Our brand story...

Ising our exting contract color s respects our past; grey and maroon roofs are moving upward in a positive direction giving a sense of future focus an innovation

The yellow roof
in trate, future
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The collective image of roofs represents community, accommodation, and levels of care

arossa Villag

Barossa Village

people at our heart

brekky heroes

The heart at the centre reflects our purpose,

people or residen and far

WinemakerDonates CareBoxes

Residents Keep in Touch with Family

Barossa Village

people at our heart

From Our CEO



It is extremely pleasing to see the coronavirus curve flattening out substantially over the last few weeks and verv low infections rates being recorded throughout Australia.

As a nation, as a state, and as a local community, we can all be very proud of what we have achieved so far through self-isolating and social distancing. By looking at the data from overseas. we can appreciate Australia's achievements, particularly given the highly contagious nature of this virus.

It is a very tough time and I am sure many of you are feeling a sense of discomfort or loss during this time, especially over Easter where we all had to stay home instead of going away, catching up with family or friends or just going out.

If you are not feeling OK, you can say so. As humans, we like to be in control

because this makes us feel safe and secure. To help our staff, we engaged Louise Galanos, a locally based professional counsellor who has created a short video that shares some tools and support for staff who are struggling a little. This video is available on our website at www.barossavillage.org for anybody to watch.

For any of you experiencing discomfort or feeling isolated, please contact Barossa Village and we will provide support and assistance as best we can. Barossa Village has staff who phone residents and clients each day to touch base and check that they are OK. We are providing shopping services for those who need help and we also are looking to expand our home delivered meals service.

In times of crisis there are two directions human

nature can take us: fear, helplessness and discomfort or self-actualisation and engagement. Barossa Village has a clear way forward and through this we are finding that our staff, clients and residents are an amazinaly resilient community.

I am so proud of our workforce of over 260, who turn up every day to look after the most vulnerable in our community. Our staff are committed to best practice and through their skill and determination they are making sure to stay as safe as possible and continue providing the best care and support to our clients and residents.

Our leadership team has a clear plan of action during this challenging period and we will navigate through the current environment with stability, compassion and hope. Projects including the hydrotherapy pool, 21 bed expansion of the Residency and ILU upgrades will continue moving forward.

I encourage you all to practice self-isolation, social distancing and hand hygiene..

I am hopeful that my next Grapevine article will have an even more positive focus. Stay safe, and as always, if you would like to talk to me, please contact me on 8652

Simon Newbold, Chief **Executive Officer**

COVID-19 Resources

For facts, information and updates about Coronavirus please use these resources:

Australian Government Department of Health

www.health.gov.au

Coronavirus Health Information Line: 1800 020 080

Stay informed with the "Coronavirus Australia" government app in the Apple App Store or Google Play

SA Health

www.sahealth.sa.gov.au

p. 08 8226 6000

SA COVID-19 Mental Health Support Line: 1800 632 753

(available 8.00am to 8.00pm, 7days a week)

Regular updates are also available on the Barossa Village website:

www.barossavillage.org and our Facebook page.

Care Boxes Donated

During these challenging times it is reassuring to know that the community pulls together to support each other and the Barossa Valley is a shining example of this kindness.

Barossa Village was approached by Calabria Family Wines about distributing Care Boxes to the

elderly in the Barossa region. This family company, which began from humble beginnings in 1945, in the Riverina region of NSW recently purchased a Cellar Door/Restaurant in Tanunda and wanted to reach out to the community as a gesture of thanks for welcoming their family so warmly to the Barossa.

The winemaker aims to distribute 2000 Calabria Family Care Boxes over the coming months to the elderly in both the Barossa and the Riverina regions. These care boxes are filled with everyday items from pasta, rice, canned soup and canned fruit, to tissues, toilet paper, sugar, tea, coffee and juice.

Barossa Village is very thankful to Calabria Family Winemakers for the donation of their care boxes to members of the Barossa Village community, which were individually packed with love and care by members of the Calabria family themselves and will be distributed to the most at need within the Barossa Village community.

Pictured is Janelle Atkins from Calabria Family Winemakers delivering care boxes and hand sanitiser to Carol Chipman at The Lodge.



Integrated Care Development Update



Staying Connected

I am really missing everyone during this time of social restrictions. I am also missing the events that are a part of our "normal" lifestyle at Barossa Village. This has been a challenging time for many, especially not being able to see our friends and loved ones. I have been so thrilled to hear of residents in our ILU community who have been looking out for each other, offering to help and checking up with neighbours and friends over the phone. It shows that we have such a strong community that really does care for one another.

I would like to encourage anyone wanting to support their neighbours and friends in our community, to continue doing this over the phone, by email or from a safe distance. The drop off in contact has been difficult for lots of people and for anyone struggling with this, please know that it's normal and were all

going through it too.

Missing someone is a negative emotion but the reason that you miss them is a very positive thing. At Barossa Village we have a many wonderful reasons to miss each other and what we do together.

Using Tech to Keep in **Touch During Isolation**

I recently saw a presentation by Richard Pascoe, an "IT guru" who speaks on 5AA and several other radio stations. Richard shares useful information for people wanting to stay in touch during this time of separation. His website is: adelaidetechguy.com.au If you don't have the internet and you would like a copy of his material, please let me know.

Coronavirus & Scams

There has been a spike in scams over recent month, with criminals using this time of uncertainty to capitalise on their activity. It is important to be alert, but if you are careful, vou don't need to be alarmed. Karl Hanmore, the acting head of the Australian Cyber Security Centre, reported that there are new scams covering the coronavirus. "Most importantly, don't click on links that you receive via text message or email especially if it's around the coronavirus". There are scams using COVID19-themed text messages and one of them appears to be sent from "GOV" and it shares a link that claims to help people find out where they can get tested for coronavirus. The link and sender are fake and clicking on the link could install malware designed to steal banking details etc. There has also been a spike in Superannuation scams. Remain vigilant.

Tom Herring, **Integrated Care Development Coordinator**



The Grapevine Report

This article was prepared for the April edition, but was not published through an oversight.

What a difference three months makes! Ben Hall, General Manager, Service and Delivery, was a "new boy" when the November meeting occurred. He listened to our many requests and suggestions, mostly to do with preventative maintenance like gutter cleaning and repainting, and some complaints about reported maintenance not being actioned.

Come the February 2020 meeting, it was a different story. With Ben having his feet under the desk (and being out and about) for three months of accelerated learning about retirement and aged care life - and the assets of the Village - Ben was the one with suggestions.

One of the issues voiced at the November meeting was a lack of communication with Barossa Village, especially about maintenance. You may already have had in your letterbox one remedy for that – a "calling card" now used by the Teams when they have attended but you were not at home.

Ben tabled a draft garden schedule based on the horticultural and seasonal needs of gardens. This may mean 8 visits to a Cluster each year, but for a shorter time and with a specific purpose. Our individual requests are likely to be attended to at the same time - see Ben's page in the March Grapevine. This will bring a cheer from those of us who are keen gardeners. Our Clusters and the Residency have been divided into six weekly sections and will be reviewed as the plan is actioned.

Ben also tabled a draft program for non-preventative maintenance requests. Urgent requests (that is at significant risk to person, property and/or lifestyle) and presumably including out of hours call to the emergency number, will ideally be attended to on the same day. Requests that are non-urgent will be done on a "first come, first serve" basis, with the aim of eventually being able to tell us when to expect our job will be done. Maintenance and gardening under CHSP (Commonwealth Home Support Program) is handled separately.

Don't be surprised if you get a phone call from Ben or Carol asking for feedback after a particular job has been done. Ben meets with the Team each week and welcomes the chance to give them our comments.

Ben is still investigating opportunities in the area of solar panels and batteries but in the meantime he has discovered we are not all capitalising on the discounts presently available for senior citizens. He and Tom are working on an Information Session on energy issues in the not too distant future

You will have received a letter from Tom about pets after the issue was raised in November. Fortunately our Village is one that appreciates the research that shows that having a pet enhances the life of a retired person. But with our small backyards and close living to neighbours, Management must evaluate the impact of any pet on the neighbourhood. Residents need to have an emergency plan for their pet, lest they become ill. It was suggested that we could build a list of volunteer carers for such situations.

Ben is regularly in touch with Cluster Reps by email about any work in their area. We thank Ben for improving greatly the Residents' Association communication with Barossa Village.

In this time of postponed meetings, keep in touch: With Tom Herring for any personal concerns – 8562 0300 With Ben Hall for any Cluster maintenance issues – 8562 0300 With your local Cluster representative, or

- Tom Falconer 0412 991 087 or 8562 2428 taaf@adam.com.au or
- Carmel Devonish 0428 193 077 <u>devonish@slmember.on.net</u>

Carmel Devonish, Secretary, BVRA March 2020.

Property and Infrastructure Update



March and April continued to be productive months.

We have worked through our new garden maintenance program and are quickly now closing out the first full rotation. The image below shows a planned versus actual timing of works. What you can see is how much time each work zone takes us to complete, and that we can in fact, complete the rotation in a full six weeks. A good first effort.

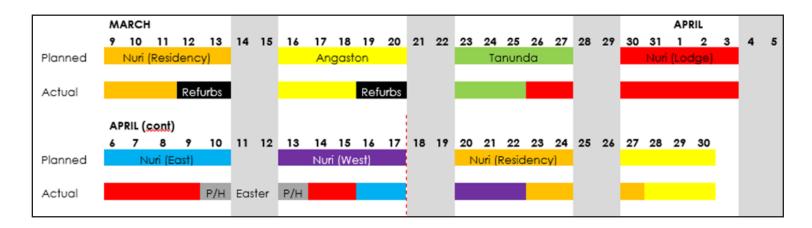
We will be releasing a flyer shortly that shows

when we will be working in your area as part of the new program.

Reminders

• We've received a few calls regarding the importance of safe driving behaviour. Please remember when driving, do so in a manner that considers the safety of yourself and others

- We have attended to several blocked pipes in recent times. It's a bit crude, but please remember to only flush the '3 Ps':(Toilet) Paper, Pee and Poo. Our plumbers appreciate it.
- It's unfortunate that in times like these there are people that are looking to take advantage through email and phone scams - so it's important that you know how to protect yourself. Our simplest advice is to never click on a link that may be sent to you via SMS, or email, or give information to a phone call made to you, and certainly never provide bank or credit card details (or other personal information) or





answer any questions. If you are ever in doubt we are here to help.

Now for the exciting stuff!

The Hydrotherapy Pool has received full development approval and our construction partners, BGI Building Group and Total Water Resources, and anticipate breaking ground early May, finally!

Once built, this will be a marvelous addition to the service offering of Barossa Village, and simply put, a great way to work away those aches and pains.

The project will commence without the ceremony that it deserves, but it will certainly be an event when we have the 'first swim'.

Ben Hall General Manager, Service and Delivery



The architectural renders above, show external an internal perspectives of the hdrotherapy pool on Atze Parade, Nuriootpa

Mick's Show Goes from Onstage to Online

For many of you, resident and performer Mick O'Brien has been a familiar face on the local entertainment scene, with his Bobby Dazzler Shows a regular presence over the years.

A music performer for most of his life, Mick recently reached out to the community at large during this time of isolation and social distancing by showcasing Bobby Dazzler online. Using social media he has been entertainina hundreds and even thousands of people with his show each week.

Mick's love for music and performing began when he fell in love with the Beatles. From the young age of 16 Mick was singing in bands and it wasn't long before he took up playing the guitar.

His association with the guitar began in earnest when he was sent out on an errand by his mother to by himself a new pair of trousers. Mick had some explaining to do when he came home with no new pants but a guitar instead.

Because of his teaching contracts, Mick regularly moved from area to area, which led to him performing in numerous bands. Having a musical talent was a very helpful attribute to have as a

school teacher!

When he moved back to Adelaide, the Irish Pub scene was huge and Mick joined Dublin Taxi, who became a very successful live band. Sadly, health issues limited Mick's ability to continue playing in bands, but this is where he developed his craft of doing one man shows.

While teaching, a parent asked Mick to perform for residents in a local nursing home where they worked. Here he made a







terrific connection with the audience, continuing to perform these shows ever since.

Mick travelled across South Australia and Victoria performing within dozens and dozens of nursing homes, also doing music therapy, finding these shows to be one of the most rewarding experiences of his life, culminating in a month long tour of Nursing Homes in Ireland in 2014.

His Bobby Dazzler shows include Irish music, Country

and Western and favourites from the 50s and 60s.

The recent self-isolation restrictions due to COVID-19 haven't stopped Mick, who has adapted his show to performing live from his home each Friday afternoon at 1:30 pm on his Facebook page, The Bobby Dazzler Show. His audience started with hundreds of views and has been growing each week with over 3,000 views including audiences from far away as Russia and America.

Mick, you're a legend. We salute your initiative, drive and passion for music.

Community Lifestyle

As you are aware, Community Lifestyle have activities postponed until further notice due to COVID-19 restrictions.

However, Dianne and Sue continue to work on the program, busily organising

guest speakers and fun activities, to be in full force once we are up and running again.

As we plan ahead, we have also reflected on the special moments enjoyed over the previous months, which are shared in these photos.

The Lifestyle team would like to wish you all the best of health and look forward to meeting up again with you all, as soon as restrictions are lifted.







Residential Lifestyle

Easter is a very special family time and this year has proven to be very difficult for our residents and families being socially isolated. So we bridged the gap the best way we could and took a photo of every resident and sent it to their family either by email or post.

Residents assisted with making the frames and also added their own personal messages. Families have been very grateful for this as they have been able to share their lovely picture with their wider families.

We also started a Gratitude Board and have added to this some of the lovely responses we have received from families about our Facetiming, Skyping and sharing of photos. We also received a call from an ILU resident who listened to the singing of our MSU staff and residents from outiside the Residency.

There are so many more messages and they are truly appreciated by staff and residents alike, who love to read them all.

Conversation Corner

Lovely family conversations have been held through windows for birthday catch ups and we have now developed a dedicated Conversation Corner where families can interact, at a safe distance, with procedures in place for hygiene purposes.

As with any of our other forms of communication, we ask for 24 hours' notice to book an appointment of 15 minutes. Children under 16 years of age are unable attend.

Family Feedback

"Thank you to Barossa Village, that is beautiful"

Pat Wards' family

"Bless you Barossa Village. Bless You" Derek Gill's family

"I love it! I bet Mum was really impressed to have the photo taken. I will send it off to my other sisters. Thanks again. Happy Easter"

Betty Edwards' Family

"Thanks so much for the photo and message. It's so lovely, missing her lots. Happy Easter to you all."

Eileen Redemski's family

"Thanks Barossa Villagefor the wonderful photo of Mum. I am sharing it with the rest of my family. Please tell Mum we all miss her as well. Thanks for keeping Mum in such good spirits, you are all doing a wonderful job and all our family appreciates the wonderful work you are doing in such difficult times."

Mari Kennedy's family

"We wanted to say thank you so much for allowing us to Skype Grandma this morning. My Mum thought is was great. We really appreciated it especially as it was Grandmas birthday."

Hilda Rodda's family

Residential Lifestyle

Residents Keep in Touch with Family and Friends

Easter was celebrated differently this year, with Residents sending their messages of love with photos sent by email or regular mail to their loved ones.

Pictured right are Iris and Keith.

Below, left to right are Val, Roy, Penny and Norma.

Bottom row left to to right are Nance, Mr and Mrs Wright, and Gloria, winner of our Giant Easter Raffle.



















Bob King celebrated his 92nd birthday with family, through the window of his room.



Hi Everyone,

We find ourselves leading very different lives at the moment, due to Covid-19. Some of us coping better than others; please reach out to those around you to make sure they are

Please know each and every one of you is never far from our thoughts. We will be sending SMS messages and emails to touch base with you all.

If there is anything we can do to help you please don't hesitate to reach out.

You are all a very valued member of our community here within the Barossa village.

We look forward to welcoming you all back when the restrictions have been lifted..

In the meantime please keep yourself safe and well.



Serenity Now



the foundation of 12 step programs designed to change behaviours, such as Alcoholics Anonymous. It is also included in the Army books of prayer around the world. Interestinaly, we know the first part well;

As it is, not as I would have

Trusting that He will make all things right

If I surrender to His Will;

So that I may be reasonably happy in this life

And supremely happy with Him

Forever and ever in the next.

Amen.

The prayer asks us to be patient and surrender control of our lives: to live in the moment and acknowledge that through our hardship we will get to a better place.

This is what we are called to do now and similar to what the world was called to do in the 1940s. You don't need to be religious to recognise this message as one we all need to hear. We need to slow down and accept what we have to do. We were called to action in the Second World War and are now called to inaction as a society. We need to put

Resilience is a word that aets bandied around a lot these days.

How I cope with this new reality is through acceptance. I've always known that if there is a rule. I need to stick to it. The Serenity Prayer is something that I've always known and often think about. Written in the 1930's but widely popularised in the 1940's, there have been various versions of this prayer in different forms since the 8th century, in many different religions. The prayer is a call to accept what we cannot change and has become

God grant me the serenity to accept the things I cannot change;

Courage to change the things I can;

And wisdom to know the difference.

This prayer continues and often the next part is forgotten, but is fitting for our current times:

Living one day at a time;

Enjoying one moment at a time:

Accepting hardships as the pathway to peace;

Taking, as He did, this sinful world

our trust in government and science to find a solution. We are in a position where our individual needs take a back seat to our societal need.

I hope that we can get back to life as we knew it, but I also hope that we can learn from this time and make a better world, a kinder world, where we do think of each other and not just about ourselves. Cherish our physical connection to people and put that in front of our virtual lives.

When will it end? I don't know. Does it matter if I know? Probably not. I just need to be in the moment and live for today. I can't change things for the whole world but I can change my mind, I can be content in this moment, I need to just be, and I encourage you to try and do the same.

Matt Kowald General Manager, Residential Care Services

Visiting at the Residency

The health and safety of our residents and staff is critical in this time. We have taken extraordinary steps to prevent our residents from coming into contact with Covid 19. Fortunately as a community we have managed to minimise the impact and flatten the curve. However we must remain vigilant and manage the potential risks as per the Governments directions. These conditions of entry will be reviewed in line with changes in these guidelines.

The following safety precautions were implemented to minimise the risk of COVID-19 infection, as of April 29, 2020:

- Visits will occur
 - Monday to Friday, 10.30am to 12.00pm and 1.00pm to 3.30pm
 - Saturday and Sunday.1.00pm to 3.30pm
- You must call administration at Barossa Village at least 24 hours ahead of time to book your visit.
- There will be only 20 visitors allowed in the facility at any one time.
- All visitors on arrival must check in and answer the screening questions and wear a sticker clearly indicating what time they entered the building.
- All visitors will have their temperature checked on entry, and anyone with a temperature above 38 and respiratory symptoms will be denied entry.
- Those with flu-like symptoms, including fever, cough, runny nose, or sore throat.
- Anyone who has had contact with a confirmed case of COVID-19 in the previous 14 days.
- A person who has returned from outside of South Australia.
- All Visitors MUST have provided evidence of flu vaccination to administration in person or via email to fluvax@ barossavillage.org

Two visitors at one time will be allowed per day for each resident, for 30 minutes.

No children (under 16 years) will be allowed inside the facility, the Visiting window will remain in operation for them.

Unvaccinated family members can also have a window visit which they must book in for.

Social distancing must be maintained (1.5 metres), and visits must take place in resident rooms or outdoors to maintain this.

Resident Profiles

A Long Association with Barossa Village

Rae O'Neil has been a valued member of the Barossa Village community for many years, having recently moved into the Residency from her independent living unit in Nuriootpa.

Rae was a volunteer at the original Barossa Village Nursing Home (now The Lodge) for ten years.

Born on July 3, 1928 to May and Rupert Custance at Hampstead. Rae was an Adelaide girl, growing up with brother Donald and three sisters Lenna, Helen and Christine. The family lived at Prospect, then moving to Seacliff during the Second World War when her father served in the Army and schooled at Brighton.

Rae became a nurse and met her future husband John Lance O'Neill who was in the Navy, when she was working in Naracoorte. They married at St Francis Cathedral in Adelaide and had five children; Susan who lives at Henley Beach, Teresa living in Murray Bridge, Michael at Port Noarlunga, Sandra who passed away, and Peter who lives at Port Pirie. She is a proud grandmother to 13 grandchildren and 18 great grandchildren.

After John passed away, Rae moved to Angaston and then into a Barossa Village Unit in Nuriootpa.

"I have travelled up past Brisbane in a caravan with friends, which was great fun, says Rae. "I also have many projects on the go such as long stitch pictures and I am now crocheting a football scarf."

As a Crows supporter she enjoys watching her team when they play on TV.

"I am Catholic and like to watch the in-house church service and I take communion in my room."

Her son Peter often brings delicious fresh crayfish from Port Pirie to enjoy. Rae is also looking forward, very much, to when her daughter plants Kentia Palms outside her window.





Edith's Devotion

"For nine years I have been a resident here at Barossa Village and I can say from the bottom of my heart I love the activities here and most importantly the genuine caring of staff hearts."

Camera shy Resident, Edith White has devoted her time at 9:30am each week day to read a bible passage to our residents in their rooms through our in house camera channel. This gesture of kindness has taken much courage from Edith to spread some the words from the Bible.

"The Barossa Village staff always work with respect for me. I am so appreciative of our laundry which is done to perfection. Our food served hot and now I am having delicious healthy salad some days for lunch. To top it off a heartfelt thank you. I am a happy customer."



Lifestyle Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	-			10.30 Art / Craft Peddlers & Movement 1.30 Skittles 6pm Happy Hour	10.00 Movie to room As per weekly program Tray Play	10.30 Church Church In your room Bert the Robot visits
4 10.30 Exercises Word Games 1.30 Laughter Basket 3.30 Garry singing in your	5 10.30 Crafting Fun 1.30 Men2Men Social Club 1:30 Mother's Day Card making	6 10:30 Exercises Read the News 1:30 Church Channel 104 own room 2:00 Small Group activity Jigsaws	10.30 Reminiscing 1.30 Bingo	8 10.30 Art / Craft Peddlers & Movement 1.30 Mini Golf	9 10.00 Movie in room As per weekly program Fun N Games	10.30 Church Church In your room
10.30 Exercises Word Games 1.30 Skittles 3.30 Garry singing in your	10.30 Crafting Fun 1.30 Italian Day	13.30 Exercises Companion Therapy 1:30 Church 104 .00 Small Group Reminiscing	10.30 Treasured Memories / Reminiscing Cards 1.30 Bingo	16.30 Art / Craft Peddlers 1.30 Bean bag toss Happy Hour pub quiz 6pm	16.00 Movie in room As per weekly program MUSIC THERAPY	10.30 Church Church In your room What's in the Bag?
10.30 Exercises Word Games 1.30 Games Day 3.30 Garry singing in your	19 10.30 Crafting Fun 1.30 Men2MenSocial Club PAMPER DAY	20 10.30 Exercises Circle of Friends 1:30 Church channel 104 own room 2.00 Small Group area - dominoes	21 Sensory Group 1.30 Bingo	10.30 Art / Craft Peddlers & Movement 1.30 Knock over the can tower game	10.00 Movie in room As per weekly program QUIZZES FOR FUN	10.30 Church In Church In your room
10.30 Exercises Word Games 1.30 Documentary 3.30 Garry singing in your	26 10.30 Card Making 1.30 Companion Therapy Trolley Visits	10.30 Exercises Companion Therapy 1:30 Church channel 104 2:00 Small Group activities Royals	28 10.30Snakes and ladders 1.30 Bingo	29 10.30 Art / Craft Peddlers & Movement 1.30 Bowls 6pm Happy hour	30 10.00 Movie in room As per weekly program PARACHUTE FUN	31 10.30 Church Church In your room Walking for fitness





Corporate, Community & Retirement Services Barossa Village 14 Scholz Avenue Nuriootpa SA 5355

> The Residency 9Atze Parade Nuriootpa 5355

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www.barossavillage.org



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updates



Front Cover

Clare Pietsch, Community Care Team
Leader and Tom Herring, Integrated
Care Development Coordinator,
distributed the Calabria Family
Winemakers Care Boxes to those
most at need in the Barossa Village
Community.



The Grapevine is printed on 100% recycled paper

