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 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!

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
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.

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 opposite page...
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 voluntarism, providers of pastoral care and proponents of whole of 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.

‘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.

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.
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, Craigmore, 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 Craigmore, 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, residents at these sites.

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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 Chesanau 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.

Oren Arnold
Executive Manager, Residential Services

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 buildings 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 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 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.

Building Update

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

Finally...

Sue McKechnie
Executive Manager, Community Services

Volunteer Buzz

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 yourself, respect.
To all, charity.

Oren Arnold
Executive Manager, Residential Services

For the ACAR Process Application

Andrew Davies
Manager, Building and Property Services

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Andrew Davies
Manager, Building and Property Services

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Sue McKechnie
Executive Manager, Community Services
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.

We couldn’t agree more!

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

We're all part of One, And One is part of all.
Be prosperous, be generous, be kind, be compassionate.
Ubuntu: ‘I am because we are.’
Yogi Bhajan

Work Health and Safety Reminders

Clues

ACROSS
1) I heard the ___. on Christmas Day
2) O Come, O Come ___
3) Thou Didst Leave Thy
4) The ___. and the Ivy
5) ___ from the Realms of Glory
6) Roasting on an Open Fire
7) Let it ___. Let it ___. Let it ___.
8) God Rest Ye, Merry
9) When a ___ is Born
10) Do You ___ What I ___?
11) I'll Be Home With ___ On
12) Pretty
13) We Wish You a ___ Christmas
14) Two Front ___
15) ___ You, Christmas?
16) We Three ___
17) Feliz ___
18) Oh, Come, All Ye
19) In the ___ Midwinter
20) Have a Holly ___ Christmas
21) ___ Wonderland
22) I Saw ___ Kissing Santa Claus
23) Good ___ Men Rejoice
24) I Want a ___ for Christmas
25) I’ll Be ___ for Christmas.
26) In the ___ Midwinter
27) ___ Bell
28) O Christmas
29) ___ is Coming to Town
30) ___ Bells
31) I’m Dreaming of a ___ Christmas
32) ___ the Red-Nosed Reindeer
33) ___ the Bells
34) Away in a ___
35) ___ Bells
36) ___ the World
37) Rockin’ Around the ___ Tree
38) Away in a ___
39) Grandma Got Run Over By the
40) A ___ Clear
41) Tear Down the ___
42) I Want a ___ for Christmas
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.

Ubuntu’

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

At the Festival of Peace, in Florianopolis, South Brazil, journalist and philosopher, Lisa 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, he 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 he had to 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

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, 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 Pieten,’ 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 ‘Sinterklas,’ 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

Ubuntu: ‘I am because we are.’
Yogi Bhajan
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 four years at Resthaven represent the development of ’Musical Affairs’, an hour-long program of songs based on old favourites and requests.

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 Ellemaor (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 Port Elliot residents 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.
Featured Volunteer Opportunities

Agedcare Alternatives

- Options Guides: based at Highgate, business hours.

Resthaven Malvern

- Shop on Wheels: Thursdays, 10.00am – 12.00 noon, weekly
- Men’s Group Supporter: flexible hours
- Visitors and Hand Masseurs: flexible hours.

Resthaven Mitcham

- Carpet Bowls: Mondays 10.15am – 12.00 noon, weekly
- Hand Massage/Nail Care: Mondays 1.30 – 3.45pm, weekly
- Devonshire Teas: Tuesdays 9.45 – 11.15am, weekly
- Exercise Groups: Tuesdays 1.30 – 2.45pm, weekly
  Wednesdays 1.15 – 2.45pm, weekly
  Thursdays, 1.15 – 2.45pm, weekly
- Walking Group: Tuesdays 2.15pm – 3.45pm, weekly
- Book Club: Tuesdays, 2.00 – 3.00pm, monthly
- Card Club: Wednesdays, 1.45 – 4.00pm, weekly
- Art/Craft: Thursdays, 1.45 – 4.15pm, weekly
- Let’s Have a Chat: Fridays, 10.15am – 12.00 noon, weekly
- Shop: Fridays, 10.00am – 12.00 noon, fortnightly
- Bingo: Fridays, 1.15 – 3.30pm, fortnightly
- Visitor/Companions: flexible hours
- Music Connections: flexible hours.

Resthaven Marion

- ‘Sweets and Treats’ Shop: Tuesdays and Fridays, 12.45 - 1.45pm, monthly (first Tuesday and first Friday of the month)
- Art Group: Wednesdays, 10.00am – 12.00 noon, weekly.

Marion Community Services

- Wellness Group Supporters: Variety of health and wellbeing groups throughout the week, including Falls and Balance (FAB), Tuesdays 10.30am – 12.30pm.

Paradise and Eastern Community Services

- Social Club: Mondays 10.00am – 2.00pm, weekly. Individual intensive support within the group plus support monthly bus trips.

Community Respite Services

- Shed Group: Monday, Tuesday, Wednesday and Friday afternoons.

Watch this space for more opportunities in 2016. Thank you for spreading the word!

For more volunteer opportunities, visit the ‘volunteering’ page on the Resthaven website: www.resthaven.asn.au, or speak with Stacey Thompson, Manager, Volunteer Services, phone 8373 9036, email sthompson@resthaven.asn.au.

Crossword Puzzle Solutions

May your Christmas be wrapped in happiness, and tied with love.

Anonymous

Above: The solution to the ‘Sounds of Christmas’ crossword on page 8.