

Volunteer **Buzz**



Hi from Stacey

Have you heard of the 'Ubuntu' philosophy? It is an idea from Southern Africa, which literally means 'human-ness'. It is often translated as 'humanity towards others', or used in a more philosophical sense to mean 'the belief in a universal bond of sharing that connects all humanity'. Read about an Anthropologist's accidental discovery of 'Ubuntu' on page 9.

This philosophy is also about working together. This is central to Resthaven's purpose of **Working together:** outstanding care and support for older people and their carers.

There are many examples of 'working together' in this newsletter, including:

- The Resthaven Marion/Westminster School COTA 'Intergenerational Award' win (page 2).
- Resthaven's collaboration with Flinders University to create 80th Anniversary Scholarships (page 4).
- The 'Celebrating Centenarians' Project, of students and centenarians working together (page 4).
- The 'Resthaven Prayer', written by Rev Dr Graham Vawser – Resthaven Volunteer Board Member (page 5)
- The new 'collaborative' Head Office at Wayville (see page 5).
- The 'Packers and Chatters' (right).

Thank you to you, volunteers, for working with Resthaven, with clients, and with residents. Thank you for your generosity, kindness and compassion.

Thank you for helping us to ensure a high standard of service, so richly deserved by all.

Have a joyous festive season! Here's to 2016.

Stacey Thompson

Manager, Volunteer Services



Feature Story

'Packers and Chatters'



Thank you to the new 'Pack and Chat' team of volunteers and staff, who packed approximately 5,000 Christmas Cards for distribution to sites for sale to the public, clients, family and friends.

With all new designs, the cards are fresh and appealing.

The 'corporate' cards (which will be used by Program Managers, and are not available for sale at the sites) feature the 'Seasons of Life' artwork created through the 'Artist in Residence' project at Resthaven Marion Community Services. Yours is enclosed - I hope you like it!

The 'Pack and Chat' team, some of whom are pictured above, gathered at the new Head Office at Wayville, and were fuelled with a 'snack pack', a view of the city skyline, and great company.

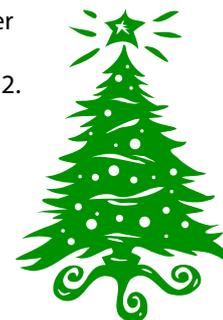
Thank you to packers and chatters Pauline, Peter, Sonya, David and Anne.

A special thank you to Sandy for leading the packing team.

The 'Pack and Chat' volunteers help out occasionally, and had responded to our 'call out' for Pack and Chat participants in this newsletter. More welcome!

For the latest volunteer opportunities across Resthaven, see page 12.

Season's greetings!



Statement of Purpose

Working together: outstanding care and support for older people and their carers.

Our Values

- Trust
- Dignity
- Choice

Volunteer Services

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From the CEO

Congratulations!

On 16 October, I was delighted to attend the Council on the Ageing (COTA) 'Every Generation Positive Ageing Awards' presentation, where Resthaven Marion Manager, Anthea Tyler, was presented with the 'Intergenerational Award' for Resthaven Marion's community program with Westminster School.

For more than nine years, Resthaven Marion residents have collaborated with Westminster students in many community partnerships, including knitting winter clothing for the homeless, and supporting residents through the changing world of information technology.

Deputy President, Resthaven Board, Lee Sando, presented the 'Community Project Award – under \$10,000', sponsored by Resthaven, to the Northgate Men's Shed project.

Congratulations to all award recipients.

Triple Celebration

Launch of Strategic Plan, Opening of Head Office, and Resthaven 80th Anniversary Celebration

On 23 September, the new Head Office at 6 Bartley Crescent, Wayville, was officially opened by Board President, Mark Porter, and dedicated by Moderator of the Uniting Church in South Australia, Dr Deidre Palmer.

At the opening, we celebrated our 80th anniversary, and formally launched the 2015-2020 Strategic Plan, which incorporates our values of Trust, Dignity and Choice.

These are critical elements to our relationships and engagement with the individuals who choose Resthaven to work with them in their day to day lives.

It is fitting that, in our 80th anniversary year, we celebrated by providing staff with this new office space within which to coordinate our quality aged care services.

The three storey building is the new home to approximately 100 Resthaven staff, who were previously located over three locations and five buildings at Frewville, Fullarton, and Malvern.

The bringing together of the corporate staff to one, central, location is an important outcome. Having corporate services together under one roof will support the great work of site staff and volunteers in providing high quality services to older people and their carers.

Across Resthaven, as we continue to work with individuals to meet their needs, and sustain their quality of life, we strive to maintain quality in the buildings within which services are based. This is evidenced in our redevelopments at various residential and community service locations.



Above: Resthaven Volunteer Board President, Mark Porter, and Moderator of the Uniting Church in SA, Dr Deidre Palmer, cut Resthaven's 80th birthday cake.

Continued opposite page...

From the CEO

Over the past year, we completed a number of projects, including upgrades at Resthaven Westbourne Park and Marion, new offices for Resthaven Western Community Services (pictured below), and new residential and community services at Port Elliot.

We commenced the redevelopment at Resthaven Malvern, and are expecting to begin redevelopments at Resthaven Mitcham, Murray Bridge and Aberfoyle Park in 2016. Various community services developments, and the gradual refurbishments of some independent retirement living units, are underway.

All such projects involve significant contributions from staff, volunteers, residents, and clients. I very much appreciate the flexibility demonstrated during these building projects, as we seek to improve the quality of these locations. We trust that you will benefit from the improvements in your working environment.

For residents, we continue to create increased single room accommodation across Resthaven, with the ideal outcome of all individuals having the choice of single room accommodation in residential services.

Resthaven funds all building/redevelopment projects, such as the new Head Office, through prudent financial management and governance. These projects are not funded through bank loans, and do not receive any government funding.

This is possible because Resthaven is a not for profit, charitable organisation, meaning that **all** surplus funds go back towards improving Resthaven's provision of services for older people and their carers. This includes any bequests made to Resthaven Incorporated.

A summary of Resthaven's financial position is published in our Annual Report, which will be available for download on our website soon. Sites will also receive a small number of hard copies in late December, to distribute to residents/clients upon request.



Industry Update

In addition to the important elements of the government reforms, with respect to further repositioning the individual as the controller of their services, the reforms also seek to deregulate the provision of services.

This will achieve, in part, an increase in competition in the sector.

This approach must carefully address potential gaps and equity issues. For example, we are aware that there are unique considerations for services in special needs areas, and with respect to rural and remote services.

Concurrently, consolidation of the sector is occurring through acquisitions and corporatisation.

We have already seen significant movement in this regard, along with changes in ownership of services, as large national service provider groups are established.

We aim to ensure that our services continue to be of very high quality.

Continued page 4...

From the CEO (continued)

Resthaven's purpose is working with older people and their carers.

We are proud of the history of service organisations such as ours. Adjunct Professor John Kelly, CEO of Aged and Community Services Australia (ACSA), the peak body for not for profit aged care service providers, defines the key differences between for profit and not for profit providers when he says:

The distinguishing responsibilities of ACSA members are to act as custodians of values, leaders of innovation, champions of volunteerism, providers of pastoral care and proponents of wholesome community benefit. There is a commitment to people and values rather than investment and profit.

Any surplus is reinvested in improving services, keeping people actively connected in civil society, delivering unprofitable services in unviable markets and operating where there is no capacity for the disadvantaged in our society to receive care in existing markets.

80th Anniversary Nursing Scholarships

This year, as Resthaven celebrates its 80th anniversary, a 40th anniversary is celebrated by Flinders University.

On 23 September, Resthaven and Flinders University School of Nursing and Midwifery celebrated our collaboration at the launch of the Resthaven 80th Anniversary Scholarship Program, held at Flinders University.

Over the past few years, we have worked with Flinders Uni on several projects that encourage better practice to support quality care for older people. We wanted to acknowledge Resthaven's 80th anniversary in a meaningful way, and providing scholarships to support the future aged care workforce is a great way of doing that.

The 2015 Resthaven 80th Anniversary Scholarship recipients from Flinders University are Katherine Boyd, Heather Law, Miriam Bayhon and Jinhua Yang.

“ There is a commitment to people and values, rather than investment and profit. ”

'Celebrating Centenarians' Project Launch

On 27 November, I attended the official launch of the 'Celebrating Centenarians' project, along with Resthaven centenarians, family members, and University of South Australia (UniSA) students.

We viewed for the first time the seven personalised films produced through the project.

This year, Resthaven engaged Communications students from UniSA to interview and film seven centenarians in the Resthaven community.

Featuring three people who live at home, and four centenarians in residential care, the films record precious memories and moments in time.

They are now available to view on Resthaven's YouTube channel (www.youtube.com/ResthavenInc).

Season's Greetings

I extend warm season's greetings to all for the upcoming festive season.

Thank you for all your hard work over the past year. It is good and important work, and I am proud of the significant contribution Resthaven makes in the lives of older people and their carers.



Richard Hearn
Chief Executive Officer



Above: Centenarians and UniSA staff and students involved in the 'Celebrating Centenarians' project (L-R, standing), Carolyn Bilsborrow (Executive Producer), Justin Phillis (multimedia student), Jean Linehan (Resthaven Marion Community Services), Calum McGrath (multimedia student), Stav Tsapaliaris (multimedia) and Nicolle Dicker (journalism student). Sitting (L-R), centenarians, Tina Kuipers (Resthaven Paradise), Doris Mensforth (Resthaven Marion), Eileen Amber (Resthaven Westbourne Park), and Lillian Fernley (Resthaven Onkaparinga Community Services).

Trust - Dignity - Choice

When Resthaven celebrated its semi sesquicentenary (75th anniversary) in 2010, then Volunteer Board Member, now Resthaven Bellevue Heights Volunteer, Rev Dr Malcolm McArthur, wrote a prayer for use at Resthaven Board meetings and other appropriate occasions. It incorporated the values at the time.

In 2015, a new prayer was developed by current Volunteer Board Member, Rev Dr Graham Vawser, on the occasion of the launch of the new Strategic Plan 2015 - 2020 and to celebrate Resthaven's 80th birthday.

He first gave the prayer at the launch function. It appears below:

Resthaven Prayer

Gracious God,
For Resthaven, we pray with gratitude:
For carers near and far;
For those cared for - the fit and the frail;
For all who were, and are, and are to be.

Loving God,
By your Spirit you provide gifts for service.
We acknowledge your presence in all our life -
In the work we do, and in the care we provide.

By your presence, may we continue to trust Your power
To enhance our service
So that we may be trustworthy in our service and care,
And trusting of all with whom we work.

Loving God,
Through your Spirit's power may we recognise within all people
The spark of grace which is your gift to all that lives,
And respect the dignity of all whom we meet.
Through our work may each person be valued and respected
So that hope and peace may be shared.

Loving God,
In the dignity you have bestowed on us
Help us to provide everywhere the opportunity for people
To feel their own needs met according to their own decision
And know that every soul retains your gift of choice.

We make this prayer in the name and the Spirit of Jesus Christ.

Amen.

Written by Rev Dr Graham Vawser
Resthaven Board Member

Prepared for Resthaven's 80th Anniversary in 2015, using the 'Key Areas' of Resthaven's 2015-2020 Strategic Plan:

Trust, Dignity, and Choice.



Chaplaincy

Welcome New Chaplains

I am pleased to welcome Rev Dr Bruce Grindlay to the role of Coordinating Chaplain at Resthaven Marion. Bruce commenced on 9 December.

Induction Services will be arranged for Rev Bruce Grindlay at Resthaven Marion, and Rev Anne Butler at Resthaven Port Elliot, in the new year.

We have a great Chaplaincy team at Resthaven.

Thank you.

Wendy Morey

Executive Manager,
Workforce
Development
and Governance



'We Saw a Light'

We saw a light shine out afar
On Christmas in the morning,

And knew we straight
It was Christ's star
Bright beaming in the morning.

Then did we fall on bended knee
On Christmas in the morning,

And praised the Lord who'd let us see
His glory at its dawning.

Old English Carol



Residential Services

Staff Movements

It is with great pleasure that I welcome Kelly Geister to the position of Senior Manager, Residential Services. Kelly commenced on 14 September, and is responsible for Resthaven Bellevue Heights, Craigmores, Leabrook, Malvern, Marion and Paradise, and the Lifestyle portfolio.



Kelly has more than twelve years of aged care experience in managerial roles with other aged care service providers.

Debbie Lindner has been appointed to the role of Manager, Residential Care Services, at Resthaven Murray Bridge, commencing 12 October. Debbie has worked in Country Health SA for most of her career. Her most recent position over the past ten years was as Clinical Services Coordinator at Mannum District Hospital.



Accreditation Visits

From September - November, Resthaven Craigmores, Bellevue Heights and Port Elliot underwent unannounced visits from the Australian Aged Care Quality Agency (AACQA).

I am pleased to advise that all visits were successful, with very positive feedback received. Well done to the teams at these three sites on these excellent results.

Major Site Redevelopments

There are exciting times ahead for residents at Resthaven Malvern and Mitcham, with substantial building upgrades (see opposite page for details).

We look forward to providing improved amenities for residents at these sites.

Season's greetings to all,

“ There are exciting times ahead for residents at Resthaven Malvern and Mitcham, with substantial building upgrades. ”

Tina Emery
Executive Manager,
Residential Services



Christmas Gift Suggestions

- To your enemy, forgiveness.
- To an opponent, tolerance.
- To a friend, your heart.
- To a customer, service.
- To every child, a good example.
- To all, charity.
- To yourself, respect.



Oren Arnold

Community Services

Commonwealth Home Support Programme

On 1 November, 2015, the former Home and Community Care, Day Therapy and National Respite for Carers programs fully transitioned to the Commonwealth Home Support Programme (CHSP).

The focus of CHSP is a better and less complex service system experience for clients. Principles for the CHSP relate to promoting wellness, reablement, and restoration of independence in partnership with consumers, who identify their service goals, and design their service plan to achieve these goals.

Staff Movements

I am pleased to advise that Susan Chessman was appointed as Senior Manager, Community Services, and commenced in September.



Susan has extensive management experience in community aged care.

On 24 August, Grant White commenced in the position of Manager at Resthaven Paradise and Eastern Community Services.



Welcome to Resthaven, Susan and Grant.

Finally...

We are coming to the end of 2015. I reflect it has been very busy for everyone, with many changes implemented.

I wish you well for Christmas and the new year.

Sue McKechnie
Executive Manager,
Community Services



Building Update

Wayville Head Office

The completion and occupation of the new Head Office at Wayville (right) has been our most significant recent building milestone.

Completion occurred in mid/late September, which was closely followed by an official opening and dedication.

Staff are enjoying the fresh, modern working conditions. We are watching the growth of a large, new lawn, which was seeded between the new building and Greenhill Road. It is greening up nicely.



Resthaven Mount Gambier

In late September, construction was completed in the conversion of four apartments into eight new resident rooms. It is pleasing to see that demand for these rooms is high, with almost all now occupied.

Resthaven Malvern

A preliminary air conditioning project was completed in late October. The builders are now creating five temporary resident rooms in the area recently vacated by Head Office staff.

This work, along with the creation of a new, central staff room, is scheduled to occur by the end of 2015.

The subsequent stages, which include additions to Lorikeet and Finch, and a major upgrade to Kingfisher providing all single rooms with ensuites, will follow in three stages over the next 18 months.

Completion is expected in mid 2017.

Resthaven Craigmores

Working drawings are nearing completion for a significant refurbishment at Resthaven Craigmores.

Building works will include improvements to the Wilpena dining room, creating an additional lounge area, and an electric louvre roof for the Blinman wing terrace.

Resthaven Mitcham

Drawings have been lodged with the Development Assessment Commission for the redevelopment at Resthaven Mitcham.

The project will include the demolition of the older Crump and Clement wings, a new 39-room, two storey extension, additions to the Banksia wing, and replacement of the administration, kitchen and hall areas.

We expect feedback from the community consultation process by the end of November, and are hoping for planning approval by the end of 2015.

An application has been made in the Aged Care Approvals Round (ACAR) for additional places for this site.

Resthaven Aberfoyle Park

Draft plans have been completed for the construction of a new, 100-place facility at Hub Drive, Aberfoyle Park.

The project is progressing through Resthaven's internal approval processes, and is expected to be lodged with council later this year.

Resthaven Murray Bridge

Draft plans are ongoing for an 18-20 place extension at Resthaven Murray Bridge. An application has been made in the ACAR for the additional places.

Resthaven Westbourne Park

Draft plans are ongoing for a 12-21 place addition at Resthaven Westbourne Park.

This project aims to convert all rooms to be single, with ensuite bathrooms. Some places currently located in the Norseman Avenue cottages will be brought under the main roof.

The final scheme, and related implications, is dependent on the results of Resthaven Mitcham's ACAR application.

Andrew Davies
Manager, Building
and Property Services



Work Health and Safety Reminders

Emergency and Fire Procedures

In an emergency, implement 'R.A.C.E.'

- Remove persons in danger
- Alert others
- Contain fire (close doors and windows, if safe)
- Evacuate

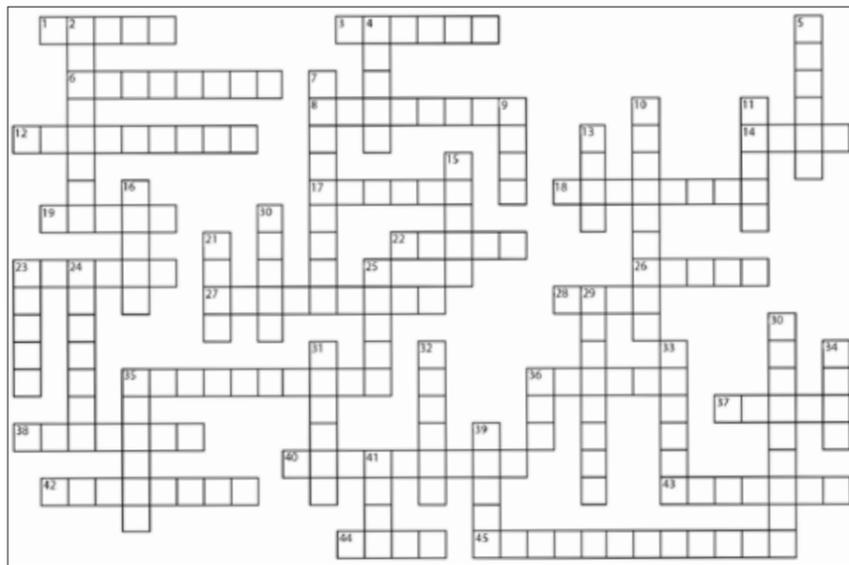
There are designated staff at each site, called Chief Wardens, who will take charge in an emergency. Everyone must follow their directions in an emergency situation.

Chemical Safety

There are many different types of chemicals used at Resthaven which include: alcohol gel, batteries, medications, aerosols, perfumes/ aftershaves, nail polish, massage oils, craft items, fly spray, toiletries, etc.

We maintain a register of hazardous substances and specific safety data sheets to ensure safe storage and use of such items. As we provide these items, you are not required to bring them to sites.

Christmas Crossword



Clues

ACROSS

- 1) I Heard the ___ on Christmas Day
- 3) Thou Didst Leave Thy ___
- 6) Go Tell it on the ___
- 8) Home for the ___
- 12) It's the Most ___ Time of the Year
- 14) O ___ Night
- 17) The ___ Days of Christmas
- 18) Oh, Come, All Ye ___
- 19) In the ___ Midwinter
- 22) Have a Holly ___ Christmas
- 23) ___ Wonderland
- 26) I Saw ___ Kissing Santa Claus
- 27) Good ___ Men Rejoice

- 28) O Christmas ___
- 35) ___ is Coming to Town
- 36) ___ Bells
- 37) I'm Dreaming of a ___ Christmas
- 38) ___ the Red-Nosed Reindeer
- 40) O Little Town of ___
- 42) It Came Upon a ___ Clear
- 43) The Little ___ Boy
- 44) ___ the Halls
- 45) I Want a ___ for Christmas

Solution page 12

Nine little ducks went out one day...

It seems that some Resthaven gardens have the 'seal of approval' from the local duck population, with families of ducklings hatching at Resthaven Marion, Paradise and Malvern during October/November.

The mother ducks obviously thought the beautifully-kept gardens would make the perfect spot for their young families.

We couldn't agree more!

What a wonderful reminder of new life and new beginnings as we head into the festive season.



DOWN

- 2) O Come, O Come ___
- 4) The ___ and the Ivy
- 5) ___ from the Realms of Glory
- 7) ___ Roasting on an Open Fire
- 9) Let it ___! Let it ___! Let it ___!
- 10) God Rest Ye, Merry ___
- 11) When a ___ is Born
- 13) Do You ___ What I ___?
- 15) I'll Be Home With ___ On
- 16) Pretty ___
- 20) We Wish You a ___ Christmas
- 21) Jingle Bell ___
- 23) ___ You, Christmas?
- 24) Feliz ___
- 25) We Three ___
- 29) Grandma Got Run Over By the ___
- 30) Rockin' Around the ___ Tree
- 31) Away in a ___
- 32) ___ Bells
- 33) Hark the ___
- 34) The First ___
- 35) ___ Night
- 36) ___ to the World
- 39) All I Want for Christmas is my Two Front ___
- 41) I'll Be ___ for Christmas.

'Ubuntu'

I recently read an article called 'The age of Inclusion, Compassion, and Service,' and came across the following touching story (www.harisingh.com):

At the Festival of Peace, in Florianopolis, South Brazil, journalist and philosopher, Lia Diskin related the beautiful story of a tribe in Africa she called 'Ubuntu.'

She explained how an anthropologist had been studying the habits and customs of this tribe, and when he finished his work, had to wait for transportation that would take him to the airport to return home. He'd always been surrounded by the children of the tribe, so to help pass the time before he left, he proposed a game for the children to play.

He'd bought lots of candy and sweets in the city, so he put everything in a basket with a beautiful ribbon attached. He placed it under a solitary tree, and then he called the kids together. He drew a line on the ground and explained that they should wait behind the line for his signal. And that when he said 'Go!' they should rush over to the basket, and the first to arrive there would win all the candies.

When he said 'Go!' they all unexpectedly held each other's hands and ran off towards the tree as a group. Once there, they simply shared the candy with each other and happily ate it.

The anthropologist was very surprised. He asked them why they had all gone together, especially if the first one to arrive at the tree could have won everything in the basket.

A young girl simply replied, 'How can one of us be happy if all the others are sad?'

The anthropologist was dumbfounded. For months he'd been studying the tribe, yet it was only now that he really understood their true essence...

Ubuntu: 'I am because we are.'

We can all learn from these children. Likewise every day we learn from you, as volunteers – you are role models.

Thank you!

Stacey Thompson

Manager,
Volunteer Services



“ We're all part of One, And One is part of all. Be prosperous, be generous, be kind, be compassionate. ”

Yogi Bhasan

Welcome, Lisa

It is with great pleasure that we introduce Lisa Thomas to you. Lisa joined Volunteer Services as Support Officer in October 2015.

Lisa has a strong recruitment background, including coordination and assistance with clients for volunteer work, career pathways, services and support information. This has involved liaison with clients with a disability, community centres, councils, organisations and government bodies.

Some of you will have already met Lisa during your interview and/or orientation with her. For others, please introduce yourself to Lisa when you run into her when she is out and about. She is keen to meet you and hear about your role.

Lisa will include a bit more about herself in our next Volunteer Buzz in the new year. Thank you for joining us, Lisa!

The Origin of 'Santa Claus'

Today's Santa is based on a saint who existed during the 4th century called Saint Nicholas.



He went around giving presents to children in need, in his official Bishop's red robes. After he died, people gave gifts to children in his honour until Martin Luther decided the ritual should coincide with December 25, so the focus could be on Christ as the 'ultimate gift-giver', instead of on a saint.

There's also a touch of 'Odin', a pagan god who led a hunting party atop a Sleipnir, which is a horse with 8 legs.

Odin travelled with Sleipnir and eight reindeer, and would ride about filling children's boots with candy on the German holiday Yule, which is celebrated around the same time as Christmas.

As for 'naughty/nice,' this notion is thought to have originated in Denmark; they have a slightly more sinister legend about a Dutch 'Sinterklass' who wears red and white. He has helpers known as 'Zwarte Piets,' who give good kids gifts, but punish the naughty ones with jutes and willow canes.

So, the Santa we have today seems to be a bit of a 'mishmash' of Saint Nick, the Dutch 'Sinterklaas,' and Odin.

The one thing they all have in common is that they give presents, and that seems to be why we do, too.

Season's greetings to all.



Source: www.adelaidenow.com.au

Les May's 'Musical Affairs'

In October, Les May held his 200th 'Musical Affairs' session at Resthaven Mitcham.

Les began volunteering with Resthaven in 2011. His love of music naturally led to the development of 'Musical Affairs', an hour-long program of songs based on old favourites and requests.

Listening to the program is reminiscent of an old radio show, with residents listening attentively, singing or humming along with the tunes. Les still plays the songs on a cassette player with the old-style counter, so he can 'queue up' each piece.

The playlist features favourite artists of the times, such as Ella Fitzgerald, Dean Martin, and a popular novelty song of the time, 'Mairzy Doats'.

The program begins with 'God Save the Queen,' followed by the popular standard, 'May the Good Lord Bless and Keep You,' which he dedicates to the attendees.

'Musical Affairs' began with only a handful of residents, once a fortnight. It is now a weekly occurrence in the Activity Hall, with around 30 participants.

Les is very proud that his program involves all residents at the site, saying, 'The program is enjoyed by all residents, including those with vision impairment and dementia.'

'Some people think that while I am playing my songs that I have fallen asleep; but I have just closed my eyes to listen. I see many of the residents do the same. That's why it is also great for those residents with vision impairment - you don't need to be able to see to enjoy music!'

'Residents living with dementia respond so positively when they hear a tune they used to know. It is wonderful to see.'

Les grew up in a somewhat musical family; his mother was a noted contralto vocalist at the time. Despite the fact that his father once told him he 'couldn't hold a note,' he has continued to carry a love of music throughout his whole life.

Les began his working life as an apprentice printer to his father in Port Pirie. His spare time was spent 'DJ'ing' at the Ozone Cinema during film intermissions.



After being released from serving in the Australian Army at the end of World War II, he joined the Australian Comforts Fund, which drove around the camps playing songs from the back of the truck to cheer up the wounded.

He was then offered a post-war internship with the BBC. He moved to London and worked in the BBC's record library, where he had to wear a bow tie every day.

In his four years at Resthaven Mitcham, Les has only ever missed two sessions of 'Musical Affairs'.

Congratulations, Les!



Out and About on the Resthaven Bus

The 'Farm Barn'

On 25 September, clients from the Resthaven Marion Community Services 'Friday Club' enjoyed a bus trip to the Hahndorf 'Farm Barn' in the Adelaide Hills.

After leaving the Farm Barn, volunteer bus driver, Jeff, took the group on a scenic drive through Mount Barker, including a little history about the steam train which runs from Mount Barker to Victor Harbor.

The group then travelled back to Hahndorf, where they enjoyed lunch at the Old Mill before heading home through the 'Heysen Tunnels'.

Waterfall Gully/Head Office

On Wednesday 4 November, Resthaven Bellevue Heights residents visited Waterfall Gully on the Resthaven bus, driven by volunteer driver, Peter Ellemor (right).

On the way back, the group called in to the new Head Office at Wayville, as residents were very keen to see it. They were all very impressed with the building, with many posing for photographs out the front!

Resthaven Port Elliot

On Monday 16 November, Resthaven Leabrook residents visited Resthaven Port Elliot on the Resthaven bus, driven by volunteer bus driver, Peter Johnke.

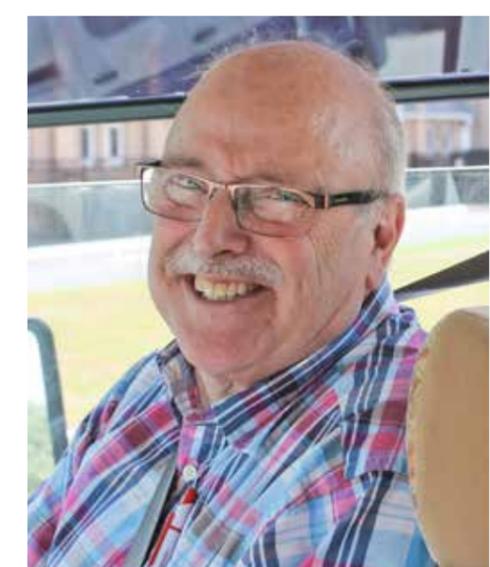
On the way, they stopped at Crow's Nest lookout for a panoramic view of the coast.

Upon arrival at Resthaven Port Elliot, the group were invited for a delicious 'sausage sizzle' lunch. Delighted guests were amazed by the modern site - it was quite the destination!

Belair National Park

Resthaven Bellevue Heights residents were taken on another bus trip on 30 November, driven by Peter Johnke. This time, they visited Belair National Park, where they were greeted by some very friendly emus!

They also spotted many other native animals, including a koala on the way back to the site.



Above left: Volunteer Bus Driver, Jeff Lintern, drives through the Adelaide Hills, taking clients to the Hahndorf 'Farm Barn.'

Above (from top): Volunteer Bus Driver, Peter Johnke, tries out the exercise equipment at Resthaven Murray Bridge, Hills and Fleurieu Community Services (Port Elliot office); Emus at Belair National Park.

Left: Volunteer Bus Driver, Peter Ellemor, at Resthaven Head Office.

Below: The Resthaven bus with residents, staff and volunteers outside Resthaven Port Elliot.



