

# Resthaven Review

Volume 28

Issue 2

Winter 2019



## 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 readers,

Winter is upon us, bringing cooler weather and crunchy autumn leaves.

This brings with it plentiful opportunities for bus trips, outings, and adventures—and Resthaven doesn't disappoint!

Resthaven Community Respite Services kicks off the adventures on page 11, with volunteer visits, bushwalking and bus trips on the agenda. Moving on to page 13, Resthaven Murray Bridge, Hills & Community Services share photos from their recent support group barbeque. This is followed by Limestone Coast Community Services with yet another barbeque on page 14, this time with special guest, Resthaven Board President, Mark Porter. Harmony Day was celebrated at Western Community Services (page 18) with much festive cheer.

It's crafts a-plenty in residential services, with Resthaven Aberfoyle Park creating beautiful Anzac Day crosses on page 20, and knitted goodies for newborns at Resthaven Craigmore on page 22. Residents at Resthaven Paradise round out the craft trifecta with their indoor succulent garden on page 29.

Several milestone events were also celebrated, included Pancake Day (page 24), Mother's Day (26) and Saint Patrick's Day (27). The biggest milestone of all, a 100<sup>th</sup> birthday, is featured on page 25.

There is certainly plenty happening in this edition of the 'Resthaven Review', and we hope you enjoy it—perhaps in a cozy chair next to the fire!

Until next time,

**Resthaven Public Relations Team**

## From the CEO...

Hello,

### Board Matters

The Resthaven Board has a number of members who will retire at the end of this year, and has been considering the succession planning during this year and early in 2020. Subsequently, Resthaven welcomes three new Board Members (pictured L-R):

- Michael Haydon, a Senior Accountant with Commercial and General Group and a Registered Company Auditor and Registered Self-Managed Superannuation Fund Auditor, ASIC
- Stephanie Rozokos, Chief Financial Officer, South Australian Tourism Commission
- Gerardine (Geri) Malone, Consultant rural and remote health and Board Member, Flinders and Upper North Local Health Network.

Michael and Stephanie are also members of the Board Finance and Audit Committee. Geri will join the Board Governance Committee.



In recent board meetings, the eight new Aged Care Quality Standards (see page 5) have been a focus. The Board has reflected on the key aspects of *Standard 1 – Consumer Dignity and Choice*, and *Standard 8 – Organisational Governance*, regarding how they are linked to both other standards, and the role of the Board. The Board is also mindful of the link to Resthaven's current values of Trust, Dignity, and Choice.

**Continued opposite page...**

## From the CEO... (continued)

The new standards give additional emphasis to the individual person being at the centre of all that we do, as we offer quality services in line with your choices and needs.

### Federal Election

Following the Federal Election held on Saturday 18 May, the government maintained their leadership, with the Scott Morrison government re-elected. They will now form a new cabinet for the next period of government.

We were disappointed that aged care did not feature as a key election issue with either major party, but we remain hopeful that aged care is prominent in the new government's priorities.

Resthaven supported the calls from peak body, Aged and Community Services Australia, for commitment to the needs of vulnerable older individuals now—not in 12 or 18 months' time. Specifically, Resthaven sought commitments from the new government to:

- Resolve the excessively long wait list of 128,000 individuals assessed by the Government as needing Home Care Package services that they are not yet receiving; ensure a person in need of high care does not wait more than three months to receive a package; and fast track 40,000 extra level 3 and 4 Home Care Packages (in 2019-20 and in addition to projected increases in the budget) to reduce the backlog in waiting lists that is forcing people prematurely into hospital or residential care.
- Extend the short-term 9.5% funding injection into residential care, tied to investing in staffing, training and other workforce matters based on local and organisational needs, until the Royal Commission's broader recommendations can be implemented.
- Keep rural and regional Australians in their communities by increasing the rural and remote supplement by \$10 per day.

- Address the oral health crisis in aged care with MBS provider numbers for dental hygienists or oral health therapists to prevent dental issues progressing into more serious medical issues.
- Bring forward the 30% increase to the homeless supplement so that it is fully realised in 2019/2020.

### Royal Commission Aged Care Quality & Safety

The initial public hearings of the Royal Commission into Aged Care Quality and Safety were held in Adelaide, with a focus on Home Care services, with the two week hearing period completed on 22 March. The focus on Home Care services gave a broad range of perspectives, and in particular offered consumers opportunity to review their experiences, with a view as to how the system can be improved.

Foremost were issues linked to the difficulty consumers have in accessing a home care package, the varied fee approaches, the complexity of My Aged Care, and the issues where services are of a substandard nature and have failed the vulnerable individuals for whom they are intended to support.

Other areas considered were the regulatory processes that had not operated effectively in improving outcomes for individuals.

The next round of hearings was held in Sydney from 6-17 May, and focused on Residential Aged Care, and Dementia. A number of consumers, staff and service providers were called as witnesses, as the Commission seeks to explore important topics in the aged care service system.

Resthaven has not formally been before the Commission in these hearings to date.

**Continued page 4...**

## From the CEO... (continued)

Topics in focus included care of people with dementia, use of restraints, staffing levels and other aspects of the aged care workforce, and examples of innovative service models.

The next round of hearings will occur in June, starting in Broome, followed by a week in Perth with a focus on rural, remote and indigenous aged care services.

The Commissioners continue to seek comments on what needs to change within the sector and how it can be changed, inviting interested members of the public and institutions to make online submissions to the Royal Commission. There is a specific website: [www.agedcare.royalcommission.gov.au](http://www.agedcare.royalcommission.gov.au).

Anyone can make a submission to the Royal Commission so their views are known. If you or your family have any concerns about your care, or the Hearings cause you any concerns, please let a Resthaven team member know. You can also directly contact the following agencies for advice and support.

- Older Persons Advocacy Network: [www.opan.com.au/advocacy](http://www.opan.com.au/advocacy) or 1800 700 600.
- Aged Care Quality and Safety Commission: [www.agedcarequality.gov.au](http://www.agedcarequality.gov.au); 1800 951 822 or [info@agedcarequality.gov.au](mailto:info@agedcarequality.gov.au).

The aged care Royal Commission is due to provide an interim report in October 2019, and the final report in April 2020, after an 18 month period of review.

We are committed to upholding our values and purpose in working together with you. Leadership, trust and dignity of others are matters we all share. I trust the recommendations made at the conclusion of the Royal Commission will lead the government to implement improved outcomes for everyone in a sustainable service system.

## Charter of Aged Care Rights

On 1 July, a new single Charter of Aged Care Rights comes into effect for all aged care customers, regardless of the type of care and services you receive. You have, or will soon, receive a copy of this Charter (**see opposite page**), which is co-signed between Resthaven and yourself, or your representative.

If you have any questions about the new Charter, I encourage you to speak with staff.

## Our Community

I recently visited Resthaven's residential and community services in the south-east, including Resthaven Limestone Coast Community Services' new Mount Gambier office. I also recently called in to see staff, residents and clients at Resthaven Northern Community Services and Resthaven Craigmore residential services.

It was gratifying to see the service growth and genuine care of staff, and the warm and welcoming atmosphere at each site I visited.

I encounter these values whenever I visit a Resthaven service location. We all play a part in the vibrant Resthaven community in which we live and work. I thank you for sharing your contributions with us.

Stay warm and well over winter, and please have your fluvax!



**Richard Hearn**  
**Chief Executive**  
**Officer**

*Left: Lee Clark (volunteer) holding 'Airi', Richard Hearn (CEO), and Ian Mallard (volunteer) with 'Amato' at Resthaven Mount Gambier.*

## Charter of Aged Care Rights

### I have the right to:

1. safe and high quality care and services;
2. be treated with dignity and respect;
3. have my identity, culture and diversity valued and supported;
4. live without abuse and neglect;
5. be informed about my care and services in a way I understand;
6. access all information about myself, including information about my rights, care and services;
7. have control over and make choices about my care, and personal and social life, including where the choices involve personal risk;
8. have control over, and make decisions about, the personal aspects of my daily life, financial affairs and possessions;
9. my independence;
10. be listened to and understood;
11. have a person of my choice, including an aged care advocate, support me or speak on my behalf;
12. complain free from reprisal, and to have my complaints dealt with fairly and promptly;
13. personal privacy and to have my personal information protected;
14. exercise my rights without it adversely affecting the way I am treated.

**Please speak with staff if you have any questions about the new Charter of Aged Care Rights.**

## Parkinson's Walkathon

On Sunday 7 April, as major sponsor, Resthaven joined Parkinson's SA and the City of Unley for the Parkinson's in the Park Walkathon, held in the Soldiers Memorial Gardens, Unley.

Head office staff from Community Services, Workforce Development, Volunteer Services, and Public Relations represented Resthaven on the day, showcasing Resthaven's services to the several hundred attendees.

*Right: Senior Manager Community Services, Melanie Howard, gives the sponsor's speech at the Parkinson's Walkathon event.*



## Residential Services

### Accreditation

Resthaven Aberfoyle Park underwent the first unannounced re-accreditation visit from the Aged Care Quality and Safety Commission (ACQSC) from 1-3 April 2019. We have received the final report, and I am pleased to report that all standards and expected outcomes were met. Well done on this positive outcome.

The following sites also recently hosted unannounced ACQSC visits: Resthaven Mount Gambier (26-28 March), Resthaven Mitcham (Saturday 11 May), Resthaven Craigmore (13-15 May), and Resthaven Westbourne Park (20 May).

We were really pleased with the positive feedback all sites offered the Assessors during these visits. This is affirming of the good work that staff set out to achieve.

We also became aware of areas where improvements are being considered. Whilst we await some of the reports of these visits, at Resthaven Mount Gambier, we achieved 38 of the 44 areas with compliance, with six areas of improvement identified. The staff team has worked very hard to continue to ensure these areas are reflective of the quality we expect and desire.

### Staff Movements

In March, we farewellled Roger Levi from the role of Manager Residential Services at Resthaven Craigmore. Roger has taken up a new role elsewhere.

We thank Roger for his nine years of service to Resthaven in the various roles as Residential Manager and Manager Workforce Development.

I am very pleased to announce the appointment of Nicole Cannon to the role of Manager Residential Services at Resthaven Craigmore. We welcomed Nicole on 13 May.



Nicole comes to Resthaven after a long career with another aged care provider, with her most recent role as Site Operations Manager at a residential home. Welcome, Nicole.

We recently farewellled Lisa Sutcliffe from the role of Manager Residential Services at Resthaven Mount Gambier. We thank Lisa for her contributions over the last four years, and wish her well in her future endeavours.

We are currently recruiting for a Manager for Resthaven Mount Gambier. One of our experienced Resthaven Relieving Managers will relieve in this position until it is filled.

We farewell Resthaven Murray Bridge Care Coordinator, Belinda Willshire, who has taken up a management position with another organisation. We thank Belinda for her time with us. Recruitment is underway for a replacement for Belinda's role.

I am most grateful to our very capable relieving staff who offer consistency for Resthaven at these times of change.

Until next time,



**Tina Cooper**  
**Executive Manager,**  
**Residential Services**

## Community Services

### Staff News

Grant White has been appointed to the position of Senior Manager Community Services. Grant was most recently the Manager of Resthaven Paradise & Eastern Community Services.



Susan Dahl has been appointed to the role of Manager Resthaven Paradise & Eastern Community Services.

Congratulations to both Grant and Sue.

### Quality Review

Resthaven Community Services are due to undergo a Quality Review by the Aged Care Quality and Safety Commission. At time of writing, we expect this review to occur in mid-June (to be confirmed). Preparation is well underway.

### Short Term Restorative Care

Resthaven was successful in gaining additional Short Term Restorative Care places, and Northern Community Services have commenced providing services. Murray Bridge, Hills & Fleurieu Community Services will commence Short Term Restorative Care provision in July.

### Industry Changes

Legislative changes that come into effect from 1 July include the new Charter of Aged Care Rights, new budget and pricing arrangements, and changes to the agreement with Resthaven, also reflected



*Above: Family carer, Mr Richard Hamson, with Resthaven Community Respite Services Coordinator, Gill Schulze.*

in the Information for Clients handbook. You will be issued with new information during your regular reviews.

### iSupport Project Trial

Resthaven is collaborating in a project, led by Prof Lily Xiao of Flinders University, which aims to support informal and family carers of people living with dementia.

Through the iSupport project, some carers who attend Resthaven's Community Respite Services are testing a set of on line education modules. The aim is to help carers to understand what dementia is, how it impacts a person, and how carers can better support both themselves and the person they care for.

The initial pilot is now complete, and we thank all those who participated.

To find out more about the project, visit <https://isupportdementia.flinders.edu.au>.



**Sue McKechnie**  
**Executive Manager,**  
**Community Services**

# Chaplaincy

## Staff Movements

In March, we farewelled Resthaven Murray Bridge Coordinating Chaplain, Rev Frances Bartlett. A farewell was held for Frances in February (right), to thank her for her service to the residents of Resthaven Murray Bridge over the last four years. Frances will continue to work one day a fortnight at Resthaven Leabrook.

A new Coordinating Chaplain, Shelley Alexander, was appointed to Resthaven Murray Bridge, commencing in April. A formal commissioning service for Shelley is planned for 7 June. Shelley tells us a little about herself below. Welcome to Resthaven, Shelley.



*Above: Manager Residential Services, Debbie Lindner, gives Coordinating Chaplain, Rev Frances Bartlett, a goodbye hug at Frances' farewell function on 12 February.*

## A Little About Shelley...

Hello, my name is Shelley Alexander, and I am the new Coordinating Chaplain for Resthaven Murray Bridge. I am very happy here, and feeling very warmly welcomed.

As well as working for Resthaven and as a Pastoral Care Worker at Jervois Primary School, I am also studying my Masters of Divinity part-time. This is demanding but fascinating work.

I was born and raised in New Zealand, then lived in Adelaide for a couple of years, before moving to London for more than ten years.

I returned to Adelaide 20 years ago.

In 2015, my husband and I made the decision to move out of Adelaide to Meningie, to begin a new life. We love living in Meningie and being part of the Uniting Church community there.

Many of my past jobs have involved working for the church, although I am also a high school teacher. In my younger days I did some professional singing as well, just to add into the mix!

Thank you for welcoming me to the Resthaven community, and I look forward to working together with you.

**Shelley Alexander**  
**Coordinating Chaplain, Resthaven Murray Bridge**



## Volunteer Services

### Parkinson's Walkathon 'Flowers'

Volunteer, Christine Stead (right), made amazing paper flowers to give out at the recent 'Parkinson's Walkathon' event (see page 5).

They were a hit with all who visited the Resthaven stand. Thank you, Christine!

### Volunteer Celebrations

Mrs Geraldine Landers (below right) of Resthaven Mitcham is pictured creating artwork for Resthaven Mitcham's upcoming Volunteer Celebration event in May.

Mrs Landers' poster is a wonderful reflection of this year's 'garden party' theme. Together throughout the month of May, we are celebrating and thanking volunteers for their 'thyme' and 'commit-mint'.



**Stacey Thompson**  
**Manager, Volunteer**  
**Services**



*Above: Volunteer, Christine Stead, with her paper flower creations for the Parkinson's Walkathon.*

*Below: Mrs Geraldine Landers of Resthaven Mitcham in creative mode, ahead of the volunteer garden parties in May.*

### Volunteering With Resthaven

Do you know someone who would like to volunteer with Resthaven? Spread the word to family, friends, and neighbours! Phone Volunteer Services on 8373 9036, email [volunteer@resthaven.asn.au](mailto:volunteer@resthaven.asn.au), or visit the 'volunteering' page of the website: [www.resthaven.asn.au](http://www.resthaven.asn.au).



## Building Services

### Resthaven Bellevue Heights

We continue to develop plans for the redevelopment of Resthaven Bellevue Heights aged care home.

The main goal is to bring Manson and Grevillea lodges within the main home. This will involve construction of a new extension, which will include new service facilities. New car parking and access to the site is planned.

The planning approval process will begin once the plans are finalised.

The site phone number has also changed. It is now **8273 4400**.

### Resthaven Leabrook

Plans are underway for a renovation of the ground floor entrance at Resthaven Leabrook.

Works will include a new reception area, café, and shop, with upgrades to the lifestyle office, hairdressing salon, and hall. The scheme is nearing completion.

### Resthaven Marion

We are developing a plan to build two additional rooms at Resthaven Marion, which will be used when a large couples room is occupied as a single. The two rooms will be added in the Koolkuna area.

### Lane Cottages

Works to the Community Respite Services Lane Cottages, located on the Truro Avenue exit at Resthaven Mitcham, will involve an upgrade to the external appearance of the cottages. The exposed cream brick will be rendered, and painting, landscaping and new fencing will take place.

The drop off area (below) will also be improved for community respite clients.



**Emmet O'Donovan**  
*Manager, Buildings and  
Capital Projects*



# Resthaven Community Respite Services

## Latest Activities

### Volunteer Visits

Four-legged and two-legged volunteers are always welcome at Ridgway House! Everyone's a winner when these adorable and very well-behaved young visitors come around (below).



### 'Just Fellas'

The 'Just Fellas' group (above) recently tested the driverless bus, named 'Olli', which is being trialled at Glenelg. Well done, gents!

### Out and About

Group members are pictured below, out and about, enjoying a walk in the fresh air.



Resthaven Community Respite Services provide short-term day, group or overnight stays for older people, giving family carers a break from their caring role.

**Phone 8198 2060 to find out more.**

### Exercise Classes

Sitting or standing, everyone can enjoy some exercise. Classes such as the one pictured below occur at all three Resthaven respite cottages every week.



## Resthaven Marion Community Services

### Frankie's 50kg Weight Loss an 'Inspiration'

With an hour of gym or swimming (or both!) before 6am, Resthaven Marion Community Services client, Mrs Frankie Crilley, is 50 kilos lighter, and in better health, than she was ten years ago.

'Frankie, who turns 70 this year, has been supported by Resthaven Marion Community Services to live independently in her own home for the last four years,' says Manager, Deb McDonald.

'She recently joined our eight week "Healthy Minds, Healthy Bodies" group, which ran from March – April 2019.'

'Here, she became an inspiration to fellow group members, who were amazed and impressed by her weight loss story and exercise routine.'

'Rising at 5am each morning, Frankie exercises for at least an hour every day, either at the gym, or swimming. She also attends weekly Tai Chi classes as part of the "Healthy Minds, Healthy Bodies" group.'

'This, along with maintaining a healthy diet, has seen her lose 50kgs since 2006, vastly improving her overall health and wellbeing.'

'The group was uplifted by Frankie's positive attitude, and her reports that she feels fitter than she ever has in her life before.'

'With Frankie's encouragement, many group members carried on their Tai Chi practice, and began other exercise routines, when "Healthy Minds, Healthy Bodies" ended in late April.'



*Above: Frankie Crilley (standing, right) with Resthaven staff and fellow 'Healthy Mind Healthy Body' group members.*

'We congratulate Frankie on her amazing achievements, and thank her for being such an asset to the group.'

"Healthy Minds, Healthy Bodies" is an eight week program run by a Social Worker and Physiotherapist, focusing on improving physical and emotional wellbeing.'

'It led to some group members resuming exercise after several years of pain and immobility.'

'If you are interested in seeing how Resthaven Marion Community Services can support you in your individual wellness goals, phone 8306 4400 for more information.'

“ To keep the body in good health is a duty—otherwise we shall not be able to keep our mind strong and clear.

**Buddha** ”

# Resthaven Murray Bridge, Hills & Fleurieu Community Services

## Barbeque Party

In April, Resthaven Murray Bridge, Hills & Fleurieu Community Services staff and clients came together to enjoy a barbeque lunch at the new Wellness Centre at 37 Swanport Road, Murray Bridge.

Clients from the 'Wellness on Wednesdays', 'Parkinson's Support', and 'Keep Active' groups were delighted to enjoy the new outdoor facilities of the purpose-built site, along with staff. The new building was formally opened earlier this year as part of a major site redevelopment incorporating the adjacent residential home, Resthaven Murray Bridge.

This event was the first of several joint barbeques planned for 2019.



*Right (from top): Mrs Betty Coulthard and Denni Ebert (Coordinator); Mrs Eileen Steinert, Mrs Nancy Crocker and Mrs Jean Wood; Guests enjoying the courtyard gardens.*

*Below: Joke Wenske (Coordinator) and Karen McKerlie (Clerical Officer).*



# Resthaven Limestone Coast Community Services

## New Office Opening Celebration

To celebrate the opening of the new Resthaven Limestone Coast Community Services office at 15b James Street, Mount Gambier, a barbeque was held at the new location.

Staff, consumers, members of the public, and invited guests, including Resthaven Board President, Mark Porter, enjoyed a barbeque together.



*Above: Liz Southall (Manager) with Coordinators, Tracey Lowndes, Karen Bunt, and Fiona Thompson, and Resthaven Board President, Mark Porter.*



*Left: Unyetta Raddon (Assistant Manager) and Liz Southall.*

*Below: Guests enjoy the barbeque.*



## Northern Community Services

### Bus Trip to the Prospect Hill Museum

On 11 April, Resthaven Northern Community Services clients enjoyed a bus outing to the Prospect Hill Museum.

Manager, Karen Hammond, says, 'On arrival, there was a homemade Devonshire tea for all, before a tour of the museum.'

'Clients were also able to buy scones to take home.'

'Everyone enjoyed reminiscing about how people lived in years gone by.'

'The museum had a school room, blacksmith shed, post office, and home, which had all sorts of different memorabilia from yesteryear.'

'Clients especially loved the school room, with one client pretending to be the teacher, telling everyone to sit and behave! There was a lot of laughter.'

'Another client was especially chuffed, as the descendants who ran the post office carried her last name.'

'After our tour of the museum, we drove to the Meadows hotel, where we enjoyed a beautiful lunch.'



# Resthaven Onkaparinga Community Services

## Book Club

The Resthaven Onkaparinga Community Services Book Club has evolved from not just a great place for book discussions, but also a lovely social gathering, where friendships are being made.

The Book Club was set up in 2018 by Coordinator, Corinne Lama, and is run by volunteers, Grant and Chris.

At the monthly group, participants discuss the book, have a 'question and answer' session, then enjoy afternoon tea. The group has read 11 books so far.

During Book Club meetings, members have also begun to arrange social outings to enjoy at other times during the month.

Outings so far include day trips to the State Library (above right), a lunch trip to St Francis Winery, and a cinema experience (below) where clients saw 'Stan and Ollie' (the story of Laurel and Hardy).

If you are interested in the Book Club, or any of the other services available via Resthaven Onkaparinga Community Services, please phone 8307 3700.



## Resthaven Riverland Community Services



Located at 60 East Terrace, Loxton, Resthaven Riverland Community Services supports you to remain independent at home, working with you to develop a comprehensive support and wellness plan, home care, respite, and social support.

To find out more, phone 8584 5866.



# Resthaven Paradise & Eastern Community Services

## Stan the 'Shed Man'



Stan Gafney of Modbury feels 'very lucky' to have Resthaven Home Support Worker, Wendy, in his life—so much so that he emailed the editor of the 'Resthaven

Review' newsletter, asking them to write a story about the importance of Home Support Workers!

Although Stan is very independent, he values Wendy's assistance with household tasks.

'Having Wendy come and help frees me up to do what I want to do,' he says. 'I'm a shed person you see. I was a mechanical engineer, starting my apprenticeship when I was 16. I'm 85 now, so it's very difficult to shake!'

'At the moment, one of my projects is restoring a 1926 Austin Seven. It's slow, but I'm getting there.' Another of his projects is maintaining his 1968 Rover 2000TC, which needs lots of tender loving care.

Stan and his wife, Bobbie, moved to Australia from England in 1974, and one of his first projects was to build the shed. 'This house was new then,' he says. 'I'd come from England where everything was wood and brick. Here, everything was galvanised iron. I needed a wooden shed! So I built one myself using timber scavenged from demolition sites.'



The shed still stands solidly today, and is a place where he spends as much of the time left over after attending to such items as laundry, finances, shopping, cooking and entertaining family and friends. Stan and Bobbie have a son and a daughter, five grandchildren and one great granddaughter.

His other interests include using his computer and listening to music. 'I like quite a variety of music,' he says, 'from the Adelaide Symphony Orchestra to Pink Floyd, and everything in between.'

'I also visit Bobbie every day at lunch time—she lives at Resthaven Leabrook. I'm very happy with the services there, too.'

With all these interests, it's no wonder that he is appreciative of Wendy's support: 'This is a big four bedroom house,' says Stan, 'I shop and cook and try to keep the garden under control, but I need help with the larger tasks.'

'Wendy comes fortnightly for two hours. She changes the bed linen, puts the washing in.'

'While that's working, it's vacuuming and dusting. Then she hangs the washing and irons some shirts.'

'I can't do the shirts myself. Pillowcases and handkerchiefs I can do!'

Wendy says, 'Stan makes it so easy for me—we do all this together so Stan can stay independent. I don't do anything that Stan can do for himself.'

'Wendy gets stuck in, she does a very good job,' Stan says. 'I feel very lucky to have Resthaven and Wendy.'

Thank you, Stan and Wendy!



# Resthaven Western Community Services

## Harmony Day



On 21 March, 2019, the Resthaven Western Community Services team fully embraced Harmony Day with a wonderful celebration.

Assistant Manager, Denise Daviess, says, 'One of our Coordinators, Rebecca, put together the whole celebration, which included a fantastic lunch enjoyed by all staff.'

'Sausages and pasta were the main attractions on the menu, completed by a beautiful cake to celebrate this special occasion.'

In full spirit of the values of Harmony Day, all staff gathered in the garden and formed a symbolic circle.'

'Needless to say, everyone had a fantastic time, including newly appointed Senior

Manager Community Services, Grant White, who was visiting Western Community Services on that day.'

'Following the success of this Harmony Day celebration, the Resthaven Western Community Services team is planning to repeat the event next year.'

'We can't wait!'

See more Harmony Day celebrations from Resthaven Leabrook on page 23.

“ *Resthaven is a richly diverse South Australian community founded on the principles of inclusion and unity, embracing and respecting each person's beliefs, culture, language, background, lifestyle, life experiences and values.* ”

## Retirement Living

### An Arty Afternoon with Audrey

On 20 March, artist, Audrey Brumby, delighted Resthaven Bellevue Heights Independent Retirement Living residents with a special visit, treating residents to a beautiful display of her traditional Indigenous artwork.

We were spellbound as we watched Audrey paint beautiful, bright and vivid pictures with a steady and skilled hand, depicting different scenes. As we watched, Audrey painted the “Seven Sisters” – with the symbolism that in unity there is strength, so the seven sisters together are strong.

Audrey also painted a story for resident, Mrs Kaylene Forbes (pictured below with Audrey). The “u” shape in the painting indicates a person, with a bowl in front of the women called a “coolamon” or “piti,” which is used for many things.

Audrey painted beautiful pieces of art for several other retirement living residents.



*Above: Artist, Audrey Brumby, with Mrs Anne Moore.*

*Below left: Audrey with Mrs Kaylene Forbes.*



This is the second time Audrey has visited Resthaven Bellevue Heights, and she is always warmly welcomed by staff and residents alike. Audrey has also visited Resthaven Marion.

Audrey paints at Indigene Gallery in Sturt St, Adelaide.

Thank you Audrey, for sharing your beautiful art with the retirement living residents of Resthaven Bellevue Heights.



**Jeannie Peace**  
**Retirement Living**  
**Coordinator**

## Resthaven Aberfoyle Park

### Handmade Crosses for Anzac Service

Residents, staff and volunteers at Resthaven Aberfoyle Park sanded and painted beautiful crosses used at the site's very first ANZAC Day service in April.

'Resthaven Aberfoyle Park residents participate in a range of meaningful lifestyle activities, and this is no exception,' says Lifestyle Coordinator, Michelle Hobbs.

'Our ANZAC Day service was held in our multipurpose Hall, officiated by Coordinating Chaplain, Rev Dr Bruce Grindlay, who is himself, an ex-serviceman.'

'ANZAC Day is always very meaningful for residents. These crosses, handmade with love by the art and craft group, gave the service extra meaning.'

Anzac Day services are held annually at all Resthaven residential homes, and are often attended by representatives from local RSLs, along with families and friends.



*Above: Mr Barry Burke.*

*Left: Mr Colin Chapman, Michelle Hobbs (Lifestyle Coordinator), and Carol Mohan (volunteer).*

*Below: Fiona Picotti (Personal Care Assistant) and Mr Martin Whitton.*



## Resthaven Bellevue Heights

### Baby Boom

There's been a 'baby boom' at Resthaven Bellevue Heights, with many staff members bringing new bundles of joy into the world in the last 12 months. Is there something in the water?! In April, five of these mums brought their babies in to Resthaven Bellevue Heights for residents to meet and have a cuddle. Aren't they adorable?



## Resthaven Craigmores

### Hand-Knitted Goodies Donated to Lyell McEwin Hospital

A group of keen knitters from Resthaven Craigmores have donated an enormous 'goody basket' of hand-knitted items to the Lyell McEwin hospital.

Lifestyle Coordinator, Katrina Bosworth, says, 'The knitting group meet every Friday afternoon, where they create an array of beautiful hand-knitted items.'

'Amongst the items the ladies create are adorable little treasures for babies, including fluffy booties, beanies and tiny blankets.'

'We donate a lot of these items to family and friends, but the ladies really wanted to help the wider community too.'

'I spoke with the group, and we came up with the idea of donating them to the Lyell Mac neonatal department, where they would help to keep premature babies warm and snug.'

'We contacted the hospital and they said they would be most grateful for the donation. We organised a basket to be delivered to the hospital in mid-February.'

'We are so glad that these hand-knitted items will go towards helping those in need.'

'This is a wonderful contribution from the oldest members of our community to the youngest.'

Resthaven Craigmores, at 200 Adams Road, Craigmores, is just one of Resthaven's twelve high quality residential aged care homes.

For more information about Resthaven's residential services, visit the website:

**[www.resthaven.asn.au](http://www.resthaven.asn.au)**



*Above: Ms Yvonne Clancy, Mrs Margaret Rush, and Mrs Patricia Uppington with their knitted donations for the Lyell McEwin Hospital.*

### Tell us about yourself

Residents and clients are encouraged to send in articles and personal profiles to publish in the newsletters. Please hand your submissions in to reception, or email them to the Resthaven PR Department at [pr@resthaven.asn.au](mailto:pr@resthaven.asn.au).



## Resthaven Leabrook

### Harmony Day

On 15 March, residents, staff and volunteers from Resthaven Leabrook celebrated Harmony Day with a festive event in the Hall.

A feature of the day was a 'harmony tree', where everyone traced their own hand to create a communal artwork. Many guests dressed in orange for the occasion, and everyone enjoyed the display of cultural items from across the world (right).

See more Harmony Day celebrations from Resthaven Western Community Services on page 17.

*Below (from top): Residents enjoying the cultural displays, and the Resthaven Leabrook staff team, many of whom are dressed in orange, or traditional cultural clothes.*



### Voting Day for Mr Patrick (104)

Mr Victor Patrick of Resthaven Leabrook may be 104 years old, but that wasn't going to stop him from casting his vote in the 2019 federal election.

Electoral staff visited Resthaven Leabrook prior to the election to ensure all residents could vote in the convenience of the home. Mr Patrick is pictured (below), casting his vote in the mobile booth set up in the Hall.

Mr Patrick will celebrate his 105<sup>th</sup> birthday in October 2019. What an amazing milestone!



## Resthaven Malvern

### Penny Pancake and Channel 10 Visit

On 5 March (Shrove Tuesday), Residents at Resthaven Malvern were delighted to host UnitingCare Pancake Day mascot 'Penny Pancake', and Channel 10 newsreader Rebecca Morse, at their annual Pancake Day event.

Resthaven is a proud supporter of Pancake Day each year, being a community service organisation associated with the Uniting Church in Australia.

Manager Residential Services, Terry Kirkwood, says, 'Rebecca did a great job serving pancakes to residents – we were excited to host a local celebrity!'

'Penny Pancake always brings out plenty of smiles and laughter.'

'Guests at our Pancake Day fundraiser enjoyed delicious pancakes with lemon and sugar, or strawberries, cream and maple syrup, for a gold coin donation. All proceeds went towards UnitingCare.'

Later in the day, a live weather cross took place from Resthaven Head Office, with Channel 10 presenter, Kate Freebairn, and Resthaven staff and their children.

Pancake Day fundraisers were also held at several other Resthaven locations.

*Right (from top): Terry Kirkwood (Manager Residential Services), Head Office staff, Eileen Jeffree, Zambica deGeorge, and Thomas Lynas, with Rebecca Morse and Penny Pancake; Rebecca Morse and Penny outside Resthaven Malvern; The Channel 10 camera crew film residents being served by Rebecca Morse.*



## Resthaven Marion

### Happy 100<sup>th</sup> Birthday: Mrs Mary Whittaker

Many happy returns to Mrs Mary Whittaker (nee Thompson), who celebrated her 100th birthday on 18 March, 2019.

Mrs Whittaker was born in Cowell on the Eyre Peninsula. She was the last child of Carline Thompson, and had two brothers and five sisters. She began her schooling at Cowell Primary in 1925. 'I went to school until I was 14 years old,' she says. 'I loved it so much that I cried the day I left.'

Always an adventurer, Mary recalls one day she 'heard that Sir Kingsford Smith was doing joy flights in the area. I was determined to go. It cost 12/6 to go for a joy ride, and I'd saved money in my money box. As we lived on the coast, we flew over the ocean and beaches. I remember that the engine was so loud, I couldn't hear myself speak.'

After finishing school aged 14, Mary worked in the office of McFarlane's General Store, where she remained until 1941. 'It was the biggest store in town,' says Mary. 'I had to sit up on a high desk, that had a system of overhead wires running over it. The little cup would shoot down where I was with the ledger keeper.'

In 1941, Mary 'felt like a change,' so she moved to Adelaide and got a job at James Miller and Co twine merchants. Soon after, she met her husband, Jack Whittaker, and the couple married on 6 May, 1944, at the Pirie Street Methodist Church. A year later, their first daughter, Julie, was born.

'After the war, Jack and I bought a delicatessen in Wakefield Street, next to the theatre,' Mary says. 'We also bought a block of land at Blair Athol where we built a house, and two shops next door. We later sold these and bought a house at Daw Park, along with a lock up deli on Seacombe Road. Our second daughter, Caroline, was born in 1951.'

The couple ran subsequent businesses at Glenelg North and Darlington. However, the delis demanded long working hours, and Jack wanted a change. 'We bought a block of six flats opposite Oaklands Park railway station.'



The couple were always busy, even finding time to play lawn bowls for Edwardstown, where they had success in winning club fours, triples, and pairs.

Unfortunately, Jack contracted rheumatoid arthritis, and passed away in 1975, aged 59.

'After Jack died, I sold the flats and bought a unit, where I stayed for the next 41 years. I was sick of all that moving!' says Mary.

Mary has had many interests throughout her life, including music, piano, reading, and poetry. She has also travelled the world.

Mary dabbled in par 3 golf, and loves any sport on television. She is also a keen gardener, and still practices piano to keep her mind sharp.

When asked if she has a secret to her longevity, she says, 'No. Maybe just healthy eating.'

'Along with my two daughters, I have six grandchildren, and 10 great-grandchildren. I have to practice all their names!'

When asked if she had enjoyed her special day, she says: 'I'm special every day!'

We couldn't have said it better ourselves. Happy birthday, Mary.

*Mary is pictured (above) with Manager Residential Services, Stephanie Steensma.*

# Resthaven Mitcham

## Mother's Day



In May, the Resthaven Mitcham Craft Group wrapped almost 100 gifts, each with a beautiful note, to give out to all the mums at the home on Mother's Day.

Lifestyle Coordinator, Sylvia Ortiz, says, 'The gifts were handed out during a festive Mother's Day celebration, held in the Hall on Sunday 12 May.'

'The event included a beautiful afternoon tea, refreshments, and a raffle.'

'It also featured an array of lovely decorations made by the Craft Group.'

'They sure are busy ladies!'

Happy Mother's Day to all.

### *'Only One Mother'*

Hundreds of stars in the pretty sky;  
 Hundreds of shells on the shore together.  
 Hundreds of birds that go singing by;  
 Hundreds of lambs in the sunny weather.

Hundreds of dewdrops to greet the dawn;  
 Hundreds of bees in the purple clover.  
 Hundreds of butterflies on the lawn;  
 But only one mother the world wide over.

**Author Unknown**

## Resthaven Mount Gambier

### Saint Patrick's Day Fun

On 15 March, residents at Resthaven Mount Gambier enjoyed a festive Saint Patrick's Day concert and celebration.

Lifestyle Coordinator, Trudyanne Bedson, says, 'The Hall was decorated with green shamrocks and leprechauns, made by the Craft Group. There were also hats for guests, and leprechaun table centrepieces.'

'Guests clapped along to a concert by local entertainer, Alan Webster. Residents and staff alike joined in a rousing rendition of "You are my sunshine".'

'After the concert, Alan and his wife, Maureen, stayed on for coffee and a chat with residents.'

'Afternoon tea was well received, with residents enjoying the green iced cupcakes and refreshments.'

'It was a great day, and we can't wait to do it again next year.'

*Right (from top): Mr Neville Lockwood;  
Mrs Judy Sutherland.*

*Below: Mrs Elaine Hill with her son, Philip.*



# Resthaven Murray Bridge

## Courtyard Gardens

The Resthaven Murray Bridge courtyard gardens are a wonderful place to spend an afternoon – from reading a book in the sunshine, to just taking a walk and smelling the roses.

Mrs Gloria Axelson (right) and Mrs Beryl Rohrlach (below) recently enjoyed planting herbs and flowers in the raised garden beds. We can't wait to see them grow and flourish.

*Right: Mrs Gloria Axelson enjoying the courtyard gardens.*

*Below: Mrs Beryl Rohrlach tends to the raised garden beds.*



## Resthaven Paradise

### Getting Crafty at Paradise



#### **‘Knit and Natter’ Easter Bunnies**

The Resthaven Paradise ‘Knit and Natter’ group (above) created beautiful knitted bunnies for Easter this year. The bunnies were formed using knitted woollen squares—very clever!

All residents at Resthaven Paradise received their own knitted bunny with an Easter egg on Easter Sunday.

#### **Garden Group Succulents**

The Resthaven Paradise Garden Group have repurposed a large aquarium to create a beautiful succulent garden.

The indoor plant feature (right) was created using cuttings and special potting mix. It now takes pride of place in a sunny spot in the Hall.

A watering schedule for the plant feature is in place, with residents watering the plants with a spray bottle when they visit the Hall for activities.

The garden appreciation group is very proud of the results, and can’t wait to see the garden grow.

Well done to all.



## Resthaven Port Elliot

### 170 Year Old Clock Starts New Chapter at Resthaven

When Mr Peter Broadbent moved into his Resthaven Port Elliot retirement living unit in 2018, he brought with him an important part of South Australian history – a 170 year old grandfather clock which had been sent out to the ‘colonies’ by his great-great-uncle in the 1850s. The clock remains with Mr Broadbent in his Port Elliot retirement living unit.

The nine-foot-tall pendulum clock needs to be wound weekly with a crank handle, and depicts the seasons, shows the phases of the moon, and the date.

This impressive specimen was one of four clocks sent to Peter’s great-grandfather, John Broadbent, as wedding presents for his four sons. John’s father, Luke, was one of the first colonists of South Australia.

Luke had secured his ticket to South Australia via his job in a cotton mill in England, which was owned by Captain John Hindmarsh, the first Governor of South Australia.

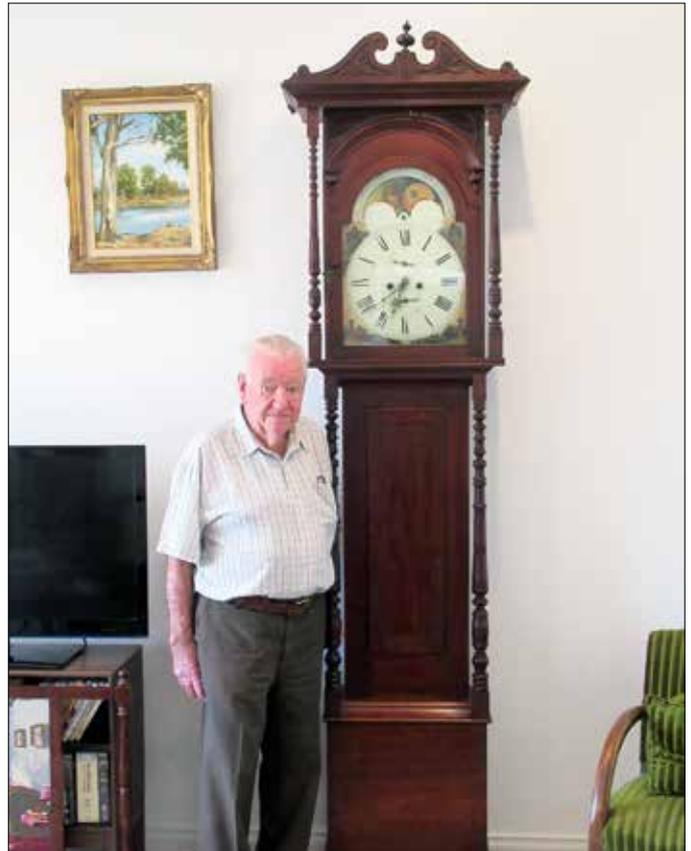
On 11 July 1836, Luke departed England with his wife, Harriet, and their four sons and two daughters (one being John), aboard the HMS Buffalo.

The Buffalo—the ninth of the fleet to arrive—disembarked at Holdfast Bay on 28 December, 1836.

The Broadbent family settled in Waymouth Street, before moving to Cherry Gardens. They helped to build the local Methodist church, which celebrates its 170th Anniversary in March 2019.

Meanwhile, Luke’s brother, a clockmaker back in England, made each of his four nephews a grandfather clock as a wedding present, and sent them to the new colony of South Australia by ship.

The clock that was sent to John Broadbent—Peter’s great-grandfather—is the one that



now stands in Peter’s retirement living unit on North Terrace, Port Elliot, after Peter inherited it from his father, Reverend Alwyn Broadbent, in 1975. In its long life, Peter’s clock has never been out of the state, although it has moved many times.

Three of the clocks, including Peter’s, are still in the Broadbent family – one is located in Mount Gambier, and another is in Goodwood. The fourth clock is now thought to be owned by the Wolf Blass winemaking family.

The clock is still in good working condition, although it has not gone completely unscathed – once, when it was being minded by one of Peter’s aunts, her young boys used it to play ‘boats’. And Peter’s mischievous two year old grandson once swung on the pendulum!

We are delighted to welcome both Peter and his clock to the Resthaven community.

## Resthaven Westbourne Park

### Audrey's Ten Year Milestone

In February 2019, Mrs Audrey Joan Lang (formerly Hunt, nee Tilbrook) achieved the milestone of being a resident at Resthaven Westbourne Park for ten years.

Audrey and her husband, Keith Leonard Hunt, spent many years living in McLaren Vale. They had three children, and enjoyed the country life.

They were involved with the McLaren Vale Methodist (Uniting) Church, and community activities in the country district. After Keith's passing at the age of just 40, Audrey worked and raised her family in McLaren Vale.

In the early 1980s, she moved into the Baptist 'Elkanah' village at Morphett Vale, where she met and married Frederick Lang.

With Fred's passing in 2009, she moved to Resthaven Westbourne Park.

Here, Audrey joined in the Uniting Church services and attended craft group activities. After her move to the Marlborough area in February 2014, she continued to attend the 'Chaplain's Chat'.

With lack of mobility, and sight and hearing impairments, Audrey now enjoys listening to audio (CD) stories and novels; these the family borrow from various libraries. With assistance from the Resthaven Social Worker, books are also sourced from the Mitcham Library. These have become a way of life and enjoyment for her. Visits from Audrey's family and friends are also happy events.

An important part of this story is that Audrey recalls another family member living at Resthaven Westbourne Park—her mother, Dorothy May Tilbrook. Dorothy resided at Resthaven in the 1970s, until 1980.



Dorothy was the wife of Rev Louis Tilbrook, a Methodist Minister. For a number of years, Dorothy enjoyed assisting at Resthaven as pianist at the Church services and playing at social functions. In fact, the grandmother clock still located in the Activity Hall was donated by the family, in her honour and memory.

Best wishes to Audrey for your future here at Resthaven Westbourne Park.

*Written by Carolyn Miller (daughter)*

#### **Correction: Resthaven Westbourne Park Resident Christmas Luncheon**

In the autumn edition of the 'Resthaven Review' newsletter, the date of the Resthaven Westbourne Park 2019 Resident Christmas Luncheon was incorrectly printed.

The Luncheon will be held on **Thursday 5 December at 12 noon.**

## 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

**Bellevue Heights**

47 Eve Road  
Bellevue Heights, 5050  
Phone (08) 8273 4400

**Craigmore**

200 Adams Road  
Craigmore, 5114  
Phone (08) 8254 4008

**Leabrook**

336 Kensington Road  
Leabrook, 5068  
Phone (08) 8332 4333

**Malvern**

43 Marlborough Street  
Malvern, 5061  
Phone (08) 8272 0222

**Marion**

10 Township Road  
Marion, 5043  
Phone (08) 8198 2000

**Mitcham**

17 Hill Street  
Kingswood, 5062  
Phone (08) 8378 8999

**Mount Gambier**

24 Elizabeth Street  
Mt Gambier, 5290  
Phone (08) 8723 0911

**Murray Bridge**

53 Swanport Road  
Murray Bridge, 5253  
Phone (08) 8532 1969

**Paradise**

61 Silkes Road  
Paradise, 5075  
Phone (08) 8336 5444

**Port Elliot**

3 Frederik Street  
Port Elliot, 5212  
Phone (08) 8554 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

**Limestone Coast**

17 Gordon Street  
Naracoorte, 5271  
Phone (08) 8762 4389

**Marion**

43 Finnis Street  
Marion, 5043  
Phone (08) 8306 4400

**Murray Bridge,  
Hills & Fleurieu**

37 Swanport Road  
Murray Bridge, 5253  
Phone (08) 8534 2600

**Northern**

16 Gillingham Road  
Elizabeth, 5112  
Phone (08) 8259 5600

**Onkaparinga**

201 Commonwealth House,  
Beach Road  
Noarlunga Centre, 5168  
Phone (08) 8307 3700

**Paradise & Eastern**

61 Silkes Road  
Paradise, 5086  
Phone (08) 8337 4371

**Riverland**

60 East Terrace  
Loxton, 5333  
Phone (08) 8584 5866

**Western**

96 Woodville Road  
Woodville, 5011  
Phone (08) 8345 0577

**General Enquiries:  
Phone 1300 13 66 33**

**[www.resthaven.asn.au](http://www.resthaven.asn.au)**

## 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](mailto:pr@resthaven.asn.au).

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

**[www.resthaven.asn.au](http://www.resthaven.asn.au)**

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