunteer Chaplain's Assistants.

If you would like to join the team of Chaplain's Assistants, please speak with the Chaplain or Lifestyle Coordinator.

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.

We don't often share this side of what we do, so we will report more about our charitable endeavours in future editions.

Resthaven Board

As mentioned in the CEO's update, each Resthaven Board Member is responsible for a Resthaven site. These are listed below.

Thank you for all that you do, and take care!

Erika Comrie

*Executive Manager,
Strategy & Governance*



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 Tretheway

*Resthaven
Mitcham &
Westbourne Park*

Board Member Site Responsibilities

Name	Site Responsibilities
Annie Fabig	Resthaven Marion, Marion Community Services (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

Community Services

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.

Floods

I would like to thank Managers, Karen Boelens and Cecelia Oxborrow, and the teams at Riverland, and Murray Bridge, Hills and 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 took 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.



Sue McKechnie

*Executive Manager,
Community Services*

Insight: Kim Long

Aged Care 'fulfilling' for Kim

Resthaven Marion Community Services Registered Nurse, Kim Long, loves what she does in the community, assisting clients to continue living independently in their own homes for longer.

At the age of 25, Kim discovered the world of aged care, when her grandfather was diagnosed with Alzheimer's disease.

'As his condition progressed, I started looking after him more and more,' says Kim. 'I realised how fulfilling it was to look after someone in their own home.'

'In 2015, I made the jump from hospitality and enrolled in my Certificate III in Aged Care/

Community Services, and began working with Resthaven Marion Community Services as a Home Support Worker.

'In 2020, I enrolled in a Bachelor of Nursing at Charles Darwin University. After graduating, I entered into a Transition to Professional Practice Program (TPPP).'

'I love working in the community with older people—it's a real motivator to come to work each day with the aim to keep them in their homes for longer.'

'It's the best decision I've ever made.'



Above: Resthaven Marion Community Services Registered Nurse, Kim Long.

Out & About

Christmas Carols

In December 2022, Resthaven Westbourne Park held their annual 'Christmas Carols Night'. Volunteer, Rosie (below), delighted children at the event by reading the classic story, 'The Grinch Who Stole Christmas', with all the children listening closely.



Music Group

Karen (below right), a talented and accomplished musician, recently joined the Resthaven Marion volunteer team. She fits in seamlessly with a lively musical group at the site, run by resident, Mrs Gillian Churchill (below left). Karen accompanies Mrs Churchill's ukelele with her beautiful antique concertina. They are often joined in song by fellow resident, Mrs Pauline Pattison (below centre). 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 abroad.



Pancake Day

On Tuesday 21 February 2023, staff, volunteers, residents and clients across Resthaven celebrated Pancake Day (Shrove Tuesday). Staff from Resthaven Marion Community Services, Onkaparinga Community Services, and Head Office are pictured (below) enjoying the festivities.



Building Update

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

It is a big year head 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 Warratah 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.

A new entrance driveway is now in place. The latest progress is pictured above.

Resthaven Westbourne Park

The project design is complete. It is anticipated that works will start soon. 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 a park for caravans.



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, retirement living, 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 great step forward. It is expected that installations will commence in late 2023.

Emmet O'Donovan

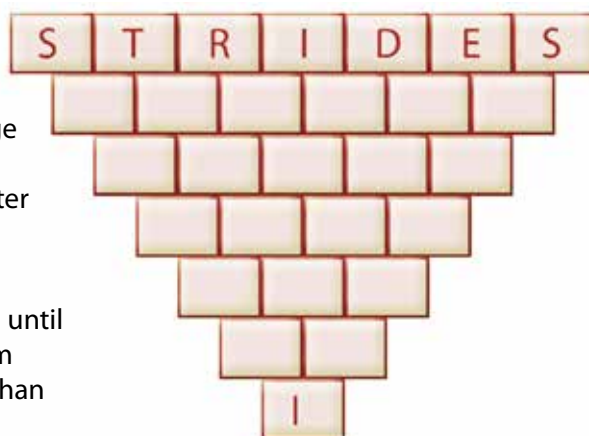
Manager, Buildings and Capital Projects



Brain Teaser

Beginning at the top, remove one letter from the word "strides" and rearrange the remaining letters to build a new six-letter word beneath.

Continue the same process to each word until you get to the bottom (there may be more than one solution).



Diversity News

Feast Picnic in the Park

On 27 November 2022, a group of Resthaven staff members from several different sites volunteered at the Resthaven stall at the 'Feast Picnic in the Park', to promote the inclusivity of our services to LGBTIQ+ elders.

Lunar New Year

Sunday 22 January 2023 marked the beginning of the Lunar (Chinese) New Year. This year is the Year of the Rabbit.

Across Resthaven, residents and staff celebrated with displays, art and craft, and cultural food. Some of the festivities are pictured far right.

Pride in the South

On Saturday 25 February 2023, the Pride in the South March and Family Fun Day was held at Christies Beach. I am pictured (right) at the Resthaven stand with Resthaven Community Services Coordinator, Jodi Brabon.

Harmony Week

Harmony Week will be held from 20-26 March. The message of Harmony Week is 'everyone belongs'. It's a week to celebrate Australia's diversity, and events will be held across Resthaven.

We encourage you to wear orange, the theme colour of the week.

Priscilla de Pree

*Project Officer,
Multicultural &
Diversity*



Workforce Etiquette

Resthaven is committed to creating an inclusive workplace that embraces and promotes diversity for all. Any interactions that occur in groups or when others are present should always be respectful and considerate of all those present, including an awareness of the diversity within and between groups.

Resthaven staff and volunteers are reminded to be conscious of the impact of their language, including body language. The use of swear words, whispering, exclusion of others or making

people feel intimidated by not being able to understand the language spoken does not support Resthaven's commitment to a diverse and inclusive workplace culture.

Resthaven is supportive of people talking in a language other than English and their first language during meal breaks. However, we encourage our workforce to take into consideration these etiquettes as basic principles to ensure that others do not feel excluded or unwelcome.

Staff and volunteers in private conversation with one another, without co-workers or residents/clients present may speak another language.

How we treat each other has a significant impact on how we feel.

Thank you for working together in a shared commitment to creating an inclusive workplace culture, where all people are welcomed, treated with dignity and respect.

Work Health & Safety

Manual Handling

Manual handling is any form of lifting and carrying, including using force to push, pull or hold something.



We all engage in 'manual handling' every day. It includes when we pick up a ball, clean the bath, go shopping, sit at a desk, and hundreds of other daily tasks.

Before you undertake a manual handling task, ask yourself:

- How heavy are the items you have to move?
- How far does the load need to be carried?
- How much bending and twisting will there be?
- How repetitive will the task be?
- Does the job need two people, or the use of trolleys?

Tips on how to bend, lift and carry safely:

- Keep feet shoulder width apart
- Bend at the knees (not waist) and stick out your bottom
- Keep the load small and close to your body (arms/elbows in)
- Coordinate with the person helping you
- Avoid twisting your body; move your feet first.

Remember:

- Only carry as much as feels comfortable for you
- Maintain spinal curves and good posture
- The squat position is best when you need to bend low
- Utilise equipment (ie trolleys)
- Ensure you have adequate space, lighting, and work surface height
- Do not stand on tables, chairs or ladders to reach heights
- Don't rush
- Take regular breaks (including from sitting).

Helping People

We do not require volunteers to lift or transfer residents or clients. This includes taking the part weight of people, for example, taking someone by the arm, or helping someone out of a chair. This is the responsibility of direct care staff, including nurses and personal care assistants, who have been trained to use specific lifting techniques and equipment.

Avoid the temptation to help people out of a chair. This can inhibit a client/resident's ability to maintain their mobility and independence, and you are at risk if the person loses balance. You will not be able to hold them, so two people may potentially be injured.

If a client/resident requires assistance, seek care staff.

2023 Influenza Vaccinations

The new influenza season will be upon us soon – this feels like it rolls around quickly each year. We are all required to have received a 2023 flu vaccination by 31 May 2023. There are three main ways to obtain your flu vaccination:

1. Through your GP (free of charge for those 65 years and over)
2. Through your local pharmacy (cost may be reimbursed by Resthaven)
3. Through your local Resthaven site (Keep an eye out for site notices and ask Reception regarding timing—site notices will include information for making online vaccination appointments).

Flu Vaccination Records

Please send your vaccination records to Volunteer Services via email volunteer@resthaven.asn.au, or via text message: 0429 085 797.

Reimbursement

We are very happy to reimburse flu vaccine costs. We will require a copy of your receipt, and your bank details. This can be provided to Volunteer Services via the above contact details when you send through your copy of the vaccination record.

Please contact Rosanna Benvenuto on 8373 9092 regarding any queries about the flu immunisation requirements.

Pictured: CEO, Darren Birbeck, receives his 2022 vaccination.



Dementia

I am very pleased to announce that we are going to hold a Volunteer Forum.

Resthaven Dementia Educator, Gillian Schulze, will be our special guest.

You will know Gillian from her 'Insight' article in the December 2022 edition of this newsletter.

This year, we are holding three Volunteer Forums, and you will be able to join online from the comfort of your own home. There will also be the opportunity to join in person at Resthaven Head Office at Wayville.

We will email the online 'teams' link and also seek RSVPs for attending in person. If joining online, the 'Teams' software is not needed.

Dates and times are below.

2023 Volunteer Forums

These will be held online via 'teams', or in person at Resthaven Head Office at Wayville.

Tuesday 21 March 2023

Time: 10-11am

Key Topic: Dementia

Speaker: Gillian Schulze, Resthaven Dementia Educator

Wednesday 12 July 2023

Time: 4pm-5pm

Thursday 7 December 2023

Time: 4pm-5pm

Volunteering—National Strategy

Over the last few years, the world has experienced floods, fires, the pandemic, more floods, fires, and nations at war.

At times of crisis and each and every day, people help and give back, whether that be formally or informally. Just one example of this is the discreet network of unofficial volunteers who are supporting displaced Ukrainians in Russia—read more at <https://www.washingtonpost.com/world/2023/02/25/russia-secret-volunteers-ukrainians-war/>.

In Australia, over the last decade, volunteer participation has declined. Yet, as a society, it is recognised how important a volunteering culture is, on so many levels. This is why the National Strategy for Volunteering 2023 - 2033 has been developed. It is a ten-year blue print for a reimagined future for volunteering in Australia, providing a strategic framework for enabling safe, supported, and sustainable volunteering. The National Strategy for Volunteering was funded by the Department of Social Services and led by Volunteering Australia.

Recently, I was fortunate to attend the National Volunteering Conference, which was centred around the launch of the National Strategy for Volunteering.

The Vision is 'Volunteering is the heart of Australian communities', and it is dedicated to the millions of volunteers across Australia who contribute their time to making Australia a vibrant, inclusive, supportive, and joyful place to live.

The National Strategy for Volunteering is available here: <https://www.volunteeringaustralia.org/presenting-the-new-national-strategy-for-volunteering/#/>

You will soon start to see and hear the term 'Volunteering Ecosystem'. This idea encompasses the breadth and network of people, organisations, institutions, and agencies – all working for the collective viability and recognition of volunteering in Australia.

The Hon Amanda Rishworth MP, Minister for Social Services, says, 'The Challenges of COVID-19 and natural disasters have highlighted the generous spirit of Australians, and their willingness to help those around them. However, they have also shone a light on the capacity of people to volunteer during such trying times. Volunteering is the thread that binds together the Australian spirit. It betters all our communities.'



Stacey Thompson

Manager,
Volunteer Services

We welcome more volunteers.

Current opportunities:

- Bus Drivers
- Choir Leader—Resthaven Aberfoyle Park

Pass on our contact details:

8373 9036 or 8373 9092, or email volunteer@resthaven.asn.au
Online application: www.resthaven.asn.au/volunteer

Thank you!

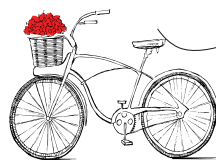
Volunteer **Celebration** Events 2023

Afternoon Soiree—**Merci Beaucoup!**

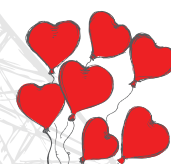
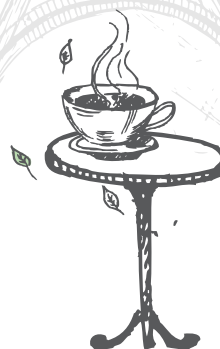
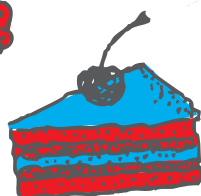
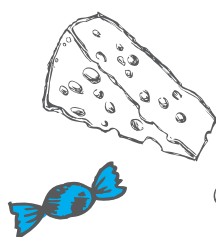
We look forward to sharing afternoon tea together.

The 2023 Volunteer Celebration dates are listed below.

You will receive an invitation via email, closer to the date.



Site/s	Host Location	Date (all 2-4pm)
Resthaven Aberfoyle Park	Resthaven Aberfoyle Park	Wednesday 3 May
Resthaven Bellevue Heights	Resthaven Bellevue Heights	Friday 5 May
Resthaven Craigmore & Resthaven Northern CS	Resthaven Craigmore	Wednesday 10 May
Resthaven Port Elliot & Resthaven Murray Bridge, Hills & Fleurieu CS (Port Elliot/Goolwa/Victor)	Resthaven Port Elliot	Thursday 11 May
Resthaven Malvern, Mitcham, Westbourne Park & Agedcare Alternatives	Resthaven Westbourne Park	Friday 12 May
Resthaven Marion, Marion CS, Onkaparinga CS, Community Respite Services	Resthaven Marion	Tuesday 16 May
Resthaven Murray Bridge & Murray Bridge, Hills & Fleurieu CS (Murray Bridge/Strathalbyn)	Resthaven Murray Bridge	Thursday 18 May
Resthaven Paradise, Western CS, Paradise & Eastern CS	Resthaven Paradise	Tuesday 23 May
Resthaven Leabrook	Resthaven Leabrook	Wednesday 24 May
Resthaven Mount Gambier & Limestone Coast CS	Resthaven Mount Gambier	Friday 26 May



Thank You for your Feedback!

Following our volunteer appreciation events in late 2022, we asked you for your feedback, including whether you would like the events to be held onsite or offsite and what time of the year. Thank you to all those who responded, we really appreciate you sharing your thoughts.

Here are the results:

Time of Year: 31% of respondents indicated a preference for May and 65% do not mind when, so we will hold the events during the month of May, to coincide with National Volunteer Week.

Location: 49% of respondents indicated a preference for the event/s to be held with or near the site they volunteer with, 13% indicated a preference for combined external events, and 11% indicated a preference for both styles, held on alternate years and 27% do not mind.

For these reasons, we are excited to hold these celebration events onsite one year and offsite on alternate years – the best of both worlds.

'Stepdown' Solution (from page 8)

