

# Resthaven Review



*Resthaven*  
Incorporated

Spring 2023 | Volume 32 | Issue 3

## In this issue

A Garden Paradise

Exercise Fun out North

'Turn the Turf'



## From the Editor ...

It's a record!

We kick off the spring 'Resthaven Review' newsletter with the most ever centenarian stories published in one edition. Nine amazing older people share their inspiring stories this time. Read all about them on pages 11, 13, 18, 19, 21, 23, 24, 28 and 31.

Another first for the 'Resthaven Review' is that your very own editor appears on the cover, along with the lovely Mrs Steventon of Resthaven Craigmore. It was my pleasure to visit several residential and community services sites this month to coordinate professional photography of our site communities. Somehow, I ended up in the photos!

You will see many photos from those visits in these pages, and others appear over time on the Resthaven website, social media pages, and various publications. Thank you to everyone who was involved, you did a wonderful job.

With spring on the way, it is certainly a time for fresh beginnings and new activities.

On page 14, the Resthaven Northern Community Services exercise group tells us about the fun they have each week with Physiotherapist, Hamid. On page 15, Resthaven Onkaparinga Community Services lists their upcoming social groups. There is knitting and morning tea on page 16, and 'puzzles and hearts' on page 12.

The creativity continues on page 26, with Resthaven Mount Gambier residents taking advantage of the building works to create their own mural. On page 29, Mr Les Motley shares his plan for his very own garden at Resthaven Paradise.

If you, too, have a story to share, we welcome your contributions. Hand them in to reception, or email [pr@resthaven.asn.au](mailto:pr@resthaven.asn.au).

Enjoy the spring sunshine!

**Lydia Wallis, Senior Communications Officer**



## From the CEO

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

Hello everyone,

### Pay Increase

In July, Resthaven proudly honoured the pledge to pass on every additional dollar of the Fair Work Value decision to increase wages for our staff - an increase equivalent to 15% on the modern award for direct care workers and other specified staff. We continue to advocate for other staff not included in the increase (such as housekeeping, maintenance, hospitality and administrative staff) as part of stage 3 of the Work Value Case.

Resthaven made the decision to pass on the full 5.75% Annual Wage Decision increase that was announced in June 2023. It is important to note that the increase in government funding for 2023/24 was only 2.6%.

### Sector News

In the May 2023 Federal Budget, a delay was announced in the transition of the Commonwealth Home Support Program and Home Care Package program being combined into a new Support at Home program. It will now be implemented from 1 July 2025, a year later than planned. The extra time to prepare for the reforms is welcomed to minimise disruption to care recipients.

On 7 June, Minister Wells announced the formation of an Aged Care Taskforce, with members experienced in economics, finance, public policy, ageing and aged care, First Nations, consumer advocacy and provider advocacy. The taskforce will provide Government with advice on funding arrangements for aged care to ensure that



the aged care system is fair and equitable for all Australians. They have only until 31 December 2023 to find the solution.

I spoke about these issues at the SA Innovation Hub meeting on 23 June about current workforce challenges. The hub is a representative group of aged care providers and associated groups, such as COTA SA and SAHMRI.

## Aged Care Reforms

The Government is planning to introduce a new regulatory model for Commonwealth-funded aged care services to commence on 1 July 2024, together with a new Aged Care Act which aims to increase protections for older people and support providers to continuously improve.

Since 1 July 2023, residential aged care providers are required to have a registered nurse (RN) on-duty and onsite at all times. Resthaven already meets this requirement, having had this in place for many years.

## Consumer Advisory Bodies

From 1 December 2023, aged care providers must write to their consumers offering to establish a consumer advisory body, and repeat this exercise at least every 12 months.

Resthaven has well-established Consumer Advisory Groups, which have been running for many years. They comprise regional consultation groups, made up of current and past Resthaven customers, interested community members, community organisations, church congregations and retirement villages. We are reviewing how they work and will adapt to the new requirements.

Resthaven's governing body (the Resthaven Board), must consider comments and suggestions made by consumer advisory bodies about the standard of care and services offered, and explain, in writing, how the feedback was considered.

## Ministerial Visit

On 5 July, Resthaven Leabrook hosted a visit from The Hon Peter Dutton, Leader of the Opposition, and Senator The Hon Anne Ruston, Shadow Minister for Health and Aged Care, to discuss the issues facing aged care, in particular, workforce pressures.



The group (pictured above, L-R) included: James Stevens MP (Member for Sturt), Claerwen Little (National Director, UnitingCare Australia), Darren Birbeck (CEO), The Hon Peter Dutton MP (Leader of the Opposition), Senator Anne Ruston (Shadow Minister for Health and Aged Care), Jack Batty MP (Member for Bragg), and Tina Cooper (Executive Manager Residential & Retirement Living).

Following the meeting, the guests took the opportunity to mix and mingle with residents, and enjoyed a site tour conducted by Resthaven Leabrook Manager, Aman Kahlon.

## Board Update

In past months, we have farewelled Annie Fabig from the Board and thank her for her contribution.

We welcome new board members Jackie Howard and Gillian (Gill) Phillips, and new Board Committee Members David Sanders to the Finance and Technology Committee and Greg Crawford to the Clinical Governance and Quality Committee. A list of the Resthaven Board Members, Board Committees, and Board Committee Members, is on page 8.

## Finally...

As we head into spring, I am looking forward to continuing my regular visits across the sites. If you see me around, please say hello!

Until then,

Darren

**Chief Executive Officer**

*Pictured front cover: Mrs Junice Steventon of Resthaven Craigmores with Senior Communications Officer, Lydia Wallis.*



## Residential Services & Retirement Living

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

Hello everyone,

We are soon to leave the season of winter, and look forward to the joys of spring.

### Accreditation

During May and June, Resthaven Mitcham and Murray Bridge successfully achieved three years' accreditation. All of Resthaven's residential sites now have the full three years' accreditation.

### Staff Movements

Resthaven Senior Manager Residential Services (SMRS), Aman Kahlon, has transferred to the Manager Residential Services role at Resthaven Leabrook, following Belinda Willshire's departure. We wish Belinda all the best.



With Aman's move, Anthea Tyler, Senior Manager Accommodation and Residential Funding, has been appointed to the SMRS role, commencing in October. Pardeep Singh will continue Acting in the SMRS role during this transition period.



Resthaven Mitcham Manager, Jessica Traeger, has moved to the same role at Resthaven Craigmore.



*Above: David Norton (Executive Manager Finance & Technology), Darren Birbeck (CEO), Hannah Coelho (Manager Residential Services), Tina Cooper (Executive Manager Residential & Retirement Living), and Mark Porter (Board President).*

Jo Robinson, an experienced Registered Nurse and site manager, has been appointed to lead the Resthaven Mitcham team.



Jane Perry, who will be familiar to many of you from her previous MRS role at Craigmore, and more recently as Residential Project Officer, has been appointed to the Relieving MRS team.

Together with Jane, we have appointed Chantelle Kake as Relieving Manager Residential Services. Chantelle and Jane join fellow Relieving Managers Residential Services, Charlie Roe, Pardeep Singh Doht, and longtime Relieving MRS, Jane Abbot.



### Resthaven Aberfoyle Park 5th Birthday Celebration

On Friday 20 July, residents, staff, volunteers, Executive, and Board gathered at Resthaven Aberfoyle Park to celebrate the fifth anniversary of the site opening.

There were speeches, balloon arches, afternoon tea, and, of course, a birthday cake! (Pictured above.) Thank you to all who attended this festive celebration.



## Community Services

**Mel Ottaway**  
**Executive Manager**  
**Community Services**

Hello,

Since I commenced with Resthaven in May, I have been making my way around the Resthaven sites, to get to know our communities. Thank you for your warm welcome.

### Staff News

It is with sadness that I announce the retirement, after almost thirty years at Resthaven, of Cecelia Oxborrow, Manager Murray Bridge, Hills and Fleurieu Community Services. Please join me in wishing her all the best. Tanya Boakes is Acting Manager of Murray Bridge Hills and Fleurieu Community Services while we undertake the recruitment process for a new Manager.

We farewell Senior Manager Service Development, Lynn Openshaw, as she also heads into retirement. Resthaven was fortunate to have Lynn Openshaw guiding Service Development for many years, and we wish her all the best.

### 'Staying at Home in Regional SA'

In July 2023, Resthaven implemented a 'Staying at Home in Regional SA' program. It will deliver six retreat style, short stay programs to support people living with dementia and their carers.

The program aims to reduce carer burden, provide education and peer support, and to delay entry to residential care. It has a focus on regional areas and diverse groups, with a program including formal and informal sessions with Resthaven staff and external dementia specialists.

To access the program, applicants can email [SAHRSA@resthaven.asn.au](mailto:SAHRSA@resthaven.asn.au), or visit: [www.resthaven.asn.au/staying-at-home-program](http://www.resthaven.asn.au/staying-at-home-program). Gillian Schulze has been appointed Project Officer.

### Compliment for the Community Services Team

Well done to Resthaven Murray Bridge, Hills and Fleurieu Community Services on receiving this feedback from a client:

*'I am grateful for the wonderful support of the staff members who supported me. I don't have anyone in my life and am very vulnerable, but feel very supported with Resthaven services. It's like the advert on the television, 'I open the door to the (Resthaven) people I trust.'*







## Building Update

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

The capital works program continues to be extremely busy. New projects are commencing, as we maintain momentum on existing projects.

### Resthaven Bellevue Heights

Stage 2 of the major redevelopment of Resthaven Bellevue Heights includes the construction of a new service level and memory support area. This structure is now being erected for the entry level (see photos page 20), which incorporates 23 new rooms.

The internal refurbishment of Banksia is complete, and the refurbishment of Acacia is underway. The internal areas are looking magnificent.

In addition, the improvements in the retirement living communal area, Gum Tree Lodge, are now substantially complete.

### Resthaven Westbourne Park

The major redevelopment at Resthaven Westbourne Park is progressing well. On 16 June, we held a 'turn the turf' ceremony, to officially mark the beginning of works. The 'first sod' was turned by Manager Residential Services, Kamala Sharma, and Board President, Mark Porter. They are pictured on the opposite page with representatives from the Resthaven Executive, Board, Brown Falconer Architects, and Kennetts Constructions.

The first concrete pour for stage 1 is now complete, and structural steel is being erected.

The refurbishment of Marlborough is underway. The first five rooms have been completed and residents have moved in.

Stage 1 will include the construction of 42 new rooms to replace the majority of rooms in Hampton and Richmond. Stage 2 will commence in early 2024, and complete the replacement of Hampton and Richmond.

### Resthaven Chiton Retirement Living

The development application for eleven additional retirement units, a garden reserve, and caravan park at Resthaven Chiton Retirement Living has been lodged with council. The extra units will complete the village, and complement the existing units. Once we receive development approval, we anticipate to commence at the end of 2023.

### Resthaven Marion Campus

The Resthaven Marion campus is a major centre for Resthaven, with the area providing the full range of services: Residential Aged Care, Retirement Living, Community Services and Community Respite Services.

We are currently looking at options for the site. Stakeholder consultation is an important priority, to ensure we gather everyone's views.

In August, a survey was issued to staff, clients, and residents, seeking their input and thoughts about what the precinct should include/capture. I encourage you to participate, as we value your input in informing the development outcomes.



Above (L-R): Scott Kennett (Managing Director, Kennett Constructions), Mario Dreosti (Managing Director, Brown Falconer Architects), Jo O'Connor (Board), Aman Kahlon (Acting Senior Manager Residential Services), David Norton (Executive Manager Finance & Technology), Kamala Sharma (Manager Residential Services), Darren Birbeck (CEO), Tina Cooper (Executive Manager Residential & Retirement Living), Mark Porter (Board President), Jon Clarke (Board), Graham Vawser (Board), Emmet O'Donovan (Manager Building Services).

## Rooftop Solar Project

Two companies have been engaged to install the new solar systems across Resthaven. CME will install systems larger than 30kw and Suntrix will install system below 30kw.

It is expected that installations across corporate, residential and community services offices will commence in September.

The estimated reduction in our carbon footprint is estimated at 9%. This is a great step forward and something to be proud of. Keep an eye out for the installations.

## Resthaven Mount Gambier

We have commenced the conversion of two former retirement living apartments at Resthaven Mount Gambier.

These apartments were part of the original plans when the site was designed in 2009. Conversion to traditional residential rooms is now occurring. The project is expected to be complete in November.

## Resthaven Head Office

Resthaven has experienced significant growth over the past few years. We now need to consolidate Resthaven Head Office for this growth, and look to futureproof the office. Following extensive stakeholder engagement, we are developing concept plans. These will be shared later in the year.

## Paradise and Eastern Community Services (PECS)

Due to space limitations, the PECS Manningham office no longer meets our needs. Consequently, we have leased a premises at 255 Main North Road in Sefton Park. The premises is a former ANZ branch and is very prominent on the junction of Main North Road and Regency Road. The Manningham Office will relocate here. It will be an administrative hub and client activity centre.

There's never a dull moment!



## Governance & Chaplaincy

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

### Chaplains

The Resthaven Coordinating Chaplains service every Resthaven residential home.

They are unique and talented people who provide outstanding support to residents, staff and their families.

The Chaplains take great pride in providing support to anyone, regardless of their belief system. If you need someone to chat to, reach out to the site Chaplain.

You will find someone who will help you process your thoughts without judgement.

Rev Steve Blacket (right), Chaplain for Resthaven Aberfoyle Park, has been appointed to the same role at Resthaven Marion. Please make him welcome.

We are very proud to have the Chaplains as part of our team.



### Resthaven Board and Board Committees

Resthaven operates within the scope of the Associations Incorporations Act.

The Resthaven Board is responsible for good corporate governance, and focuses on organisational purpose, risk management, setting and monitoring strategic direction, operational and financial performance and Board governance policies.

The Board is the legal authority of the organisation and is committed to acting responsibly, ethically and with the highest standards of integrity and accountability to ensure that the objectives of Resthaven are achieved. Board membership is by invitation and appointment.

Board members contribute to the Board Committees, and other non-Board committee members\* are appointed to complement the skills and experience required.

#### The Board Committees and members are:

- **Governance & Risk** Mark Porter (Chair), Stephanie Rozokos, Michael Haydon
- **Finance & Technology** Michael Haydon (Chair), Mark Porter, Stephanie Rozokos, Freddy Bartlett, Annie Fabig\*, David Sanders\*
- **Clinical Governance & Quality** Geri Malone (Chair), Mark Porter, Jo O'Connor, Jackie Howard, Gregory Crawford\*, Elizabeth Iussa\*
- **Property & Environment** Rev Dr Graham Vawser (Chair), Mark Porter, Jon Clarke, Michael Haydon
- **Public & Customer Relations** Jon Clarke (Chair), Mark Porter, Rob Ball\*, Gill Phillips.



# A Decade as a Resthaven Volunteer

Peter Ellemor is a household name at Resthaven Mitcham, having devoted his time as a volunteer for more than a decade.

Peter explains, 'I worked for the Department for Education for 37 years—the last 22 years as Principal—and it was always in my heart to give something back to the community once I retired.'

'By the time that came around, my wife, Sue, and I reached out to Resthaven Mitcham to see what we could do.'

The site was well known to Peter already, having been the home of his late parents for many years.

'I volunteer in the Spiritual Care Centre at the Royal Adelaide Hospital, and enjoy playing the piano in the main concourse area, as well as for the Mitcham Uniting Church. Sue is a great singer as well, so we thought we could probably play for residents at Resthaven.'

'We had a chat with Stacey, Manager Volunteer Services, and during our meeting, she took one look at my driver's licence and her eyes lit up!'

'I have a bus licence, and I learned that volunteer bus drivers were difficult to come by, so I of course accepted the role.'

Peter became a friendly face behind the wheel of the Resthaven bus, and has since taken hundreds of trips with residents across Resthaven sites.

'It is my absolute joy to give others joy, and the bus trips have always been most joyous.'

'It is a chance for residents to get out of their home and explore, making new friends along the way. The chats I have had with people on the bus over the years have been unlike anything else.'



It's a truly positive and happy environment.'

Of course, Stacey didn't forget why Peter reached out in the first place, offering him a volunteer role as Chaplain's Assistant with Resthaven Mitcham, playing the piano during church services.

'I ended up with a varied schedule, driving the bus once a fortnight, and playing piano the other week. It was great fun, and I have formed many cherished connections over the years.'

Now, at the age of 75, Peter has hung up his drivers' hat. However, you can still find him on the piano at Resthaven Mitcham once a week.

Thank you for sharing the joys of volunteering, Peter. We are grateful to you for your expertise on the piano keys!

We welcome more volunteers to apply now and make a difference.

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

# Carer Event

Earlier this year, several Resthaven Community Services sites collaborated to hold a 'Client/Carer Wellbeing Event', with the aim of providing an activity for clients outside of the norm, whilst still supporting their health and wellness goals.

Resthaven Community Respite Services, and Resthaven Onkaparinga, Marion, and Western Community Services, worked together to facilitate the three-day schedule of activities, held at the McCracken Country Club in Victor Harbor.

Over the course of the event, clients and their carers were able to participate in a range of wellbeing activities, including art therapy, chair dance and bingo. They also enjoyed informative guest speakers from organisations such as Carers SA and Aged Rights Advocacy Service (ARAS).

On departure, clients were gifted some commonly-used wellbeing aids for older people, such as a 'pickup stick' and a handy bar (to assist in getting in and out of the car).

It was wonderful to be able to provide clients with this special experience.





## Happy 100th Birthday: Mr Cyril Price



Happy birthday to Resthaven Limestone Coast Community Services client, Mr Cyril Price, who reached his centenarian milestone on 3 August 2023.

The youngest of seven children, Mr Price grew up in regional Warrnambool, Victoria.

'My father worked full-time on the railways, and my mother was busy looking after all of us.'

'We had a lot of room to run around there, and we had plenty of fun making up our own activities with the landscape around us.'

Mr Price married young, but the marriage didn't last. It wasn't long before he found his soulmate, and second wife, Faye (below).



'We've been married for 63 years now, and we've never had a decent argument—we're pretty well matched.'

Mr and Mrs Price went on to have three children, while Mr Price painted houses for a living in their local area.

Aside from his busy lifestyle, Mr Price always found time for his sports.

'I played golf for 60 years, right up until I was 97. I also played cricket and did a lot of bike riding through the years. I was never one for football!'

Mr Price also made sure to keep active with the family; 'We had a caravan and would take the family to West Beach or Port MacDonnell for summer holidays. We had a great time travelling together.'

After a few years in their Warrnambool home, the family relocated to Mount Gambier, and never left.

'I am thankful to continue living in my own home, with the support of Resthaven Limestone Coast Community Services.'

Mr Price shares his words of wisdom, 'I never drank alcohol, or smoked. That's the key.'

'My advice to the younger generations is to mind your own business, put your head down, and work. You must work hard to play hard!'

Mr Price celebrated his milestone with a party at the Mount Gambier Golf Club, surrounded by friends and family.

Many happy returns, Mr Price.

## Puzzles and Hearts

Puzzles are not the only reason Mrs Helene La Bonte enjoys her weekly visits from Home Support Worker, Alyson, and it's not hard to see why!

Resthaven Marion Community Services Coordinator, Monika, explains, 'Alyson has been visiting Mrs Bonte every week for the past six months for social support.'

'Born in Mauritius, Mrs Bonte's first language is French, and she has found it difficult to communicate with others in English—with a negative impact on her independence.'

'Alyson began bringing a game of scrabble with her, with the aim of helping improve her English in an engaging way.'

'During the visits, they would listen to Mrs Bonte's favourite French singer, Georges Guétary, and she decided one day that she would like to tackle a jigsaw puzzle.'

For the next four weeks, the pair continued listening to music, while working on the 1000-piece puzzle together.

'Sharing stories and culture was an important part of their visits, and now, Mrs Bonte feels confident in her communication skills, and has enjoyed social connections along the way.'



'With effective communication, kindness, and lots of laughter, anything is possible.'

Mrs Bonte's story is one of many examples of Resthaven overcoming language barriers, and assisting clients to maintain their independence at home.



## **Happy 100th Birthday: Mrs Mary Wilson**

On 30 August, we wished a special happy birthday to Mrs Mary Wilson (nee Blanch), who is proud to enter her centenarian era in the comfort of her home, with the weekly assistance of Resthaven Murray Bridge, Hills & Fleurieu Community Services.

Mrs Wilson was born and raised in Adelaide with her parents and siblings, before moving to Strathalbyn to begin her nursing training in 1941.

After completing her general training at the Royal Adelaide Hospital, she relocated to Crown Street Hospital in Sydney, to study midwifery. In 1948, she returned to Strathalbyn to work at the local hospital.

At a hospital ball, Mrs Wilson met her future husband, Mr Allen Wilson, an Ashbourne farmer. They married in 1950, and lived in Summerhill, located on the edge of Strathalbyn, where they grew grain crops and bred merino sheep.

Over the next 11 years, Mr and Mrs Wilson welcomed five daughters in their Summerhill home, however, she still managed to find time for her lifelong interests in her community; volunteering at the Church of England, Mothers' and Babies' Health Association, Meals on Wheels, and the Strathalbyn Hospital.

Between 1979 and 1989, Mrs Wilson was a Women's Auxiliary representative on the hospital board. She made sandwiches at the Saleyards for many years to raise money for the hospital, and was a hospital visitor-trolley lady.

In 1987, Mrs Wilson became a founding volunteer at the Hospital op-shop—a role she enjoyed for 25 years.

For 30 years, she delivered Meals on Wheels.



In 1981, Mr and Mrs Wilson moved to Point Sturt. They built a lakeside house, and their retirement years included many caravanning trips. They enjoyed visiting friends and family across Australia and New Zealand, with many winters spent in Queensland.

In 2009, after Mrs Wilson's husband died, she relocated back to her hometown, Strathalbyn.

When considering her long life, Mrs Wilson says, 'I was very fortunate to have had wonderful parents who set great examples for us children. I had a happy life with Allen, and my family. My community involvement further enriched my life.'

In 2022, Mrs Wilson's almost 60 years of community service earned her the Alexandrina Council Citizen of the Year Award.

At 100 years old, Mrs Wilson is happily living in her own home with assistance from her two daughters who live in the district, and Resthaven.

One of her daughters said, 'Mother is very grateful for all the care she receives, and she was excited to check her letterbox on the 30th for the letter from the King!'

Many happy returns, Mrs Wilson.

## Exercise Fun with Hamid



Physiotherapist, Hamid Ansari, is a crowd favourite of the Resthaven Northern Community Services exercise class, with participants calling it 'the shortest hour in the week!'

Working both in groups and individually in the sites' modern gymnasium, participants enjoy a range of mobility and fitness exercises, all under Hamid's expert eye.

Mrs Mary Stapleton, who has been attending the class for around 18 months, says, 'We love working with Hamid. We always feel better after the classes.'

The feeling is mutual, with Hamid saying, 'The groups are great, they're so much fun.'

'There are a couple of different groups – from beginner to advanced.'

'This class is all about falls and balance prevention, and these guys are pretty good!'

Hamid initially started at Resthaven Marion Community Services, doing locum work. However, he explains, 'I really liked the Resthaven culture, so when this permanent job came up in January 2021, I took it.'

*Above (L-R): Hamid Ansari (Physiotherapist), Mr David Waterhouse, Mrs Mary Stapleton, Mrs Rosemary Girvan, Mrs Nadine French, Mrs Pat Dickson, and Mrs Kay Drinkwater.*

'Before that, I'd worked for close to six years in private practice.'

'I really enjoy working as part of a large not-for-profit organisation. I feel very supported.'

'But my favourite thing is working with the clients, and doing these groups brings so much joy and laughter.'

Mary echoes this statement, saying, 'Everything is more fun in a group. You socialise and exercise, and you feel so much better.'

'Hamid is very dedicated to helping people, and he likes his job, so it's fun for us all – and I'm not just saying that because he's listening!'

If you're interested in joining in the fun at Resthaven Northern Community Services, phone 8259 5600, or visit [www.resthaven.asn.au](http://www.resthaven.asn.au).



# **Social Group Fun**

**Resthaven Onkaparinga Community Services runs a range of Social Groups designed to support older people and their carers. Here's what's on:**

## **A Few Good Men**

Cards, bingo, pool table, games, and music. Occasional men's group outings offered at additional cost.

10.30am - 12.30pm, fortnightly on Tuesdays.

## **All Aboard the Op Shop Bus**

Enjoy a day of searching for treasures new and old. Includes a stop at a nearby hotel for you to purchase your lunch.

10am - 3.30pm, monthly.

## **Caring for Carers**

Carers can enjoy some time out, while your loved one enjoys a day out visiting local places of interest, with lunch at a local hotel included. You do not have to be a paid carer to access this group.

Weekly on Thursdays.

## **Historians & Fact Finders**

Join us for an afternoon of knowledge and adventure, with clients choosing the topics each month.

2 - 4pm, monthly on Mondays.

## **Ladies Afternoon**

An afternoon of pampering, nail care, hand massage, conversation and games. Afternoon tea included.

1.30 - 3.30pm, monthly on Tuesdays.

## **Creative Connections**

Enjoy a fun afternoon of art and crafts. Morning tea included.

10am - 12pm, fortnightly on Thursdays.

## **Lunch and Chat**

Join us for a meal and a chat at local hotels (clients to purchase own lunch).

12 - 2pm, monthly on Wednesdays.

## **Destination Lunch**

Scenic drive to a wonderful lunch destination where you will purchase your meal and drinks, meet new people, or catch up with friends, with our welcoming Home Support Workers.

11am - 3.30pm, monthly on Fridays.

## **Love the Classics Movie Club**

Watch some all-time classic movies, monthly at Noarlunga Cinema. Morning tea Included. Transport can be provided.

## **Moana Mews Movers**

Using the EMMA program (Easy Moves for Active Ageing) this exercise program is for all fitness levels (most chair-based).

10 - 11.45am, weekly on Tuesdays/Thursdays.

## **Speakeasy**

A men's group to enjoy a catch-up and forge new friendships.

10.30am - 12.30pm, fortnightly on Tuesdays.

*For more information, or to book any of these groups, phone 8307 3700, or speak with your Coordinator.*

# Knitting Donation Brings Joy

It has been a world of knitting at Resthaven Paradise and Eastern Communities Services!

Manager, Eli Ulbrich, says, 'Recently, the knitting needles social group presented me with a new beanie to keep my head warm!'

'And separately, a client who attends the fitness group gave our OT, Kayla Han, a handmade baby blanket for her soon-to-arrive daughter.'

What wonderful gestures. Thank you for your generosity. Keep those knitting needles going!



## Resthaven Riverland Community Services

# 'Morning tea on us'

The Resthaven Riverland Community Services staff team was delighted to be a finalist in a local competition, run by radio station, Magic 93.1, called 'morning tea on us!' for providing high quality services in the Riverland.

Magic 93.1 and the Renmark Country Kitchen kindly provided the site with morning tea, and Coordinator, Sam Harkins was interviewed for the radio. Well done team, and thank you to Magic 93.1!





## Language no Barrier

A year ago, Mrs Bahra Buric became a reluctant client of Resthaven Western Community Services. Now, her Monday, Tuesday, and Wednesday visits to Regency Cottage are the highlight of her week.

Home Support Worker, Rosemary Gorodecky (right, with Bahra), says, 'Bahra came here from Bosnia, and didn't speak a lick of English, which certainly had it's challenges in the beginning.'

'When Bahra first started coming to the group, she kept to herself, and was hesitant to join in on the activities with other clients.'

'It was important for us to bridge the language barrier, and help Bahra feel a part of our community here, so we started learning a bit of Bosnian, and she soon picked up on a few English phrases.'

'Now, Bahra does the most beautiful artwork, rolls the bingo balls for our games, cares for our community garden, completes jigsaw puzzles, and laughs at all the silly and funny things we do—we have become a part of her extended family.'

Last Christmas, Rosemary proudly presented Bahra's daughter, Azra, with a Memory Book, full of a year's worth of memories with her Regency Cottage friends.



'The book contains pieces of her artwork, photos of group activities, and her friends. Bahra took so much pride in decorating each page, and enjoyed sharing what she achieved with the cottage and her daughter.'



'Azra was so surprised and amazed by how much her mum has achieved here, and the connections she has made, that we all cried happy tears. She said she will cherish her mum's Memory Book forever.'



'This is what being a Home Support Worker is all about to me—supporting clients to feel comfortable and safe, and encouraging them to try new things in a happy setting.'

'Being with clients, and seeing them become confident and happy is incredibly rewarding. This is why I love coming to work and being a part of Resthaven.'

This is just one example of how connection can overcome most things—even language barriers!

Thank you for sharing this special story with us, Rosemary.

## 101st Birthday Milestone: Mrs Gloria Merson

Happy birthday to Resthaven Elizabeth North Retirement Living resident, Mrs Gloria Merson, who celebrated her 101st on 29 July.

Having lived 'many lives' in her time, Mrs Merson says, 'I started life on a simple cow farm in New South Wales with my nine younger siblings. My father ran a successful cheese factory using the milk from our cows.'

At the age of 10, Mrs Merson and her family relocated to a cow farm in Berri, South Australia. 'We had 100 cows in Berri so, as the oldest, I left school around grade four to work full-time on the property.'

At the age of 17, Mrs Merson met her first husband, Eric.

'My long-term friend, Joyce, was dating a miner at the time, and introduced me to his colleague, Eric, who she thought I would get along with. Well, she was spot on, and we married and had five children together.'

The newlyweds resided in Cooma, New South Wales, before relocating to the Flinders' Ranges in South Australia, to live with Eric's parents, while their Whyalla home was being built.

'We stayed in Whyalla for 20 years, before relocating to Echunga, Murray Bridge, and finally, settling in Mannum. We kept farms during our time together, and after six years in our Mannum home, Eric passed away from cancer.'

Missing her home in Murray Bridge, Mrs Merson soon bought a house there, with the encouragement of her daughter who also resided in the area.

'I found employment in processing chickens on a nearby farm, and I was thankful to have my family around while I navigated my new life without Eric.'

In her late 50s, or, as Mrs Merson calls it, her 'second life', Mrs Merson remarried.



'I never expected I would marry again, but then I met my dear John—he was a painter, and a lovely, adventurous man. My home is filled with his paintings from over the years.'

In their 60s, Mr and Mrs Merson retired and purchased a caravan.

'We travelled across Australia together for many years, before purchasing our transportable home in Murray Bridge.'

After 25 years of marriage, Mrs Merson's life turned upside down once more.

'It turned out to be my curse that John would pass of cancer just as Eric did. You can't dwell on these things for too long, and we had shared a wonderful life together.'

At the age of 91, Mrs Merson moved into her current home at Resthaven Elizabeth North Retirement Living, where she has made many friends over the years.

'It's a wonderful community here, and we all look out for each other.'

As Mrs Merson reaches her 101st milestone, she shares, 'Throughout everything I endured in my many lives, I never let life get me down. I am always laughing, and I seek out the humour in everything that comes my way!'

'It's the only way to be.'



## Happy 100th Birthday: Mrs Audrey Niesche

On 2 July, Mrs Audrey Niesche celebrated her centenarian milestone, as she looked back on the past 100 years with pride.

Born in Manchester, England, Mrs Niesche grew up with a World War I veteran father, and a nurturing stay-at-home mother.

Mrs Niesche says, 'I was an only child, but we had a large extended family to keep me busy.'

'In 1928, when I was four years old, we packed up our life and moved to Adelaide, Australia. Both Mum and Dad never returned, but I have over the years.'

Finishing her schooling at the age of 14, Mrs Niesche entered the workforce.

'I got a job teaching four-year-olds at a private school. It was set up in a hall, and there were too many children to control on my own!'

'When I was 17, I found work at Globe Timber Mills, where I started on the switchboard, then I became a telephonist at the same company, before moving to Palm Beach Towels. I enjoyed that role very much.'

In 1952, longing to reconnect with her roots, Mrs Niesche travelled solo to England, where she stayed for one year.

'At that point, I was entering my 30s, so I presumed that marriage wasn't on the cards for me. I focused on my work, and travelling, which I always found fulfilling.'

Not long after returning to Australia, Mrs Niesche met her soon-to-be-husband, Mr Brian Niesche.

'It was a funny story, because I was quite unwell at the time, and couldn't do much, other than potter around the house. A friend of a friend invited this handsome fellow to keep me company, and we developed a romance.'

The couple married in 1956, and welcomed their first and only child, Kathryn.



Kathryn says, 'Mum and Dad were very devoted to each other, and knew how to have a laugh at the small things.'

'I remember when Dad owned a motorcycle repair shop, he convinced mum to ride in a flower box at the front, holding on for dear life as they whizzed around—these were the kind of stories you would hear from them all the time!'

'They did a bit of travelling together once Dad retired from work. They spent eight months travelling around England, Europe, and America, going on three different canal boat cruises.'

'Dad passed away not long after their trip, so Mum often looks back on that time with a big smile.'

Throughout her life, Mrs Niesche was a member of the Theatre Organ Society of Australia, and sang in her local choir for 48 years. Now, Mrs Niesche spends her time knitting and listening to music in her home at Resthaven Aberfoyle Park.

Imparting her wisdom on the younger generations, Mrs Niesche advises, 'Smile and be happy. You must have a sense of humour about life, and a few close friends.'

Many happy returns, Mrs Niesche!

# Redevelopment Progress

As mentioned on page 6, the major redevelopment of Resthaven Bellevue Heights continues apace. Here are some photographs of the new service level and memory support area under construction. Exciting times ahead!





## **Happy 100th Birthday: Mrs Ivy Roennfeldt**

On 1 July, Mrs Ivy Roennfeldt celebrated her 100th birthday with friends and family at the Southern Hotel in Gawler, with 100 years of memories to look back on.

Born and raised on the family farm near Jindera, New South Wales, Mrs Roennfeldt had a busy start to life.

Daughter, Eleanor, says, 'Mum grew up with a tennis court on the property, and became quite good at it. The whole family were musically inclined, and Mum enjoyed playing the organ and conducting the choir at their local church.'

'Mum is also a great pianist, and completed formal studies through Trinity College in London to teach piano at all levels, which has served her well throughout her life.'

Mrs Roennfeldt soon met her future husband, Reverend Dr. Victor Roennfeldt, through her younger brother.

The young couple married on 2 June, 1948, at Bethel Lutheran Church, located on a rural property nearby.

'After David was born, they left Australia by boat for Chicago in the United States of America, for Dad to study his masters and Doctorate of Theology. During that time, Robert was born.'

After five years, the family of four returned to Australia, settling in Murtoa, Victoria, where they completed their family with Peter, Eleanor, and Pauline.

Eleanor says, 'Mum was a royalist, and in 1963, she accompanied Dad to a state reception for the Queen's visit to Melbourne—a true highlight that Mum looks back on with pride.'

'They were heavily involved in the community in all aspects, before moving to Bordertown, South Australia, in 1972.'



After 16 years in Bordertown, they had planned to retire and live in Murray Bridge.

'Unfortunately, Dad passed away, but Mum continued with their plans, and was happy there for quite a few years.'

'After Dad passed, Mum immersed herself in various hobbies; excelling in floral art—including exhibitions—continuing to teach piano, playing the organ and leading choir singing at church, and she also returned to riding her bike and playing tennis.'

Now, Mrs Roennfeldt resides at Resthaven Craigmore, where she enjoys playing Scrabble and Skip-Bo with her family, who live nearby.

On reaching her centenarian milestone, Mrs Roennfeldt shares, 'Whatever you do in life, do it well, and practice what you enjoy.'

Happy birthday, Mrs Roennfeldt.

# Mr Burnett Warns of Emerging Scam

It is no secret that online scammers are increasingly targeting older people, and Resthaven Leabrook Retirement Living resident, Mr Bryan Burnett, knows this all too well.

Mr Burnett shares his recent experience with us—thankfully an unsuccessful attempt—to share his knowledge on what to do if this happens to them.

Mr Burnett explains, 'I consider myself to be savvy with these sorts of things—my son works for a bank, and I myself used to be the state manager for a large American computer company, so I never suspected I would be fooled.'

'A few weeks ago, I logged into my home desktop, and the screen was frozen with Microsoft branding—it looked legitimate—and there was a telephone number for me to call.'

'I thought, "this must be them", so I called the number, and spoke with an English-speaking businessman type, who seemed trustworthy.'

'Ironically, he explained it was a new scam that I was experiencing, and offered to help me rectify the situation, not just for myself, but for others who were also being targeted.'

After an otherwise logical conversation, the man on the phone explained that a bank deposit would need to occur, but not in the way that would raise a red flag: 'He convinced me that they had deposited a large sum of money into my account, and provided me with photographic evidence.'

'I could not of course check this myself as I didn't have access to my computer, so he texted me the photo of my bank details with the money there. It checked out, and not once did I disclose the information myself. I thought it must have been legitimate. And why would they give me money if it was a scam?' Following the 'deposit', Mr Burnett was then instructed to visit his

local bank branch, to return the deposited money—all while being assured that this action would block the scammer from doing further damage to his computer.

'I felt like a bit of a spy, actually! He told me to keep him on the line while I go to the bank, and I wasn't allowed to disclose any of this to the branch. He gave me specific instructions on what to tell them. He said to say it was for a friend.'

Thankfully, Mr Burnett's bank teller detected that he was being scammed at this moment, and did not authorise an instant transaction.

'I explained this to him, and his tune changed entirely. I realised what was going on and hung up straight away.'

Mr Burnett reflects, 'In hindsight, this was all suspicious, but in the moment, the fellow did not give me a chance to think for myself, he kept talking. It was also difficult to detect as his language was of a credible businessman, and he seemed to have a lot of information from me, such as my bank details... it was all too advanced to what I have normally experienced with scammers.'

'My advice is, if you don't know who it is, hang up. If you're in my situation, however, where you cannot access your devices, then call someone, such as an external computer technician. If you're in care, let the staff know.'

'It's always better to veer on the side of caution, and if it doesn't feel right, don't do it.'

Thank you for sharing your experience, Mr Burnett, 'Be vigilant and aware of scammers'.





## Happy 100th Birthday: Mrs Joyce Thompson



On 28 May, Mrs Joyce Thompson celebrated her 100th birthday in her home at Resthaven Malvern. Here, she reflects on a century of serving others.

Mrs Thompson born in Melbourne, where she lived with her sister and brother.

She says, 'Both my sister and brother went on to join the forces themselves—my sister in the Royal Australian Air Force, and my brother in the Australian Army. Tragically, he passed away as a prisoner of war in Borneo.'

Mrs Thompson spent her schooling years at St John's Girls School in Melbourne, where she excelled at sewing, cooking, and dance. 'I quite enjoyed tap dancing and ballet, and went on to perform in various pantomimes as a young adult.'

In her early 20s, Mrs Thompson met her future husband, Douglas 'Noel' Thompson.

'I was a receptionist at Hills Hoist at the time. I attended the local party, and there he was. He asked me to dance with him, and we developed a romance. Noel was charming. I knew I had the winner.'

During their courtship, Mr Thompson served on a destroyer throughout the second World War in the Royal Australian Navy. He continued writing to his sweetheart, to marry her upon his return.

In 1947, the couple wed at the former Methodist Church located on Little Collins Street, Melbourne.

'We relocated to our family home in Adelaide, where Noel acquired his soldier settlement. He went on to study and become a builder, and we never left.'

The newlyweds soon welcomed two children, a boy, and a girl, into their family, before Noel was diagnosed with cancer.

'His illness prompted me to volunteer at the Red Cross, to learn more on how to best support him.'

'Noel recovered, and we had a beautiful and long marriage. After celebrating our 60th wedding anniversary, he passed away.'

Mrs Thompson went on to continue volunteering at the Red Cross for a total of 25 years, while also volunteering at the Repat Health Precinct, and the Colonel Light Gardens Returned Services League of Australia, of which she is a life member.

'Serving the community has given me purpose throughout my life, and I have never stopped trying to give back.'

Mrs Thompson continues to stay active in the Resthaven Malvern community, participating in knitting blankets and teddy bears for children at local hospitals, as well as knitting for the homeless, which the site team donate to Hutt Street each year.

At 100 years old, Mrs Thompson is the proud matriarch of two children, five grandchildren, and five great-grandchildren.

Happy 100th birthday, Mrs Thompson.

## Happy 100th Birthday: Mrs Jean Hunt

Happy 100th birthday to Mrs Jean Hunt, who was delighted to join the Resthaven Marion 'centenarian club' on 25 July 2023.



Born and raised in the mid-north town of Port Pirie in 1923, Mrs Hunt remembers her childhood fondly.

Son, Paul, says, 'Mum grew up with her younger brother in the township, and had a nurturing mother, while her dad was serving in the Australian Army during World War I.'

Once the war was over, it wasn't long before the family relocated to Adelaide.

'Mum attended Black Forest Primary School, before leaving to become a seamstress, and to help her mum around the house.'

In the mid-1940s, Mrs Hunt met her soon-to-be husband, Mr Robert 'Bob' Hunt, who lived locally. In 1948, the couple wed at their local church on Pirie Street, surrounded by their family and friends.

'They were looking forward to married life together, and decided they would build their forever home in Clarence Gardens, where they stayed for 60 years.'

While waiting for their new home to be built, the newlyweds welcomed their first child, Janis, at Mrs Hunt's childhood home.

Soon after moving into their newly-built home in 1950, they welcomed two more children into their family, Glenys and Paul.

'Mum has always been a natural mother. She absolutely lived for her kids, and still does. She was great at cooking, gardening, knitting,

and keeping house—our home was so clean you could lick the floor!'

'Her greatest heartbreak was losing Janis at the age of seven. She never forgot her, however, throughout all these years. She never stopped being an exceptional mother, grandmother, and great-grandmother.'

'Empathy is Mum's biggest asset, and she has always led life with heart, no matter what.'

'She had a nervous anticipation of reaching 100, but enjoyed having her entire family with her to celebrate.'

'It was the first time that all six grandchildren and eleven great-grandchildren were together in one place, which meant the world to her.'

Jean is pictured (below) enjoying a cuddle with one of her great-granddaughters.

Many happy returns, Mrs Hunt.





## Armchair Travel to Greece

Earlier this year, Resthaven Mitcham residents were treated to an armchair travel to Greece.

The event kicked off with Greek-style karaoke in the hall, followed by a tasting of ouzo, and cuisine prepared by the kitchen team.

To finish the event, residents were delighted to welcome grade three and four students from St George College (pictured this page), who performed a special Greek dance they had prepared especially.

The visit was enjoyed by all.





## Renovations Pose Creative Opportunity

With Resthaven Mount Gambier currently undergoing renovations, residents have used the temporary internal walls as a canvas for a beautiful spring mural.

Manager, Belle Kerr says, 'Two suites in the Wattle wing are currently being refurbished into four large single rooms, which is proposed to be completed in October.'

'This isn't the only improvement being made to the home. We are pleased that the air conditioning systems throughout the bottlebrush wing are being replaced, with centrally controlled air conditioning in common areas for residents comfort.'

As part of the works, last month, a temporary wall was installed in the memory support area, posing the perfect opportunity for residents to get creative!

Acting Lifestyle Coordinator, Jess Millard (pictured above with Mrs Pat Ingham), explains, 'While the tradies were busy on the tools, residents were busy on the paint brushes, completing a colourful work of art to brighten up the temporary wall inside.'

'Residents enjoyed being engaged in the painting process, placing handprints to incorporate into the piece and assisting staff on the brushes.'



'It was great fun to bring their ideas to life, such as the birds, rabbit, and the sun to complete the artwork nicely.'

'The final artwork incorporates personal touches of resident handprints to create the larger flower petals and grass, and fingerprints for the smaller flower petals.'

'There was plenty of positive chatter and laughs throughout, and residents particularly enjoyed having their hands painted!'

'Residents and staff alike are pleased with the finished project, commenting on the bright and cheerful nature and the positive reactions displayed by all.'



## Staff Appreciation Event

On Friday 4 August, long-serving Resthaven Murray Bridge residential and community services staff – with 90 years of service between them – celebrated their service milestones of ten or fifteen years with an awards presentation at the Bridgeport Hotel.

Resthaven holds staff appreciation events across South Australia each year. This was the third event of the season, with another held in Mount Gambier on 5 July, and in metropolitan Adelaide on 14 July. An event will also be held in the Riverland in October.

All events are attended by Board President, Mark Porter, and CEO, Darren Birbeck. In Murray Bridge, the group of long-serving staff (pictured right) were also joined by Resthaven Murray Bridge, Hills & Fleurieu Community Services Acting Manager, Tanya Boakes; and Resthaven Murray Bridge Relieving Manager, Charlie Roe.

Charlie says, 'It's great we can show our long-serving staff how much their long service means to us.'

'Everyone wants to be acknowledged.'

'It's a proud moment for Resthaven that we have so many long-serving staff.'

When asked why Resthaven has so many long-serving staff in its ranks, Tanya says, 'We focus on making sure our staff feel valued. If you look after the staff, and the staff will look after the organisation. It's as simple as that.'

The staff on the day echo this sentiment, with Resthaven Murray Bridge Clerical Assistant, Sheree Temby (10 years), saying, 'I love working for Resthaven. I really enjoy working with people, and I have the privilege of working with really good Managers.'

'They have a real appreciation for commitment.'



*Pictured above (L-R): Mark Porter (Board President), Sherie Pfeiffer (10 years), Tanya Boakes (Manager Community Services), Deb Wellstead (15 years), Joan Martin (15 years), Belinda Robinson (15 years), Letitia Mawere (15 years), Teresa Cole (10 years), Sheree Temby (10 years), Darren Birbeck (CEO) and Charlie Roe (Relieving Manager Residential Services).*

Resthaven Murray Bridge, Hills & Fleurieu Community Services Home Support Worker, Deb Wellstead (15 years), agrees, saying, 'Resthaven has always been very supportive of me.'

'I live in the hills, and when my boys started school, I needed flexible hours.'

'Being a Home Support Worker, you can work your own hours, it's very rewarding.'

'My Managers are always very approachable. If I have a problem with anything, they sort it out.'

'Not to mention the great stories you hear in this job from older people – I just love working with them.'

The lunch at the Bridgeport was a great success, with everyone agreeing that the service and food was 'top notch.'

Well done to all Resthaven staff who celebrated their milestone this year!

## Happy 100th Birthday: Mr Raymond Dewey

Happy 100th birthday to Resthaven Port Elliot resident, Mr Raymond Dewey, who reached his milestone on 11 August 2023.

While Mr Dewey enjoys a relaxing lifestyle in the Fleurieu Peninsula, the first half of his life looked vastly different.

Mr Dewey says, 'I was born and raised in Nottingham, England, along with my brother. We were a railway family, and my father was a stationmaster. I followed in his footsteps when I left school at 14 years of age, but not before I met my dear Velma-Anne.'

Mr Dewey was fortunate to meet his soulmate and late wife, Velma-Anne, at his local church school. The childhood friendship soon blossomed into a romance, and they stayed together ever after.

'I found employment on the railways as a clerk—handling the accounts, the booking office and such.'

'When I was of age, I joined the Royal Navy as a sailor during war times [World War II], and came home on leave to marry Velma-Anne.'

When the war ended, the newlyweds found a home in Hinckley, before relocating to Worcestershire, and then Rosedale for a year, eventually moving back to Hinckley.

'Velma-Anne blessed me with three children during that time, and she was a very good wife. We had a lot of laughs and enjoyed doing many things together, particularly dancing.'

In Mr Dewey's early 40s, an opportunity arose to relocate to Australia.

'Velma-Anne and I packed up and moved to Adelaide with the two youngest children, and I began working in a bookmaking factory, where I bound the books.'



'At that time in our lives it was a lot of getting used to, living in Australia. We did enjoy the warmth though, and never went back.'

Upon retiring, Mr and Mrs Dewey began travelling the world.

'We flew to most places, visiting Queensland often, but we found we had the most enjoyment on cruise ships. We very much enjoyed our cruise to New Zealand before Velma-Anne passed.'

On reaching his centenarian milestone, Mr Dewey reflects, 'My favourite thing I ever did was meet my wife. My best memories are with her. She was warm and loving and was good at just about anything she put her mind to.'

'It is important to find a suitable partner in life, and I got lucky with mine.'

Many happy returns, Mr Dewey.



## Les' Garden 'Paradise'

Mr Leslie 'Les' Motley is literally 'smelling the roses,' after creating a beautiful rose garden right outside his bedroom window at Resthaven Paradise.

Les says, 'When I first moved to [Resthaven] Paradise, I used to look out of my window and see the small groundcovers and grass, and I thought, "I'd like to make a little garden out there".'

'My mother used to grow a cottage garden you see, so I've grown up with it, and I never lost my love for gardening.'

'Roses are my favourite, but I like all cottage plants – whether it be a pansy or snapdragon.'

'I asked the front desk if I could make a little garden, and they said, "Go for it". So I did!'

Manager Residential Services, Shani Liyanage, says, 'When Les expressed an interest in creating a garden, we were very happy to support him.'

'We had a tap installed in December 2021 with a special swing handle, to make opening and closing it easy for him.'

'It's really important to us that we can support residents to continue doing what they enjoy.'

With spring coming soon, Les has been busy in the garden, preparing the soil and weeding the garden beds.

'I garden for half an hour, then I have a rest,' he says.

Well done Les, we can't wait to see the flowers in bloom!



## *‘Jonquils’*

Heady scent of jonquils  
on a streetcart  
in the mall...

surprises me  
to my grandmother's  
garden

my  
eyes feel  
sandstone walls,  
dirt-hardened paths,  
loganberry bushes  
and warmth.

Long  
gone  
joy  
for  
one  
second...

glistening dew on jonquils  
on a streetcart  
in the mall...  
my eyes feel...

**Written by Mrs Janet Ralph**

### **Editor's Note:**

*‘Jonquils’ was sent in by Resthaven volunteer, Rosie, whose mum, Mrs Janet Ralph, lives at Resthaven Westbourne Park. Rosie explains, ‘This lovely poem was written by my mum a good few years ago now. The thought of it struck me because the jonquils are starting to blossom.’*

*‘The story is that jonquils were one of mum's grandma's favourite flowers. As the first suggestions of spring bring the jonquils to bloom, the perfume and the vision bring nana to her mind straight away.’*

*Thank you for sharing.*

## **Mrs Doley's 26 Year Resthaven Story**

Mrs Helen Doley was no stranger to Resthaven Westbourne Park when she became a resident earlier this year, after dedicating 26 years to volunteering at the home.



Mrs Doley says, ‘When I was little, I became the milk monitor for my classroom. I had the responsibility of collecting the bottled milk each morning, and I had to keep it cool during the day by topping the crate with ice.’

‘It was an important role back then, and I had a sense of pride and responsibility from it.’

Mrs Doley continued volunteering for various charities across South Australia, including 26 years with both Meals on Wheels, and Resthaven Westbourne Park, where she initiated a palliative care space for future volunteers.

‘As volunteers, we have that beautiful thing of being able to give our time to those who need it,’ she says.

In 2001, Mrs Doley was awarded a Citizen Award from the National Australia Day Council for her selfless work in the community.

In 2009, Mrs Doley received the inaugural volunteer Palliative Care Award from the Palliative Care Council of South Australia Incorporated.

Now a resident at Resthaven Westbourne Park, Mrs Doley enjoys knitting blankets for the homeless, continuing her service to the community. Thank you for your tireless work!



## Happy 100th Birthday: Mrs Audrey Rice

On 24 August, we celebrate the 100th birthday of Resthaven Westbourne Park resident, Mrs Audrey Rice.

Born and raised in Kapunda as an only child, Mrs Rice recalls her special connection to her mother.

'My father worked away most of the time, so it was just my mother and I. She was the most wonderful person I had ever known—we were best friends from the time I was a small child.'

After successfully completing her intermediate studies at Kapunda High School, Mrs Rice went on to find employment at her small-town post office as a telephonist. 'I remember feeling lucky to find work locally, as it was close to home, and I didn't want to leave my mother.'

As a young adult, Mrs Rice met her soon-to-be-husband, Mr Trevor Rice, who was visiting his grandma at the time.

'It was such a small place where I lived—you knew everyone who lived there. I saw this handsome fellow cycle to my neighbour's house down the road, and he piqued my interest.'

'It was World War II at the time, and he was a soldier on leave. We didn't have long to get to know one another before he flew back.'

'We wrote back and forth for a few years, but I'm afraid he was a terrible correspondent. He expected a long letter from me each time, but never gave me much to work with!'

'I laugh about that, but he gave a lot back to me in person over the years.'

After the war, the couple wed at Mrs Rice's local Baptist Church in Kapunda, her mother proud that she had met her match.



'We lived with his parents for a couple of years, and had our first child there. I couldn't wait until our house was built, and we could have our privacy.'

The family of three soon moved into their new home at Lower Mitcham, which became their forever home.

'We had another child, and it was a good-sized plot. We loved it there, and still have it in the family!'

Upon retirement, Mr and Mrs Rice purchased a caravan, and travelled across Australia over many years before his passing.

Now, Mrs Rice resides at Resthaven Westbourne Park, only a few streets back from her Lower Mitcham home, where her son resides.

Mrs Rice reflects on her 100 years, 'In life, try to work together, and you'll be alright.'

Many happy returns, Mrs Rice.

# 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

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## 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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