

October 2020

Grapevine

♥ Safety & Wellbeing in Your Home

♥ Maintenance & Gardening Update for Spring



Barossa Village
people at our heart



I reflected on the Grapevine article I wrote the same time last year.

We were busy working on our new front entrance and reception area at the Lodge, finishing the disability houses at the Lodge and planning for the Hydrotherapy pool and 21 bed expansion of the Residency. We were also developing our new three year strategic plan.

Now I know why last year went so quickly! With all those projects completed, the team are just as busy this year with many new projects on the go. The Hydrotherapy pool is well under way and should be completed in the next few months. The new "Bar" adjoining the Joy Rice Courtyard is nearly completed and will be a great place for people to

meet and socialise on a regular basis. We are hoping to start construction on the 21 bed expansion in late November and we are also undertaking a refurbishment of the Arthur and Gladys Reusch Centre on Murray St, Nuriootpa, to create a space

where the public can drop in and talk to us about anything retirement living or aged care related.

We have also embarked on a new advertising campaign with Five AA and we have launched our new website. Daniela has worked extremely well developing a site that is easy to navigate and truly promotes who we are, what we believe in and what we do. If you get a chance, go to www.barossavillage.org and have a look. I think you will be impressed.

Whilst I am incredibly proud of what we are doing and our investment into infrastructure, the true worth is the value it is contributing to the Barossa community. We have a very clear mantra in that everything we do is about keeping people connected, healthy and living the best life possible. This mantra is aspirational

and because of it, we try to deliver innovative and meaningful infrastructure and services.

What also makes me feel very proud is how we continue to do all this work with COVID-19 hanging over us each day. I don't underestimate the impacts it is having on our staff, volunteers and you, our clients. I am really confident that we will get through the situation very well but as always, we have to be careful, socially distance and keep up with the hand hygiene.

Don't forget that we have the Barossa Village Residents Association Annual General Meeting in the Joy Rice Centre on October 14. It's a great opportunity to hear from this committee, meet with management and staff and re-elect members.

We also have the Barossa Village Annual General Meeting on October 27. Everybody is welcome and it is a good opportunity to meet our new Board Members and reconnect with the others.

As always, if you have issues or feedback of any nature that you would like discussed in more detail, give me a call on 8562 0300 at any time.

Simon Newbold
Chief Executive Officer

New Barossa Village Website Launched

As part of our evolving digital strategy to continually improve the ways we connect with our clients, families and staff, the new Barossa Village website was launched mid-September.

Working with Gawler based digital marketing agency, Stellar Digital, the website features a video that shares the visual story of “people at our heart”, with cameos by some of our ILU residents and Barossa landmarks.

You'll find the website very easy to navigate with multiple enquiry and contact points.

Many of you will be excited about the Lifestyle Activity Calendar, that can now be accessed 24/7. No more waiting for your monthly Grapevine to learn about what's on!

You will also find a “Client Zone” at the footer of the website, where you can read meeting minutes, the latest Grapevine, view our lifestyle activity calendar and other information for clients of Barossa Village. You can also send us a news or story idea! All you need to do is click on the link.

You can find us at:

www.barossavillage.org

COVID-19 Resources

For facts, information and updates about Coronavirus please use the following 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.

Integrated Care Development Update



2020, what a year so far!

When facing life's ongoing challenges it can be really hard to cope. One of the most important aspects of being able to cope is talking to someone about what you're going through. Louise Galanos conducts her Counselling & Wellbeing Consultancy from her office at The Lodge, 14 Scholz Avenue Nuriootpa.

She shared with me "Big change equals big feelings, whether it's associated with the loss of a loved one, lifestyle, mobility, your home or identity, grief is normal and it's okay to grieve."

"There's always a purpose in our behaviours and a reason for behaving the way we do," she says.

Louise has a Diploma in Professional Counselling and specialises in grief, loss and trauma. Before deciding to follow a career as a counsellor, Louise was a school teacher for many

years working with children and families for over 20 years in the Barossa region.

While a large part of her work has involved supporting clients who are on the NDIS scheme she also provides services to private clients. Concessions are available for Senior and Concessions card holders.

Anyone wishing to make an appointment with Louise may self-refer. Phone 0433 601 041.

Thankyou Louise for making your services available to our Community.

Carl's IT Sessions

Just a reminder that Carl will be presenting IT support information sessions at the

Joy Rice Centre covering:

Windows Operating System for your PC or Laptop – Wednesday the 14th October

iPhone & iPad Operating Systems – Wednesday the 21st October

Android & Samsung Operating Systems for your phone or tablet – Wednesday 4th November

Each session runs from 7.00pm-8:30 pm. Seats are limited and bookings essential through Reception at The Lodge. Transport can be arranged upon request.

Emergency Bushfire Planning

Can you believe we're at this time of year again? Bushfire season starts on November 1 and for our new residents who have moved into the Barossa Village community over the last 12 months, I will be mailing you the "Your Guide to Bushfire Safety" booklet. Most of you should have received this by now.

I would encourage everyone to consider making a Bushfire Emergency Plan, even if you are living in a Bushfire Safer Precinct. It's always

good to revisit this subject and revise your plan every year. Consider if anything changed for you in the last year that needs to be added into your planning for emergency, such as having forfeited your driver's licence in the last 12 months.

If you live in our ILU Community and feel that you would be unable to relocate in an emergency situation please give me a call and we can assist you with developing your bushfire plan.

Volunteers Wanted for Community Project

We are very excited to be supporting an exciting new project, "This Is Me" an initiative of The Barossa Council.

The project will capture through storytelling, the character strengths that older people have developed over their lifetime. We will be working with Deborah Anderson, Collaborative Project Office at the Barossa Council with clients and staff from Carers and Disability Link.

We are looking for Residents willing to be interviewed as part of this project and for those who would be interesting in interviewing some of the participants.

This will be a valuable project for the Barossa community.

Tom Herring

Integrated Care Development Coordinator

ILU Residents Activity Calendar

Games - Joy Rice Centre

Wednesdays at 2.00pm
October 7, 14, 21 & 28

Happy Hour - Joy Rice Centre

Thursday october 8 at 4.30pm

Movies - Joy Rice Centre

Fridays at 6:30 pm
October 9 - The King's Speech (no meal)
October 23 - Philomena (no meal)

Art Group - Joy Rice Centre

Fridays at 3.00 pm - October 2, 16 & 30

Mens Group

Tuesday, October 13 at 1.30 pm
Wednesday, October 28 at 1.30pm

Bobby Dazzler Live Shows on Facebook

Fridays at 1:30 pm - October 2, 9, 16, 23 ,30

Walking Group - Coulthard Reserve, Nuriootpa

Tuesday & Thursdays at 9.30am
(fine weather only)

Contact Barossa Village on 8562 0300
(option 2) for more information

Property and Infrastructure Update



August and September has seen the end to winter and finally the change of season bringing in slightly warmer weather and with it brilliant colours with an array of new blooms in our gardens.

In the July issue of the Grapevine, I introduced changes to our preventative maintenance program. The finer details of these activities are outlined in this month's issue.

Preventative Maintenance

The table on the opposite page presents a schedule of our activities, most of which by now you may be familiar with, but I will take this opportunity to explain these in detail.

Gardens: weed and dead plant removal, pruning and hedging of shrubs and trees, checking and maintaining irrigation systems, all tailored to meet the garden's horticultural needs

Lawns: regular mowing and edging of front lawn with seasonal coring and fertilising

Filter cleaning: three monthly visits to clean air conditioner filters, tops of ceiling fans, skylights and high shelves, as well as kitchen and bathroom ceiling exhaust fans

Smoke alarms: check operation and installing replacement batteries

Heating/Cooling System remotes: issuing you with a replacement battery for your remote – let us know if you need help changing them over

Solar panels: cleaning of solar panels that Barossa Village is responsible for and inviting those of you that have your own systems to have us

clean them for you

Gutters: cleaning of gutters noting that some units receive a three monthly clean as they are close to trees while others receive at least an annual clean

RCD Check: a Residual Current Device (or safety switch) protects your electrical items. Checked annually to ensure that they are in operation.

Our preventative maintenance work listed above, will be supported by general inspections to make sure that various parts of your homes are in good condition. For example, we plan to annually check:

- Walls, floors and wet areas
- Mechanical items (installed by Barossa Village) eg: roller doors and security blinds
- Plumbing fixings
- Doors, windows and cupboards

Of course we always appreciate you bringing issues to our attention so we may respond.

Stay warm, stay safe.

Ben Hall
General Manager,
Service and Delivery

Season	SUMMER			AUTUMN			WINTER			SPRING			SUMMER
Period	Period 1	Period 2	Period 3	Period 4	Period 5	Period 6	Period 7	Period 8					
Month	January	February	March	April	May	June	July	August	September	October	November	December	
Service	Gardens												
	Mulching						top up						
	Fruit Trees		citrus tipping	citrus fertilising	stones and seeds pruning	vines pruning				citrus pruning, stones seeds and vines fertilising	stones seeds and vines fertilising		
	Roses		fertilising			pruning		pruning					
	Ornamental trees		pruning										
	Native trees	check and prune											
	Irrigation			check	irrigation (off)	check		irrigation (on)	irrigation (on)				
	Hedging and pruning			hedging and fertilising	hedging				hedging				
	Tussocks and grasses			pruning	pruning								
	Lawns												
	Coring/fertilising												
	Filter Cleaning												
	Smoke Alarm												
	Alcon removals												
	Solar Panels												
Gutters													
RCD Check													

Mentoring For Success

Following a change of direction in his career, James Chenoweth recently became a Qualified Diversional Therapist, with support from Barossa Village.

"Just over two years ago I needed to make a career change," says James, "So I decided that I'd like to try Aged Care."

"I started with some volunteering at Barossa Village and discovered that this was the career change I was looking for."

James is thankful for the support he received from Lifestyle Manager, Julie Cartwright.

"Julie believed in me and mentored me through the process and I have now completed my Certificate IV in Leisure and Health."

"I'd like to personally thank Julie and Barossa Village for giving me the opportunity to have a new and rewarding career in Aged Care."

James is just one of several staff members who Julie has helped to mentor in their careers with Barossa Village.



Safety and Wellbeing in Your Home

As spring has sprung and people are starting to move about more, our Community Nursing team thought it timely to share some tips and ideas for you to consider for your safety and wellbeing.

Hay Fever

Spring brings with it an increase in allergens in the air, so try to keep doors and windows closed on windy days to reduce the risk of hay fever or exacerbation of respiratory conditions.

Minimising Falls

Consider ways to reduce your risk of falls in and around your home:

- Use walking aids as prescribed for you
- Ensure there are no loose cords that pose a tripping hazard
- Switch lights on as you enter rooms or maybe try night lights if you get up during the night
- Remove mats or try specially designed mats with tapered edges which reduce the risk of tripping (these can

be purchased from mobility aid stores)

- The use of a sensor light outside for times you are leaving or returning in the dark can be helpful

Safety While Keeping Warm

While the days are warming up the nights remain cool, so consider safe ways to keep warm.

Heat packs and hot water bottles are a cheap way to keep warm, but they can be dangerous particularly for older people. As we age our skin becomes thinner and often the sensitivity of our skin reduces, so we don't always feel the temperature of objects on our skin.

Heat packs can and have caught fire and caused burns and hot water bottles can cause serious burns requiring skin grafting.

Heated throw rugs are not suitable for anyone with incontinence and can lead to bodies becoming overheated and dehydrated.

To keep warm try covering up with a regular blanket, an extra jumper, non-slip thermal socks and even

gloves and a beanie.

Remember to turn on your heater when very cold and your air conditioner when hot.

Safe Food Storage

As the weather warms up it is important to ensure cold and frozen food is stored correctly. The Australian Institute of Food Safety (www.foodsafety.com.au) advises:

To reduce the risk of bacterial contamination, many foods must be stored in the refrigerator and kept below 5 degrees Celsius. These foods are often classified as 'high-risk foods' and include: meat, poultry, dairy, seafood, eggs, smallgoods and cooked rice and pasta. This also refers to ready-to-eat foods that have high-risk foods as ingredients and include: casseroles, quiche, pasta salad, pizza, sandwiches and many cakes.

By keeping these high-risk foods under 5 degrees Celsius it stops them from entering the 'danger-zone', temperatures between 5 degrees Celsius and 60 degrees Celsius. The danger-zone is the temperature zone which

provides bacteria with the perfect environment to rapidly grow and multiply to numbers that cause food poisoning.

By freezing food, its longevity is increased because the water content of the food freezes; this prevents bacteria from multiplying and food spoiling. Food should be kept frozen at -18 degrees Celsius and when thawing, it should be stored in a refrigerator that reaches no more than 5 degrees Celsius until it is ready to be prepared.

Managing Your Mental Health

COVID 19 has led to an increase in depression and social isolation. One simple way to improve or maintain your wellbeing is to allow natural light into your home. Open up your blinds and curtains in the morning to lighten and brighten not only your home, but also your mood. Studies have shown **spending extended periods of time in a darkened environment can increase the risk of depression and feelings of social isolation.**

During extremely hot weather, only close curtains during the hottest part of the day to keep out heat and reduce energy costs, but open



them up in the morning and early evening to soak up some sunlight. Studies have also shown that natural sunlight increases the absorption of Vitamin D which boosts our immune system and aids in strengthening bones.

Enjoy the warmer weather, sunshine and getting back to activities and stay safe.

Useful Resources

Some useful websites to access more information on staying safe and healthy are:

www.agedcareonline.com.au

www.dementia.org.au

As always if you have any concerns about your health, safety or wellbeing speak to your GP.

Community Care Team

Photo Competition for 2021 Calendar

If you're looking to showcase your photographic skills, Barossa Village is calling for photos of the Barossa landscape to feature in our 2021 Calendar.

Submit your high resolution (print quality) photo to: csreception@barossvillage.org by Friday November 2, 2020.

We will select one outstanding photo for our calendar.

Submissions are open to Barossa Village clients and residents.



NOTICE OF ANNUAL GENERAL MEETING

NOTICE IS HEREBY GIVEN that the **ANNUAL GENERAL MEETING** of members of Barossa Village Incorporated will be held on Tuesday 27th October 2020 in accordance with Rule 18.1 of the Constitution.

THE MEETING WILL BEGIN AT 7:00 P.M. and will be held in the Joy Rice Centre of the Barossa Village Lodge at 14 Scholz Avenue, Nuriootpa.

Retiring Board members who are eligible and who have offered themselves for re-election are:

Mark George

Board members that are filling casual vacancies are standing for election includes

Helen O'Brien

Matthew McCulloch

Retiring Board members

Peter Heuzenroder

In accordance with Rule 10.6 of the Constitution, any other members of the organisation wishing to stand for election need to be nominated by two other members and have their signed nominations submitted to the Chief Executive Officer at least fourteen days prior to the meeting.

Simon Newbold

CEO & Secretary to the Board



ILU RESIDENTS ARE INVITED

To The BAROSSA VILLAGE RESIDENTS' ASSOCIATION (BVRA)
2020 ANNUAL GENERAL MEETING

Wednesday 14 th October 2020	Joy Rice Centre, The Lodge	14 Scholz Ave Nuriootpa SA
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1:30-2:30pm

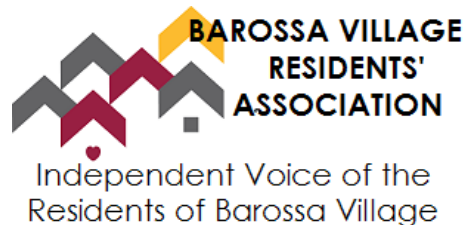
Matters of Business to include:

Adoption of Minutes - Previous AGM
Current BVRA President's Address & Report

Retirement Living Report
Presentation of 2020/21 Maintenance Fees

Message from Barossa Village CEO
Election of ILU Cluster Representatives for 2020/21

Election of BVRA President for 2020/21 Review of the BVRA Constitution 2021



MINUTES of the ANNUAL GENERAL MEETING of BVRA
Held WEDNESDAY 9 OCTOBER 2019 at 1.30 pm at Joy Rice Centre.

ATTENDANCE: 45 ILU occupiers, with CEO, Simon Newbold, Chair BV Inc, John Angas, Integrated Care Development Officer - Tom Herring, Daniela Hongell, Carol Chipman and Ben Hall. **APOLOGIES:** Apologies were noted from Roger Hooton, Kath O'Toole, Rhonda Blaser, Heather Parker, Daphne Fraser and Mrs Hoffmann.

MINUTES – as distributed. Moved – Mike Reglar/Maggie Hughes – carried.

CHAIRMAN'S ADDRESS – Tom Falconer addressed the meeting, commenting on a tough start to the year with the early illness of Brad and the loss of Troy. Carl Helbig doubling up on fulltime jobs has been of great benefit, with his establishment of a trackable recording system for unit maintenance requests. He has begun the long requested task of external repainting of units and cleaning of tile roofs, and a thorough gutter clean of all units. Tom Herring, always going over and above the call of duty, is greatly appreciated by residents. Tom expressed the hope with the appointment of a new General Manager it may be possible to appoint a supervisor of maintenance/gardening to relieve some pressure on Carl.

Board Chairman John Angas expressed his hope that residents are enjoying life in Barossa Village and using its facilities. He thanked the staff and acknowledged that media exposure of the aged care industry, as reflected in evidence before the Royal Commission, is often negative. His hope is that if Barossa Village gets a mention it will be for positive service and care.

CEO Simon Newbold reported to residents on an exciting 12 months in which Barossa Village has captured opportunities for growth. He acknowledged his dedicated staff – all of best intent. He detailed some of the achievements – the completion of the 8 (now all sold) units at Angaston Hill/Schilling Street, the upgrading of many ILUs in Nuriootpa, the transition of rooms at the rear of the Lodge into two houses for disability occupancy for women and men, the renovation of the entrance to Reception and work in progress now in the Joy Rice Courtyard and associated rooms. It is intended that this area will contain an outdoor kitchen linking into a lounge/bar area adjoining the usual large JRC room. There will be a needed growth in Home Care with a consequent increase in staff, training and technology.

Simon took questions on the vacancy of many units in the Penrice/Scholz area. A few have been converted to rentals to achieve the desired level of this service in the organization. In the next 12 months there will be some rejuvenation of this precinct, possibly demolishing some cottages to be rebuilt in modern form but the community feel of Scholz/Penrice will be preserved. As part of the Strategic Plan, a major project for the next year is the planning of the 35,000 square metres of land now called "Heritage Park" (behind Armstrong Avenue-El Alamein-River Road) into an exciting development including ILUs but also other services, possibly with an intergenerational bent.

Three years of financial surpluses ploughed back into the organization has enabled this growth and long-term planning decisions, and winning \$3-\$4 million of grants towards capital works, for a 19 bed expansion at the Residency and a hydrotherapy pool caps off a positive year. Simon introduced and welcomed Ben Hall, newly appointed General Manager who will be responsible for asset management and development.

Tom Herring spoke of his role as Integrated Care Development Coordinator. He thanked the BVRA Management Committee and volunteers. He experiences much frustration over the My Age Care system, with national waiting lists at disastrous levels. BV tries hard to support residents awaiting or with minimal Home Care Packages at a time of declining health. He encourages residents to seek help – the Village team will endeavor to mitigate these challenges, some services able to be sourced through Licence to Occupy investment. The last 12 months has been the most industrious of Tom's time at BV, especially under Carl's guidance with increased resources directed at long-term maintenance – roof cleaning and repainting of units beginning with those in most need, and all units getting thorough gutter cleaning. An audit of all units continues.

Tom highlighted increased community spirit among ILUers through social events, developing friendships and supporting each other at a time when many retirees can experience loss and loneliness. Tom sees the next 12 months as a time of consolidation to build upon the solid achievements of this year. He reminded residents that they have not just bought into a unit, but into a community and support network that truly does have “people at its heart”.

FINANCIAL – Simon presented an audited statement of ILU Actual Expenditure for the year 2018-19 and the 2019-20 Budget. This year the deficit was \$109,806 but a deficit of \$81,841 is expected next year. He has been able to keep the fortnightly maintenance cost to a 2.7% increase, whereas Council rates and other services have risen over 3%. Thus he proposed the maintenance fee from November 2019 be \$188.50 per fortnight. Moved Denis Tompkins, seconded Bob Sandercock, - carried.

MANAGEMENT COMMITTEE NOMINATIONS: Carmel thanked all reps and proxies and especially long serving but now retiring representatives Leila Marshall-Semmler (Park Avenue) and Daphne Fraser (Basedow) whose lives are now taking them away from the Village. The following people were declared elected. A few Clusters are unrepresented but the Committee may approve nominations during the year, as is likely to happen with the new Angaston development when all units are occupied.

ANGASTON	Kath O'Toole	
TANUNDA		
Angas Street	Anne Robins	Julia Russell
Basedow Hof	David Hussey	Errol James
Maria Street	Carmel Devonish	Jenny Lythgoe
Magnolia Street	Denis Tompkins	Malcolm Gunn
NURIOOTPA		
Atze/Kelleff	Shirley Nash	Phylip Nash
Buna/Kokoda	Pat Reusch	John Reusch
El Alamein/Sheard	Elsja Wilton	
Amtsberg, Greenock Rd	Sandra Johnston	
The Pines, Greenock Rd	Maggie Hughes	Jackie Chapman
Old Kapunda Road	Ben Van Gasteren	
Park Avenue	Ingeborg Fimmel	
River Road	Tom Falconer	Mike Reglar
Scholz Ave	Ros Hayward	Bob Sanderock
Second Street	Pauline Gilbert	
Penrice Road	Christine Bassham	

ELECTION OF CHAIRPERSON: Simon took the Chair and called for nominations. Tom Falconer was nominated by Doug McNicol, seconded by Denis Tompkins and declared elected for a second term for the next 12 months.

There being no further business Tom declared the meeting closed at 2.20pm, noting the next AGM would be on Wednesday 14 October 2020 at 1.30pm, and invited attendees to stay for afternoon tea.

Chairman

Secretary

Date

The Henry's Life on the Move

A life sharing exciting times together, on the move thanks to their careers, led Robin and Christina Henry to many locations across Australia and to the UAE.

At one point, Robin was part of the RAAF in Queensland and after discharge moved to Tasmania, where he joined the police force. Christina had trained in General Nursing at Maryborough Hospital before studying midwifery in Hobart, where she met Robin and a perfect match was made.

Marrying a couple of years after their first meeting, they moved to Brisbane where Robin joined the Police force and Christina worked at the Mater Private Hospital. During their nine years living in Brisbane they had a son and a daughter.

Robin left the Police force and joined Queensland TAFE where he qualified as a teacher. After graduation, a move to Mt Isa saw Robin continue his

TAFE career and Christina working as a teacher's aide at a school for children with special needs. This was a very happy chapter in their lives as they both enjoyed their work and the opportunity to experience adventures with the children during school holidays. Many camping and canoeing trips took place in the beautiful country surrounding Mt Isa, Lawn Hill Gorge and the Gregory River.

After four years at Mt Isa and a promotion for Robin, they moved to Bundaberg for three years. Robin managed a Department in TAFE while Christina returned to midwifery part-time and studied Industrial Dress Making.

The offer of a job managing staff development and training with an Australian government agency meant the family's next



move was to Alice Springs. Robin had spent six years as a teenager living at Tennant Creek north of Alice Springs, so it was like going home. During the next 27 years, Robin and Christina spent short periods on assignment to Darwin, Adelaide, and Tennant Creek, returning to The Alice between assignments.

Following a trip to the United Arab Emirates to visit a friend, Christina suggested Robin apply for a job there, leading to their next adventure.

Offered a redundancy in his current role, Robin applied for a job and was contracted to teach at the Al Ain Women's College, about 130 km from both Dubai and Abu Dhabi, near border of Oman. He taught Diploma level computing, human resources, and business, while Christina worked as a volunteer at the College, assisted in teaching English and educating people about diabetes, which is a significant health issue in the UAE.

Their time in the UAE was a wonderful experience and a fantastic opportunity to enjoy many holidays in the region.

Moving back to Alice Springs three years later, Christina returned to midwifery and Robin made the decision to retire. However, after 12 months of "retirement", he accepted a job at the Alice Springs Correctional Centre managing the Prisoner Education and Training Department.

The Centre offered certificate courses in literacy, numeracy, trade, cooking, music and art, to the mostly indigenous prisoners. After three years of challenging, but reward work, Robin finally retired followed by Christina four years later.

Exploring much of Australia by caravan, they discovered the Barossa on one of their journeys. Discovering the region as an idyllic location to retire and within easy reach of their children, they purchased a unit in our Magnolia St cluster and settled in as valued members of the Barossa Village ILU community.

Christina is a passionate and skilled quilter, embroiderer, and knitter, while Robin is an active member of the Barossa Village Men's Group, the Tanunda Men's Shed and also volunteers with the RSL and Legacy.

Both Robin and Christina kindly volunteer their time to Barossa Village, delivering meals to our clients.

We thank you for your service and it's great to have you in our community.

Barossa Village Independent Living Units Social Club Notes

What looked like a small meeting to start with turned into 16 members for our auction, which was very pleasing.

Kevin called the meeting to order at 1.30pm, welcomed and thanked everyone for coming. Those attending were Ruth Jarman, Kevin Prouse, Bev Reid, Jean Higginbottom, Jackie Chapman, Vi Mitchell, Helen Roesler, Nita Jones, Carol, McConnachy, Doug Fisher, Bette Kempton, Yvonne Wuttke, Rita Dury, Elaine Souter, Ros Hayward and Jeanne Whitelaw.

An apology was sent from Judy Clarke and Magda Lausberg.

The secretary read the minutes of the last meeting. Jean asked that they be accepted and Nita seconded the motion. All were in agreement.

Business arising: Next meeting on October 12 will be a show and tell. Please bring an interesting item for us to look at and a story to go with it. Our November meeting will be on the 9th and hopefully Doug Venning will entertain us with songs and music on his guitar. Always fund to have a sing-along.

Yvonne asked why we don't get any people from other clusters coming along. Vi stated that it wasn't for the lack of asking.

Vi gave the treasurer's report and asked that it be accepted and Doug seconded the motion. All who attend the last meeting agreed.

We are looking for new members to come along, even if it merely to have a cuppa and a chat. A plate of afternoon tea would be appreciated. Tea and coffee will be provided. A \$2 contribution each month from each member goes towards to cost of the Christmas luncheon which will be held at the Joy Rice Centre on the second Monday of December. For any other information please contact Reception at The Lodge.

The meeting closed at 1.45pm.

At the end of the auction our treasurer announced that we had raised \$356.00. Thank you to all who participated. We are always able to donate to a deserving charity at the end of the year.

Jackie Chapman (Sec.)



- Routine Treatment
- Diabetes Assessment
- Orthotic Therapy
- Footcare & Footwear Advice
- DVA & Medicare Referrals
- Private Health Claims
- Home Care Packages



Anne White, B. Pod.
cloudninepodiatry.com.au

0432 237 495
The Lodge, 14 Scholz Avenue, Nuriootpa 5355

Community Lifestyle

With our Community Lifestyle Programs now up and running for several months, it has been great to see everyone back together and following government guidelines around COVID management.

We've received a great response to our weekly programs that are offered in Nuriootpa, Tanunda and Angaston.

Especially exciting is the return of our popular Tuesday outings. We contacted one of our favourite venues, Gawler Cinemas and their Tuesday morning "Silver Screening".



We have booked the sweet, funny and romantic movie of love in the later life, called "23 Walks". It follows a couple in their 60s, Dave and Fern, played by Dave Johns and Alison Steadman, who get to know each another over the course of 23 dog walks.

Bookings have also been made for lunch at local hotels, to enjoy each other's company again.

Please remember that bookings are essential for Tuesday Outings on 8563 0200.

The Lifestyle team



HAIRDRESSER

Tuesdays - The Residency
Thursdays - The Lodge

Along with her regular clients,
Irene Rickards is happy to see new clients.
Call for an appointment or she can visit you.
Call: 8564 2195 or 0414 607 135

Friday Café Menu

Date	Café Menu
2/10/20	Main: Roast Lamb with gravy, roast potatoes, roast pumpkin & buttered brussels sprouts Dessert: Bread and butter pudding served with custard
11/9/20	Main: Shepherd's pie with gravy, roast potato, roast carrots & peas Dessert: Sherry Trifle
18/9/20	Main: Roast Chicken with a creamy béchamel sauce, mash potato, roast sweet potato & broccoli Dessert: Bakewell tart served with cold custard
25/9/20	Main: Beef lasagne served with garlic bread, tossed salad & roast pumpkin Dessert: Chocolate pudding served with custard

Bookings are essential. Contact Reception on 8562 0300 (option 2)

Barossa Village Meal Delivery Service

Barossa Village has been granted funding through the Commonwealth Home Support Program for a limited period of time to provide subsidised meals to clients within the community.

These frozen meals are delivered on a weekly basis either Thursday or Friday. They are delivered by some of our wonderful volunteers and we are very grateful for this.

There is a choice of eight different meals and they all come with a list of ingredients and reheating instructions.

To take advantage of this meal service you will need to be approved for Commonwealth Home Support Services through My Aged Care.

You can register for services through My Aged Care by contacting them on 1800 200 422.

For eligibility to receive this meals service, contact Barossa Village on 8562 0300 (option 2).

Volunteers Needed for Residency Activities

We are so lucky to have our dedicated volunteers, many of whom are back with us assisting in both Community and at The Residency in a variety of valued roles.

If we haven't made contact with you already, please feel free to call us on: 8562 0300.

Residential Lifestyle

What a variety of Lifestyle Programs we have achieved over the last month!

We have gone from winter, to beach fun, then onto our campfire night.

Due to social distancing restrictions we couldn't hold our annual themed dance, and instead, held a Campfire Night. This was a great success with Doug Venning providing campfire songs on his guitar and residents singing along while being served marshmallows, hot chocolate and other campfire treats.

The lights were turned down as the ceiling fairy lights came on to symbolise the night sky, which made for a great atmosphere.

Other activities this month included a fabulous "Winter Around the World" display, where residents showcased their creative craft work.

Beach cricket and beach games were a teaser to summer fun activities that we are all looking forward to.

This month we will be holding a Pamper Day for our residents, with relaxing hand massage and nail polishing.

Line dancers will be returning to perform for us.

For more interesting and fun activities as well as our regular Lifestyle Programs, turn to the calendar on the back pages of the Grapevine or view the Lifestyle Activity Calendar on our new website.



Chairperson: Matt Kowald **Minute Secretary:** Maggie Hughes
Residents: Doris Kubich, Bob King, Jennie Presser, Trevor Reu, Valda Brinkley, Jeff Virgo, Joyce Gillard, Marg Cooper.
Staff: Teresa
Apologies: Ben
Family Members : Rhonda Smith

Business arising from Minutes.	Action:
Cleaning and updating of outdoor furniture.	Audit to be carried out and follow up of condition of outdoor furniture develop cleaning roster.
Purchase of new dining tables.	Still exploring options to purchase tables of correct height, looking at tables specifically for use with wheelchairs.
Childs Play Now on hold until further notice	On Hold until further notice.
Call bells not being answered in reasonable time and call system problems.	New System being installed should be functional by the end of October.
Issues with waste management and recycling of bottles and cans blowing around the area.	New bin system being trialed, Re cycling Of bottles and cans looking at new options.
Ben update on residents suggestions for rooms in new wing. Hydro Pool update	Pool still on schedule [photo from Ben circulated New room plans will make bathrooms more usable.
General Consumer Feedback	
Matt opened the meeting by explaining the use of masks by staff volunteers and contractors as protection for clients, when the 1.5 meter distance ruling may be breached Government mandated and being Federally funded.	While understanding the need for protection, residents are concerned that communication is often impeded when unable to see people's lips, and the need for people to speak clearly.
Gardens and Outside Areas	Generally not up to scratch, weed control and dead leaves need attention. Area outside MSU window needs flowers planted to make view more attractive.
Weighing of residents who are wheel chair bound was highlighted by Trevor.	Suggested a wheel on style of scale, similar to one used at spinal injuries unit. Matt will explore options.
Doris congratulated Matt on the way staff have managed the COVID crisis and how well frontline workers are coping.	Everyone agreed and feels grateful for the excellent care and compassion given by staff in such difficult times.
Food Issues.	Mostly resolved with some members feeling meals have improved
New Business	
Campfire Night Sept.9 th 6-7pm in clubroom	
Next Meeting Thursday October 1st 10-30 am in the Chapel	

Happiness is Meaningless



OK so we get it, 2020 has not been the year that was promised or that we hoped it would be.

In the words of Carl Jung, "The word 'Happiness' would lose its meaning if were not balanced by sadness".

The renowned Swiss German psychoanalyst said this during an interview, "The Art of Living" just before his 85th birthday in 1960, as he reflected on his life and the importance of learning.

Jung pioneered work into the collective

unconsciousness and doesn't 2020 feel like we are sleepwalking as a society!

He speculated that education, much like life, should be in two parts: the education that we have now for children and a deeper education into understanding being and the place we have

in the world (philosophy) when we reach the second part of our life.

Learning is an experience, it is part of everyday life. We do not understand parts of our living experience if we do not have the whole picture. We can't just be happy, we can't just be sad, we have to understand the highs and lows of these emotions to truly appreciate life. By these standards, 2020 has absolutely taught us about the highs and lows of life. It rekindled a spirit of community by taking away from us the opportunities to be with others, which made us long for it even more. Essentially we are talking about spirituality. For each person spirituality is a different journey, but a

journey that each person comes to at some point. Happiness in isolation is not able to be understood without understanding sadness. You can't understand the importance of what you have until you lose it. As life grinds towards its eventual conclusion we need to make sense of what happened to us. We need to appreciate the gifts that we were given, through the experiences that we had and the people that we meet.

Yes, 2020 has not been what we hoped for, but we only know this because we have had some amazing years with wonderful things before this. Let's recalibrate our happiness, celebrate the everyday and take that as a gift. Let's make sure we learn the lessons that we have been given and continue to do so each day. Share this with our friends and family but most importantly remind yourself that we are all learning.

Today can only happen because of yesterday, and we make of this what we will.

Matt Kowald
General Manager,
Residential Care Services

Resident Profile: Edith White

Edith was born to Tom and Lola Tomlin in Adelaide on June 20, 1940.

Her family included three sisters, Valda, Marlene, and Sandra, and a brother Robert. The siblings grew up in Adelaide and went to Unley High School.

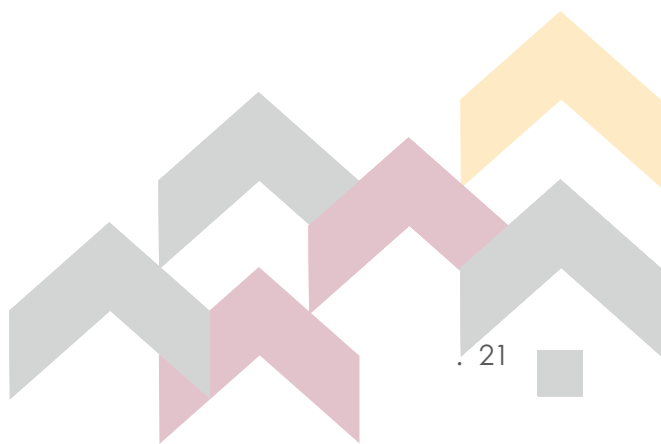
Married twice, Edith has been divorced from her last husband Kevin, for over 20 years. Kevin was in the Australian Air Force which meant that the couple experienced many moves during their marriage, living in Canberra, Townsville, Melbourne and NSW.

Edith has four children: Cheryl, who lives in Harvey Bay, Shane in Brompton, Donna at Osborn and Megan, who lives locally.











According to Edith, her proudest moment was when she became a Christian and Jesus became her Saviour on the April 30, 1978. Through her Pentecostal church group, Edith often visited people in nursing homes.

Painting, crafts and horse riding for the disabled, were some of Edith's interests.




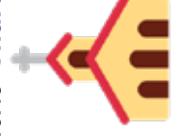













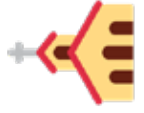



Since moving to the Barossa, she has enjoyed being here very much.



Community Connections Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
			1 10.30am ST John's Tanunda Exercise for Fun 1:30pm Cheese and Mettwurst Tasting	2 10.00am Friday Café Circle of Friends  Bingo
5 PUBLIC HOLIDAY	6 Welcome back Morning Tea Lunch Sir John Franklin Hotel 	7 9.00am Tinker Shed 	8 10.30am ST John's Tanunda Exercise for Fun 1:30pm Nutrition: Part 2 "I have a Recipe to share" 	9 10.00am Friday Café Circle of Friends  Bingo
12 St Hugh's Anglican Church 10.30am Exercise for Fun 1-1:30pm OKTOBERFEST Cider/Beer tasting with German Cakes 	13 A Country Drive Lunch Fasta Pasta 	14 9.00am Tinker Shed 	15 10.30am ST John's Tanunda Exercise for Fun 1:30pm DOUG VENNING SINGING 	16 10.00am Friday Café Circle of Friends Bingo 
19 St Hugh's Anglican Church 10.30am Exercise for Fun 1-1:30pm IPAD/MOBILE PHONE PHOTOGRAPHY 	20 9am Silver Screening 23 Walks Lunch in Cinema 	21 9.00am Tinker Shed 	22 10.30am ST John's Tanunda Exercise for Fun 1:30pm Growing some veggies 	23 10.00am Friday Café Circle of Friends 
26 St Hugh's Anglican Church 10.30am Exercise for Fun 12.30pm GRANDPARENTS DAY LUNCHEON With QUIZ and MUSIC 	27 Gulley Gardens Lunch Tanunda Clubhouse 	28 9.00am Tinker Shed 	29 10.30am ST John's Tanunda Exercise for Fun 1:30pm Grandparents day celebration and word games	30 10.00am Friday Café Circle of Friends 

Residential Lifestyle Programs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 10.30 Crafting Fun Bible study 1.30 Cooking  Men 2 men		1 10.30 Toms Adventures 1.30 	2 10.30 Art / Craft Peddlers & Movement 1.30 Bowls 6pm Happy Hour pub quiz	3 	4 10.45 Church 
5 Labour Day	6 10.30 Crafting Fun Bible study 1.30 Cooking  Men 2 men	7 10.30 Exercises Read The news 1.30 Church 2.00 Doug Sing A Long 	10.30 Tic Tac Toe 1.30 Bingo 	9 10.30 Art / Craft Peddlers & Movement 1.30 Bowls 	10 	11 10.45 Church 
12 10.30 Exercises Word Games 1.30 Button art 3.30 BV Music Choir	13 10.30 Crafting Fun Mick Singalong 1.30 Pamper Day 	14 10.30 Exercises Pet Therapy 1.30 Church 2.00 Childhood Memories	15 10.30 German Group 1.30 	16 10.30 Art / Craft Peddlers & Movement 1.30 Bowls 6pm Happy Hour pub quiz	17 	18 10.45 Church 
19 10.30 Exercises Word Games 1.30 Flower Arranging 3.30 BV Music Choir	20 10.30 Crafting Fun Bible Study 1.30 Doug Singalong Men 2 men	21 10.30 Exercises Circle of Friends 1.30 Church 2.00 Quiz 	22 10.30 Movie 1.30 	23 10.30 Art / Craft Peddlers & Movement 1.30 Bowls	24 	25 10.45 Church 
26 10.30 Exercises Word Games 1.30 Tunnel ball cans 3.30 BV Music Choir	27 10.30 Crafting Fun Bible Study 1.30 Line Dancers 	28 10.30 Exercises Pet Therapy 1.30 Church 2.00 Nought & Crosses & Dominoes	29 10.30 George Davies 1.30 	30 10.30 Art / Craft Peddlers & Movement 1.30 Bowls 6pm Happy Hour pub quiz	31 	

**Corporate, Community
& Retirement Services**

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Front Cover

**Gardener, Brad Janetzki spruces up
gardens in our Scholz Ave precinct,
Nuriootpa, for Spring**

**The Grapevine is printed on 100%
recycled paper**



Barossa Village
people at our heart