

May 2022

Grapevine

- ♥ Tuesday tours are terrific!
- ♥ ILU artists exhibit talent



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:
Some of our clients enjoying
Friday Cafe.

Contents

From the CEO	4
Barossa Village Artists	6
Independent Living Community Bulletin	8
Property & Infrastructure Update	10
Community Care	12
Community Development	14
Community Connections Calendar	16
Community Lifestyle	17
Residential Lifestyle	18
Resident Profile, Gwen Benjamin	20
Get it Right	22

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



Welcome to the May 2022 Grapevine, I hope many of you had the opportunity to enjoy Easter and ANZAC Day during April.

They both represent a very significant time as people can reflect on their own Christian beliefs, spend time with family and friends and to acknowledge the sacrifice of many in the past that has insured we live in a peaceful and democratic society.

The year continues to fly by and we are now in May. It won't be long and this financial year will be over and we will be starting again, planning, developing budgets, creating new opportunities and moving forward with our current projects.

As it will be my last budget planning process, it is a great opportunity to work with my executive team for the very last time, transferring some skills and knowledge to ensure that the business plans for the next financial year will create a solid foundation to maximize on all the opportunities that will come up over the next 12 to 24 months.

Over the last few months we have been working with the Global Centre for Modern Ageing using global research to determine new ways to keep the elderly in

our community engaged and connected during their later life. It has been an exciting project so far and we have explored many new ideas that hopefully will be implemented over the next few years.

We will continue to build relationships with our clients and residents and listen and learn from their experiences and try our very best to support them to live their best lives. I have an enormous amount of pride on what our wonderful staff and volunteers do on a daily basis.

It is never boring at Barossa Village as we continually challenge ourselves in providing person centered experiences for our residents and clients through care, environments and social connections. Our staff are working tirelessly to support our residents and clients and are doing a great job in establishing relationships that are positive and caring.

On another positive note, we are busy planning the Staff and Volunteer Recognition dinner being held in late May. This will be a great night where we can recognize our staff and volunteers for their years of service. I am really looking forward to hosting the event and bringing people together to celebrate their achievements.

Our investment in property infrastructure is continuing with the twenty one bed expansion of our Residency nearly completed and will be operational in July 2022. The two small houses of seven beds and the extra respite beds will support the demand and needs of future residents moving into permanent care.

We are also constructing three new independent living units in Scholz Ave and Ben is busy planning another five to be built later in 2022. We are still experiencing a lot of demand for our units and we continue bringing in new residents to our community.

I encourage you all to continue to stay safe and get vaccinated for both COVID-19 and the flu, and as always, if you would like to talk to me, please ring the office on 8652 0300.

Kind regards

**Simon Newbold,
Chief Executive Officer**



Step up. Stay COVID-safe.

WEAR A MASK WHEN REQUIRED

That includes:

-  indoor public places
-  public and passenger transport
-  healthcare and personal care settings
-  and when you can't physical distance.

For reminders on what to do:
StopTheSpread.sa.gov.au



Government
of South Australia
SA Health

210221

Barossa Village Artists

In the Barossa Village ILU community we have some fantastic artistic talent. Some of you would have seen the artists featured in the past and we will have more art from others to share next month. Enjoy the creativity.

Kay Edwards

Kay lives in a Barossa Village ILU and has also is a member of the Country Stitches Thursday Quilting group. "I taught myself and started making quilts 10 years ago". It's a regular hobby which has seen her make a dozen quilts over that time. "There are lots of patterns that you can buy but I have made some designs myself". It's a great hobby as you can do as much as you like and leave it for a while and come back to it and pick it up again easily". The Thursday Quilting group has openings available, contact Margaret on 0407175631. Great job Kay.



Catherine O'Brien

Catherine has been a member of the Barossa Village weekly Art group from its inception 18 months ago. She has developed a fantastic skill working with paints across several mediums. Catherine excels in landscapes and in this issue has done a wonderful painting of that very cute pig. Fantastic Catherine.



John Day

We have run a story on John Day's talents as a photographer in the past and many of you will have enjoyed seeing some of his photographs in the Grapevine, Annual Report and Barossa Village calendar before. John has provided us with some really great photos in the past and this shot of the sunflower field out near Freeling is another magic shot. John is also a talented wood burner and as you can see he has built this lovely bird feeder which has been intricately adorned with his word burning talent. Nice work John.



Pat Wooby

Pat always enjoyed needlework and knitting as a young girl but it was after she retired that she was able to enjoy allocating more time to this and also a variety of other drafts. " Its always satisfying when you can sit back and enjoy a project you have finished". Awesome work Pat.



Independent Living Community Bulletin Board



The importance of updating your computer and devices

As more and more of us use computers, tablets and smart phones there are some important things we need to do regarding managing your device to keep it working effectively. You may be aware of pop-up windows that prompt you to update your device or that a software update is available. These reminders will often give you the option "remind me later" but it's important to do the update or at least not put it off for too long. Software updates play an important role in that they repair security holes that have been discovered and will fix or remove bugs in the system. They also can add new features to your device and remove old and outdated ones.

Scammers continue to be a scourge in our society and they do present a serious risk. They love software security flaws which are commonly known as software vulnerabilities.

A software vulnerability is a security hole in the software program or operating system. Codes can be written to take advantage of the holes discovered in the software's security and these codes are then packaged into Malware which stands for malicious software.

Malware can infect your computer easily with no action on your part other than visiting a rouge website or opening an attachment or link. Once your computer has been compromised the Malware can steal data on your device, gain control over your computer and even encrypt your device rendering it useless. Consider the amount of important information that we keep on our devices such as banking & financial details, emails & personal information. This is why it's so important to update your device regularly as the update helps to keep your device safe and keep the hackers out.



Another factor is that if you don't do the updates as they come out your device may begin to run slowly or you may have programs that begin to crash or stop working altogether. In today's world so many of our service providers like Centrelink, My Gov, Telco companies, Banks and the like are all pushing us to do business with them online so this arena and the risks associated with doing so are becoming more and more prevalent. If you're not sure how to update your device we can show you how so please don't hesitate to contact me. Remember the sage like advice from our resident IT guru Mr Carl Helbig "Be vigilant, check everything and zero trust". Next month we will cover backing up your devices.

Vinyl Spin

A quick update on our Vinyl Spin nights as these will be on hold for a few months while our star DJ is on holidays. We'll look forward to some more sessions sometime soon and we will let you know in the Grapevine.

Wine Group

We had our first Wine Group evening at the Joy Rice Centre on April 21st and we had a fantastic evening together. The next one is going to be on the 19th of May, start time 5 pm. Bring a bottle and some cheese and crackers and enjoy some great company. If your interested please let me know.

Tom Herring, Integrated Care Development Coordinator

ILU Residents Activity Calendar*

May 2022

Activity	Date	Time	Location
Games Group	Wednesdays	2.00 pm	Joy Rice Centre Screen end
Happy Hour	Thursday 12 th	4.30pm	Joy Rice Centre
Movies Alternate Fridays	Fri 13 th May Peyton Place Fri 27 th Les Miserable 10 th June A Dogs Purpore	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	Nil this month		Joy Rice Centre
ILU Residents Social Club Meeting	Monday 9 th April	1:15 pm	Joy Rice Centre
Concert Night Joy Rice Centre	May 14 th "Rod Stewart Concert" June 18 th Jo Brown concert	6.30pm	Joy Rice Centre
Men's Group	Wednesday 4 th , 18 th of May & 8 th of June 1st	1:30 pm	The Lodge/Outings
Wine Group	Thursday 19 th May	5:00 pm	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

Property and Infrastructure Update



There is a number of new people in our community, so I thought it timely to revisit some of the processes that are in place to make sure that you are aware how we support your property management and maintenance needs as best we can:

Home maintenance requests 8562 0300 (Option 2)

As part of our independent living community, if you have a general maintenance request, please contact us during office hours. There's always someone to take your call. We operate under a 'first come – first served' basis with some flexibility if attending to a task logistically makes sense to be completed while we are in an area. However, there are those tasks that we consider 'urgent' where if they were unresolved they present a threat to you and/or the property. These tasks we aim to deal with straight away, which will mean we will at least 'make-safe'.

After hours maintenance service: 0408 030 020

If you have an urgent after hours maintenance need, please contact

0408 030 020. The on-call handyman will respond as necessary. Some tasks may require more intense effort to resolve than can be achieved in the evening hours. The focus will then be to ensure that the issue is 'made-safe' until the team can return.

Garden and preventative maintenance program

We have been operating under a program tailored to meet the horticultural needs of your gardens for the past 18 months. The program sees the team visiting each home every 6 weeks to provide these services, which also includes some preventative maintenance works e.g. changing smoke alarm batteries, cleaning air conditioner filters, checking valves on your hot-water service. There are factors that do cause delay from time-to-time, which we have experienced, but the important thing about a program is that it means that we do not lose sight of the need to provide a service – no-one is skipped.

A personal note:

Thank you to everyone for your messages of congratulations and support. I am honoured to have the opportunity to be CEO for the Barossa Village.

I've been fortunate to have worked alongside great people on some amazing initiatives for the Barossa Village, all of whom contributed to their success.

Working with and across the teams, as well as with our community and other stakeholders, I'm looking forward to us continuing to deliver great initiatives and sustainable outcomes so that we are in the best place we can be to continue to deliver care and services to our community well in to the future.

Ben Hall

General Manager, Service and Delivery

RURAL AID Ltd FLOOD RELIEF FUNDRAISER

A huge thank you to all staff and clients who generously donated items and money towards our fundraiser.

Together we raised \$1,116.60, which is an incredible outcome. We have spoken with Rural Aid and they are incredibly grateful for our donation as there are many rural folk in need of help, some having been impacted more than once by recent floods.

Our thanks again for putting your hands up to help make this such a success. Please know that your contribution is going to a great cause.

Community Care



A big hello from the integrated care assist team. ICA

We are a team of fully qualified carers all working simultaneously across all aspects of Barossa Village housing.

Pictured above are some of the people You will see us at the residency or shopping with clients in the community. We may clean for you or assist you with a shower and your personal hygiene. We may play a game of chess with you or work with you in palliative care.

No two days are the same for us and that's what keeps us returning each day with a smile on our faces.

Rachel Kuhn has worked for Barossa Village for nearly seven years with countless hours of experience at the residency and the last two and a half years as an ICA.

Julie Buckby has been with Barossa Village for just over five years. Julie started her time as a member of the BV contractor's team but became an ICA and is now a regular face at the residency.



And myself Kate Milroy. I started my BV life at the residency in nearly five years ago and became an ICA in 2019. I love my role here at BV, whilst it's sometimes quite challenging work, the people (you guys) make it a really lovely experience.

So if you see us around give us a smile and a wave. It will always be welcome and who knows it may just make our day.

NATIONAL 16-22 MAY 2022
VOLUNTEER
Better Together **WEEK**



Community Development



Better Together

Volunteer Australia announced the theme for National Volunteer Week 2022 as Better Together. I love this theme, it captures the essence of volunteering so well; that we are better together. When we come together we can do good things.

National Volunteer Week is Australia's largest annual celebration of volunteering and will be held on 16th – 22nd May 2022. Across Australia, it is estimated that over 5 million people volunteered through an organisation or group in 2020. This is almost one quarter of people aged 15 years and over.

Volunteering brings people together; it builds communities and creates a better society for everyone. National Volunteer Week is a chance for all of us to celebrate and recognise the vital work of volunteers and to say thank you.

Together, through volunteering, we are changing communities for the better. We are, Better Together.

Barossa Village has a strong, active and thriving volunteer base. There have been challenges with COVID that have meant

volunteering has in some instances been limited, but it is great to be moving forward in 2022 with activities and volunteering returning.

A big thank you to all our volunteers, our ladies auxiliary, op shop volunteers, community volunteers and our residency volunteers. Without all your efforts many of our programs could not run, and we truly appreciate all the support that you give to Barossa Village.

Barossa Village will be holding our Staff and Volunteer Recognition Dinner in May as our way of saying thank you to all our amazing volunteers.

Cafe Volunteers Needed

As we start to take the steps to re-open the Residency, Barossa Village is looking at opening the Residency Cafe again. This is a wonderful place where families can gather, share a coffee and a piece of cake and have a chat and reconnect.

If you are thinking about how you may be able to give back to the Residency and to do some volunteering this is a great opportunity.

We will initially open with serving coffee, tea and cake and will also look at having the cafe open on the weekends. If you can spare a few hours to volunteer at the Cafe it would be greatly appreciated. Please give me a call to discuss. All training on how to use the coffee machine will be provided.

Lisa Ognjanovic

Community Development Officer

Community Connections Calendar

Monday 2 St Hugh's Anglican Church 10.30am Exercise for Fun 1pm "Hello May"	Tuesday 3  Monarto Zoo Lunch At the Zoo or Bring your own	Wednesday 4  Tinker Shed	Thursday 5 10.30am  Joy Rice Centre Exercise for Fun 1:30pm Explore Egypt	Thursday 5 10.30am Eudunda Ward St Exercise for Fun 1pm Constructive writing (Letter and Novels)	Friday 6 10.00am Circle of Friends BOWLS Morning Friday Café Lunch 
9 St Hugh's Anglican Church 10.30am Exercise for Fun 1pm  "Thank You To All Mums Day"	10 9.00am Bunnings  Lunch Angle Vale Hotel	11  Tinker Shed	12 10.30am Joy Rice Centre Exercise for Fun 1:30pm Rock Painting	12 10.30am Eudunda Ward St Exercise for Fun 1pm This Day in History Quiz May	13 10.00am Circle of Friends Friday Café Lunch 
16 St Hugh's Anglican Church 10.30am Exercise for Fun 1pm Devonshire Tea Under the Trees.	17 9.00am Silver Screening The Duke Lunch in Gawler Cinema	18  Tinker Shed	19 10.30am Joy Rice Centre Exercise for Fun 1:30pm DOUG VENNING SINGING	19 10.30am Eudunda Ward St Exercise for Fun 1pm Eudunda Fauna Park Afternoon Tea in the Park	20 10.00am Circle of Friends BOWLS Morning Friday Café Lunch 
23 St Hugh's Anglican Church 10.30am Exercise for Fun 1pm Truro Op Shopping	24 9.00am Mannum Op Shop Lunch Murray Bridge Club	25  Tinker Shed	26 10.30am Joy Rice Centre Exercise for Fun 1:30pm Cooking	26 10.30am Eudunda Ward St Exercise for Fun 1pm Clients Interest/Hobbies Afternoon	27 10.00am Circle of Friends Crafty Morning Friday Café Lunch 
30 St Hugh's Anglican Church 10.30am Exercise for Fun 1pm Cultural Food Tasting Market					

Community Lifestyle



Friday Fun Day

Welcome to our new clients who have started in our groups. It's fantastic seeing our numbers grow and the friendship people are forming. Previously we have spoken about each day we run programs and what we do on these days. This month we thought we would invite you to Friday Café.

If you would like to socialize and catchup with friends we have the morning for circle of friends where you can share conversation over morning tea or a game of carpet bowls. If crafting is your enjoyment then we do have craft mornings.

Lunch is supplied by the kitchen and is a café style lunch served by our wonderful volunteers.

Afternoon we get the friendly competition happening with Bingo. Amongst the laughter and chatter numerous games are played while having afternoon tea.

If you feel Friday's or any of the other day may be a suitable please contact the lifestyle team. Transport is available to our programs.





Hope to see you all there!!

May Friday Café Menu

Date	Lunch	Dessert
6/5/22	Honey mustard chicken served with mashed potato, broccoli and roast pumpkin	Bread and butter pudding served with custard
13/5/22	Roast chicken thigh served with gravy, roast potatoes, roast carrots and peas	Chocolate and mint cheesecake
20/5/22	Roast beef served with roast potato, roast pumpkin, green beans and gravy	Golden Syrup steamed sponge pudding served with custard
27/5/22	Roast leg of lamb served with minted jelly, gravy, potato bake, roast root vegetables and peas	Chocolate tarts

Bookings are essential. Phone 8562 0300 to make your reservation

Residential Lifestyle

ANZAC DAY

This year's ANZAC Day service was conducted by resident Pastor Trevor Reu and was watched on TV in resident's rooms or in small groups in their lounge areas.

We wish to thank Trevor for providing this service and his regular Sunday service to the residents his sermons are much appreciated.



Benefits of doll therapy in aged care

Anyone who has seen it happen knows how wonderful a doll can be for the right person. Increased happiness, engagement and interaction are just some of the benefits, along with reduced symptoms of anxiety and agitation.

The Lifestyle team are always on hand to assist residents with kindness and dignity, ensuring that her doll's accessories are readily at hand.

According to Dementia Australia, the formal investigation on the effects of therapy dolls is still in its early stages, but most caregivers who have participated speak positively about the experience.

Key benefits of doll therapy for seniors living with dementia include:

Providing a sense of belonging and purpose

Helping to maintain mobility and social skills

Enabling a sense of comfort and security

Decreasing boredom which can reduce the appearance of agitation and wandering

Increasing social interaction, connection and engagement with others

An outlet to talk about feelings and experiences with the doll

Doll Therapy can also allow people living with dementia to reminisce about earlier years when they had young children or babies of their own - and in turn, helping staff or family members to connect with them on a deeper level.

Are you interested in woodwork or wood burning?

The Tinkers Shed in Nuriootpa is open on Wednesdays for men and women in the Barossa Village community to participate in projects and enjoy a cuppa while tinkering.

Projects include plant pot holders, desktop phone rests, grazing platters and chopping boards.

Wood burning is also available for those who want to give it a try.

COVID has impacted numbers, and we are keen to grow this group again.

Transport can be provided at no cost.

If you are eligible for CHSP funding through My Aged Care we can assist with this, and the cost to attend is only \$5 per week. To attend privately, the cost is only \$8 for the morning.



**For assistance with My Aged Care or CHSP funding contact Vanessa:
8562 0300 or vanessa@barossavillage.org**

**General enquiries or an information pack:
8562 0300 or communitylifestyle@barossavillage.org**



Barossa Village
people at our heart

Resident Profile

GWEN BENJAMIN



Gwen Benjamin RIP

22/07/1940 to 14/04/2022

Gwen Benjamin wrote this herself and her family wished for it to be published in this Grapevine edition.

I was born in Mildura in 1940. Our family was one of the pioneer families of Mildura. My grandfather owned the largest fruit block in the district- 320 acres - all under vines. His 3 sons worked the property.

We lived on the Murray River near Lock 11 and I remember swimming the river below our house to the "beach" on the other side. Then having to get the leeches off before we sun baked and swam back.

I have 2 brothers and 1 sister. My sister is 10 years younger than me to the day! She is the only one besides myself still here as my brothers have both passed.

My mother taught me scotch dancing - she was a champion at it before she married Dad and I wasn't too bad at it either! We used to go on family picnics with the Aunts and Uncles, either up the Annerbranch to yabbie or down to Renmark for the day. Those we're good times.

Our mother passed away when I was 11 and Dad tried to rear 4 kids. He remarried a couple of years later, and Kath had her hands full!



I went to Mildura West and the Mildura High School where I excelled at sport but academically that's another story. I worked for an accountant for 4 years and had a few trips away auditing business people's books in Euston, Balranald, Swan Hill, Dareton and Wentworth. I also helped on the block, doing the picking, pruning and rolling on, etc.

When I turned 18 I went to Andamooka with a cousin and 2 aunts to "strike it rich" on the opal fields but only stayed for 2 months. There was no shower only stand-up bath's in the dugout and we had to clean our teeth out in the open in front of the miners as they passed by. In 1958 there were very few females in the town and most of the men were from overseas. Not my cup of tea I'm afraid!

On returning home I worked 2 jobs to save up for a trip overseas with my cousin. I also bought a Vespa scooter to travel to and from work and to go out onto the blocks to do the bookkeeping.

On Saturdays after basketball my mad mates and I would ride to Ouyen to get strawberry milkshakes and lime spiders and cruise up and down the street looking for the talent. But most

of the talent was at the local footy matches! We would then ride home to get ready to go to the old Mill or the workers club for the dances.



The overseas trip my cousin and I were on was the first Global Tour to Europe, Manila, Singapore, and Hong Kong - 34 busloads of Aussies going around Europe in all directions. It was a big experience for a country girl in the 1950s. Our ship was the P&O Strathmore.

I met Ron before we set sail and he was shifting to Melbourne with his parents after the boat sailed, so we started a three year courtship of letters and the occasional visit on long weekends and holidays (I still have those letters).

When I arrived back from the trip Ron proposed. We were married 2 years later and shifted to Melbourne. I didn't like the hustle and bustle of the big city and after our son was born we shifted to Geelong.

We have three children, a son and two daughters. We lived on Bell Post Hill for 32 years. Ron started his own plumbing business and I did the bookwork for 28 years. I started up the Brownie and Girl Guide group in the area and was leader for 10 years.

I also started the Water Activities for the Girl Guide Movement in Victoria! It was under the umbrella of the local scout troop which the Melbourne Guides Association frowned upon. But after a lot of hard talking by the Scout Commissioner and myself we eventually got permission. We canoed and sailed in the State regattas against the Scouts and beat them! We had to have our camps set up at least 1 kilometre from the scout camps to pacify the Guide Association. We had fun and I have a lot of stories and memories about those camps and I enjoyed every minute of those years.

We had some wonderful family holidays during that time too.

With the kids married and settled with their own families (we have 6 grandchildren and currently 4 great grandchildren), Ron and I decided to move on. We did the usual "round Oz" trip and decided to shift to Haslam on the far west coast of SA, away from the cold weather, phone and hustle and bustle. I gave Ron 5 years but we stayed for 6!

We visited our daughter in the UK for 5 months - renovated her houses in London and Reraig (that's near the Isle of Skye). On our return we found we had to move closer to civilisation as there were no services (doctor, dentist or hospital) to speak of in Streaky Bay, the closest town to Haslam!

As we hadn't spent any time on the Yorke Peninsula, we decided to shift there, closer to Adelaide and moved to Kadina. Taking a trip north in 2007, I caught up with my brother who I hadn't seen in 45 years (the day I was married) - he had always worked on stations in the outback. It was terrific to catch up with him and meet his wife, and to know all was well with him.

We continued to travel - from European River cruises, touring Vietnam, Cambodia and Laos, Fiji, Canada and Alaska - and more trips to our daughter in Scotland and one to our eldest daughter when they lived in London. In 2008 we decided to change the pace again and found ourselves at The Vines Retirement Estate in Nuriootpa. We both played lawn bowls. I started up the local chapter of the Red Hatters and life was good.

Following a stroke in February 2017, it was time to admit that age and ill health had caught up with us. Ron entered permanent care in 2018 and I managed to hold off until 2021.

I think we have a few years left in us yet. That's just a few episodes that have happened in my life.

Life is what you make of it.

Be happy.

Gwen Benjamin

Thank you for sharing your amazing journey for the readers of Grapevine, Gwen.

May the god bless and comfort you and your family during this time of grief.

Rest in Peace.





Living in times which are unprecedented certainly creates some challenges.

For over two years we have been living in the shadow of a virus which has brought countries to their knees. COVID 19 or Corona virus as we initially called allegedly emerged in China at the end of 2019, it was reported as a problem in January 2020 and came under the watch of the World Health Organisation. I remember having a conversation with a friend and telling them, "this is going to be bad" and this was one of those times that I was not pleased with being right.

From those early days in January to March things accelerated rather quickly with more and more cases being reported and the virus spreading faster than anyone could have anticipated or expected. Then it came to Australia, the Barossa to be exact sparking the first of many lockdowns. That first lockdown was in response to a bunch of American tourists that got about our lovely Barossa, enjoying the sights and local food and wine. I still remember the first meeting that I had with Simon Newbold, telling him we are locking down and what the potential impacts could be. This was a scary time, I knew that the decisions that we could make would potentially impact

Get it Right

people's lives. As the disease progressed in Australia and we saw what happened in nursing homes in Victoria. We saw people die isolated from friends and family. This heightened the sense of importance to, "Get it right".

Every day I would spend at least two hours reading the latest information, often the same information as the day before, just wanting to get it right. I remember the day when the vaccine trials were announced and that they were going to be deployed to aged care first. The sense of relief was huge. I knew that one vaccination would be a start in creating a level of immunity which would reduce the severity of this illness. Early 2021 it happened, needles were in arms and round 1 felt like it was over.

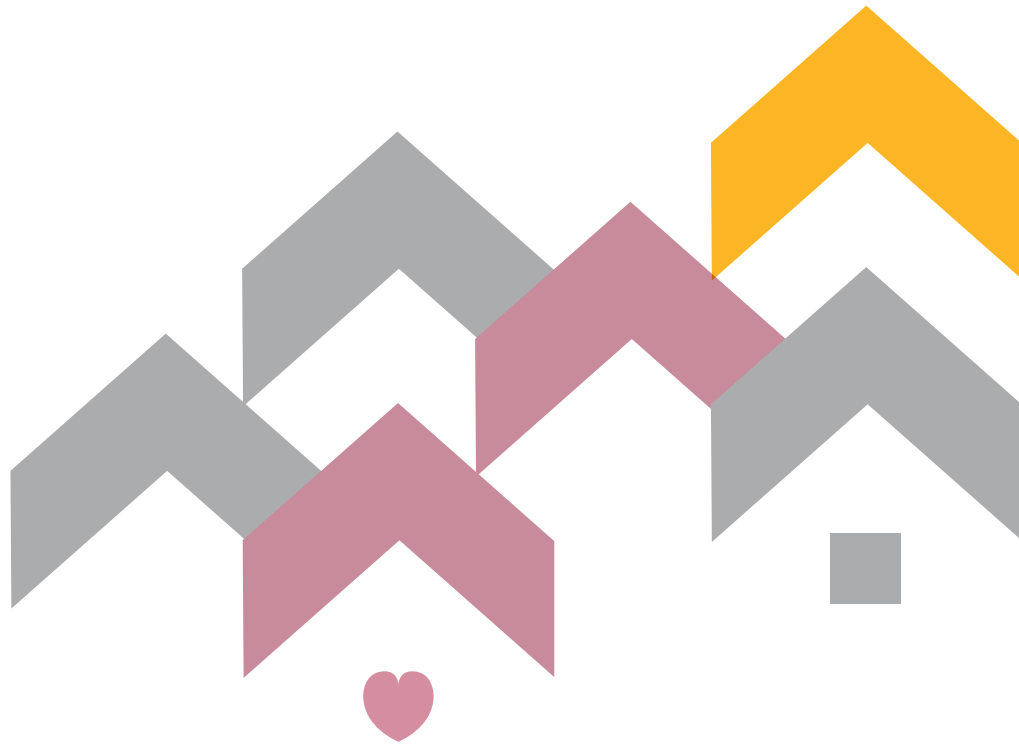
I am as you may know a history buff, I had spent a lot of time reading about infectious outbreaks that had occurred through history. There are three ingredients of a good pandemic, one high density living, two a virile virus or pathogen with little to no natural immunity and three poor nutrition. This was true with the black plague, the Spanish flu, the Asian flu, the Russian flu, the cholera pandemic (all seven of them) and it is certainly true about COVID 19. We also know that a Pandemic is a three to five year problem. So I knew that we were only at the beginning of this! Then we had the second Vax and the third Vax and now we are lining up for the fourth! We have taken every step to make sure that vulnerable people are safe and we have people to work.

Every decision that we have had to make we have made with the safety of everyone in mind. However we need to temper this with the supporting people to make decisions and take risks. Unfortunately when living in a communal environment each action from an individual can affect others. So one person getting sick impacts everyone, one person not being vaccinated reduces the effectiveness for everyone. It is a complicated and intricate space to be in with the pressure to, "Get it right". We have some current internal restrictions which we have taken to the Residents Representative Group, they elected to hold tight and maintain what we are doing to keep people safe. They like me just want to, "Get it right". So as we progress through the pandemic, we will all try to do what is best, what is right but most of all what needs to be done, and yes it might not always be the popular decision, but hopefully it is the best decision made with the best intent with the aim of keeping people safe and Getting it (as) right as we can.

Matt Kowald

General Manager, Integrated Care





Barossa Village
people at our heart