

Resthaven Review

Volume 29, Issue 1

Autumn 2020



'Rest Haven Shirley Gardens,' 1935

Residential Services

- Aberfoyle Park • Bellevue Heights • Craigmore • Leabrook • Mitcham • Malvern
- Marion • Mount Gambier • Murray Bridge • Paradise • Port Elliot • Westbourne Park

Community Services

- Community Respite • Limestone Coast • Marion • Murray Bridge, Hills & Fleurieu
- Northern • Onkaparinga • Paradise & Eastern • Riverland • Western

From the Editor...

Hello residents, families and friends! A new year is upon us, with much to look forward to—not least of which is Resthaven’s 85th anniversary. We will celebrate with events across the year.

Before we delve into another year, though, let’s look back on the last three months.

Personal stories feature heavily in this edition, with a carer’s reflections on page 12, and a journey back to health on page 19.

If it’s something lighter you’re after, the latest from our social groups on pages 13, 14, and 16 will not disappoint.

A Christmas party with Peter Coombe can’t be missed on page 25, and a bushfire relief fundraiser on page 31 was a very worthy cause.

As for centenarian stories, this edition is chock full! Check out clients and residents with milestone birthdays on pages 18, 21, 22, 23, 26, and 30. Yes, you read that correctly—there are six special birthdays, including a 105th. Many happy returns to all, and thank you for sharing your stories with us.

Finally, make sure you check out the residential services diary dates on pages 8 and 9, and mark them in your calendar.

Enjoy the last of summer, along with the special 85th anniversary dates on page 5.

Until next time,

Resthaven Public Relations Team

From the CEO

In 2020, Resthaven proudly celebrates 85 years of outstanding care and support to older people living in South Australia. Resthaven’s purpose has always been to serve older people, and understanding this heritage points the way forward to the future.

Throughout the year, we will host celebratory events across Resthaven. I encourage you to join in to celebrate this significant milestone. We recognise those who now receive our services, and in younger years worked and/or volunteered with Resthaven. See the list of events on page 5.

A major 85th anniversary year project is an update of Resthaven’s history book. Well known and accomplished historian, Dr Rob Linn, is undertaking this work. The book launch is planned for October. Rob visited several Resthaven locations to see how much has changed in the past ten years. Read more on page 28.

The new year started with devastating bushfires across our state and nation. I acknowledge with deep sadness the lives and homes that have been lost, and the decimation of crops, wildlife and livestock caught in the firestorms. Sincere thanks go to all those on the fire grounds for their incredible efforts.

We continue to feel the toll upon families, communities and the wider population. Some of you may have been indirectly or directly affected. I am mindful that some of our services are provided in the Adelaide Hills communities and Kangaroo Island that were affected by the fires. I sincerely appreciate the efforts of our staff in how they responded to support clients in such difficult circumstances.

Continued opposite page...

From the CEO

(continued)

Resthaven is associated with the Uniting Church in South Australia, which coordinates a multifaith network of chaplains to assist people who have been affected by disasters and major emergencies within their communities, known as Disaster and Recovery Ministries. While other services and groups aid in taking care of people's physical and emotional needs, chaplaincy seeks to support people's spiritual and pastoral needs. A chaplain has been appointed to support Kangaroo Island.

There remains potential for further bushfires in the coming months. We have given significant effort towards our preparation for managing the risk each year.

Another major concern is the novel coronavirus that has been declared a major health emergency. Please read the information on page 6. For any such virus, it is most important to be vigilant about coughing and hand washing etiquette.

Industry News

As Greek philosopher, Heraclitus, said in 540 BC, 'There is nothing permanent except change.' The aged care sector is certainly an example of constant change.

Royal Commission into Aged Care Quality & Safety

The Royal Commission continues, holding a series of hearings during the first half of 2020, ahead of the Commission's final report on 12 November 2020.

The first hearing from 10-11 February 2020, was a workshop on aged care system redesign. Held in Adelaide, it helped test propositions following the release of the Commissioners' first consultation paper on redesigning the aged care program.

On 11 December last year, Peter Jenkin, Resthaven Palliative Care Nurse Practitioner, was called to a panel discussion of the Royal Commission. Peter's expertise was greatly appreciated by the commissioners and Resthaven's approach to palliative care was showcased.

Home Care Packages

As at the end of 2019, there were around 112,000 people waiting on the national home care prioritisation queue.

Although this is fewer than the high of 130,000 in mid-2019, supply is still not meeting demand. Resthaven continues to offer more and more people packages as they become available, with more than 1,300 people now receiving a home care package from Resthaven Community Services.

Aged Care Quality and Safety Commission

From 1 January 2020, the Aged Care Quality and Safety Commissioner's role includes additional regulatory functions, with oversight of approving all residential and home care providers, aged care compliance and enforcement actions, and the administration of the responsibilities of approved providers to report assaults.

Resthaven is currently in the triennial cycle of re-accreditation at the majority of our residential aged care homes. These processes are of great importance, providing opportunities and insights into how to improve and sustain the quality of our services.

I very much appreciate the additional efforts required during the accreditation process, and thank everyone who contributed.

Continued page 4...

From the CEO (continued)

Restraint Legislation Strengthened

The amended Quality of Care Principles 2014 legislation to further strengthen the regulation of physical and chemical restraint in residential aged care also came into effect from 1 January, 2020. Resthaven has a restraint minimisation approach that is consistent with these legislative requirements.

New Board Member

With the retirement of three members of the Resthaven Board in December 2019, I am pleased to announce that the Board has co-opted Jon Clarke. Jon has more than 35 years of experience in the legal profession. He is actively involved in the Law Council of Australia and Chairs the Law Society of South Australia's Ethics and Practice Committee.



Working Together

Throughout December 2019, I was privileged to visit many Resthaven sites to share in Christmas celebrations.

As always, I, with Board members, was very heartened to experience the warm welcome evident at our residential care homes and community services locations.

Retirement

After almost 35 years with Resthaven, and in my 27th year as CEO, I wish to share with you my intent to retire.

Whilst the exact time of my departure is not defined, it will be later in the year. It is expected that I will continue as Resthaven CEO until my successor is selected and commences, with a period of transition.

We will keep you informed about this.

The public recruitment process for the position of Resthaven CEO has commenced, noting that appointment of the CEO is a core responsibility of the Resthaven Board. Therefore, a Transition Committee of the Board has been established with Board President, Mark Porter, as the Chair.

It is important to me that this process does not in any way deflect attention from the good and important work of Resthaven, in serving those people who invite us into their lives each and every day. It is 'business as usual.'

I greatly admire and respect the caring and dedicated work of all our staff and volunteers in their many and varied roles and who are at the heart of Resthaven.

I have had the privilege of working with a very capable and committed team in this worthy work we do, under the guidance and leadership of the Resthaven Board.

I have benefited from their support, skill and passion for Resthaven's purpose over the years.

All the best,
and thank you.



Richard Hearn
Chief Executive Officer



Left: Richard with Mrs Pat Bayly at the Resthaven Mount Gambier Resident Christmas Luncheon.

85th Anniversary Calendar of Events



This year marks Resthaven's 85th anniversary. Throughout the year, we will celebrate this milestone with a series of events across all Resthaven service locations. Please see below the list of events that are confirmed or are in planning stages. Sites not listed are in the process of finalising their dates and events. We look forward to celebrating with you!

Date	Site	Event Details
18-20 March	Resthaven Limestone Coast Community Services	High Teas: Naracoorte, 18 March, 10–11am; Millicent, 18 March 3–4pm; Mount Gambier, 20 March, 3–4pm
19 March	Resthaven Mount Gambier	Birthday party with residents born in 1935, 2pm
27 March	Resthaven Onkaparinga Community Services	New office opening, 11am-3pm
3 April	Resthaven Marion	Exhibition of the artistic talents of the Resthaven Marion resident community, 1.30pm
23 April	Resthaven Western Community Services	Open Day, 10.30am–12.30pm
May	All sites (refer pages 8–9)	Volunteer celebrations with an 85 th theme, 2pm
11 May	Resthaven Mitcham	Afternoon tea with 85 th birthday cake, 2.30pm
19 May	Resthaven Leabrook	Resident afternoon tea and display, 2.30pm
27 May	Resthaven Paradise & Eastern Community Services	Celebration with barbecue lunch
23 June	Resthaven Murray Bridge	Birthday afternoon tea, 1.30pm
25 June	Resthaven Port Elliot	Masquerade Ball, 3–5pm
6 July	Resthaven Bellevue Heights	Anniversary of 40 years since site opening, combined with 85 th anniversary
16 July	Resthaven Aberfoyle Park	'Dress as your favourite movie star from the golden era' -themed afternoon tea, 1.30pm
23 July	Resthaven Malvern	'Roaring 20s' themed cocktail party
20 August	Resthaven Community Respite Services	'Big Birthday Party'
September	Resthaven Riverland Community Services	Celebration of new office opening in Berri (details to be confirmed)
October	Head Office	85 Years History Book launch
1 October	Resthaven Northern Community Services	85 th celebration on International Day of the Older Person, 10am–2pm
16 October	Resthaven Paradise	Celebration of 'Through the Ages'
10 November	Resthaven Agedcare Alternatives/RAS	Afternoon tea and 10 th birthday party, 2.30pm (location TBC)

Important Information for residents, clients and families: Novel Coronavirus

As you may be aware, there is currently an outbreak of a novel coronavirus (COVID-19) in Wuhan, Hubei Province China. While the coronavirus outbreak emerged in China, it has now spread to a number of countries across the world, including Australia.

The incubation period for the coronavirus is two weeks (14 days). Symptoms may include fever, flu-like symptoms such as coughing, sore throat and headaches and difficulty breathing.

Older people are particularly susceptible to any infection, including coronavirus. Please help us protect some of the most vulnerable people in our community by reading and following the information below:

If you have recently travelled to China

If you have recently travelled to Wuhan or other parts of China, or you have had contact with someone who has been diagnosed with the coronavirus, we urge you to stay at home and not to visit any of our aged care homes or community services sites for at least two weeks or until you have been tested for the virus and received a negative result.

If you become unwell

If you become unwell and suspect you may have symptoms of the virus, you must seek medical attention immediately.

Please ring ahead of time to book your appointment. This will help make your doctor aware of your symptoms and your travel history and will help minimise the spread of infection.



How you can help prevent the spread of novel coronavirus

Everyone should practice good infection control measures such as:

- Regularly washing your hands.
- Covering your mouth while coughing or sneezing.
- Avoid touching your face and mouth after touching surfaces.

Further information and updates about the novel coronavirus can be obtained from the Government of South Australia SA Health website www.sahealth.sa.gov.au/novelcoronavirus.

Thank you for following the suggested measures and protecting our community and each other against the spread of infection.

Residential Services

Accreditation

From December 2019 to February 2020, Resthaven Mitcham, Paradise, Marion, Westbourne Park, Leabrook, Bellevue Heights, and Malvern underwent unannounced re-accreditation audits.

The final reports for Resthaven Mitcham, Paradise and Westbourne Park have been received, with all three sites achieving three years accreditation. This is a great outcome. We will receive formal notification about the results of the other visits from ACQSA in the coming weeks.

These seven re-accreditation audits are the first of nine we will undergo in the coming months, and the ongoing support of all our staff is greatly appreciated.

Positive Feedback

We recently received the following positive feedback from the family of a Resthaven Mitcham resident:

Resthaven Mitcham was a wonderful place for mum to spend the last couple of months of her long life. Staff were so wonderful and kind.

After all the terrible stories coming out of the Royal Commission, we were very anxious to find the best place possible. We feel blessed to have been offered a place at Resthaven Mitcham.

This positive feedback reminds us all of the importance of Resthaven's good work.

Tina Cooper
Executive Manager
Residential Services



Community Services

Staff Movements

In late 2019, we farewelled Resthaven Riverland Community Services Manager, Sandy Smith. Relieving Manager Community Services, Karen Boelens, will take on this role until June 2020. I appreciate Karen's willingness to relocate to the Riverland for this time.

We welcome Leah Wills to the position of Manager at Paradise & Eastern Community Services. Former site Manager, Sue Dahl, has been appointed to the position of Senior Manager Community Services, based at Head Office.

Bushfire and Extreme Weather

Thank you to all Community Services staff for your resilience to continue to deliver services in the extreme weather this summer. The flexible approach taken to adjust service schedules meant there were very few services that were not able to be delivered. Clients and families have offered notes of appreciation for the extra lengths staff went to in supporting them.

Particular acknowledgement to Resthaven Murray Bridge, Hills & Fleurieu staff who worked long hours and over the weekend of the major hills bushfires. Pleasingly, all clients and staff were kept safe through collaborative efforts with local authorities, and service disruption was minimised.

Sue McKechnie
Executive Manager
Community Services



Residential Diary Dates 2020

Site	Day	Event	Time
Aberfoyle Park 100 Hub Drive Aberfoyle Park Ph 8115 1600	Tuesday 12 May	Volunteer Thank You Event	2pm
	Monday 15 June	Memorial Service	2pm
	TBA	Residents' AGM	11am
	Thursday 10 Dec	Christmas Lunch	12 noon
Bellevue Heights 47 Eve Road Bellevue Heights Ph 8273 4400	Thursday 14 May	Volunteer Thank You Event	2pm
	Tuesday 9 June	Memorial Service	2pm
	Monday 28 Sept	Residents' AGM	11am
	Monday 21 Dec	Christmas Lunch	12 noon
Craigmore 200 Adams Road Craigmore Ph 8288 4800	Tuesday 19 May	Volunteer Thank You Event	2pm
	Thursday 11 June	Memorial Service	2pm
	Thursday 17 Sept	Residents' AGM	11am
	Thursday 3 Dec	Christmas Lunch	12 noon
Leabrook 336 Kensington Road Leabrook Ph 8332 4333	Tuesday 5 May	Volunteer Thank You Event	2pm
	Thursday 18 June	Memorial Service	2pm
	Wednesday 16 Sept	Residents' AGM	11am
	Tuesday 8 Dec	Christmas Lunch	12 noon
Malvern 43 Marlborough Street Malvern Ph 8272 0222	Friday 8 May	Volunteer Thank You Event (combined event at Resthaven Westbourne Park)	2pm
	Friday 5 June	Memorial Service	2pm
	Tuesday 29 Sept	Residents' AGM	11am
	Thursday 17 Dec	Christmas Lunch	12 noon
Marion 10 Township Road Marion Ph 8198 2000	Thursday 7 May	Volunteer Thank You Event	2pm
	Wednesday 3 June	Memorial Service	2pm
	Tuesday 22 Sept	Residents' AGM	11am
	Wednesday 16 Dec	Christmas Lunch	12 noon

Note these diary dates in your calendar!



Residential Diary Dates 2020

Site	Day	Event	Time
Mitcham 17 Hill Street Kingswood 5062 Ph 8378 8999	Friday 8 May	Volunteer Thank You Event (combined event at Resthaven Westbourne Park)	2pm
	Thursday 4 June	Memorial Service	2pm
	Wednesday 23 Sept	Residents' AGM	11am
	Wednesday 9 Dec	Christmas Lunch	12 noon
Mount Gambier 24 Elizabeth Street Mount Gambier Ph 8723 0911	Monday, 25 May	Volunteer Thank You Event	2pm
	Thursday 11 Jun	Memorial Service	2pm
	Monday 21 Sept	Residents' AGM	11am
	Friday 11 Dec	Christmas Lunch	12 noon
Murray Bridge 53 Swanport Road Murray Bridge Ph 8532 1969	Wednesday 13 May	Volunteer Thank You Event	2pm
	Thursday 27 Aug	Memorial Service	2pm
	Thursday 24 Sept	Residents' AGM	2pm
	Monday 7 Dec	Christmas Lunch	12 noon
Paradise 61 Silkes Road Paradise Ph 8336 5444	Wednesday 20 May	Volunteer Thank You Event	2pm
	Monday 15 June	Memorial Service	2pm
	Friday 25 Sept	Residents' AGM	11am
	Tuesday 15 Dec	Christmas Lunch	12 noon
Port Elliot 3 Frederik Street Port Elliot Ph 8554 2000	Thursday 21 May	Volunteer Thank You Event	2pm
	Monday 7 Sept	Memorial Service	2pm
	Friday 18 Sept	Residents' AGM	11am
	Monday 14 Dec	Christmas Lunch	12 noon
Westbourne Park 30 Sussex Terrace Westbourne Park Ph 8271 3300	Friday 8 May	Volunteer Thank You Event (combined event at Resthaven Westbourne Park)	2pm
	Friday 17 July	Memorial Service	2pm
	Tuesday 15 Sept	Residents' AGM	11am
	Friday 18 Dec	Christmas Lunch	12 noon

Building Services

The new year keeps us busy, with a number of planning, construction, and redevelopments underway.

Resthaven Bellevue Heights

Planning the redevelopment at Resthaven Bellevue Heights continues to progress. The redevelopment will bring residents from Manson and Grevillea lodges within the main home. This will involve the construction of a new extension to the Correa and Waratah areas, plus a new dementia-specific area located above a lower level services floor with kitchen, laundry, and associated service rooms. A new staff room will also be provided. The central entry and café area will undergo a major transformation, along with the upgrade of the auditorium. The redevelopment will provide new car parking and access to the site.

Resthaven Leabrook

Resthaven Leabrook's newly refurbished hall and cafe area was completed in time for the 2019 Resident Christmas Luncheon. The café area now opens onto an external terrace, with outdoor tables, chairs, and a barbecue, for family get-togethers.

The upgraded hall has a state of the art audio visual system, as suggested by a resident of the home during the co-design/consultation process. The hairdressing salon has been upgraded with new equipment, and a window installed to provide more natural light.

Works commenced on the new reception and Manager's office in January 2020. A sculpture for the site by local artist, Gerry McMahon (commissioned by Resthaven) will be a very interesting feature.



Resthaven Marion

Three newly-constructed rooms in the Resthaven Marion Kookuna area were completed prior to Christmas 2019. Several lucky residents have moved into these spacious rooms (pictured above), which include 'smart' features such as intelligent nurse call sensor monitoring.

Additionally, the rooms include new bedheads with LED mood lighting, additional joinery cupboards, modern tiling, and increased vanity cupboard space in the ensuites.

Resthaven Riverland Community Services

Resthaven purchased the old state bank in Berri (see page 7) to be the new Resthaven Riverland Community Services office. The bank is a fine building from the art deco period, with lovely bones, but needs an upgrade internally. We expect to commence construction works in March.

Emmet O'Donovan
Manager, Buildings and Capital Projects



Retirement Living

'It's a Joy'

Jeannie Peace, Resthaven Retirement Living Coordinator, explains the joy she feels in her role when she helps people thrive in their retirement by assisting them with a move from the family home.

'It really is rewarding to be able to offer people a more manageable home, without the maintenance and gardening of a large home or property. It can be a difficult decision to downsize, but once the move is made, it is great to see how new residents embrace their new-found freedom, going out to enjoy themselves and being involved in the community.'

'Recently, a lovely couple accepted a unit at Bellevue Heights, with the fresh country air, gorge views and relaxed environment. Both have health limitations, and the move to a smaller home means that they will be able to manage much better and

improve their quality of life—and, they can access Resthaven Community Services for assistance in their home.

'Resthaven's retirement accommodation is very affordable, so your assets can be used to go on long wished-for holidays. I love hearing all the stories about the adventures people have, not worrying about their home while they are away.'

'People are also often pleasantly surprised at how the interior design team have modernised and updated the interiors of our units. With modern kitchens and bathrooms, they are very appealing.'

To enquire about retirement living at Resthaven, contact Jeannie on 8370 3756 or email retirement@resthaven.asn.au.



Volunteer Services

See You at the Shop!

Volunteers, Pauline and Marie (right), are in the newly renovated 'Chattery' area of Resthaven Leabrook.

People are enjoying the new light and bright open-plan shop and café area, with stackable glass doors that open up to the outside courtyards, letting the sunshine and fresh air in.

This is just a small snapshot of volunteers in action, enhancing lives and sharing their spirit and energy.



Resthaven Community Respite Services

Dementia a 'Shared Journey' for Rosie and Grant



Grant, and his wife, Rosie, had been married for 17 years when their lives changed forever. Both very active people, the couple rose at 6.30am every day to go walking, played golf, travelled extensively, and generally enjoyed an action-packed life.

However, in 2015, Rosie experienced a sudden stroke, followed by memory loss and other changes. Rosie and Grant consulted their doctor, and were shocked to receive the news that Rosie had vascular dementia and a very much shortened life expectancy.

Over the past four years, Rosie's condition has deteriorated, with Grant being Rosie's full time carer, supporting her daily needs 24 hours a day, seven days a week.

Grant had no time for his previous pastimes of playing golf, running, or even walking the dog. Grant's love of gardening was also curtailed.

Another important thing that changed for Rosie and Grant was that they lost contact with some friends and family. Long-held relationships began to suffer and they felt socially isolated.

When asked what words he has for other family carers, Grant offers these words of advice: 'Retain your sense of humour, and utilise respite care whenever you can.'

Julian Sporne, Assistant Manager Resthaven Community Respite Services, says, 'Respite care offers short term care options that allow family carers such as Grant to take a break from their caring role, thereby ensuring that they stay healthy themselves.'

'Resthaven Community Respite Services provides short term, overnight, or group respite services to older people like Rosie, at a range of locations.'

'Family carers can take the break they need, having peace of mind knowing that their loved one is being cared for in a comfortable, home-like environment, with fully trained staff on duty 24/7.'

'Residential respite (short term stays) is also available at all Resthaven residential aged care homes.'

Grant describes the two days a week that Rosie visited Resthaven Community Respite Services day respite at Hersey Cottages as 'wonderful', and treasures the extended respite stays that she regularly had at a residential aged care home. He says, 'When Rosie first had a residential respite stay, it took weeks before I was able to enjoy mundane things, like washing the car for the first time in 12 months, or tidying the garage.'

'In saying that, I missed Rosie every day, and was pleased to be reunited with her at the end of the respite stay.'

Julian says, 'It is evident to anybody who meets Grant that he was devoted to his wife, committed to keeping her safe and happy. Grant says that at 7pm every night when he helped Rosie to bed, they held hands, and Rosie always said "I love you".'

'If you are a family carer like Grant and would like to find out how Resthaven can support you, phone Resthaven Community Respite Services on 8198 2060.'

Thank you for sharing your story.

Note: Sadly, Rosie passed away in January 2020. Our sincere condolences to Grant and his family.

Resthaven Limestone Coast Community Services

Card Making and Baking, Moving and Shaking



The Millicent Social Group kept busy over the summer holidays making beautiful cards to share with families and friends.

This is just one of the many activities that group participants enjoy, with others including baking days, knitting projects, and trips to the local museum or theatre.

The group, which is run by Resthaven Limestone Coast Community Services, meets regularly at the Resthaven offices at 1/6 Davenport Street, Millicent.

Manager, Liz Southall, says, 'All our activities are popular, but the card making activity was a great lead-up to the festive season, giving the ladies an opportunity to create some lovely Christmas cards.'

'The group also makes cards for other times of the year, such as Easter.'

'A big thank you to Home Support Worker, Annette, a keen card-maker herself, who assisted the ladies to make and decorate their cards.'

'A special thanks also to Coordinator, Stacey, and Annette, for providing scrapbooking materials, cardboard and paper.'

'We received very positive feedback about the card-making activity, and can't wait to do it again for special occasions in 2020.'

'The Millicent Social Group supports older people living across the Limestone Coast to enjoy social interaction, various interesting activities, along with afternoon tea.'

'If you are interested in joining in the fun, please contact Resthaven Limestone Coast Community Services Millicent office on 8733 3311.'

Other offices are at Strathalbyn and Mount Gambier, supporting older people and their carers throughout the south-east.

Pictured above (L-R): Mrs Ruth Henderson, Mrs Joyce Osmond, Mrs Ivy Shepherd, and Mrs Judy Potter.

Resthaven Marion Community Services

'Henny Penny' Brings Joy

Over two weeks in early 2020, Resthaven Marion Community Services at 43 Finniss Street, Marion, hosted a 'Henny Penny Hatching' incubator, to the delight of clients visiting the centre for their wellness support.

Therapy Assistant, Monika Lyckholm, says, 'We received an incubator containing thirteen eggs, and a viewing pen with three recently hatched chicks.'

'The hatching area was set up in the reception area for all to view and enjoy.'

'The setup became a hub of excitement and chatter, with clients and staff alike enjoying watching the chicks cluck around in their pen, and reminiscing about their experiences of keeping chickens themselves as children.'

'Several clients held the delicate chicks in their hands, providing a warm spot for them to relax and sleep.'

'Even Huxley, our companion dog (right), was captivated by the chicks – he sat by the pen constantly and stared at them.'



The curious chicks were equally fascinated by Huxley.'

'One of our Therapy Assistants, Darren, was named "chicken dad," cleaning the pen, transferring the newly hatched chicks from the incubator to the pen, and topping up water and food daily.'



'All 13 eggs ended up hatching, but they were sneaky – only four eggs hatched in view, whilst the others hatched overnight when no one was looking.'

'When the program came to a close, all thirteen chicks were adopted by Resthaven Marion Community Services staff.'

'Seven of the chicks are living their best life in Loxton and Wilcannia, and the other six live locally in backyards.'

'We hope to receive updates on how they are going, and look forward to hosting another Henny Penny Hatching program next year!'

For details about Resthaven Community Services call 1300 13 66 33.

Resthaven Murray Bridge, Hills & Fleurieu Community Services

Intergenerational Visit at Investigator College

In late 2019, members of the Port Elliot Wellness Group, run by Resthaven Murray Bridge, Hills & Fleurieu Community Services, visited a group of year five students at Investigator College for a morning of fun, games, and intergenerational learning.

Program Assistant, Jenna Gamma, says, 'The Port Elliot Wellness Group meets every Tuesday for morning tea, exercises, wellness, fun and games, or outings.'

'The outing to Investigator College was certainly a hit!'

'We had a great morning with the year five boys, who had planned morning tea and games.'

'We started by introducing ourselves to the group [pictured below], with everyone enjoying the discussion about how school today is so different from how it was when they went to school.'

'The group then played several games together, before students made and served coffee and tea, which very much impressed the Wellness Group members!'

'Feedback from the day was very positive, with many group members asking if we can do it again soon.'

'Activities like this one benefit not only the clients, but also the students.'

'It is lovely for young people to share the wisdom of the older generation, and for older people to spend time with the younger generation.'

'Thank you to the students of Investigator College for having us, and we hope to see you again soon!'

The groups are held at the old School, at 50 North Terrace, Port Elliot, adjacent the Resthaven Port Elliot residential aged care home.



Resthaven Northern Community Services

Social Group Fun out North

Older people across the northern suburbs are benefiting from the new 'Social Central' group, run by Resthaven Northern Community Services at the Gawler Uniting Church.

Manager, Karen Hammond, says, 'The Social Central group commenced on 8 November, 2019, and has been very well received within the local community.'

'The group begins with 30 minutes of gentle chair-based exercises, aimed at promoting wellness and mobility. This is followed by morning tea, and a wide range of individual and group activities.'

'November saw the group making felt poppies for Remembrance Day, and a paper wreath created jointly with the Elizabeth Thursday Social Group.'

'We celebrated Men's Health awareness week with Movember-themed activities, and World Kindness Day, where we shared random acts of kindness.'

'In December, we kicked off the festive season with some Christmas crafts, making reindeers and snowmen using recycled bottle tops.'

'A Christmas tree with decorations, again made jointly with the Elizabeth Social Group, was proudly hung on the wall.'

'We also baked chocolate crackles and rocky road, which clients took home to share with their friends and families.'

'To end the year, the group enjoyed a Christmas morning tea, with everyone bringing a plate to share.'

'If you are interested in joining the Gawler 'Social Central' or Elizabeth 'Thursday Social' groups in 2020, or to find out more about the many in home and group services we provide, please contact Resthaven Northern Community Services on 8259 5600.'



Resthaven Riverland Community Services

New Berri Office

The new office base for Resthaven's growing Riverland community aged care services will be the old State Bank Building in Berri. Executive Manager Community Services, Sue McKechnie, says, 'I am very pleased that Resthaven has secured the landmark art-deco building at 7 Wilson Street, Berri. Resthaven continues to expand in the Riverland, and for some years, we have been overflowing our current Loxton office at 60 East Terrace—we simply need more space.'

'Plans are currently lodged with the Berri Barmera council for building work to upgrade the new premises at Berri to provide office space, a social space and a Regional Assessment Service office.



'We hope to move into the new premises mid-year, where we will continue to support older people and their carers in Loxton, Berri, Barmera, Renmark, Waikerie and throughout the Riverland.'

Resthaven Onkaparinga Community Services

85th Anniversary Celebration & Office Opening

Staff at Resthaven Onkaparinga Community Services (pictured, right, on 'moving day') are excitedly preparing for their 85th anniversary and Open Day celebration on Friday 27 March, noon–3pm at 3–5 James Clark Road, Noarlunga.

The event will also be the official opening of the new offices. Having outgrown previously leased offices in Commonwealth House, the newly purchased premises offer opportunities for social group programs, Men's Shed activities, and many other services to support older people living at home locally.



Resthaven Paradise & Eastern Community Services

Happy 100th Birthday: Mrs Beryl Reine

Beryl Margaret Reine was born in the Melbourne suburb of Carlton on 28 December, 1919. In her childhood years, she lived at several inner Melbourne locations, and attended St Michael's Catholic school for her primary education.

Beryl's father purchased a property at Pearcedale, about 50km south of Melbourne. Beryl has related many stories of travelling to the Pearcedale property in a horse and buggy.

Unfortunately, Beryl's mother contracted Tuberculosis and died when Beryl was only 10 years old. However, before her passing, Beryl's mother had the foresight to employ a lady whom she knew would look after the family. This lady became known as 'Nanna McIntyre', and had a family of her own. As time passed, they moved into the family home to become one family. Beryl remembers there was always laughter in the evenings as the enlarged family sat around the wood stove sharing stories of the day's events.

When Beryl was 19, she fell in love with a handsome young air force electrician named Gordon Reine. They were married at St Marks Church in Fitzroy in November 1941. Their first child, a daughter named Carolyn, was born fifteen months later. When Carolyn was six weeks old, Beryl and Gordon moved to Gordon's home city of Adelaide. Beryl soon had three more children, Yvonne, Colin and Paul.

Beryl and Gordon lived in different Adelaide suburbs before settling in Wynn Vale. Rearing four children kept Beryl very busy, but as the children developed their own interests, Beryl decided to follow her own interest in painting. She was very successful in her art, selling and winning prizes for her watercolour paintings.

Once their children were married and had left the family home, Beryl and Gordon travelled

widely. They visited Japan, Europe and South America several times. The couple were married for 77 years, with Gordon also celebrating his 100th birthday in 2019, shortly before his passing.



Beryl has seen numerous changes during her 100 years. From the earliest plane flights, to 'Man on the Moon,' and, more recently, flying from Adelaide to London non-stop. She has also seen the Adelaide tram lines being installed, removed, then reinstalled again!

What are Beryl's secrets to longevity? She is not easily ruffled, and a great sense of humour has always been an important part of her personality.

Beryl's 100th birthday was acknowledged with a visit and flowers from her State MP, Blair Boyer, and Federal MP, Tony Zappia. She received cards from the Governor General, Prime Minister, SA Premier, and (something Beryl has wanted for many years), a card from Her Majesty Queen Elizabeth II. There have been many other acknowledgements as well, including from Resthaven Board President, Mark Porter.

It was wonderful for Beryl to celebrate her 100th birthday with her children, grandchildren, great-grandchildren, and special friends. Beryl greatly appreciates the support of her family, friends, and especially the wonderful 'at home' support from Resthaven staff and carers.

She is looking forward to celebrating many more birthdays.

*With thanks to Carolyn Waterman
(daughter) for this submission*

Resthaven Western Community Services

Social Group Brings Kevin back to Health



Two years ago, Mr Kevin Rawlins almost died.

'My wife had passed away in 2016, I was all alone,' he says. 'Then I had a massive heart attack, and ended up in the hospital for four months.'

'I could barely move, let alone walk,' he says. 'I didn't want to face another day.'

After four months and multiple operations, Kevin was discharged from hospital. His physical health improved, but his mental health was in tatters.

'There were days that I didn't want to get out of bed,' he says.

'No one can know what it's like unless they go through it themselves.'

This all changed when Kevin joined the local wellness and social group for older people, run by Resthaven Western Community Services at 96 Woodville Road, Woodville.

'Knowing that you have this [group] on, it gets you moving, gets you mobile,' he explains.

'Now I come three times a week, and we do Tai Chi, yoga, or pilates, then have a coffee and some afternoon tea.'

'Someone from Resthaven comes and picks me up from my house around the corner and brings me here for class.'

'June [Home Support Worker and group facilitator] is just fantastic—now I can get up out of my chair, I couldn't do that before.'

'I only use my walker if I'm going long distances.'

'Friday's group is Tai Chi movements, and about a quarter of an hour of meditation.'

'I love the meditation, it just seems to drain all your problems away; it uplifts you.'

'Deb [Home Support Worker], she's a wizard, she comes up with all different ideas with card games to test your memory.'

'It's a wonderful group.'

Resthaven Western Community Services runs social and wellness groups for older people who live independently in their own homes, five days a week. Group sessions incorporate chair-based exercises, arts and craft, afternoon tea, and bus trips. To find out more, phone 8345 0577 and ask about Social Groups.

Resthaven Aberfoyle Park

Knitted Blankets for the Homeless



Residents, staff and volunteers of Resthaven Aberfoyle Park continue to work together to knit warm knitted blankets for the homeless.

Working with donated wool, many people are contributing to the project, which has so far produced ten blankets and several scarves.

Lifestyle Assistant, Nav (pictured above centre with the group), says, 'The aim was to complete four blankets, but the group just kept on knitting!'

'Residents often knit together in the hall, but continue knitting in their rooms, the communal areas, during art and craft, and in the ladies group.'

'Participants say that this is their way to help others who are less fortunate.'

In December 2019, Nav gift-wrapped the blankets (pictured below) and personally delivered them to homeless people across Adelaide.

Well done to Nav for her extra special Christmas delivery, and to all those involved in knitting these wonderful blankets.



Resthaven Bellevue Heights

Happy 105th Birthday: Mrs Jean Linehan

Many happy returns to Mrs Jean Linehan (nee Starr), who celebrated her 105th birthday on 2 February, 2020.

Jean grew up in Adelaide, one of three girls. She attended Glenelg Primary School, followed by high school aged 14, but didn't like it, as 'they wanted to teach me washing and cooking! I wanted to learn shorthand and typing.' Jean quickly moved to Charter's Business School instead.

After her graduation, Jean 'tramped around looking for work,' in the midst of the Depression. She was unemployed for six months before finding work in an office in Grenfell Street, followed by a stint at TJ Richard's on Anzac Highway. 'I was still living with mum then, as my parents were divorced,' she says. 'The family lived on just two pounds a week alimony. There was nothing from the government. Whatever clothes we had, we just wore and wore them,' Jean says.

Jean eventually found a job at Bonds, where, along with office work, she had a stint modelling the wares. Ever modest, Jean says that she modelled 'mainly negligées and night dresses, and some bathing costumes.'

She stayed at Bonds until 1939, aged 24, when she married her late husband, Kingsley. The couple moved to Melbourne, where they had two children, June and Maurice.

Living in Melbourne during WWII, Kingsley, who could not go to war because he had tuberculosis, became a volunteer air raid warden. 'He thought it was a bit of a joke,' says Jean. 'Everyone would laugh at him when he came round in his warden's hat!'

In 1956, Jean and Kingsley sold their home in Melbourne and moved back to Adelaide, buying a new house in Seacliff.

'We stayed there a few years, before moving to Seacombe Road, into a smaller townhouse. We didn't need four bedrooms,' says Jean.

Kingsley died in 1988, aged 75, and Jean moved into a second-floor retirement living unit in Marion, where she lived until she was 103, enjoying her hobbies of walking, shopping, and cooking.

Jean moved into Resthaven Bellevue Heights in 2018. She has no secret for her great age, only saying that she must be 'blessed with good genes. I never thought I'd live this long.'

'My mum died when she was 95, but she was a smoker—so who knows, she might have made it to 112!' Jean says.

Jean has four grandchildren, seven great-grandchildren, and one great-great-grandchild. She is happy in her home at Resthaven Bellevue Heights, where she continues to enjoy a great quality of life. 'I seem to make new friends, I get on well with people here,' she says.

'I follow current affairs and news, we play trivial pursuit, I like to go for a walk around the grounds. I read books, although my sight's not so good anymore.'

'I'm just happy to go along as I am.'

'Oh, and I have a glass of chardonnay at lunch, and a healthy appetite to go with it!'

Happy 105th birthday, Jean.



Resthaven Craigmore

Happy 100th Birthday: Mrs Muriel 'Fay' Badman

Many happy returns to Mrs Muriel 'Fay' Badman (nee Easton) of Resthaven Craigmore, who celebrated her 100th birthday on 17 January, 2020.

Mrs Badman was born in Mile End. She had one sister, Lorna. Fay remembers the 'copper' in the family laundry, with bath night on Fridays. The copper would be filled with warmed water and her father would take the first bath, followed by her mother, with the children last, all in the same water!

Fay also remembers enjoying picnics in the hills with her family as a child, always travelling in her father's 'special' car, a 1928 Studebaker Erskine.

Sadly, Fay's father died of sawdust lung disease in 1933 when she was just 13 years old. Her mother, Fay, and Lorna subsequently moved to George Street, Norwood.

It wasn't long afterwards that Fay began her working life at the Red Rose Café on Norwood Parade. She recalls serving coffee, tea and scones. A few years later, Fay met Norman Ross Badman, a milkman. They were married on 24 February, 1939, when Norm was 18 years old and Fay was 19.

Moving on in her career, Fay began working in the city as a shop assistant. She rode her bicycle to and from home each day and, during WWII, had to ride in the middle of the road because streetlights were not allowed.

Fay and Norm went on to have two children: Eric, born in October 1939, and Reginald, born in August 1951. Fay is pictured (above right) with Reg, his daughters, and Fay's great-granddaughter.

Fay's hobbies over the years included knitting, sewing and cooking. She made all the family's clothes herself. Reg, remembers her cakes and custard tarts being 'delicious'.



The next step for the Badman family was to purchase a farm in Rosewater. They became involved in the greyhound racing industry and even built a practice track on their property. Both Norm and Fay ran the business together for many years, and their boys grew up on the farm.

Later in life, the couple moved to Coobowie for a year, then back to Adelaide to live with Reg at Edinburgh North.

In 2005, Norm began to have health issues. He spent six months at Resthaven Craigmore before passing away aged 84. Fay remained at home with Reg and his family until 2007, when she moved into Resthaven Craigmore. She has lived there for the last 13 years.

Now 100 years old, Fay enjoys watching Fred Astaire movies and musicals, listening to Max Bygraves and country music, drinking hot chocolate, and visiting McDonalds for her favourite cheeseburger!

Some words of wisdom that Fay has passed on to her family are to 'kiss and make up before you go to sleep', and 'never give in'. Very sound advice.

Fay celebrated her milestone birthday with around 30 family and friends at Reg's home.

Happy birthday, Mrs Badman!

Resthaven Marion

Happy 100th Birthday: Mrs Gwenneth Cooper

Happy birthday to Mrs Gwenneth Cooper of Resthaven Marion, who celebrated her 100th birthday on 15 December, 2019.

Born in Melbourne, Mrs Cooper grew up in Northcote, attending Wales Street Primary School. 'I liked school,' she says.

'After I finished school, I stayed at home until I was old enough to get a job, around 14 or 15,' she continued. 'A friend of mine got me a job in a cardboard box factory for chocolates—I worked the machine that put the wires in the boxes.'

'Unfortunately, I only worked on the boxes, not the chocolates!'

'I was also a great reader,' she says. 'I've read everything that's worth reading.'

She met her husband, Mick, in her last year of school at Wale Street. 'He was at my school, and we went to the same church, so we got friendly,' she says. The couple were married just before the war in the Salvation Army church.

Mick was in the Navy, and after the war, Mrs Cooper moved to Sydney to be with him. The couple had a son and a daughter.

Although Mrs Cooper was very happily married, she never warmed to Sydney, and after Mick died, she moved to Adelaide to be closer to her daughter.

'My husband was a wonderful man, and boy do I miss him,' she says. 'But I have good memories.'

She is happy at Resthaven Marion, saying, 'My room here is nice, they keep it clean. The staff are very helpful.'



'They do the best they can, they really do. This place is beautifully clean.'

'I don't go to any lifestyle activities, it's not really me,' she says. 'However, one time I did go to the Red Hat Ladies lunch.'

'They played "pass the parcel," and guess what, I won the prize, which was that snow globe,' she says, pointing to a snow globe on the windowsill. 'Of course it was a set up, but I was still thrilled to bits!'

Mrs Cooper celebrated her birthday with afternoon tea at a friend's house. However, she is characteristically practical about the milestone. 'It's just another day,' she says. 'I'm mostly interested in seeing my old Melbourne friends.'

Thank you for sharing your story,
Mrs Cooper!

Resthaven Leabrook

Isabel 'Carving out her Niche'

When you think of a 'furniture carver,' Mrs Isabel Fuller of Resthaven Leabrook may not be what comes to mind.

However, that's exactly what she is, producing high quality, hand-carved wooden furniture that now adorns her room at Resthaven Leabrook.

Having worked as a midwife, Mrs Fuller 'always thought I'd like to try wood working.'

'I liked older types of furniture, but it's so expensive,' she says.

'I bought that one over there,' she says, pointing to a beautifully carved antique chair sitting in the corner, 'and I thought to myself, "I could make that".'

'So I went to the Norwood Wood Carving Academy, and I just loved it. I had a very good teacher.'

'I did that little foot stool,' she continues, gesturing towards a small stool that would look very much at home in any antique shop. 'I also worked the tapestry for that one,' she says proudly.

'I did pieces for all the family, and made a few for myself.'

She explains that, 'After the war, we were all very poor, so my brother made a coffee table for my wedding present. That inspired me.'

'I don't know where the creativity came from because my dad was in the police force, and so was my brother!'

One of nine children ('My poor mother!' she exclaims), Mrs Fuller grew up in the country. After finishing school, she started training as a nurse, initially working at Maitland Hospital.



After a stint as a private nurse in Walkerville, she spent two years at Crystal Brook Hospital, then two years at the Adelaide (before it was 'Royal').

'After that, I got my certificate, and went to the Women's in Melbourne and did midwifery.'

'It was just when the boys were coming back from the war and there were lots of ladies pregnant!'

'I remember one night there were 16 babies born on the ward. It was busy.'

After meeting and marrying her husband, the couple first moved to Blair Athol, then to Magill. They went on to have four children – two boys and two girls.

'My husband went into hotels,' she says. 'We owned the Light Hotel at Eudunda, and the Brauhaus at Angaston, and the Duke of York in Currie Street.'

After her husband died, Mrs Fuller moved back to Adelaide, before eventually moving into Resthaven Leabrook, where she is 'very happy with everything.'

Thank you for sharing your story!

Resthaven Malvern

Party with Peter



In December 2019, residents of Resthaven Malvern hosted an extra-special Christmas concert for their Hyde Park Kindergarten 'buddies,' with a performance from iconic children's entertainer, Peter Coombe.

Manager, Terry Kirkwood, says, 'The kindy kids visited Resthaven Malvern every week throughout 2019, developing intergenerational friendships, which were of great benefit to the residents and children alike.'

'To celebrate their wonderful year together, Resthaven Malvern hosted this final party, where they visited for the last time before heading off to school.'

'The children were joined by their families and friends, who, together with residents,

volunteers and staff, shared several interactive games, which were followed by morning tea.'

'Then it was time for Peter's special performance, with old favourites performed, including *Mr Clickity Cane* and *Newspaper Mama*.

'Finally, Santa and his helper elf dropped in, delivering gifts to each child.'

'It was a wonderful morning,' Terry says.

'We will miss the Hyde Park Kindergarten children, but wish them all the best at their new school.'

'We hope to continue our collaborative relationship with the kindy into 2020.'

Resthaven Mitcham

Happy 100th Birthday: Mr Frederick McKinlay

Warm birthday wishes to Mr Frederick (Fred) McKinlay of Resthaven Mitcham, who turned 100 on 22 December, 2019.

Born in Highgate, Mr McKinlay attended Highgate Primary School as a child. 'My father worked for the Municipal Tramways Trust,' he says. 'I had one brother and one sister—I was the last one.'

After primary school, Fred attended Unley Central School, but only lasted for 12 months before moving to Milton College, where he studied bookkeeping.

'I had several jobs after school finished, then got a job with a firm of accountants,' he says. 'The son of the proprietor was in the army reserve, and one day he said to me, "Have you considered joining the army?" I hadn't, but then I did.'

'I enlisted on 6 February, 1940. Twelve months later, I transferred to the AIF [Australian Imperial Force]. I didn't see any overseas service, but I did go to Darwin.'

He met his wife, Margaret, whilst working at a 'little settlement on the River Murray.'

'I was sent up to the settlement with a few others to establish a temporary power supply,' he explains.

'It wasn't like now, with all the communications we have—I had to go into the office to make the call, which is where Margaret worked. And that's how we met.' The couple were married in 1949.

'At first, we had a flat at Henley Beach South,' Mr McKinlay says, 'then I had a war service home at Edwardstown (now Melrose Park).'

After 52 years in their Edwardstown home, the couple moved to a retirement village in Pasadena. 'We were there for 16 years before Margaret died, aged 94,' he says.



'We had two daughters, and now have five grandchildren and five great-grandchildren. I see the family often; one comes and has lunch with me on Wednesdays.'

Mr McKinlay only recently moved into Resthaven Mitcham, aged 99½. Prior to this, he was supported to live independently in his own home by Resthaven Marion Community Services. 'I would get transport, shopping, appointments, the whole lot,' he says. He is still adjusting to his new home, saying, 'I only moved in in November, so I'm still settling in.'

He enjoys the lifestyle program the home has to offer, saying, 'I've played ten pin bowling, carpet bowls, Bingo, and I go to exercises twice a week. I think exercise is essential.'

When asked if he has any other secrets to longevity, he says, 'I don't know—but I guess I must have done something right!'

Mr McKinlay celebrated his milestone birthday with a small gathering of family and friends.

Happy birthday, Mr McKinlay!

Resthaven Mount Gambier

Australia Day Celebrations

Australia Day 2020 was celebrated at Resthaven Mount Gambier with a shared morning tea and sing-along with the residents of St Mary's Residential Aged Care Home. St Mary's and Resthaven Mount Gambier residents often visit each other, as the homes are located in close proximity.

In the afternoon, another celebration was held during Happy Hour, with Australian music and food. The Australia Day 'cake' featured iconic lamingtons (right).

An acknowledgement of the traditional owners of our land was observed at both events.

Right: Mrs Laurel Nankervis with the Australia Day 'cake'.

Below: Mr and Mrs Nancy and Gary Phillips enjoy the festivities.



Resthaven Murray Bridge

85th Anniversary History Book Trip

This year, Resthaven celebrates 85 years of providing quality care and support to older people and their carers.

As part of the 85th anniversary celebrations, noted historian, Rob Linn, will update the Resthaven history book, due to be published in October 2020. The new history book will feature developments over the past ten years, since the last edition was published for the 75th anniversary in 2010.

In preparation for the 85th anniversary edition, Rob is 'touring' all those Resthaven sites which have undergone changes in the last ten years—of which Resthaven Murray Bridge is definitely one!

On 29 January 2020, Rob, together with Resthaven Public Relations Manager,

Julie Johninke, visited Resthaven Murray Bridge to see the many changes which have taken place at the home since 2010. He also checked out the brand new Community Services building. Rob (pictured below) was amazed by the transformation to the precinct!

They then visited the Strathalbyn office of Resthaven Murray Bridge, Hills & Fleurieu Community Services, and the 'Old School' services in Port Elliot.

Rob also visited Resthaven Port Elliot, Aberfoyle Park, Leabrook, Mitcham, Malvern, and Westbourne Park, as well as Agedcare Alternatives. A further expedition took him to the Paradise campus, and Resthaven Western Community Services.



Resthaven Paradise

'Day on a Plate'



With the arrival of summer, fresh and healthy summer menus were rolled out across all Resthaven residential aged care homes.

Crumbed fish with lemon, spring vegetable soup, and salmon with garden salad are just some of the menu choices on one day's menu, photographed (above) at Resthaven Paradise.

'We are proud of the meals we serve,' says Tina Cooper, Executive Manager Residential Services. 'We go to great lengths to consult with residents and to ensure they enjoy nutritious, delicious meals, cooked fresh from our individual site kitchens.'

'Our four-week rotational menus are prepared for summer and winter. Prior to each seasonal menu release, residents can complete meal and menu surveys, so that they can indicate their preferences, or request their favourite meals.'

'Once feedback is reviewed, the menu is developed by the site cook and Coordinator Housekeeping Services. All reasonable preferences are considered, along with individual dietary requirements.'

'As the menus change every summer and winter, the menu choices reflect the warmer or cooler weather—such as hearty soups during the colder months, and light, fresh salads in summer.'

'Each site enjoys a menu with an array of choices that reflect the preferences and tastes of the residents living there, with meals freshly made in the site kitchens.'

'Residents are encouraged to provide feedback about their meals throughout the year, and we cater to individual dietary needs.'

'Enjoying good quality food is so important to quality of life, and we pride ourselves on bringing this to Resthaven residents.'

Resthaven Port Elliot

Happy 100th Birthday: Mr Alf Humble



Many happy returns to Mr Alfred Humble of Resthaven Port Elliot, who celebrated his 100th birthday on 11 December, 2019.

Born in 1919 in Payneham, one of ten children, Alf attended Payneham School, then Urrbrae, followed by Roseworthy School to do veterinary science. War broke out just as he finished, delaying his studies, and he joined the air force. When asked why he chose the air force, he says, 'Why would I want to get shot at on the ground or sunk in the sea? I wanted to be as far away from the action as possible!'

Alf flew Bristol Beaufort bombers and Beaufighters, spending time in Darwin, Townsville, and New Guinea.

He met his late wife during the war, and the pair were married in September 1944. They had two children, Meredith and Chris.

After the war, the family moved to Sydney, where Alf finished his veterinary science studies. After five years of study, Alf moved back to Adelaide with his young family.

Over his long career, he worked for the South Australian government, and opened several veterinary practices. He also continued his love of flying, buying his first aeroplane in the mid-50s.

Alf continued to fly until he was 80, when he gave it up voluntarily.

After Mrs Humble passed away in 2010, Alf and Chris moved to Encounter Bay, where Meredith was already living. Alf moved into Resthaven Port Elliot in 2017.

Meredith says, 'Dad didn't want to go into a nursing home, so I was worried on his first day. But I took him over and showed him his room, and left to go and get something. When I came back an hour later, he's sitting there and he said, "Actually, it's quite nice here!"'

'They really look after him very well.'

She continues, 'When dad received his letter from the Prime Minister, Scott Morrison MP, he thought it was "hilarious", saying, "It says congratulations and best wishes for the future. I'm 100, I'm gonna bloody well need it!"'

'Then he read the one from South Australian Premier, Steven Marshall, and said, "Who's this Steven and why is he congratulating me?"'

Alf enjoyed several celebrations to commemorate his milestone birthday—one with his old country vet friends, another with his grandchildren, and finally a party at Resthaven Port Elliot.

All the best, Alf!

Resthaven Westbourne Park

Bushfire Relief Fundraising

On Friday 17 January, Resthaven Westbourne Park residents, volunteers, staff and visitors rallied together to raise funds to support 'Paul', a koala rescued in the recent bushfires, and others affected by this tragedy that has affected so much of Australia.

Pamela Alde, Manager Residential Service, explains, 'Paul is a young male koala. He was the first live koala to be found at the Crestwood/Lake Innes Nature Reserve in the New South Wales fire ground.

'The Koala Hospital tells us that Paul was found curled up on the burnt ground by a member of the public who brought him to the Koala Hospital.

'Paul (right) was severely dehydrated and had suffered burns to his hands and feet. This usually occurs when a koala climbs down the trunk of a burning tree. More than 90% of Paul's fur is singed.



'Resthaven Westbourne Park adopted Paul, and the recent news from the koala hospital is that he is alive and recovering well.'

'We continue to keep up to date on Paul's progress, and more information will arrive in the post soon!'

'However, with more fires affecting so many parts of Australia, we wanted to do more.'

'Our fundraising morning tea was extremely successful. I am so pleased to announce that we raised a total of \$1141.85, which has been sent to the Kangaroo Island Mayor's Bushfire Recovery Fund!'

'Thank you to everyone for their generosity and thoughts for others.'



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

RESIDENTIAL SERVICES

Aberfoyle Park 100 Hub Drive Aberfoyle Park, 5159 Phone (08) 8115 1600	Mitcham 17 Hill Street Kingswood, 5062 Phone (08) 8378 8999
Bellevue Heights 47 Eve Road Bellevue Heights, 5050 Phone (08) 8273 4400	Mount Gambier 24 Elizabeth Street Mt Gambier, 5290 Phone (08) 8723 0911
Craigmore 200 Adams Road Craigmore, 5114 Phone (08) 8288 4800	Murray Bridge 53 Swanport Road Murray Bridge, 5253 Phone (08) 8532 1969
Leabrook 336 Kensington Road Leabrook, 5068 Phone (08) 8332 4333	Paradise 61 Silkes Road Paradise, 5075 Phone (08) 8336 5444
Malvern 43 Marlborough Street Malvern, 5061 Phone (08) 8272 0222	Port Elliot 3 Frederik Street Port Elliot, 5212 Phone (08) 8554 2000
Marion 10 Township Road Marion, 5043 Phone (08) 8198 2000	Westbourne Park 30 Sussex Terrace Westbourne Park, 5041 Phone (08) 8271 3300

COMMUNITY SERVICES

Community Respite 31/12 Township Road Marion, 5043 Phone (08) 8198 2060	Onkaparinga 3 James Clark Road, Noarlunga Centre, 5168 Phone (08) 8307 3700
Limestone Coast 17 Gordon Street Naracoorte, 5271 Phone (08) 8762 4389	Paradise & Eastern 61 Silkes Road Paradise, 5086 Phone (08) 8337 4371
Marion 43 Finniss Street Marion, 5043 Phone (08) 8306 4400	Riverland 60 East Terrace Loxton, 5333 Phone (08) 8584 5866
Murray Bridge, Hills & Fleurieu 37 Swanport Road Murray Bridge, 5253 Phone (08) 8534 2600	Western 96 Woodville Road Woodville, 5011 Phone (08) 8345 0577
Northern 16 Gillingham Road Elizabeth, 5112 Phone (08) 8259 5600	General Enquiries: Phone 1300 13 66 33 www.resthaven.asn.au

AGEDCARE ALTERNATIVES

Free aged care information service 8408 4600

Newsletter Submissions

Do you have an item for the 'Resthaven Review'?

Residents, clients and staff are strongly encouraged to submit items for publication.

Please give your items to Reception, or a staff member, to be sent to the Public Relations Department via the internal mail. Alternatively, you can email items to pr@resthaven.asn.au.

Read online issues of the newsletter, and stay up to date, by checking our website:

www.resthaven.asn.au

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