

March 2022

Grapevine

♥ Dorothy's wizardry with art

♥ Progress on new building projects

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.

Read the Grapevine online:
www.barossavillage.org
We're also on Facebook

On our cover:

Community Lifestyle clients
Ken and Sylvia enjoying
a seaside walk during the
Tuesday outing beach drive.

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Did you know that you can receive the Grapevine
by email each month?

Earlybirds are emailed their Grapevine before
copies are delivered to mailboxes.

If you're interested, send your details to

enquiries@barossavillage.org

Do you have a story to share?

A favourite recipe?

An interesting photo?

Know someone in the Barossa Village community with a
special skill or talent?

We would love to hear from you!

Send your submission for consideration in an upcoming
issue of the Grapevine to enquiries@barossavillage.org

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
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
Coronavirus Health
Information Line 1800 632 753

Don't wait, get vaccinated

Book your COVID vaccination
or booster at:
www.sahealth.gov.au

Regular COVID updates
are available at
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



As many of you already know, I have decided to retire in July after 13 wonderful years with Barossa Village.

Time has gone so quickly I can barely believe it. The fun I've had and the relationships developed will never leave me. It has been a privilege to be involved with Barossa Village and to see it continually grow, and provide care and support for many in the community.

I am most proud of the people I work with, who come to work every day and do their best in supporting each other, our residents, and clients. I owe a debt of gratitude to the Board who continually provide guidance, support and encouragement that allows us to deliver new initiatives and innovations that truly focus on the wellbeing of older people in the Barossa Region.

I hope to catch up with most of you before I retire in July. Until then, we continue to work on many exciting projects. Construction at the Residency is taking shape and will be exciting as we complete the 21 beds by June. Matt and his management team are busy developing new models of care that will further enhance the lives of people

living in this space. We are also expanding our Respite from two to seven beds, and we are planning on improving outcomes for residents while they are in our care.

The three new retirement living units on Scholz Ave and Heidrich Court are gaining momentum; the foundations are being poured and framework will shortly go up. Ben and his team are busily refurbishing other vacant units, with many already earmarked for new clients. It was sad to see Nerida leave our maintenance team, but we wish her well with her new career in the wine industry. We are recruiting for a new Maintenance Officer and a Licensed Builder.

I spend every second Friday at the Reusch Building on the Information desk, located just outside our new expanded Op Shop. It is so pleasing to see our dedicated volunteers manage the Op Shop, looking after customers, sorting goods and creating displays in the shop. It provides a real buzz. Some of the funds generated through the Op Shop supports our scholarship programs for staff wanting to develop their careers with Barossa Village. A big thank you to Dave and his team for driving this initiative. Other funds generated go back to the community via donations to church groups. It is a great way that Barossa Village continues to invest in the local community.

We continue to move forward in a COVID world. I need to acknowledge the hard work and dedication of all our staff during this very stressful period. The impact of COVID on our work force, especially at the Residency has been enormous. With some staff quarantining at times, others

have stepped up working extra shifts to keep everybody safe. Through mandated visitor restrictions, our staff also are providing our residents extra one on one time as best they can.

I believe, as an organisation, Barossa Village is unique. Through our integrated care philosophy, we can provide levels of support to our residents and clients as their care

needs change. I encourage all our residents and clients to continually discuss their needs with our staff members.

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**



Dorothy's wizardry with art



Local artist Dorothy Lee and her husband of 57 years Max, made their decision to move into a Barossa Village Independent Living unit 18 months ago, where Dorothy continues her practice.

Entering their lovely home in Angaston, Dorothy's remarkable works adorns the walls throughout.

It is obvious at first glance that Dorothy is a master of her craft. Skillful use of light, form, shadow and textures inform her works, verging on photo realism.

"I always enjoyed drawing as a child and it was something that I did when I had my own children too. My daughter wanted to

learn art and we both went to study with Hazel Watts at her gallery in Tanunda."

That was in 1984, and Hazel retired eventually but not before establishing the Barossa Valley Arts Society.

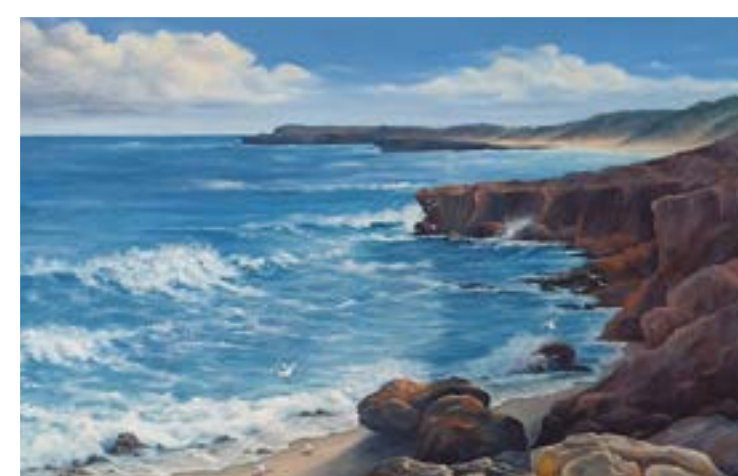
"Our art group was located at the Bethany Hall where we painted for a number of years before that closed down. I then started painting with Heather Wilton at the Angaston Uniting Church Group. We still meet to paint there even though Heather has retired. My friend Sandy and I also paint with Maxine Donald in Kapunda."

"We enjoy entering exhibitions, and I have displayed paintings in hundreds of them. I have completed in excess of 200 paintings and I would have sold about 80% of those."

Dorothy (pictured) doesn't paint to a particular genre, preferring to mix it up and "keep it interesting". Her paintings are oil based and she loves to capture the beauty of nature, especially flowers and botanical specimens.

A selection of Dorothy's works are featured on these pages, with her permission.

Dorothy we salute your amazing gift, and thanks so much for sharing it with our readers.



Independent Living Community Bulletin Board



Activities at the Joy Rice Centre

We have gone through a few changes recently with Carers & Disability Link sharing the space in the JRC and I'd like to personally thank all of our ILU Residents who have accommodated the adjustments to the sharing the space. I really appreciate the conversations we have had and all of your patience.

Barossa Regional Hospital Community Forum

A dozen ILU Residents joined me in participating in the recent Barossa Valley Regional Hospital Webinar. Thanks to those who joined us, and we can look forward to another update on developments in late 2022. You can read some of the discussion points from the Community Forum below. Contact me for the full report.

Hosted by the Barossa Hills Fleurieu Local Health Network, SA Health Infrastructure and Johnstaff (consultants engaged for the project), the Forum discussed scenarios about planning for a Barossa Hospital and answer questions from the community:

Key points from the Forum*

- Finding a suitable site is a high priority with key features being sought including flat land, links with transport options, accessibility, neutrally location, and alignment with town planning.
- The collective vision for the New Barossa Hospital includes: Consolidation of two services (Angaston District Hospital and Tanunda War Memorial Hospital) The return of relevant maternity services to the Barossa A first class, multi-disciplinary, rural training hub
- The current funding commitment to a full business case and acquisition of land is funded by the state government. The full business case will need to be submitted to Infrastructure SA for consideration by the State government. If the full business case is successful it may end up being a jointly funded (South Australian and Australian Governments) capital project but it is too early to predict this.



- The intent for the New Barossa Hospital is to consolidate the services from the Angaston and Tanunda sites due to ageing infrastructure. However we will consider flexibility in the land selection and build process to ensure future proofing in case there are any unforeseen changes to service delivery in the future.

*Source: Barossa Hills Fleurieu Local Health Network: New Barossa Hospital Community Forum Fact Sheet

High Tea Ball Update

I'm sorry to announce that the High Tea Ball has been delayed until mid-June. This is purely due to COVID impacting our planning. I look forward to sharing news on this in months to come.

Scam information

Carl and I are planning at host another "scam awareness and IT vigilance" information session soon. We will provide the dates in the next issue of the Grapevine.

Wine Club

If any of you would be interested in getting together once a month to share wine, talk wine and enjoy wine, please let me know. I have a few who are interested in enjoying some of the Barossa's finest at the Joy Rice Centre. I can confirm there will also be awesome chees). If you're interested please let me know. I will provide a door to door bus service for the evening.

Resident's Market

We had a great morning at the February Residents and Friends Market. The next one is on Saturday April 9th, on the front lawns of the Arthur and Gladys Reusch Centre in Nuriootpa. Well done to Inge Fimmel and her team.

Tom Herring, Integrated Care Development Coordinator

ILU Social Club February Notes

A slight amount of confusion reigned at the first meeting for the year on 14th February, as a result of having to set up in a different part of the Joy Rice Centre. With a lovely array of salads and good work done by the committee we started with a chicken lunch and dessert.

Kevin opened the get together, thanking everyone for coming along. Those who attended were Rita Dury, Helen Roesler, Kevin Prouse, Ros Hayward, Vi. Mitchell, Jackie Chapman, Judy Clarke, Bev. Reid, Jean Higginbottom, Jeanne Whitelaw, Carol MacConnachy, Bette Kempton, Judy Richardson and Magda Lausberg. Apologies were sent from Nita Jones, Doug Fisher and Yvonne Wuttke.

Happy birthday wishes were sung to Vi, Kevin, Yvonne and Magda who had birthdays in January and February. Jackie read the minutes of the November meeting with Vi. Asking that they be accepted and Helen seconding the motion. All agreed. Next we heard the financial report from Vi. Who asked that the report be accepted and Judy Richardson seconded the motion. All who attended the last meeting agreed.

Some business arising was about the new room which we will occupy from now on and that Foodworks will no longer cut the chickens into quarters. So, we will either have to do this ourselves or change to cold meat with the salads. We have until July to decide.

The next meeting will be on 14th March which is a public holiday (Adelaide Cup) and we will have a short meeting and then coffee, tea and afternoon tea and perhaps a chat about anything that comes to mind. Meeting closed at 1.40 p.m.

Show and Tell began with Bette showing us a clock given to her as a gift when she flew on the Concord in 1986 with a friend. Bev showed a huge cone shell which used to grace her grandmother's garden which was at least 70 years old. Judy Richardson showed a gold medal she won playing lawn bowls in 1998 at the Masters' games. Helen showed a cream cup and saucer which belonged to her grandmother and was also over 70 years old. Jackie showed cards from the 1930s which could have been for baptism or births in her mother's family. By this time, some members stayed on for afternoon tea.

Hope to see more members at the next meeting and new members are welcome. Please call Reception for more information. See you in March.

Jackie Chapman (Secretary)

Property and Infrastructure Update



There is a lot of building activity going on at the moment across several of our facilities.

We continue to do minor refurbishments on a number of units around the Village, but a couple of our recent highlights have been the progress on the Residency Extension and the commencement of works on 3 new units: 2 on Scholz Avenue and 1 on Heidrich Court.

Residency Extension

It's certainly been an uphill battle with the supply chain issues in securing materials and specialist contractors, but our building partner, Horizon Construction Services, has done an outstanding job negotiating with and coordinating trades to get us so far in to the project. We remain on track for a June 2022 completion date, noting that we have allowed some time in the schedule should there be unforeseen delays.

The results are starting to show, as you'll see by the photos on these pages.



Pictured on the opposite page, top to bottom:
Installation of the cement fibre sheeting on the surrounds of the lift well that connects the upper and lower levels.

Masonry work complete in the AB wing extension
Truss and frame work in place in the lower levels. This area will become a dining room.

New Independent Living Unit Development

After a slow start works have commenced in the last couple of weeks in a bit of a flurry with footings being excavated, lined, reinforced and poured. As we wait for the concrete to cure, things will slow, but our project partner, GJ Gardener, will quickly commence first fix of timber framing, and we will start to see the new units take shape.

Pictured on this page, top to bottom:

Footings excavated at 19AB Scholz Avenue

Concrete pour underway at 1 Heidrich Court

These are both exciting projects so feel free to have a look, but please do so from a safe distance. If you ever have any questions please do not hesitate to get in touch.

Ben Hall, General Manager Service Delivery



Barossa Village Residents Association Monthly Report

The first meeting of 2022 was held on Wednesday 9th February.

Sales and Marketing Manager, Daniela Hongell attended to update us about the Grapevine survey held in July 2021.

Of 100 residents selected for the survey, 50 responded. The feedback from the survey will help ensure the Grapevine meets our needs, this includes the format and content, timeliness of delivery and the preferred methods (electronic vs paper). Daniela advised there is an email list for residents who wish to receive an early electronic copy. Contact Daniela to be added to the list.

Ben's Report

Our budget position to date is cost-neutral and expected to be by year's end. He further reported that the:

1. Hydrotherapy Pool is used regularly with about 40 members and the Allied Health providers are almost at capacity
2. Residency Extensions have been impacted heavily with COVID after the Christmas period but things are now picking up
3. Heidrich and Scholz new builds have commenced with building above ground by midFebruary and hopefully will be completed mid-May 2022
4. Maintenance team finished the year about three weeks behind due to staff attendance at a training program. Ben advised this week is Nerida's last week with Barossa Village: her outstanding service was acknowledged by the BVRA.

Tom's Report

Relocation of Carers & Disability Link

Tom addressed the email sent by David Rundle and assured the committee that all parties had been consulted and their issues either resolved or nearing resolution.

ILU Wellbeing Survey Snapshot

One hundred and fifty people responded to the survey and a comprehensive report will be presented soon. In line with the report management is implementing, a three-tiered response to issues being:

STAY – keep doing what we are doing if it ain't broke;

RISK MANAGE – change and respond to protect individual situations;

ADDRESS – do something different, develop and present options.

Cluster Issues

The following were discussed:

Carmel Devonish (Representative, Maria St, Tanunda) Raised the issue around the installation of handrails in bathrooms. Tom advised it is a government requirement that an Occupational Therapist (OT) instructs where handrails be positioned, which takes about 12 weeks. Ben advised that once the OT has approved, there is normally a 24-hour turnaround before installation.

Chris Bassham (Representative, Penrice Rd, Nuriootpa) Raised the issue of smoke alarms for the hearing impaired and the need for the trimming of a tree in the Maintenance Area both of which Ben noted and will address.

Carol Siedel (Representative, Angas St, Tanunda) Asked about the promised path cleaning after the winter. Ben advised it is on the current maintenance schedule to be completed.

Mike Reglar (Representative, River Road, Nuriootpa) Asked for all-weather walkways around the area.

General Business

Over the Christmas period Maggie Hughes resigned after many years as the Representative for The Pines, Cluster on

Greenock Rd, Nuriootpa. The committee thanks Maggie for her contribution and service to the BVRA.

Ben addressed the meeting with a letter from Chairperson of the Barossa Village Board, Helen O'Brien, regarding CEO Simon Newbold's retirement in July and the recruitment process for his replacement.

Karen Davidson, Secretary BVRA

Mobile 0423 444 014

The BVRA is the independent voice of residents.

ILU Residents Activity Calendar*

March 2022

Activity	Date	Time	Location
Games Group	Wednesdays	2.00 pm	Joy Rice Centre Screen end
Happy Hour	Thursday 10 th	4.30pm	Joy Rice Centre
Movies Alternate Fridays	Friday 4 th The Two Ronnies comedy night Friday 18 th The Dam Busters Friday 1 st April Sense & Sensibility	6.30 pm	Joy Rice Centre
Art & Craft Group	Fridays	3.00 pm	Joy Rice Centre
Bobby Dazzler Live Shows on Facebook			As per FaceBook page
Walking Group	Tuesdays and Thursdays Fine weather only	9.30am	Coulthard Reserve Nuriootpa
Vinyl Record Club	Saturday 26 th	8.00pm	Joy Rice Centre
ILU Residents Social Club Meeting	Monday 14 th Monday 11 th April	1:15 pm	Joy Rice Centre
Concert Night Joy Rice Centre	No Concert Night March. April 9 th "Cher concert"	6.30pm	Joy Rice Centre
Men's Group	Wednesday 2 nd 16 th , 30 th March & 13 th April	1:30 pm	The Lodge/Outings

* 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

Community Development



In July 2000 I embarked on a volunteering journey to China with Australian Volunteers International after working as a Land Management Consultant for Department of Primary Industries in Jamestown.

I was keen to explore the world, and to expand and use my natural resource management skills.

On arrival in China we embarked on a six week Chinese language course at the Nantong Teachers College: a full immersion into the Chinese language and culture. In combination with our classroom lessons we were set loose on the unsuspecting public of Nantong to practice! One day our task was to practice sending parcels home at the post office. The poor staff were trying to be very polite as I enquired, "How much would it cost to send a dog to Australia?" In the Chinese language, the word for "parcel" is Baoguo, and "dog" is Gou. I chalked that one up to an easy mistake in the early days!

My job for the next 18 months was at Guizhou University located in the capital city Guiyang. Guizhou is a very mountainous province in the southwest of China

known for its beautiful terrain and diverse ethnic groups who live in the region. My accommodation was a small unit, pictured below, on the university campus, which had a lovely balcony I could sit out on and read letters I received from home and watch the hustle and bustle of campus life.



I worked with a team of University Professors and lecturers in a group called Guizhou Participatory Rural Appraisal Network, working in the four key areas of conservation and development, rural development, social forestry and gender and minority. It was a group of passionate people wanting to make a difference in the lives of the ethnic communities that were still very poor and living in remote areas throughout Guizhou. I assisted the Network to write grants for funding from the few organisations that at this time were providing funding for this work in China, assisted with training and capacity building of Network staff, and learnt far more from the people I worked with than I contributed.

One project with the Conservations and Development Group was at Cao Hai Lake about five hours by local bus from the capital. The area became a nature

reserve in 1985 due to the significant number of migratory birds that stopped there on their migration path. The area had a high rate of poverty and in conjunction with environmental education, setting up bird protection and breeding areas and tree planting, funding helped to set up a program where school fees were paid to encourage families to send their children to school instead of working in the fields. The work at Cao Hai won a Ford Foundation Environmental Award which was amazing recognition for all the hard work of the group.

In the photo below are some of the students who were recipients of scholarships in this program.



I loved the street food in my neighbourhood. I would explore the markets and alleyways to find snacks. One favourite was the noodles made by a family originally from the Northern Province of Xinjiang. They made the best fresh noodles which you could either fry with your choice of meat and greens or have a steaming ladle of soup poured over them for noodle soup. Delicious.

The majority of our projects were located in the mountainous regions of the province. I spent time in so many beautiful locations, meeting many different ethnic groups like the Miao

people who lived in traditional wooden houses where part of the ground floor was used to dry food and house animals, and the top half for sleeping. The Miao ladies made the most beautiful traditional clothing and wraps that they used for strapping their children on their backs as they went about their day. One of the beautiful Miao ladies is pictured in this photo.



Some things that stick in my memory from my time volunteering in China was public transport! We had a very small budget outside of the funds we received for projects, and all the members of the Network gave their time and expertise for free, which meant spending a lot of time on public transport to get to remote villages. One trip took us two full days of travel, leaving early the first morning and spending the day travelling by train with various connections to reach a regional town where we stayed overnight.

Continued on page 17.

Community Lifestyle



Coming Together Again

It's great to see numbers growing for our lifestyle program activities, friends joining through word of mouth and socialising together again.

Thursday's program has stimulated interest in Eudunda, with new clients joining each time we hold the program. Exercises in the morning is proving to be popular, locally sourced lunches are going down a treat and lifestyle programs in the afternoon providing an opportunity for some fun.

We are now able to offer programs in several different communities and hope to grow our programs even more.

Mondays are held at St Hugh's Angaston for exercises, lunch, and lifestyle programs in the afternoon.

Tuesdays are our outing days, when we attend different places of interest that clients have chosen and have a wonderful lunch before heading home.

Wednesday is Tinkers Shed morning in Nuriootpa.

Thursdays at The Joy Rice Centre has exercises in the morning, lunch and then lifestyle programs in the afternoon.

Also on Thursdays, a group program held at Ward Street in Eudunda, with exercises in the morning, lunch, and a varied lifestyle program in the afternoon.

On Fridays our group meets at The Joy Rice Centre with Circle of Friends in the morning, Café style lunch, followed by a few games of Bingo.

We offer transport on each day.

If you cannot attend for the full day you are more than welcome to attend for half of the day.

Please refer to our Community Connections Calendar for all programs. These are available from Reception at The Lodge, the Joy Rice Centre, the Arthut and Gladys Reusch Centre, and on our website at www.barossavillage.org

March Friday Café Menu

Date	Lunch	Dessert
4th	Roast leg of lamb served with roast potatoes, roast pumpkin, sprouts and gravy	Orange and honey sponge pudding served with custard
11th	Roast chicken served with béchamel sauce, peas, steamed carrots and mash potato	Bread and butter pudding served with custard
18th	Beef casserole served with potato bake, roast carrots and broccoli	Chocolate and mint cheesecake
25th	Chicken stroganoff served with mash potato, green beans and roast sweet potato	Rice pudding served with stewed fruit

Bookings are essential. Phone 8562 0300 to make your reservation

Community Development continued from page 15

Next morning we caught a bus up in to the mountains where a truck picked us up and took us further along the path towards the village. We then walked the last two hours by foot to finally arrive at Datu Village.

I was lucky enough to tag along on what would be one of the best of trips of my Chinese experience. The trip was to Sichuan, to the World Wildlife Fund panda reserve where I and a Network member advised communities on a "Trickle Up Project." This was a project we had been implementing in Guizhou where we worked with communities living in or around or significant nature reserves to help families establish small business enterprises with the view of generating an income from these businesses, to help reduce tree cutting and poaching from within the reserve.

We stayed in a research station of wooden huts in a remote area; no power, washing in the river and some of the most beautiful scenery. Did I see a panda in the wild? No.

We trekked and looked for them, saw some panda poo, and amazing scenery, pictured below, but no wild pandas.



Giving up your time to volunteer for your community and others is so rewarding, and my time volunteering in China was an amazing experience.

Lisa Ognjanovic
Community Development Officer

Residential Lifestyle



Art Therapy

A creative way for residents to manage stress and deal with memory loss is by participating in group art sessions. This activity can lead to decreased rates of loneliness and depression, along with better hand dexterity and higher morale.

Art therapy can assist people living with Alzheimer's by using parts of the brain with the least impairment, having a profound impact on their ability to access their memories, according to the Alzheimer's disease Centre in the United States.

When a resident is engaged with an art therapy activity, they're often "in the zone" and can enjoy an almost meditative experience. This sense of wellbeing can greatly reduce anxiety and stress.

By getting involved in art projects, residents can find it easier to connect with others, reducing the feelings of isolation and loneliness.

A wide range of art projects are offered to our residents from painting pottery, to colouring projects, scrap booking, bark

painting and other activities to give our residents choice and something to look forward to.

This page top left Glenda hand paints mugs; top right Mavis concentrates on scrap booking Valentine's art; opposite page clockwise: Peggy tries water colours; Ray with his bark painting; Glenda's bark painting; finished pieces - Valentines day art and Peggy's water colour.

What's On?

Want to know more about what's on in your area each week? Weekly Lifestyle Programs are now posted in each area on the notice boards, or ask our friendly Lifestyle staff for a copy.



Resident Profile

Noreen Matulick



Have you ever heard of the town of Kringin?

This little town in the Murray Mallee of South Australia was home to resident, Noreen Matulick. Born in Pinnaroo, Noreen grew up in Kringin, although Noreen remembers her family travelling to Pinnaroo for shopping in her dad's old Model T Ford!

Albert and Ethel were Noreen's parents and she was the middle child of two siblings. She attended Renmark High School where she was a champion swimmer, winning several swimming awards.

After leaving High School, Noreen worked as a shop assistant and at Angove Winery.

A keen tennis player, it was through the sport that Noreen met her husband Ray, although she had gone to school with one of Ray's sister.

Ray and Noreen and four children, Steven, Susan, Philip and Michael.

"When I was pregnant with my first child I started a tapestry and eventually finished it after the birth of my fourth and last child." Noreen is pictured with this treasured tapestry.

Noreen says that when her children were young, they played the piano and she loved listening to them play.

"My family is very close to me and I am lucky to have good family support, and now several grandchildren!"

Important to Noreen was her time spent volunteering at the Salvation Army Op Shop in Renmark. She also enjoyed travelling with Ray, discovering Australia, especially when they explored Tasmania and Kangaroo Island.

After Ray passed away in 2004, Noreen moved to an Independent Living Unit in Nuriootpa. Here, she made friends while attending the Barossa Village Community Lifestyle programs, in particular the Tuesday outings and Bingo on Fridays.

Having moved from her ILU into the Residency, Noreen enjoys a game of bowls and completing jigsaw puzzles.

Among Noreen's favourite things are Port Power, "I support them and watch their games," chrysanthemum flowers, the colour blue, and cats.

"I've had a few over the years."

Thank you Noreen, for sharing your story with readers of the Grapevine.

Doing what we can



Do you remember the tennis champion, Arthur Ashe?

He won three grand slam titles and retired as world number 1 in 1980. Despite his supreme fitness Arthur suffered from cardiovascular disease and had a heart attack at the age of 36 while holding a tennis clinic, requiring bypass surgery. During that surgery in 1983 he contracted HIV.

In the face of the stigma and discrimination surrounding his diagnosis, Arthur Ashe became an advocate and face of the HIV cause, improving lives for marginalised people in a time where there was significant fear surrounding the AIDS epidemic. He was also the first African American Tennis player to win a Grand Slam and a host of other tournaments all over the world.

Arthur said, "Start where you are, use what you have, do what you can" when he was asked about his work to support people living with HIV. He took this mantra through his whole life, and it is so true: we cannot be any more than who we are.

It's only when we accept ourselves and acknowledge our limitations that we can be comfortable in our own skin. We need to be

generous in how we deal with each other; this is not just about material goods, but by understanding our privilege and influence, and how these can be used to help others. This leads us to the last and most important part of the quote (in my opinion); "Do what you can". This is so important, because it means that we do what we can, not what we should, not promising more than we can give, but what we can genuinely do for another person.

Despite Arthur Ashe's significant health issues, he used what he could, his profile as a professional tennis player, to help others. Nearly 30 years after his death, Arthur remains an inspiration to millions, and his message has not been diluted over time.

At Barossa Village, we try every day to give our people the opportunity to do what we can to help others. Personally, this is the purpose, the reason if you will, that we get into this industry. Aged care has a toll. It's both emotional and physical. Add to this the challenges that we have faced over the last few years, no need to recap, and this has made it hard for people to feel they've done all they can.

Let's be satisfied with that.

This brings me to another Arthur Ashe quote, "True heroism is remarkably sober, very undramatic. It is not the urge to surpass all others at whatever cost, but the urge to serve others at whatever cost."

So, thank you to all the heroes in this sector who serve others, despite the cost, doing what they can with what they have, from where they are.

**Matt Kowald, General Manager
Integrated Care**

Community Connections Calendar

Monday	Tuesday	Wednesday	Thursday Nuriootpa	Thursday Eudunda	Friday
	1 9.00am Garden Grove Nursery Lunch Fasta Pasta	2 9.00am Tinker Shed	3 10.30am Joy Rice Centre Exercise for Fun 1:30pm Travel through China	3 10.30am Eudunda Ward St Exercise for Fun 1pm World Wildlife Day	4 10.00am Circle of Friends BOWLS Morning Friday Café Lunch
7 St Hugh's Anglican Church 10.30am Exercise for Fun 1pm LAWN BOWLS IN THE PARK	8 9.00am Jam Factory Lunch Lyndoch Bakery	9 9.00am Tinker Shed	10 10.30am Joy Rice Centre Exercise for Fun 1:30pm Adelaide Cup Galloping amongst the Turf	10 10.30am Eudunda Ward St Exercise for Fun 1pm Crafting Fun	11 10.00am Circle of Friends Friday Café Lunch
14 Public Holiday Closed	15 9.00am Clare Country Side Lunch Seven Hill 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 Flower Arranging And Board Games	18 10.00am Circle of Friends BOWLS Morning Friday Café Lunch
21 St Hugh's Anglican Church 10.30am Exercise for Fun 1pm HARMONY DAY	22 9.00am Silver Screening "Spencer" Lunch in cinema	23 9.00am Tinker Shed	24 10.30am Joy Rice Centre Exercise for Fun 1:30pm Mettwurst and Cheese	24 10.30am Eudunda Ward St Exercise for Fun 1pm GARDENING: Kokedamas	25 10.00am Circle of Friends Friday Café Lunch
28 St Hugh's Anglican Church 10.30am Exercise for Fun 1pm GARDENING: Kokedamas	29 9.00am Gully Gardens Lunch Palmer Hotel	30 9.00am Tinker Shed	31 10.30am Joy Rice Centre Exercise for Fun 1:30pm Easter Card Making		

Puzzle Page

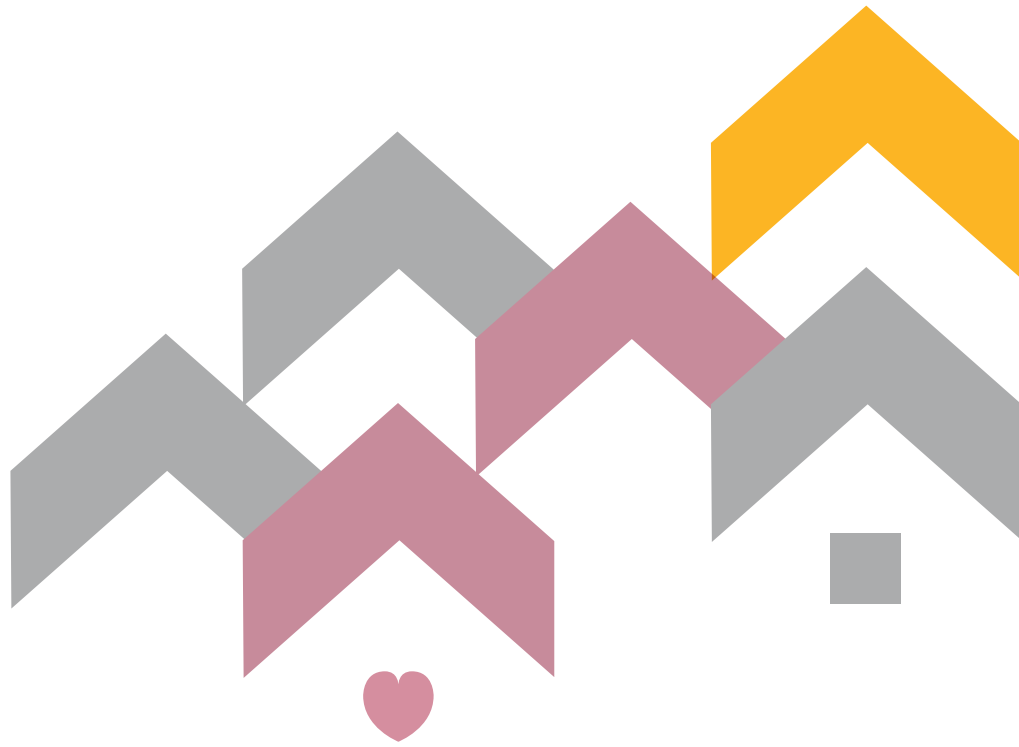
Words meaning "Happy"

C	E	H	T	I	L	B	U	D	E	T	A	L	E
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THRILLED
ELATED
PLEASED
HAPPY
JOLLY
DELIGHTED
GLAD
MERRY
JOYOUS
GLEEFUL
BLISSFUL
PEPPY
CHEERFUL
JOYFUL
EXULTANT
BLITHE
TICKLED
PINK
JUBILANT

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Barossa Village
people at our heart