

# Resthaven Review



Autumn 2024 | Volume 33 | Issue 1

## In this issue

**Rummikub in Gawler**

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**The 'Sunny Side' for Lloyd**

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**72nd Wedding Anniversary**



## From the Editor ...

Welcome to another year!

The sun is shining, the flowers are blooming, and the Resthaven community is getting out and about.

In this edition, you'll read all sorts of interesting articles on recent outings and activities.

Resthaven Marion Retirement Living Australia Day celebrations are featured on page 10, and on page 14, the Resthaven Northern Community Services 'social group' share their Rummikub adventures.

Lois of Resthaven Western Community Services tells us about her love of poetry - and shares a poem - on page 18.

A couple who recently celebrated their 72nd wedding anniversary give us a glimpse into their long and happy marriage on page 21, and a bus trip to the hills delights the residents of Resthaven Mitcham on page 25.

See photos of the 'Tour Down Under' passing by Resthaven Murray Bridge on page 27, with residents waving their homemade banners and flags.

On page 28, Mr Brian Harvey of Resthaven Port Elliot has an interesting tale to tell of the 'Big Rocking Horse' land at Gumeracha.

Finally, five centenarians share their stories on pages 13, 15, 17, 23 and 24.

You will enjoy all this and more throughout these pages.

Thank you for continuing to share your stories with us, and enjoy.

**Resthaven Marketing and  
Communications Team**

*Pictured front cover: The wedding day photo of Mrs Aileen Hart of Resthaven Malvern, who celebrated her 100th birthday in January 2024. See Aileen's full story on page 23.*



## From the CEO

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

Hello everyone,

I hope that you have had a wonderful start to 2024 and enjoyed the festive period with your families and friends.

### A year of great promise

After several years of significant reform and change, we are beginning to see the benefits of this hard work.

This year will see the introduction of a new rights-based Aged Care Act, together with revised Aged Care Quality Standards. The release of the Aged Care Task Report is also imminent and we are hopeful that it will address some of the shortcomings of the current funding system.

We will have a lot to celebrate this year; the first Resthaven Excellence Awards, the completion of the stunning Resthaven Bellevue Heights redevelopment, the conclusion of the transformative 'Ignite' project, along with many other highlights.

There is a lot to look forward to.

### Looking to the Future

In 2024 we will begin development of Resthaven's 2025-2030 Strategic Plan which will be released in time for our 90th birthday in 2025. The Board will be holding a workshop in February to commence this review.

### Final Draft Released

In December 2023, the final draft of the strengthened Aged Care Quality Standards were released.



The draft incorporates feedback from wide consultation and the results of the pilot program and brings the Standards into line with the proposed new Aged Care Act. It is proposed that the new Standards will commence from 1 July 2024.

The older person is at the centre of the strengthened Standards, with the required actions and themes of Standard 1 flowing through to all other Standards. This results in a more detailed focus on delivering service that is structured around the needs, preferences and choices of each person.

Language throughout the Standards includes changed terminology from 'consumer' to 'older person,' demonstrating that people in aged care should be considered active partners in their own care rather than being a recipient of a service.

### Consumer Advocate

Ms Angela Coker has been appointed to the Resthaven Board Clinical Governance and Quality Committee as the Consumer Advocate. Angela is Head of Learning and Development at SA Power Networks and brings invaluable experience as a family member of a Resthaven resident.

### Uniform Survey

In late 2023, we surveyed Resthaven staff on their thoughts about working at Resthaven. One of the questions asked whether staff would like an official Resthaven uniform.

Over 60% of staff responded 'yes' to this question, with 76% responding that they would wear a branded shirt if it was fully subsidised by Resthaven.

The next step is to ask for your opinion. Please follow the QR code at right, or the link below, and register your vote to the question: 'Would you like Resthaven staff to wear a uniform?' We look forward to hearing your views.

[www.surveymonkey.com/r/XJDGKGC](https://www.surveymonkey.com/r/XJDGKGC)



### International Collaboration

Resthaven has had a long-standing relationship with Baan Sudthavas Foundation, since the director, Arnop Chirakiti first approached Resthaven in 2012 to provide mentorship and support for his philanthropic gesture of building a residential care home for elderly women in Thailand.

On 6 December 2023, Baan Sudthavas held an event to celebrate their 10th anniversary. Guests included people and organisations that have assisted the organisation including Silom Complex staff, regular volunteers, two local hospitals, students and staff from nearby university and authorities.

As part of the celebration, staff and volunteers held up a banner with the Resthaven logo, with the words 'wish you were here' (top), to acknowledge Resthaven's support over the past ten years. Arnop sent an email together with several photographs.

A letter of congratulations from Resthaven was prepared, together with a return 'thank you' photo, and a small gift as a token of our friendship.

Here's to a great year ahead.



Darren  
Chief Executive Officer



## Residential Services

**Kelly Geister**  
**Executive Manager**  
**Residential Services**

Hello everyone,

I would like to introduce myself as Executive Manager Residential Services. My name is Kelly Geister and I have worked for Resthaven for over seven years, most recently as the Senior Residential Operations Manager.

On a personal note, my husband, Mark, and I have two teenage daughters, and we live on our property near Roseworthy with a menagerie of animals. Many of you will already know me, and I am very excited to continue working together.

### Staff Movements

I am pleased to announce that Pardeep Singh Dhot has been appointed to the Senior Manager Residential Services role. Pardeep first commenced with Resthaven in 2017, and has worked in several clinical and senior roles. Congratulations, Pardeep.



We farewelled Bryan Kent, Resthaven Port Elliot Manager Residential Services. Please join me in acknowledging Bryan's contribution to the site over the last 11 months.

I am excited to announce that Louise Banner has been appointed as Manager Residential Services for Resthaven Port Elliot, commencing 5 February. Please join me in welcoming Louise.



Finally, we wish Senior Project Officer Residential Services, Leonie Robson, all the best as she heads into retirement after 17 years with Resthaven. We thank Leonie for the significant contribution she has made to Resthaven, and wish her all the very best for the future.



### Hospitality Services

To better reflect the comprehensive nature of the Resthaven Coordinator Housekeeping Services role, a title change has been implemented. Going forward, their titles will be Coordinator Hospitality Services. This change extends to the Relieving Coordinator and Corporate Coordinator roles.

### Chaplaincy

As a result of the executive restructure in late 2023, Chaplaincy and Pastoral Care will now report to Residential Services, reflecting where these important services are delivered. Our Chaplaincy team provide a valuable service to residents through connection and engagement in a supportive and meaningful manner. Several Coordinating Chaplains featured in a Resthaven film about these connections in late 2023 (see page 21). We look forward to continuing to work with the Chaplaincy team.

### Thank You

Thank you for your support as I settle into the Executive Manager Residential Services role. I look forward to catching up with you on site.



## Community Services & Retirement Living

**Mel Ottaway**  
**Executive Manager**  
**Community Services & Retirement Living**

Happy new year!

I hope you all had a wonderful Christmas and New Year.

### Movements in the Murraylands

With the recent acquisition of additional services within Resthaven Murray Bridge, Hills & Fleurieu Community Services, it has become a sizable service across five offices, covering a very large geographical area.

Tanya Boakes and the team have done an amazing job supporting the staff and the clients with the expansion, however, this is not sustainable moving forward. To ensure we can continue to grow and support the needs of our direct service teams and clients, a decision has been made to divide the region into two sites: Resthaven Fleurieu Community Services, and Resthaven Murray Mallee Hills Community Services.

I am delighted to report that Tanya Boakes (right) has been appointed as the new Manager in the Fleurieu, and Kimberley Lord (below right) as the new Manager for Murray Mallee Hills.



The aim is to have the region completely divided by the new financial year on 1 July 2024. Both regions will continue to work closely together to deliver outstanding care and support to older people.



### Property Moves

We are undertaking a number of property moves. During December 2023, the Agedcare Alternatives team relocated from the site on Fullarton Road to 237 Glen Osmond Road, where Resthaven has had offices for many years. We closed the Fullarton Road site at the end of January 2024, after occupation for 13 years.

We will also relocate our team from Manningham to our new site on Main North Road, Sefton Park, in February.

At a similar time, we will relocate the Resthaven Limestone Coast Community Services Mount Gambier team to new premises in the Mount, at 13 Penola Road.

With the end of the lease, the Resthaven Western Community Services respite services at Regency Cottage will soon relocate to the main site at 96 Woodville Road, Woodville.

### Chiton Retirement Living

We have received development approval for the expansion of Chiton Retirement Living to build 11 new villas, a community garden, and caravan park. We have had a busy few months, with a number of units across the portfolio coming back to sell, and new residents moving in.

### Finally...

We are moving into an exciting new era in Community Services and Retirement Living. Let's have an amazing year!





## Building Update

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

Welcome to 2024.

We have many projects in construction or planning stages; it's a busy time.

Stage 1 of the major redevelopment of Resthaven Westbourne Park is nearing completion. Three new small houses will come online soon, incorporating 42 rooms. Resthaven Bellevue Heights continues its push towards the final building stage.

### Resthaven Bellevue Heights

Stage 2 of the redevelopment of Resthaven Bellevue Heights, incorporating 23 new rooms, is progressing onsite. Handover is expected in June 2024.

The refurbishment of Acacia is in its final stage, which will complete all internal rooms. Progress on the front entrance is pictured top right.

### Resthaven Westbourne Park

The major redevelopment of Resthaven Westbourne Park is progressing well, with the new areas to be handed over in March 2024.

The final stage of the refurbishment of Marlborough is underway, and will be complete in March.

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



### Resthaven Marion Campus

The Resthaven Marion campus is a major centre for our services in the area, providing residential aged care, retirement living, community services, and community respite. A scheme is now being developed for this campus, with all services on site being consulted. We aim to lodge a development application this year.

### Resthaven Head Office

Due to ongoing growth over the past few years, we are looking to consolidate Head Office.

We are currently developing concept plans.

*Above: Progress at Resthaven Bellevue Heights.*

*Below: The redevelopment coming along at Resthaven Westbourne Park (viewed from Norseman Terrace).*





### **Resthaven Chiton Retirement Living**

The development application at Resthaven Chiton Retirement Living (above) has been approved by Alexandrina Council. It includes 11 additional retirement units, a garden reserve, and caravan park.

The 11 units will complete the village and complement the existing units.

We are in the process of completing the design and engaging contractors. We expect that the works will commence in the third quarter of 2024.

### **Resthaven Paradise & Eastern Community Services**

Fit out works are nearing completion on the new Resthaven Paradise & Eastern Community Services premises at 255 Main North Road, Sefton Park. The premises is a former ANZ branch and is very prominent on the junction of Main North Road and Regency Road.

Unfortunately, occupation was delayed by a rather brazen break-in, where the copper pipework was cut out and stolen from an air conditioning unit.

It is expected the move from the former Manningham office will be in late February 2024.

### **Resthaven Mount Gambier**

The conversion of two former retirement living apartments into four residential aged care rooms at Mount Gambier was completed in late 2023.

### **Rooftop Solar PV Project**

The first installation of rooftop solar panels took place at Resthaven Paradise in late 2023, and is now operational.

Installations at Resthaven Aberfoyle Park, Port Elliot and Mount Gambier are underway.

The installations across corporate and community services offices are all complete, except for Murray Bridge, which is due in February.

More than 240kw have so far been brought online. The estimated reduction in our carbon footprint is estimated at 9%. This is a great step forward, and something for us all to be proud of.



## 2024 Diary Dates (Subject to change - please check noticeboards!)

Resthaven Site	Volunteer Celebration Event (2pm)*	Annual Memorial Service	Retirement Living Annual General Meeting	Christmas Luncheon (12pm)
<b>Chiton Retirement Living</b>	n/a	n/a	22 Oct, 2pm	n/a
<b>On Statenborough</b>	n/a	n/a	30 Oct, 3pm	n/a
<b>Resthaven Aberfoyle Park</b>	23 May	20 June	n/a	2 Dec
<b>Resthaven Bellevue Heights</b>	23 May	18 June	10 Oct, 2pm	10 Dec
<b>Resthaven Craigmore</b>	23 May	26 June	n/a	4 Dec
<b>Resthaven Leabrook</b>	23 May	19 June	2 Oct, 11am	19 Dec
<b>Resthaven Malvern</b>	23 May	20 June	2 Oct, 9am	3 Dec
<b>Resthaven Marion</b>	23 May	10 July	10 Oct, 10am	5 Dec
<b>Resthaven Mitcham</b>	23 May	24 June	n/a	12 Dec
<b>Resthaven Mount Gambier</b>	31 May	13 June	n/a	20 Dec
<b>Resthaven Murray Bridge</b>	28 May	18 June	n/a	16 Dec
<b>Resthaven Paradise</b>	23 May	24 June	2 Oct, 2pm	18 Dec
<b>Resthaven Port Elliot</b>	21 May	2 July	22 Oct, 11am	9 Dec
<b>Resthaven Westbourne Park</b>	23 May	14 June	n/a	13 Dec

\* In 2024, a combined volunteer celebration event will be held in Adelaide for all volunteers from the metropolitan area. Individual regional events will be held for volunteers in those areas. Refer to the 'Volunteer Buzz' newsletter.

\*\* Stand-alone retirement villages not included above will receive details of their AGM when confirmed. Venue will be Resthaven Head Office, 6 Bartley Crescent, Wayville. Dates are 24 September, 1 October, 8 October and 15 October 2024 (times to be confirmed).

## Resthaven Board Member Site Responsibilities

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

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



# Ian's Chaplaincy Support a Blessing



Resthaven Murray Bridge volunteer, Ian Kluge, has lived a life supporting his community; 'I had a long career in the police force, and I wanted to try a different path.'

Ian gained employment as a disability support worker, but he was 'still figuring out what I wanted to do,' he said.

During this time, he completed his Certificate IV in Chaplaincy and Pastoral Care, focusing on theological studies. Whilst still working as a disability support worker, he started volunteering in an aged care home.

'I found myself really enjoying the environment, and decided to do an aged care course to better understand the sector, and how I could contribute to residents' lives.'

Now, Ian volunteers as a Chaplain's Assistant with Resthaven Murray Bridge, working closely with Coordinating Chaplain, Dr Nina Corlett. 'I really enjoy having a chat with residents, and sharing our faith together.'

Ian continues assisting others through volunteering with Resthaven, and providing pastoral support through his local church.

Thank you for all that you do, Ian.

To volunteer with Resthaven, contact Volunteer Services via [volunteer@resthaven.asn.au](mailto:volunteer@resthaven.asn.au), or visit the website: [www.resthaven.asn.au/volunteer](http://www.resthaven.asn.au/volunteer)

*Ian is pictured above with resident, Mrs Betty Preece.*

## Australia Day in Marion

Australia Day on 26 January, 2024, was celebrated in style by 14 Resthaven Marion Retirement Living residents. We gathered in the Resident Meeting Room to enjoy a proper Australian barbeque.

A fully decorated room and long table greeted residents as they arrived. Australian and 'boxing kangaroo' flags with matching bunting decorated the room. Special Australia Day placemats and toothpick flags helped to decorate each table setting.

At 12.30pm, with everyone seated, Grace was given and the luncheon commenced.

Residents attended the meat and salad bar two or three at a time to serve themselves from the very generous servings of beef sausages, beef patties, chicken wings, and drumsticks. Garlic bread was placed on the table at each end to share around.

The main course was followed by dessert: fresh fruit salad with vanilla custard and cream, topped with vanilla ice-cream.

Everyone was delighted and well satisfied with the whole luncheon. Comments were made by some about how well all the meat was cooked and how generous the salads provided were.

In all, it was a truly wonderful day, complete with great food and the company of good friends in a relaxed atmosphere. We could all say: Happy Australia Day!

***Article originally published in 'Our Social View' by Mr David Barnes, reproduced with permission.***





# ‘VR’ Experience at Newland House

Mrs Brenda Brown’s fear of heights had always stopped her from pursuing her dream of climbing the Eiffel Tower. However, on Monday 29 January she finally did — virtually at least — and it’s all thanks to the virtual reality (VR) experience held at Resthaven Newland House respite cottage in Victor Harbor.

Brenda says, ‘I’m scared of heights, so I never actually got to the top of the Eiffel Tower when I travelled to Paris. With VR, I had a second chance —and I wasn’t scared! It was a great experience.’

Brenda was just one of several clients participating in the ‘Staying at Home in Regional South Australia’ program day retreat, overseen by Resthaven Project Officer, and Dementia Education Specialist, Gillian Schulze.

Gillian says, ‘This type of technology improves the lives of older people by introducing them to meaningful and shared experiences in virtual reality — stimulating memories, driving social engagement and bringing joy.’

‘The VR kit was supplied by SilVR Adventures, an Australian technology company that creates virtual reality devices specifically for older people.’

‘After putting on our headsets, we “travelled” to South-East Asia, France, India and the Balkans!’

‘It was wonderful for clients to not only re-visit places that they had been to before in real life, but also to travel to new locations and learn something new.’

Mrs Evelyn Smart says, ‘The detail is incredible! It’s the best of both worlds to take a look around these amazing places, from the comfort of an armchair.’

Gillian adds, ‘This experience is particularly beneficial for people living with dementia, as VR is a highly effective way of delivering immersive, enjoyable and comfortable reminiscence therapy.’



‘People are engaged in a way that feels more vibrant and real, allowing them to be part of the moment, rather than an observer.’



‘The virtual reality sessions have been a popular activity at all of Resthaven’s community respite cottages recently.’

The Staying at Home in Regional South Australia program focuses on enabling people living with dementia to remain living at home for as long as possible, allowing them and their carer to experience quality respite care, wellbeing and engagement opportunities with targeted support.

In 2024, more retreats will be held in the Limestone Coast, Riverland and other areas.

For more information and eligibility criteria, head to: <https://www.resthaven.asn.au/staying-at-home-program/>



# Christmas for the 'Men on the Move'

In December 2023, the Resthaven Marion Community Services 'Men on the Move' enjoyed a festive Christmas celebration.

There were reindeer antlers and Christmas hats a-plenty as the group shared some festive cheer together.

The group meets weekly for a range of social activities and outings. Phone 8306 0400 to find out more.



## Resthaven Limestone Coast Community Services

# New Office to Open

Resthaven Limestone Coast Community Services staff are excited to move into the new offices at 13 Penola Road, Mount Gambier. The new premises provides a much larger space to accommodate the increased demand for services in the region. An opening will be held later in the year. Watch this space!

*Below: An artist's impression of how Resthaven's signage will look once installed. Right: Staff explore the new premises.*



## Happy 100th Birthday: Mrs Lorna Kemp

Turning 100 on 6 February, Mrs Lorna Kemp says that times spent twirling around the dance floor with her husband, Max, were some of the happiest of her life.

'We used to go dancing just about every second week,' Lorna says. 'I loved doing "The Alberts" [a type of square dance with four couples]. We used to get fast and furious doing that one!'

Dancing took the couple all over the state, including to Uraidla, Gawler, and Strathalbyn. They would also attend the Airforce dances for returned servicemen, enjoying styles of dance including the Circular Waltz, the Quickstep, the Military Two-Step, and the Foxtrot.

Lorna was born in Lameroo at the local hospital in 1924. The eldest of two girls, her family were wheat farmers, and she remembers riding with her father in the horse and buggy. Later, her father went to work for the local council, where he was responsible for grading the dirt roads with a horse team and horse-drawn equipment.

In 1947, Lorna married Maxwell Robert John Kemp at the Lameroo Methodist Church. They lived in Strathalbyn for two years, where they ran the local store, then returned to Lameroo where Max began share farming. Later, he worked at the Eudunda Farmers' Co-operative store.

Together, the couple had three children — Douglas, Jennifer, and Richard. 'They certainly kept me busy,' Lorna says. 'Cooking, cleaning, mending.'

In the mid-50s, the family moved to Blair Athol, buying a business on Prospect Road. 'It was a general store/deli and I would sometimes work behind the counter,' Lorna says.

They had the store for nearly five years, deciding to sell when Richard was just a baby.

Max later became a storeman for the police department, as well as working in hotels, including the Hotel Enfield.



Holidays were enjoyed within South Australia, with Lorna and Max (and often Richard in tow) visiting family in Wallaroo.

'I've enjoyed doing a lot of gardening over the years,' Lorna says, 'As well as sewing clothes for the children and cooking. I made sure there was always a big sultana cake on the counter—just like Mum's—ready for the hungry mouths to eat.'

When Max retired in 1983, the couple moved to Murray Bridge. 'We moved here because Max wanted to take up fishing,' Lorna laughs. 'I don't think he ever caught a thing!'

Sadly, a few years after their retirement, Lorna's eldest son died in a car accident in Queensland when he was just 37 years old. 'It was a very hard time,' Lorna says. 'I say to all the young people "drive carefully—don't be reckless".'

Max died in 2013 at the age of 91, and five years ago, Lorna moved into the Murray Lands Retirement Village where she now lives, receiving services in cleaning, laundering, and shopping from Resthaven Murray Bridge, Hills and Fleurieu Community Services.

Longevity might run in the family, with Lorna's own mother living to be 96, and her mother's sister, Aunty Vi, living to be 99.

Congratulations on reaching 100, Lorna!



## Rummikub leads to Friendship in Gawler

There's a friendly but fierce competition being held each Wednesday at Resthaven Northern Community Services' Gawler office, and the players are looking for more people to go up against!

The game is Rummikub, and Resthaven clients Mr Robert (Bob) Jamieson and Mr Geoffrey (Geoff) Heath, pictured, have been playing together for more than a year. They are members of Resthaven's Friendship Circle, a social group that meets regularly to chat and take part in activities together.

'I enjoy Rummikub as it's a great way of keeping your mind active,' Bob says. 'But the thing that I'm really here for is the companionship. The conversations we have while we are playing are phenomenal.'

Geoff agrees. 'It's a great way to get to know people. We talk about all sorts of things – sharing stories, talking about family, solving the world's problems.'

Although Rummikub is the current game of choice, Resthaven Northern Community Services Coordinator, Andrea Hanson, who facilitates the group, says the activities and meals provided are chosen by the participants.

The Friendship Circle meets each Wednesday from 10.30am to 2.30pm, and morning tea and lunch are provided. Bob, who lives on a farm in Lewiston with his daughter and her family, says that coming to the Friendship Circle has become an important part of his week.



'I've been coming for around 14 months now, and I'd really encourage other people in the community to join as well,' Bob says.

For Geoff, time spent at Resthaven allows his wife a chance to get on with her things at home, which keeps her happy too.

'We get some help at home from Resthaven with general household tasks and physiotherapy, and it's nice to have this social support outside of the home as well,' Geoff says.

Andrea says, 'We welcome Commonwealth Home Support Programme clients living in Gawler, Barossa and surrounds. We encourage any older people to join if they would like to—the more the merrier!'

In addition to the clubs and groups offered by Resthaven Northern Community Services, the Gawler team holds 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 in next month's bus trip, give Andrea a call on 8526 4700.



## Happy 100th Birthday: Mr Mervyn Roberts

Happy 100th birthday to Resthaven Onkaparinga Community Services client, Mr Mervyn Roberts, who has lived a life of bravery, fame, and everything in between.

Born on 30 December 1923, Mr Roberts grew up in Adelaide with his mother, father, and younger sister. His schooling years saw him excelling in sport—a precursor to the career he would enjoy many years later.

Mr Roberts says, 'I attended Norwood High School, where I was the captain of the football and cricket teams. I was also quite good at physics and mathematics, which served me well.'

Finishing high school in 1940, Mr Roberts did what every fit young man was doing at the time—joining the services for the war effort of WWII. 'My choice was to join the Royal Australian Air Force [RAAF]. After flying training and a 12-month posting to West Sale in Victoria, I joined 75 Squadron, stationed at the time on Noemfoor Island, New Guinea.'

'During that time, we lost some pilots due to anti-aircraft fire and accidents. I was very lucky on a few occasions!'

At 22 years of age, the war came to an end and Mr Roberts was discharged with the rank of Flying Officer. Back in Adelaide, he says, 'I began working for the Commonwealth Bank, and I also started playing football for Norwood Football Club — the "Redlegs" — in the SANFL league.'

'Eventually, I found the courage to ask my colleague, Pat, out on a date.'

On 10 October 1953, the couple were married at St Columba's Church, Hawthorn, and moved into a flat in Glenelg.

Throughout this time, Mr Roberts had played the 1946, 1948, and 1950 premierships for Norwood, represented South Australia in five games, was named in the 1951 Advertiser Team of the Year, and later earned a place on the Norwood Hall of Fame.



In 1956, at the end of the football season, Mr Roberts retired as one of the most respected backmen of his time. That same year, he and Pat moved to Glengowrie, where they welcomed their daughter in 1957 and son in 1959.

In 1989, Mr and Mrs Roberts downsized to their home in Flagstaff Hill, where they continue to reside after 34 years.

A keen traveller, Mr Roberts says, 'Pat and I purchased a campervan, and travelled around Australia, which was something we had always planned to do together. Our first overseas trip together was to Fiji, and we loved it so much that we went back two years later.'

'From then on, it became a tradition that we would travel every two years, which we managed to do until recent years.'

As Mr Roberts approached his centenarian milestone, he reflected, 'I have always been an avid reader, and I keep my mind active—that's the key.'

Now, Mr and Mrs Roberts lead a quieter lifestyle, with the weekly assistance of Resthaven Onkaparinga Community Services, while enjoying frequent visits from their two children, and four grandchildren.

Many happy returns, Mr Roberts.

## ‘Best Foot Forward’ for Chris

Resthaven Paradise & Eastern Community Services Podiatrist, Chris Frangos, chose aged care 20 years ago, and he hasn’t looked back since.

‘I graduated with a Bachelor of Podiatry from the University of South Australia in 2002, and found employment at Port Pirie Hospital.’

‘A year in, I was looking to relocate back to Adelaide to be closer to family and friends, and I came across the job advertised at Resthaven.’

‘I did some research, and it was evident that the organisation is a well-respected aged care provider in South Australia. I started my employment in December that same year, and I’m still here almost 20 years later! Time has flown by.’

Based at the 61 Silkes Road, Paradise Community Services office, Chris provides services both on-site, and in clients homes.

‘The home visits have become increasingly popular. I enjoy getting out into the community, and it adds a convenience and personal touch to a client’s services, which they are thankful for.’

As a long-term podiatrist in the aged care sector, Chris explains, ‘Working in aged care is rewarding, as you are able to help improve the lives of older people through a multidisciplinary approach, with everyone working towards a common goal.’

‘The great part about working here at Resthaven is the people you meet along the way—clients and staff. You certainly feel you are improving people’s health and overall quality of life.’

‘Resthaven is a flexible employer, and there are many part-time staff, enabling a great work/life balance for employees.’

Now



Then



*The way we were! Podiatrist, Chris Frangos, is pictured above at Resthaven Paradise & Eastern Community Services in 2008; and top, 16 years later in 2024.*

‘I’d recommend any allied health workers who are considering employment in aged care to join Resthaven. Resthaven is very well respected within the aged care sector, and there are many sites, so it is likely you’ll be working close to home!’

Thank you for sharing your experience with us, Chris.

## Happy 100th Birthday: Miss Betty Leak

Rushing through the streets of Adelaide in the middle of the night was all part of a day's work for Miss Elizabeth (Betty) Leak, who celebrated her 100th birthday on 11 February, 2024.

A client of Resthaven Riverland Community Services, Betty was a Deaconess of the Uniting Church, working in the Women's Welfare Department at the Kate Cocks Memorial Babies Home at Brighton\* from 1969 to 1975. An important part of her role was to transport women in labour to the Queen Victoria Hospital.

Her role at the home came after two decades of similar community outreach work, including appointments at Broken Hill, Port Adelaide and Pirie Street. She was made a Senior Deaconess in 1968.



### Early life

The eldest of five children (including a brother who died when he was just five days old), Betty's family moved from Pinnaroo to Malpas in 1926 when she was two years old. Her earliest recollections were of a happy childhood on the farm.

Moving to Barmera in the 1930s, Betty left school at 13 to care for her mother who was sick. She also helped with the growing and harvesting of vegetables which helped supplement her dad's income – enough that they were able to put money aside to invest in a fruit orchard near Waikerie in 1941. The commercial property is still in the family, with her brother Doug, who is now 91, and his family growing citrus and grapes on it.

### Crafting a community

In 1975, after her dad passed away, Betty returned to Waikerie to care for her mother, and she found her place within the local church once more. She took on some local preaching roles, taught the Sunday School, and led a Group Bible Study.

Even when she retired, Betty continued to spend two days a week at the hospital daycare centre where she helped with craft work. She did this for around 30 years, and it was only a global pandemic that could slow her down.

'The church has really given me a wonderful life,' Betty says. Happy Birthday Betty!

*\*The Resthaven connection: In 1937, the Kate Cocks Memorial Babies Home at Brighton opened at 'Old Oxford House'. This house was originally used as a Methodist Training College, and the Rev John Pearce and Mrs Annie Pearce had taken it over for summer and winter schools. It was in Old Oxford House that Resthaven was first established, in 1935, when the Pearce's took several women into their care. The following year, due to strong demand, Resthaven moved to the larger Shirley Gardens in Payneham, making way for the Babies Home to be established at Brighton.*



## A 'Stanza' Ovation for Lois

When Resthaven Western Community Services client, Mrs Lois Daviess (94), rediscovered her personal collection of poems from the 1980s, she couldn't wait to share them with her social activities group.

The group, located at the site at 96 Woodville Road, Woodville SA 5011, meets on Wednesdays and is well-known for celebrating talents and building special friendships.

Coordinator, Joanne Earle, says, 'In addition to receiving in-home services, Lois attends the weekly social group, where she enjoys a two-course lunch, and knitting and playing cards with friends.'

'After finding the poems in her home, Lois had the idea of sharing them with the group on her next visit.'

'Of course, I said it was a fantastic idea, and she presented the poems wonderfully to her fellow clients, who greatly enjoyed and empathised with them.'

A passionate poet, Mrs Daviess says, 'It's always a welcome visit to the site on Wednesdays, and this time it was lovely to present and reconnect with my old poems.'

'I first started writing poetry in 1985, after my husband passed away suddenly and unexpectedly.'

'Following the funeral service, I attended a grief counselling session, where the grief counsellor asked us to all write down words that meant something to us in light of losing someone we loved.'

'But a few words simply weren't enough to capture how I felt. There and then, I started writing poetry, with words coming from the heart.'

'It helped me to identify and express the painful feelings and experiences I was feeling at that time, and then helped me through every stage of my grief.'

'Over time, I realised that I quite enjoyed writing poetry, and was actually quite decent at it!'

'Soon enough, I started writing poetry to express some of the best times of my life too, such as when I became president of the Port Adelaide Bowling Club, after my mother had done the same 36 years before.'

'I wrote a poem — *My Mother, The President* [below] — and presented it to the club, which they really appreciated.'

Thank you for sharing your poetry, Lois.



### My Mother, The President

*Since joining lawn bowls it's been my ambition  
To follow one day my mother's tradition.*

*When my children were young she became  
President,  
She was gentle and caring and that's evident.*

*I joined the same Club and lo and behold  
I met several ladies and as memories unfold*

*They'd bowled with my mother and glad to  
hear tell*

*She was their skipper and treated them well.*

*It makes my heart glad as they sing her praise,  
Remembering the fun they had in earlier days.*

## Lloyd Looks on the Sunny Side

Always one to have his ear to the ground, Resthaven Aberfoyle Park resident Mr Lloyd Mattner, 92, has special inside knowledge when it comes to the solar installation that recently took place on the roof of the aged care home. His grandson, Chris Mattner, is the CEO of CME Solutions, the company that was awarded the project, alongside Suntrix and sustainability consultant D<sup>2</sup>. CME Solutions has grown from WM Electrical, the company that was started by Lloyd's son, Wayne, in 1985.

It was Wayne, along with his sisters Rosyln and Neralie, who found a vacancy for Lloyd at Resthaven Aberfoyle Park, where he has lived now for around four years. 'They said to me "Dad, this is the place for you" – and I've been like a pig in mud ever since,' Lloyd says.

Lloyd is well-known at Resthaven Aberfoyle Park. He is a Resident Committee Representative, he regularly calls the Bingo games, and also played Father Christmas at the home's 2023 Christmas celebrations.

This community-mindedness comes as no surprise when you consider Lloyd's 25 years spent in Neighbourhood Watch, and his contribution to the local sporting clubs; 'I always made a point to hand deliver Neighbourhood Watch letters to the people in my area,' Lloyd says. 'It was a great way to get to know people.'

Born in 1932 at Mile End, Lloyd initially attended school at Thebarton, before his family moved to the Barossa, where he went to Nuriootpa High School. Lloyd had a Lutheran upbringing, but as he grew older, he was more inclined to sleep-in, rather than get up for church.

At the age of 15, Lloyd joined the Angaston Railways as a junior porter. He worked there for the next 15 years in various roles.

Lloyd married Ruth Squire in 1955. 'I met her at a dance at the Railway Institute and then I walked her home,' Lloyd says.

'The next day I called round again and saw her, and the rest, as they say, is history.'

The couple had three children, and Ruth looked after them all, sewing clothes, knitting items and cooking meals.

The couple moved to Adelaide, where Lloyd worked as a storeman at MS McLeod Limited in Pulteney Street, before becoming a purchasing officer at Industrial Sales and Service at Daw Park. He stayed there for 33 years until he retired at age 65.

Sadly, Ruth passed away in 2012. One of her knitting projects, a pink wool jumper, lay unfinished. However, with the help of Resthaven volunteer, Vicki, the jumper was transformed into two beautiful baby jumpers and a beanie. Ruth would have been very happy.

Lloyd says he has lived across two eras. The first one was when he was young, and the world was less connected, and the second, where technology is more commonplace. 'I much prefer my first era – even with all the mod cons we have now,' Lloyd says. 'I remember the struggles of washing days with the old concrete wash tubs, as well as ice chests instead of refrigerators, but people were happier with what they had.'

Having said that, Lloyd is looking forward; enjoying the prospect of reaching 95 in a few years' time. 'And if I make that, then I'm going for the big 1-0-0,' he says. 'It is great to be alive. Every family has its ups and downs, but really, what more could you wish for!'





## Christmas Craft

Throughout December, residents were busy making different Christmas craft items, such as a kindness advent calendar, sock snowmen, wreaths from wool, Christmas cards and paintings.

Residents are pictured this page working on their creations.





## 72 Years of Marriage for Gordon and June

With their seven children in tow, Resthaven Craigmores residents Mr Gordon Dunnicliff, 95, and Mrs June Dunnicliff, 94, occupied a whole row of the plane when they moved from Leicester, England to Australia in 1962.

'We were Ten Pound Poms and we moved here at the same time as seven other families from our area,' June says. 'It was the thing to do!'

Arriving in Adelaide, June says the family squeezed into a hotel room in the city, before finding what was to become their family home at St Agnes. Gordon had lined up a job with the Electricity Trust of South Australia (ETSA) and it wasn't long before he was climbing the poles.

'It was a very busy time,' June laughs. 'With seven kids there was always something to do. But we had very good neighbours who helped us out. I would take all the kids to school, and someone else would bring them home.'

June found a job doing office work in the city, keeping track of the daily tasks, and ensuring everything ran smoothly.

Within what felt like moments, the children had grown up and Gordon and June moved to a new house at Golden Grove.

### Life in England

June and Gordon both grew up in Leicester, England, getting to know each other as a result of June's friendship with Gordon's sister, Jean.

'Wednesday night was ladies' night, and Jean and I would always go out dancing,' June says. 'Gordon was never much of a dancer. He was more into football (and he still is!), but he was a bit cheeky, which caught my eye.'

Gordon had completed two years of National Service, posted to Nuremberg, Germany, and was now driving trucks to earn a living. Romance blossomed and on March 6, 1953, they were married at St Saviour's Church, Leicester,



England. 'It was the start of spring, and it was a very cold day,' June says. 'The wind blew my veil around everywhere!'

Once married, June and Gordon rented rooms above a shop in London, and the children came along quickly. More room was needed, so the family moved back to Leicester where they were able to buy a bigger house. Then, the opportunity to move to Australia came along, and June says they've never looked back.

### Hobbies and interests

Even from across the world, June and Gordon remain life-long fans of the Leicester City Football Club. Likewise, after their move to Australia, June continued to go dancing on a regular basis.

Travel was also a highlight for June and Gordon, visiting family and friends from across the world. Gordon collects coins and stamps and has a postcard from every country they have visited.

June and Gordon celebrated their 70<sup>th</sup> wedding anniversary in 2023, not long after they moved into Resthaven Craigmores.

'We have been very lucky,' June says. 'We have had many good times and are looking forward to enjoying lots of activities in the future.'



## Valentine's Day Craft

Residents of Resthaven Leabrook prepared for Valentine's Day on 14 February with a craft session, where they created a beautiful heart made out of paper butterflies. The decoration formed part of the Valentine's Day display in the hall.

Mrs Noela Long, Mrs Chitra Lecamwasam, and Lifestyle Assistant, Karla Del Razo, are pictured this page with their amazing creation.





## Happy 100th Birthday: Mrs Aileen Hart

Happy 100th birthday to Mrs Aileen Hart, who celebrates her milestone on 4 January 2024, in her home at Resthaven Malvern.

Mrs Hart's daughter, Julie, says, 'Mum was an only child, born and raised in Woodville, and went to the local school there. Her father—my grandfather—worked for the Hindmarsh Building Society, and she was very close with her mum, being an only child.'

After completing her intermediate studies at Woodville High School, Mrs Hart commenced short-hand training, and found a typist role at the Vacuum Oil Company—the first Australian oil company to open in 1895.

'Mum and Dad (Robert) met there—he was working as a bookkeeper at the time, but it wasn't long before he went off to war in a petroleum role in New Guinea.'

'Mum was active in the war too, joining the Women's Australian National Service to provide training to the military, right up until it ended in 1945. She was proud to serve our country.' Aileen is pictured (below right) with the group, below.

During this time, the couple married at St Margaret's in Woodville, settling down in a house of their own in the area.



Their beautiful wedding day is pictured on the front cover of this newsletter.

The newlyweds soon welcomed their daughter, Julie, into the family.

Julie says, 'We have always been very close, and I think even more so that we are both only-children and have that closer bond—the same as she experienced with her own mother.'

After World War II, Mr Hart started up a family business as a butcher, while Mrs Hart tended to the home.

'Mum has always been a quiet and reserved person by nature. She always loved to read biographies, oftentimes saying "a true story is much better than fiction."'

'If she wasn't reading, she was listening to classical music, or busy on the tennis courts—keeping her mind and body active was very important to Mum throughout her life.'

Now, as Mrs Hart celebrates her centenarian milestone, she enjoys her quiet lifestyle at Resthaven Malvern, close to her daughter who lives nearby.

Many happy returns, Mrs Hart.

## Happy 100th Birthday: Mr Albert Raven

Happy 100<sup>th</sup> birthday to Mr Albert Raven, who happily resides at Resthaven Marion, his home for the past 12 months.

Born in Adelaide on 29 November 1923, Mr Raven reflects fondly on his first home in Oxford Street, Hyde Park.

'I had seven brothers and sisters, and my father had a bike shop close to home when I was very young,' says Mr Raven.

'We had a large home, with an even bigger backyard. It was as good a childhood as you could get.'

It wasn't until Mr Raven's early 20s when his life 'truly began', when he met his future wife.

He says, 'Aileen was a local girl, but we didn't come across one another until later in our lives. Once we did, that was that.'

'Our families integrated seamlessly. Her father was a shoe repairman by trade, and so my father fell into the business with him, and they ran a shop together for quite some time.'

On 5 June 19, 1947, the young couple married at St Augustus Church in Unley.

'We settled down a little way out of the city, in Warradale, and we had a son together. He was born a paraplegic, and the doctors didn't give him long to live—they gave him until 10 years old. Well, we raised him with love and care, and he passed at 65-years-old.'

After the death of his wife, and then son, Mr Raven made the decision to say goodbye to their Warradale home and reside at Resthaven Marion.

'It has been pretty good here. They look after me well.'



Now, Mr Raven enjoys social activities with his fellow residents at the home, keeping up with site happenings, and relaxing in his chair by the window.

Reflecting on his longevity, Mr Raven shares, 'I didn't think much about health in my younger years admittedly, until I had a stroke at the age of 30. After that, I stopped drinking and smoking all together.'

His advice to the younger generations is to 'keep your health in check! You only get one body, so look after it as best you can.'

Many happy returns, Mr Raven.



## A 'Sweet' Bus Trip to the Hills

Resthaven residents enjoy regular bus trips to places of cultural interest on the Resthaven bus. The bus is driven by a team of dedicated volunteer drivers.

In late 2023, the bus took Resthaven Mitcham residents out for a trip to Melba's Chocolates in Woodside. The group had the wonderful opportunity to look at all the chocolate treats and purchase some goodies (pictured).





## Happy Hour Brings Social Joy



*Above: Mrs Maple Hay and Mrs Mary Somerfield 'cheers' to Happy Hour.*

Resthaven Mount Gambier is seeking volunteers to support social events and group activities, including for 'Happy Hour,' which is held each Friday afternoon.

This is an attractive volunteering opportunity for someone who has a couple of hours free each week. The role involves socialising with residents during Happy Hour.

We are social creatures, and such connections are important for all of us. They help us to feel good, belong and thrive. Volunteers help forge and sustain these meaningful connections.

To volunteer with Resthaven, contact Volunteer Services via [volunteer@resthaven.asn.au](mailto:volunteer@resthaven.asn.au), visit the website: [www.resthaven.asn.au/volunteer](http://www.resthaven.asn.au/volunteer), or phone 8373 9036.

Please spread the word about volunteering with Resthaven. 'Volunteer with Resthaven' postcards (below) are available from reception, please share them with family and friends.





# Tour Down Under

There was a buzz of excitement amongst the Resthaven Murray Bridge community on Friday 19 January, with everyone looking forward to cheering on Stage Four of the Santos Tour Down Under (Murray Bridge – Port Elliot).

Senior Manager Residential Services, Pardeep Singh Dhot, says, 'The festivities began early with residents enjoying a delicious morning tea of red velvet cake and fruit in the hall.'

'Together with the lifestyle team, they prepared handmade streamers and flags, ready to cheer on the peloton as they went past. Some even decorated their walkers and wheelchairs!'

At mid-morning, staff, volunteers, residents, and their families headed down the driveway for prime viewing outside the home at 53 Swanport Road. Others elected to watch the event from the comfort of the home's verandahs and balconies.

At the roadside, the group was joined by Resthaven Murray Bridge, Hills and Fleurieu Community Services clients and their families.

'We all heard the whirring of the helicopters and knew that the cyclists had crossed the Murray River and were heading our way.'

'Everyone had their flags at the ready and soon enough, the peloton whizzed straight past us, with everyone excitedly cheering them on!'

'What a fantastic opportunity it was for residents and clients to catch a glimpse of this famous cycling event, with many residents positively commenting on the experience.'



# The Fruits of Gumeracha: Brian's Story



The Toy Factory, located at the Big Rocking Horse at Gumeracha, holds a special place in many people's hearts. For Resthaven Port Elliot resident, Mr Brian Harvey, the property holds special significance. His family once owned the land, where they made dried potatoes, then fruit.

'We used to live at Kersbrook on a farm with apples, cherries, plums, peaches – everything,' Brian says. 'We would take the fruit to the market once a week. The pieces of fruit that were not quite up to scratch for the market, we dried, and then we were able to sell that fruit as well.'

When the war began, the Australian government contacted Brian's dad and asked if he could also dry potatoes, that could be shipped to troops out on the battlegrounds.

'At Kersbrook, we had no access to power,' Brian says. 'So we looked for a new property.' The 10 acre site at Gumeracha was purchased for £1,700. The family moved in on 1 July 1940, and the sent off their first shipment of dried potatoes in November.

The factory was originally built from asbestos sheeting. The family was given an information sheet that told them the steps to produce the dried potato products. During this time, an American captain visited Brian at the factory. 'He was from California and had been involved

in dried fruit there,' Brian says. 'He said "If we're both still alive at the end of all of this, then I'll come and teach you how to make glace fruit.'

Meanwhile, one of the workers at the factory had a daughter named Joan, who Brian had gone to school with. They became friendly, and in 1950, the pair were married.

After the war, Brian received instruction on how to make the glace fruit, and things began to look good. 'We rebuilt the factory in brick after the war,' Brian says. 'The glace fruit was a beautiful product. It was very popular, but it was very expensive to do.'

Unfortunately, the hours were not family-friendly, and Brian had become very allergic to bees, often being stung up to 30 times a day. 'The writing was on the wall about needing to get into something else,' Brian says. The final straw came when a customer filed for bankruptcy after a very large order, forcing them to sell equipment to pay growers and workers.

Brian and Joan sold the land at Gumeracha and moved to Birdwood, where they farmed dairy cows, before moving to Balhannah. They finally moved to Victor Harbor and ran a small caravan accommodation business.

'It's been an interesting life,' Brian says. 'Some ups and downs, but it has all sort of worked together.'

The couple had three girls and one boy. 'My eldest daughter is now 72,' Brian says. 'Now that makes me feel very old!'

Sadly, Joan died in 2018, Brian having nursed her through three years of dementia before that. 'Joan was a resident here at the home before me,' Brian says. He has been a resident for a little under a year, moving in just before Easter 2023.

'I can't speak highly enough of this place, it is just phenomenal,' Brian says. 'The way it is kept, always clean and smelling great. It is a very wonderful place and I feel lucky to be here.'



## The 'Magic Cave' of Paradise

In December 2023, Resthaven Paradise once again delighted residents, families and visitors with a 'magic cave' set up at reception.

The cave even attracted the attention of Resthaven CEO, Darren Birbeck, when he visited the home for their annual Resident Christmas Luncheon. Darren is pictured right (from top) with Mrs Oriole Beatty and Mrs Fay Bennett.

Mr and Mrs Graham and Pamela Bagshaw are pictured below.



## 15 Year Resident, Mrs Audrey Lang



In February 2024, Mrs Audrey Joan Lang, (formerly Hunt, nee Tilbrook) achieved the milestone of being a resident at Resthaven Westbourne Park for 15 years.

Audrey and her husband, Keith Leonard Hunt, spent many years living in McLaren Vale. They had three children, and enjoyed the country life.

They were involved with the McLaren Vale Methodist (later Uniting) Church, and community activities in the country district. After Keith's passing at the age of just 40, Audrey worked and raised her family in McLaren Vale.

In the early 1980s, she moved into the Baptist 'Elkanah' village at Morphett Vale, where she met and married Frederick Lang.

With Fred's passing in 2009, she moved to Resthaven Westbourne Park. Here, Audrey joined in the Uniting Church services and attended craft group activities.

In 2014, she moved into the Marlborough area of the home. With lack of mobility, and sight and hearing impairments, Audrey now has 'one on one' visits from the Coordinating Chaplain for her devotions.

She enjoys listening to audio (CD) stories and novels; these the family borrow from various libraries. With assistance from Resthaven staff, books are also sourced from the Mitcham Library. These have become a way of life, along with visits from Audrey's family and friends, including five grandchildren and eight grandchildren.

An important part of this story is that Audrey recalls another family member living at Resthaven Westbourne Park — her late mother, Dorothy May Tilbrook. Dorothy resided at Resthaven in the 1970s, until 1980.

Dorothy was the wife of Rev Louis Tilbrook, a Methodist Minister. The grandmother clock located in the site Activity Hall (pictured) was donated by the family, in honour and memory of Dorothy. In her time of residence at Resthaven Westbourne Park, Dorothy assisted as pianist at church services and social functions.

Audrey celebrated her 97th birthday in November 2023, and has now spent 15 years living at Resthaven.

Love and best wishes to Audrey. Thank you for the memories.

***Written by Carolyn Miller  
(daughter)***





# How assistive technology can help you

### What is Assistive Technology?

Assistive technology is any device, system or design, that allows an individual to perform a task that they would otherwise be unable to do, or increase the ease and safety with which a task can be performed, or anything that assists individuals to carry-out daily activities.

Other common terms you may be familiar with include aids and equipment or home healthcare.

Assistive technology can include simple products such as those that assist you to open a jar or bottle, or turn a tap or open a door.

Complex technologies can include specialised computers, powerdrive wheelchair controllers, home automation and environmental control systems.

They can also include environmental design and home modifications or a different technique or way of doing a task.

Information resources about accessing Assistive Technology are listed (right).

### Resthaven Website Accessibility

An accessibility 'widget' has been added to the Resthaven and Agedcare Alternatives websites. This widget (pictured) makes it easier for anyone to view and access information, how it best suits them.

Usage data shows that an average of 1,550 people use the 'widget' each month, with the 'Read Page' tool the most popular. This is followed by 'Bigger text' and 'Contrast'.



Accessibility  
Menu



### Assistive Technology Resources

#### Independent Living Centre of SA

The Independent Living Centre of SA provides information and advice on disability-related aids and equipment.

11 Blacks Rd, Gilles Plains, 5086  
Telephone: 8266 5260  
National Infoline: 1300 885 886

#### Blind Welfare Association

1 Cameron Avenue, Gilles Plains, 5086  
Telephone: 8367 6088  
Website: [www.blindwelfare.org.au](http://www.blindwelfare.org.au)

#### Royal Society for the Blind of SA Inc

230 Pirie Street, Adelaide 5000  
Telephone: 8417 5600  
Website: [www.rsb.org.au](http://www.rsb.org.au)

#### Guide Dogs SA.NT

Guide Dogs SA.NT has vision, hearing and sensory loss resources. People are able to view and trial a wide variety of assistive technology devices.

251 Morphett Street, Adelaide, SA 5000  
Telephone: 8203 8333  
Website: [www.guidedogs.org.au](http://www.guidedogs.org.au)

# 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 Fleurieu Community Services

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

### Resthaven Limestone Coast Community Services

13 Penola Road  
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 Mallee Hills Community Services

37 Swanport Rd  
Murray Bridge SA 5253  
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  
255 Main North Rd,  
Sefton Park  
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  
Phone 08 8345 0577

### Agedcare Alternatives:

*FREE aged care information*  
237 Glen Osmond Road,  
Frewville SA 5063  
Phone 08 8408 4600

## Retirement Living

General enquiries phone:

**8373 9131**

### Apartments

**On Statenborough  
Retirement Living**  
Coopers Ave, Leabrook SA 5068

### Resthaven Leabrook Retirement Living

334 Kensington Rd,  
Leabrook SA 5068

### Villages (>20 units)

### Resthaven Bellevue Heights Retirement Living

47 Eve Rd,  
Bellevue Heights SA 5050

### Resthaven Chiton Retirement Living

2 Ocean Rd, Chiton SA 5211

### Resthaven Marion Retirement Living

12 Township Rd, Marion SA 5043

### Other Locations (<20 units)

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

**www.resthaven.asn.au**

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



## Contributions

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

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