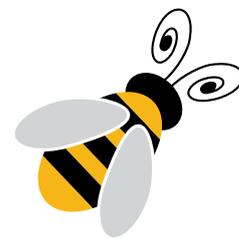


# Volunteer **B**uzz



## Hi from **Stacey**

'Threads of Life' is our 'Thank You' theme for May 2017 (see feature story, right).

In May, we will come together to celebrate volunteering, and all that you weave. What's more, a yarn often starts with 'Hello!'.

Dates and details of the 'Thank You' High Teas are on page 5. You will receive your invitation in the mail.

The threads you weave are exemplified in the stories and articles throughout this newsletter.

These include Indigenous Artist Audrey Brumby's visit to Resthaven Bellevue Heights, and the opening of the new Strathalbyn Community Services office, attended by volunteer, Ken Wells, who also remembered the Resthaven Murray Bridge opening in 1957.

In April, we will hold a photo shoot, of volunteers in action! Let me know if you would like to join us.

Recently, we said goodbye to Volunteer Services Support Officer, Deane Laurent. Deane has accepted another position with a different Human Resource focus.

Deane has provided excellent support, and we wish her all the very best.

See you in May,



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

## 'Threads of **L**ife'

Is weaving a metaphor for the way life works? What are the threads that connect us?

We connect with our ears, eyes, nose, mouth and by touch. We listen, we see, we hear, we smell and we talk. The threads are woven with every thought, movement and sound, as we live our lives.

Each of you is a thread that connects, uniting people who live with us and people whom we support at home. Through volunteering, you help create possibilities and paths of discovery, help to empower people, provide choice, share new experiences and new perspectives.



A 'yarn' starts with 'hello'!





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

P 8373 9036  
E sthompson@resthaven.asn.au  
PO Box 327, Unley SA 5061

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## What's the Buzz?

### An Artistic Visit

On 25 January, Audrey Brumby from the Indigenu Art Gallery visited Resthaven Bellevue Heights to 'get down and arty' with residents.

Thank you to Audrey for her visit - residents loved watching her create amazing art, and trying their hand at some art themselves!



### Pet Therapy Program

Resthaven Mitcham introduced a 'pet therapy' program in late 2016. The Therapeutic Dog Service Community Visiting Program visits the site every week, carrying out both one-on-one visits, and spending time in communal areas.

The program is very successful, with residents looking forward to welcoming the dogs each week.

### Christmas Parties

Client Christmas Parties were held at many Resthaven community services sites. 'Santa' is pictured right at the Western Community Services show at the Lockleys RSL.

Resident Christmas Parties took place at all residential sites. CEO, Richard Hearn, is pictured below with 'Santa's Little Helper' (Ann Pauley) at Resthaven Malvern.



**See pages 10-11 for more 'Out and About' news!**



# From the CEO

## Board Update

As of 1 January 2017, Resthaven Board Office Bearers changed. Long serving Deputy Board President, Lee Sando, stepped down from this role. She continues to serve on the Board. Ben Sarre has become Deputy Board President.

Our Board President, Mark Porter, will retire from his role as principal at Woodcroft College at the end of this year, but will continue on our board.

## Uniting Church turns 40!

This year, on June 22, the Uniting Church celebrates 40 years of union; when the Methodist, Congregational and Presbyterian Churches formed the Uniting Church in Australia. A number of events are planned to mark this milestone.

Resthaven is associated with the Uniting Church in Australia, having been established by the Methodist Church in 1935. The National Uniting Church History Conference – A Pilgrim People: 40 years on - will be held in Adelaide from 9-12 June 2017.

The Uniting Church SA Historical Society will host the conference. Their motto is 'Linking with the past to inform the future' – very apt.

This year also marks 15 years of UnitingCare 'Pancake Day' as the major fundraiser for Uniting Church Community Service organisations. Held on Shrove Tuesday, Pancake Day fell on 28 February this year. Well done to all those sites who participated.

## A New Era in Home Care

On 27 February, an important step in the Government aged care reform program commenced; "Increasing Choice in Home Care".

The changes impact the Home Care Package programs. The aim is to give greater choice and control within the Government oversight of a regulated system regarding quality and related aspects. Such elements are not part of self-funded services.

## Industry News

A number of people in the aged care industry were recipients of Australia Day honours.

This is good recognition for the industry, and the value of aged care to Australian society, amongst all the good things that strengthen this great country.

Congratulations to Vaughan Harding, Chief Executive Officer of Juniper (formerly Uniting Church Homes), a large West Australian aged care service provider, and Simon Schrapel, Chief Executive Officer of Uniting Communities, for their recognition in the Australia Day honours.

A new Federal Minister for Ageing, and Minister for Indigenous Health, the Hon Ken Wyatt AM, MP, was appointed on 24 January, 2017. I contacted Minister Wyatt to extend my congratulations.

On 22 February, I was invited by the Minister to attend a forum to discuss the National Aged Care Roadmap. We are pictured above right. The Minister announced new short term restorative care packages. Resthaven was awarded 17 of the 32 restorative care packages allocated to South Australia. Resthaven Marion Community Services will administer the packages.

## Corporate Responsibility

Resthaven aims to be a good 'corporate citizen' by exemplifying corporate leadership in the community, as outlined in our Strategic Plan. We promote positive images of ageing to influence opinion and social change in regard to older people and their carers.

Resthaven sponsors research and support for aged care advancement, both here and abroad, as part of our corporate social responsibility. The Resthaven Board sponsors a range of scholarships to encourage a future workforce with the capability to meet the needs of older Australians.



Above: Richard Hearn (CEO), with the Hon Ken Wyatt AM, MP (Federal Minister for Ageing).

One of these is the Resthaven Indigenous Scholarship at Flinders University, which opened for applications on 7 February.

Funded by Resthaven, the purpose of the scholarship is to provide financial assistance to indigenous students, in an effort to nurture culturally appropriate care for older Aboriginal people in the future.

For more information, visit [www.flinders.edu.au](http://www.flinders.edu.au).

## Quality Services

We are committed to doing everything we can to provide high quality services.

I recently received two letters from families of those in receipt of Resthaven services. The family members conveyed their genuine appreciation for the support offered to their relatives, and the respect and sensitivity that staff offered to them in their interactions.

It is always heartwarming to hear the acclamations from relatives, clients and residents in appreciation for the good work of volunteers and staff.

Thank you for your ongoing dedication and commitment to older people and their carers.



**Richard Hearn**  
Chief Executive Officer

# Building Update

Welcome to another exciting year in the Resthaven building world!

## Resthaven Malvern

The Stage 2 works in Kingfisher North, incorporating 16 new rooms and new courtyard, was handed over in December 2016. See page 10 for a photo of the finished rooms. Stage 3 is now underway, with expected completion in September 2017.

## Resthaven Mitcham

The new kitchen and laundry extension is well advanced, and due for handover in mid-April, allowing for the existing kitchen and hall to be demolished. Stage 1 is expected to be complete by September 2017. A covered walkway has been constructed as a temporary entrance.

## Resthaven Mount Gambier

Work on this refurbishment is almost complete, with some final works to the café water feature, and new televisions. It is due for completion in March 2017.

## Resthaven Murray Bridge

A 'Turning of the Turf' ceremony was held on Friday 6 January, to officially mark the commencement of Stage 1 of the Resthaven Murray Bridge redevelopment (above right).

Development approval was granted by Murray Bridge Council for Stage 3 of the project, involving the construction of 20 new rooms to replace the Talbot, Jenkins and Christopher areas. Works on Stage 1 have commenced, with demolition complete, and excavations underway.

## Resthaven Aberfoyle Park

The demolition and clearance of the site is complete. A time-lapse camera recorded the works. Resthaven signage has been placed on the site fence. The main works will commence in March, after a 'Turning the Turf' ceremony on 8 March. Completion is expected in April 2018.



*Above: Rev Rob Brown (CEO, UnitingCare SA) Debbie Lindner (Manager, Resthaven Murray Bridge), Richard Hearn (CEO), Margaret Blight (resident), Tina Cooper (Executive Manager Residential Services) and Darren Pike (Senior Manager Residential Services) at the Resthaven Murray Bridge 'turn the turf' ceremony.*

## Resthaven Craigmore

Works are well underway, with the structural steel and timber frame erected. Additional works include a meeting room, a motorised chair storage area, refurbishment of the dining room, and re-carpeting. Upgrades will occur to the existing double rooms.

## Resthaven Paradise

A significant refurbishment application has been lodged. Works will incorporate widening of doors, new flooring, a weather-protected gopher area, new barbeque area, and extension of the outdoor café area.

## Resthaven Westbourne Park

Development approval was granted at the end of 2016, and plans are now being developed for a significant refurbishment at Westbourne Park. Improvements include 16 new rooms to replace older rooms, and achieve a standard of single rooms with ensuite across the home. Several existing shared rooms will be converted into large, premium 'suites', and the reception area will be remodelled, to create an adjacent café linked to an outdoor courtyard.

## Resthaven Bellevue Heights

The significant refurbishment will include enlarging and updating ensuites in Corria and Waratah, installation of a new pergola incorporating planters and clear screening to maintain views of the gorge, a new verandah to the dining room, and upgrading paths.

## Resthaven Murray Bridge, Hills & Fleurieu Community Services

An official opening of the new offices at 9 Rankine Street, Strathalbyn, was held on Monday 27 February. Due to demolition of the Anerley Road property at Murray Bridge to make way for the residential upgrade, a temporary Wellness Centre has been leased at 67 Adelaide Road, Murray Bridge.

There's never a dull moment!

**Emmet O'Donovan**

*Manager, Buildings and Capital Projects*



# 'Thank You' High Teas 2017

## 'The threads of life'

This is the theme for this year's Volunteer 'Thank You' High Teas. After all, 'the threads of life' are what bind us together; and a 'yarn' starts with 'hello'!

So let's celebrate together in May. You will receive an invitation in the mail.

The 2017 dates are listed below. Events begin at 2.00pm.

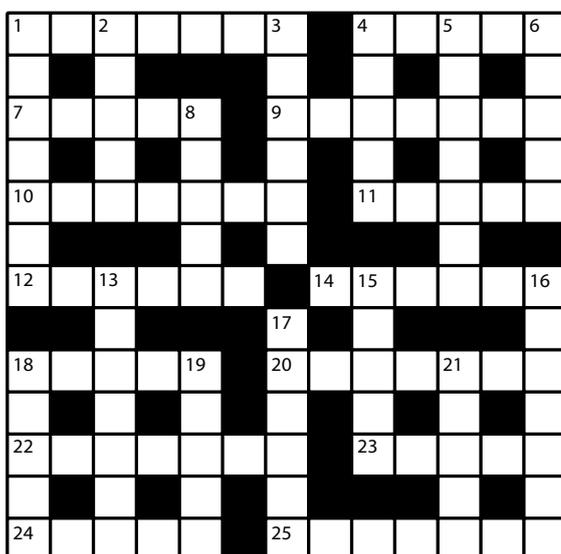
Date	Sites	Location
3 May	Resthaven Paradise, Paradise & Eastern Community Services, Western Community Services	Resthaven Paradise Activity Hall
5 May	Resthaven Leabrook	Ivon Wardle Hall
9 May	Resthaven Malvern, Westbourne Park, Mitcham, Agedcare Alternatives	Resthaven Westbourne Park, Recreation Room
11 May	Resthaven Port Elliot	Encounter Hall
12 May	Resthaven Murray Bridge, and Murray Bridge, Hills & Fleurieu Community Services	Resthaven Murray Bridge, Blue Wren Cafe
17 May	Resthaven Bellevue Heights	Auditorium
23 May	Resthaven Craigmore and Northern Community Services	Resthaven Craigmore, Tamarisk Hall
26 May	Resthaven Mt Gambier and Limestone Coast Community Services	Resthaven Mt Gambier, Blue Lake Cafe
30 May	Resthaven Marion, Marion Community Services, Community Respite Services	Resthaven Marion, Kiah Lounge



Above: Look out for the giant knitting needles and ball of wool at your 'thank you' event, along with several other surprises incorporating our theme!



## Crossword Puzzle (solution page 8)



### Across

1. Floorshow (7)
4. Spooky (5)
7. Detection device (5)
9. Vertical (7)
10. Inactivity (7)
11. Measuring implement (5)
12. Dictator (6)
14. Ecclesiastic (6)
18. Copious (5)
20. Drawn (7)
22. Pouch worn with a kilt (7)
23. Diadem (5)
24. Admittance (5)
25. Spiny anteater (7)

### Down

1. Transported (7)
2. Emblem (5)
3. Tropical bird (6)
4. Mistake (5)
5. Dependable follower (7)
6. Go in (5)
8. Magnitude relation (5)
13. Reinforcement (7)
15. Reasoned judgment (5)
16. Musical passage (7)
17. Opportunity (6)
18. Part of a church (5)
19. Ahead of time (5)
21. Obviate (5)

# Residential Services

## Staff Movements

Heather Kerby-Eaton, Manager Residential Services at Resthaven Leabrook, has moved interstate. We all wish her well in her 'sea change' to be closer to friends and family.



I am very pleased to announce the appointment of Mark Bednall to the position of Manager at Resthaven Leabrook. Mark previously held the position of Care Coordinator at Resthaven Mitcham.



Jessica Margrate has been appointed to the position of Care Coordinator at Resthaven Mitcham in Mark's stead. Jess was most recently employed as the Relieving Care Coordinator.



Please join me in congratulating Mark and Jessica on their new appointments.



I also welcome Leanne Sersli to her new role as Care Coordinator at Resthaven Port Elliot. Welcome to Resthaven, Leanne.

## Accreditation

In November and December 2016, Resthaven Craigmore and Leabrook underwent unannounced visits from the Australian Aged Care Quality Agency. Mitcham underwent a visit in February 2017.

Feedback from the assessors was very positive at all three sites, with all expected outcomes recommended as met.

## Smart TVs Launched

Smart televisions have now been installed in every resident's room and in the communal lounge areas of Resthaven Craigmore.

The network and Wi-Fi infrastructure has been upgraded so that Resthaven can offer a range of added services, either via the smart TV, or the residents' personal computing device. As well as watching free-to-air channels, residents will also be able to view the Lifestyle Program, dining menu, and other important notices on Resthaven's own "channel". There will also be internet access, by using the TV as a "browser".

Residents will also have the option of a Skype camera installed, to video call their relatives and friends.

We are very excited to see how residents embrace this new service.

Until next time,

**Tina Cooper**  
Executive Manager,  
Residential Services



# Community Services



Above (L-R): Keith Parkes (Mayor, Alexandrina Council), Sue McKechnie (Executive Manager Community Services), Richard Hearn (CEO), Cecelia Oxborrow (Manager), and Mark Porter (Board President) at the Strathalbyn office opening on 27 February, 2017.

## Strathalbyn Office Opening

On 27 February at 10.30am, the new Resthaven Murray Bridge, Hills and Fleurieu Community Services offices at Strathalbyn were officially opened. Resthaven staff, volunteers and locals alike were invited to the offices for the cake-cutting ceremony and morning tea.

Amongst the guests were Resthaven CEO, Richard Hearn, Executive Managers, Wendy Morey (Governance and Workforce Development) David Norton (Financial Services), and myself, along with Board President, Mark Porter.

Manager, Cecelia Oxborrow, and her team, are looking forward to working out of the new office space, which has been fully refurbished to house Resthaven staff, and the Regional Assessment Service (RAS).

The 'tuscan-style' courtyard is a particular highlight, and I hope clients find it a relaxing and welcoming place to enjoy our many wellness programs.

Following the official opening, an 'Open Day' was held for members of the public to come and see the range of services Resthaven has to offer.

**Sue McKechnie**  
Executive Manager  
Community Services



# Work Health and Safety

## Dementia and Repetition

A person with dementia may do or say something over and over – like repeating a word, question or activity – or undo something that has just been finished. In most cases, he or she is probably looking for comfort, security and familiarity.

### How to respond:

- **Look for a reason behind the repetition.** Does the repetition occur at a certain time of the day? Is the person trying to communicate something?
- **Turn the action or behaviour into an activity.** If the person is rubbing his or her hand across the table, provide a cloth and ask for help dusting.
- **Focus on the emotion, not the behaviour.** Rather than reacting to what the person is doing, think about how he or she is feeling. Actively listening validates what someone is saying.
- **Provide an answer.** Give the person the answer he or she is looking for, even if you have to repeat it several times.
- **Stay calm and be patient.** Reassure the person with a calm voice and gentle touch. Don't argue or try to use logic; the person may not remember that he/she has asked the question already.
- **Engage the person in an activity.** The person may simply be bored and need something to do. Provide structure and engage the person in a pleasant activity.
- **Accept the behaviour, and work with it.** If it isn't harmful, don't worry about it. Find ways to work with it.

Source: <http://www.alz.org/care/alzheimers-dementia-repetition.asp>

## Manual Handling Reminder

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 and hoists?

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

- Have your feet shoulder width apart,
- Bend at the knees (not the waist) and stick your bottom out,
- Keep the load small and close to your body (arms and 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 such as 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).

## Flu Vaccinations

As autumn approaches, we encourage people to take up the offer of a flu vaccination. This assists in protecting the older people with whom we work.

Resthaven provides a free annual flu vaccination to all volunteers and staff aged under 65 years.

For those aged 65 or older, your doctor can administer your free flu vaccination.

If you are aged under 65 years, you can receive your vaccination at one of the 'clinics' to be held at all residential sites throughout autumn.

The flu virus changes every year, so immunisation must be given annually to maintain protection against the viruses expected in our community during the winter months.

Please look out for 'flu vax' clinic dates on site notice boards in the near future, or speak with your site Manager for more information.

# Public Relations

## New Television Advertisement

Keep an eye out for the new Resthaven television advertisement, now being aired on all free to air channels. We hope you like it!

## Radio

On Thursday 23 February, Lynn Openshaw (Manager Service Development), Sue Springbett (Manager, Accommodation and ACFI) and Melanie Howard (Senior Manager Community Services) participated in an 'Interactive Lounge' on 5AA. This complements our regular advertising on FIVEAA and LifeFM. Resthaven's regular advertisements on 'Cruise' have been joined by a new radio campaign on Mix 102.3FM.

## Room Photography

With new 'suites' now complete at Resthaven Malvern, the Public Relations team has been busy styling and professionally photographing the new rooms (below), to showcase them on our own and other websites. Don't they look fantastic?

Professional photography at the Resthaven Marion and Paradise Independent Retirement Living Units is also planned.



**Julie Johnke**  
Public Relations  
Manager



## Agedcare Alternatives

Resthaven Agedcare Alternatives has a new website! We encourage you to check it out. Visit:

**www.  
agedcarealternatives.  
net.au.**

### Crossword Solution

(from page 5)

C	A	B	A	R	E	T		E	E	R	I	E
A		A				O		R	E			N
R	A	D	A	R		U	P	R	I	G	H	T
R		G	A		C		O					E
I	N	E	R	T	I	A		R				U
E												A
D	E	S	P	O	T		C	L	E	R	I	C
A	M	P	L	E		H	A	G	G	A	R	D
I												
S	P	O	R	R	A	N		C	R	O	W	N
L												
E	N	T	R	Y		E	C	H	I	D	N	A

### 'Brain Teasers' Solution

(from page 12)

*more often than not*  
1) forty wins 2) for hours on end 3)

## Community Engagement

### Resthaven on Radio RPH

On the second Saturday of every month, a 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 6.00pm on 1197 on the AM dial. Speakers this year are displayed right. Don't forget to listen in.

**Thank you to all speakers!**

Date	2017 Speaker Schedule
11 Feb	Melanie Howard, Senior Manager Community Services
11 Mar	Deb McDonald, Manager Marion Community Services
8 April	Manule Harpas, Manager Onkaparinga Community Services
13 May	Stacey Thompson, Manager Volunteer Services
10 Jun	Tracey Bunyon, Asst. Manager Northern Community Services
8 July	Fiona Panizzo, Asst. Manager, P&E Community Services
12 Aug	Carole Matthews, Manager Community Respite Services
9 Sep	Sue Springbett, Manager, ACFI & Accommodation Enquiries
14 Oct	Peter Jenkin, Palliative Care Nurse Practitioner
11 Nov	Liz Southall, Manager Limestone Coast Community Services
9 Dec	Kelly Geister, Senior Manager Residential Services

# Chaplaincy

## Resthaven Coordinating Chaplains

In late 2016/early 2017, we farewelled Coordinating Chaplains, Robyn Masters and Rev Kingsley Congdon (right).



Farewell functions were held for both Robyn and Kingsley at their residential sites, and at Head Office, where we wished them well in their future endeavours.

Following Robyn and Kingsley's departure, we are pleased to announce two new members of the Chaplaincy team: Rev Priscilla ('Sil') Hein and Rev Dr Trevor Whitney.

Sil will provide Chaplaincy services at Bellevue Heights, Mitcham and Malvern, and Trevor will work at Resthaven Craigmore.

We warmly welcome Sil and Trevor to the Chaplaincy team.

### Wendy Morey

*Executive Manager,  
Workforce Development and Governance*



## Coordinating Chaplain Sites

Rev Dr Trevor Whitney	Craigmore
Rev Priscilla Hein	Bellevue Heights, Malvern, Mitcham
Rev Cate Baker	Leabrook, Paradise
Rev Frances Bartlett	Murray Bridge
Pastor Dianne Bailey-Walters	Mount Gambier
Rev Anne Butler	Port Elliot, Westbourne Park
Rev Dr Bruce Grindlay	Marion

*Below (L-R): Rev Dr Trevor Whitney, Rev Sil Hein, Rev Cate Baker, Rev Dr Bruce Grindlay, and Rev Frances Bartlett.*

*Inset, from left: Rev Anne Butler and Pastor Dianne-Bailey-Walters.*



# Out and About



## Award Recognition

Congratulations to Resthaven Mount Gambier volunteer, Bhavani Bailey-Walters, who was recognised for her dedication to others with the 2016 Mount Gambier 'Young Citizen of the Year' award.

The story was featured in the 'Border Watch' newspaper (left).

Well done, Bhavani!

## Tram Ride to Glenelg

In February, volunteers, Fran Lagadu, and bus driver, Peter Johninke, supported Resthaven Leabrook residents to enjoy a ride on the tram to Glenelg, where the group had a fabulous day out.



## Positive Culture

### What You Walk Past is What You Accept

I recently read a short article about culture by John Price, Commissioner of the Australian Securities and Investments Commission (ASIC).

According to John, poor culture can be a driver of poor conduct, and poor conduct can result in bad decisions and negativity.

Good culture is good for business. At Resthaven, this means that positive, respectful culture is good for residents, clients, carers, and all the whole Resthaven community.

So, who is responsible for creating and keeping good culture? There are two equally important answers:

1. The Resthaven Board and senior management group are responsible for creating a culture where everyone owns responsibility for 'doing the right thing'. Leading by example is the best way.
2. Everyone who works and volunteers at Resthaven is responsible for 'doing the right thing' – in doing so, building and sustaining the positive culture that we all value.

Resthaven's values underpin our efforts to create positive culture: Trust, Dignity and Choice.

“ **Day to day behaviours go a long way to creating positive culture.** ”

It's simple really – day to day behaviours which demonstrate any of these values go a long way to creating positive culture. This positive culture makes Resthaven a great place to live, work, volunteer and do business with.

So, if you 'walk past' a behaviour which doesn't reflect Resthaven's values, this is not working towards positive culture. Give it the 'front page test' – would you be happy to see this reported on the front page of the news, or on social media? Would you be happy to see your name associated with it?

If not, don't walk past it. See something, say something.

**Wendy Morey**  
Executive Manager,  
Workforce Development  
and Governance



## Our values are more than just words.



### Trust

- Following up and following through
- Taking responsibility; being reliable
- Being committed
- Playing in the team
- Doing the right thing.



### Dignity

- Listening and speaking up
- Using respectful language and being courteous
- Respecting the sacredness of others
- Unlocking potential
- Paying attention to appropriate attire and grooming.



### Choice

- Being adaptable
- Reframing negative signage
- Appreciating difference
- Being in partnership
- Offering options.

## Out and About (continued)



### Valentine's Day Party

At Resthaven Mount Gambier, volunteer, Joan Copper (above, right) joined entertainer, Alan Webster, Pat Brett (family member) and Jenny Chapman (Lifestyle Assistant) in entertaining residents at the Valentine's Day party on 14 February.



### Gardening Group

The Resthaven Marion Gardening Group are always busy. Above, they are re-potting some summer bulbs, with support from volunteer, Sue Langhans.

### Birthday Surprise

In February, Resthaven Leabrook volunteer, Lucille, was thoroughly surprised by a party thrown in her honour by residents and staff for her milestone 85<sup>th</sup> birthday. Many happy returns, Lucille!



### Office Opening

Murray Bridge volunteer, Ken Wells, was delighted to attend the opening of the new Resthaven Murray Bridge, Hills & Fleurieu Community Services office at Strathalbyn on 27 February. He is pictured below with David Norton, Executive Manager Finance and Corporate Services (left) and Mark Porter, Board President (right). They were both very impressed when Ken told them he remembered Resthaven Murray Bridge opening in 1957!



### Bus Trip

Spotted! The Resthaven bus at Northern Community Services (below), ready for another fun-filled outing.



# Volunteer Opportunities

## Featuring Resthaven Bellevue Heights

47 Eve Road, Bellevue Heights 5050



### Froth 'n' Bubble

Mondays, 10.00am - 12.00 noon

Extra support for a much-loved social gathering



### Social Events

Thursdays, 1.00 - 3.00pm, weekly

Includes a mix of:

- Word games - exercise for the 'brain muscle'
- Happy Hour and quiz - for fun times, shared together
- Movie and concert afternoons – relaxation and imagination wellness



### Exercise Sessions

Fridays, 10.00am – 12.00 noon, weekly

Exercise for the body.

Know anyone who might be interested?

## Thank you for passing this on and spreading the word!

For more information, phone Volunteer Services on 8373 9036, email [volunteer@resthaven.asn.au](mailto:volunteer@resthaven.asn.au), or visit the 'volunteering' page of the Resthaven website: [www.resthaven.asn.au](http://www.resthaven.asn.au).

## Brain Teasers

(Solution page 8)

1. T-wink  
T-wink  
T-wink  
T-wink

2.

H	H	H	H
O	O	O	O
U	U	U	U
R	R	R	R
S	S	S	S

3. Often  
Not  
Often  
Not  
Often



## Your Ideas Matter!

We are currently gathering information about what people would like to know about Resthaven as an organisation. For example, are you interested in our commitment to the environment, staff retention, or our built environment quality? We'd like to hear from you!

### What information would you like Resthaven to share with you so that you know more about our organisation?

Please write your thoughts in the space provided (right) and return this slip to Volunteer Services by using the reply paid envelope enclosed with this newsletter. If there is not enough space, simply write on another piece of paper. Alternatively, you can email Stacey Thompson at [sthompson@resthaven.asn.au](mailto:sthompson@resthaven.asn.au).

Thank you!

Write your thoughts below, or email [sthompson@resthaven.asn.au](mailto:sthompson@resthaven.asn.au).

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