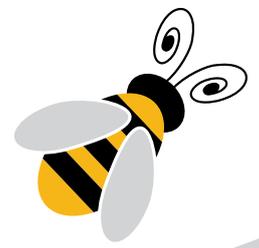


# Volunteer **B**uzz



## Hi from **Stacey**

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

Resthaven's story began with a vision for a new Home Mission in 1932. The first practical outcome occurred when Mrs Annie Pearce and Rev John Pearce took an elderly lady into their care at their home. 'Rest Haven' was officially opened at Brighton on 11 May 1935, by Lady Isabel Kidman.

Who was the first volunteer? This might be considered to be Mrs Annie Pearce, or one of the many people who were involved in the conception and development of Resthaven, born out of the Great Depression of the 1930s, when services for older people were scarce. Volunteers have been involved with Resthaven from the very beginning.

This year, it is an honour to celebrate this, and you, at celebrations in May, with a 'Resthaven 85<sup>th</sup> Anniversary' theme.

We look forward to sharing wonderful memories, old and new. Look for your invitation in the mail soon, and please let us know if your invitation does not reach you.

In the meantime, all the site event dates are listed on the back page. And, if you have a date clash, you are welcome to join an event at another site. See you there!



**Stacey Thompson**

*Manager,  
Volunteer Services*

## 85<sup>th</sup> Anniversary

Then and now...



Pictured (above) is the opening of 'Rest Haven' at Brighton in 1935. Amongst the group would be one of Resthaven's very first volunteers, Mrs Annie Pearce. Pictured below is our newest residential aged care home at Aberfoyle Park, which opened in 2018.

As CEO, Richard Hearn, says: 'Over the years, many things have changed. However, our commitment to supporting older people and their carers has never wavered. We stay true to the original vision of our founders.'





Quarterly Newsletter for Resthaven Volunteers

### Statement of Purpose

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

### Our Values

- Trust
- Dignity
- Choice

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 experience and values.

### Volunteer Services

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# What's the Buzz?

## 'Diversity & Harmony' Sculpture Launched

On Monday 2 December 2019, staff and clients of Resthaven Community Respite Services gathered at the Ridgway House respite cottage for the official unveiling of the art installation, 'Diversity and Harmony'.



Created from an idea hatched by Community Respite Services Manager, Carole Matthews, the installation comprises four spheres.

'The single coloured spheres represent singular, segregated communities, standing isolated from one another', says Carole.

'At the centre is a large multi-coloured sphere, representing diverse communities, blending to become something colourful and harmonious, as it would be in an ideal world.'

The spheres were made by Community Respite Men's Shed clients Maurice Lavers, Robert Brokenbrow, and Gerry Tubbs, with the help of Home Support Workers, Ian and Mark (pictured above with Executive Manager Community Services, Sue McKechnie).

The installation will remain on display in the front garden at 36 Sussex Terrace, Westbourne Park, for passers-by to enjoy. Check it out!

### Community Engagement on Vision Australia Radio (formerly Radio RPH Adelaide) in 2020



On the second Saturday of every month, a guest speaker from Resthaven is interviewed on RPH Adelaide Community Radio station by Peter Greco on his 'Leisure Link' program. You can listen in at around 6pm on 1197 on the AM dial. Don't forget to tune in!

#### Guest speakers are listed below.

Date (2020)	Speaker
8 Feb	Julie Johnke, Public Relations Manager
14 March	Kelly Ainsworth, Assistant Manager Northern CS
11 April	Lynn Openshaw, Manager Service Development
9 May	Stacey Thompson, Manager Volunteer Services
13 June	Julian Sporne, Community Respite Services
11 July	Richard Hearn, Chief Executive Officer
8 August	Anthea Tyler, Residential Accommodation Enquiries
12 Sept	Rebecca Bratovich, Coordinator, Western CS
10 Oct	Manule Harpas, Manager, Onkaparinga CS
14 Nov	Mark Trebilcock, Coordinator, Agedcare Alternatives
12 Dec	Rev Dr Bruce Grindlay, Coordinating Chaplain

# From the CEO

## From the CEO

Having an appreciation of history is very important in defining who you are, where you've been, and where you are going; albeit as we know in life, we are not defined by our past. It is of significant relevance to how we proceed in the future. This is true for organisations, as well.

In 2020, Resthaven proudly celebrates 85 years of service to older people living in South Australia. Resthaven's purpose has always been to serve older people, and understanding this heritage points the way forward to the future. Throughout the year, we will host celebratory events across the organisation, and I encourage you to join in.

The 85<sup>th</sup> anniversary year was officially 'launched' on 20 February, 2020, with a celebration held at Resthaven Head Office. Board President, Mark Porter, cut the birthday cake (above right).

It is important to celebrate this significant milestone and recognise the 85 years of outstanding care and support Resthaven has provided, and will continue to provide well into the future.

A major project for the year is an update of Resthaven's history book, and well known and accomplished historian, Dr Rob Linn, is undertaking this work. The book launch is planned for October. Rob has been visiting many Resthaven locations to see how much has changed in the past ten years.

However, we did not have the start to the new year that anyone wanted. Bushfires devastated our state and nation. We continue to feel the toll upon families, communities and the wider population. Some of you may have been indirectly or directly affected.



I acknowledge with deep sadness the lives and homes that have been lost as well as the decimation of crops, wildlife and livestock caught in the firestorms. Sincere thanks go to all those on the fire grounds for their incredible efforts.

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

There remains a risk of further bushfires in the coming months, which we have given significant effort towards in our preparation in managing these risk each year. Resthaven has also worked with the Torrens Resilience Institute in research to be better prepared for natural disasters. This includes a report informing key considerations in the selection of generators for use during power outages. This report, 'Guidance for the Selection of Generators for Aged Care Homes,' is available for download from the Resthaven website: [www.resthaven.asn.au](http://www.resthaven.asn.au).

Other projects have included development of a 'scorecard' to assist in assessing risk for different kinds of disaster, and participating in forums where mitigation strategies are considered.

Another major concern is the novel coronavirus that has been declared a major health emergency. Older people are particularly susceptible to any infection, including coronavirus. Please help us protect some of the most vulnerable people in our community by following the infection control measures and guidelines listed on page 10.

Thank you for protecting our residents, clients, staff and fellow volunteers against the spread of infection.

## Industry News

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

### Royal Commission into Aged Care Quality & Safety

The Royal Commission continues, holding a series of hearings during the first half of 2020, ahead of the Commission's final report on 12 November 2020. The first hearing from 10-11 February 2020, was a workshop on aged care system redesign.

# From the CEO (continued)

Held in Adelaide, the hearing helped test propositions following the release of the Commissioners' first consultation paper on redesigning the aged care program.

On 11 December 2019, Peter Jenkin, Resthaven Palliative Care Nurse Practitioner, was called to a panel discussion of the Royal Commission. Peter's expertise was greatly appreciated by the commissioners, and Resthaven's approach to palliative care was showcased.

## Home Care Packages

As at the end of 2019, there were around 112,000 people waiting on the national home care prioritisation queue. Although this is fewer than the high of 130,000 in mid-2019, supply is still not meeting demand. Resthaven continues to offer more and more people packages as they become available, with more than 1,300 people now receiving a home care package from Resthaven Community Services.

## Aged Care Quality and Safety Commission

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

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

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

## Restraint Legislation Strengthened

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

## New Board Member

With the retirement of three members of the Resthaven Board in December 2019, I am pleased to announce that the Board has co-opted Jon Clarke.



Jon has more than 35 years of experience in the legal profession. He is actively involved in the Law Council of Australia and Chairs the Law Society of South Australia's Ethics and Practice Committee.

## Working Together

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

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

Our strong staff and volunteer teams provide high quality care to those who invite us to support them in their individual circumstance. It is good and important work.

## Retirement

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

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

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

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

I greatly admire and respect the caring and dedicated work of all our staff and volunteers in their many and varied roles and who are at the heart of Resthaven. I have had the privilege of working with a very capable and committed team in this worthy work we do, under the guidance and leadership of the Resthaven Board. I have benefited from their support, skill and passion for Resthaven's purpose over the years.

All the best, and thank you.



**Richard Hearn**  
Chief Executive Officer

# Building Update

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

## Resthaven Bellevue Heights

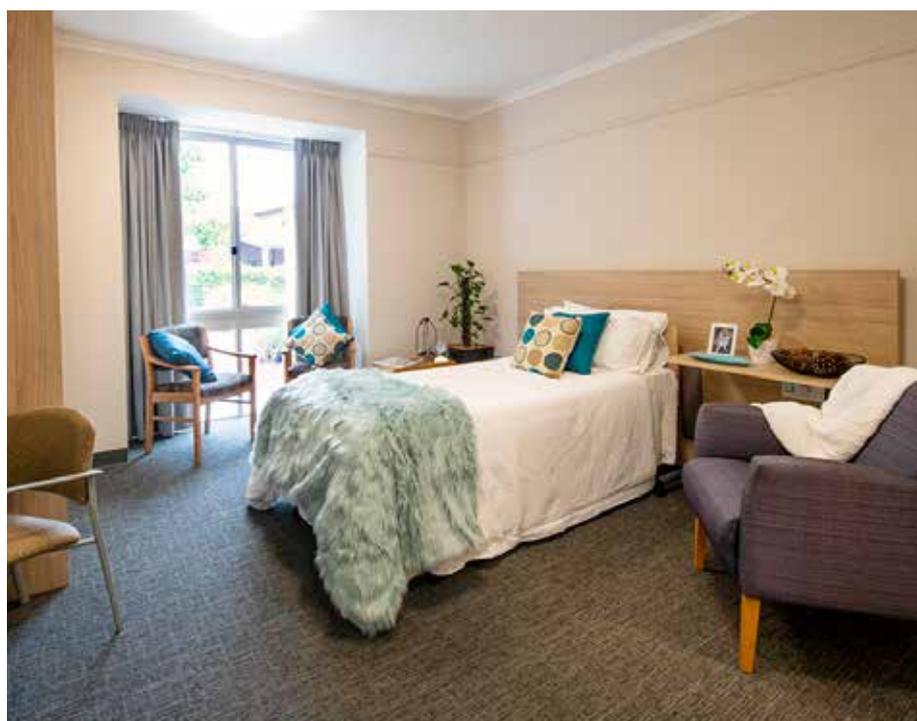
Planning and design for the redevelopment at Resthaven Bellevue Heights continues to progress. The site has many challenges, including the need to maintain access to the residential home and Independent Retirement Living Units throughout the development, multi-staging of construction, and the site being located in a bushfire risk zone.

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

## Resthaven Leabrook

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

The upgraded hall has a state of the art audio visual system, which was suggested by a resident of the home during the co-design/consultation process.



The hairdressing salon has been upgraded with new equipment, and a window installed to provide more natural light.

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

## Resthaven Marion

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

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



## Resthaven Riverland Community Services

Resthaven purchased the old state bank in Berri (pictured above) to be the new Resthaven Riverland Community Services office.

The bank is a fine building from the art deco period, with lovely bones, but needs an upgrade internally. We expect to commence construction works in March.



**Emmet O'Donovan**

*Manager, Buildings and Capital Projects*

# Dementia Awareness

Think dementia, think sensor, think solutions – that's *Talking Sense!*

This a book written by Agnes Houston with Julie Christie, published by Hammond Care in 2018. Previously we have included excerpts from a booklet by Agnes, who herself lives with dementia. In her words, 'I chose to go on a quest for knowledge to understand what was happening to me'. During her research, Agnes asked other people living with dementia about their experiences.

Below, we share some more excerpts on information and personal experiences, from the book, which is available in full online at <https://www.dementiacentre.com/images/Talking-sense.pdf>.

Research has taught us that different human activities and functions are controlled or influenced by different parts of the brain, for example:

- the frontal lobe is involved with planning and behaviour
- the temporal lobe relates to memory.

Each type of dementia impacts the brain differently, which means the experience of dementia is highly individual but with some similar aspects. Memory problems, sensory changes, difficulties with problem solving and challenges with planning are some of the common impacts of dementia.

## Misidentification

Damage to different parts of the brain can lead to problems identifying specific objects and people. This can mean mistaking an object for something else and finding it alarming, such as thinking a coat stand in your hall is a person and being concerned there is a stranger in your home.



Misperception and misidentification are different from hallucinations. Hallucinations are where someone sees, hears, smells, tastes or feels things that don't exist outside of their mind.

*I was with my friend in a coffee shop and could feel myself getting more and more furious. I didn't know it at the time but it was the noise. It made me want to scream.*

*Kathy, a person living with dementia*

## Brain Blindness

*I find going into lifts almost impossible, especially if they have a large mirror. I see a big hole instead of the floor and the mirror just adds to my confusion and distress.*

*Agnes Houston (author)*

## Touch

Caring touch can trigger the brain to release endorphins and serotonin, which are natural chemicals that suppress pain and depression. It can be helpful to massage a person's hand while waiting for pain medication to work.

Over sensitivity (hypersensitivity) or reduced sensitivity (hyposensitivity) to touch are both problems that can arise from dementia. Hypersensitivity is most likely to arise in the mouth, fronts of hands, soles of feet and genitalia. Other parts of the body can become hyposensitive with people reporting less sensation in these areas.

Phillip is a farmer who lived at home until he was admitted to a mental health assessment unit. His family had to call for help as he became increasingly angry and more than once had lashed out at his wife. Everyone was very distressed about this including Phillip, who wasn't able to explain why he felt so angry and stressed. After a period of assessment, Philip was diagnosed with Lewy body dementia. He continued to be agitated on the ward and would, on occasion, respond to the approaches of others with violence and shouting out.

The staff took the time to find out about Phillip's life at home. His family worked with the team and revealed the close relationship that Phillip had throughout his life with working dogs on the farm.

It wasn't practical to have a dog on the ward but instead they obtained a life-sized toy of a collie dog for Phillip. To everyone's surprise, he responded with joy when he saw the dog.

Phillip was perfectly calm as long as he had his hand on the dog's head or had the dog on his lap.

## Dementia Education

Dementia Australia's Centre for Dementia Learning offers a wide range of courses, including online, both free and some for a fee. The interactive learning courses provide contemporary, evidenced based dementia learning. Visit <https://dementialearning.org.au/> and <https://www.dementia.org.au/resources/help-sheets> for fact sheets.

As mentioned, the experience of dementia is highly individual and so we work together in learning about individuals and responding individually. Staff will work with you and appreciate your feedback and questions and working through solutions together.

## Residential Services



### Accreditation

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

The final reports for Resthaven Mitcham, Paradise and Westbourne Park have been received, with all three sites achieving three years accreditation. This is a great outcome.

We will receive formal notification about the results of the other visits from ACQSA in the coming weeks.

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

### Isabel 'Carving out her Niche'

Mrs Isabel Fuller of Resthaven Leabrook (above) has decorated her room at the home with beautiful hand-carved wooden furniture that she made herself.

Her first piece was a coffee table, followed by several ornate chairs, and a lovely foot stool, for which she worked the tapestry as well.

Having worked as a midwife in her younger years, Mrs Fuller always thought she'd like to try wood working, a hobby she only had time for in her retirement.

It is our pleasure to support residents such as Mrs Fuller to continue to enjoy enriching and fulfilling lives.

### Positive Feedback

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

*Resthaven Mitcham was a wonderful place for mum to spend the last couple of months of her long life. After all the terrible stories coming out of the Royal Commission, we were very anxious to find the best place possible. We feel blessed to have been offered a place at Resthaven Mitcham.*

This type of positive feedback reminds us all of the importance of the good work we do.

### Tina Cooper

Executive Manager,  
Residential Services



## Community Services

### Staff Movements

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

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

### Bushfire and Extreme Weather

Thank you to all Community Services teams for their resilience to continue to deliver services in the extreme weather this summer. The flexible approach taken to adjust service schedules meant there were very few services that were not able to be delivered.

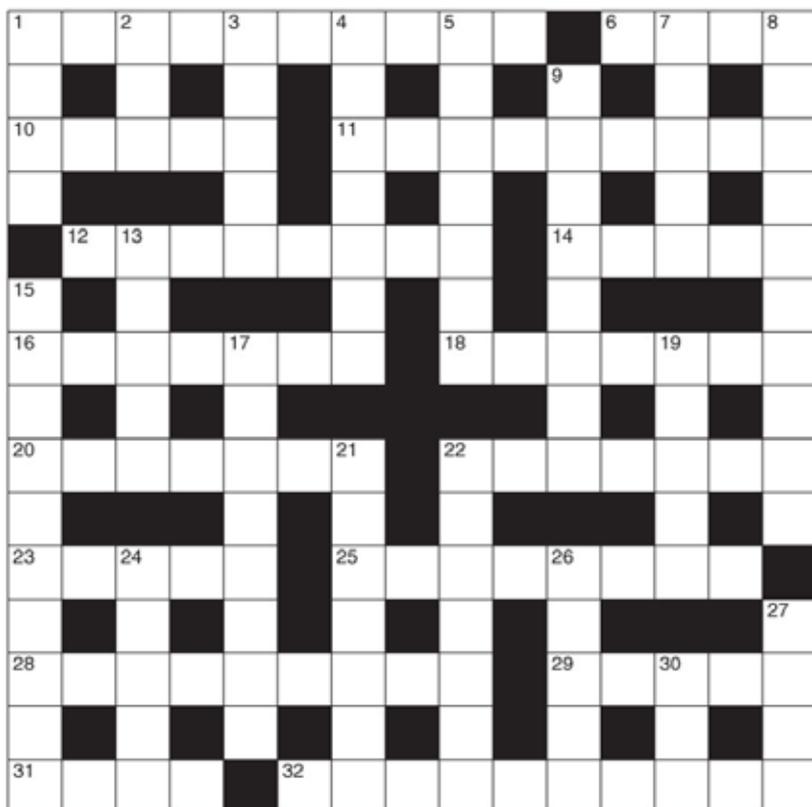
Particular acknowledgement to Resthaven Murray Bridge, Hills & Fleurieu, who worked long hours and over the weekend of the major hills bushfire. Pleasingly, all clients, staff and volunteers were kept safe through collaborative efforts with local authorities, and service disruption was minimised.

### Sue McKechnie

Executive Manager,  
Community Services



# Summer **Puzzler**



## ACROSS

1. Talkative person
6. Motorway off-ramp
10. Cathedral, ... Dame
11. Slanting lines
12. Ticketed
14. Japanese seaweed roll
16. Pierced with fork
18. Every evening
20. Annoyed
22. Nuclear process
23. Vanilla slice topping
25. Railway bridges
28. Take apart
29. Was gloomy
31. One-on-one fight
32. Carry out (crime)

## DOWN

1. Dollar division
2. Appropriate
3. Here, ... & everywhere
4. Overrun (with disease)
5. Continually (2,3,2)
7. Bone photos (1-4)
8. Giving evidence
9. Delivers (goods)
13. In existence
15. Tolerant (4-6)
17. Weight unit
19. Discredit (reputation)
21. Dedicated admirer
22. Sudden outburst (5-2)
24. Agenda item
26. Unfulfilled
27. Rim
30. Ham & ... soup

*Solution page 10*

## Remembering the 'Friends of Resthaven Westbourne Park'

In Resthaven's 85<sup>th</sup> year, material documenting the fundraising and services provided by the 'Friends of Resthaven Westbourne Park', which ran for more than 40 years, was sent to Head Office for archiving.

The archive material from the group, which ran from 1967–2007, contained photos, invitations, meeting agendas, and lists of items purchased for the site from fundraising activities, including artwork, recliner chairs, lamps, kitchen appliances and televisions.

The 'Friends' worked tirelessly to purchase items for the home, holding a variety of fundraisers, including patchwork quilt exhibitions, fetes, and pickled onion stalls.

Also uncovered was a 13-page record compiled by an inaugural member, Nancy Lapidge, of all the bereavement cards she had sent to the families of residents. It includes the cost of the postage stamp, which back then was 30 cents!

On Tuesday 27 March 2007, the Friends of the Resthaven Westbourne Park met officially for the last time. They had given freely of their time, talents and skills to raise funds for many extra items for the site for more than 40 years.

At the last meeting, it was agreed that the remaining funds would be used to go towards installation of a hearing loop to benefit people with hearing difficulties.

*Below: Resthaven Westbourne Park, 1967*



# Diversity News

## Diversity Presentation

On 14 January 2020, I visited Resthaven Westbourne Park to give a presentation to residents about diversity (right).

I showed Resthaven's Diversity Action Plan, and spoke about how diversity is more than just 'cultural' differences. I shared information about the diversity characteristic groups e.g. people who are Lesbian, Gay, Bisexual, Transgender, or Intersex (LGBTI), people who are homeless or at risk of becoming homeless, Care Leavers, Veterans, people who are financially or socially disadvantaged, living in rural and remote areas, and people who were separated from their children by forced adoption or removal. In the coming months, I will visit other sites to talk about diversity and Resthaven's Diversity Action Plan.

## 'Pridevember' & FEAST

In November 2019, sites celebrated 'Pridevember', with posters, art instalments, and movie days. Resthaven had stalls and staff at the Southern Pride March and Family Fun Day and FEAST Picnic in the Park. Thanks to all those who supported these events and who came to say hello on the day.

## Cultural Events Calendar

To assist in site cultural event planning, Spiritual Health Victoria has produced a multifaith religious and cultural events calendar for 2020. This resource will assist in planning activities that celebrate different forms of diversity with people we support, staff, and volunteers.



## Cultural Events

### Holi Festival: 10 March

Holi is an ancient Hindu festival celebrated predominantly in India, but spread to other areas through the Indian diaspora. It signifies the arrival of spring, the end of winter, and the blossoming of love.

### National Close the Gap Day: 19 March

This day aims to raise awareness of closing the gaps in health, education, and life expectancy that exist between Indigenous and non-Indigenous Australians. Resthaven attends SA's biggest 'Closing the Gap' event at the Adelaide Showgrounds. Last year's event was visited by 2000 people.

### Ramadan: 24 April

'Ramadan' simply refers to the name of the ninth month of the Islamic calendar, considered to be the holiest because it was the month that Mohammad received his revelations about the Quran.

The timing for Ramadan is determined by the Islamic lunar calendar, so the dates it falls on changes each year. In 2020, Ramadan begins on 24 April.

## Understanding the Stolen Generations

The Aged Rights Advocacy Service (ARAS) has a resource for the aged care workforce, 'Understanding the Stolen Generations through their stories'. It is available as a flip book online from [www.sa.agedrights.asn.au/flipbook/2019-stolen-generation-stories/](http://www.sa.agedrights.asn.au/flipbook/2019-stolen-generation-stories/)

## Parkinson's Awareness Week

Information displays and presentations are planned across Resthaven for Parkinson's Awareness Week in April 2020.

### Priscilla de Pree

*Project Officer,  
Multicultural Services*



# Work Health & Safety

## Manual Handling

We all engage in 'manual handling' every day. It includes when we pick up a ball, clean the bath, go shopping, sit at a desk, and hundreds of other daily tasks.

Manual handling is any form of lifting and carrying, including using force to push, pull or hold something.

### Before you undertake a manual handling task, ask yourself:

- How heavy are the items you have to move?
- How far does the load need to be carried?
- How much bending and twisting will there be?
- How repetitive will the task be?
- Does the job need two people, or the use of trolleys?

### Tips on how to bend, lift and carry safely:

- Keep feet shoulder width apart
- Bend at the knees (not the waist) and stick out your bottom
- Keep the load small and close to your body (arms/elbows in)
- Coordinate with the person helping you
- Avoid twisting your body; move your feet first.

### Remember:

- Only carry as much as feels comfortable for you
- Maintain spinal curves and good posture
- The squat position is best when you need to bend low
- Utilise equipment (ie trolleys)
- Ensure you have adequate space, lighting, and height of work surface
- Do not stand on tables, chairs or ladders to reach heights
- Don't rush
- Take regular breaks (including from sitting).



## Helping People

We do not require you to lift or transfer residents or clients. This includes taking the part weight of people, for example, taking someone by the arm, or helping someone out of a chair. This is the responsibility of direct care staff, including nurses and personal care assistants, who have been trained to use specific lifting techniques and equipment.

Avoid the temptation to help people out of a chair. This can inhibit a client/resident's ability to maintain their mobility and independence, and you are at risk if the person loses balance. You will not be able to hold them, so two people may potentially be injured. If a client/resident requires assistance, seek care staff.

## Crossword Puzzle Solution

(from page 8)



## Important Health Information

### Novel Coronavirus

As you would be aware, there is currently an outbreak of a novel coronavirus (2019-nCoV) in a number of countries across the world, including Australia.

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

### Have you recently travelled to China?

If you have recently travelled to Wuhan or other parts of China, or you have had contact with someone who has been diagnosed with the coronavirus, please be vigilant. If you are personally experiencing any flu-like symptoms, do not attend work and ensure you seek medical attention.

### Prevent the spread

Everyone should practice good infection control measures:

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

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

### Influenza Vaccinations

Free influenza vaccination clinics will be held at Resthaven sites. Keep an eye on notice boards, or ask at reception for upcoming dates.

# Out and About

## **Nativity Play**

In December 2019, volunteer, Julie (below left), played one of the 'three kings' in the Resthaven Bellevue Heights nativity play. She did a great job, thank you Julie!



## **Shop Happenings**

The shop at Resthaven Murray Bridge is a favourite, with residents such as Mrs Scarce enjoying a chat with volunteer, Liz (right).



Volunteers, Pauline and Marie (below), are in the newly renovated 'Chatterry' area of Resthaven Leabrook. People are enjoying the new light and bright open-plan shop and cafe area, with stackable glass doors that open up to the outside courtyards, letting the sunshine and fresh air in.

## **Exercise Group**

The Resthaven Limestone Coast Community Services Exercise Group, with volunteer, Alicia, are enjoying morning tea following working up a sweat at their weekly class.

This group (right) comes together each Friday, and is supported by a group of volunteers who greet the clients, support with set up and handing out equipment, and encourage others by joining in themselves.

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



## **Craft Group**

Residents at Resthaven Murray Bridge enjoy a regular Craft Group with the support of volunteers, Shirley and Liz (below right).

The group is pictured preparing for the 2019 Christmas Trading Table, by knitting, sewing and decorating colourful teddies and dolls.





Resthaven  
Incorporated



*Celebrating 85 years in 2020*

## Volunteer 'Thank You' Celebrations 2020

### **85<sup>th</sup> Anniversary**

Volunteers have been at the heart of Resthaven since the very beginning. Let's celebrate volunteers this year with an '85<sup>th</sup> Anniversary' theme throughout May. You will receive an invitation in the mail. The 2020 dates are listed below. Events begin at 2pm.



<b>Date</b>	<b>Site/s</b>	<b>Location</b>
5 May	Resthaven Leabrook	Ivon Wardle Hall
7 May	Resthaven Marion, Marion Community Services, Community Respite Services, Onkaparinga Community Services	Resthaven Marion, Kiah Lounge
8 May	Resthaven Westbourne Park, Malvern, Mitcham, Agedcare Alternatives	Resthaven Westbourne Park, Activity Hall
12 May	Resthaven Aberfoyle Park	
13 May	Resthaven Murray Bridge, Murray Bridge, Hills & Fleurieu Community Service	Resthaven Murray Bridge, Hall
14 May	Resthaven Bellevue Heights	Auditorium
19 May	Resthaven Craigmore, Northern Community Services	Resthaven Craigmore, Tamarisk Hall
20 May	Resthaven Paradise, Paradise & Eastern Community Services, Western Community Services	Resthaven Paradise, Hall
21 May	Resthaven Port Elliot, Murray Bridge Community Services 'Old School' branch	Resthaven Port Elliot, Encounter Hall
25 May	Resthaven Mt Gambier, Limestone Coast Community Services	Resthaven Mt Gambier, Cafe

Throughout the year, and along with the volunteer 'thank you' events, we will celebrate Resthaven's 85<sup>th</sup> anniversary with a series of events across all Resthaven service locations. Please watch out for posters at your site for local event details. We look forward to celebrating with you!