

February 2022

# Grapevine

- ♥ Welcome to 2022
- ♥ New faces lead Residents Association



# Welcome



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

**Corporate, Community & Retirement Services**

Barossa Village  
14 Scholz Avenue  
Nuriootpa SA 5355

**The Residency**

9Atze Parade  
Nuriootpa 5355

**Postal Address**

PO Box 531  
Nuriootpa SA 5355

The Grapevine is printed on 100% recycled paper.

Digital versions of the Grapevine are available to read at [www.barossavillage.org](http://www.barossavillage.org)

If you would prefer to receive a copy of the Grapevine by email each month, send your details to [enquiries@barossavillage.org](mailto:enquiries@barossavillage.org)

## Contents

From the CEO	4
Paddy's Life Well Travelled	6
Independent Living Community Update	8
BVRA Monthly Report	10
People & Culture	12
Community Development	14
Community Lifestyle	16
Residential Lifestyle	18
Resident Profile, Bill Wild	20
COVID Conversations	22

### Hairdresser

Tuesdays at The Residency  
Thursdays at The Lodge  
Contact Irene Rickards for an appointment or she can come to you.  
Phone 8564 2195 or 0414 607 135

### Barossa Christian Family Centre

We welcome everyone to our services.  
Held each Sunday, 10.30am  
Joy Rice Centre, Nuriootpa  
Phone 0408 194 740

### The Village Op Shop

Open Wednesday to Friday, 9.30am-3.30pm  
Arthur & Gladys Reusch Community Centre,  
Nuriootpa (next to the Vine Inn)  
We're always looking for volunteers!  
Phone 8562 0300

## COVID-19 Resources

### SA Health

[www.sahealth.gov.au](http://www.sahealth.gov.au)  
08 8226 6000  
SA COVID-19 Mental Health Support Line 1800 632 753 (8am-8pm, 7 days a week)

### Australian Government Department of Health

[www.health.gov.au](http://www.health.gov.au)  
Coronavirus Health Information Line 1800 632 753

### Don't wait, get vaccinated

Book your COVID vaccination or booster at:  
[www.sahealth.gov.au](http://www.sahealth.gov.au)

Regular COVID updates are available at [www.barossavillage.org](http://www.barossavillage.org) and our Facebook page.

Mask wearing, QR Coding or signing in on entry is mandatory at the Residency, The Lodge, Joy Rice Centre and Arthur & Gladys Reusch Community Centre.

Proof of vaccination is required for entry into the Residency, The Lodge and Joy Rice Centre.

# From the CEO



**Even with COVID being ever more present, I hope everybody had an opportunity to celebrate Christmas and New Year with friends and family.**

It is always a special time of the year and I love to stop and reflect a little on life and everything we can be thankful for.

Victoria and I managed to get over to Yorke Peninsula for a while and many of the team took some time off and refreshed a little, with the majority back at work and ready to take on the challenges and opportunities of 2022.

After another very difficult and stressful year of the Pandemic, we are very keen to start 2022 with more optimism and enthusiasm, as we manage our way through the challenges. The resilience shown by our staff, volunteers, residents and clients over the last 12 months should be applauded. We are well into our second year of discomfort and living with uncertainty at some level.

But as we know, life is to be lived the best way possible. This is reinforced each day, with many of our residents popping in and

telling me of their adventures. There is still an enormous amount of enthusiasm among our residents and clients.

2021 was a year of growth and change for Barossa Village. We introduced a new organisational structure and continued to grow our workforce. New recruitment strategies brought in new and very talented people to the organisation at all levels, and we will continue this during 2022. I am expecting large growth in both our residency and community care programs as we expand.

The residency construction project is continuing and we expect the extra beds to be operational in May or June. This will further improve the way we care for our residents with the introduction of different models of care, especially around dementia.

The Op Shop has been expanded and Dave, Ben and Lisa have done a great job with the retail space. We are always looking for more volunteers to help out so we can increase the opening hours.

We are now two years into our current three-year strategic plan with the majority of strategic initiatives implemented successfully. I can now focus on driving the final key outcomes that incorporate ongoing growth, financial sustainability and people, through innovation and engagement.

Barossa Village will continue to work hard in supporting our residents and clients; our employees are doing such a wonderful job and continue to amaze impress me

with their dedication and loyalty to the organisation and to the community we serve.

I am extremely proud to be associated with Barossa Village, the staff we employ, the volunteers that support us and the residents and clients we care for and support.

Coming to work is a pleasure.

As always, if you would like to get more information or discuss any issues, give me a call at the office on 8562 0300 any time.

**Simon Newbold,  
Chief Executive Officer**

# Paddy's Life Well Travelled (part 2)

**In this issue of the Grapevine, we continue the adventures of ILU Resident Paddy Carter, where she and a friend had just bought folding bicycles to travel across Asia to England.**

Paddy and her friend set off on their journey across Asia, through Malaya, into Thailand and north to Chiang-mai. They were only allowed a 24 hour stay in Burma, so they flew to Rangoon to see the Golden Pagoda. From there they flew to Chittagong in East Pakistan (now Bangladesh), train to Dacca, then train and cycling into India. After visiting Calcutta they headed north to Darjeeling.

When their application for permits to enter Sikkim hadn't come through, they decided to trek through the tea gardens and make their way into Sikkim with Swiss friends.

"We crossed the Ranjit River and were given a ride by a chap who ended up being an official. With no permits, we were gently arrested and taken to a dak bungalow by the Sikkimese Police, where our Swiss friends entertained them with their yodelling."

"After a restful three days overlooked by Himalayan peaks, we were taken back to the border expecting to be met by Indian police. Instead, we got a lift back to Darjeeling, collected our bicycles and left straight away."

"Later, we met our Swiss friends in Nepal who revealed they had been detained for about a week by police, thinking they might be spies."

Paddy and her friend made their way to Nepal, travelling in lorries and by train, and cycled around Kathmandu Valley.

Returning to India they caught the train to Delhi, visited the Taj Mahal in Agra, then train to West Pakistan, staying with friends in Lahore and Islamabad. They visited the ancient site of Taxila, founded by the Persians and associated with Alexander the Great. Their journey continued to Swat Valley, through the Khyber Pass, into Afghanistan, Iran, Turkey, Greece, Yugoslavia and then England.

Back in England, Paddy worked for The Royal Society, an academy of sciences founded in 1660, which included Isaac Newton as its president from 1703 to 1727.

"In my interview, they talked about studies on the Solomon Islands, and I said I had just been there and I got the job."

"I did some writing, but much of the work was editing and organising lectures and discussion meetings with many eminent scientists. It was a fascinating time."

Paddy then travelled around Europe, returning to London to work at St Martin-in-the-Fields, a historically significant Anglican church in Trafalgar Square, raising money for a new youth centre opened by Prince Philip, who Paddy met.

In 1974 Paddy decided to return to Australia. She took an Encounter Overland lorry to France, Spain and over to Africa. Then drove through Morocco, Algeria, Niger, Nigeria, Central African Republic, Zaire (the Democratic Republic of Congo), Rwanda, Tanzania, Kenya, Zambia, Botswana and Rhodesia.

"In Rhodesia, I visited the ruins of Zimbabwe, an amazing ancient site to explore. Beautiful and full of mystery."

Arriving in South Africa, Paddy explored, worked for several months near Durban,

and eventually took a ship from Cape Town. On board, she met her future husband Nick (and his Land Rover), and discovered they were both heading for Brisbane.

The following year Paddy and Nick became Australian citizens. Soon after, they spent Christmas in New Zealand with Paddy's twin, Bidy, and the couple were married. In Auckland they boarded ship for their next adventure to South America via The Netherlands Antilles, ferry to Venezuela, buses to Colombia, Ecuador and Peru.

From Lima, they took the special train up into the Andes Mountains, then lorry to Cuzco where they visited Machu Picchu. By that stage, they had seen enough of South America and flew to the United States and Canada to see friends.

Paddy and Nick travelled back to England, staying with Paddy's mother. On the second day back, a friend at The Royal Society phoned to ask if Paddy would like her job back. She said yes, please! After a couple of years, they returned to Australia via the Trans-Siberian Railway. On the way, they stayed with friends in Denmark, train through Sweden, ship to Helsinki, and then train to Leningrad (St Petersburg), onto Moscow and the Trans-Siberian Railway to the east coast of Russia. They went by ship to Japan and Hong Kong, and plane to Brisbane. Paddy returned to her job at The Jacaranda Press.

Several years later Paddy was working in the Child Health Department of the University of

Queensland at Brisbane's Mater Children's Hospital, and she was introduced to the age of computers.

Working with three doctors who were writing their theses, Paddy agreed to type and edit their work using the new computer system, which proved to be very temperamental!

In 1985 Paddy and Nick took a caravan around Australia for six months. They then sold their house in Brisbane and moved

to Point Lookout on North Stradbroke Island where they were self-employed. Paddy became an editor again, freelance. They also acquired Misty, a beautiful Blue Heeler who became Nick's shadow.

To escape the heat of Queensland, Paddy and Nick moved to Tanunda in February 1995. Soon after in July, Nick became breathless and was eventually diagnosed with mesothelioma, a cancer caused by asbestos, and died in January 1996.

Misty continued to be a good companion to Paddy, as were books and music, and she made a new life for herself in the Barossa.

In 1997, friends visited from England to look after Misty and the house while Paddy ventured overseas for six months, her last long trip. Mostly she visited friends and family but also took some special tours: to Laos, an archaeological tour in Syria (before the war), and to Jordan to see Petra, all amazing experiences. From Europe, she went to the USA, Canada and came home to Tanunda.

Continued on page 13.



# Independent Living Community Update



## Community Grant for High Tea Ball

Late last year we were thrilled to receive a grant from the Flinders Rural and Remote Community Partnership Grant for \$1,900.00. This grant will significantly contribute to this year's High Tea Ball and Information Session, which was previously held back in March 2020. Barossa Village will once again be partnering with the Barossa Council to make this event happen.

Given the current COVID situation, we are revising our initial dates for March, but we will watch the situation closely and will have more details available by the next edition of the Grapevine

Pictured is Finance Manager Sam Mason with General Manager People and Culture, Dave Rundle, holding the novelty cheque.

## Thank You

I'd like to thank all of our ILU community for being so patient with the recent pause of social activities, and for being so responsible with the requirements that enable us to return to activities safely.

Also a huge thank you to all of the ILU

residents who completed the recent wellbeing survey. We received 146 responses which was a fantastic level of participation.

Sharing your feedback and perspectives with us is very important for developing future planning and mapping priorities for 2022. We are now in the process of compiling a comprehensive survey report.

## Digital Vaccination Record

With check ins becoming the norm in our daily lives, so is a visual record of our COVID vaccination. If you have a smartphone, you can connect your vaccination record to several Apps, for easy reference.

On the opposite page is a "how to" of linking your COVID vaccination.

If you would like any assistance with the process please don't hesitate to call 8562 0300.

## Tom Herring, Integrated Care Development Coordinator



## How to create and connect your digital vaccination record

Many of you have the **mySAGOV** check in app on your mobile phones and if you have managed to successfully link your vaccination record to the check-in app well done! It is a bit of a convoluted process, but support is here if you need it.

The steps are:

1. Create a MyGov account
2. Link Medicare to your MyGov account
3. Update your mySa Gov app
4. Download the Express Plus Medicare app

You can now also share your digital certificate with your mySA Gov app and the apps used in other states and territories.

If you're using the **Express Plus Medicare** mobile app:

Select Proof of vaccinations from Services.

1. Select View history.
2. Select your name, then Share with check in app.
3. Choose an app to share your certificate with and select Share.

If you're using your **Medicare** online account through myGov:

1. Sign in to your myGov account using a browser on your device.
2. Select Go to Medicare from the Proof of your COVID-19 vaccination quick link.
3. Select View history.
4. Select your name, then Share with check in app.
5. Choose an app to share your digital certificate with and select Share

If you're not eligible for Medicare, you can use the **Individual Healthcare Identifiers** service through myGov.

Follow these steps:

1. Sign in to your myGov account using a browser on your device
2. Select Individual Healthcare Identifiers service
3. Select View immunisation history
4. Select Share with check in app

If you're using your Medicare online account through myGov, you'll need to use iOS 13 or later to share your digital certificate. If you're using iOS 9 to iOS 12, you'll need to use the Express Plus Medicare mobile app.

# Barossa Village Residents Association Monthly Report

## A new Management Committee for the Barossa Village Residents Association (BVRA) was elected at the last October AGM and November meeting.

The new President is Robin Henry from Magnolia Street Cluster, the Secretary is Karen Davidson from Basedow Hof Cluster and the Vice President is Tom Falconer from River Road, who was previously President for several years.

### Introducing Your Committee

Robin Henry moved to the Barossa in January 2018 from Alice Springs. He has a background in TAFE teaching and management (QLD),



staff training, and human resources management with the Australian Government. He served in the RAAF during the Vietnam War Era and spent 10 years policing (Tas/ Qld) before graduating as a TAFE business

and computing teacher.

His last job before retiring was as Head of the Prisoner Education and Training Department at Alice Springs Correctional Centre.

Robin is a volunteer with Barossa Village, Legacy, and is heavily involved with the RSL Tanunda. He also mentors several students at the University of South Australia.

Tom Falconer is well known within the Barossa Village as a volunteer, super-organiser, and of course in his role as President of the BVRA from 2018, and probably needs no introduction. Tom lives with his wife Angie in the River Road Cluster having moved in during 2016, and is the BVRA rep for that cluster.

Karen Davidson has lived in the Barossa since 2014 and moved to Barossa Village in September 2020. During her 45-year working career, she has been employed mainly in the retail sector but has performed administration roles which should come in handy in the Secretary position.



Karen has also done some past volunteering at the Barossa Village and Meals on Wheels and is looking forward to working with the Barossa Village Management to hopefully create positive outcomes for all residents of the Barossa Village.

## What is the BVRA?

Just a reminder to residents that the purpose of the BVRA is to represent you to Barossa Village Management with ideas and suggestions that are put forward by your Cluster Representative at the BVRA meetings.

All individual maintenance requests should be directed to the Barossa Village Reception or by email to Ben Hall.

There are currently three clusters without a representative: Krieg Street, Greenock Road and Second Street.

If you reside in these clusters and would like to be the Representative for your cluster for the BVRA, please contact me to organise the appropriate paperwork.

**Karen Davidson, Secretary BVRA**

**Mobile 0423 444 014**

**The BVRA is the independent voice of residents.**

## ILU Residents Activity Calendar\*

### February 2022

Activity	Date	Time	Location
Games Group	Wednesdays	2.00 pm	Joy Rice Centre Screen end
Happy Hour	Thursday 10 <sup>th</sup>	4.30pm	Joy Rice Centre
Movies Alternate Fridays	Friday 4 <sup>th</sup> To Catch a Thief  Friday 18 <sup>th</sup> Lincoln	6.30 pm	Joy Rice Centre
Art & Craft Group	Fridays	3.00 pm	Joy Rice Centre
Bobby Dazzler Live Shows on Facebook			
Walking Group	Tuesdays and Thursdays Fine weather only	9.30am	Coulthard Reserve Nuriootpa
Vinyl Record Club	Saturday 26 <sup>th</sup>	8.00pm	Joy Rice Centre
ILU Residents Social Club Meeting	Monday 14 <sup>th</sup> Lunch with show & tell	12 noon	Joy Rice Centre
Concert Night Joy Rice Centre	Saturday 12 <sup>th</sup> Concert night	6.30pm	Joy Rice Centre

\* ALL ACTIVITIES SUBJECT TO COVID RESTRICTIONS

For more information about these activities phone Reception on 08 8562 0300

Or visit the Client Zone at [www.barossavillage.org](http://www.barossavillage.org)

# People and Culture



## The Resilience Project

**In 2008, Australian school teacher Hugh van Cuylenburg spent a few months living and volunteering in the far north of India, and it was this experience, and subsequent post-graduate studies, that led Hugh to some pretty simple conclusions about the things that we need to be doing here in Australia if we want to be happier.**

In this desert community with no running water, no electricity, no beds and very little to call their own, Hugh was continually blown away by how happy people were. He learned that practising Gratitude, Empathy and Mindfulness, or GEM, can lead to a happier, more fulfilling experience.

Discovering the three principles were also evidence-based, Hugh decided to share these simple and highly effective wellbeing strategies in a program for schools. Ten years on, having worked with over 1,000 schools, it turns out it wasn't just schools that wanted to hear this message.

He has successfully worked with teachers, students, parents, workplaces, community

leaders and sporting clubs every day to share his GEM message.

### Gratitude

The ability to pay attention to what you have, instead of worrying about what you don't have. Hugh describes Australians as living by a model of happiness known as the 'if and then' model. If I buy this car, then I will feel happy. If I get this promotion, then I will feel happy. If we buy and live in a house like this, then we will be happy. But in his view, the 'if and then' model doesn't work. Based on our needs, the cycle repeats and continues. Because Australians have so much available to us, we miss what we have because we are focused on what we don't have.

The ability to be gracious for what we have now, the small things that are present every day, provides for greater moments of joy, happiness and contentment. In his book, The Resilience Project, Hugh asks people to spend a moment before going to sleep, recognising three things they are gracious for. What the research and science shows is that once someone commits to this practice and performs it over a while, their mind begins to track for things they are gracious for and consequently they experience higher levels of happiness and life satisfaction

### Empathy

The ability to psychologically feel what another person is feeling. The more empathetic we are, the more likely we are to act kindly, and the neuroscience behind kindness is incredible. When you do something kind for someone else, your brain releases oxytocin, which is known as the "love hormone". Why? Because oxytocin allows us to feel joy, happiness and love.

And we don't even need to perform grand acts of kindness; simpler acts like holding the door open for someone, letting someone in front of you in a line or giving someone a genuine compliment can do the trick.

### Mindfulness

This is about being present. When Hugh arrived in the Indian village, he noticed the villagers were calm, measured and patient. He observed that while they faced daily hardships, pressures and concerns, their hardships were more immediate and acute than most of ours in the West, they managed their responses differently. The key to this, he discovered, was mindfulness. Taking time to focus solely on the present moment. Hugh joined in the meditation sessions that were held in the village each morning and found as a result, he spent less time worrying about what might happen in the future or things that had happened in the past. Instead, he found himself focused more and more on the life he was living in the given moment.

When he spoke to someone, he became focused on the conversation. When he interacted, nothing was crowding his thoughts. He realised that practising mindfulness, meditating, was a way of taking greater control of his mind and, therefore, his life.

Hugh's story is an inspiring one. His presentation and book, The Resilience Project, has changed many people's lives. In a world that continues to shift and morph, there are always good reasons for us to learn and apply techniques that keep us happy. Enjoy your day.

**Dave Rundle, General Manager People and Culture**

## Paddy's Life Well Travelled

(continued from page 7)

In her early years in the Barossa, Paddy especially enjoyed the Barossa International Music Festival, looking after visiting musicians and hearing lots of lovely music. She joined Friends of the Barossa Library, The Barossa Region Residents Association, The Barossa Arts Council and the Barossa Regional Gallery, and soon became secretary on their committees. Paddy has always been creative: knitting, crochet, needlework and tapestry. As she had more time, she took up wood carving and joined the Vine Patch Quilters.

In 2011 Paddy and Bidy celebrated their 80th birthday. Their brother, Martin, came from England, Bidy from New Zealand, and her children from New Zealand, France and Australia. A party for Paddy was celebrated at Langmeil Winery with all of her friends. Paddy made a good life for herself in Tanunda, but in early 2021 she recognised she needed to consider her future. In March she moved into an Assisted Living Unit with Barossa Village and is glad she made that decision.

A life well-travelled indeed! Thank you Paddy.

# Community Development



**“ When one door closes, another opens, but we often look so long and so regrettably upon the closed door that we do not see the one which has opened for us.”  
Alexander Graham Bell**

**My New Year’s resolution for 2022 is to not stare at the closed door too long.**

It can be hard not to think of the ‘what ifs, or in the era of COVID to think about all the work that went into something, only to then have it postponed or cancelled. It can be hard to see the positives, but that is the challenge I set myself. I’m sure 2022 will continue to throw obstacles in the path and no doubt has its challenges, but if a door is closed I’m going to look for the one that has opened or find a path to another door.

**The Village Op Shop**

We are so excited about the new space and thankful for our wonderful group of volunteers who give up their time to run this venture.

The history of Op Shops is fascinating; one of the earliest known charity shops was in the United Kingdom and set up by the Wolverhampton Society for the Blind in 1899 to sell goods made by blind people and raise money for the Society. During World War I, various fund-raising activities occurred which made £50,000 for the Red Cross.

However, it was during the Second World War that the charity shop became

widespread with the Red Cross opening up its first charity shop in London in 1941. For the duration of the war, over two hundred “permanent” Red Cross gift shops and about 150 temporary Red Cross shops were opened. Most premises were lent free of rent and in some cases owners also met the costs of heating and lighting.

The modern-day Op Shops are still a place where people can go when in need of purchasing a product at a reduced cost, however, the Op Shops of today have become much more. They are about environmentally conscious people making decisions that fast fashion and the waste in the fashion industry is so damaging to our environment and choosing to give a pre-loved item of clothing a new lease on life. We are becoming more aware of reusing and recycling and Op Shops attract people who have this as a purpose. And there are bargains to be found!

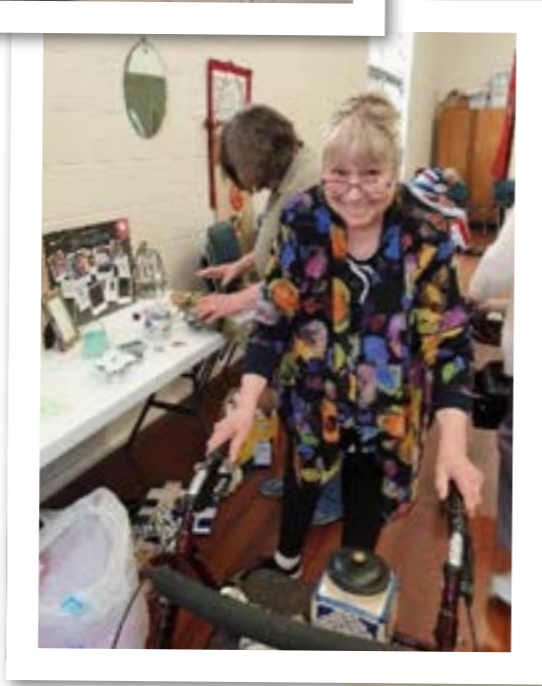
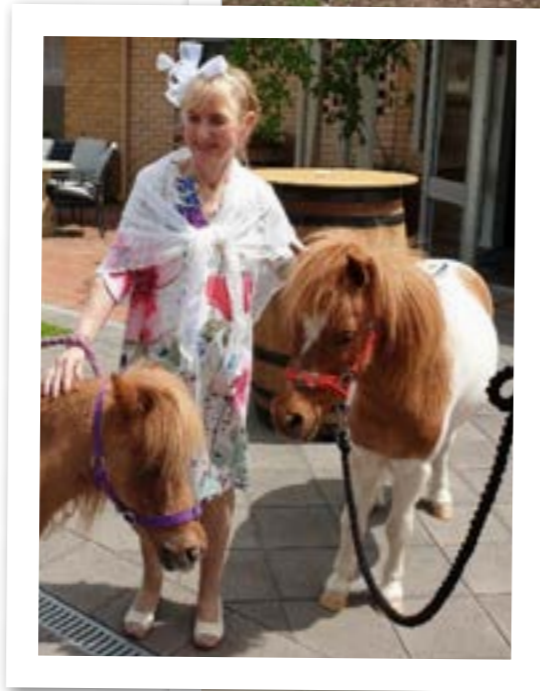
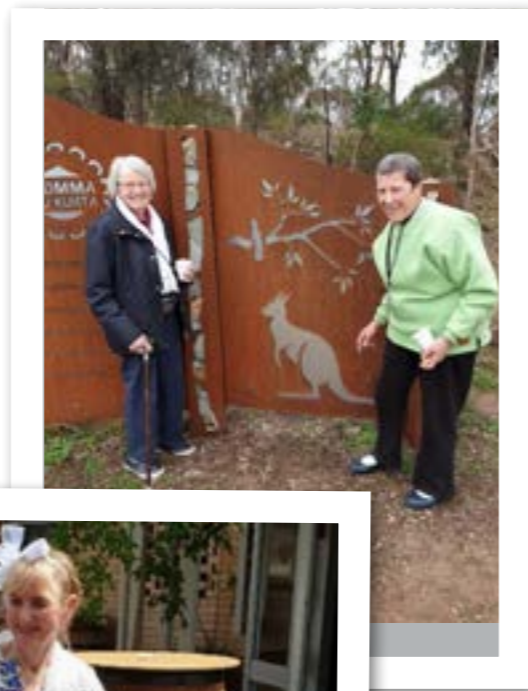
If you are yet to pop in and see The Village Op Shop, we look forward to welcoming you. We are always on the lookout for new volunteers, so if this sounds like something you would be interested in please get in touch. We are located in the Arthur and Gladys Reusch Community Centre, between Bank SA and the Vine Inn in Nuriootpa.

# Community Connections Calendar

Monday	Tuesday	Wednesday	Thursday	Thursday	Friday
7 St Hugh's Anglican Church 10.30am Exercise for Fun 1pm Reel of Time-Movie Game	1 9.00am Botanical Gardens Lunch 540 Tavern	2 9.00am Tinker Shed	3 10.30am Joy Rice Centre Exercise for Fun 1:30pm Word Games/ Quiz	3 10.30am Eudunda Ward St Exercise for Fun 1pm Board Games	4 10.00am Circle of Friends BOWLS Morning Friday Café Lunch
14 St Hugh's Anglican Church 10.30am Exercise for Fun 1pm Cultural Experience A taste of Italy	8 9.00am Port River Drive Lunch Fasta Pasta	9 9.00am Tinker Shed	10 10.30am Joy Rice Centre Exercise for Fun 1:30pm Travelling to Africa	10 10.30am Eudunda Ward St Exercise for Fun 1pm This Day in History FEBRUARY	11 10.00am Circle of Friends Friday Café Lunch
21 St Hugh's Anglican Church 10.30am Exercise for Fun 1pm Trivia Afternoon with Nibbles	15 9.00am Beach Drive Lunch Seaton Hotel	16 9.00am Tinker Shed	17 10.30am Joy Rice Centre Exercise for Fun 1:30pm DOUG VENNING SINGING	17 10.30am Eudunda Ward St Exercise for Fun 1pm BINGO	18 10.00am Circle of Friends BOWLS Morning Friday Café Lunch
28 St Hugh's Anglican Church 10.30am Exercise for Fun 1pm Carnival Games	22 9.00am Mt Barker Summit Lunch Café Aqua	23 9.00am Tinker Shed	24 10.30am Joy Rice Centre Exercise for Fun 1:30pm Skittles and games	24 10.30am Eudunda Ward St Exercise for Fun 1pm Cheese Tasting Afternoon	25 10.00am Circle of Friends Friday Café Lunch



# Community Lifestyle



## Reflecting on Good Times

**Welcome back everyone, as we move forward with our lives.**

The Lifestyle team thought it would be a good opportunity to reflect on the good times we shared in 2021. What better way to start the year than sharing happy memories of photos taken at our programs, offered across the week. Our program encourages opportunities to stay connected, have fun and build friendships. We welcome your input for any future outing ideas.

Due to government regulations we now require evidence of your COVID vaccinations to attend all group programs and wear a mask whilst in the company of others.

Please provide your COVID Vaccine evidence to the Lifestyle team before joining a group and a reminder that mask wearing is mandatory in all Barossa Village facilities.

## February Friday Café Menu

Date	Lunch	Dessert
4th	Cottage pie served with peas and honey roast carrots	Fruit flan
11th	Roasted Pork served with gravy, Roast pumpkin, potato bake and Brussel sprouts	Sticky date pudding served with custard and caramel sauce
18th	Roast chicken thigh served with mash potato, gravy, Roast sweet potato & green beans	Steamed apricot jam pudding served with custard
25th	Braised lamb served with Roast pumpkin, roast potato & Broccoli	Oreo Cheesecake

**Bookings are essential. Phone 8562 0300 to make your reservation**

## Curious Visitor

Spotted in the garden of Nuriootpa resident Bev Reid, was this owl playing a game of hide and seek with the camera. Bev's neighbour John Irlam took this photo of the cheeky feathered friend.

### Owl Fun Facts

Australia has 11 species of owls found in every state.

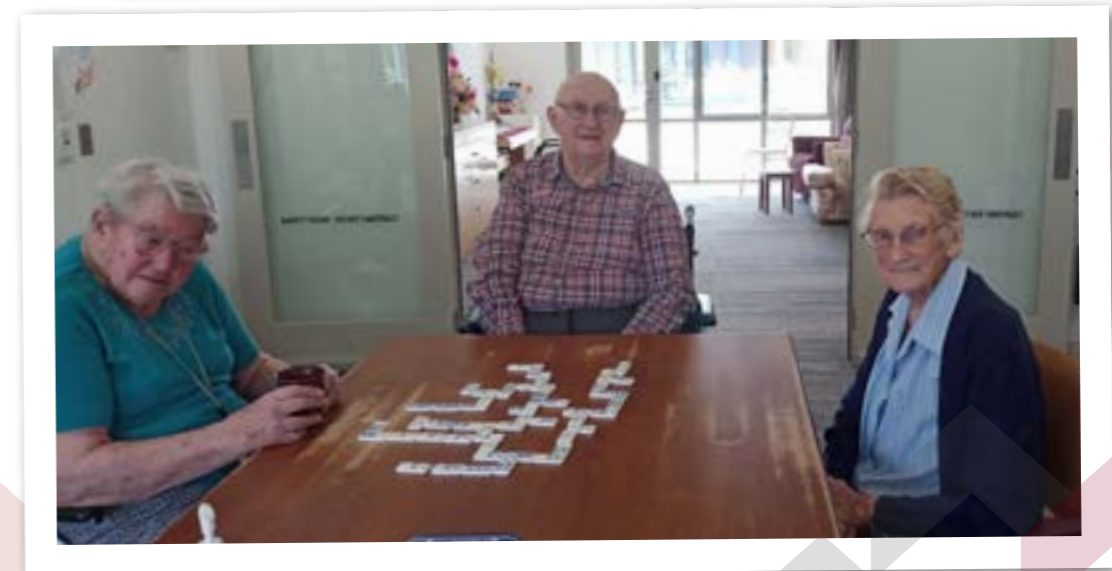
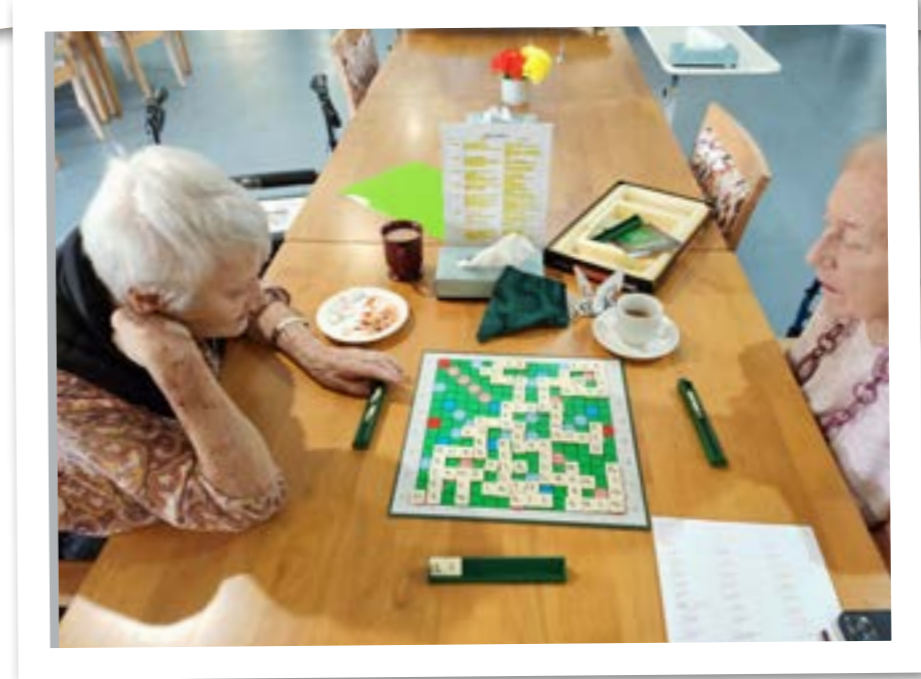
Owls don't nest; they rely on hollow trees for nesting and breeding.

Their eyes are fixed and can't move in their sockets, which is why they can turn their heads up to 270 degrees.

Owls' ears are positioned at alternate heights on the sides of their faces to hear sounds at different times.



# Residential Lifestyle



**With residents being restricted to their areas due to COVID regulations, we've had an interesting time working out how to set up Lifestyle Programs that will work in each area.**

At present, there is no official monthly calendar but once things are more settled with staffing, we will begin putting out a weekly program in each area for residents to know about what's happening each day.

We have adapted to the changes by using a trolley for each area that holds games, quizzes, jigsaws, art and craft supplies, as well as peddlers for exercise.

Residents who play the piano, Shirley Starick and Coral Baverstock, have been entertaining other residents with their melodic music.

The team is also making good use of the large screen TV that can be moved around each area to screen favourite shows, concerts, and movies, including David Attenborough, Andre Rieu, on DVD or YouTube, which is fun!

Residents also have access to our in-house TV channels:

Silver Memories: Channel 4 or 350

Christmas photos: Channel 103

Relaxation: Channel 104

Daily Devotion with Edith at 9:45, LIVE: Channel 101

Sunday Church with Pastor Reu at 10:45, LIVE: Channel 101

Exercises with Di, Wednesdays at 10:30am LIVE: Channel 101

As we are not meeting in large groups there will be no Resident Representative Meetings until further notice, Julie Cartwright (Chair) has been in touch by phone with members.

Pictured top left is Shirley Starick on the piano entertaining residents; top right is Glenda, showcasing her twilling project.

Opposite page top left is Frieda concentrating on Scrabble, top right, Pam playing Bingo; middle Penny and Eva contemplating Scrabble; May, Brian and Evelyn let the dominoes fall.

# Resident Profile

## Bill Wild



**Bill kindly shared this story with the Lifestyle staff and is allowing us to publish some excerpts in the Grapevine for your enjoyment. Bill wrote this account of his life when he was 69 years old and shared it with his friends in the Royal Wings Newsgroup at the time.**

### The long and the short and the tall

I suppose it all began way back in 1943 when, as a young boy of 12, I used to cycle from my temporary home in Bournemouth (to where I had been evacuated) to RAF Holmsley South Aerodrome to watch the aircraft activities through the barbed wire perimeter fence. All exciting through my child's eyes, but an anxious and nerve-wracking time for the crews.

A combination of these experiences, the action apparent in the skies high above, which were never free of contrails, and the reading of generous dollops of 'Rockfist Rogan RAF' in the 'Beano' as far as I can recall, were instrumental in the young William Wild wanting to be a part of it all one day.

My parents no longer existed. Elizabeth my mum, died in 1936 when I was five from

consumption, and my dad Frank, died at the end of the war.

The people that I had been evacuated to, were my Uncle Fred and Aunty Ivy. They became my Legal Guardians. Fred ran an engineering business in Boscombe called the Electric Welding Company. I went on to work for Fred as an unbound apprentice to learn the trade of blacksmith and welder.

Around about 1947 I was still very keen on the RAF, so I reported to my local ATC Squadron where I became Cadet No. 583 of 130 Squadron Bournemouth, Poole and Christchurch Wing.

I was issued with an old and well-used uniform from which I had to unpick the threads to remove the previous owners' corporal's chevrons. I was so proud to be putting on the 'Blue' for the first time, and I felt a real 'Brylcream Boy' as our senior brothers in the 'real' air force were called.

At the age of 17, because I was not a bound apprentice, I had a difference with Uncle Fred and we both decided it was about time for me to apply to join the RAF, which I did through my own ATC Commanding Officer.

I must cut the recruit training short. It was a really tough life designed to make men out of boys. Recruit training over, thank goodness, off we went home as smart qualified AC2's to flaunt ourselves in our proudly worn blues, which we found out carried quite a bit of influence with the girls.

The time came for the new posting to No. 8 School of Technical Training at RAF Weeton Camp, a few miles east of Blackpool in Lancashire. Any illusions I may have had about an air force paradise, of going to

places of palm trees and surf beaches, were soon shattered on entering the dismal confines of Weeton Camp in 1949.

On completion of technical training, I was posted to RAF Credenhill, Hereford, to undergo a Junior NCO's course of six weeks duration. It was during my time at Credenhill that I met my future wife Jean who was a very attractive WRAF Shorthand /Typist, but that is another long story leading to six beautiful children and at this point in time, 14 grandchildren.

Bill and Jean are pictured on their wedding day.

Cyprus was one of the highlights of my life. The beauty of the island, its history and its biblical connections are fascinating. In certain areas, one would be walking on

ancient broken pottery from Christ's time. It was everywhere. I personally picked up 17 Roman coins there, usually after heavy rain had disturbed the soil. I read that of all the

antiquities located on the island, only approximately 10% had been discovered and unearthed.

After my 22 years' service, I decided to leave and immigrate to Australia, and have lived here ever since.

Thank you for allowing me to share this brief outline of my time in the RAF with you. There are many gaps.

There were all the friends made around the world, there was adventure, sport, learning how others lived and a pride in wearing the 'blue' that so many have

worn and so many less fortunate have died wearing.



**Bill is now 90 and has just moved into the Barossa Village Residency to join our community. For those of you who live at the Residency, please say 'Hi' and make him feel welcome. We're sure Bill would be happy to tell you more about his life and make some new friends.**

# COVID Conversations



**“I’m so bored of COVID, this is all we talk about now!” Quote Ruby Kowald aged 12, circa 2022.**

Ruby’s not wrong. Lots of people are saying and feeling this as COVID continues to dominate the conversation no matter what your age. We read the news and the first five pages are about the impact of COVID, even the sports papers are filled with COVID related news. The Novak Djokovic saga was not about tennis but vaccination, and yes, COVID.

As aged care providers, we’ve had our work cut out, keeping up with what we are supposed to be doing. We’ve had 22 different updates to the emergency directions, which were originally handed down in March of 2020. Nearly two years we have spent working to put in place the systems and processes which would ensure that we have workers to provide services to our clients. We’ve had to impose restrictions, revoke restrictions, and buy enormous amounts of personal protective equipment. Through all of this, we are still trying to deliver aged care in a way that is meeting and exceeds the community standards.

And yes, these standards are dominated by infection control and our old friend COVID.

Before COVID kicked off, Barossa Village was on a path of developing strategic plans which aimed to deliver “unparalleled lifestyle options”. We were on a path of growth and development, successfully gaining several grants to give us the financial means to explore these initiatives. We have been able to deliver on some of these, notably the hydrotherapy pool, the new beds at the Residency, the Dementia Detailing program, and some of the IT systems that have been developed and invested in to improve workforce efficiency. Sadly, all of this is tainted with the COVID brush. I feel quite disappointed sometimes that we have not been able to give these projects the attention and the efforts that we would have liked to, but that’s the times we are living in.

I have also seen on Facebook pictures of signs in shops saying, “The whole world is short-staffed, be kind to those who showed up.” This is the catch cry of our current phase of COVID. It’s true, we should be kind to those who show up, but we need to be doing more than showing up. Aged care is a business that demands that the people who work in the sector are compassionate, caring, considerate, and skilled at what they do. Just showing up is not an option. Without international or interstate migration, there is a serious skills shortage looming, not just in nursing and caring but in everything, from truck drivers to administration, through to cleaning, hospitality and maintenance.

We are in a situation where we are being asked to do more and more with less and less. Impressively, we are still doing it all,

and I am grateful to everyone who comes in, tries their best to help deliver services at the highest level. These are the front line heroes that make immeasurable differences in people’s lives day in day out, despite COVID.

So yes, COVID is dominating the conversation, life is complicated and confusing; things are changing constantly. I am confident that we will move past this and get back to making the great work that is done in aged care about creating environments and care models which deliver “unparalleled lifestyle options”.

We need to stay the course and yes, have a few more COVID conversations (sorry Ruby) to get to the other side.

**Matt Kowald, General Manager Integrated Care**

## How Does Hydrotherapy Help?

**The Allied Health department at Barossa Village is looking forward to beginning aquatic hydrotherapy sessions, once the AB corridor leading to the pool is complete, as part of the Residency expansion.**

Hydrotherapy sessions will likely be held on a Tuesday afternoon and residents will be able to attend a group or individual session, based on their needs.

So how does Hydrotherapy help?

### Post-stroke

After experiencing a stroke, people typically have lower levels of physical activity compared to others of the same age who haven’t experienced a stroke, and a slower walking speed. Decreased muscle power is associated with slower walking speed, increasing the risk of falls.

Finding exercise to improve lower limb strength, power and walking speed after stroke can be problematic. Hydrotherapy offers two potential advantages: buoyancy supports body weight during exercise, and the forces experienced during aquatic exercise increase efficiency and generally reduce post-exercise soreness.

In a study of three men who experienced a stroke and completed twice weekly aquatic exercise classes over four weeks, each showed positive improvements in walking speed and strength.

### Arthritis- knee

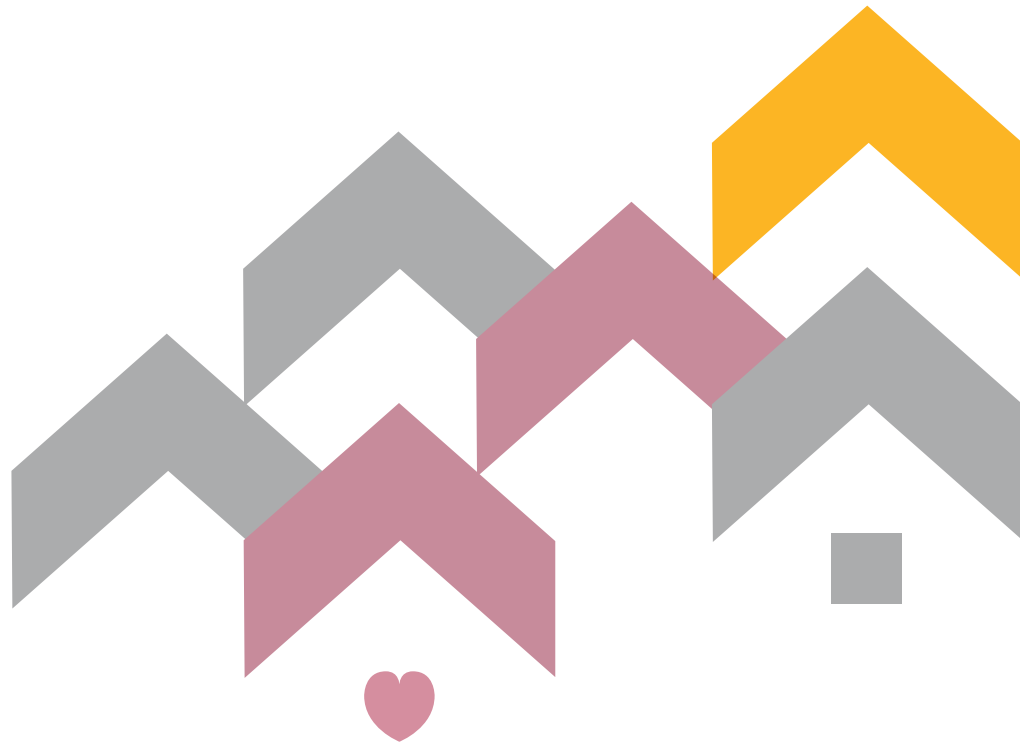
For people with knee pain or leg weakness, buoyancy may allow them to complete reduced weight-bearing load exercises. In older adults with knee osteoarthritis, pain is significantly less with squats in water compared to on land.

### Chronic respiratory and cardiac disease

Water immersion has many benefits on the cardiorespiratory system; for example, immersion to neck depth increases a person’s stroke volume and cardiac output. People with lung disease who have additional conditions, such as obesity and musculoskeletal issues.

There are significantly greater improvements following aquatic exercise compared to land-based exercise in People with cardiorespiratory conditions such as asthma, need to be pre-screened and monitored, during aquatic therapy

If you are interested in hydrotherapy, you will need to complete a pre-screening tool and assessment with a Physiotherapist to determine your suitability.



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