

# Resthaven Review



*Resthaven*  
Incorporated

Winter 2023 | Volume 32 | Issue 2

## In this issue

105th birthday

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Coronation craft

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Musical delights



## From the Editor ...

Hello everyone,

The cold weather is here, and winter is not far behind. We look forward to hot soups, cosy fires, and a good book under a warm blanket—or, perhaps, the 'Resthaven Review'!

There are plenty of interesting stories in this edition to keep you entertained, as the weather drives us indoors.

On page 17, a client shares his personal experience of Parkinson's Disease—with an uplifting message to 'dance while you can'.

On page 13, clients enjoy an adorable visit from local kindergarten children. On page 16, there is craft group fun, creating handmade shopping bags.

More craft features on page 22, this time with a 'Coronation' theme. There's a bus trip on page 25, and musical delights on page 27.

There are several volunteer stories to enjoy, in line with National Volunteer Week from 15-21 May. Check out the inspiring volunteer stories on pages 9, 20, and 21.

As always, the Resthaven centenarian cohort is strong, with three clients and three residents sharing their birthday stories on pages 14, 15, 19, 23, 24, and 29. Be sure to check out the story of 105-year-old Mrs Pope, who still lives independently in her own home.

It's a jam-packed edition, and we hope you enjoy it. Stay warm until next time.

**Resthaven Marketing & Communications Team**

*Pictured right (L-R): Darren Birbeck (CEO Resthaven), Anne-Marie Gillard (Operational Services Executive Eldercare SA), Helen Sheppard (Chief Executive UnitingCare Wesley Bowden), Chris Stewart (CEO, Helping Hand SA), Jo Boylan (Chief Executive Clayton Church Homes SA), Tracey Burton (Executive Director, Uniting NSW ACT), Simon Schrapel (Chief Executive Uniting Communities SA), Anne Curson (Manager Executive Services UnitingCare Queensland - Bluecare), Claerwen Little (National Director UnitingCare Australia), Andrew Kinnerly (CEO Uniting AgeWell VIC), Jude Emmer (CEO Wesley Mission QLD), Daniel Wong (Senior Manager Advocacy and Government Relations UnitingCare Queensland - Bluecare).*



## From the CEO

**Darren Birbeck**  
**Chief Executive Officer**

Hello everyone,

### Resthaven hosts National UnitingCare Network Meeting

On Thursday 30 March, CEOs from across the UnitingCare Australia Aged Care network (below) met at Resthaven Head Office to discuss key issues facing the aged care sector, and how we can best support older Australians now, and into the future.

On Friday 31 March, the delegation met at UnitingSA's Wesley House Aged Care in Semaphore Park, with Federal Minister for Health and Aged Care, the Hon Mark Butler MP and Federal Minister for Aged Care the Hon Anika Wells MP, to explore how to work together to provide the best possible outcomes for those we work with and care for.

Immediate and long-term challenges and opportunities were discussed. As the aged care sector continues to undergo significant change with the implementation of numerous Royal Commission recommendations we explored how we can engage most effectively.





Resthaven is part of the UnitingCare Aged Care Network, the largest group of not-for-profit aged care providers nationally, supporting approximately 97,000 older people. This equates to 8.5% of total residential beds and 10% of Home Care Packages nationally.

## Executive Welcome

I am pleased to welcome Melanie (Mel) Ottaway to the role of Executive Manager Community Services, following Sue McKechnie's retirement. Mel commenced on 1 May 2023, and introduces herself on page 6. Please join me in welcoming her to Resthaven.



## COVID-19

As we approach winter, we are starting to see a rise in COVID-19 transmissions in the community, which increases the risk to vulnerable people and in higher risk settings such as aged care. To protect your health, we ask that you continue to be vigilant by maintaining COVIDSafe behaviours, including receiving seasonal COVID-19 vaccination boosters.

## Budget

Resthaven has been reviewing and working towards our next budget, which will incorporate recent funding changes.

Workforce shortages continue to add pressure. Where possible, Resthaven prefers to roster staff, rather than calling on agency nurses. However, this is often not possible. We are working hard to attract and retain our workforce.

All providers need to deliver a surplus to remain viable. This is one reason why Resthaven has opted to diversify revenue streams through acquisition of retirement living in order to continue to serve the community.

The Federal Budget was announced on 9 May.

## Work Value Case and Annual Indexation

We are delighted with the recent decision by the Fair Work Commission to award a 15%

increase to minimum award rates for many aged care workers. Resthaven, along with our peak bodies and other aged care providers, has long advocated for the much needed and deserved pay increase.

## Trusted Brand Award

We are delighted that Resthaven has been 'highly commended' in the annual Reader's Digest National 'Trusted Brands' Awards for the second year in a row. This year, the award is for home care.



The awards are decided from independent research, and we are very proud that our brand has been recognised. I am pictured above receiving the award on behalf of Resthaven.

## Resthaven turns 90 in 2025!

In 2025, Resthaven will celebrate its 90th anniversary. Throughout the year, we will celebrate this milestone with a series of events across all Resthaven service locations.

We'd like to hear your ideas for ways to celebrate this milestone. Send them in to: 'Resthaven Head Office 90th anniversary ideas', PO Box 327, Unley SA 5061, or via staff. Thank you!

## Finally...

It was wonderful to see Australians of all ages come together to pay their respects at Anzac Day ceremonies across the country and overseas.

My thanks to all those staff who supported Resthaven residents and clients to participate on the day, and my thanks to all veterans for your service.

Darren

**Chief Executive Officer**

*Pictured front cover: Mrs Colleen Smith, Shah Naz (Lifestyle Coordinator), and Mrs Noela Long enjoying a laugh together at Resthaven Leabrook.*



## Residential Services & Retirement Living

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

### Accreditation

From February—March, Resthaven Leabrook, Paradise, Marion, and Westbourne Park all underwent accreditation visits from the Aged Care Quality and Safety Commission. We await the results.

At Resthaven Westbourne Park, the site took a novel approach to Accreditation, holding an 'Accreditation Awareness Month'. See photos of this great initiative on page 31.

### Staff News

We farewell Senior Manager Residential Services, Mark Bednall, and thank him for his seven years of service with Resthaven. All the best, Mark.

We are pleased to announce Aman Kahlon as the new Senior Manager Residential Services. Aman commenced with Resthaven in April 2021 as Relieving Manager Residential Services, and we congratulate him on this new appointment.



### Resident Author

Mrs Beth Robertson (97) of Resthaven Malvern has published a 50,000 word memoir. A trained midwife with three tertiary qualifications, Beth has a fascinating life story to share! 'Into the Light,' is available in bookstores, or can be purchased from Resthaven Malvern.



### Winter Health

Please continue to practice good infection control measures as we head into winter. Mrs Ann Daughtry and Mrs Marjorie Holman of Resthaven Westbourne Park are pictured above on World Hand Hygiene Day on 5 May.

### In Appreciation

It is gratifying to see the effort that sites are making to support staff during this intense period of reaccreditation across Resthaven residential

services. At Resthaven Malvern, a 'thank you' event was held for staff (above) upon announcement of their reaccreditation, following their audit in January.



At Resthaven Craigmore, Relieving Manager Residential Services, Charlie Roe, together with Maintenance

Person, Michael, cooked the staff teams a special breakfast of bacon, eggs, and mushrooms (above).



I extend my personal thanks to our staff teams for their commitment. Their hard work is greatly appreciated.





## Retirement Living

**Layla Mignone**  
*Manager, Retirement Living*



### Staff News

After 16 years with Resthaven, Retirement Living Coordinator, Jeannie Peace, has decided to 'hang up her boots' in July this year for a well-earned retirement.

I'd like to take the time to thank Jeannie for her dedication to residents and to Resthaven. She will be missed by all, but we wish her all the very best in her retirement.

### Retirement Living Expo

On Sunday/Monday 7-8 May, Resthaven staff attended the Retirement Living Expo at the Unley Town Hall.

The Resthaven stand was swamped with enquiries from members of the public, who were keen to hear about Resthaven's new retirement living locations. This was a great result, and it was a pleasure to meet so many people interested in joining our community.

I am pictured at the Resthaven stand, below, with Andrea Lowe (Accommodation Enquiries Coordinator - Retirement Living) and Kris Henry (Residential and Retirement Living Support Coordinator).



## Resident Submission

### 'Barossa Bus Trip'

*By Mr David Barnes*

On 23 March, eleven Resthaven Marion retirement living residents ventured out on the Resthaven bus with volunteer driver Peter Johinke, to tour about the Barossa Valley.

The first stop was at the famous Herbig Family Tree at Springton (pictured above), which is believed to be 300-500 years old. Then touring on through the beautiful Barossa, to Angaston and the Barossa Cheese Co. shop, where a number of residents purchased gourmet cheeses. The next stop was at the Vine Inn in Nuriootpa for a delicious lunch.

Before travelling back home, a quick stop was made at Maggie Beer's Farm Shop to purchase preserves, preserves, gourmet goods and taste their own specialist ice-cream. The vanilla bean ice-cream was a special treat.

We returned to Resthaven Marion via the Sturt Highway, Northern Expressway and South Road extension, which was the quicker route to travel. The countryside did look fairly dry where we travelled, but looked good and healthy at the same time.

Everyone agreed it was a great day out.



## Community Services

**Mel Ottaway**  
Executive Manager  
Community Services

Hello, my name is Mel Ottaway, and I am delighted to join Resthaven as Executive Manager Community Services.

### A Little About Me...

I come to Resthaven with a long history in the not for profit/community services sector, with my most recent position being Executive Manager with Uniting Communities.

I was drawn to Resthaven due to its trusted brand reputation across South Australia.

I am passionate about high quality service delivery that supports older people to live longer in their own homes in the community.

I look forward to continuing to build and strengthen Resthaven's established service offerings, and explore further opportunities.

One of my favourite things about the community services sector is the people—their diversity, their stories, their life experience. Those connections and relationships are so important.

I am currently making my way around the Resthaven Community Services sites, to get to know our site communities.

On a personal note, I live in the Adelaide Hills on a small acreage, with my husband and teenage daughter.

I look forward to working together with you.

### Staff movements

We welcome a new manager to the Limestone Coast – Theresa Conner, who will commence on the 24 May. Kimberley Lord has relocated back to Adelaide and



*Above: Resthaven Marion Community Services Manager, Ilse Kruger, with Mel Ottaway, as Mel makes her way around the Resthaven sites.*

will support the teams in a relieving assistant manager role.

We have two new carer projects commencing. We welcome Gill Schulze and Joanne Smart to the team.

### Community Advisory Groups

We are pleased to announce the commencement of the 2023 Resthaven Community Advisory Groups. Groups were held from 1-16 May across all areas.

Community Advisory Groups are regional consultation groups, made up of current and past Resthaven customers, interested community members, community organisations, church congregations and retirement villages.

They provide the opportunity to consult about ideas and topics with members, gaining input into service planning and development. They are a highly valuable source of feedback for us to continually improve our services to you.

### Accreditation

From 17-18 April, Assessors from the Aged Care Quality and Safety Commission visited Resthaven Murray Bridge, Hills & Fleurieu Community Services, and Resthaven Riverland Community Services, to undertake an Accreditation Assessment for the Berri - Victor Harbor region.

My thanks to the site teams for their hard work during the process, including the support staff who assisted with this process. We have now received the final report with all outcomes being met, which is fabulous.



## Building Update

**David Norton**  
*Executive Manager,  
Financial & Corporate  
Services*

We are making good progress on many projects across Resthaven.

### Resthaven Bellevue Heights

Stage two of the major redevelopment at Resthaven Bellevue Heights continues to take shape. This stage involves the construction of a new service level and memory support area on the lower level. The internal refurbishment of Banksia continues.

The improvements to the retirement living communal area, Gum Tree Lodge, have commenced.

### Resthaven Westbourne Park

Works have now commenced for the major redevelopment of Resthaven Westbourne Park. Demolition of the cottages on Norseman Avenue is almost complete (pictured above), and construction of the new area will begin shortly.

This is exciting for everyone, after much consultation and planning. We are now progressing the extensive improvements to deliver high quality service and amenity. A 'Turn the Turf' event will be held in mid-June.

The project involves replacement of the Hampton and Richmond areas, and construction of a new entry, central cloister garden, café, hall, kitchen, laundry, staff room, and back of house service areas.

It will also include refurbishment of the Marlborough lounge and dining areas, and improvements to all gardens areas.



*Above: The cleared site at Resthaven Westbourne Park, ready for construction to begin.*

### Resthaven Chiton Retirement Living

Plans are underway for improvements to Resthaven Chiton Retirement Living.

We have appointed a design team, and commenced planning for a development application for 12 additional retirement units, a garden reserve, and parking area for caravans. It is exciting to move this forward.

Pending development approval, we expect works to commence at the end of the year.

### Resthaven Marion Campus

Marion is a major focal point for all Resthaven services, including Retirement Living, Residential Aged Care, Community Services, and Community Respite Services.

It is a large land holding that requires careful consideration. We are now developing a site masterplan to best co-locate these services.

### Rooftop Solar PV Project

The tender process for the Rooftop Solar PV Project is now nearing completion.

I anticipate that we will engage a contractor to commence design works shortly.

It is expected that installations across corporate, residential and community services sites will commence in the coming months, and across into 2024.

The reduction in our carbon footprint is estimated at 9%. This is a great step forward.





## Governance & Chaplaincy

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

### Resthaven's Charitable Purpose

Resthaven is a not-for-profit charity. We don't have any shareholders or owners who benefit from our activities. We invest every dollar earned into supporting older people and their carers – something we can all take comfort from.

Our investments allow us to spend more than \$1million a year on much-needed services and support for the sector that grant funding doesn't quite stretch to. This includes nursing and allied health scholarships, research into dementia and frailty, support for carers and ageing, pastoral care, and affordable rentals for older people at risk of homelessness.

We have achieved this with earnings from our investments. Our growing investment in retirement living will support an increase in our ability to expand our charitable work.

### Chaplaincy

We farewell Rev Dr Bruce Grindlay, Coordinating Chaplain for Resthaven Marion and Aberfoyle Park. We wish Bruce all the best.

We welcome Steve Blacket to the Coordinating Chaplain role at Resthaven Aberfoyle Park. Recruitment is underway for Resthaven Marion.

Rev Sil Hein has returned to Resthaven Malvern after a period of leave. She is ably supported by Kim Thoday.

Rev Adam Tretheway was officially appointed as Coordinating Chaplain for Resthaven Mitcham and Westbourne Park in late 2022.

### 'Letting Go'

We recently observed Easter, and the season of Lent.

Lent is about letting go of the things that preoccupy us in our daily lives, and thereby making room—for God, and for each other.

In medieval times, every pilgrimage began with peace making and letting go. By making peace with those whom we have hurt, and forgiving those who have hurt us, we can move forward.

We let go of old habits that don't serve us; of old grudges and grievances that hurt us; and of old plans and desires, which divert us from our real goal, and the deeper meaning that life can hold.

Lent invites us to make this journey in our hearts—to commit to letting go of the worries that weigh us down, to let go of what the world presents to us as solutions (but which turn out to be short-lived and unsatisfying), and to make room in our lives for what matters most.

In this way, joy will find you, and fill the space you've created in your heart.



**Dr Louise Townend**  
*Coordinating Chaplain,  
Resthaven Port Elliot*





## Volunteer Services

**Stacey Thompson**  
*Manager, Volunteer Services*

### Celebrating Volunteers

National Volunteer Week was held from 15-21 May 2023. This was a wonderful opportunity for us to show our appreciation to volunteers, and celebrate the difference they make.

This year, we thanked Resthaven volunteers with 'Afternoon Tea Soirees' as we say *Merci Beaucoup!* Sites went all out with their creative talents, French-style.

The 2024 Olympic Games are being held in France, and they will engage 45,000 volunteers. Each and every Olympic Games event is possible because of volunteers. We hold the torch up to volunteers now.

### Sharing our Stories

On the second Tuesday of each month, we share volunteer stories on Resthaven's website and social media platforms.

In February 2023, Resthaven Murray Bridge volunteer, Marian Allam, was featured sharing an impromptu dance with resident, Mrs Woolley (below)—a lovely Valentine's message.



In March, we shared the story of Resthaven Craigmore volunteer, Julie Sieben, and her mission to share colour and creativity with residents. Read Julie's story on page 21.

In April, we featured Resthaven Malvern volunteer, Denise Lockwood (right), who recently joined as a volunteer after putting down her scissors as the onsite hairdresser. Denise is exactly where she wants to be, supporting spiritual wellbeing, and tapping into her creative side with the art and craft group.



You will find all these inspiring stories and more on the Resthaven website.

We look forward to sharing more volunteer stories, celebrating volunteers and inspiring people to think about volunteering and connect with us.

### Volunteering changes lives.

Thank you—or should I say, 'Merci Beaucoup'!



# Harmony Week

Each year, Resthaven celebrates Australia's cultural diversity during Harmony Week (20-26 March).

Priscilla de Pree, Resthaven's Multicultural Project Officer, says 'Our latest Cultural and Diversity Data report indicates that Resthaven staff represent 90 different countries, and clients and residents represent a remarkable 141 countries.'

'Harmony Week was the perfect time to celebrate and embrace our cultural diversity, and to share what we have in common.'

'The central message for Harmony Day is "everyone belongs". It is a community celebration and a week of cultural respect for everyone who calls Australia home.'

Harmony Day events were held across Resthaven. Thank you to all who participated.

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.



*Pictured right, from top: Harmony Day at Resthaven Leabrook, Craigmore, and Mount Gambier.*

## Resthaven on Vision Australia Radio in 2023

On the second Saturday of every month, a speaker from Resthaven is interviewed on Vision Australia Community Radio by Peter Greco on his 'Leisure Link' program. You can listen at around 6pm on 1197 on the AM dial.

Don't forget to tune in or listen to the podcast!

Date	Speaker
11 Feb	Mark Trebilcock, Agedcare Alternatives Coordinator
11 Mar	David Norton, Executive Manager Finance & Technology
8 April	Tanae Ormsby, Project Officer Community Services
13 May	Stacey Thompson, Manager Volunteer Services
10 June	Wojtek Swietek, Senior Manager Community Services
8 July	Lisa Edwards, Assistant Manager Community Respite
12 Aug	Belinda Stewart, Clinical Educator
9 Sept	Julie Tansing, Clinical Nurse Workforce Development
14 Oct	Layla Mignone, Retirement Living Manager
11 Nov	Darren Birbeck, Chief Executive Officer
9 Dec	Gillian Schulze, Dementia Educator



# Community Engagement

## Cottage Tour

On 10 March, Resthaven was delighted to host Sharon Tentye, Executive Manager Service Delivery, Carers SA, to share ideas about how Resthaven and Carers SA can work together to support older people and their carers.

A team of Resthaven staff took Sharon on a tour of our two newest respite cottages—Aldinga House and Newland House. The group (pictured below) discussed the issues facing carers, including stress and burn out.

Resthaven looks forward to collaborating with Carers SA in future about the services that our respite cottages can provide.



*Above: Sharon Tentye (Executive Manager Service Delivery, Carers SA), Wojtek Swietek (Senior Manager Community Services), Tam Henwood (Manager Service Development), Franco Parenti (Manager, Community Respite Services), and Natasha Dickinson (Assistant Manager Murray Bridge, Hills & Fleurieu Community Services) at Newland House.*

## Dumplings and Day Trips

Resthaven respite cottages accommodate guests from many different backgrounds—each with their own individual needs and preferences. This presents a welcome challenge to our staff teams, creating an individualised experience for each guest.

Earlier this year, client, Mr Bao Yu, spent several nights at Aldinga House. Working together with Mr Yu and his family, the team tailored his overnight respite stay, including rostering on a Chinese-speaking Home Support Worker.



They also tailored the food to meet his preferences, with Mr Yu and a Resthaven staff member (above right) cooking up traditional Chinese dumplings together.

Mr Yu and his family were so happy with the respite stay that he returned for another stay not long after.

## Aldinga Men's Club Presentation

On 28 March, Resthaven Community Respite Services was invited to present to the Aldinga Men's Club about Resthaven's services. Around 25 people attended, which was a great result. Thank you to Coordinator, Rebecca Baragwanath (below), for speaking with the group.



# 'Closing the Gap' Day

On 16 March, Sonder, along with Nunkuwarrin Yunti, hosted 'Closing the Gap' day at the Wayville Showgrounds.

This year, Resthaven was fortunate enough to not only have a stall, but also to support several Indigenous clients to attend.

'Closing the Gap' day invites all Aboriginal and Torres Strait Islanders to connect with organisations that can help support their needs.

It was also a great opportunity for Resthaven staff to connect with other stallholders, who we can then contact to further support clients.

As a Coordinator, I arranged for Home Support Workers to transport clients to and from the event, as well as stay during the day to offer support and companionship.

The clients who attended were so grateful to have the support of Resthaven.

They were able to make connections to culture and family, and network with the many organisations present.

I am hopeful that we can branch out from this, and support more clients to attend culturally significant events in the future.

One of the clients who attended the event was Gayle Pitt, who wrote to us expressing her gratitude for a 'wonderful day out'.

Gayle shares her story, right.

Thank you to everyone who shared 'Closing the Gap' day with us.

**Written by Coordinator, Nadia Hannam**

*Pictured above right (L-R): Nadia Hannam (Coordinator) Alyson Mcnamara (Home Support Worker), and Jeannene KempTraeger (sister of client, India O'Loughlin) at the Resthaven stand.*



## Gayle Shares her Story...

What a great day out at this year's Closing the Gap expo, which was held at the Wayville Showgrounds.

It has been a very long time since I have gone out and socialised, or enjoyed the thought of going out.

Thanks to my Coordinator, Nadia, for encouraging me to go to this event.

Also thanks Rie, who followed me around to each and every stall. I think we must have done four laps of the pavilion.

I was impressed at the amount of stalls, and the numerous organisations represented. It was good to look and talk to stall holders, and get information.

A very nice lunch was provided, with pulled beef and various salads. Very enjoyable.

After lunch, it was another round to the stalls, collecting treats and information.

Wonderful day out.

**Gayle Pitt**  
**Client, Resthaven Marion Community Services**



# Intergenerational Visit



On 24 March, Resthaven Marion Community Services was delighted to host an intergenerational visit with the Montessori Learning Centre, which Coordinator, Monika Lyckholm, says will be the 'first of many'.

'We are so excited to be back in contact with Montessori; our clients and the children from the centre love these catch ups, which, unfortunately, went into hiatus in 2020 due to COVID-19.'

'Clients were thrilled to spend the morning with the children, and were encouraged to bring in, or choose from our shelves, a special stuffed toy to break the ice.'

Sitting around in a circle, the Montessori children walked up to the clients and their teddies, introducing themselves and their fluffy friends, before settling in for story time.

Coordinator, Nadia Hannam, enthusiastically read Andrew Daddo and Jonathon Bentley's 'First Day', before moving onto Craig MacLean's, 'What noise comes from a giraffe?'

'The children loved it! Clients were full of smiles as the children laughed away at Nadia's big expressions.'

Resthaven Western Community Services client, Mr Keith Collier, made sure not to miss out, regardless of location; 'I am not in the area, but I didn't want to miss it, so my Coordinator organised for me to have transport to and from the [Resthaven Marion Community Services] office.'

'It is great that I have more options on what I can join, and that I am included no matter where I am. They are very good at doing that for me.'

A highlight of the day was when client, Mr Graham Whetter, picked up his ukulele to play for the group. Mr Whetter says, 'I used to be in a jazz band back in the day, and we played gigs all over Adelaide. I always loved when I could play for children. To see the pure joy on their faces is why I do it.'

The group enjoyed Mr Whetter's performance of 'Teddy Bears Picnic', 'Twinkle Twinkle Little Star', and 'The Cat Came Back', before saying their goodbyes for the day.

Monika says, 'Clients had such a positive response from today's activity, we are all looking forward to welcome Montessori students back again for another story time.'

## Happy 105th Birthday: Mrs Doreen Pope

On 12 May, Resthaven Murray Bridge, Hills & Fleurieu Community Services client, Mrs Doreen Pope, celebrated her 105th birthday, surrounded by family and friends at her Oakbank home.

Descended from two of the first pioneering families of South Australia—the Dawkins of Gawler and the Maidments of Strathalbyn—Mrs Pope certainly inherited their adventurous spirit.

As a child, her family of five lived on a 1,700-acre dairy farm at Bowhill, on the River Murray. She and her siblings would ride their horses a seven-mile round trip to school and back. They would also ride through the river to play tennis on the other side, or head to a dance in Purnong.

Everything changed when the Depression hit, ill-timed with a drought: 'I remember a 12-day heatwave, where it reached 117 degrees Fahrenheit. All that country turned to sand, and every farm went bankrupt,' she says.

Mrs Pope remembers: 'We more or less walked off the farm in 1936, and the house stayed empty for 70 years. Our family moved to Mount Barker and bought a small 32-acre dairy farm.'

'I married my husband, Mervon, in 1942, and he returned from the war in 1944. We settled down and went on to have four children.'

'We went through some tough times, the same as everyone, but we were a very happy family.'

Sadly, in 1978, Mervon died aged just 64. Her eldest son eventually took over the family farm, and Mrs Pope lived there until 1995. When she sold it, she built a house in Oakbank, and her daughter, Margaret, built a house nearby.

In Mrs Pope's later years, travel became an important part of her life. She explains, 'I quickly realised how much of the world there was to see, and that I had been missing out!' Over the next few decades, Mrs Pope travelled with friends and family to America, New Zealand, and almost everywhere in Australia.

Mrs Pope also found an unlikely travelling partner in her grandson, Nick, who shares her adventurous spirit. The pair travelled together to South Africa in 2008, when Mrs Pope was 90, and again in 2013, when she was 95.



In 2015, Mrs Pope was chosen in the ballot to travel to Gallipoli for the 100th anniversary of the beach landing. However, after considering her options (she was 97, after all!), Mrs Pope opted instead for the comfort of a 36-day Anzac Centenary cruise on the MSC Orchestra, joined by her daughter, Margaret and son-in-law, Nigel, and Nick, of course!

Margaret, says, 'We went on a ship full of dignitaries and celebrities, including Daryl Braithwaite, Kate Ceberano, Ross Wilson, Bruce Woodley, John Williamson and Normie Rowe.'

During the stopover in Egypt, where they visited the Valley of the Kings and the Pyramids, Mrs Pope remembers being carried in her wheelchair down the stairs deep underground to the Pharaoh's tomb by Nick, his father, and two 'very nice' men, who she later realised were Daryl Braithwaite and Normie Rowe!

Longevity certainly runs in the family, with Mrs Pope's mum having lived to 95, and her dad to 99. All three siblings, and several cousins, lived to beyond 100.

When asked if she has a secret to longevity, Mrs Pope laughs and says, 'Stay curious—an adventurous spirit will keep you young!'

All the best to Mrs Pope on her amazing 105 year milestone.



## Happy 100th Birthday: Mrs Doris Phelps

On 10 April, Mrs Doris Phelps celebrated her 100<sup>th</sup> birthday, as she enjoys views overlooking the River Murray with her family in Tailem Bend.

Mrs Phelps says, 'I grew up in the Barossa Valley, in a sub-region called Vine Vale. It was a busy childhood, growing up the eldest of seven children. When I wasn't at school, I helped my mother around the house, and my father, picking grapes, apricots, and prunes.'

Mrs Phelps attended Nuriootpa High School, until she was '13 and three quarters'.

'I left to assist my mother in raising the younger ones. You had to grow up a lot quicker back in those days—everything you did was for your family.'

'I enjoyed getting out of the house regularly and riding my bike into Tanunda to visit my two aunts. One day, when I was 19, I came across a handsome young soldier there, Bob, and we hit it off right away.'

After spending a few short weeks together, Bob went on what would be his last posting in Queensland. 'We continued writing letters back and forth, and under a year later, we married. That would have been in 1942, when he was on leave from the war.'

The newlyweds soon welcomed their first child, Julia, and Bob went back to his previous work in Sydney, cutting window glass in a factory. 'We didn't have much money between us then, so we moved in with his parents, and it was a full house with a baby!'

After welcoming their second child, Kenneth, the couple purchased land in Vine Vale, after acquiring Bob's soldier settlement. Later, they welcomed their third child to the family, Fran.

'We bought a fruit block, like the one mine and Bob's parents both had, so we both knew what we were doing. There was never a quiet moment with the children and work!'



When they weren't working hard on the property, Mr and Mrs Phelps enjoyed ballroom dancing. 'He was always quite good at it, and handsome too—we both loved it, and carried on well into our retirement. We lived a good life together, full of love and admiration.'

After Bob's passing, Mrs Phelps moved into her daughter's picturesque home in Tailem Bend, continuing to live independently with the assistance of Resthaven Murray Bridge, Hills & Fleurieu Community Services.

'We overlook the river here, and you will find me with a cup of tea outside most days. There are worse views to have, that's for sure!'

On reaching her centenarian milestone, Mrs Phelps shares, 'I have lived a full life of love and family, and I have always kept busy—that's the secret I suppose.'

'I have always kept up with something, whether it be dancing, gardening or singing—always do what brings you joy.'

Many happy returns, Mrs Phelps.

## **Crafty Crafters**

The Resthaven Limestone Coast Community Services Craft Group are at it again, making hessian shopping bags decorated with fabric and lace offcuts brought in by clients from home.

The activity was held at the suggestion of a client who had made a shopping bag this way years ago, and wanted to share the idea.

In the end, two sessions were held, as word of mouth had other clients wishing to make the bags!

The group members (pictured above right) report that they receive many compliments from the general public when they go out shopping. These very happy crafters are delighted with their masterpieces!



## **Resthaven Northern Community Services**

### **Staff Retirement**

In March, Resthaven Northern Community Services Occupational Therapist, Ros Wren, retired after 23 years with Resthaven.

Ros originally worked at Resthaven Leabrook Therapy Services (co-located with the Resthaven Leabrook residential home), before it moved to Elizabeth in 2000 and became Resthaven Northern Community Services.

Ros is pictured (right) with Resthaven Northern Community Services Assistant Manager, Tracey Bunyon (who herself has 33 years of service!). Ros has contributed to the wellbeing of thousands of Resthaven clients, and we wish her all the best in her retirement. Thank you, Ros!





# 'Dance while you can'

## A personal recount of Parkinson's Disease

World Parkinson's Day was on 11 April 2023, when we recognised the 14,000 Australians who are diagnosed with the disease each year.

Resthaven Paradise & Eastern Community Services client, Mr Graham Edwards, is not one to shy away from the topic—in fact, he wrote a book about his personal experience of living with Parkinson's Disease: *Dance While You Can*.

Graham has written seven books, some on his thoughts of the world, some on poems he comes up with at 2:30am when he can't sleep, and some on pop idioms. However, his seventh book is his favourite, and the most raw, for both himself and his family.

He explains, '*Dance While You Can* is an unsettling but real insight into what my life looks like with the disease, and not just me, but my wife, Barbara, who lives with it too.'

'I was diagnosed with Parkinson's Disease 15 years ago, when I entered my 70s. I wasn't the first of my family with the diagnosis. My father, grandfather and great grandfather all lived with it, although, we didn't speak about it. In fact, I only learned of my father's diagnosis following his death.'

'When I was diagnosed, I didn't want to carry on the family legacy of not talking about it. I wanted to learn all about what I was living with, and I wanted my family to have the information as well.'

'Every day is different, and our lives are limited to what they used to be. But we talk, and we are always discovering new ways to live and to make things easier.'

'This is the thing—you cannot live with the disease without accepting the support around you, and it's not just for my benefit, but for Barbara's.'



While Graham's book shares his thoughts on most things in his world, he dedicates his last chapter to the 10 million people around the world who are living with the debilitating disease:

*MY THOUGHTS TO SHARE WITH YOU.*

*I want you to live a good life. But most importantly I want you to live a meaningful life. That is my main view and goal in these thoughts.*

*And you know what? I know you can improve your life because I did it.*

*Yes, I still have bad days. Don't get me wrong. I still get depressed and confused, but that is part of life. However, I have never been more peaceful than today, and the more I live the more I discover how to live.*

Graham explains, 'You need to have something for yourself. Writing gives me purpose, and it's nice to know I am leaving something in the world for my family for when I cannot communicate with them anymore.'

Graham is supported by Resthaven Paradise & Eastern Community Services multiple times a week, receiving transport services, and social group visits tailored to clients living with Parkinson's Disease. Thank you for sharing your story with us.

# Mr Small dusts off his Fishing Hat

Resthaven Onkaparinga Community Services client, Mr Robert Small, was once a keen fisherman, and with the assistance of his Home Support Worker, Natalie, he is now back in the game!

Mr Small says, 'I had my own fishing boat for many years, and went out each weekend—when I retired, I could go out whenever I wanted!'

'I loved getting out onto the water, and found the activity quite peaceful.'

In 2018, Mr Small required assistance to continue living independently at home, and became a client of Resthaven Onkaparinga Community Services.

'My dog, Hunter, and I, receive daily visits from Natalie for domestic services, and she also takes me to my social groups — *A Few Good Men* and *Mystery Tours* on the Resthaven mini-bus. They keep me running around, that's for sure!'

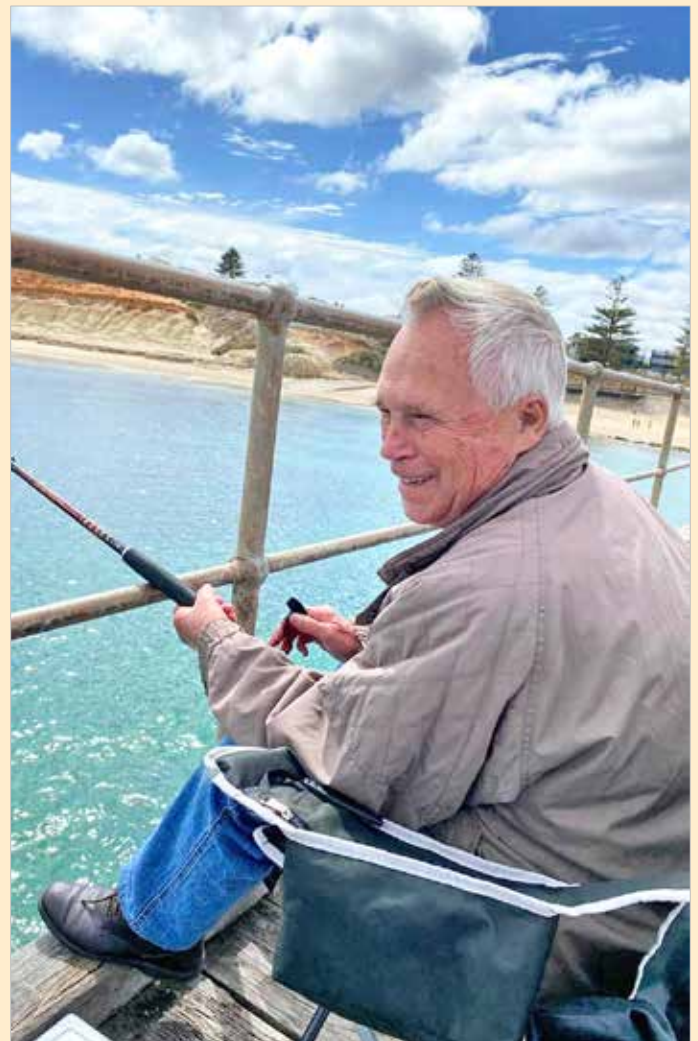
Recently, on one of her visits, Natalie discovered his love of fishing.

Natalie says, 'He started telling me about his fishing boat, and how he misses his hobby. I had a chat with his Coordinator, Jodi Brabon, about how we can incorporate fishing into his care plan, and that was that!'

Their first fishing trip together was at Mr Small's local beach at Port Noarlunga Jetty.

'I went to the tackle shop to make sure we had the right equipment, and bait before heading off. I also packed lunch and drinks for us to break up the day.'

'Robert was thrilled to catch a King George Whiting, and you couldn't wipe the smile off his face all day!'



Since then, Natalie has set up monthly fishing trips to nearby locations. So far, the duo has gone fishing at Port Noarlunga, Brighton, and Glenelg Jetty—with no plans of stopping any time soon.

'It is wonderful that Resthaven can tailor each client's care plan to not only meet their needs, but their individual likes and preferences. Sometimes it's hard to believe this is my job!'

What a special result from what Resthaven aims to achieve in the community every day.



## Happy 100th Birthday: Miss Valda Graue

On 28 April, Miss Valda Graue celebrated her 100<sup>th</sup> birthday surrounded by family and friends in her Western suburbs home.

Born and raised in Peterborough, South Australia, Miss Graue had an older sister, Nita, who also lived well into her 100s. Miss Graue says, 'My father was an engineer, while my mother tended to the home—she was a great hostess, and I remember always having visitors in our home.'

In her youth, Miss Graue attended the Peterborough Primary School, and graduated from the local high school, with a flair for mathematics. She went on to become a Ledger Machinist shop assistant and cashier, before moving her way up to bookkeeper, financial accounting, secretary.

In 1958, Miss Graue moved with her parents, to a house in Adelaide, where she continues to reside today with the assistance of Resthaven Western Community Services.

Throughout her life, Miss Graue shared her career in finance with various hobbies.

'I enjoyed playing tennis, netball, and athletics in my younger years.'

'I was also quite musical, and played the piano and sang for the Peterborough Town Choir and church choir in Adelaide. Faith has always been present in my life.'

Along with her faith, Miss Graue has always found herself volunteering for various charities—so much so, that she received a Commonwealth Recognition Award for Senior Australians.

She explains, 'That was for volunteering with the Thebarton Women's Service Association for 16 years, until I was around 85 years old. I also received a separate certificate for 26 years of volunteering for Meals on Wheels.'

'These are proud highlights I have been able to look back on in my life, among others.'



Reflecting on her life, Miss Graue visited all six states in Australia at different times, watched her niece, nephew, seven great nieces and nephews, and 11 great-great nieces and nephews grow, and watched technology change over 100 years.

'Technology has been the most notable change over my lifetime. I used to use a typewriter, and you had to type correctly the first time! It was very difficult to correct, not like computers today.'

Now, Miss Graue continues to stay active in her home, enjoying puzzles, reading the paper, participating in Ladies' Guild at her church, and taking part in Resthaven Western Community Services' social group.

'It is important to keep your mind and body active and have interests. Volunteering always appealed to me and gave me purpose, especially after retiring from full time work.'

Leading an independent life for 100 years, Miss Graue shares her words of wisdom with the younger generations; 'Don't tell anyone what to do!'

Wise words indeed.

## A Very Special Jumper

Resthaven Aberfoyle Park resident, Mr Lloyd Mattner, has repurposed a pink woollen jumper that his late wife, Ruth, had started to knit, but unfortunately did not complete.

With the support of volunteer, Vicki, the jumper has now been lovingly transformed into two beautiful baby jumpers and a baby beanie (pictured).

Lloyd will pass these on to his family as a keepsake of his late wife.

We are very grateful to Vicki for kindly donating her time and patience to this task, of which Lloyd and his family are very appreciative.



## Resthaven Bellevue Heights

### Bless this Lift!

As part of the Resthaven Bellevue Heights major redevelopment, the lift was recently resurrected.

Coordinating Chaplain, Rev Frances Bartlett, was delighted to cut the ribbon and bless the lift with Resthaven Senior Project Officer, Terry Kirkwood. They are pictured right.

The concrete foundation for stage two has been poured, and the pre-fabricated walls have been craned in (below). Residents are enjoying watching the progress.





# Volunteer's Colourful Mission

Resthaven Craigmore is fortunate to have a creative volunteer, Julie Sieben, who is on a mission to spread colour and creativity with residents. However, this isn't what led Julie to begin volunteering at Resthaven four years ago.

Julie explains, 'It was time to start looking at aged care for Mum and Dad, but I didn't know a thing about it. It was important for me to find the right place for them, and I was keen to take on volunteering during my retirement, so I thought I'd try Resthaven Craigmore.'

'It was scary at first, as this was something completely new to me. Although, by the time a room became available, I felt comfortable that this would be a suitable fit for my parents.'

'Now that Dad has passed, and Mum is on her own, I feel she has some comfort from my frequent presence.'

On continuing volunteering at Resthaven, Julie has discovered much more than a home for her parents.

'While aged care has its challenges, it has been a joy to grow strong connections with residents, and they have inspired me to "let go" my creativity.'

Since the early days of assisting with morning teas, Julie has gone on to facilitate a weekly knitting group, calls the bingo once a week, and leads an art and craft session once a month.

'Residents enjoy sharing in the creative process, and are responsive to their artwork being displayed on the walls. I can see the difference this makes, and it has inspired my mission to bring more colour and creativity to their environment.'



'It brings me a great deal of pleasure to see residents participating in, and enjoying the activities, and I love to see their efforts showcased on the pinboard in the hall.'

As Julie's colourful mission grows in popularity, she shares; 'I would very much like to see a more permanent gallery space, where we can both display resident's work, and bring in creative, sensory elements for them to enjoy.'

There are many ways for volunteers to connect with older people. If you are interested in supporting the team at Resthaven Craigmore with bocce, bingo, or special events, we would like to hear from you!

For more information, call us on 8373 9036, or email us at [volunteer@resthaven.asn.au](mailto:volunteer@resthaven.asn.au)

# Coronation Craft

Residents across Resthaven were excited to celebrate the Coronation of King Charles III in May.

At Resthaven Leabrook, residents enjoyed some 'Coronation craft', using their creative skills to create an amazing display in readiness for the big day.

As you can see on this page, it looked fantastic!





## Happy 100th Birthday: Miss Edna Chatfield

*'Some things in life will terrify you—do them anyway.'*

Happy birthday to Resthaven Malvern resident, Miss Edna Chatfield, who celebrated 100 years on 18 February, with a lifetime of memories to look back on.

Born and raised in the outskirts of the Adelaide CBD, Miss Chatfield reflects on her childhood in a family of four.

'My brother and I grew up during the Great Depression, followed by the Polio outbreak that made it all worse. We didn't have much growing up, but what we did have was a strong sense of family and doing the right thing by one another,' she says.

After a few short years in Norwood, the family relocated to Hyde Park, where Miss Chatfield began preschool at Hyde Park Montessori, before attending Unley Primary School, and then Unley High School.

'I particularly enjoyed learning shorthand, and it led me to pursuing employment as a typist.'

Miss Chatfield began working at the Adelaide Railway Station, where she met her friend, Norma, who remains by her side today.

'We were typists in the office and volunteered in the nursery at Ashford Hospital on Sundays. The hospital was a big bungalow back then, not at all as it stands now.'

During World War II, Miss Chatfield and Norma began serving in the Royal Australian Women's Army Corps.

In 1954, Miss Chatfield's service presented the opportunity of a lifetime.

'We were all lined up in our uniforms on Pirie Street, to see Queen Elizabeth II drive through during her first visit to Australia. I will never forget that, and I had a front row seat!'



She also reflects fondly on her travelling years.

'Marriage alluded me, and when I reached 27, I told my mum, "If I'm going to be an old maid, I'll be an old maid who travels the world!", and that's what I did.'

Miss Chatfield went on to explore Scotland, Canada, Switzerland, France, Austria, Scandinavia, Finland, and Italy, 'to name a handful!'

'The most common mode of transport then was by boat—I saw much more of the world than I sought out to, because you make stops along the way.'

On travelling alone all those years ago, she reflects, 'Some things in life will terrify you, but you must do them anyway. It was the best thing I did.'

Wise words indeed.

Now, Miss Chatfield happily resides at Resthaven Malvern, with her friendly companion, Norma, down the corridor!

Many happy returns, Miss Chatfield.

# Happy 100th Birthday: Mrs Patricia Mackey

On 25 April, Mrs Patricia Mackey (nee Barnes), celebrated her centenarian milestone in her home at the Resthaven Marion Independent Retirement Living Units.

Born and raised in the rural township of Rainbow, North-Western Victoria in 1923, Mrs Mackey grew accustomed to farm life on 640 acres: 'We had draught horses, cows, poultry, a few sheep, and two working sheep dogs, Ruff and Pup, who we treated as pets.'

'My parents had their hands full with the five of us, but we all did our bit; milking the cows, making butter, bread, and slaughtering the sheep for meat. For income, we took the cream into town to the butter factory.'

'We coped with it all; dust storms, mice and rabbit plagues, incessant flies, and the heat. Despite all that, I thought it was great fun.'

Mrs Mackey attended Rainbow East Primary School, before moving to Adelaide, where she attended Woodville High School.

'When I was 14, I moved in with my grandfather and aunt who both lived in Adelaide. I was there for a year, and I loved it. My grandfather soon passed, however, and the Great Depression hit, which saw me going back home to the farm.'

At 17 years of age, Mrs Mackey was able to return to city life in Adelaide, sparking her life-long journey of charitable work. 'My Aunt May, who was matron at Lentara [Magill Methodist Boys Home], needed my help at the home with kitchen and domestic duties. I ended up staying there for five years, growing up alongside the 30 boys who were there.'

'The boys ended up there due to either their fathers serving in the war [WWII], or their parents simply couldn't cope. To this day, I keep in touch with them, and in recent years, have attended several reunions through the Wesley Uniting Church.'



Following on from Mrs Mackey's passion for helping others, she found a place to live on Wakefield Street, as she worked at the Women's Christian Temperance Union. She reflects that 'Charity has remained a strong part of who I am.'

On 23 December 1947, age 24, Patricia became Mrs Mackey, wedding her husband at the Maughan Church in Adelaide. 'I became a stay-at-home mother, raising three sons, Allan, David and Bevan, and an adopted daughter, Doreen. When the children were in secondary school, I found work as a hand sewer for a bookbinder.'

After retiring, Mrs Mackey kept busy supporting the Country Women's Association, and volunteering at the Repatriation General Hospital for 20 years. 'Now, I like to knit socks and beanies for the homeless that I donate to charity, and I remain active in the Resthaven community. There is always a way to give back.'

As Mrs Mackey celebrates her centenarian milestone, she shares, 'It is important to keep your faith, and to look on the bright side of life.'

'Just being able to help others means everything to me, and if you can do it, you should. It makes life worth living.'



# Wetland Reserve Bus Trip

Residents love going on bus trips to explore the amazing beauty that our state has to offer, whether it be driving through the Adelaide Hills, enjoying a coastal drive to the beaches, or heading through the city.

Recently, Resthaven Mitcham residents headed out on a bus trip to the Oaklands Wetland and Reserve, where they enjoyed feeding the ducks and exploring the grounds.

If you know someone who is interested in becoming a Resthaven volunteer bus driver, ask them to head to [www.resthaven.asn.au/volunteering-careers/volunteer/](http://www.resthaven.asn.au/volunteering-careers/volunteer/).



## Resident Profile: Mrs Judy Sutherland

*Recently, Mrs Judy Sutherland participated in an article for the local 'SE Voice' newspaper called 'residents reminisce'. Mrs Sutherland shared her fascinating life story, which we have adapted below.*

Mrs Judy Sutherland was born Hendrina Johana Engelmunda Maria in Holland in 1940. She moved to Australia with her family at age 16, when her father relocated for work.

She came to Australia unable to speak English, and said it was very difficult in the beginning, adapting to a new culture and leaving behind everything she loved, including her boyfriend, Chris.

The journey from Holland to Melbourne took five weeks on a boat. Upon arrival, passengers could only disembark the ship if they had relatives in Australia to pick them up. So, they contacted Chris' sister, Harri, who lived in Mount Gambier. However, Harri didn't arrive alone!

"I thought I'd said goodbye to Chris," says Mrs Sutherland, "So imagine my surprise when Harri and Chris met me at the dock!"

"He'd flown to Australia [from Holland] while I was on the ship."

"There were six of us, and four great big suitcases full of clothes (and whatever else mum packed) and we all fit in an old FJ Holden.

"To travel from Melbourne to Mount Gambier was a long trip. Oh my goodness, we had never travelled more than 20 kilometres before!

"We moved in with Harri and her husband, with her family and the six of us. It was a squeeze, but we managed.

"We stayed there for around a month, and then dad found a house not far from where he worked, in a factory close to town, cutting Mount Gambier stones."

Mrs Sutherland quickly gained employment in a dry cleaners located in Mount Gambier's main street, despite not being able to speak any English.

"Luckily, the lady who was running the dry-cleaning shop needed help so I got a job. I could talk to her because she spoke my language," she said.

Judy and Chris were married when she was 19, and the pair had two girls, Mary-Anne and Karen.

Unfortunately, the marriage did not work out, and Chris eventually moved back to Holland.

Later, Mrs Sutherland met her second husband, Russell (from whom she bears her last name). She says, "He had five daughters and I had two, so between us we had seven girls! Then I gave birth to a son."

"My Mum said that he nearly broke the door down to go and tell her that he had a boy."

They would go on to have two boys, Neil and Robert. "He was a lovely man," she says. Mr Sutherland passed away 11 years ago after a long health battle.

Now living at Resthaven Mount Gambier, Mrs Sutherland reflects that, despite moving to Australia unable to speak English, she and her family made a wonderful life for themselves, here in the beautiful city of Mount Gambier.





## Musical Delights

Mrs Cora Nitschke of Resthaven Murray Bridge, can often be found playing the organ in the Hall. Residents enjoy sitting and listening to her wonderful music

Mrs Nitschke has played the organ (and piano!) since she was 16 years old. She is mostly self-taught — only having a few lessons in her hometown of Loxton before she was "thrown in the deep end" and started playing at the local Lutheran church.

Throughout her life, she played at weddings and was a member of the Theatre Organ Society of Adelaide. Whilst Mrs Nitschke's children never learned to play, her granddaughter is continuing her legacy by playing the piano.

An interesting fact from Mrs Nitschke? She says, "To play the piano you hit the keys, but to play the organ you hold the keys!"

Thank you for sharing your talent.



### Filming Day

In March, the Resthaven Marketing and Communications team visited Resthaven Murray Bridge to undertake filming to update the site film. All Resthaven residential sites have their own films, which are available to view on the Resthaven website: <https://www.resthaven.asn.au/care-homes/>

The films aim to showcase Resthaven residential homes to those who may wish to join our site communities, and are regularly updated. Thank you to all those staff, residents and volunteers who participated in the filming day. You did a great job!

Some of the 'scenes' from Resthaven Murray Bridge are pictured below.





### 80 Year Wedding Anniversary

On 17 April, Mr Thomas 'Tom' (102 years) and Mrs Una Wood (101 years), who live together at Resthaven Port Elliot, celebrated an impressive 80 years of marriage.

The couple, who were initially supported to live independently at home by Resthaven Paradise & Eastern Community Services, moved into Resthaven Port Elliot in July 2022.

Tom lived in Scotland and Una was from England, and they both joined the Royal Air Force (RAF) at the beginning of World War II.

They met on a double date, matched up by friends. Una recalls, 'There was a major blackout in the town, which made for an interesting first date, and I knew I wasn't going to let this one go!'

'Because of the nature of war, it wasn't long before we married... you held onto your loved ones a bit closer back then, as you never knew what was going to happen next.'

After the war, they enjoyed many years living abroad in England, Germany, and Romania. They finally settled down in Fullarton, South Australia, where they happily resided for 42 years before moving to Resthaven Port Elliot.

When asked how Una feels about Tom, she smirks, 'He's alright – I'll keep him!'

Happy 80<sup>th</sup> anniversary.

### Resident Profile: Mrs Rosalie Lloyd-Jones

Mrs Rosalie Lloyd-Jones was born in 1943 in a small village in Montgomeryshire, North Wales.

Her father was an Anglican priest, and her mother a nurse.



After leaving school, Rosalie went to work at the Nottingham General Hospital, where she undertook nursing training.

Whilst working as an industrial nurse in a large factory, she met the owner of a private nursing home, which she eventually took over the running of. Two years later, aged 25, she bought the business.

Rosalie met her first husband, Barrie, when he installed heating at the home. They had two daughters together.

Rosalie later separated from Barrie, and met her second husband, Noel. The two enjoyed many happy times travelling together before Noel passed away in 2017.

Rosalie now lives at Resthaven Port Elliot to be closer to family, who live in Goolwa.

***Thank you for sharing your story!***



## Happy 100th Birthday: Mrs Anne Hume

On 10 April, Mrs Anne Hume blew out 100 candles on her birthday cake at Resthaven Port Elliot, and shared what is most important in life as she reflects on her centenarian milestone.

Growing up in Largs, Scotland, Mrs Hume has always found herself by the sea. She says, 'I was an only child, but I kept myself busy collecting shells near my home—I loved spending time on that beach.'

'During the war, I became a trained nurse, and I went off to work, looking after children. I always loved children, and they loved me.'

During this time, Mrs Hume attended the Scots Army dance, and came across a soldier named Jim; 'Jim asked me to dance with him, and the rest was history. We carried on dancing together for many years during our marriage.'

The married couple quickly became known in their neighbourhood for their charitable nature, beginning with fostering newborns in their Scottish home.

'It was always important for me to look after children, no matter the circumstance, and Jim had a kind heart to assist me in my purpose.'

It wasn't long before Mr and Mrs Hume welcomed four children of their own, two girls and two boys.

In 1960, when they were expecting their fifth child, the family relocated to Australia, taking them four weeks by ship to arrive. 'We were looking for a better life, and it was a choice between Canada and Australia. We liked the warmer weather, so we chose Australia!'

Settling in Elizabeth, the family enjoyed their family home for many years, becoming actively involved in the local Presbyterian church.

'The children went off to school, and I became a kindergarten teacher with the church. We enjoyed a quiet life together there.'



During retirement, Mr and Mrs Hume purchased their next home in Moana; 'I was delighted to live by the sea again, and we were close to our children and grandchildren.'

Throughout her life, Mrs Hume found immense joy in her hobbies, dabbling in dressmaking, china painting, patch work, quilting, and making dolls and teddy bears. She explains, 'I was always quite good at anything that required my hands.'

Upon retiring, Mr and Mrs Hume travelled to Canada, the Philippines, Scotland, and back again. Once they were finished travelling internationally, they purchased a caravan, travelling regularly across Australia.

'We always kept busy and thrived on adventure. We had a good life together before his passing, and surrounded ourselves with family—five children, eight grandchildren and 11 great-grandchildren.'

Reflecting on 100 years of life, Mrs Hume shares, 'Family is everything, and if you can help people, then you should—that's what life is all about, after all.'

Now, Mrs Hume continues to live by the sea at Resthaven Port Elliot, a short drive away to family who reside in Moana. Many happy returns.

# Lunar New Year



On 22 January 2023, the Resthaven Paradise Lifestyle team hosted an afternoon tea to celebrate the Lunar (Chinese) New Year.

Residents enjoyed a presentation from Lifestyle Coordinator, Thuy-Anh Pham, explaining the meaning of Lunar New Year and its customs. This was followed by afternoon tea of spring rolls.

There was a decoration made by staff as 'offerings to the ancestors,' which is one of the traditions of Lunar New Year. Residents were also given a 'Red Pocket' with a lovely message in it.

In the lead up to the day, residents had created a red paper dragon, which was used to decorate the hall.





# Accreditation Awareness Month

As mentioned on page 4, in February 2023, Resthaven Westbourne Park held 'Accreditation Awareness Month'.

In response to residents expressing an interest in the Aged Care Quality and Safety Commission (ACQSA) accreditation process, and the Aged Care Standards, staff held a series of information sessions, with accompanying displays and posters.

Each Standard had its own session, with participants encouraged to dress in their accompanying colours: ie, Standard 1: Consumer Dignity and Choice, is 'red'.

Everyone loved this creative way to learn, and got into the spirit of the 'colour code,' as you can see from the photos on this page.

Needless to say, the residents of Resthaven Westbourne Park were well prepared when the site underwent its triennial accreditation audit in April!



# 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**

Keep up to date and check out  
our socials! Find us by searching  
for 'Resthaven SA'.



## Contributions

The Resthaven Review is a quarterly newsletter produced and published by Resthaven Inc for all of Resthaven's residents, clients, volunteers, friends, family and staff. The Resthaven Marketing and Communications Department reserves the right to determine the appropriateness of items and to edit or adapt articles at any time.

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