

Resthaven Review



Summer 2024-25 | Volume 33 | Issue 4

In this issue

Bruce's skydive aged 94

'Clicking needles'

Giving brings joy to Helen



*Season's
Greetings*
from all at
Resthaven

From the Editor ...

Here we are at the end of another year, and what a year it has been.

We welcome new retirement living residents at eleven villages recently purchased from Aveo. We hope you are adjusting to the new ownership.

Across Resthaven, excitement is building towards the festive season. All the while, we celebrate the achievements of our community over the last three months.

A most notable mention goes to Bruce (94) of Resthaven Riverland Community Services (page 19), who recently completed his sixth skydive.

Not to be outdone, 104 year old Joyce continues to live independently at home with support from Resthaven Northern Community Services. She shares her story on page 16.

The Annual Flower Show is in full swing at Resthaven Paradise, with residents showing off their flower arranging skills on page 29. On page 30, Louise shares how being Coordinating Chaplain at Resthaven Port Elliot is 'the most beautiful job'.

Don't miss the centenarian stories on pages 15, 22, 25, 26, 27, and 28. Their stories are inspiring.

We hope you have enjoyed the 'Resthaven Review' newsletter in 2024.

Season's greetings,

Resthaven Marketing & Communications Team

Front cover: Mrs Rosemary Miatke trims the tree at Resthaven Westbourne Park.

Newsletter Contributions

Resthaven encourages contributions to newsletters, which may be forwarded to the Marketing and Communications Department at Head Office, 6 Bartley Crescent, Wayville, via the internal mail system. We reserve the right to determine the appropriateness of items and to edit or adapt articles as necessary.



From the CEO

Darren Birbeck
Chief Executive Officer

Hello everyone,

Retirement Living Acquisition

From 1 November, we were delighted to welcome staff and residents from eleven retirement villages to Resthaven.

The move marked the official settlement of the acquisition of 799 retirement units that were previously owned by Aveo. Resthaven has worked in partnership with Eldercare, also a UnitingCare agency, which acquired 234 units from Aveo in the same agreement.

The acquisition increased Resthaven's retirement living portfolio substantially, adding to our suite of options for older people. It complements our strategy of planned and considered growth and includes the transfer of approximately 90 home care clients.

Since the announcement of the successful bid for the units in August, Resthaven has worked with Aveo to ensure a smooth and seamless transition for staff and residents.

Resident meetings were held during October at all sites, to introduce ourselves and offer reassurance to those who live there (pictured page 7). It was a great opportunity for myself and Executive Manager (EM) Community Services & Retirement Living, Mel Ottaway, to get to know new residents, and understand what is important to them.

Resthaven now owns more than 1,200 retirement units within our Retirement Living portfolio, making us the fourth largest retirement living provider in South Australia. A full list of the new villages is on page 32.

Executive Retirement

It is with sadness but also deep gratitude that I share with you that Tina Cooper will retire in December 2024. Since commencing with Resthaven in 2009, Tina has held the roles of Senior Manager Residential Services, EM Residential Services (2011), and EM Clinical Governance & Operational Excellence (2023).



I thank and acknowledge Tina for the significant contribution that she has made over the past 15 years and the wonderful legacy that she has left for Resthaven.

I am pleased to advise that Merridy Baylis has been appointed to the role of EM Clinical Governance & Operational Excellence. Merridy joined Resthaven in the role of Senior Manager Clinical Services in April 2020, and has provided clinical leadership across the organisation since that time. We congratulate Merridy and welcome her to the Executive team.



Aged Care Reform Package

Key measures of a \$5.6 billion reform package (noted to be the largest investment in aged care in 30 years) include:

- a \$4.3 billion investment in Support at Home, to come into effect on 1 July 2025,
- a 'no worse off' principle to provide 'certainty to people already in aged care' that they 'won't make a greater contribution to their care',
- that the 'treatment of the family home won't change',
- new laws to 'protect older Australians in aged care'.

This bipartisan agreement reflects an historic and seminal opportunity for us as a nation – aimed at ensuring a viable and sustainable sector, and giving older Australians confidence that quality and safe care and services will be there for them in the future.

Awards

I am pleased to advise that Resthaven was awarded 'Highly Commended' in two categories of the 2024 'Inside Ageing – Future of Ageing' awards: Community Engagement (for our 27 year partnership with Vision Australia Radio) and Future Leaders (for Resthaven Relieving Clinical Nurse, Dianne Aranda). Congratulations.

We are also delighted to report that we were 'Highly Commended' in the Reader's Digest Quality Awards, announced on 14 November. Executive Manager Finance & Technology, David Norton, is pictured with Group Advertising Director, Sheron White, accepting the award on behalf of Resthaven.



Out and About

In September, I attended the UnitingCare Leaders Forum in Canberra, along with several members of the Resthaven Board. Here, we advocated for aged care policy.

On 23 October, we were delighted to host the Hon Anika Wells MP (Federal Member for Lilley and Minister for Aged Care), Marielle Smith (Senator for South Australia) and Claire Clutterham (Labor Candidate for Sturt), to Resthaven Paradise. The group (pictured page 4) enjoyed a tour of the home, including the rose garden in full bloom, and a chat with residents and staff.

Finally...

As we approach the end of the year and the festive season ahead, I take this opportunity to thank you all for another great year at Resthaven. Wishing you and your families health and happiness for Christmas and the new year beyond. See you in 2025, as we celebrate our 90th anniversary.

Darren

Chief Executive Officer



Residential Services

Kelly Geister
Executive Manager
Residential Services

Hi everyone,

New Strengthened Aged Care Standards

As part of the proposed new Aged Care Act and regulatory model, the Aged Care Quality Standards are being strengthened. In 2021, the Royal Commission into Aged Care Quality and Safety recommended that the Department of Health and Aged Care (the Department) review the Standards, and recommended that they include vital areas such as food and nutrition, dementia, diversity, governance, and clinical care.

The strengthened Quality Standards are expected to be introduced with the commencement of the new Aged Care Act on 1 July 2025. The existing Standards will remain in effect until then.

Accreditation

From August - September, Resthaven Paradise and Port Elliot underwent unannounced visits by assessors from the Aged Care Quality and Safety Commission (ACQSC). We await the results from Paradise. All requirements were found to be met at Port Elliot, and three years of re-accreditation granted. Well done.

Site Anniversaries

From September - November, four Resthaven residential sites celebrated significant milestones with festive events.



Above (L-R): Marielle Smith (Senator for SA), Pardeep Singh (SMRS), Darren Birbeck (CEO), Anika Wells MP (Minister for Aged Care), Shani Liyanage (MRS), Kelly Geister (EMRS), and Claire Clutterham (Candidate for Sturt). The group visited Resthaven Paradise on 23 October.

I was delighted to attend several of these events, along with CEO Darren Birbeck, Senior Managers, and members of the Resthaven Board.

Congratulations to:

- Resthaven Craigmore: 20 years
- Resthaven Marion: 50 years
- Resthaven Malvern: 70 years
- Resthaven Leabrook: 80 years.

Thank you to all involved for your hard work and planning in commemorating these very special anniversaries, and to all those residents who attended.

Site Christmas Luncheons

As we head towards the end of another year, I look forward to seeing many of you at the annual Resident Christmas Luncheons, held across all residential sites throughout December.

Take care as we head into the festive season, and if you see me at your site, please say hello.

Resthaven Residential Site Anniversaries 2024



Above, site anniversary celebrations (clockwise from top): Resthaven Leabrook's 80th anniversary with Aman Khalon (Manager Residential Services - MRS), Darren Birbeck (CEO) and Pardeep Singh Dhot (Senior MRS) and staff; Freddy Bartlett (Board Member), Darren, and Cathy Ryan (Relieving MRS) cheers to Resthaven Malvern's 70th anniversary; Glen Docherty (Mayor of City of Playford), Jess Traeger (MRS), David Norton (EM Finance & Technology), and Kelly Geister (EM Residential Services) at Resthaven Craigmores 20th event; Darren, Rachael Musico (MRS), Kris Hanna (Mayor of the City of Marion), and Kelly celebrate 50 years of Resthaven Marion.



Community Services & Retirement Living

Mel Ottaway
Executive Manager
Community Services & Retirement Living

Hi everyone,

Accreditation

In August, we received our final report regarding our July 2024 performance assessment by the Aged Care Quality and Safety Commission.

I am pleased to say that the report demonstrates that we are compliant with all the standards across our services in home care packages, Commonwealth Home Support Program, and Short Term Restorative Care Program, across Community Services. This is a great achievement. Many thanks to everyone involved to achieve this outcome.

Retirement Living Acquisition

As mentioned in the CEOs update, on 1 November, we officially took ownership of a suite of 11 new retirement living villages, formerly owned by Aveo.

The new villages are:

- **Resthaven Elizabeth North 'Riverview'**
43 Jarvis Road Elizabeth Vale SA 5112
- **Resthaven Fulham 'The Oaks'**
511 Henley Beach Road, Fulham SA 5024
- **Resthaven Fulham Gardens 'Leisure Court'**
5 Leisure Court, Fulham Gardens SA 5024
- **Resthaven 'Glynde Lodge'**
10 Davis Road, Glynde SA 5070
- **Resthaven Hillcrest 'Crestview'**
136 Fosters Road, Hillcrest SA 5086

- **Resthaven Melrose Park**
155 Edward Street, Melrose Park SA 5039
- **Resthaven North Haven 'Gulf Point'**
2 Failie Drive, North Haven SA 5018
- **Resthaven North Haven 'The Haven'**
840 Military Road, North Haven SA 5018
- **Resthaven Queenstown 'Westport'**
9 Old Port Road, Queenstown SA 5014
- **Resthaven Rostrevor 'Leabrook Lodge'**
205 St Bernards Road, Rostrevor SA 5073
- **Resthaven Salisbury East 'Manor Gardens'**
12 Melville Road, Salisbury East SA 5109.

We welcome all new retirement living residents and thank them for their patience and understanding during this transition.

Agedcare Alternatives

From 1 November, the Agedcare Alternatives information service and Regional Assessment Service (RAS) will cease to operate. Staff will be re-allocated to new roles in the Resthaven Community Services and Retirement Living team. The Care Finder program will continue at present.

Season's Greetings

Wishing you a wonderful festive season, and I look forward to seeing you all soon.

*"It is Christmas in the heart
that puts Christmas in the air."*

— W.T. Ellis.

Resthaven Retirement Living Resident Meetings



Pictured this page: Resthaven Executives meet with residents of the former Aveo Retirement Living villages.



Clockwise from top left: EM Community Services & Retirement Living, Mel Ottaway, addresses Melrose Park Retirement Living residents; CEO Darren Birbeck and residents at Riverview; EM Finance & Technology, David Norton, at Gulf Point with a resident; Darren with Gulf Point residents; Darren and Mel with a Gulf Point resident.



Building Update

David Norton
Executive Manager,
Financial & Corporate
Services

Hi everyone,

The year is flying by. Our construction projects continue to progress, and we are bringing new projects online. The most exciting of these is the major redevelopment of the Marion Campus. This will be a generational redevelopment, and a flagship for Resthaven. Read on for more...

Resthaven Chiton Retirement Living

On 13 September, the first sod was officially 'turned' on the \$7.8m development Resthaven Chiton Retirement Living.

Resthaven CEO, Darren Birbeck, and Executive Manager Community Services and Retirement Living, Mel Ottaway, were joined by representatives from Brown Falconer, Kennett Builders and Chiton residents to 'turn the turf' (pictured opposite page).

Works onsite have since commenced, and the units are on the market for presales. If you know of anyone interested in purchasing a unit, please point them in our direction.

The scheme includes 11 additional retirement units, a garden reserve, and a caravan parking area. Completion is scheduled for September 2025.

Resthaven Marion Campus

The concept for the overhaul of the Resthaven Marion campus has been agreed upon. It incorporates the construction of a new multipurpose Community Services building in the vacant land on the site.



Above: Chiton residents, Mrs Marg Dent, Mrs Joan Driver, and Mrs Janine Wells on the Lakehouse balcony.

This will enable the construction of a new 150-place residential aged care home where the current Community Services building is located.

Both new buildings will be connected by a dedicated linkway, and central communal square and café, with associated services.

The project will aim for high sustainability outcomes, including carbon neutrality for operations and a green star rating. The development application process for this major project is underway. Watch this space!

Resthaven Bellevue Heights

Stage 2 of the major redevelopment of Resthaven Bellevue Heights has been 'handed over,' and residents have moved into the new areas. This includes 23 new rooms, with a memory support area to be called 'Waratah.' The name of the demolished lodge, 'Manson', will be used for another area within the home.

The memory support area incorporates new lighting technology called MelaGen, which has been scientifically researched to promote natural circadian rhythms, with warm enriched light and blue depleted light as the day runs its cycle. This technology will assist in wellbeing and sleep for residents.

Once the new areas are complete, Grevillea will be demolished and a new car park constructed.



Above, 'Turn the Turf' at Resthaven Chiton Retirement Living (L-R): Donovan (Site Manager), Matt Cragg (Senior Manager Sales & Services), Anthony Carbone (Kennett Builders General Manager), Jay Belsare (Project Coordinator Building & Property Services), Janine Wells (Resident Committee President), Darren Birbeck (CEO), Mel Ottaway (EM Community Services & Retirement Living), James Kennett (Kennett Builders Director), Mario Dreosti (Brown Falconer Managing Director), and Kennett Site Coordinators, Ben and Abdulla.

Resthaven Westbourne Park

Stage 2 of the major redevelopment at Resthaven Westbourne Park is progressing. The latest progression is the completion of excavation for the under-croft staff carpark. When completed, stage 2 will accommodate 26 resident rooms over two levels.

Resthaven Leabrook

Resthaven Leabrook is a beautiful site with lots of heritage, however it's time for some love and attention.

As part of this project, we will refurbish and upgrade all rooms, common areas and service areas in Mortimer, Dorothy Wilson, Shapley, Burnside, Godfrey, and Pearce. Design and planning are now occurring.

Resthaven Head Office

For a period of time now, we have made minor alterations to Resthaven Head Office to facilitate our growth since the office was first occupied in 2015.

With continued growth projected, Resthaven Head office requires an internal fit out to provide for this growth, and improve functional aspects such as quiet rooms, meeting spaces, hot desks and touch downs. Planning is underway.

Rooftop Solar PV Project

Installation of rooftop solar photovoltaic (PV) panels is now complete and online at the majority of Resthaven sites. This brings a huge benefit to Resthaven and the environment.

The estimated reduction in our carbon footprint is 9%. We are working on a live system display at residential sites so all onsite can see real-time solar production and how our consumption is being met. This is one way we are reducing our carbon footprint.

Best wishes for the festive season.



Indah's volunteer journey



'I'm enjoying volunteering with older people so much.'

Rezky Jaya Indah (Indah) says that volunteering with Resthaven has been a great way to introduce herself to the field of aged care.

'My favourite part is engaging with and getting to know individuals,' Indah says.

'We encourage and support each other - if I mention I am interested in something, then often a resident will say to me something like "You only live once – take a chance". I really take their advice to heart.'

Indah loves volunteering with Resthaven Leabrook so much that she is volunteering more often than she originally intended.

'I really enjoy supporting the residents and providing companionship,' she says.

Indah has a Bachelor's degree in Psychology from the University of Adelaide and is also completing her Certificate III in Individual Support (Ageing and Disability).

Indah (above, with Resthaven Leabrook resident, Mrs Ros Aish) grew up in Indonesia and moved to Australia around six years ago to study.

'Since I am far away from home, I find it nice to come here and make connections,' Indah says. 'I sometimes think – why didn't I do this earlier!'

Indah's trainer recommended she volunteer with Resthaven, and now Indah is encouraging her friends to explore volunteering.

'It is a great experience, and I am learning so much because of it,' Indah says.

Resthaven welcomes more people to volunteer and enrich the lives of older people. If someone you know would enjoy connecting through volunteering, we would like to connect with you.

For more information, call Volunteer Services on 8373 9036, email volunteer@resthaven.asn.au or visit the Resthaven website: www.resthaven.asn.au/volunteer.

Cyclone Tracy 50 years on

This year marks the 50th anniversary of one of Australia's most destructive natural disasters – Cyclone Tracy, which hit Darwin on Christmas Eve, 1974.

Resthaven Chiton Retirement Living residents, Mr and Mrs Allan and Aileen Scott, and their now-neighbour Mrs Janine Wells, were among those living in Darwin when the disaster struck.

Aileen's mum and dad had flown in from Adelaide to see the couple and their children aged 4, 18-months and six-weeks old. They were also there to see the new extension the family had put on their house – including a new room that boasted air conditioning.

'I'd come home and gone to bed as per usual,' Janine says. 'I didn't have a radio or anything going, and it was only when I was woken up by neighbours banging on my door around midnight that I realised something was happening.'

Over at Aileen and Allan's, large wind gusts were shaking the house and moving the furniture. The whole family – four adults, three children and two dogs – were in the extension, but as the gusts increased, they decided it would be safer in the bathroom.

'We had the baby in the bassinette on the floor, just under the air conditioning unit,' Allan says. 'Aileen's dad bent over to pick her up, and at that moment, the air conditioner was sucked out of the wall and the unit fell into the room and hit him on the back.'

'It doesn't bear thinking about what would have happened if he hadn't been leaning over the baby at that moment,' Aileen says. 'I remember going through the lounge room, where the Christmas tree was set up with the presents underneath it. Our 4-year-old yelled out "Look, Santa has come!" It was surreal.'



Above (L-R): Mrs Janine Wells, Mr Allen Scott (seated) and Mrs Aileen Scott.

The family filed into the bathroom, where 'Water was coming in everywhere,' Aileen says. 'Luckily, in the bathroom, the water was able to run down the drains.'

A similar three storey building to Janine's was located down the road, and when the cyclone went through it sheered off the top floor. 'It was simply unbelievable to see.'

Aileen and Allan's experience has been turned into a radio segment series titled 'Surviving Cyclone Tracy' which had been airing on Great Southern Community Radio, Happy FM, from mid-October. Ian's footage has also been included in a series produced by Granada television called *In the Eye of the Storm*.

Aileen and Allan moved into Chiton Retirement Village in April 2018 and Janine moved in October 2019. It was only a chance conversation that led them to discover they had all been in Darwin on the night that Cyclone Tracy hit.

'There are 47 residents who live here (at the moment) and we are all good friends,' Aileen says. 'It's amazing the connections we have discovered.'

‘A wonderful experience’ on retreat

Becoming a full-time carer for someone with dementia is not an easy task, and for Ro, who cares for her husband Brian, support has been key.

Ro and Brian recently participated in one of Resthaven’s free retreats for older people living with dementia, funded via the government; ‘Staying at Home in Regional SA’ program. The couple enjoyed a stay at Cockatoo Valley, where they connected with other carers and people living with dementia.

The retreats are facilitated by Resthaven dementia care specialists and carers receive practical advice and training. The person living with dementia is able to participate in meaningful activities, and carers learn different ways to interact and engage.

‘It’s a whole different ball game,’ Ro says. ‘I had to learn how to be a carer, and it took me a little while to feel comfortable and confident in this role – a role where the skills are very tangible.’

Ro and Brian both worked as high-level professionals, and Ro says they were both very independent people. Ro joined the retreat after seeing it advertised and hearing favourable things from a friend who had taken part in something similar.

‘It seemed like a really lovely thing to do,’ Ro says. ‘I would get support, and Brian would get to do interesting things too. The ability to do something together like this really appealed to me.’

Ro says that on this particular retreat, one of the other carers brought his camera, and Brian took an interest in photography, as he had done in years gone past.

‘I had a chance to see Brian enjoying what had been a great passion that he’d pursued with so much success,’ Ro says. ‘I also found watching Brian enjoying time with the very skilled Resthaven carers, very insightful. There were so many times when Brian joined with other people. It was very collaborative and very respectful. I certainly learnt different ways to interact and engage with Brian, which I use all the time now.’

Ro says that as well as feeling supported by staff, the interactions with other carers were invaluable.

‘Right from the start there was an openness amongst us all and we knew that this was a safe place where we could share anything,’ Ro says. ‘We talked about our frustrations and stresses and shared our strategies. It was such a positive experience.’

On top of everything else, Ro says that the food was fabulous and that the whole retreat flowed beautifully.

‘It was an experience that was really very important to both of us,’ Ro says. ‘The staff were wonderful and the interaction and level of skill they displayed was amazing. I enjoyed sharing experiences with the other carers and having the opportunity for further chats with them outside of group time. I continue to revisit the retreat time, gaining strength from the experience.’

Ro is happy and confident now in her role as carer.

‘I’m doing a pretty good job of it now,’ Ro says. ‘I can acknowledge when times are tough, and I know my trigger points and when I need to pull back. I encourage other carers to take advantage of any support and programs available to them.’

Alan recognised with OAM

No matter which city Alan Field OAM has lived in, he's managed to find a local musical society to join and invigorate – and if there's not one existing, then he has started one up!

It is only fitting then, that the Resthaven Fleurieu Community Services client, who turned 90 in August, received his Medal of the Order of Australia (OAM) in this year's King's Birthday honours list, for services to the community through music and to education.

'There is a joy about music,' Alan says. 'Individually, music helps people achieve something that is delightful. But together, music becomes even more than that. You can "feel the music" when a group is singing or playing together and that feeling brings me such satisfaction.'

Alan's musical achievements include being President and Conductor of the South Australian Country Choral Association, President and Choir Conductor of the South Coast Choral and Arts Society, Musical Director and Conductor of The Hills Choral Society, Deputy Bandmaster of the Victor Harbor City Band as well as Choir Master and Pianist at the Adare Uniting Church at Victor Harbor for the past 30 years. He still plays piano at the church every Sunday.

In his career, Alan was Principal of Victor Harbor, Murray Bridge, Alice Springs and Glengowrie High Schools, as well as being a secondary school teacher for 34 years.

Growing up with music

Alan's love of music began when he joined the drum and fife band as a young boy, and then took up piano lessons. Fast forward a few years, and at Adelaide Teachers College Alan met Margie – the woman 'without whom none of this would be possible'. He and Margie married in 1957.



Above: Alan and Margie Field.

As a young teacher, Alan joined the South Coast Choral and Arts Society, which was putting on a performance of Pirates of Penzance.

'I was given the part of Samuel, the Pirate Lieutenant,' Alan says. 'I enjoyed it a lot, and then the next year, I was invited to be the musical director for our performance of The Mikado. It was a big step up for me – and I loved it!'

More time for music

Upon his retirement, Alan took up the cornet, playing in the Victor Harbor City Band and taking on the role of Deputy Band Master as well as conducting for the group. He also became more involved in the Choral Society and was a driving force in the yearly productions. Alan says his favourite musical moments were conducting several performances of Handel's Messiah.

'It was just a total joy,' Alan says. 'We also did Elijah, an oratorio written by Mendelssohn. It was hard work, and some of the choristers battled with it – but it went very well.'

'Music has been a constant in my life,' Alan says. 'It's been an interesting and long journey.'

Service & Support

Resthaven Limestone Coast Community Services Manager, Theresa Connor, is pleased to be welcoming social and support groups to their new, larger office at 13 Penola Road, Mount Gambier.

Operating from their new premises since earlier this year, Theresa says the new location allows them to meet the strong demand for home care services in the area.

'Our new location allows us to hold new and exciting activities and programs to better meet the ever-changing needs of clients in our community,' Theresa says. 'We also have the opportunity for a "community hub," where nursing and health clinics, information sessions and social programs are being held.'

Resthaven Limestone Coast Community Services offers day respite, social and dementia support groups across their offices in Mount Gambier, Millicent and Naracoorte. Group members enjoy craft, board games, book club, cooking and gardening activities, all tailored to the individual's choice.

'At our Naracoorte premises, at 17 Gordon Street (below), we recently hosted two painting days, as well as arranging an outing to a newly opened café in Naracoorte,' Theresa says. 'These are just examples of how we are working together with the Limestone Coast community to enrich the lives of older people.'

Soon, we plan to expand our respite services in Mount Gambier.



A Christmas poem



'Christmas Carol'

The kings they came from out the south,
All dressed in ermine fine;
They bore Him gold and chrysopease,
And gifts of precious wine.
The shepherds came from out the north,
Their coats were brown and old;
They brought Him little new-born lambs—
They had not any gold.
The wise men came from out the east,
And they were wrapped in white;
The star that led them all the way
Did glorify the night.
The angels came from heaven high,
And they were clad with wings;
And lo, they brought a joyful song
The host of heaven sings.
The kings they knocked upon the door,
The wise men entered in,
The shepherds followed after them
To hear the song begin.
The angels sang through all the night
Until the rising sun,
But little Jesus fell asleep
Before the song was done.

– Sara Teasdale

Happy 100th Birthday: Mrs Joan Riley

Fun, adventure, and hard work have been the constants for Mrs Joan Riley, who celebrated her 100th birthday on 16 August, 2024. Joan celebrated with family and friends, as well as with a party at the Glenelg Contract Bridge Club, where she has been a member for 30 years.

Joan learnt how to play Bridge just before she and her husband, John, emigrated to Australia from England in 1990. At that stage, the couple were aged 65 and 75 respectively, and had made the decision to follow their son, Stuart, across the world after hearing how much he loved his new home.

'We visited a couple of times and loved the climate,' Joan says. 'I'm certainly glad we made the move.'

After staying with Stuart for a couple of weeks, Joan and John bought their house in Seacliff Park. Joan still lives here independently, with support from Resthaven Marion Community Services. Stuart visits regularly to take her to Bridge and appointments and to take care of anything that is needed around the house.

A life in service

Joan was born in Devon, England, in 1924. Her father was a member of the Royal Navy, and her mum was part of the Women's Royal Navy Service (WRNS). An only child, Joan says her childhood was 'idyllic'.

The family moved to London, and with the onset of war, Joan was evacuated out of the city for safety. She was later reunited with her family and joined the WRNS herself.

When the war ended, Joan maintained her career, working in different offices. She also attended local dances with friends. It was at a dance at the Lyceum Ballroom (now Theatre) that she met her husband-to-be, John.

John worked on merchant ships and would travel between London and Canada to bring

much-needed goods back to England. With John often away for long stretches of time, it was a couple of years before he and Joan were engaged and then married, tying the knot in 1950.

The couple moved just north of London, and John took a shore job, working in the catering department of a nearby hospital. Joan continued as a secretary for a variety of businesses, before Stuart was born in 1953.

Joan is pictured (right) with Stuart, current day.

After a few years off to care for Stuart, Joan returned to work as a temp.

Holidays in Italy were an enjoyable part of life, as were regular music nights, where Joan and her friends would play the piano accordion and sing. Joan took up the instrument later in life.

Sadly, John died in 2005, at the age of 91.

Secret to longevity

Joan says her secret to a long and healthy life has been eating well.

'I enjoy my food – and my drink,' Joan laughs. 'I've never been a smoker, which I am sure has helped me. And I've always been very social, which they say is an important part of a healthy lifestyle.'

In a speech given at Joan's birthday celebration at the Bridge Club, her Bridge partner, Yvonne, commended Joan's positive attitude: 'In a world of negativity, Joan's ability to see the good in everyone is truly a remarkable gift. Her ability to stay gracious and find the good in every situation is inspiring.' Well said Yvonne – and happy birthday to Joan!



104 year old Joyce shares her story

Living independently in her own home at Oasis Garden Village, Gawler East, with support from Resthaven Northern Community Services, Mrs Joyce Bloodworth (nee Ward) recently turned 104 – but you could be forgiven for thinking she was a much younger woman.

‘People say I don’t have many wrinkles,’ Joyce says with a laugh. ‘But, I say to them, they’re in places where you can’t see!’

Joyce was born in Coventry in the United Kingdom. As a child, she and her sister took up ballet and piano lessons.

‘I enjoyed piano and organ, and played for many years,’ Joyce says. ‘I played classical music, as well as wartime tunes. When I played ‘When the Poppies Bloom Again’, the tears used to roll down my face.’

Joyce left school at 14 and began work as a finisher at a textile factory.

At 20, with World War II underway, she signed up for National Service, working in an aircraft factory inspecting metal propeller gears. She also volunteered in First Aid home nursing, as well as being involved with the Salvation Army and Baptist Church. At the end of World War II, she worked as a clerk. A keen ballroom dancer, Joyce began dance lessons again – which she enjoyed much more than ballet.

The boy next door

It was 1950 and Joyce’s mother needed her Bush Radio repaired.

‘We knew that the son of the family who lived just five doors down the road was a radio repair man,’ Joyce says. ‘My mother called him over to repair the radio. His name was Ken, and he looked nice and smart.’

‘After Ken had repaired the radio, my mother asked me to walk him to the door to let him out. At the doorstep he asked me to dinner.’

One thing led to another, and the pair were married in 1953.

Ken and Joyce bought a house in Radford, Coventry and at the end of that same year, their son, Michael (Mike), was born.

Australia bound

With multiple motivations, in 1964, the family decided to move to Australia.

‘It took me a while to settle in Australia,’ Joyce says. ‘I couldn’t find the food I wanted to eat.’

The family never had a car, and Joyce mostly walked to get places.

‘I went on the back of Ken’s bike once – but never again,’ Joyce laughs.

Sadly, Ken developed vascular dementia in 2002 and moved into a high-care facility, where he passed away in 2011.

In 2006, Joyce moved into the Oasis Garden Village, Gawler. Joyce enjoys keeping her mind active with crosswords and stays fit with exercise.

She has two grandchildren and two great-grandchildren.

Her advice to others: ‘Lead a clean life and keep moving.’

Joyce is pictured (right) with her son, Mike.



Merenia 'comes home' to Resthaven

After a change in her circumstances, Merenia Vince found herself in the position of wanting to get back into her trained profession as an Occupational Therapist (OT). But, after being out of the industry for around eight years, it wasn't as simple as just applying for a new role.

'Even as someone who had been an OT for more than three decades and worked all around the world, the process of returning to practice meant I needed to work under supervision for 180 hours,' Merenia says.

Resthaven Onkaparinga Community Services was approached, and with the supervision of Resthaven Onkaparinga's OT Cara Mudie, Merenia is again fully registered and qualified to work as an OT.

'I am very pleased and grateful for the patience, support and time invested in me by Cara,' Merenia says. 'Working in health again feels a bit like coming home.'

This is the first time Merenia has worked as an OT in community services and says that she has been well supported by her managers and the whole team at Resthaven.

'Everyone has been encouraging, enthusiastic and welcoming,' Merenia says. 'Our aim is to help clients be safe and independent in their own homes for as long as possible. We promote active ageing. We want clients to be fully engaged in their lives.'

Merenia offers clients recommendations on housing modifications, as well as prescribing equipment and aids.

'One of the things I hear most often is "I hadn't thought of that",' Merenia says. 'There are always adjustments that can be made and adaptations to support ageing. OTs are



problem solvers who can help older people overcome barriers. We can help people to re-engage with what is meaningful in their lives.'

The team at Resthaven Onkaparinga Community Services is pleased to have Merenia on board.

'When we interviewed Merenia we immediately thought she would make a lovely addition to the team,' Lee Bennetts, Resthaven Onkaparinga Community Services Manager, says.

'She was able to easily demonstrate sound OT knowledge and skills, and we are very happy to have supported Merenia to achieve her goal. Credit also goes to Cara who has embodied the spirit of Resthaven in her unwavering support of Merenia.'

'Clicking Needles' Social Group



Members of the Resthaven Paradise & Eastern Community Services 'Clicking Needles' social group were recently graced by the presence of the wonderful Pam Schartner from 'Knit 4 Charities'.

Pam shared her inspiring journey with Knit 4 Charities.

The room was filled with eager faces, all curious to hear her stories.

Pam's talk was a reminder of the power of knitting for a cause, and the joy that comes from spreading kindness, one stitch at a time.

Pam extended her heartfelt gratitude to the lovely ladies from the knitting groups for

their dedication and hard work, and creating beanies and blankets for those in need.

Their efforts reflect the essence of kindness and generosity within the Resthaven community.

Thank you to Pam, and to the ladies of the 'Clicking Needles'.

**Written by Nicola Grose
Coordinator, Resthaven Paradise & Eastern
Community Services**

Above: The 'Clicking Needles' group (seated) with Guest Speaker Pam, Assistant Manager Sharon, and Therapy Assistant Amy.

94 year old Bruce's skydive adventure

Jumping out of a perfectly good aeroplane might not be everyone's idea of a good time, but for Resthaven Riverland Community Services client, Mr Bruce Hoffmann, there's no better way to celebrate your birthday.

Turning 94 on 14 November, Bruce completed his 6th skydive on 23 November, this time taking to the skies with his daughter, Lori.

'It is such an adrenaline rush,' Bruce says. 'I did my first skydive after I retired at 80. The wind rushes past you at around 200km/hour and it is very noisy – but it's an amazing feeling.' Bruce plans to do a jump each coming year to celebrate his birthday.

In the clouds

Bruce has always been one for the skies. Growing up in the Barossa Valley, at 20, Bruce earned his pilot's licence and became the area's first gliding instructor, as well as a founding member of the Barossa Valley Gliding Club.

In 1956, at the age of 26, Bruce flew, with a pilot, in a Cessna from Parafield to Swan Reach to capture colour film footage of the River Murray in flood on a windup movie camera. Soon after, he also earned his Silver "C" certificate for a six-hour flight from Stonefield to Balaklava.

As well as flying, Bruce's interests were in the family business of wine. His Tanunda-based family winery, Hoffmann's Wines, also had a catering premises attached, known as Joan's Kitchen, managed by his wife, Joan. The business has since changed hands and is now known as Peter Lehmann Wines.

Bruce and Joan had five children. Sadly, Joan died at the age of 65.



In 1975, Bruce was inducted as one of the seven founding 'Barons of the Barossa'. Of the founders, Bruce is the only one still alive. Bruce was also Vice President of the Barossa Valley Vintage Festival Association in 1975 and 1977, and voted in as President in 1979.

Moving on from the wine industry, Bruce owned a supermarket for awhile, before joining UPS at the age of 60. When he retired from here at 80, Bruce moved to Loxton. He now lives on his son and daughter-in-law's property in a self-contained unit and is supported by Resthaven Riverland Community Services.

Bruce attends the gym twice a week, doing cardio and weight training sessions.

'I get in the car and go somewhere most days,' Bruce says. 'Whether it's the gym, or the RSL, or out for a meal, I'm always doing something.' He has 12 grandchildren and three great-grandchildren.

Bruce has a few more things on his bucket list to cross off, including a Ferrari Hot Lap at The Bend (he's already been around in a Mustang), flights in a Tiger Moth and a Waco biplane, as well as climbing the Sydney Harbour Bridge and parasailing.

Congratulations on your latest skydive Bruce – here's to many more!

A bellyflop for the win



Resthaven Western Community Services client Mrs Diana Simons (nee MacFarlane), 89, has taught swimming at just about every public swimming pool in

South Australia – and all the beaches. She has swum in every state in Australia and even has a few records under her belt. But, it was a bellyflop in an aboveground pool at a business on Anzac Highway that gave her one of her greatest rewards – a swimming pool of her own.

It was 1983 when Diana entered the bellyflopping competition at Barbecues Galore. Dressed as Shirley Temple, Diana sang a couple of lines from ‘On the Good Ship Lollipop’ then jumped in with a splash so large it even wet the judges. She won the competition! Her moment of triumph is captured below.



With her background in swimming and instructing, Diana was a strong candidate to take out the prize. A swimming instructor since 1963, Diana and her husband, Keith (Kit, who sadly passed away in 2019), were also

founding members of the Adelaide Masters Swimming Club, a precursor to Masters Swimming South Australia.

‘There was a time when swimming really took over our lives,’ Diana says. ‘We made lifelong friends through swimming – and there were always parties and picnics to go to. It was a way of life.’

Diana says that one standout in her career was achieving the Australian record in the 320+ age group (the combined age of those on the team) mixed medley relay at the Adelaide Nationals. ‘I was in my 60s, the youngest, so I did Butterfly,’ Diana says. ‘The rest were in their 70s and 80s – and we won!’

Another proud moment was when Diana won the 200-metre backstroke competition at Dunedin, New Zealand.

The Diana Simons Trophy

A long-distance ocean swimmer, Diana was a member of the Henley and Grange Swimming Club for many years, as well as being Club President, Secretary and Captain at different times. She is now a life member of the club.

For many years, Diana took part in the annual Henley to Grange Australian Day Jetty to Jetty swim. She last competed in this event at the age of 80, and now presents a trophy, named in her honour, to the oldest female swimmer who completes the 2.2km course.

For those thinking of taking up swimming, Diana has this advice – enjoy it.

‘The water supports you, and sometimes you get that lovely, flowing feeling (and sometimes you feel like you’re sinking!),’ Diana says. ‘Enjoy the competition, and don’t take it too seriously.’

Growing together

The resident gardens at Resthaven Aberfoyle Park are beginning to flourish – and it's thanks to a combined effort of both residents and Resthaven Volunteer Jeannie Peace.

'We are grateful for Jeannie's support,' Cheryl Bajsz, Lifestyle Coordinator at Resthaven Aberfoyle Park says. 'In the short time since Jeannie has joined us, the gardening club has replanted the gardens in the court yards. People are enjoying getting their hands dirty and being actively involved in the development of their space.'

Jeannie is enjoying being involved and helping lead the way: 'It's wonderful to see the engaged faces of the residents as we potter in the garden together,' Jeannie says. 'It is very rewarding, and I get as much out of volunteering as what I give.'

Following a 15-year career with Resthaven, Jeannie has joined as a volunteer. She worked in a variety of roles and areas at Resthaven



Bellevue Heights, including administration reception in residential services and coordinating retirement living. Now, Jeannie shares her love of gardening with residents.

'I always thought I would come back to Resthaven to volunteer,' Jeannie says.

In her short time volunteering, Jeannie has also joined the volunteer 'Pack n Chat' group, as well as being involved with Resthaven and Annesley Junior School's Big and Little Gardening Club.

Resthaven Craigmore

Handmade Christmas cards



With Christmas fast approaching, residents at Resthaven Craigmore were inspired to take out the art and craft supplies to make a big batch of handmade Christmas cards (right).

Lifestyle Coordinator, Sarah Chadwick, says, 'We hope to make around 200 Christmas cards over the coming months, to share with our local kindergarten, and to hand out to all Resthaven Craigmore residents.'

What a lovely way to spread some Christmas cheer this festive season.



Right: Mrs Maureen Green.
Above: Mr Rick Schaefer.



Happy 100th Birthday: Mrs Joyce Street



Happy 100th birthday to Mrs Joyce Street (nee Penman) of Resthaven Bellevue Heights, who turned 100 on 13 October.

Born in Devon, England, Joyce was one of four children, with an older sister and two younger brothers. Her mother was a homemaker and her father, originally from Scotland, worked down the clay mines. Joyce attended a church school in Kingsteignton up until the age of 14.

Joyce's grandfather was a market gardener, and she would often help out by driving the cart to neighbours, with their fresh produce on board.

Like others of her era, Joyce's childhood was interrupted by World War II, and as a teenager she became a member of the Auxiliary Territorial Service in Croydon.

'I was one of the girls who was "on the guns",' Joyce says. 'We would scan the night skies for enemy planes, and if we saw anything we would aim the weapons at them in the hope of scaring the would-be invaders away, so they didn't continue overhead to London.'

Not long after the war ended, Joyce met her husband-to-be, George.

'George was in the Royal Corps of Signals,' Joyce says. 'We fell in love. My mum and dad liked him too, but they didn't have to. They weren't marrying him!'

The pair were married in 1947. 'We were very happily married, though we never had any children,' Joyce says. Sadly, George died in 2003.

A move to Australia

After some years of marriage, Joyce and George moved to New Zealand. After a year or two, they moved from New Zealand to Australia. 'I'm very glad I came to Australia,' Joyce says. 'The weather is much better here.'

The pair found work where they could, with Joyce working for a time as a waitress in Torquay. They later moved to Adelaide where Joyce worked for a while at Hills Industries.

Joyce joined the British Army Women Organisation in Prospect, and she recalls that on Remembrance Day, all the ex-servicemen and women would meet at the St Cyprians Church in North Adelaide and march down North Terrace and King William Street in the parade. 'I remember we would all dress in our uniforms and carry the flags,' Joyce says.

These days, Joyce is an avid reader – and she doesn't mind what genre the book is, as long as it keeps her interested. 'I find reading to be very relaxing and restful,' Joyce says. 'I don't like to read the same book twice though. I like a steady supply of books to keep me going.'

Her advice to others? 'Do your best in life,' Joyce says. 'Time catches up with you though!'

Happy Birthday Joyce – we hope you had a fantastic celebration.

Show Day

In September, in conjunction with the Mount Gambier Show, Resthaven Mount Gambier held their very own 'Show Day'.

Lifestyle Coordinator, Shelley van der Linde, says, 'Residents enjoyed looking at the displays of flowers, quilts, art/craft and photography, and reminiscing about their memories of attending the Show.'

'We had many visiting animals to pat and hold, including a presentation from Australian Bush Buddies, with beautiful animals we rarely see up close.'

'Residents played games, and cheered on the staff in their egg and spoon races.'

'Everyone had a photo in the photo booth, with colourful dress ups, and of course, no show is complete without a show bag!'

'There was so much fun and laughter from all. It was wonderful to see, with many happy memories made.'

All the fun is pictured this page.



Malvern goes back to the 1950s

As part of the 70th anniversary of the opening of Resthaven Malvern in October, the site held a 'back to the 1950s' week.

The festivities kicked off on Monday 14 October with the official anniversary party (see page 5). On Tuesday, the Adelaide Rock 'n' Roll 50s and 60s club visited to perform (right).

On Wednesday, there was a staff luncheon, and on Thursday there was a 50s-themed Happy Hour, with milkshakes and spiders served in the cafe area (below), which was a hit with residents.

The week finished up with a 50s-themed Trivia Afternoon on Friday, with residents and staff encouraged to dress in their 50s best. Finally, a jukebox was hired for the week, which played all the old hits in the foyer. A fitting way to celebrate the 70th anniversary of Resthaven Malvern.

Right (from top): Adelaide Rock 'n' Roll 50s and 60s club dancers entertain residents; Mrs Glennis Adams and Mrs Dorothy Moss enjoy the show; Volunteer Margaret with a dance group member.

Below: Mrs Shirley Kannally enjoys her 'spider' at the 50s-themed Happy Hour.



Happy 100th Birthday: Mrs Joan Hasse

No matter what the activity, Resthaven Marion resident Mrs Alice (Joan) Hasse, always had a natural ability when it comes to pursuing her interests.

Joan, who turned 100 on 15 November, has tried her hand at China painting, dressmaking, gardening, gourmet cooking and painting – excelling at them all, each individually, in turn.

Often the feature artist at different art exhibitions, Joan's paintings were well regarded by those in the Fleurieu art scene where she made a name for herself while living at Aldinga.

Early years

Born in Birmingham, England, in 1924, Joan's parents packed up their lives when she was five-months old and moved to Australia. The family settled in Griffith, New South Wales, where they took up dryland farming under the Soldier-Settlement Scheme. The family had fruit orchards and Joan remembers that Christmas Day was always the time when the apricots were cut in half, placed on large trays, and put out in the sun to dry.

Times were tough on the farm, and with drought and market pressures putting a squeeze on the family finances, the family moved to Adelaide where her father worked for the British Tube Mills.

Joan continued her schooling at Adelaide High School, going on to complete her leaving certificate. She found a job working as a typist, and then went on to work at the Islington Railway Workshop, where she calibrated bullets for use in World War II.

Joan and Ray

Towards the end of the war, Joan met her husband-to-be, Ray. They fell in love and were married in 1946.



The next year their first daughter, Pam, was born and in 1950, their second daughter Judith (Jules). The couple are pictured above in the 1990s.

Towards the end of the 1960s, Ray moved to Melbourne for work, but Joan stayed on with the girls until Pam was married. In 1969, she joined Ray, finding a typist job, and then in the credit department at Myer, where she stayed for 15 years. 'I loved fashion, and if I had my time again, I'd love to have designed clothes,' Joan says.

When Ray retired from Hoyts and the couple moved back to South Australia, Joan began working for Myer in Adelaide. Joan was always careful not to write down her birthdate on work forms, but one day someone from personnel came to see her.

'He said to me "It's come to our attention that you are three years over the retirement age";' Joan says. Joan had to resign, but with her new leisure time, she took up painting. Sadly, Ray died in 2017. 'My years with Ray were the best of my life,' Joan says.

Joan moved into Resthaven Marion in May 2023. The secret to her longevity?

'Eating natural, healthy food and walking regularly to stay fit.'

Happy 100th Birthday: Mrs June Moody



Having turned 100 on 23 September 2024, Resthaven Mitcham resident Mrs June Moody (nee Ridgway) says the most important lesson in life is to be kind to others.

'I've always tried to be nice and to get along with people,' June says. 'It is a good way to live.'

Island life

June was born in Newport, on the Isle of Wight, England. One of eight children, June had four older brothers, and three sisters.

'My mother stayed home and looked after all of us,' June says. 'I always remember that when she went out shopping, she would wear a lovely hat! Dad was on the ships and his job involved going across to South Hampton to collect supplies for the island.'

June recalls that during World War II, her brothers were involved in Operation Dynamo – the evacuation of British, French and Belgium troops from the beach at Dunkirk, ferrying soldiers back across the English Channel.

Inspired by her brothers' involvement, June joined the Women's Royal Navy Service (WRNS) soon after, working in the Officer's Mess.



After the war, June found work in the accounts office at the Hyde Park Hotel, London. Here she was responsible for settling the accounts for visitors after their stay. Around this time, she met her husband-to-be, George, at the Hammersmith Palais. George had decided he was moving to Australia, and June didn't take much convincing to move across the world as well.

'George went a little before me,' June says. 'He had arranged lodgings for me at Westbourne Park and he came and met me on the dock when the boat came in.'

Married life

In 1949, June and George were married, tying the knot at the Westbourne Park Methodist Church. They built a home at St James Park (now Mitcham), and their son Philip was born in the years following. After a time, June went to work at CH Martin Builders, doing their clerical and accounting work.

Returning to England several times to see family, June says that things have changed significantly on the Isle of Wight. 'When I was growing up, there weren't many shops,' June says. 'However, walking down the quay – nothing changes there.'



June enjoyed a small celebration for her birthday with a visit from Philip and his wife Susan and a surprise visit from her granddaughter, Alexandra, who lives in Tasmania.

'I never dreamt I would reach 100,' June says. Happy birthday June.

Happy 100th Birthday: Mrs Denise Drew

A consummate host, entertainer and food and wine aficionado, Resthaven Mitcham resident Mrs Denise Drew (nee Ross) celebrated her 100th birthday on 29 October.

Known for her charm and impeccable dress sense, Denise was an original member and patron of the Chicken and Chablis Club (a gathering of like-minded women who share a love of wine and fine dining). She is also an artist and gifted dressmaker.

Denise has had an interesting and colourful career, as well as enjoying a life of travel and socialising. She has two daughters, four grandchildren and five great-grandchildren – many of whom share her love of adventure and now live interstate or overseas.

Natural talent

Denise grew up in Stirling and Wattle Park, going to school at Methodist Ladies College (later Annesley College), where she completed her Intermediate Certificate.

Denise was too young to serve in World War II. However, sadly, her older brother Alan, who was a Wireless Air Gunner, went out on a mission one day and never returned.

After completing her schooling, Denise found a secretarial job at Thomas Hardy and Sons – the largest winemaker in South Australia. It was here that she met her husband-to-be, Stanley (Ray) Drew. He was an accountant at the firm, and the pair fell in love. They were married on 15 March 1947.

The couple lived at Somerton Park and their two daughters were born in 1948 and 1952.

Denise worked as a secretary at several other businesses, but her managerial skills were noted, and when the girls were still young, she successfully applied for the job of manageress at the Havana Motel.

She went on to work as manageress at the Hilton Motel and then the Arkaba Motel.

She then also went on to become the manageress of Telegene – a company that specialises in the hygiene

and cleanliness of telephones and other office equipment. Ray stayed at Thomas Hardy and Sons, becoming the Marketing Manager and looking after ‘anything that needed doing’.

Outside of work, the Drews made close friends with other families in their neighbourhood. ‘There were lots of us – around 30 people,’ Denise’s daughter Ashley says. ‘The children were all roughly the same age, and we all grew up together.’

Denise and Ray regularly travelled overseas, taking a trip to Europe most years for periods of around 2-3 months. In their later years, Denise and Ray travelled more locally, staying in Caloundra on the Sunshine Coast during winter.

The pair downsized to a unit at Torrens Park, and sadly in 2015, Ray passed away at the age of 93.

Denise moved into Resthaven Mitcham in 2019. Happy Birthday, Denise.



Happy 100th Birthday: Mrs Patricia Marsden

A 'fabulous mum' and devoted wife who enjoys the quiet life, Resthaven Murray Bridge resident, Mrs Patricia Marsden, celebrated her 100th birthday on 7 September.

After a visit with local MP Adrian Pederick on Friday 6 September, Adrian and his office organised to fulfill Pat's birthday wish - to have firefighters visit for her 100th birthday. Thank you to Adrian and his team for organising representatives from the Murray Bridge Metropolitan Fire Service - station 72, who shared in Pat's birthday party (right).

Early years

Patricia grew up in Coburg, Victoria, the only child of Alma and William Reid. Alma worked for Rowntree chocolates as a hand dipper, so Patricia was introduced to the treat at an early age. She married in her early 20s and moved to New South Wales. Sadly, the marriage didn't last, and in 1947, when her daughter Denise was just 10 days old, Patricia returned to Melbourne to live with her family.

Patricia worked hard to bring up Denise as a single mother, taking a job at a local engineering firm where she worked on the factory floor, operating a lathe. She and the owner, Victor (Vic) Marsden, fell in love and in 1956, the pair were married.

A move to SA

Patricia and Vic lived in Ivanhoe, Victoria, and in 1961 a second daughter, Cheryl was born.

However, after holidaying to South Australia, Patricia loved the state, and said to her husband that they should move to the city of churches. Vic sold the business and the family moved to Belair, where Denise went to Blackwood High School.



'Mum had a beautiful garden at Belair,' Denise says. 'It was full of roses and other flowers. She would often be out there keeping things tidy and looking beautiful.'

As well as gardening, Patricia was an excellent cook. Her cooking was often remarked on by family and friends, with her handmade chocolate cups, filled with coconut macaroons, almond meal, raspberry jam and a touch of sherry, served with strawberries and cream, a family favourite. She was also a magnificent cake decorator.

The family moved several times, living in Wattle Park, Rosslyn Park, Burnside, Glenunga and Mitchell Park. 'All of our houses had beautiful gardens, which my mum worked tirelessly to maintain,' Denise says.

As well as gardening, cooking and keeping a beautiful home, Patricia was an avid knitter. She joined the C-Days craft group at Burnside, and Denise still wears many of the jumpers made by her mum.

In the 1980s, Patricia took the trip of a lifetime to Hawaii with Cheryl and Vic. Sadly, Vic died in 1993.

Happy Birthday Patricia! We hope you enjoyed your day.

Diwali Celebrations

On 1 November, Resthaven Leabrook celebrated Diwali, the Festival of Lights.

Lifestyle Coordinator, Shah Naz, says, 'The lifestyle and hospitality teams worked together to create an immersive experience, complete with traditional Indian cuisine, decorations, and attire.'

'The hall was transformed with intricate decorations, with staff dressed in colourful clothing, dancing to lively Indian music.'

'There was also a henna booth, where our talented henna artist, Malkeet, created beautiful designs on the palms of those who were interested.'



'We extend our heartfelt thanks to everyone who contributed to making this event so special.'



Annual Flower Show

The Resthaven Paradise Spring Flower Show is back for another year!

Residents created floral arrangements with their springtime favourites from the site gardens, including freshly picked roses.

The lovely perfume from the roses filled up the room, and the halls were soon decorated with the beautiful bunches of flowers!

Pictured L-R: Mrs Shirley Drumm; Mrs Anna Roehsl; Mrs Flora Perry.



‘Most beautiful job’ for Chaplain, Louise

Dr Louise Townend, Coordinating Chaplain at Resthaven Port Elliot, wants people to know that everyone is spiritual – and that spirituality doesn’t have to be religious, or associated with organised religion.

Spirituality has to do with heart, feeling and experience, and Louise encourages residents at Resthaven to embrace everyday spiritual moments by running weekly relaxation classes – in addition to weekly church services and one-on-one sessions.

‘For residents who don’t see themselves as religious, relaxation is a nice way for them to connect with their spiritual side,’ Louise says. ‘Many of the residents enjoy time in the outdoors, taking in the sounds of the beach, or the smells in the garden. It’s about finding the depth in these moments.’

Working at Resthaven Port Elliot for the past three and a half years, Louise visits twice a week to offer support and spiritual care to the residents, family and friends, and staff.

‘The services of a chaplain are here for everyone,’ Louise says. ‘We perch on the end of the bed, or on the coffee table, and we listen to a person’s story and guide them. I’ll know if there are residents who are having a hard time, suffering a bereavement, or if someone has just moved in who might want to talk about their change in circumstances. It’s very fluid, the work I do. It’s the most beautiful job imaginable.’

Louise says that many aged care residents are of the generation that grew up going to church, and often they find comfort in attending the weekly sermon.

‘It anchors the week,’ Louise says. ‘Some people may have struggled to get to church in the few years before they moved into



Above: Coordinating Chaplain, Dr Louise Townend, in the gardens of Resthaven Port Elliot.

Resthaven because of transport and mobility problems, so many enjoy attending again.’

Louise offers a colourful, interactive service, inviting the congregation to take part and showing photographs of her garden in bloom and local scenery. After the sermon, afternoon tea is held and residents have the chance to chat with each other, and to Louise, and to discuss further themes and ideas from the sermon. It is a social occasion, as well as a religious one.

‘I’m always around for a chat,’ Louise says. ‘It’s often the incidental conversations that are the most important.’

Louise is ably assisted by Lou, a volunteer chaplain’s assistant, as well as Wendy, a volunteer. Resthaven is not-for-profit aged care community service associated with the Uniting Church in Australia.

Serving and giving brings joy for Helen

Resthaven Westbourne Park resident Mrs Helen Doley spends her days thinking of others. Whether it's sewing clothing items for the charity *Samaritan's Purse* or making cards to donate to an organisation caring for families of road accident victims, Helen finds joy and purpose in using her skills to brighten someone else's day.

'It probably started when I was five years old and I volunteered to be the milk monitor at school,' Helen, who is 85 (and a three-quarters) years young, says. A student at Walford Anglican School for Girls, she was taught to sew and make tapestry as part of her education.

A change of address

Helen moved into Resthaven Westbourne Park in February 2023. A volunteer at the site previously, she was familiar with the people and thought it ideal for her situation.

'I was diagnosed with early onset dementia, and I decided this was the place I wanted to be,' Helen says. 'So, I walked the five streets from my house to here, and asked if I could have a room!'

Resthaven found her a spot, and Helen now looks out to the treetops where the blossom and birds delight her senses. Within her suite, Helen has set up her sewing and craft area, complete with a new sewing machine (after she gave her previous one away to her great-niece) and plenty of space to cut out her patterns and complete her art.

'I spend most of my time making something,' Helen, who also crochets blankets for the Queen Elizabeth Hospital, says. 'I enjoy the sewing and crochet work, but the best part is giving things away to people who need them.'



Helen and her husband Bruce, who sadly passed away in 2019, once ran a youth club in the area, catering to around 100 children in its heyday. It ran for 32 years.

Their eldest son was educated at Urrbrae Agricultural High School, and over the years, Helen and Bruce had 13 boys from the school boarding with them at various times.

Helen has kept in touch with many of the boarders – in some cases she attended their weddings and says that many of them now have their own grandchildren.

Helen volunteered with Resthaven for more than 25 years, also volunteering with Meals on Wheels for more than 51 years. She received a beautiful Royal Doulton lead crystal vase in recognition of her service. This is now kept in the China cabinet in her room.

'I have a wonderful life here at Resthaven,' Helen says. 'I have been very fortunate with my serving and giving.'

Thank you for your dedication to charity causes and volunteering over the years Helen – you are an inspiration!

RESTHAVEN SERVICES DIRECTORY

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4 Strathmore Terrace

Chiton SA 5211
2 Ocean Road

Elizabeth North SA 5113
32 Knighton Road

Elizabeth Vale SA 5112
43 Jarvis Road

Fulham SA 5024
511 Henley Beach Road

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5 Leisure Court

Glynde SA 5070
10 Davis Road

Hillcrest SA 5086
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Kingswood SA 5062
23-27 Princes Road

Lower Mitcham SA 5062
75 Wattlebury Road

Malvern SA 5061
43 Marlborough Street

Marion SA 5043
12 Township Road

Melrose Park SA 5039
155 Edward Street

North Haven SA 5018
2 Faight Drive
840 Military Road

Paradise SA 5075
61 Silkes Road

Port Elliot SA 5212
52-54 North Terrace

Rostrevor SA 5073
205 St Bernards Road

Salisbury SA 5108
8 Bridge Street

Salisbury East SA 5109
12 Melville Road

Queenstown SA 5014
9 Old Port Road

Walkerville SA 5081
30 Fuller Street
45 Fuller Street

Wynn Vale SA 5127
12 Tauber Court

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100 Hub Drive
Aberfoyle Park SA 5159
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Bellevue Heights SA 5050
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Resthaven Craigmore
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Craigmore SA 5114
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Resthaven Leabrook
336 Kensington Road
Leabrook SA 5068
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Resthaven Malvern
43 Marlborough Street
Malvern SA 5061
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Resthaven Marion
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Marion SA 5043
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Resthaven Mitcham
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Kingswood SA 5062
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Resthaven Mount Gambier
24 Elizabeth Street
Mount Gambier SA 5290
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Resthaven Murray Bridge
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Murray Bridge SA 5253
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Resthaven Paradise
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Paradise SA 5075
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30 Sussex Terrace
Westbourne Park SA 5041
Phone **08 8228 6500**

For Residential Services
vacancy and respite
enquiries, please email:
[accommodation@
resthaven.asn.au](mailto:accommodation@resthaven.asn.au) or
call the Residential
Accommodation Enquiries
team on:
08 8373 9113

Community Services

Phone **1300 13 66 33**

**Resthaven Community
Respite Services**
31/12 Township Road
Marion SA 5043

6-8 Township Road, Marion
36 Sussex Tce, Westbourne Park
18 Halcyon Circuit, Aldinga Beach
61 Alexandra Ave, Toorak Gardens
Phone **08 8198 2060**
respite@resthaven.asn.au

**Resthaven Fleurieu
Community Services**
1 Loveday Street
Goolwa SA 5214

9 Rankine Street, Strathalbyn
U5/68 Victoria St, Victor Harbor
1-3 Newland St, Victor Harbor
Phone **08 8536 8737**
fleurieucs@resthaven.asn.au

**Resthaven Limestone Coast
Community Services**
13 Penola Road

Mt Gambier SA 5290
17 Gordon Street, Naracoorte
11 George Street, Millicent
Phone **08 8726 9400**
limestonecs@resthaven.asn.au

**Resthaven Marion
Community Services**
43 Finnis Street
Marion SA 5043

131 Goodwood Rd, Goodwood
Phone **08 8306 4400**
marioncs@resthaven.asn.au

**Resthaven Murray Mallee
Hills Community Services**
37 Swanport Road
Murray Bridge SA 5253
Phone **08 8534 2600**
mbhcs@resthaven.asn.au

**Resthaven Northern
Community Services**
16 Gillingham Road
Elizabeth SA 5112

5 King Street, Gawler
Phone **08 8259 5600**
northerncs@resthaven.asn.au

Community Services

**Resthaven Onkaparinga
Community Services**
3-5 James Clark Road
Noarlunga Centre SA 5168
Phone **08 8307 3700**
onkcs@resthaven.asn.au

**Resthaven Paradise &
Eastern Community Services**
61 Silkes Road
Paradise SA 5075
255 Main North Rd, Sefton Park
Phone **08 8154 8444**
pecs@resthaven.asn.au

**Resthaven Riverland
Community Services**
7 Wilson Street
Berri SA 5343
Phone **08 8580 1400**
riverlandcs@resthaven.asn.au

**Resthaven Western
Community Services**
96 Woodville Road
Woodville SA 5011
Phone **08 8131 4700**
westerncs@resthaven.asn.au

Respite for Carers

Community day and overnight
respite phone **08 8198 2060** or
for respite accommodation in
an aged care home phone
08 8373 9113.

Head Office

6 Bartley Crescent
Wayville SA 5034
PO Box 327, Unley SA 5061
Phone **08 8373 0211**
headoffice@resthaven.asn.au

Further Information

For more information about
Resthaven's range of aged care
services, phone **08 8373 0211**
or visit the website:
www.resthaven.asn.au

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