

July 2021

# Grapevine

- ♥ Progress on Residency Extension

- ♥ New Activities for Lifestyle Program



**Barossa Village**  
*people at our heart*



# From the CEO



With the new financial year having started, I am pleased that the previous financial year was very successful for Barossa Village, with many initiatives and projects completed or well underway.

I am particularly pleased with the completion of the Hydrotherapy pool and we are now busy promoting it through the physiotherapy providers in the Barossa for community use. Other very successful initiatives are the new website as part of our digital strategy and the Village Op Shop.

Construction of the 20 bed expansion at the Residency has started and is due for

completion in early 2022. Two new seven bed houses will provide a purpose built environment for residents living with advanced dementia and the increase in respite beds will help people needing short term stays to return home feeling safe and secure.

It has also been a good year financially, with Barossa Village achieving an operational surplus for the fifth consecutive year in spite of the continued lack of funding from the government and the extra costs associated with managing the COVID-19 situation. These surpluses continue to be reinvested into our infrastructure, people and systems, to build long term sustainability for our organisation and the Barossa community.

The focus for management is finalising our business plans and preparing the financial budgets that underpin these plans. This is an exciting time for me as I get together with the Senior Leadership Team to explore opportunities to further improve our services, customer experiences and

existing programs

We are predicting growth in all areas of the organisation, sustaining our financial sustainability.

The Senior Leadership Team includes Matt Kowald General Manager, Integrated Care; Dave Rundle General Manager, People and Culture; Ben Hall General Manager, Service Delivery; Sam Mason, Finance Manager and Daniela Hongell, Sales and Marketing Manager.

The enthusiasm of this team and the many hours brainstorming new ideas will ensure that Barossa Village remains the leader in the delivery of integrated care throughout the organisation.

There are still many challenges within the aged care sector, with funding still not keeping pace with ever increasing costs. While the Federal Budget announcement of an extra \$17b going into aged care over the next four years sounded exciting, very little has been allocated as an increase in funding per consumer.

We will continue to be courageous and taking opportunities as they present themselves. Community expectations are also growing and we are committed to providing

quality affordable care and experiences for our clients and residents.

Another exciting project for Barossa Village is a multiuse intergenerational precinct adjacent to River Road in Nuriootpa. The Global Centre for Modern Ageing has partnered with us to research the design of the precinct, incorporating different housing models and integrating living environments, care models and infrastructure. The cornerstone of this project will be connecting the community with the precinct and our residents.

Master planning should take twelve months to develop, with the aim to create a blueprint for the future of aged care and retirement living.

On a sad note, we farewellled John Reusch who celebrated a life well lived. John started his affiliation with Barossa Village in 1963, spending 30 years on the Board, nine of these as Chair. He remained a volunteer up until he passed away. John had the vision, dedication and love of community to build the foundation on which Barossa Village and its residents and clients now thrive. Our sympathies are with Pat and the Reusch family during this very sad time.

## COVID-19 Resources

**For facts, information and updates about Coronavirus please use the following resources:**

### Australian Government Department of Health

[www.health.gov.au](http://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](http://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](http://www.barossavillage.org) and our Facebook page.

### Don't Wait, Get Vaccinated

Book your COVID vaccination at:

[www.sahealth.sa.gov.au](http://www.sahealth.sa.gov.au)

As always, if you have any issues, or would like to provide feedback, please contact myself on 8562 0300.

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**Simon Newbold**

**Chief Executive Officer**

# John Reusch Remembered

Barossa Village was saddened by the passing of John Reusch on May 25, a generous man who was part of the fabric of community life in Nuriootpa.

From the day that John was born, 90 years ago in Nuriootpa at the back of his father's chemist shop, community played a huge part of his life. John was raised in Nuriootpa, where he also attended school, raised his family and lived his prolific life.

John's father, Johannes Arthur Reusch played a significant role in the development of Nuriootpa and was a friend of benefactor William Couthard. Together, they were influential in the development of Nuriootpa after World War II.

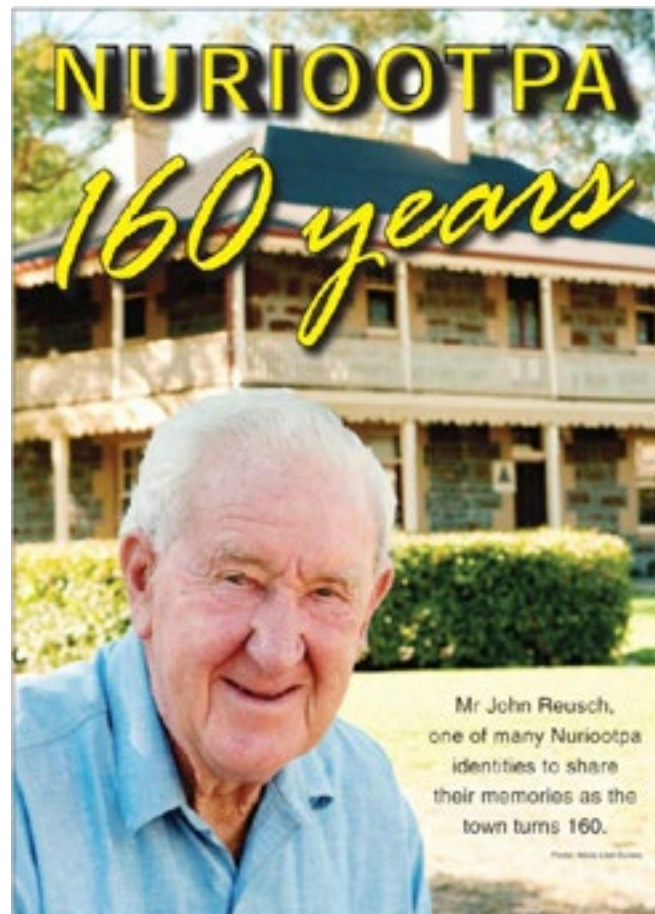
The Reusch name is recognised at the Arthur and Gladys Reusch Centre in Nuriootpa, home to the Village Op Shop and the Barossa Village Information Centre, and also at Reusch Park, named for Arthur to

recognise his contribution to developing low cost housing in Nuriootpa for families in need.

Arthur received an Order of the British Empire in 1971 for his contributions to community.

It was inevitable that John would carry on Arthur's community work, with his first experience of community service at five years old attending meetings for Nuriootpa Park Committee with his father, and then continuing with the committee for almost seven decades.

Serving on the Board of Barossa Village for 30 years, John was also Chairman



Barossa Village Board Member & Chair, John Reusch was synonymous with the Nuriootpa community. In 2010 The Leader newspaper chose John to be the face of Nuriootpa's 160th birthday celebrations.

for nine years. John also helped as a volunteer and was recognised as a Life Member for his significant efforts with the organisation.

Other Life Memberships included the Nuriootpa

Lawn Bowls Club, Nuriootpa Rovers Football Club and the Nuriootpa Pool.

With his wife Pat, the Reusch's contributed hugely to Nuriootpa's community. They participated at all levels across different organisations and groups, including Nuriootpa Primary School and Kindergarten, Nuriootpa football and cricket clubs, Meals on Wheels and the Barossa Village Ladies' Auxiliary.

John's community service was recognised with Australia Day Honours in 1983 and a Premier's Certificate of Recognition for outstanding volunteer service, in 2015.

In an interview with The Leader newspaper in 2010, John described Nuriootpa as a "community minded place," and explained how "community involvement has kept us going."

John's life was celebrated on June 16 with family and friends at the Nuriootpa Sports and Function Centre; a fitting venue for a man who contributed so much of his life to community, sport, school and church.

## ILU Residents Activity Calendar July

ALL ACTIVITIES SUBJECT TO COVID RESTRICTIONS

### Games - Joy Rice Centre

Wednesdays at 2.00 pm - 7th, 14th, 21st, 28th

### Happy Hour - Joy Rice Centre

Thursday, 8th at 4.30pm

### Movies - Joy Rice Centre

Alternate Fridays at 6.30 pm

2nd - Red Dog | 16th - Zulu

30th - Von Ryan's Express

### Art Group - Joy Rice Centre

Friday 9th & 23rd at 3 pm

**Men's Group** - Wednesday 7th & 21st at 1:30 pm

**Bobby Dazzler Live Shows** on Facebook

**Walking Group - Coulthard Reserve Nuriootpa**  
Tuesdays and Thursdays 9.30 am (fine weather only)

### Vinyl Record Club - Joy Rice Centre

Saturday 3rd & 31st at 7.00pm

### Concert Night - Joy Rice Centre

Saturday 17th at 6.30pm - Michael Bublé

### ILU Residents Social Club - Joy Rice Centre

Monday 12th at Noon

Chicken Lunch, Ordinary Meeting, AGM & Entertainment

Contact Barossa Village on 8562 0300

or visit the Client Zone at

[www.barossavillage.org](http://www.barossavillage.org)



# Property and Infrastructure



## Overcoming Challenges in the Construction Industry

its intent, it has stimulated the construction industry to a point of over-demand where we regularly hear instances of other developers unable to get services and or materials.

We have worked hard to overcome these issues.

### Labour Shortages

Our approach to purchasing has shifted. Rather than waiting for designs to be complete, we have approached the building market early in the process to find partners for our projects rather than relying on a traditional 'cost then build' approach. It's not 100% foolproof but once we have a partner on board we can develop final pricing with issues of constructability and buildability resolved (yes, these things are different). The by-product of this approach is having contractors who "want" to work with us. It's great being a client of choice: we work

hard but have fun along the way.

Risk and disruption to our supply chain: its been a lesson as to how much we take for granted. Timber, copper, steel, sanitary ware and other fixings have all been in short supply and in some instances unobtainable and patience for some is the only option. But we have worked with our partners to make proactive decisions with our supply chains, shifting from "just-in-time" to "just-in-case", with early approaches to our suppliers to purchase what we need.

### Changing Safe Work Procedures

Infection control, social distancing, 'got a cold; go home' are not terms usually associated with the construction industry. But in order to keep the sector moving, and people employed, they have become essential. It's been marvellous to have clinical practitioners within the Barossa Village for

advice for those of us that are involved in infrastructure work with the trades, suppliers and contractors to ensure their safety so that they are ensuring ours.

Photos of the works in progress of the extension of the Residency show how, despite these challenge, this project remains on track for a February 2022 completion.

**Ben Hall**  
General Manager,  
Service and Delivery

There's no question amidst the challenges of 2020/21, we have continued to succeed in delivering projects.

These include building our Hydrotherapy Pool, the 21 bed extension to the Residency, and close to 20 independent living unit refurbishments.

There have been the obvious impacts of COVID-19 and bushfires in Western Australia, but believe it or not, Government stimulus has also come with its challenges. There is no question that by virtue of



# People and Culture



## Understanding Introverts and Extroverts

usually formed at a young age.

So what's it all about? From a young age I always thought that introverts were shy, withdrawn and socially awkward and extroverts were loud, outgoing and socially skilled. What I've learnt is that while aspects of this may be true, introversion and

extroversion is about where individuals get their energy.

Do you ever feel exhausted after spending time with a lot of people? After a day interacting with others, do you often need to retreat to a quiet place and have an extended amount of time all to yourself? One of the main characteristics of this personality type is that introverts have to expend energy in social situations, unlike extroverts who gain energy from such interactions.

That doesn't mean that all introverts avoid social events altogether. Introverts actually enjoy spending time around others, with one caveat; they tend

to prefer the company of close friends. While an extrovert might go to a party with the goal to meet new people, an introvert intends to spend quality time talking to good friends.

A good time for introverts is a quiet afternoon on their own or with one or two close friends enjoying hobbies and interests, while extroverts seek to engage with as many people as possible.

Introverts look for a few hours alone with a good book, a peaceful nature walk or a favourite television program to help them feel recharged and energised.

This does not mean that the average introvert wants to be alone all the time. Many introverts love spending time with friends and interacting with familiar people in social situations. After a long day of social activity, an introvert will probably want to retreat to a quiet place to think, reflect, and recharge.

Because introverts tend to be inward-turning, they also spend a great deal of time examining their own internal experiences. They

have a very good knowledge and insight of themselves, their motivations, and their feelings.

Introverts tend to enjoy simply thinking about and examining things in their own minds. Self-awareness and self-understanding is important to introverts, so they often devote a great deal of time to learning more about themselves. This might involve exploring hobbies they enjoy, thinking about their lives, and reading books that explore themes and topics that are important to them.

So, do you have a greater preference for introversion or extroversion?

1. Are you usually:

- a) A good mixer or
- b) Quiet and reserved

2. In a large group do you more often:

- a) Introduce others or
- b) Get introduced

3. Do you usually:

- a) Mingle well with others
- b) Tend to keep more to yourself?

4. Can new people you meet tell what you're interested in:

- a) Right away
- b) Only after they really get to know you?

5. Are you generally:

- a) Open
- b) Private

6. Would you describe yourself as:

- a) Gregarious
- b) Quiet

If you answered mostly a) questions, then you have a stronger preference to extroversion. If you answered b) to most answers, then you have a stronger preference for introversion.

**David Rundle**

**General Manager, People and Culture**

In a conversation the other day, someone referred to me as an extrovert.

At the time I wasn't sure whether I should take this as a compliment or not. When reflecting I decided to look into this in more detail.

Carl Jung the famous Swiss psychiatrist saw introversion and extroversion as preferences that people develop within their lives. While people are usually capable of demonstrating both introversion and extroversion, a preference for one or the other is

## Hairdresser

**Tuesdays:**

**The Residency**

**Thursdays: The Lodge**  
**Phone Irene Rickards for an appointment or she can visit you.**

**Phone 8564 2195 or 0414 607 135**

## Barossa Christian Family Centre

**We welcome everyone to our services each Sunday, 10.30am at the Joy Rice Centre, Nuriootpa.**

**For more information contact 0408 194 740**



## Community Lifestyle Program

### Like a flower blossoming and growing, so do friendships.

Friends share moments with you, take the time to listen, boost happiness and encourage laughter. Friendships bring you together to enjoy common interests and support a sense of belonging.

Joining our Community Lifestyle Programs is a great way to meet new people and maintain healthy friendships.



Contact Barossa Village on 8562 0300 or [communitylifestyle@barossavillage.org](mailto:communitylifestyle@barossavillage.org)

## Friday Café Menu

### July 9

**Main:** Roast chicken served with roast pumpkin, roast potatoes, gravy and peas

**Dessert:** Bakewell Tart

### July 16

**Main:** Pumpkin and feta cannelloni baked in a tomato sauce served with garlic bread and broccoli

**Dessert:** Oreo Cheesecake

### July 23

**Main:** Beef stroganoff served with mash potato, roast carrots and green beans

**Dessert:** Peach crumble tarts served with custard

### July 30

**Main:** Shepherds pie served with roast sweet potato, peas & gravy

**Dessert:** Sticky date pudding served with caramel sauce

**Bookings are essential.**  
**Contact Reception at The Lodge on 8562 0300.**

## BAROSSA VILLAGE INDEPENDENT LIVING UNITS SOCIAL CLUB NOTES

### JUNE 2021

Kevin opened the meeting at 1.15 p.m. with sixteen members attending even though it was a public holiday. A very pleasing result.

Those attending were Bev. Reid, Nita Jones, Doug Fisher, Vi. Mitchell, Kevin Prouse, Jackie Chapman, Bette Kempton, Judy Clarke, Jeanne Whitelaw, Yvonne Wuttke, Judy Richardson, Ros. Hayward, Magda Lausberg, Elaine Souter, Rita Dury and Jean Higgenbottom.

An apology was sent in from Helen Roesler.

Happy birthday was sung to Bev. Reid, Helen Roesler and Elaine Souter who all have a birthday in June.

Jackie read the minutes of last month's meeting which was passed by Magda and seconded by Jean. All who attended the last meeting agreed.

Correspondence was received from St. John Ambulance asking for a donation. This will be given at the end of the year.

Business arising included entertainment for our meetings and the Christmas luncheon. Yvonne took a suggested menu to the Brauhaus at Angaston and it will be considered by staff and management at that venue. We will also check out Stockwell and Greenock Tavern as long as we are happy with their menu and our suggestions.

VI gave us the financial report and asked that it be accepted and Judy Richardson seconded the motion. All members agreed.

Our next meeting on July 12th will consist of a chicken lunch at 12 noon, an ordinary meeting at approximately 1 p.m. and the A.G.M to finish by 1.30 p.m. so we can enjoy some entertainment from The Accords, a husband and wife duo.

The lunch will cost \$6.00. Please bring a salad to share and maybe a plate of afternoon tea because we have entertainment this month. Also bring your own plate, cutlery and a mug to alleviate a lot of cleaning up. Thank you.

Please call reception if more information is required. (85620300)

Jackie Chapman (Sec. BVILUSC)



## Work Experience Opportunity for Local Graduate Student

By Rachel Mattiske



My Name is Rachel Mattiske and I have just completed a few weeks of work experience here at Barossa Village.

I am a communications and professional writing university graduate.

I have spent my time learning about Barossa Village and working mostly with Sales and Marketing Manager, Daniela Hongell on projects including the Grapevine magazine. As someone who studied writing and communication,

I have relished the opportunity to build on my skills in writing, interviewing and editing. I am a Barossa local and I have appreciated the chance to learn in a local community organisation. I have learnt a lot while I have been here and everyone has been so friendly and helpful.

I also had the opportunity to spend some time at the Residency completing service promise interviews for the service delivery project and being part of a one day photo shoot at the Residency. It was great to see all the different activities

on offer for the residents; going to Chair Yoga was great fun!

I am grateful that I was able to gain some work experience here at Barossa Village and I thank the staff and residents for being so accommodating and friendly. I have really enjoyed meeting ILU clients, residents and getting to know lots of lovely people.

Barossa Village says they have people at their heart and I have met great people with some amazing stories during my time here.

## Op Shop Observations

By Rachel Mattiske



The Village Op Shop in the Reusch centre on Murray Street, Nuriootpa, is filled with treasures at great prices and with new stock coming in all the time, from clothes to crockery, there really is something for everyone.

When you come in, you'll meet our friendly volunteers while grabbing yourself a bargain. The Village Op Shop is always looking for new people to help out and we are a bright, friendly place, that's happy

for volunteers to join us.

Shoppers come from all over, including tourists and visitors to the area.

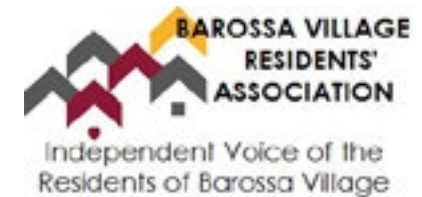
Kish Rundle has been volunteering for The Village Op Shop since early this year and says she loves meeting all the people who come in, having a chat and helping them find what they are looking for.

Hazel Humberdross is one of our longest serving volunteers and has been part of the Op Shop since before it was run by Barossa Village; firstly with the friendship group and then the church. If you need help finding something Hazel is the one to ask, as she knows all the stock that

has been donated and the shop from inside and out. Hazel loves volunteering at the Op Shop and says she will continue to do it for as long as she can.

Volunteers both young and young at heart lend a hand. Some of the youngest volunteers are high school students who learn valuable skills to help prepare them for working life. Many of our older volunteers enjoy the companionship and helping the community.

Come and join our volunteer team, meet new people and have some fun.



### The Grapevine Report

We met on 9th June, a few missing with winter woes, some lucky ones travelling north.

We noted with regret the passing of some ILU residents, in particular John Reusch who, with his wife Pat, has recently represented Buna and previously was for many years the rep for Penrice. Pat and John - and their parents - have been well-respected and much loved Barossans for decades and especially committed to Barossa Village. John will be greatly missed. We also offer our sympathy to the families of Judith Wiebrecht from Magnolia Street and long-time resident Hazel Bryant of the Atze Cluster, who died recently.

Tom Herring, our Integrated Care Development Co-ordinator, is still seconded to the Village care sector. We are missing him badly!

However, we do get it! We will probably all line up for Home Care one day. We have joined an organisation that has "people at its heart". If staff is temporarily short in the maintenance and garden team, our gardens and small maintenance jobs can be put off a few weeks but when its shower day for someone on a care program, or they must be driven to a doctor's appointment, the care sector is the priority.

Tom Falconer commented to Ben that the Village appears to run "lean", (as in needing to second Tom) when unfortunate circumstances occur. Ben reminded us that carers are in great demand in the community. The Village seeks quality people as managers as well as hands-on workers, so it was good to read in Simon's last column that Matt Kowald and David Rundle are prioritising developing strategies to recruit quality workers and to support future growth.

On that score, I wonder if those providing the care realise just how much they are valued and appreciated by us. Those of us who have a family member presently receiving assistance are extremely grateful for your help. A big shout out and thanks to the Home Care team!

Ben noted a few Cluster maintenance concerns – the usual, painting, is always on the list. Several Clusters reported gutters as a concern. Cleaning is listed for the post-Autumn drop round, with a few Clusters needing attention even more often than three monthly.

You will remember that last meeting concerns were expressed about the near mid-month delivery of Grapevine, meaning that some social events in Joy Rice are over before being advertised. A response was received to our comments. It referred us to the website but missed our point, that many residents do not have Internet access. However the Senior Leadership Team has taken on board our concerns and a review of Grapevine, our expectations and its uses, will be held.

**Carmel Devonish, Secretary, BVRA – July 2021.**



# Community Development

## Shared Stories



**I'm so fortunate to be part of many communities.**

Where I live, my Jane Place community of our beautiful neighbours where we share fruit and vegetables from our gardens, we look after each other's pets, we let our kids play between the houses knowing they are safe and having fun somewhere along the street! We sit out on back decks having a wind down drink at the end of the week. It's a wonderful community. I feel that the Barossa Village ILU communities are very similar, providing friendships and creating such an important community for so many through your shared stories.

I have my school community, various communities through my children's sports, and what is really important to me is that I now have my volunteer community which takes a special place in my heart. When I'm out shopping I often meet a Barossa Village volunteer and we have a chat, after my children will whisper very solemnly to me "Mum, was that one of the volunteers?" and I'll reply back equally solemn, "Yes,"

and they'll smile as if they've seen a glimpse into some wonderful community that they want to be part of in the future.

Our shared stories. Volunteering with the lifestyle team, spending time with our residential community, the laughs and the stories along the way. What a wonderful community.

One of the biggest factors in creating community is working together for the greater good. I see examples of this time and time again amongst our own Barossa Village community. With Tom Herring seconded to assist Community Care I've seen Tom Falconer step up and run movie night, and Inge Fimmel organise the

community market events.

Recently there was a power outage on Humberdross Way that went on much longer than expected. Carl Helbig, Ben Hall and Tom Herring worked to ensure everyone in this cluster had a warm meal, was safe and delivered milk in the morning for their coffee.

That's community. Coming together for the greater good.

Our shared stories.

"Remember when the power went out, we had amazing support from Barossa Village?" "Thanks Tom, I'm so happy movie night can still go on."

What I love about community is that we as members, creators of the stories, set the tone and feel of that community. Barossa Village staff, ILU clients, residents, our home care recipients all create what it means to be part of the Barossa Village community. We can create a community full of tolerance, care, love and hope. A community that respects each other and our different background and experiences.

Our shared stories. We create the stories that create the community.

**Lisa Ognjanovic**

**Community Development Officer**



# BAFFC FUNDRAISER

## LUNCH/FASHION PARADE/SINGER

Thursday, October 14th, 2021

11:30am to 3:00pm

Cost - \$55.00 pp

Lamberts Winery - 55 Long Gully Road, Angaston

**FASHION PARADE BY DRESSED 4 SUCCESS**

**AND SINGER/ENTERTAINER - RICK GREENING**

### INCLUDED:

SPARKLING WINE ON ARRIVAL  
BAROSSA SHARED STYLE LUNCHEON AND PLATED DESSERT  
DRIP FILTER COFFEE AND TEA  
FASHION PARADE WITH DRESSED 4 SUCCESS  
SINGER/ENTERTAINER - RICK GREENING  
TICKET DOOR PRIZES

### ALSO AVAILABLE:

RAFFLE TICKETS FOR PURCHASE  
BARISTA COFFEE AND OTHER BEVERAGES FOR PURCHASE  
FASHIONS FROM DRESSED 4 SUCCESS FOR PURCHASE



**LAMBERT**  
ESTATE

**Bookings Close October 1st, 2021**

For details or tickets phone Jill - 0427 002 610 or Jan - 0427 166 952

Melinda from Dressed 4 Success - 0418 910 016

**\* All money raised goes to Barossa Area Fundraisers for Cancer \***

**You could Wear Pink or Purple to show your support  
OCTOBER IS BREAST CANCER AWARENESS MONTH**



# Residential Lifestyle

## The Benefits of Pet Therapy

Pet Therapy is known to enhance people's quality of life, providing physical and mental health benefits, particularly for older people.

Residents at Barossa Village regularly enjoy the companionship of pets who contribute to their everyday lives.

The benefits of pet therapy can include:

### Mental Stimulation

Pets are a wonderful source of interaction, entertainment and enjoyment.

### Shifting of Focus

Often residents in long term facilities concentrate too much on themselves because of chronic pain, depression or poor self-esteem. Animals can provide a new focus of conversation.

### Acceptance

Animals accept people unconditionally and this can be heart-warming and soothing for residents.

### Increased Self Esteem

Residents often suffer from their perceived loss of freedom and responsibility; animals can add purpose and inspiration to their lives.

### Entertainment

Pets inspire humour and good times.

### Rapport

Pets are emotionally safe and non-threatening. They don't discriminate or impose demands. They live for the moment and interacting with them often helps residents concentrate on the present and stop dwelling on the past or worrying about the future.

### Development of Empathy

Animals are easier to 'read' than humans and interaction with pets can help develop an individual's sense of empathy as they respond to the animal's needs.

### Reminiscing

Caring for pets encourages adherence to a daily schedule and will often evoke wonderful memories of the past.

### Physical Activity

Caring for a pet encourages physical activity: feeding, playing, walking etc.

### Socialisation

Most people love animals and will enjoy sharing time together in the company of animals, talking and laughing together.

### Physiological Benefits

Being around animals provides stress relief and spiritual fulfilment.

An animal's love is unconditional.

Pictured on the opposite page are our residents experiencing the joy of Pet Therapy. Clockwise from top left are Fay, Elizabeth, Nita, Mavis, Wyndham and Hazel.





# You Can't Take That Away From Me



The way you wear your hat,  
The way you sip your tea,  
The memory of all that,  
No, no they can't take that away from me.

In the 1937 film "Shall we Dance", music composers George and Ira Gershwin were describing a relationship that was complicated, for a scene where Fred Astaire croons these words to Ginger Rodgers on a foggy journey on the Ferry from New Jersey to New York.

Obviously Fred and Ginger were in love, and it wasn't the big emotional love ballad proclaiming undying and everlasting fidelity, it was about the simple things. The little details which you either find endearing or irritating about another person.

So, thinking about these lyrics in the context of the aged care environment, which I frequently do, it is all about those little details. It's about taking the time to get to know a person and understanding what is important to them. This is an act of caring. Taking that effort to understand what someone likes to do creates a connection. It can be as simple as understanding how someone likes to have their tea or what they like to do or wear which makes all the difference to a person's experience.

As I have pointed out in numerous Grapevine articles over the last seven

years, loss is a complex and very real part of aging. Losing ability to do what is considered basic or what we want to do and gives us enjoyment, creates a sense of profound loss.

We have people who moved out of the home that they have lived in for many years, potentially separated from a partner; losses I can barely comprehend. We celebrate achievement as we grow into adults and at some point the ledger turns and we all begin to lament loss. So it would be detrimental for us, Barossa Village to take anymore from you. What we don't want to take is your independence and your ability to do what you can and want to do.

So let us help you wear your hat,  
Prepare your tea,  
Our understanding of all that  
Means, we support you to be the best you can be.

**Matt Kowald**  
General Manager  
Integrated Care Services

## Barossa Village Residents Get Moving with Chair Yoga

by Rachel Mattiske

Downward dog and salute to the sun, because chair yoga is the newest activity at the Barossa Village.

Residents are working on their breathing techniques and stretching their muscles on Thursday afternoons.

Residents at Barossa Village have been getting up and moving with their new chair yoga activities facilitated by the Lifestyle team. Chair yoga is designed to allow residents to keep active safely, with simple yoga poses help to improve flexibility and breathing for mindfulness. Julie Cartwright the Lifestyle manager was excited to see the new activity on offer.

"Chair yoga is a new addition to our Residency

lifestyle program, every week in the clubroom and has been well attended with residents able to come along and have a go."

Julie says, "Chair yoga allows residents to participate in traditional yoga exercises and breathing techniques in a seated manner, accessible for everyone including those with limited mobility."

Local yoga instructor, Jamie, has been coming in to teach those young at heart the art of yoga. Soft music is used to create a calming environment, while Jamie's enthusiastic manner keeps residents engaged.

"Yoga improves your flexibility which is particularly

important as you age, the benefits are significant, increased movement and better mobility in everyday activities."

Many of the residents were hesitant at first, having not participated in a yoga class and reluctant to try something with their limited flexibility when compared to their younger years. Jamie quickly had the room relaxed and laughing with quips, as residents joined in.

Coral commented after the session, "I really enjoyed that. Yes, I'll be coming again next week."

At the end of the session many residents remarked that they would come back and had really enjoyed trying something new.





# Resident Profile: Sandra Humphries



Born in 1938 to Erwin and Una Weckert at Tanunda, Sandra Humphries' father ran Hoffmann's Winery in Tanunda.

"I grew up at Tanunda, and with my brother Ian, who was a police officer and my sister Judith, went to primary school at Tanunda and high school at Nuriootpa."

Judith met her first husband Barry Bain, who came from Williamstown, at the movies in Tanunda.

"Barry and I had four children, Mark, Matthew, Michelle and Joanne, and three grandchildren

Alannah, Hayley and Laura."

Sadly Barry passed away from illness and Sandra later married John Humphries, the couple meeting through John's sister.

"My grandma was a florist and made my bouquets for my weddings and I was very proud of her."

Sandra worked at Immanuel College as a cook, running the kitchen. While working there, Sandra was able to complete a cooking degree.

She has lived in Tanunda and Angaston, and at Williamstown, with her sister

Judith and her husband. "Judith is now in a residential facility at Gawler and I miss her terribly." Sandra has travelled to Carnarvon, Western Australia to visit her son and has also visited Queensland. Her daughter Joanne lives locally and visits Sandra every other day.

"I played softball when younger and now enjoy watching Cricket, Tennis and Football on TV; I am a Crow's supporter."

Faith is important to Sandra and she likes to attend in-house church services and Holy Communion.

"I really enjoy living at the Residency and attend as many activities as I can."

**Leticia Leggett**

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**organicwealthbarossa**

**Making Smart Financial Decisions**

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## Barossa Village Residents' Representative Group

MINUTES of Meeting held on 3<sup>rd</sup> of June at 10.30am in the Club Room

| <b>Chairperson:</b> Julie Cartwright <b>Minute Secretary:</b> Maggie Hughes<br><b>Residents:</b> Valda Brinkley Jeff Virgo, Trevor Reu, Larry Warren, Doris Kubisch, Joyce Gillard, May Carter, Lorraine Lock, Jennie Presser, Bob King,<br><b>Staff:</b> Tania, Ben, Matt, David, Teresa, Sue,<br><b>Family Members:</b> Rhonda Smith <b>Visitor:</b> Rachel, Communication Graduate |   |
|---|---|
| Business arising from Minutes.  | Action:   |
| Hydro Pool and Residency extension,   | Ben: Update Hydro Pool now completed. Council Inspection now completed, Ben thanked Residents for viewing the pool. Residency Extension, foundations and retaining walls now underway. Concrete pour for lift well next week.   |
| Call bell system update.  | Matt: Problems still exist with system, ongoing investigation to solve problems in some areas.  |
| Royal Commission in to age care results.  | Matt: Funding falls short, half the money that will only cover a quarter of the work needed to be done. A very disappointing result with many shortfalls.   |
| 1. Residence Community Garden Co-Design Introduction and discussion.<br><br>2. Service Promise design – Internal engagement process with residents to discuss service delivery and design at the residential reception desk- introduce the process and desired outcomes.  | <b>1.</b> Suggestions from residents of what they would like in the gardens were <ul style="list-style-type: none"> <li>• water features,</li> <li>• sensory gardens,</li> <li>• areas for walking,</li> <li>• Japanese feature gardens.</li> <li>• Gathering places, areas for meditation.</li> <li>• Colourful plants, community areas.</li> </ul> <b>2.</b> Residents and Family members will be interviewed to discuss how they would like to see service delivered at the front reception desk and desired outcomes, |
| Heat Lamps in bathrooms   | Will be installed this week.  |
| General Consumer Feedback   |   |
| Parking   | Very distressing fines issued by Council for Infringements. Driveway exits and boundary problems. Technically sufficient parking but in reality this depends on visitor peak times etc. Improved signage would be beneficial when exiting on to Atze Parade.  |
| Menu Issues   | Steam\Bake ovens alter appearance of roasts, Chicken is usually breast meat. Trevor very impressed with new pork cut.   |
| Cats living at Residency  | Many residents appreciate the canine visitors. Feline residents are less welcome.   |
| Answering Call bells in a timely manner   | Ongoing monitoring of waiting times. Reviewing staff allocation based on resident demand.   |
| Trevor Reu Interviewing interesting Community etc.  | Simon Newbold C.E.O. of Barossa Village Will be here next week.   |
| Staff Training  | New staff are receiving extra training on "The Barossa Way" of caring. Education updates for all staff is constantly taking place.  |
| New Clothes Protectors  | Circulated for approval, received a good response.  |
| COVID situation in Victoria   | Constantly being monitored, preparation for any changes to S.A situation is in place.   |
| Next Meeting Thursday 1 <sup>st</sup> of July 10-30 am in The Club Room   |   |



Community Connections Calendar

| Monday  | Tuesday  | Wednesday                   | Thursday   | Friday   |
|---|--|-----------------------------|--|--|
| Find this calendar on our website at <a href="http://www.barossavillage.org">www.barossavillage.org</a>   |  |                             | 1<br>10.30am<br>ST John's Tanunda<br>Exercise for Fun<br>1:30pm<br>Beading               | 2<br>10.00am<br>Circle of Friends<br>Friday Café Lunch<br>Bingo  |
| 5<br>St Hugh's Anglican Church<br>10.30am<br>Exercise for Fun<br>1pm<br>"Year of the Invention"           | 6<br>9.00am<br>Garden Island Ships Graveyard Lunch<br>Semaphore Hotel                            | 7<br>9.00am<br>Tinker Shed  | 8<br>10.30am<br>ST John's Tanunda<br>Exercise for Fun<br>1:30pm<br>Cookie Cooking        | 9<br>10.00am<br>Circle of Friends<br>Friday Café Lunch<br>Bingo  |
| 12<br>St Hugh's Anglican Church<br>10.30am<br>Exercise for Fun<br>1pm<br>Virtual Museum Tours With a Quiz | 13<br>9.00am<br>Stockade Botanical Park Visit Lunch<br>Bridgeway Hotel                           | 14<br>9.00am<br>Tinker Shed | 15<br>10.30am<br>ST John's Tanunda<br>Exercise for Fun<br>1:30pm<br>DOUG VENNING SINGING | 16<br>10.00am<br>Circle of Friends<br>Friday Café Lunch<br>Bingo |
| 19<br>St Hugh's Anglican Church<br>10.30am<br>Exercise for Fun<br>1pm<br>Tour of Sweden<br>Swedish treats | 20<br>9.00am<br>Winter Drive Lunch<br>Progressive Luncheon (Client to pay for Morning tea/Lunch) | 21<br>9.00am<br>Tinker Shed | 22<br>10.30am<br>ST John's Tanunda<br>Exercise for Fun<br>1:30pm<br>Winter Adventures    | 23<br>10.00am<br>Circle of Friends<br>Friday Café Lunch<br>Bingo |
| 26<br>St Hugh's Anglican Church<br>10.30am<br>Exercise for Fun<br>1pm<br>High Tea<br>Christmas Attire     | 27<br>9.00am<br>Xmas in July Mystery Movie Lunch in Gawler Cinema                                | 28<br>9.00am<br>Tinker Shed | 29<br>10.30am<br>ST John's Tanunda<br>Exercise for Fun<br>1:30pm<br>Christmas in July    | 30<br>10.00am<br>Circle of Friends<br>Friday Café Lunch<br>Bingo |

Residential Lifestyle Programs

| Monday   | Tuesday   | Wednesday   | Thursday  | Friday  | Saturday         | Sunday             |
|--|---|---|---|---|------------------|--------------------|
| 5<br>10.30 Exercises<br>Word Games<br>1.30 Skittles with a difference<br>3.30 Garry                              | 6<br>10.30 Crafting Fun<br>Bible Study<br>1.30 Bangers and Mash                 | 7<br>10.30 Exercises<br>Circle of friends<br>1.30 Church<br>2.00 Doug Singalong     | 8<br>10.30 Pet Therapy<br>1.30 Bingo<br>3.30 Chair Yoga                 | 9<br>10.30 Art and craft<br>1.30 Bowls<br>6pm-7.30 Happy Hour Trivia Night  | 10<br>1.30 Movie | 11<br>10.45 Church |
| 12<br>10.30 Exercises<br>Word Games<br>1.30 Making book<br>Hedgehogs<br>3.30 Garry                               | 13<br>10.30 Mick Singalong<br>1.30 Crafting Fun<br>Men2Men                      | 14<br>10.30 Cook Books Exercises<br>1.30 Church<br>2.00 Word Quiz                   | 15<br>10.30 Toms Adventure<br>1.30 Bingo<br>3.30 Chair Yoga             | 16<br>10.30 Art and Craft<br>1.30 Bowls                                     | 17<br>1.30 Movie | 18<br>10.45 Church |
| 19<br>10.30 Fabulous Fittings<br>Word Games<br>1.30 Exercises<br>Bus Outing<br>3.15 Christmas in July with Garry | 20<br>10.30 Crafting Fun<br>Bible Study<br>1.30 Doug Singalong                  | 21<br>10.30 Exercises<br>Paper Reading<br>1.30 Church<br>2.00 Cello-tunes           | 22<br>10.30 George Davies<br>1.30 Bingo<br>3.30 Chair Yoga              | 23<br>10.30 Art and Craft<br>1.30 Bowls<br>6pm-7.30 Happy Hour Trivia Night | 24<br>1.30 Movie | 25<br>10.45 Church |
| 26<br>10.30 Exercises<br>Word Games<br>1.30 Afro Cuban drumming in clubroom<br>3.30 Garry                        | 27<br>10.30 Dress For Success<br>Holy Communion<br>1.30 Crafting Fun<br>Men2Men | 28<br>10.30 Reading Group<br>Exercises<br>1.30 Church<br>2.00 Diamond Art and Games | 29<br>10.30 Peter Bavastock<br>Singing<br>1.30 Bingo<br>3.30 Chair Yoga | 30<br>10.30 Art and Craft<br>1.30 Bowls                                     | 31<br>1.30 Movie |                    |



**Corporate, Community  
& Retirement Services**

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## **Front Cover**

**Maurie “Humby” Humberdross and  
his grand daughter Mika enjoyed the  
winter sunshine as they watched the  
removal of palm trees from Scholz Ave,  
opposite The Lodge**

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



**Barossa Village**  
*people at our heart*