

Resthaven Review



Summer 2023/24 | Volume 32 | Issue 4



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Gawler Friendship Group

Ladies' Day Out

From the Editor ...

Welcome to the summer edition of the 'Resthaven Review'!

The weather is warm, the sun is shining, and the Resthaven community is out and about.

At Resthaven Marion Community Services, the 'Health Moves' class is gearing up for summer - check them out on page 12.

The Friendship Group of Resthaven Northern Community Services is also keeping busy, and invite you to join the fun on page 14.

Over at Resthaven Aberfoyle Park, Mr and Mrs Bradsworth tell us the secrets to a long and happy relationship on the occasion of their 68th wedding anniversary, on page 19.

On pages 13 and 18, two very special members of the Resthaven community, Mr Ken Wells OAM and Mr Michael Perry AM, also share their stories.

Two centenarians share their stories on pages 15 and 28 - one of whom, Mr Lyall Ellers, is featured on our cover!

Amongst all this are the usual fun and games - there is a Show Day on page 22, Christmas portraits on page 27, and some adorable intergenerational fun on page 29.

Finally, check out the Christmas cards on the last page - these are available for purchase now from all Resthaven sites, with all proceeds going back to Resthaven.

Thank you for another great year, and we look forward to sharing your stories again in 2024.

All the very best for the festive season, and the new year beyond.

Resthaven Marketing and Communications Team

Pictured front cover: Resthaven Onkaparinga Community Services client, Mr Lyall Ellers (100).



From the CEO

Darren Birbeck
Chief Executive Officer

Hello everyone,

Award Finalist

I am delighted to announce that Resthaven is a finalist in the Reader's Digest 2024 Quality Service Awards. The winner will be announced in mid-November. This follows our recognition in both the Residential and Community Services Trusted Brands awards in the past two years.

Executive Changes

From 1 December, we are adjusting Resthaven's Executive structure, to better meet the ever-changing compliance and reform environment in which we operate.

A trigger for this review was that Executive Manager Strategy and Governance, Erika Comrie, has tendered her resignation, with her last day being 1 December 2023.



Erika has made a significant contribution during her time at Resthaven. With her tireless work ethic, she has improved many of our processes, played a lead role in the retirement village acquisitions, and implemented an impressive number of service improvement initiatives. Erika's review of the Clinical Governance Framework and Operating Model was exceptional and has provided Resthaven with a wonderful foundation that will benefit the organisation for many years to come.

I would also like to thank Erika personally for the support that she has provided to me over the past few years. It has been greatly appreciated. We will miss her intellect, integrity and the considered perspective she brings. Please join me in wishing Erika all the best.

The Executive Manager Strategy and Governance role will now evolve into Executive Manager Clinical Governance and Operational Excellence. I am pleased to announce that Executive Manager Residential and Retirement Living, Tina Cooper will take on this role.

Tina's breadth of clinical expertise and organisational knowledge will bring the skills required to manage Resthaven's clinical governance, risk, and quality systems, to enable the delivery of best practice care and services to residents and clients.



The Retirement Living portfolio, currently with Residential Services, will transfer to the Community Services division, under Mel Ottaway, Executive Manager Community Services. Mel's title will therefore change to Executive Manager Community Services and Retirement Living.



Following a national search, I am pleased to advise that Kelly Geister has been appointed to the role of Executive Manager Residential Services, commencing 4 December 2023. Kelly will be responsible for the effective leadership and delivery of high quality services across our twelve residential aged care homes.



Kelly has worked as a senior leader at Resthaven for the past eight years, most recently as the Senior Residential Operations Manager. She holds a Master of Business Administration, Master of Health Service Management, and has extensive aged care experience. We welcome her to the Executive team.

Sector Updates

A new independent statutory authority called the Office of the Inspector-General of Aged Care was established in October.

This new authority aims to identify systemic issues in aged care, and report findings and recommendations to the Australian Government, parliament and public. Mr Ian Yates AM is currently the acting Inspector General. For more information, visit igac.gov.au.

Conferences and Events

From 30 August to 17 September, I attended the Global Ageing Conference, to celebrate the tenth anniversary of CommonAge, of which Resthaven is a founding member. I am pictured right with CommonAge Chairman, Andrew Larpent.



CommonAge is a charitable organisation that advocates for older people to be fully recognised in society, and supported and enabled to live well in an all-age friendly Commonwealth.

On 1 October, I attended the COTA SA 'Reimagining Ageing' event, to celebrate International Day of the Older Person.

From 25-27 October, I attended the ACCPA conference, a flagship event in aged and community care. This year had more than 2,000 delegates from across the country. On behalf of Resthaven, I participated in a panel discussion entitled 'A fair and sustainable aged care system,' with Joao Moura (Executive Manager Customer and Commercial, Uniting NSW & ACT), Jane Pickering (CEO, Eldercare), and Claerwen Little (National Director, UnitingCare Australia).

Congratulations to Sonia Hunter, Manager Workforce Strategy, for being highly commended in the ACCPA Awards, as was the Team Talent Showcase.

Finally...

I look forward to seeing many of you at the various Christmas events held across Resthaven throughout December. I always enjoy chatting with you, so if you see me at your site, please come and say hello.

My very best wishes for the festive season and the year beyond,

Darren

Chief Executive Officer



Residential Services & Retirement Living

Tina Cooper
Executive Manager
Residential & Retirement Living

Hi everyone,

Welcome to the final edition of the 'Resthaven Review' for the year - and what a year it has been!

Team Movements

As discussed in the CEO's update, my role has now changed, and this is my final report as the Executive Manager Residential and Retirement Living. I am excited to transfer to the role of Executive Manager Clinical Governance and Operational Excellence from 4 December 2023, and welcome the challenge of this new role.

I extend my sincere congratulations to Senior Residential Operations Manager, Kelly Geister, for her appointment to the Executive Manager Residential Services role. I have worked with Kelly for many years, and have no doubt in her ability to take on this role. Well done, Kelly.

With the retirement living component of my role moving to Community Services, a new Retirement Living Operations Manager role has been created. We are very pleased to welcome Matthew (Matt) Cragg to this role.

Matt joins Resthaven with extensive experience in aged care, previously holding the position of Chief Executive Officer at Warrina Homes, with his most recent position as Senior Manager Corporate and Commercial Partnerships with Uniting Communities.



We also welcome Jessica McKenna to the role of Senior Project Officer Residential Services. Jessica has extensive experience in roles such as a Nurse Advisor, Project Officer and Residential Aged Care Manager. Welcome, Jessica.



I am pleased to announce the appointment of the new Manager Residential Services at Resthaven Murray Bridge, Kelly Gladigau.



Kelly joins Resthaven as an experienced and skilled Registered Nurse, who has held previous management roles in residential aged care. Most recently, she was a Specialist Clinical Nurse Consultant. Kelly commenced with Resthaven on 15 November.

Accreditation

During October, Resthaven Mount Gambier underwent their triennial accreditation audit by Assessors from the Aged Care Quality and Safety Commission. Ongoing one-day assessment contacts continue to occur across our residential homes.

Thank You

My sincere thanks to all residential site communities for your support over the past 14 years. I know you will welcome Kelly as she settles into the Executive Manager Residential Services role.

Finally, I wish you all the very best for the upcoming festive season, and I look forward to continuing to engage with many of you in my new Executive role.



Community Services

*Mel Ottaway
Executive Manager
Community Services*

Service Expansion in the Fleurieu & Murraylands

Resthaven Murray Bridge, Hills & Fleurieu Community Services has taken over the service provision of Home Support services, previously provided by Murray Mallee Aged Care, in the Mid-Murray Council area. These cover Murray Bridge, Mannum and surrounding areas.

From October, Resthaven started transitioning those clients of the ACH Group (who is no longer providing home care services in the Fleurieu Peninsula) who chose to move to Resthaven. This involved considerable resources. Thank you to Relieving Assistant Manager, Kimberley Lord, for managing this process on the ground, with Tanya and the team.

We are delighted to welcome some new staff from ACH into the team, along with several new clients. We welcome this opportunity to expand our operations into new service areas.

In October, several staff participated in the Yankallilla show, which was a great introduction into the area.

Office Expansions

Due to continued growth, Resthaven Community Services will soon see two office moves into larger office accommodations.

The Manningham staff of Resthaven Paradise and Eastern Community Services are moving out of the long-held office at 111 Hampstead Road Manningham, into refurbished offices at 255 Main North Road, Sefton Park.

In Mount Gambier, Resthaven Limestone Coast Community Services will relocate from 15b James Street, to 13 Penola Road, Mount Gambier. The larger premises will enable client activity programs and a community hub to develop, where nursing clinics, information sessions, and social programs may be held.

Carer Respite Program

Our new 'Staying At Home in Regional SA' program held their second retreat in the Adelaide Hills in October.

This was a wonderful opportunity to bring together a group of couples for a period of respite, education and support regarding continuing to live at home caring for a loved one with dementia. Read more on page 10.

There were some great learnings from the first retreats, and the impact on the individuals was amazing. Work is underway for future events in the Riverland and Fleurieu.

Alayacare Rollout

The final two teams to transition to the new software, Resthaven Onkaparinga and Marion Community Services, have commenced using Alayacare. This system involved using mobile phones to update care plans and progress notes. It will enable electronic records and improve efficiency.

The iSupport program also continues, in conjunction with Flinders University.



Building Update

David Norton
*Executive Manager,
Financial & Corporate
Services*

Wow, this year is nearing its end already! So much is happening across Resthaven Building Services.

Resthaven Westbourne Park is taking shape, with the first 42 rooms to be handed over in late January 2024. Meanwhile, Resthaven Bellevue Heights continues its push to complete the final building stage. Read on for more.

Resthaven Bellevue Heights

Stage 2 of the Resthaven Bellevue Heights major redevelopment, which incorporates 23 new rooms, is now in its 'super structure' phase (pictured opposite page).

The roof trusses are being completed, and roofing has commenced. This will really show the site in its final form.

The refurbishment of Acacia is progressing well. A new sculpture design has been finalised, which will add a focal point at the entry to the site.

Resthaven Westbourne Park

The major redevelopment of Resthaven Westbourne Park is progressing well, with wall framing and roof trusses underway.

The refurbishment of Marlborough is progressing, with 40% of the rooms now complete. The current stage will complete the majority of room refurbishments. In the new year, we will commence the dining and lounge areas.

Stage 1 includes the construction of 42 new rooms, to replace old rooms in Hampton and Richmond. Stage 2 will commence in February 2024.

Resthaven Chiton Retirement Living

Planned additions to Resthaven Chiton Retirement Living includes 11 additional retirement units, a garden reserve, and caravan park. The development application for these improvements is now being lodged with Alexandrina Council.

The 11 units will complete the village, and complement the existing units. Once we receive development approval, we anticipate a 2024 commencement date.

Resthaven Mount Gambier

The conversion of two former retirement living apartments into residential rooms at Resthaven Mount Gambier is scheduled to be complete in November. These apartments were part of the original development in 2009. However, the demand for these has diminished.

Resthaven Paradise & Eastern Community Services

As mentioned in Mel's update, Resthaven Paradise and Eastern Community Services Manningham office is moving from its longstanding location at 111 Hampstead Road, into refurbished offices at 255 Main North Road, Sefton Park.



Above: Super structure under construction at Resthaven Bellevue Heights.

Fitout works have commenced on the new premises, which is a former ANZ bank branch. It is very prominent on the junction of Main North Road and Regency Road, and you can't miss the Resthaven logo on the large sign if you drive past! (pictured)



It is expected the service will be operational in the new premises in January 2024.

Resthaven Limestone Coast Community Services

In the new year, the Resthaven Limestone Coast Community Services Mount Gambier office will relocate from James Street to much larger offices at 13 Penola Road, Mount Gambier. This is expected to be complete in February 2024.

Resthaven Head Office

Resthaven has experienced significant growth over the past few years. We now need to consolidate Resthaven Head Office, and look to future-proof the office. Following extensive stakeholder engagement, we are developing concept plans.

Marion Master Plan

Our Marion campus is a major centre for our services in the area. It provides residential aged care, retirement living, community services, and community respite services.

We have held stakeholder consultations, with very good participation. The information received will be very helpful in taking the project forward. We will now work on the design brief, to inform future progress.

Rooftop Solar Project

The first installation of rooftop solar photovoltaic panels commenced at Resthaven Paradise in October. Installations at other residential sites will follow over the next six months.

Installations at community services offices and Head Office will commence from November.

The estimated reduction in our carbon footprint is estimated at 9%, which is a great step forward, and something for us all to be proud of.

Best wishes for the festive season, see you next year!



Governance & Chaplaincy

Erika Comrie
*Executive Manager,
Strategy & Governance*

Would you like to join Resthaven's Consumer Advisory Body?

To ensure that your voice and concerns are heard, we are establishing a Consumer Advisory Body.

We are seeking nominations from Resthaven residents, representatives and clients to join the Consumer Advisory Body.

To nominate, please ask staff for an information pack (available from reception), visit www.resthaven.asn.au/consumer-advisory-body/ or scan this QR code.



Alternatively, contact Resthaven's Service Development team via email: servicedevelopment@resthaven.asn.au or telephone: 8373 9065.

We encourage you and/or your representative to nominate.

Nominations close 30 November 2023.



Thank You

As mentioned in the CEO's update, I am moving on from Resthaven.

I would like to thank Resthaven for having me for the past three years. From my first day, I was amazed by the beautiful people we have here. I continue to be amazed every day.

The care and support our people provide is outstanding. Our customers constantly tell us how grateful they are. Thank you.

I'd like to thank Darren and the Resthaven Board for the opportunity to join the aged care sector, and the team of people I have been lucky to work closely with over the last three years. They are smart, fun, decent and committed.

Whilst I am off to a different sector, I will continue to be a strong advocate for older people and the aged care sector, and the wonderful people at Resthaven.

I look forward to seeing Resthaven's continued success from afar.

I encourage our site communities to continue to be respectful and honest, be kind to each other, and always, if you're feeling flat, make someone feel good – it's always guaranteed to make you feel better.

Take care.

Anusha finds connection through volunteering

Resthaven Marion Community Services clients have been enjoying extra support in their social groups lately, thanks to volunteer, Anusha Nadeem.

In recent years, Anusha and her husband left their home in Pakistan for a new adventure in Australia.

Anusha says, 'It was my husband who first found Resthaven, securing an Enrolled Nurse position at Resthaven Onkaparinga Community Services.'

'He enjoys the work in community services a lot, and recommended I volunteer here.'

Recently, Anusha joined Resthaven Marion Community Services as a volunteer.

'I support the art group once a week, and we have about six to seven people join. We always have great fun together, and enjoy a good chat!'

Anusha is thrilled to volunteer in aged care.

'I have a lot of family back home in Pakistan, and so it is comfortable and nice for me to be surrounded by people. I feel connected to the group, and them to me.'

'It is important in my culture to give back to older people, and it gives me a lot of purpose throughout my week.'



'I have a lot of gratitude to be here.'

Thank you for sharing your love of volunteering with us, Anusha.

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

For more information, call us on 8373 9036, or email us at volunteer@resthaven.asn.au

'Staying at Home in Regional SA' retreat

On 17–19 October, Resthaven hosted its second 'Staying at Home in Regional South Australia' program retreat in Stirling, in a beautiful residence set against the backdrop of the Adelaide Hills.

The government-funded program focuses on enabling people living with dementia and their carer to experience quality respite care, wellbeing and engagement opportunities with targeted support.

It aims to support older South Australians living with dementia to stay at home for as long as possible.

Resthaven Project Officer, and Dementia Education Specialist, Gillian Schulze, explains, 'The program invites small groups of carers and the person they care for to a short-stay retreat.'

'It creates an opportunity for people to meet others with a similar experience, and for carers to receive education and support, knowing that they are not alone in this journey.'

'All the while, the person they care for is supported by trained Resthaven staff 24/7, with plenty of activities on offer.'

Mr Clive Lewis of Resthaven Marion Community Services, and his wife, Trish, cherished their time at the retreat.

Trish, who is the primary carer of Mr Lewis, says, 'It has been absolutely fantastic.'

'I have met a lot of people with similar experiences to us. We've all been one big family over the past few days, learning from each other and sharing our journeys.'



Above: Mrs Trish Lewis and Mr Clive Lewis at the second 'Staying at Home in Regional SA' retreat in Stirling.

'The education is so valuable; I now have a different perspective of everything, and I have learned to take things a little more calmly.'

Mr Lewis says, 'It's been a perfect time away — a real tree change! I've had fun with all the activities.'

The 'Staying at Home in Regional South Australia' program forms part of the Government's response to the Royal Commission into Aged Care Quality and Safety.

The next retreat will be hosted on Hindmarsh Island. Enquire now for 2024 retreats in the Limestone Coast, Riverland and other areas.

For further information, phone 8198 2088, email sahrsa@resthaven.asn.au or visit www.resthaven.asn.au/staying-at-home-program.

Resthaven Riverland Community Services

Staff appreciation

On Friday 20 October, long-serving Resthaven Riverland Community Services staff were celebrated for their service milestones at 'Earth' restaurant in Berri.

They were joined by Assistant Manager, Gina Stephenson; Manager, Karen Boelens (herself a long-serving staff member); CEO, Darren Birbeck; Executive Manager Community Services, Mel Ottaway; and Board President, Mark Porter. Congratulations to all.

Resthaven Limestone Coast Community Services

Office move

As mentioned in the building update, the Resthaven Limestone Coast Community Services Mount Gambier office will relocate in the new year.

The office is moving from 15b James Street, to 13 Penola Road, Mount Gambier.

The new office space will provide a much larger space for staff and clients. An opening is planned for February 2024.

Resthaven Western Community Services

Pam's hidden talent

Resthaven Western Community Services Workforce Development trainer, Pam, has revealed a hidden talent! Manager, Karen Hammond, says, 'Pam likes to try different things and challenge herself. 'She made this delightful bird bath out of a terracotta garden pot lid. With a lot of effort, she made her first mosaic.'

'Pam is a much loved member of the Western team, and consistently gives 100% to all she does for us. Clearly she does the same when not at work! I think you'll agree that she's done a stellar job.'



‘Health Moves’ keeps Judy going

Mrs Judy Robinson loves the Resthaven Marion Community Services Health Moves group, but is the first to admit that, when she first started two years ago, she was ‘very wary!’

‘I needed exercise – I needed to do something,’ she explains.

‘I was coming [to Resthaven Marion Community Services] for podiatry and Tai Chi, but it was hard on my shoulder.’

‘I saw the physiotherapist, and they did an assessment, and recommended the Health Moves class.’

Judy recalls her first class: ‘When I first went on the treadmill, I was hopeless!’ she laughs.

However, Judy persevered, and before she knew it, she found that she was ‘able to do things a lot easier than when I first started.’

‘Now, I’ve got a bit more puff, a bit more energy.’

‘Plus, we can use machines we wouldn’t have at home, and the leg exercises don’t bother my shoulder.’

Judy and her classmates undertake their exercises in the fully-equipped gym at Resthaven Marion Community Services, under the watchful eye of Exercise Physiologist, Hillary Williams.

Judy says, ‘Hillary is lovely, she’s very supportive.’



Above: Exercise Physiologist, Hillary Williams, with client, Mrs Judy Robinson.

‘She individualises each class – she doesn’t just stay with one person.’

Another aspect of the class that appeals to Judy is the social aspect; ‘It’s a very friendly social outing, with the benefit of the exercise,’ she says.

‘I really love coming to the class; it’s got me back on the right track.’

‘I don’t know about keeping us younger, but it definitely keeps us going!’

The Health Moves group is just one of many wellness services available at Resthaven Marion Community Services. Others include in-home support, podiatry, physiotherapy, allied health, social groups, and exercise classes. Phone 8306 4400 to find out more.

Ken Wells awarded OAM

Congratulations to an integral member of the Resthaven community, Mr Ken Wells (88), who was recently awarded an Order of Australia Medal for his lifetime of contributions to the Murray Bridge community.

Ken has dedicated more than 35 years to Resthaven as a volunteer, 70 years to his local agricultural show, 50 years to the Methodist and Uniting Church, and much more over his lifetime.

Ken recalls, 'I took a strange phone call back in April from a lady at Government House, asking if I was ok to be nominated for an award—I didn't know what the award was going to be then! I said, "I suppose so", and I didn't hear about it for a couple of months.'

'Turns out, there were quite a few nominations from my local community in Murray Bridge, who had listed off a whole range of volunteer commitments I have been involved in over the years—that's what happens when you live in a small town, everyone knows your business!'

'I am humbled that I was thought of. It's not something you ever expect as a volunteer. You do it because it's the right thing to do. I'll continue volunteering for as long as I am physically able.'

This year, Ken made the decision to become a client of Resthaven Murray Bridge, Hills & Fleurieu Community Services, receiving fortnightly domestic support in his home.

'I know the people well—the staff, volunteers, and clients—I've been around for a while! It was about time I joined the other side of it and start receiving services. It helps me stay at home for longer, as it's getting a bit too difficult to clean the wet areas at home.'

Now, even as a client, Ken continues to volunteer at both the community services and residential sites.



'I share a slideshow on the history of the area. We get into all sorts of discussions about the past, remembering landmarks, transport, and events. It's great fun to share a piece of history.'

On the future of volunteering, Ken says, 'It's so important for young ones to carry on the community work of volunteering. It's volunteers who keep things running. Without volunteers, a lot of places would fall apart. I hope the younger generations keep up the good work we do.'

Congratulations on your award, Ken, and thank you for your many years of volunteering!

The Friendship Group invites you to Gawler



The Resthaven Northern Community Services 'Friendship Group' welcomes new members to join their weekly social gathering to facilitate meaningful connections between like-minded people in the area.

Held at the Gawler outreach office at 5 King Street, Gawler, the regular group of four Resthaven clients was formed two years ago, and has gone from strength to strength ever since.

Coordinator, Andrea Hanson, who facilitates the group, says, 'We welcome Commonwealth Home Support Programme clients living in Gawler, Barossa and surrounds. We do, however, encourage anyone to join if they would like to—the more the merrier!'

The group meets each Wednesday from 10.30am to 2.30pm, and a lunch meal is provided.

Currently, they have been enjoying board games, although it isn't the activity on offer that has attracted clients for the past two years.

Clients say:

- 'It gets me out of the house, and I'm happy with the friendships I've made.'
- 'They organise transport back and forth, making it possible for me to attend, which I am grateful for.'
- 'It's great fun. I look forward to it each week!'
- The team at Gawler also hold monthly bus trips for clients in the area, where they can enjoy a meal at the local pub or café. If you would like to be involved, give Andrea a call on 8526 4700.

Happy 100th Birthday: Mr Lyall Ellers

Happy 100th birthday to Resthaven Onkaparinga Community Services client, Mr Lyall Ellers, who celebrated his centenarian milestone on 7 September.

Mr Ellers (*pictured current day on the front page of this newsletter*) was one of four children, growing up in Claremont, Western Australia (WA).

Mr Ellers joined the Royal Australian Air Force [RAAF] with his older brother, John, when he turned 18. Their eldest brother, Frederick, had already been serving in the RAAF for a year.

'Sadly, in 1942, Fred was killed in a RAF Bristol Blenheim crash just as we came out of training.'

'After completing our flying training in Western Australia, I was chosen to go into fighter aircraft. At 188cm tall, I was one of the tallest fighter pilots!'

Mr Ellers' fighter-pilot days saw him survive risky low-level flying among the mountainous terrain and Japanese air defences of New Guinea, operational flying in the Dutch East Indies, and an emergency landing in a Wirraway, Victoria.

After the war ended, Mr Ellers returned home to WA, discharged from the RAAF in 1946 as a Flight Lieutenant. Thankfully, his brother, John, also survived the war.

Working post-war in national insurance, a twist of fate led Mr Ellers to meeting his future wife, Patricia. 'Not long after the war ended, my brother John married a lovely lady named June, who originally hailed from Adelaide.'

'It's a funny story, but June's sister, Patricia, visited them in WA one time, and she really caught my eye! We ended up dating and the rest is history — two sisters for two brothers!'

Mr and Mrs Ellers married on 1 March 1947, and went on to have four children.

In 1954, Mr Ellers and his family moved to South Australia to work with his brother, who owned a car dealership, and has since stayed in Adelaide.

The couple (right) built a house in Seacliff, where Mr Ellers lives independently to this day with the assistance of Resthaven Onkaparinga Community Services.

The family shared many travels and hobbies together, with Mr and Mrs Ellers both particularly enjoying skiing.

In his later years, Mr Ellers dabbled in other hobbies such as golf, bowling, and cutting/polishing opal in his home garage. He joined the Brighton RSL and Bowling Club in 1962, where he continues to play bowls twice a week!

Mr Ellers has regularly marched in Adelaide's ANZAC Day March, and is a member of the Air Force Association - SA Division (AFA-SA).

Sadly, Mrs Ellers passed away in 2007. Mr Ellers now enjoys a peaceful lifestyle with his new partner of 14 years, Pamela, and visits from his four children, eight grandchildren, and eight great-grandchildren.

On his 100th birthday, Mr Ellers celebrated at home with his family. He received a special visit from four AFA-SA representatives, and two RAAF Base Edinburgh aviators, who presented him with a copy of *South Australian Eagles* and a cake emblazoned with the RAAF Badge and '100'!

The following weekend, Mr Ellers enjoyed a birthday party at the Brighton RSL with 60 relatives and friends.

A well celebrated centenary!



Jeevan's OT skills put smiles on faces



Above: Occupational Therapist, Jeevan Bhela, with client, Mrs Jan Marlow.

According to Resthaven Paradise & Eastern Community Services Occupational Therapist (OT), Jeevan Bhela, the best thing about being an OT in the aged care sector is 'putting a smile on clients' faces, and knowing I have made a difference in their lives.'

Jeevan, who graduated from UniSA with a Master of Occupational Therapy in 2021, began working in the aged care sector soon after graduating.

'I worked with another aged care provider for a year, working in residential aged care.'

'However, I wanted to expand my skills in community services, and build my experience in this area.'

'In 2022, I applied for the OT position at Resthaven Paradise and Eastern Community Services, and I've been here ever since.'

'An average day for me as an OT for Resthaven includes visiting clients in their homes, where I chat with them to get a better understanding of their situation and work out their main wellness goals.'

'We discuss any issues and I give suggestions and recommendations – such as any home modifications, or equipment recommendations, to improve their safety and independence.'

'By tailoring support to each individual client's needs, we can support them to live independently and safely in their own homes for as long as possible.'

'Along with this, I work with the Resthaven Paradise and Eastern Community Services team, who are really friendly.'

'There are many opportunities to develop our skills to help build our careers, and the work environment provides both stability and flexibility.'

'Resthaven really values employees – our wellbeing is important.'

'I really enjoy working with Resthaven.'

Bev and Lawrie share their story

Retirement living 'the best thing we ever did'

Resthaven Marion retirement living residents, Mrs Beverley (Bev) and Mr Lawrie Warschauer, say that moving into retirement living was 'the best thing we ever did.'

Bev explains, 'Nearly four years ago, we were living in our house down at Moana, but it was so far away from everything. This is far more convenient.'

'Here, we're nice and close to medical facilities, and there's the community facility [Resthaven Marion Community Services] just next door.'

'Lawrie goes to the Parkinson's Support Group, and I go to Tuesday Tai Chi, the physiotherapist, and the podiatrist.'

'It's so handy, we just walk over.'

'We also like living here because of the security; it's a safety thing. We feel very secure. The cost is affordable, and it's convenient to everything.'

Interestingly, Beverley's father, Rev S.K. Wiseman, was the Administrator [now Chief Executive Officer] for Resthaven in the late 60s and early 70s, during which time Resthaven Marion residential aged care home was opened.

It is fitting, then, that the couple are now living at the adjacent retirement village, where they not only enjoy a secure lifestyle, but a great social life, too.

'We get along with everyone,' Bev says. 'The social life is what you make of it.'



Regular activities and events are held in the communal area at the centre of the village. Bev says, 'Recently we had a [football] grand final lunch, and we have activities every Thursday afternoon.'

'We do a monthly "chat day", where we celebrate everyone's birthday in that month; we have a special cake and everyone sings "Happy Birthday".'

There are also books, games, tea and coffee, and an undercover patio, with a new barbeque supplied by Resthaven.

Bev says, 'If people are thinking of moving to retirement living, I will tell them to just put their names down, and the sooner the better.'

'We really like it here.'

'We think it's the best thing we ever did.'

Michael Perry AM

On Thursday 16 November, a celebration will be held at On Statenborough to recognise the regeneration of the Michael Perry Botanic Reserve in Stonyfell. Special guest of honour, for whom the reserve is named, is former City of Burnside Councillor, Mayor, and Alderman, Michael Perry AM, who resides at On Statenborough. Michael will be joined by his fellow On Statenborough residents as well as City of Burnside volunteers and staff who have been involved in the regeneration of the reserve.

Michael Graham Rhodes Perry was born in Adelaide in 1932. His family were staunch Methodists, with his grandfather and two uncles being Methodist ministers. His uncle, Rev Charles Perry, spoke at the first service for Resthaven in 1935.

Michael has lived in the City of Burnside since his family moved to Hazelwood Park in 1942. The family home looked out onto Hazelwood Park, which was a horse paddock at the time. Michael recalls that during the Second World War, soldiers camped there.

Michael attended Prince Alfred College for his entire schooling (1939–1951), graduating as school captain. He was a keen sportsman and played cricket, football, and tennis. He later took up golf, and had a handicap of nine!

Most of Michael's working career was with the family business, Perry Engineering, with whom his career progressed to become a director. Michael also raised three daughters from his first marriage: Caroline, Elizabeth, and Annabel.

Throughout his working life, Michael was committed to community work. He was a member of the Apex Club of Adelaide and became a councillor at the City of Burnside when he was only 26 years of age. Overall, Michael served on council for 19 years, as a Councillor, Alderman and Mayor (from 1973–1975), which was, as he recalls, 'a great honour.'



A civic duty that was very meaningful for Michael as Mayor of Burnside was conducting the annual citizenship ceremonies. He says, 'I loved the citizenship ceremonies and learning the stories of the people each year.'

The Stonyfell reserve named after him, which he says was 'most unexpected'—the Michael Perry Botanic Reserve—opened on 8 March 1980. On 26 January 1983, Michael was appointed a member in the general division of the Order of Australia for service to industry and the community. In 1985, Michael was appointed an industrial commissioner for the state, and later, federal governments. He retired in 1994. In reflecting on his career, Michael says, 'I've benefited from the perspective that you should try to contribute and serve the community, rather than sit back.'

Michael and his wife of 47 years, Janine, moved to On Statenborough retirement village in 2012. Michael says, 'It's the best move we ever did. We enjoy the lifestyle here—it's a new life, with great people. I'm glad we moved here when we did.'

Thank you for sharing.

68-year wedding anniversary

On 26 August 2023, Mr and Mrs Maurie (90) and Margaret (86) Bradsworth celebrated a milestone 68 years of marriage at Resthaven Aberfoyle Park.

Both Mr and Mrs Bradsworth grew up in Coburg, Victoria, meeting through their mutual love of tennis. Mrs Bradsworth fondly recalls, 'We went to social events and dances at our tennis club and struck up a bit of a romance.'

'I remember our first date well,' Mr Bradsworth laughs. Margaret had been told not to let any boys bring her home. So, at the end of the date, Maurie ran behind the bus so he could see her safely home.

After a few years of dating, the pair married in 1955 at their local church. Remarkably, their Minister, Reverend Day, also wed Mr Bradsworth's parents many years before!

'We both absolutely loved road trips, so for our honeymoon we toured our way to Healesville, Victoria,' says Mrs Bradsworth.

In 1956, the couple made the move to Melbourne, when Mr Bradsworth joined the police force. They also welcomed their first son, Rodney, with their daughters Jenni and Debbie arriving in the following years.

Mr Bradsworth says, 'Over my 35-year career with the Victoria Police, I worked my way up from the mobile traffic department to sergeant.'

'We moved around a lot for my job, and it was so hard to leave our friends behind each time. But we feel blessed to have had so many friends and adventures over the years. We eventually settled down in Yarram, Victoria, in 1974, where I was based until my retirement over a decade later. I'm pleased to say that my grandson is now an inspector, continuing my legacy.'

No matter where the family lived, the couple continued their love for road trips, going on many a holiday with their children.



The pair have also maintained their love of sport, enjoying golf, bowling, and tennis.

'Our kids were the light of our lives, and still are to this day. We now we have 10 grandchildren and 24 great-grandchildren as well! Life has been incredibly good to us.'

In their later years, the couple moved to Naracoorte to be closer to their daughter, Jenni. They moved again, for a final time, to Adelaide, for Mr Bradsworth's health needs.

Now, Mr Bradsworth resides at Resthaven Aberfoyle Park, with Mrs Bradsworth and Jenni living next door at Unity Retirement Village.

When asked about the secret to a long, happy marriage, the couple responded, 'Don't go to bed angry — always talk it out.'

After all these years, the romance is still very much alive, with Mr Bradsworth gifting his wife a beautiful sapphire and diamond ring to celebrate their anniversary.

'I felt so guilty,' Mrs Bradsworth laughs, 'I only gifted Maurie clothes!'

Congratulations, Mr and Mrs Bradsworth!

AFL Grand Final

On 29 September, the residents of Resthaven Bellevue Heights celebrated the Australian Football League (AFL) grand final day.

There was AFL bingo in the morning, and then in the afternoon, a sing-along of AFL team songs.

Lifestyle Assistant, Alana Biggs, says, 'A big thank you to 'sing-along' volunteers, Bev (pictured right), Alison, Helen, and Claudia, who organised the song sheets, and made pom-poms for residents to wave around to their favourite team songs.'

'Residents had a lot of fun, and there were plenty of smiles as they sang along.'

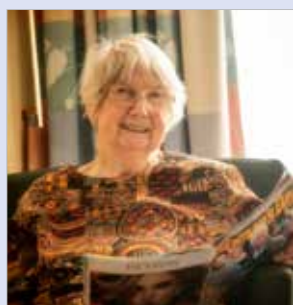
*Right: Mrs Rosemary Prior.
Below: Volunteer, Bev, leads sing-along in the auditorium.*



Photography day

On 3 August, Resthaven Craigmores welcomed onsite a member of the Resthaven Marketing and Communications team, along with a professional photographer.

They took some lovely photographs, one of which even ended up on the front cover of the spring edition of this newsletter! Here are others from the day. Thank you to all those residents and staff who participated.



Above (from top): Mrs Shirley Stanley; Reeti Thakur and Kerrie Harvey; Mrs Junice Steventon.

Above (from top): Mrs Maureen Brewer and Mrs Gwenda Cusack; Helen Bolderoff and Mrs Gwenda Cusack; Mrs Kathleen Maloney.

Below (L-R): Diane Ashford and Mrs Maureen Green; Mrs Gwenda Cusack, Mrs Dora Hardy, and Mrs Maureen Green; Mrs Annie Hodson.



Show day

In September, in honour of the Royal Adelaide Show, several Resthaven residential sites held their own 'Show Week' celebrations.

Resthaven Leabrook was no exception, with an event held on 15 September in the hall.

Lifestyle Coordinator, Shah Naz, says, 'It was an amazing day, residents really enjoyed it.'

'We had a flower display, along with fruit and food. Residents contributed their skillfull knitting and crochet crafts.'

'Residents also received show bags, which they loved, and enjoyed a wine tasting.'

'We can't wait to do it again next year.'



Why Tony chooses Resthaven



Volunteer pianist, Tony Kelly, enjoys spending his time hitting the keys at Resthaven Malvern, having discovered the joys of aged care approximately 25 years ago.

Tony says, 'I retired in 1997, but it wasn't until a few years later that I ventured into volunteering in aged care, and I never looked back.'

'I was a secondary school chemistry teacher in my working days, but I played piano on the side since I was around eight years old. Retiring gives you the space to focus on your hobbies, which I have taken advantage of.'

Tony first started volunteering with Resthaven Malvern in 2001 for 14 years. After a two-year gap, he picked up where he left off.

'I enjoy playing folk music, and tunes from traditional musicals, which the group thoroughly enjoys.'

'Aged care is a special area and connecting with people through music is very powerful and really rewarding.'

On why he volunteers with Resthaven, Tony says, 'It is a truly wonderful place to be, for residents, families, staff and volunteers—it's a strong community.'

'It is well run, making my job a lot easier! I can just come in and they are ready for me, and most importantly, they look forward to my visit which brings me a lot of joy too.'

Resthaven welcomes people wanting to volunteer to share joy and connect with older people.

For more details, contact us on 8373 9036 or volunteer@resthaven.asn.au or visit: www.resthaven.asn.au/volunteering-careers/volunteer-aged-care/

Site filming day

On 28 October, a professional videographer and a member of the Resthaven Marketing and Communications team visited Resthaven Marion to undertake a 'filming day' to update the site film.

All Resthaven residential aged care homes have a film published on the Resthaven website, to showcase our homes to people who may be interested in joining our site communities.

The updated Resthaven Marion film is now live on the Resthaven website, and can be found by visiting: www.resthaven.asn.au/care-homes/resthaven-marion/ or following this QR code.



Thank you to all those residents, staff and volunteers who participated (pictured this page). You did a great job!



A lifetime with Resthaven

Mrs Lilian 'Rosalie' Trenerry (93) made the move to Resthaven Mitcham in February 2023, although, her history with the organisation stretches back to the very beginning.

Mrs Trenerry explains, 'I have been with the church my whole life! I grew up in Crystal Brook, and my father was a farmer and a preacher at our local Methodist church.'

It wasn't until 1977, when the Methodist, Presbyterian and Congregational churches combined to form the Uniting Church in Australia.

Marrying at 20 years of age, Mrs Trenerry and her late husband relocated to Lower Mitcham to start a family of their own.

Soon, the newlyweds welcomed four children into their home, keeping Mrs Trenerry busy for a few years.

'I would have been in my mid-20s when the minister of our church, Westbourne Park Uniting Church, offered me a position on the Resthaven Board—an up-and-coming aged care home associated with our church.'

'Resthaven was quite small back then, certainly nothing as it is today. I went to a lot of meetings, checked timesheets—that sort of thing. I became heavily involved in the back end for a while.'

Over time, Resthaven grew into the organisation it is today, offering the full range of aged care services across South Australia.



'After a while, our family moved across Australia for my husband's work, and I subsequently left Resthaven—but I found my way back!'

'It was a difficult move for me, it is for anyone, but I had faith in the organisation that I grew with all those years ago, and they haven't let me down.'

'If you're going to move into residential care, this is the place you want to be.'

Thank you for sharing your lifetime association with Resthaven, Mrs Trenerry.

Show day

On 18 October, Resthaven Mount Gambier held their annual Show Day (pictured this page).

Lifestyle Assistant, Tracey Krueger, says, 'It was very successful, with many entries from staff, residents, and families. There were categories of knitting, crocheting, cooking, floral arrangements, photography, and arts and craft.'

'We also enjoyed sideshow games such as putt-putt golf, pool noodle fishing, and basketball, with prizes awarded to all participants.'

'Residents enjoyed fairy floss, show bags, a special visit from 'Derek' the miniature horse, 'Charlie' the puppy, and some very cute baby chicks, which they loved to hold.'

'Residents reminisced about attending the local Mount Gambier Show in previous years. Many talented residents have entered cakes, scones, and flowers, and a few residents entered animals to be judged.'

'Our Show Day was a great success, and we thank everyone for coming along.'



Portraits for Christmas

With Christmas fast approaching, residents of Resthaven Murray Bridge were given the opportunity to participate in a professional onsite photo shoot.

Lifestyle Coordinator, Soraya Fitzgerald, says, 'The photographer did an amazing job of capturing the grace and personalities of the participants.'

'Photos will be printed and distributed to residents as a Christmas gift, which they may choose to keep or pass on to family members.'

Pictured this page: Mrs L Emes (below) and Mrs J Sewell (right).



“

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

Peg Bracken

”

Happy 100th Birthday: Mrs Pat Bagley

On 3 September, Mrs Patricia Bagley celebrated her 100th birthday with family and friends, at her seaside home at Resthaven Port Elliot.

Mrs Bagley has always enjoyed coastal living; she was born at Brighton and grew up in Reynella. Sadly, her mother passed when she was only 13 days old, so she and her sister spent their early childhood being cared for by their father, maternal grandparents and close family.

Mrs Bagley says, 'Dad remarried when we were still very young, and we gained three sisters.'

Finishing school at grade seven, Mrs Bagley worked in various jobs, including the mail order department at Myers, then in the early years of the war, in a munitions factory. She explains, 'My ambition was to join the [Royal Australian] Navy and travel the world. I did general nurse training at Wallaroo in the new hospital. At the time, I had to find out where Wallaroo was!'

'I made many friends amongst my fellow trainees, and we had quite a busy social life. I wrote and received many letters from visiting servicemen who attended the regular dances. Among these chaps was a local, Reg Buck, who was in the [Royal Australian] Air Force.'

'We married, settled in Wallaroo, and had six children; five were born within four years and 11 months! Life was busy, raising our family through some tough times, and became busier still when I returned to nursing to supplement our income. Reg died at the age of 45 from war related illness. The children and I moved to Adelaide shortly after.'

'For a few years, I cared for an elderly aunt in return for accommodation in a lovely home in Belair. We actually had an inside toilet! On the weekends, I did night duty at a nursing home, as well as Saturday evening at Belair hotel.'

'I later moved to Klemzig and worked at Uniroyal factory until retirement. My sister lived at Victor Harbor, so I relocated to be closer to her.'



'I then met my second husband, Ernest Bagley, we married and lived at Tickera, as well as a second home at Kingscote. Our cat, Tim, and the chooks, did the trips back and forth with us on the ferry.'

'With Ernest I got to travel more, both overseas and locally. We shared a wonderful time together during our marriage until he died in 2001.'

'Whilst I have had some tough times, I have learned to appreciate that life has been good to me. I have good health, but I often ask, "why am I so healthy?"'

'I am a strong believer in my faith. Don't hold grudges in life. I always say, "If I want God to forgive me, then I must forgive others." I live by it, and I am happy.'

Mrs Bagley says that her children are her greatest achievement, and she takes pride in how they have grown up.

On her birthday, Mrs Bagley celebrated with an afternoon tea at Port Elliot, surrounded by her six children, grandchildren, great grandchildren, relatives, and friends.

Intergenerational fun

Resthaven Paradise has teamed up with the Campbelltown Council and Salvation Army for a weekly 'Intergenerational Playgroup' for residents and children, held at the home at 61 Silkes Road, Paradise – and it's a hit with all involved.

Resident, Mrs Oriole Beaty (88), sums it perfectly when she says, 'I have great-grandies who I don't get to see, so when I come to the playgroup, it's like I have them all!'

Mrs Beaty, who has formed a particular bond with six-month-old Lillian (pictured), says, 'Everyone does a marvellous job, and we all look forward to it so much.'

'Some of us aren't quite as active as we used to be, but we still enjoy the activities.'

'It's so good for all of us.'

The feeling is mutual, with Lillian's mum, Zara, saying, 'Lillian's grandparents are an hour and a half away, so it's nice for her to have this interaction.'

'It's good for the kids to get used to different age ranges. My other daughter, Delilah (2) loves coming and playing with the toys!'

'This is only our second time, we just started. It's only a five-minute walk away, so it's perfect for us.'

'I think it's great for residents to have the kids around, the ladies love having a "borrowed grandkid"!'

Mrs Beaty is certainly no stranger to 'grandparent duties,' having three daughters, nine grandchildren, and 18 great-grandchildren – with another due in January 2024.



She is relishing the opportunity to spend time with 'littlies' at the playgroup, and has been coming to the group since it began.

Whilst she has lived at Resthaven Paradise for around 12 months, Mrs Beaty started at Resthaven Marion Retirement Living. She says, 'The units were lovely, and my husband was living at Resthaven Marion.'

'It was so close by, I would go and see him, we would spend all day together.'

'But in the end, I couldn't go back and forth all the time, and I moved in myself.'

'However, most of my family are all on this side of town [at Paradise] so after my husband died, it was just the sensible thing to do to move here.'

'It's a wonderful place to live. And the playgroup is very lovely too!'

Thank you to the staff at Campbelltown Council and the North-East Salvation Army for partnering with Resthaven Paradise on this intergenerational community initiative.

Ladies' day out

On 10 August, the Resthaven Westbourne Park ladies' group were delighted to head out on the Resthaven bus for a day of viewing art.

Lifestyle Coordinator, Rachael Ross, says, 'We get up to lots of things each week, such as craft, knitting and baking—whatever it is the group is interested in doing.'

'Recently, the group had been discussing their interest in going on a day trip to take advantage of the sunshine. We thought it would be a great opportunity to take the ladies on an art exhibition tour for the day, to experience something new together.'

'We first went to the Hughes Gallery at the Fullarton Park Community Centre, to check out their current exhibition, 'Inflorescent' by Judy Morris.'

'Residents enjoyed viewing the number of floral artworks that were created using coloured pencils.'

'We then hopped back on the bus again, and visited a local retirement village, where they are currently hosting 'Art Expression', a collection of 109 artworks by professional visual artists, emerging artists and 14 artists from Living Choice.'

'Residents spent time looking at all the wonderful artworks before sitting down to have afternoon tea at the café.'

'On the way home, the ladies commented that it was a lovely afternoon spent together.'

'We look forward to incorporating more day trips with the group in the coming sessions.'



Feeling Festive?

Christmas will soon be here! Christmas cards are available from reception, at \$5 for a pack of eight mixed designs, or eight of the same design.

They come in a range of designs. All proceeds go towards Resthaven.



Season's Greetings!

Thank you to all those who contributed items for publication over the last 12 months. We look forward to receiving your articles in the coming year. Please forward to Head Office via the internal mail at reception.

With best wishes for a safe and happy Christmas and new year, from the Head Office Marketing and Communications Team.



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

15b James St
Mount Gambier SA 5290
17 Gordon St, Naracoorte
U914 Pavy Dve, Naracoorte
11 George St, Millicent
Phone 08 8726 9400

Resthaven Marion Community Services

43 Finnis St
Marion SA 5043
131 Goodwood Rd, Goodwood
Phone 08 8306 4400

Resthaven Murray Bridge, Hills & Fleurieu Community Services

37 Swanport Rd
Murray Bridge SA 5253
9 Rankine St, Strathalbyn
50 North Tce, Port Elliot
1 Loveday St, Goolwa
U5/68 Victoria St, Victor Harbor
1-3 Newland St, Victor Harbor
Phone 08 8534 2600

Resthaven Northern Community Services

16 Gillingham Rd
Elizabeth SA 5112
5 King St, Gawler
Phone 08 8259 5600

Resthaven Onkaparinga Community Services

3-5 James Clark Rd
Noarlunga Centre SA 5168
Phone 08 8307 3700

Resthaven Paradise & Eastern Community Services

61 Silkes Rd
Paradise SA 5075
111 Hampstead Rd,
Manningham
Phone 08 8154 8444

Resthaven Riverland Community Services

7 Wilson St, Berri SA 5343
Phone 08 8580 1400

Resthaven Western Community Services

96 Woodville Rd
Woodville SA 5011
111 Regency Rd, Croydon Pk
Phone 08 8345 0577

Agedcare Alternatives:

FREE aged care information

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

Retirement Living

General enquiries phone:

8373 9131

Apartments

On Statenborough Retirement Living

Coopers Ave, Leabrook SA 5068

Resthaven Leabrook Retirement Living

334 Kensington Rd,
Leabrook SA 5068

Villages (>20 units)

Resthaven Bellevue Heights Retirement Living

47 Eve Rd,
Bellevue Heights SA 5050

Resthaven Chiton Retirement Living

2 Ocean Rd, Chiton SA 5211

Resthaven Marion Retirement Living

12 Township Rd, Marion SA 5043

Other Locations (<20 units)

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

www.resthaven.asn.au

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