

Resthaven Review



Volume 26 Issue 3

Spring 2017



Residential Services

- Bellevue Heights • Craigmores • 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 readers,

It's all happening here at Resthaven!

This edition of the 'Resthaven Review' is packed with positive stories, starting with prestigious award wins in both residential and community services (see CEO's update, right).

Moving through our corporate pages, you'll notice the fantastic new amenities at several Resthaven sites in the building news (pages 8-9).

Five centenarians share their inspiring life stories and words of wisdom with us on pages 13, 22, 23 and 25. We hope you enjoy them.

Spring is definitely in the air across both residential and community services, with bus trips aplenty on pages 13, 14, 15, 20, and 26.

It wouldn't be spring without baby birds, who feature in this edition on pages 10 and 19, along with a fishing trip (also page 19), and a spot of whale watching on page 27.

Add in the flourishing courtyards on page 16, and 'Social Dance' on page 28, and you have yourself a fun newsletter edition to match the warmer spring weather!

If you would like to submit your own story, please feel free to do so. Email pr@resthaven.asn.au, or hand submissions in to your site reception.

Until next time,

Resthaven Public Relations Team

From the CEO's Desk ...

National Award Wins



Above (L-R): Richard Hearn (CEO), Sue McKechnie (Executive Manager, Community Services) and Lynn Openshaw (Manager, Service Development) accept the 'National Innovation and Excellence in Aged Care' Award at the AACQA Awards in Sydney.

On Thursday 17 August, Resthaven was honoured to be awarded one of two 'National Innovation and Excellence in Aged Care' Awards by the Australian Aged Care Quality Agency (AACQA) at the Better Practice Awards reception in Sydney.

The award was presented for Resthaven's 'Wellness and Reablement in Home Care' model in the inaugural 'National Innovation and Excellence in Aged Care' awards.

This new, higher tier of Better Practice Awards recognises providers who are demonstrating leading edge, innovative practices in aged care that represent 'excellence'.

Continued opposite page...

From the CEO's Desk (continued) ...

This award, for innovation and excellence in our approach to wellness and reablement in the home, reflects the genuine intent of our staff, as they work in partnership with you, who have invited them into your homes to support your quality of life.

I am thrilled that, at the same awards ceremony, the Resthaven Marion 'Spirituality in the Garden' program won a 'Better Practice' Commendation Award.

This is an outstanding result for the team at Resthaven Marion, and all the staff who support the 'Spirituality in the Garden' initiative. You can view a video about the project on the Resthaven website: www.resthaven.asn.au. A formal presentation will be conducted at Resthaven Marion soon.

Congratulations, Mark Porter

Congratulations to Resthaven Board President, Mark Porter, who was recently presented with a Community Civic Award from the City of Onkaparinga.

The award, presented by Mayor Lorraine Rosenberg, acknowledges his significant service to the community as Head of Woodcroft College, as a member and former President of the Association of Independent Schools of SA, a member and former Chair of the Independent Schools Council of Australia, a member and current President of the Resthaven Board, and through the Anglican Church of Australia.

Mark is an outstanding leader who continues to provide outstanding service to our community. A well-deserved award!

Right: Resthaven Board President, Mark Porter, is presented with his Community Civic Award by Mayor, Lorraine Rosenberg.

Industry News

On 9 May in the Federal Budget speech, the Treasurer announced that the Government's proposed merger of the Commonwealth Home Support Program and Home Care Packages would be delayed from 1 July 2018 until July 2020. This is an important development in the start date for a single, integrated community aged care program to support people to continue to live at home.

The new timeline offers greater opportunity for people to understand and adjust to the changes when they are introduced. It also offers much needed time for meaningful industry engagement with the Government regarding how the transition can improve client services.

As details of the transition from our current system to new home care packages is not yet developed, it is pleasing that Minister for Aged Care, The Hon Ken Wyatt AM, MP, announced a discussion paper for consultation on the reforms.

Continued page 4...



From the CEO's Desk (continued) ...

International Relations

Resthaven Malvern, along with the Baan Sudthavas Foundation (BSV), in Thailand, will co-host an 'active ageing' conference in Bangkok in September 2017.

We have worked with BSV for four years, and have mutual respect for our shared purpose working with older individuals.

On Thursday 25 May, a group of medical doctors and architects involved in establishing the Ramathibodi Hospital and Elderly Care and Hospice Centre in Thailand visited Resthaven, following a recommendation from the BSV Foundation about our work with them.

They visited Resthaven Malvern to see firsthand how a modern Australian residential home operates.

Local Legends

Every day, people help each other—some in small ways and others more generously—yet all are significant to community and family.

Recently, a film launch at the Capri Theatre showcased positive ageing. This film is the culmination of a collaborative project between Resthaven, the City of Unley, and seven 'Unley Legends'. It explores and shares the perspectives of everyday life of older people as they age—remaining positive, active and valued members of their family and community.

Resthaven and the City of Unley worked in partnership throughout the co-funded project to produce the series of short vignettes that showcase inspiring local 'legends' aged 72–99, who are still young at heart. Two of these 'legends' were Rev Elwyn Penna (Resthaven Malvern Independent Retirement Living Units) and Mrs Noreen

Bray (Resthaven Malvern). 'Unley Legends' can be viewed on www.resthaven.asn.au or www.unley.sa.gov.au.

In aiming for a more age-friendly community, it is a challenge to overcome ageist stereotypes and encourage real, typical and positive examples of older people who are active and valued members, contributors and founders of our community. The 'Unley Legends' represent the good work of like-minded 'legends', all of whom have made a wonderful, positive contribution to enrich our society.

Corporate Social Responsibility

As part of our social responsibility and in support of the South Australian community, since 2010, Resthaven has supported a suite of scholarships and grants in the areas of nursing and allied health at the three South Australian universities.

Resthaven offers these scholarships to give back to the community and encourage students to consider the rewards of working with older people.

The scholarships support students to become professionals who deliver quality care to older people, now and into the future.

Continued opposite page...

Resthaven Diversity Statement

Resthaven recognises and embraces the diversity of the Australian community, which is reflected in Resthaven's residents, clients, carers, employees and volunteers.

From the CEO's Desk (continued) ...

Advocacy and Aged Care Reforms

During the next few months, we expect that some very significant reviews undertaken by government will be finalised, and outcomes announced. These will relate to the next steps for aged care reforms, the quality of services, and how government regulates service in aged care.

Some of these will respond to the negative media that has portrayed the issues experienced by some in a broader negative manner. The intent will be to improve outcomes, reduce risk, and ensure that we contribute to quality of life of individuals in their circumstance.

Resthaven has offered a fee for service program called 'Lifestyle Choices Plus' for twenty years. As greater focus is given to individuals having choice and being prepared to use their resources to support their quality of life, we anticipate this type of program will become more prevalent in home care, residential services, and retirement living.

An example of this is a Companion Service being offered at all Resthaven residential sites, as part of the Lifestyle Choices *Plus* options. Already a trial of High Tea services has proven popular at Resthaven Leabrook and Port Elliot.

As we further develop these options, the range is expected to increase to support consumer choice and demand.

What is a constant throughout the history of Resthaven is our work with individuals who find that their quality of life requires some support.

I value the genuine efforts of staff and volunteers in these relationships and endeavours, and trust that we continue to support you in your individual wellness goals.

Richard Hearn
Chief Executive Officer



Australian Marriage Law Postal Survey

We bring to your attention the upcoming Australian Marriage Law Postal Survey, if you are on the Commonwealth Electoral Roll as an eligible voting adult.

There are some special circumstances where individuals may make a phone call to give their response instead of using the postal process.

Advice from the Australian Bureau of Statistics as at 21 August, 2017, is that telephone responses will be available

for Australians living in residential aged care. The formal detail of this is yet to be advised, however, Resthaven understands it will apply between the dates of 25 September and 26 October, and will require the issuing upon application of an 'access code' to use an automated phone recording system.

The Information Line is 1800 572 113 between 8am–8pm, 7 days a week, if you would like more details.

Residential Services

Resthaven residential services staff continue to work towards ensuring positive outcomes for the many older people who live in our eleven residential homes across South Australia.

As part of the work we do, the Australian Aged Care Quality Agency (AACQA) continue to visit our sites announced, and unannounced. Between May and July, Resthaven Murray Bridge, Paradise, Marion, Mount Gambier and Craigmore underwent visits from AACQA. I am pleased to say that the Surveyors recommended that all expected outcomes were met at all sites.

In July, we farewelled Relieving Manager Residential Services, Marilyn Paris, on her



retirement. Marilyn (pictured above with Senior Manager Residential Services, Kelly Geister, and myself) has worked at Resthaven in various management roles for the past 23 years. During that time, she has touched many staff, residents and families with her kind and caring approach. We wish Marilyn all the best in her retirement.

In August, we welcomed two new Relieving Managers, Residential Services: Maria (known as Mia) Brooks, and Stephanie Steensma.

Mia and Stephanie both have many years' managerial experience in residential aged care. Please welcome them as they make their way around the sites.

Site Generators

Following consideration of our business continuity plans, the storms last year and the forecast power issues in the next few years, the Resthaven Board has approved a review of residential sites with a view to installing generators.

This will safeguard our operations in times of power failure. You will hopefully observe the installation of generators in late 2017.

Knowledge Sharing

On Friday 16 June, a delegation of Chinese business partners visited Resthaven Paradise to gain expertise in aged care. The visitors were hosted by Belle Kerr (Manager Residential Services), and Kelly Geister.

On Thursday 6 July, Resthaven Port Elliot hosted a delegation from the University of Adelaide, and Fontys University of Applied Sciences, Netherlands. The delegation was hosted by Pamela Alde (Manager Residential Services) and Darren Pike (Senior Manager Residential Services).



After the visit, the group took some time out to showcase the stunning local scenery with a photo opportunity at Horseshoe Bay.



Tina Cooper
Executive Manager,
Residential Services

Uniting Church 40th Anniversary

On 22 June 2017, the Uniting Church celebrated 40 years in Australia.

To commemorate this milestone, many Resthaven residential and community services sites held celebratory events.

These included open days, joint church services, displays, tours and concerts.

Well done to all who participated in this milestone occasion.



Above: Anthea Tyler (Manager Residential Services, Resthaven Marion) cuts the 40th anniversary cake with Mrs Joy Jones, who was celebrating her 92nd birthday on the same day.

Community Services

Staff Movements

In June, we farewellled Senior Manager Community Services, Susan Chessman. Sonja Dillon has commenced in the role of Senior Manager Community Services.

Sonja has an extensive career background in health and aged care. Please make her welcome as she gets to know Resthaven.

I am delighted to advise that Karen Hammond has been appointed as Manager Northern Community Services. Karen has many years' experience with Resthaven, and I am confident she will be a great leader for Northern Community Services.



Sue McKechnie
Executive Manager,
Community Services

Ready, Set, Takeoff!

Mr Tony Hersbach may be vision impaired, but that didn't stop him from 'landing' a Boeing 737!

The Resthaven Marion Community Services 'Men on the Move' recently visited the Classic Jet Fighter Museum at Parafield.

Mr Hersbach not only jumped in the cockpit of a jet fighter, but also had a go in the flight simulator.



Building Projects Update

Our capital works program continues at speed, despite the weather proving difficult!

Resthaven Malvern

The majority of the Kingfisher refurbishment (right) is complete, and expected to be finalised in September 2017. The entry and reception area are undergoing major refurbishment.

The project has now been running for more than two years. We recently had our 50th site meeting!

Resthaven Mitcham

The new areas at Resthaven Mitcham are taking shape. Carpet has been laid and fittings installed. The new areas, named Lavender and Jasmine, are scheduled for completion in September 2017. Once these new areas are handed over, the entry point will temporarily return to Smith-Dorrien Street to enable stage 2 to take place, which involves the demolition of Clement and Crump.

Resthaven Mount Gambier

The significant refurbishment at Resthaven Mount Gambier is complete, with new TVs and weather protected external areas.

Resthaven Murray Bridge

Stage 1 is advanced, with the scaffolding removed from the new 18-place building. Works to the new car park have commenced. Stage 2 (refurbishment of Harrip and Homburg) will commence in September, with those residents relocating to the new extension.

Stage 3 will commence in 2018, and incorporates the construction of 20 new rooms to replace Talbot, Jenkins and Christopher. This will also include new reception and administration areas, a hall, café, hairdresser, shop and library.

Resthaven Aberfoyle Park

Works on the new residential home at Aberfoyle Park are progressing well. Nearly all foundations are poured, and the ground floor concrete slab is underway, along with the erection of structural steel.

Resthaven Craigmore

The new six place extension to the Resthaven Craigmore Flinders area is complete. An 'open evening' was held on 29 June, with tours run for residents, families and friends.

Resthaven Westbourne Park

The major redevelopment at Resthaven Westbourne Park has commenced.

Two Resthaven-owned blocks on Norseman Avenue have been cleared (above) to make way for a new extension.



The redevelopment will include an enlarged reception with meeting place and café, an open courtyard, enlarged staff room, relocation of the Manager's office, and stormwater modifications. Works are expected to be complete by April 2018.

Continued opposite page...

Building Projects Update



Resthaven Bellevue Heights

The Resthaven Bellevue Heights refurbishment is progressing, with ensuites in Correa and Waratah being enlarged and upgraded. There will also be a new pergola, planters, clear screening, a covered verandah to the dining area, and upgraded paths outside Waratah.

Resthaven Head Office

The extension to the Head Office reception area is complete. It provides more weather protection to the reception area and is a more focused point of entry.

Above: One of the new, extra-large 'superior single' rooms at Resthaven Malvern.

Resthaven Paradise

A significant refurbishment application for Resthaven Paradise has been approved by the Commonwealth. Plans include upgrades in Robin and Swan, and extension of the outdoor café area. Planning and design will commence soon.

Emmet O'Donovan
Manager, Buildings and
Capital Projects



Volunteer Services

Feathered Friends



Resthaven Westbourne Park volunteer, Rosemary, is a welcome support to the site birds, Mango, Frankie, Ruby and Smokey, who are chirpy in their clean and tidy home. 'Rosemary loves animals and does a great job in helping out with the upkeep of the bird cage,' says Verona Rix, Lifestyle Coordinator.

'Residents enjoy the company of their feathered friends, including a ride on a shoulder now and then.'

Rosemary, pictured above with Mrs Maria Zambini, started volunteering at Resthaven Westbourne Park in February, and she is thoroughly enjoying her role.

'I visit every Wednesday morning to clean the bird cages, then spend individual one on one time with residents,' says Rosemary.

'We go for a lovely early morning walk, which is often a beautiful part of the day, or visit the Recreation Hall to see what's happening.'



Stacey Thompson
Manager, Volunteer Services

Retirement Living

Birds Find a Home at Bellevue Heights



There are a number of honey eater birds flying around Resthaven Bellevue Heights at any given time. However, it was to one resident's amazement that one decided to nest in her hanging pot (left)!

Mama and papa bird are keeping an eye on the little one, and have come to an understanding with the resident, who is quietly watching proceedings.



Jeannie Peace
Retirement Living Coordinator

Chaplaincy

Annual Memorial Services

Throughout June, Memorial Services were held at all Resthaven residential homes.

These annual events, facilitated by the Coordinating Chaplains, are held to remember and celebrate the lives of those who have passed away in the last year.

Thank you to all residents, volunteers, staff, family and friends who attended and participated in these important services. Some are pictured here.

Wendy Morey
Executive Manager,
Governance and
Workforce Development



Above (from top): Rev Frances Bartlett (Coordinating Chaplain) and Des Kuhl (Chaplain's Assistant), Resthaven Murray Bridge; Rev Sil Hein (Coordinating Chaplain), Resthaven Malvern; Mrs Glenys Ferguson and Rev Dr Bruce Grindlay (Coordinating Chaplain), Resthaven Marion.

Left (from top): Pastor Dianne Bailey-Walters (Coordinating Chaplain) and Bhavani Bailey-Walters (volunteer), Resthaven Mt Gambier; Rev Anne Butler, Resthaven Westbourne Park.

Community Respite Services

The Benefit of a Break

Carole Matthews, Resthaven Community Respite Services Manager, says, 'Being a carer can be both enjoyable and rewarding—however, it can also be tiring.'

'Issues carers may experience include physical and mental tiredness, losing contact with other family members and friends, and not being able to continue with work or leisure activities.'

'Resthaven Community Respite Services provides short term, day or overnight care for older people who live in the community. The following story illustrates how beneficial a break, or 'respite', can be to carers, as well as the person for whom they care.'

'Ann retired from work early to care for her now-96 year old mother, Mrs Priscilla Kirk. Ann and her mother have a great relationship, and both understand that Ann needs time to herself occasionally to pursue her own interests.'

'One of these interests is walking sections of the Heysen Trail on weekends, with a group of other walkers and friends.'

'Ann discovered Resthaven's Ridgway House, a 'B&B' style cottage, which offers short term overnight and day respite to older people, meeting both their care and social needs.'

'Now Ann plans her mother's visits to Ridgway House around her weekend walks along the Heysen Trail. Both mother and daughter enjoy their 'short holiday', and the break from the usual routine.'



'When I asked Ann and Mrs Kirk how they felt about their respite experience, Ann responded that the service is flexible, supportive and so accommodating to her needs, as well as her Mother's.'

'Ann said she has the comfort of knowing its part of Resthaven—a high quality service with a great reputation.'

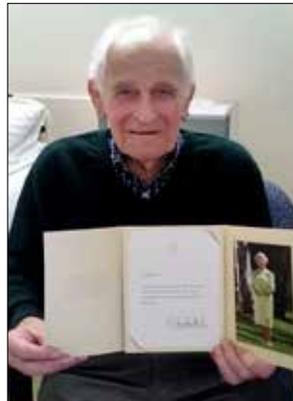
'When Mrs Kirk was asked how she felt about spending time at Ridgway House, she said the staff are friendly, the rooms are lovely, the atmosphere of the house is cosy, and she enjoys socialising with the other guests. Ridgway House can accommodate up to three guests each night.'

Resthaven Community Respite Services provides a range of respite options, from social group settings, short daytime visits, or overnight stays. For more information, phone 8358 3173.

Limestone Coast Community Services

100th Birthday: Leonard Sambell

On 28 July, Resthaven Limestone Coast Community Services client, Mr Leonard 'Clive' Sambell, celebrated his 100th birthday.



Mr Sambell was born in Gladstone, where he lived until age 23, when he moved to a farm outside of Naracoorte. He has farmed ever since.

Although he has since moved into Naracoorte and handed the farm over to his sons, he states that he still hasn't retired, and drives out to the farm to 'supervise' whenever he can.

He met his wife, Pat, in the 1940s at a 'high tea,' and the couple were married in 1947. Sadly, Pat passed away in 2014, but Mr Sambell is happy that they had 67 wonderful years of married life together.

Mr Sambell has three children, six grandchildren, and five great-grandchildren.

Until recently, he lived in his own home, with minimal support required. Up until earlier this year, he was still doing all his own gardening.

When asked what he puts his longevity down to, he says, 'hard work'. His advice is to 'have a bit of guts, and have a go. You don't know what you can do until you try.'

Mr Sambell celebrated his milestone birthday with family and friends at an afternoon tea at his son's home.

Bus Trip to Warrnambool



Recently, members of the Resthaven Limestone Coast Community Services 'Social Group' enjoyed an overnight bus trip to Warrnambool in Victoria.

Clients boarded the bus early Friday morning, and meandered their way through the local countryside (via the Heyward bakery).

They stopped off at Port Fairy for a guided tour, before heading on to Warrnambool.

There, they were treated to dinner and a show at the world famous 'Shipwrecked! Sound and Light Show.'

The next day, the group visited Warrnambool Cheese World, followed by the Portland Maritime Museum for lunch, where there was a lovely view of the coast.

The Portland 'Power House' Museum was next on the agenda, and clients enjoyed viewing the extensive range of vintage cars and machinery on display. Some even joked that they found their first car!

All enjoyed the trip, and eagerly await the next adventure.

Marion Community Services

Girls on the Go

The Resthaven Marion Community Services 'Girls on the Go' have been out and about during the winter months.

With a little 'lady luck' on their side with the weather, each Saturday afternoon the ladies head off into the sunshine from Resthaven Marion Community Services, for an afternoon outing with friends.

Recent destinations include Ayers House, Stirling, Carrick Hill, Melbas Chocolate Factory, and op shopping. The group always enjoy afternoon tea along the way.



Look out for the Resthaven Marion Community Services 'Girls on the Go' out and about near you!

Above: Mrs Maria Foscario admires the impressive sculptures on display at Ayers House.

Below: The group enjoy the delights of Stirling.



Parkinson's Group Bus Trip

On a sunny morning in June, the Parkinson's Group went on an adventure down south.

The morning began with a leisurely drive down to the Alma Hotel in Willunga, where clients and carers were greeted by the lovely staff of the 'Pryers on the Fleurieu' show (below).



Rhonda and Peter presented a thoroughly entertaining cabaret show filled with many 'old favourite' songs, artists and dance moves.

Many smiles and laughs were shared, and even a sneaky dance or two.

We finished the afternoon off with a hot meal, before our bus driver, Gary, took us on a cruisy drive along the coast.

After such a wonderful day, the group members were reluctant to resume their usual exercises the following week!

Murray Bridge, Hills & Fleurieu Community Services

A 'Wow' of a Connection to Coonalpyn Silos

Recently, the Resthaven Murray Bridge, Hills and Fleurieu Community Services 'Wellness on Wednesday (WOW)' groups visited the famous Coonalpyn Silos, home of Australia's largest murals, painted by Guido van Helten.

Resthaven Occupational Therapist, Caroline Tenny, says, 'Amazingly, WOW Group attendees, Mrs Helen Paech and Mrs Joan Bahr both have great-grandchildren featured in the mural!'

'Helen and Joan are delighted that the artist, Guido, chose them as subjects for his famous mural.'

'That's a WOW of a touch to the silos!'

The Resthaven WOW group is just one of the many wellness groups run through Resthaven Murray Bridge, Hills and Community Services.



Northern Community Services

Courtyard Gardens Come Alive

The courtyards at Resthaven Northern Community Services are overflowing with delightful raised garden beds, developed and maintained by clients, Mr David Nicholls and Mrs Jan Gaspari (right), and Occupational Therapists, Rosalind Wren and Mary-Anne Dempsey.

'Mr Nicholls and Mrs Gaspari have worked with the ever-enthusiastic staff to plan, plant and maintain the garden, which has four above-ground gardens and several pots,' says Mary-Anne.

'The group was formed two years ago, with some of the plants, pots, and potting mix brought in by clients from their own gardens to add that personal touch.'

'Seasonal plantings are planned by the group, and when certain vegetables and herbs are ready, Rosalind uses the gardening group's sessions to cook up delicious recipes using this fresh produce.'

'Mrs Gaspari loved trying baked beetroot, and the tomato, lettuce and capsicum salad made in summer. She loves being involved in the planning process each season.'

'Her late husband had planned and managed their home garden, but she has some mobility limitations which prevent her from being able to manage new plantings herself.'

'With support from the Resthaven Northern Community Services team, Mrs Gaspari is gaining confidence in her gardening abilities, and also delights in discovering snippets of information learnt from her late husband that pop into her head.'

'Mr Nicholls' home garden was replaced by lawn for easy maintenance, so he also enjoys the opportunity to garden once again.'



'The raised beds are easy for him to work on, and he is a fountain of knowledge about plants and their management.'

'The gardens are flourishing under his care.'

'Until the recent cold overnight temperatures, the spinach and broccoli were flourishing, and the pretty petunias and pansies are a delight to see.'

'The cauliflowers are currently in hibernation mode, and a few grubs and caterpillars are feasting on the large green leaves.'

'Interspersed between these vegetables are spring onions, crinkle lettuce, and red beets. Several tulip bulbs are waiting for spring to arrive to encourage them to flower.'

It's not just the gardening group who benefit from the courtyard oasis. 'Many other clients like to peruse the garden during their exercise programs, and are full of praise for what they find,' Mary-Anne says.

'Thank you to Rosalind, Mrs Gaspari and Mr Nicholls for maintaining the Resthaven Northern Community Services courtyard gardens for all to enjoy!'

Onkaparinga Community Services

Services Showcased on Channel Nine

On Thursday 27 July, the Channel Nine News team (Kate Collins and Brenton Ragless) dropped in to Colonnades shopping centre for a 'Coffee and Cake' morning.

Brenton and Kate joined the Resthaven team, who proudly showed them the Resthaven table top decal in the food court. Both were interested in the work Resthaven undertakes to support older people to remain independent.

The Coffee and Cake morning provided an unexpected opportunity to promote Resthaven whilst Kate and Brenton were greeting and meeting people for Nine News. It also provided Resthaven staff the opportunity to speak with members of the broader community.



Above: Manule Harpas (Manager, Resthaven Onkaparinga Community Services, left), and the Resthaven Onkaparinga Community Services team, with Brenton Ragless and Kate Collins.

Left: Kate and Brenton point out the Resthaven tabletop advertisements at Colonnades with Melanie Howard (Senior Manager, Community Services).

Paradise & Eastern Community Services

Let's Paint!

On 2 August, Resthaven Paradise & Eastern Community Services clients attended a painting workshop at professional studio, 'The Changing Canvas'.

Manager, Grant White, says, 'Clients were given full instructions on different techniques to use, to create their own "underwater" themed masterpiece.'

'Numbers for the group were deliberately kept small to ensure attention and support could be given to each budding artist.'

'Everyone was so proud of their paintings, and they are all looking forward to attending similar sessions in the future, as part of our ongoing wellness program.'



Riverland Community Services

Catch of the Day

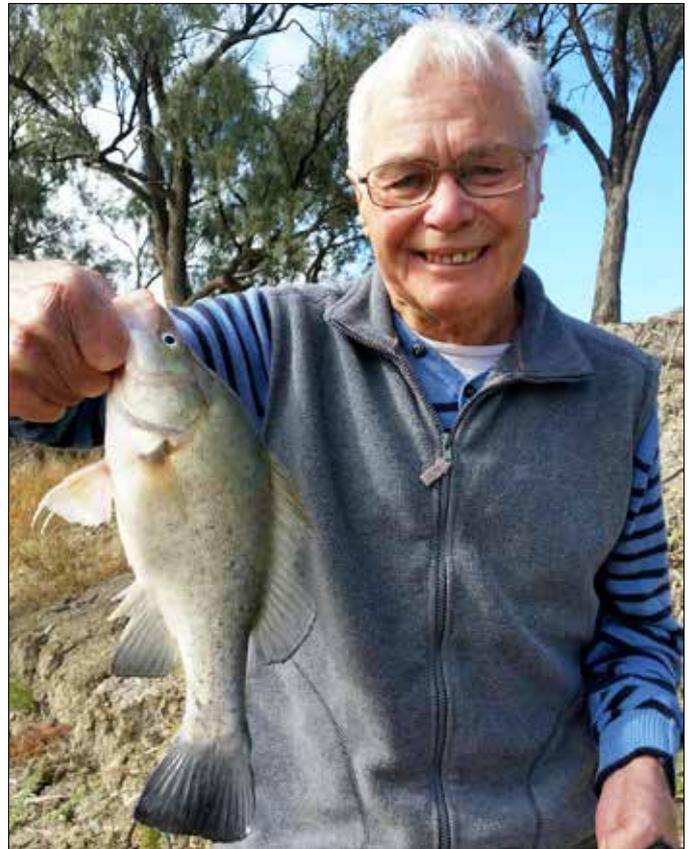
Check out this amazing callop caught by Resthaven Riverland Community Services client, Mr Eddie Herbst. Eddie is supported by Resthaven to enjoy all that life has to offer—fishing included!

Manager, Sandy Smith, says, 'Mr Herbst goes fishing with one of our staff when the weather is nice enough to be out in it.'

'The first time I took him fishing in June 2015, he was struggling to cast the line.'

'Now, he casts independently, and snagged and reeled this one in without any assistance.'

'Mr Herbst is such a determined, independent man, who refuses to let anything stop him from doing what he wants to do. I love that we play a part in helping him to achieve these things.'



Western Community Services

Bird Rescue

On 10 August, as staff were leaving the Resthaven Western Community Services office, they discovered a baby Myna bird in the car park. It was without feathers and unable to fly.

Acting Manager, Denise Daviess, says, 'Its family members kept flying around and encouraging it to fly, but to no avail. We realised that the baby bird wouldn't last through the cold winter night.'

'Our new Program Assistant, Jodi Brabon, (now dubbed our "Wildlife Warrior") came to the rescue.'

'She whisked Frankie up, all the while being swooped by various members of Frankie's family, and managed to take her to the local vet.'



'The staff there were happy to help, and took Frankie in for free.'

'As you can see from the photo, Frankie is now doing well!'

'Well done Jodi! A happy ending for all!'

Bellevue Heights Residential Services

Bus Trip to McLaren Vale

On 5 July, a group of Resthaven Bellevue Heights residents headed south on a 'mystery bus tour' to the McLaren Vale Visitors Centre for coffee and cake.

Susan Klus, Lifestyle Coordinator, says, 'Residents enjoyed the drive, commenting on the changes that had occurred to the wine region, and how once-familiar wineries now have new names.'

'Afternoon tea was a refreshment of their choice, complemented by a beautifully presented tasting plate of delightful, bite-sized cakes.'

'One participant, an artist, took great pleasure in the amazing amount of artwork and craft items on display.'



'Others loved the wonderful view of the bare vineyards through the window.'

'There was so much to see!'

'It was a great outing, and residents are looking forward to their next mystery tour!'



Craigmore Residential Services

Knitted Goodies for Charity

Resthaven Craigmore resident, Mrs Mary Winter (right), and her sister, Julianne, make bears, clothes, blankets and scarves to donate to orphanages overseas.

'They have been doing this for many years,' says Lifestyle Coordinator, Elaine Gratton.

'Mrs Winter originally bought a pattern book for scarves, and passed it on to Julianne. That's how it all started!'

Pictured are some of many different items they make.

Aren't they fantastic?



Leabrook Residential Services

Happy 100th Birthday: Mrs Patricia Dunstan

Mrs Patricia (Pat) Dunstan was born on 30 August, 1917. At the age of seven, she was sent to Cremorne Grammar School as a boarder. She hated it, chiefly as no one would plait her hair, so she was always late for breakfast.

She had a varied schooling, attending St Peter's Girls, Walford, and Creveen Schools. She completed her schooling at Marshall Mount School in Lindfield, Sydney.

After attending Hales Secretarial College in Sydney, Mrs Dunstan moved to Adelaide in 1936. After a year of frivolities, Mrs Dunstan started nursing at the Adelaide Children's Hospital, but gave it up after a few months. She returned to the ACH in 1937 for a year, before giving it up again due to ill health. She then began work as a cadet journalist at the 'News,' Adelaide's afternoon paper.

During the war years, she worked at the munitions factory at Salisbury. She remembers how, some nights, she wouldn't get home until past 2am. 'I had to get off the tram at Northgate Street [Unley Park] and walk down a street full of Plane trees,' she says. 'One night, a possum squealed above me, and I tell you, my feet didn't hit the ground until my front gate!'

Mrs Dunstan returned to nursing in 1938, graduating in 1946. In 1948, she travelled to England, staying with an aunt and uncle. She remembers the London 'pea soup' fogs, and having to feel her way home one night using the poles on the foot path for guidance.

On her return to Australia in 1949, Mrs Dunstan returned to the 'News' in Adelaide. By 1954, she was the Women's Editor, saying, 'There were only women in the social section. It was fun and busy.'

Interviewing Katherine Hepburn and Elizabeth Taylor were two highlights of Mrs Dunstan's career. She describes Katherine as 'gorgeous.' Of Elizabeth, she says, 'She had the bluest of blue eyes, and a whacking great diamond!'



Mrs Dunstan met her husband, Edwin, in 1956. They 'took awhile to grow on each other,' but married in January 1959. Mrs Dunstan left the news in 1960, just before the birth of their first son, Lynden. Their younger son, Patrick, was born in 1963.

In 1965, Mrs Dunstan joined, 'The Advertiser', and in 1979, she started working part-time for the 'The Sunday Mail'.

In 1984, Edwin died suddenly of a heart attack, and Mrs Dunstan moved to Aberfoyle Park. She moved in with family in 1987, and remained with them in the Adelaide Hills until she moved into Resthaven Leabrook.

Of her great age, Mrs Dunstan says it's just 'good genes,' having had four aunts who lived into their nineties. She celebrated her milestone birthday with dinner on the evening of her birthday, then an 'open house' the following day at her son's house.

She still enjoys bowls, bus trips, and watching crime drama and travel shows on television. She is also an avid Crows fan.

When asked if she has any words of wisdom, she smiles and says, 'Just don't worry!'

Happy birthday, Mrs Dunstan.

Malvern Residential Services

Happy 100th Birthday: Mrs Ida (Peg) Hamilton

Mrs Ida (Peg) Hamilton was born in West Wyalong in country NSW on 12 July, 1917. Her father was a carpenter and blacksmith, and, in his own time, a talented musician.

Growing up, Mrs Hamilton was very interested in all sorts of sport, including basketball, cricket, and rugby. 'I was very fond of cricket and "The Don"', she says.

At age 14, in the depths of the Great Depression, Mrs Hamilton reluctantly left school to go work as a saleswoman, where she worked for a number of years, eventually rising to the position of Staff Manager.

Mrs Hamilton married her husband, Alexander (Alex), aged 26, and the couple had one child, Judith. 'Like my dad, Alex also had a music band,' she says. 'Music runs in the family like wooden legs.'

Mrs Hamilton moved to Resthaven Malvern in May 2016. When asked if she has any secret to longevity, she says, 'I always looked after myself – no smoking or drinking, and no going out with naughty men!'

'Mainly though, I think it's just in the genes.'

Mrs Hamilton celebrated her 100th birthday with not one, but two, parties – one a small family celebration, and another, bigger party, organised by her best friend, Terry.

Many happy returns!



Happy 100th Birthday: Mrs Margaret Isaachsen

Mrs Margaret Isaachsen was born in Adelaide on 29 June, 1917. She grew up in Golden Grove with her father, Archie.

In 1941, when Margaret was 24 years old, she went off to World War II as a nurse. She was placed in Syria for one year, then relocated to Palestine, before travelling to the front line in New Guinea.

During the war years, Margaret met her first husband; a handsome Corporal named Don, who proposed to her at the end of the war. They had three children together. She now has six grandchildren, and two great-grandchildren, Ella (6) and Archie (3).

After eighteen years of marriage, Don and Margaret divorced. Seven years later, Margaret married lawyer, Cedric Isaachsen.

After 10 years together, Cedric passed away. Mrs Isaachsen remained living in their Unley unit for several years, before deciding that it was time to 'downsize', moving into Resthaven Malvern in 2012.

Her advice for a long life is to 'Decide what you want to do, then go for it!'

Mrs Isaachsen celebrated her milestone birthday with around 50 family and friends at the Naval, Military and Air Force Club of South Australia. Happy birthday!



Marion Residential Services

'From my Window'

Written by Mrs Margaret Davies, Resthaven Marion

A very large Oak tree,
Leaves golden in the sunlight, a haven for birds
A row of Manchurian Pear trees
Red, gold and green leaves, all shining in the sun.

Colours in the sky change every day, can see the sun rise or set.
Baby birds are squawking, traffic quiet, busy later.
Autumn leaves cover the ground, brown, red and gold.

A few flowers left on iceberg rosebushes.
Large bird bath well used, smooth cement paths
Several garden seats – later will be occupied.
Residents walking, with or without walkers.
Joan and Norman in wheelchairs, when the day warms up.

A rosebush, planted in memory of my husband, just below my window.
Three raised garden beds are in my view, planted and looked after by the 'Garden Club'.
Full of flowers, strawberry plants and various bulbs.
Row of Gum trees inside fence, tall, slim and graceful.

Tiny house, where birds feed and squabble.
In the distance, two palm trees, very tall, forest of trees beyond.
Magpies saunter, very much at home, wake to their song.

Later on, people talking and laughing,
With caring, devoted people looking after us,
And our very beautiful garden,
It's heaven on Earth.



Murray Bridge Residential Services

Happy 100th Birthday: Mrs Kathleen Byass

On 2 August 2017, Resthaven Murray Bridge resident, Mrs Kathleen Byass (nee Pedler), celebrated her 100th birthday.

Mrs Byass was born at Moonta on 2 August, 1917, shortly after her twin brother, and the only daughter of Abraham and Gladys Pedler. A self-confessed 'real tomboy' growing up, Mrs Byass was the only daughter in the family amongst five brothers.

In 1922, the family moved from Agery on Yorke Peninsula to Yantanaby on the Eyre Peninsula, as pioneer farmers. The family farmed sheep, cattle and crops, and her brothers helped their father with all the jobs around the farm.

In those days, there was no electricity, and no tractors. When the first car arrived in the late 1920s, Mrs Byass says it was a 'God send, after the horse and buggy.'

As the children grew older, Mrs Byass' eldest brother (who is still alive, now aged 103), who played saxophone in a band, would take her along to balls, weddings and birthday parties, where everyone enjoyed dancing and singing.

One of Mrs Byass' first jobs was as a secretary in Streaky Bay, before moving to Adelaide, where she worked in the office of the Arcadia Café on King William Street. This is where she met her late husband, Mr Les Byass of Mount Gambier. He invited her to lunch, and by 1940, the couple were married.

They began their married life together in Darke Peak on the Eyre Peninsula, where Les had taken a teaching position. Their first son was born in 1941, and their second in 1947 in Warrnambool.

In 1956, they moved to Woods Point, by which time Mrs Byass had also become a teacher. Mrs Byass remembers the 1956 Murray River flood, and watching the breaching of the river banks from Woods Point with the school children.



In 1962, the family moved to Payneham, and their last teaching positions were at the Klemzig Primary School, until their retirement.

Mrs Byass now has six grandchildren, ten great-grandchildren and one great-great-granddaughter. It was these beloved friends and family who came from near and far to celebrate her milestone, travelling from Melbourne, Darwin and Perth to enjoy a party at the Murray Bridge Parish Hall.

With almost fifty guests present on the day, Mrs Byass said, 'There's someone from every state, it seems like! I always enjoy seeing the families again. Sometimes I see them and they're so small – the next time, they're all grown up! It's beautiful.'

Mrs Byass still enjoys heading out for meals regularly with family, along with participating in the Resthaven Murray Bridge Lifestyle program. Music shows are her particular favourite.

'I'm quite happy here,' says Mrs Byass. 'The staff are always popping in and out to look after me, and have a chat.'

Asked if she has any words of wisdom, Mrs Byass says, 'Just enjoy what comes to you.'

Wise words! Many happy returns.

Mitcham Residential Services

Trip to the Repat Museum

On 26 July, a group of residents from Resthaven Mitcham headed out on the Resthaven bus for a tour of the Repatriation Museum at Daw Park.

Sylvia Ortiz (Lifestyle Coordinator), said, 'Residents enjoyed the opportunity to see the remarkable display of heritage medical equipment relating to the hospital's history, as well as items used and made by returned soldiers undergoing occupational therapy.'

'The collection also includes memorabilia from the World Wars, including uniforms, medals, photographs and souvenirs.'

'Residents found it all very interesting.'



The Repat Museum is staffed by a group of dedicated volunteers, with Sylvia saying, 'Residents found the volunteers very helpful in making it an enjoyable afternoon.'



Mount Gambier Residential Services

Information Sessions

In July, an 'information evening' was held at Resthaven Mount Gambier with guest speakers, Sue Springbett (Manager, ACFI and Accommodation Services), Peter Jenkin (Palliative Care Nurse Practitioner) and Ann Victora (Dementia Service Advisor).

They gave presentations about topics relating to aged care.

Sue spoke about Resthaven's residential services, and how to access them.

Ann Victora's presentation provided insight into dementia, and explained how this influences the functioning ability and behaviour of the person.

'The group actively engaged in the session with a number of questions and comments,' says Ann.

Peter discussed the important topic of Advance Care Directives, and other issues relating to palliative care.

Despite numbers being a bit low (blame it on the winter weather!), feedback from all who attended was very positive, with guests saying it was 'interesting and informative,' and that even though 'it was a shame more didn't turn up, the small group made it easy to interact.'

Plans for more sessions are in the works—watch this space.

Port Elliot Residential Services

Whales Ahoy!

Resthaven Port Elliot residents were lucky to spot five whales during a recent bus trip.

Kirsty Meggison (Lifestyle Coordinator) says, 'We went whale watching for our bus trip.'

'It's the first time I've seen a whale. I was the most excited of everyone!'

'We're so lucky to work so close to where the whales visit. It was amazing!'

The group have since encountered more whales during their bus trips along the Fleurieu Peninsula coastline.

The whale-watching season runs from May-September each year.



Paradise Residential Services

Social Dance Program

Residents at Resthaven Paradise have benefitted from a new 'social dance' project being run at the home.

Manager, Belle Kerr, says, 'This three month project, which kicked off in May and ended in July, aimed to measure the benefits of social dance on a person's physical and emotional wellbeing.'

'Before starting the program, residents answered questions relating to their quality of life.'

'We then held ten dance sessions, nicknamed the "Paradise Palais".'

'At the last session, we closed with the groups holding hands and singing farewell songs.'

'Residents were asked the same questions about their quality of life that they were asked before the program started.'

'We are currently comparing results to see if there's any change.'

'If resident enjoyment is an indicator, then it was a very successful program.'

'We hope taking part in the "Paradise Palais" improved people's general happiness and wellbeing.'

'Everyone who attended had a great time, and some of the staff learned some new moves, too!'

'All residents were assessed by a qualified physiotherapist before taking part in this program.'

Right (from top): Mr Hubert Sobey and Mrs Elaine Whitworth; The group enjoy a 'farewell circle' and a conga line at their last session.



Resthaven Westbourne Park

Book Week Presentation

On 15 August, author, Penny Matthews, visited the Resthaven Westbourne Park 'School for Seniors' group to give a Book Week-themed presentation.

Penny spoke of her love of books and reading, saying, 'Books can take you into another world; they can introduce to you characters who will become part of your life. They can impart information, knowledge and wisdom.'

Penny spoke about the difference between books of the past and how they are written now, saying, 'In some ways, the odds these days are stacked against reading.'

'Children tend to have a short attention span; they may be brilliant at quick-reaction video games, but a 32 page picture book will make their eyes glaze over.'

'It is difficult for a book to compete with instant electronic gratification.'

'Children will always be children, but, inevitably, today's children are in some ways unlike the children we were. Their world is far more complex.'

'They mature earlier than they did fifty years ago. They are, by and large, more indulged, more product-obsessed, more sophisticated and more demanding.'

'In this high-tech world, you might think that there is no place for the sort of social and moral lessons contained in children's books of the past, but that isn't the case.'

'In the twenty-first century, the instructive role of books for children is still very much to the fore.'

Thank you for your informative and interesting presentation, Penny.



Communicating with Resthaven

Here's how you can communicate with us:

Post

Post to: Resthaven Inc
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Email

Email your enquiries to
headoffice@resthaven.asn.au



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Community Respite: 8358 3173
Retirement Living: 8370 3756
Residential Services: 8373 9113
Community Services: 1300 13 66 33



Keep up to Date

The Resthaven website has a wealth of information about the range of services offered by Resthaven:

www.resthaven.asn.au

You can also keep up to date with all the latest news on our social media channels:



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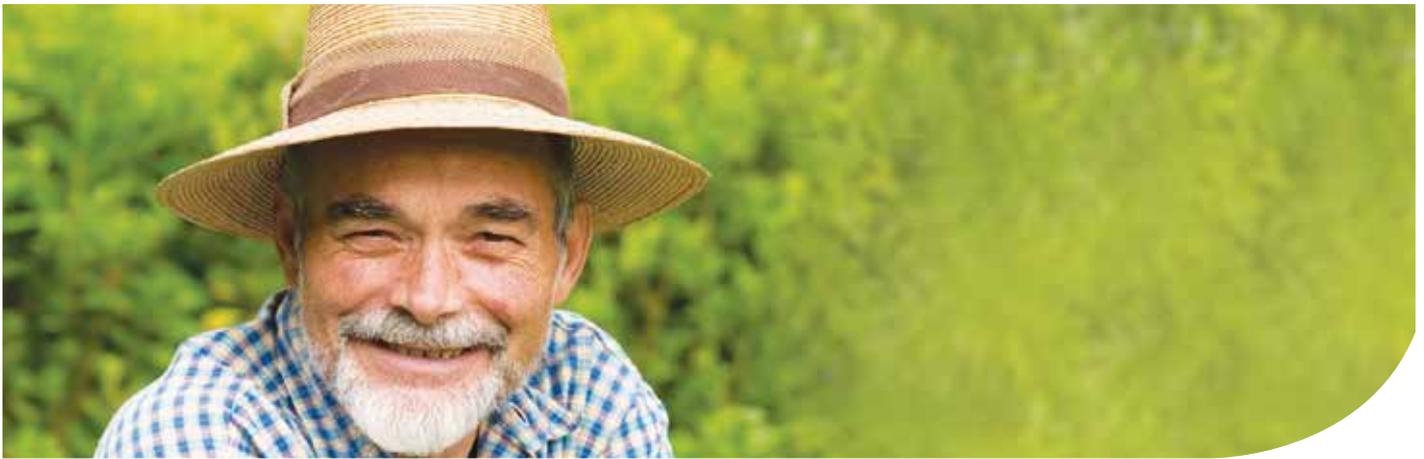
Watch us on YouTube: <https://www.youtube.com/user/ResthavenInc>

Scam Watch

The ACCC warns that scammers are pretending to be from NBN to con victims out of their money and personal information. NBN will never phone unsolicited to try to sign you up to a service, call you to remotely 'fix' a problem with your computer, or request personal information like your Medicare number or your bank account numbers. Don't listen to the reasons scammers give you for needing this information. Protect yourself by following these tips:

- If you're ever in doubt about contact you've had from someone saying they're from NBN trying to sell you an internet or phone service, hang up the phone and call your retail service provider.
- You can only connect to the NBN network by purchasing a plan through a phone and internet service provider. Go to NBN's website to check if your home or business address is able to connect to the NBN network.
- Never give your personal, credit card or online account details over the phone unless you made the call and the phone number came from a trusted source.
- Never give an unsolicited caller remote access to your computer.
- If you think you have provided bank account or credit card details to a scammer, contact your bank or financial institution immediately.

Further information is available at www.scamwatch.gov.au.



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Leabrook

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Leabrook, 5068
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Malvern

43 Marlborough St,
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Marion

10 Township Rd,
Marion, 5043
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Mitcham

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Murray Bridge

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Paradise, 5075
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Port Elliot

3 Frederik St,
Port Elliot, 5212
Phone (08) 8554 2000

Westbourne Park

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Coming soon to Hub Drive,
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COMMUNITY SERVICES

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31/12 Township Rd,
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Marion

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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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