

September 2022

# Grapevine

Barossa Village's community news

## kitchen

- ♥ Joylene May's amazing cakes
- ♥ Great Gatsby fun at the Residency
- ♥ Ch-ch-ch-changes: the evolution of aged care



# 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



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On our cover:  
ILU Resident Joylene May

## Contents

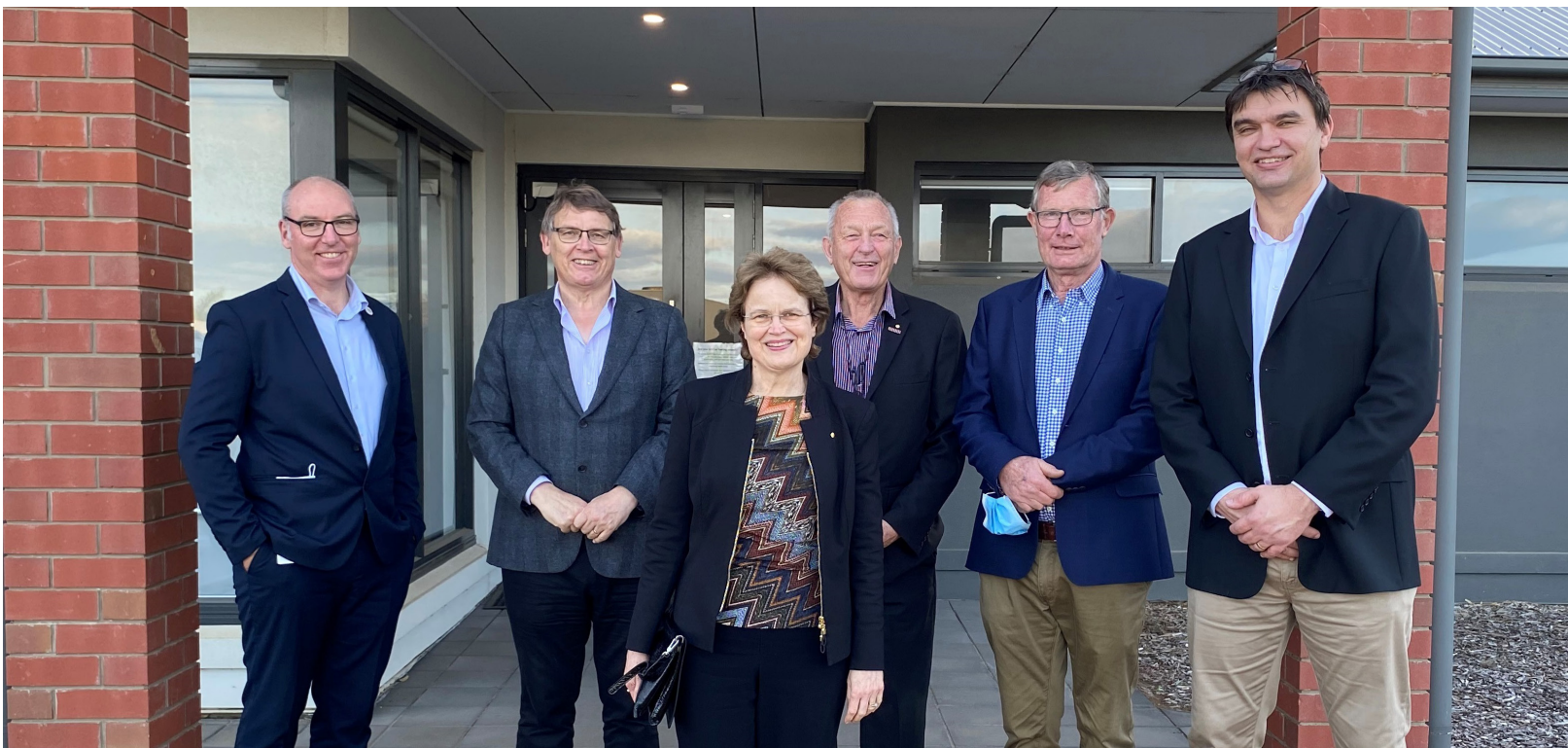
From the CEO	3
Independent Living Update	8
Meet ILU Resident Joylene May	11
Word Search: Movies of the 1960s	13
Ch-ch-ch-changes	14
Great Gatsby fun at the Residency	15
Meet Resident Lorna Zilm	16
It's the little things that matter	17
Community Lifestyle Update	18
Community Connections Calendar	19
September Cafe Menu	20



Early bird copies of the Grapevine are sent  
out via email before copies are delivered to  
mailboxes. Join the list!

Email [enquiries@barossavillage.org](mailto:enquiries@barossavillage.org)





Above: Barossa Village General Manager Integrated Care Mr Matt Kowald, former British diplomat Mr Rod Buntin, Her Excellency the Honourable Frances Adamson AC, The Barossa Council Mayor Michael 'Bim' Lange OAM, Barossa Village board member Mr John Angas and Barossa Village CEO Mr Ben Hall.

## From the CEO

It's been just over a month since I stepped into the role of CEO, and what a busy first month it has been!

The first Sunday of August was National Aged Care Employee Day which provided us with an opportunity to express our thanks publicly and celebrate the work that our staff do to support and care for Barossa Village residents and clients, but also to acknowledge employees across the sector more broadly.

The same week we also had the opportunity to host the Governor of South Australia, Her Excellency the Honourable Frances Adamson AC and her husband Mr Buntin, along with The Barossa Council Mayor Bim Lange and CEO Mr Martin McCarthy. We were able to show Her Excellency and the group through the Residency, including a tour through the Residency extension, the hydrotherapy pool and our assisted living precinct on Humberdross Way.

We are nearing the completion of the Residency extension, with internal fit-out very near complete, external concreting complete, landscaping about to commence and delivery of furniture well underway. We are expecting hand-over of the facility within the coming weeks. We will, of course, be providing more information about the opening of the facility as we are able.

Over the past month we have welcomed

a number of new staff into Personal Carer, Care Assistant, Enrolled Nurse and community contractor roles. There are also a number of other exciting opportunities on the horizon to grow our team including an Assistant Accountant, Corporate Services Officer, Registered Nurse, and additional Personal Carers and contract service providers.

It's certainly exciting times ahead!

Take care and stay well,

**Ben Hall**

**Chief Executive Officer**





## Hairdresser

Tuesdays at the Residency  
Thursdays at The Lodge

IRENE RICKARDS  
8564 2195 | 0414 607 135  
in salon or can come to you!



## The Village

OP SHOP

at the Arthur & Gladys Reusch  
Community Centre  
24a Murray St, Nuriootpa

**Open Wednesday to Friday  
9.30am - 3.30pm**

**P: 8562 0300**

*New volunteers always welcome!*



## BAROSSA CHRISTIAN FAMILY CENTRE

*All Welcome*  
**SUNDAYS 10.30AM**

**JOY RICE CENTRE, NURIOOTPA  
0408 194 740**

### COVID-19 information

sahealth.gov.au | 08 8226 6000  
SA COVID-19 Mental Health Support Line  
1800 632 753 (8am-8pm, 7 days)

Coronavirus Health Information Line  
1800 632 753

Get vaccinated - book at sahealth.gov.au

Masks and QR / sign in are a requirement to  
enter The Lodge\*, the Residency\*, Joy Rice  
Centre\* and the Arthur & Gladys Reusch  
Community Centre.

\*Proof of vaccination is also required.

## Saturday Movie Matinee

2pm at the  
Joy Rice Centre  
Nuriootpa

**FREE ENTRY**

**RSVP on 8562 0300**



3 September



17 September



# The Barossa Village Ladies Auxiliary Inc.

*Proudly supporting and subscribing to the general welfare of residents of the Barossa Village Residential Aged Care Facility.*

Warmly invites you to join us for our

## SPRING AFTERNOON TEA

to be held at the Vine Inn

Wednesday 14 September 2022, from 2pm

### RAFFLE DRAW

**Tickets \$25 | limited seating**  
**Remittance by 7 September**

**Sandra Johnston – 8565 7025**  
**Jeanette Kennedy – 0419 995 681**



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



## High Tea Dance

Thursday 15 September 2022

12 noon - 3pm at Nuri Soldier's Memorial Hall



Flinders Rural Health  
South Australia



**RSL**  
Tanunda Sub Branch

## FUNDRAISER

SUPPORTING VETERANS, THEIR  
FAMILIES AND THE COMMUNITY

### LUNCH / FASHION PARADE / SINGER

Thursday, September 29th, 2022

11:30am to 3:00pm

Please contact Christina Henry 0404184470  
for further information



# Independent Living Update

## Resident Market

It was a cold and bleak Saturday on the 13 August but that didn't deter our Barossa Village Residents and Friends from hosting their bi monthly market! We also ran the Op Shop that morning and had a pleasing number of people coming through despite the dreary weather.

Barossa Village residents and friends come together to sell a wide range of products, including local crafts, homemade goods, jewellery, knitting, potted plants and much more. Upcoming markets:

- Saturday 8 October 2022, 9am-1pm
- Saturday 10 December 2022, 9am-1pm

Held at the Reusch Community Centre, located between the Vine Inn and Bank SA in Nuriootpa. Enquiries to: Inga on 0457824316

## Men's Group

Last month the ILU Men's Group visited the Birdwood Motor Museum - we had a great afternoon checking out hundreds of vehicles and motorbikes in this world class museum.

The Men's Group meets alternate Wednesday afternoons at 1:30 pm. We either meet at the Lodge or alternatively go on an outing to a local bakery for a coffee together. The best part is the fellowship and great conversations among a great bunch of blokes. If you're interested please give me a call 8562 0300 (option 2), all are welcome and we are always seeking new members.

## Art Group

The Barossa Village Craft Group meets every Friday from 3-5 pm at the Joy Rice Centre, covering a range of art practices such as acrylic and water painting, dot art, card making, calligraphy, knitting, jewellery making, adult colouring books and birdhouses.

We would like to expand our current activities and would love to share our interest and knowledge with new people, plus gain some fresh ideas. We are keen to showcase the talents of the Barossa Village community - any item you are making or have made, we would love to display in our gallery.

Come and join us to see what we do, have a chat and a cuppa. We promise you that you will be made welcome. For more information you can contact Gisela on 0419 597 773 or email [gandjirlam@bigpond.com](mailto:gandjirlam@bigpond.com)



One of the classic cars at the Birdwood Motor Museum.

## Julie Taylor interview correction

Last month we introduced new ILU Resident Julie Taylor in the ILU Resident story. Apologies for getting your surname wrong Julie!

## Bushfire Planning & ILU Cluster visits

Next month we will be preparing for our pre bushfire season information sessions. We will also be joined by Mr Ben Hall as we will be having working visits to the ILU clusters, inviting residents to a meet and greet, have a coffee & a chat and work through any issues that need to be attended to.

## Gopher-scooter tyres

If your gopher/scooter tyres require reinflation please let me know and I can arrange for Peter from Mobility SA to attend for assistance, he can also provide free quotes on gopher maintenance and repairs.

## Tom Herring

### Integrated Care Development Coordin





## ILU Residents Activity Calendar - September 2022

Activity	Date	Time	Location
Games group	Wednesdays	2.00 pm	Joy Rice Centre
Happy Hour	Thursday 8 Sept	4.30 pm	Joy Rice Centre
Movies:			
The Terminal	Saturday 3 Sept	2.00 pm	Joy Rice Centre
The Pursuit of Happyness	Saturday 17 Sept	2.00 pm	Joy Rice Centre
Art & Craft group	Fridays	3.00 pm	Joy Rice Centre
Bobby Dazzler live shows on Facebook			As per Facebook page
ILU Residents social club meeting	Monday 12 Sept Bangers & Mash	1.15 pm	Joy Rice Centre
Concerts at Joy Rice: John Farnham	Saturday 10 Sept	6.30 pm	Joy Rice Centre
Men's group	Wednesday 7 Sept Wednesday 21 Sept	1.30pm	The Lodge / outing

All activities are subject to COVID restrictions.

For more information about the activities phone Reception on 8562 0300

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

## Barossa Village ILU Social Club August meeting summary

**Attendees:** Vi Mitchell, Helen Roesler, Judy Clarke, Kevin Prouse, Jackie Chapman, Judy Richardson, Jean Higgenbottom, Nita Jones, Bev Reid, Magda Lausberg, Bette Kempton and Jeanne Whitelaw.

**New members:** Helga Sabel, Carol and Ian Luckhurst.

**Apologies:** Rita Jury and Pauline Farrell.

- Happy birthday was sung to Jean Higgenbottom and Judy Richardson.
- Secretary read the minutes from the previous meeting. Helen asked that they be accepted and Jean seconded the motion.
- A thank you letter was sent from SA Ambulance, acknowledging our donation.
- In general business Jean suggested we take a train trip in October from Gawler to either Munno Para, Elizabeth or Salisbury instead of the usual meeting. We were asked to consider this until the next meeting. We have several drivers to take us to Gawler.
- At the September meeting we will be entertained by Bangers and Mash and November will be set aside for the auction.
- Vi (Treasurer) gave us the financial report which is quite healthy and asked that it be passed as correct and Judy Richardson seconded the motion. Everyone who was at the last meeting agreed. Meeting closed at 1.35 pm and we were then entertained by Mike (Mr. Bobby Dazzler).

**Next meeting:** 12 September, arrive 1.15pm for 1.30pm start. Please bring afternoon tea to share. Tea and coffee is provided. For more information please contact Reception on 8562 0300.



Some of the Community Care team: Maria, Matt, Louise, Katie, Sam, Jodie, Kate and James.

## Community Care Update

This month has been a busy and rewarding one for our community Care Team.

We have welcomed 25 new clients to our services along with some new staff and contractors.

Staff in a range of roles have attended a variety of training sessions recently, including First Aid, CPR, Mental Health First Aid, Mental Health for Older persons, Understanding Dementia, Having Difficult Conversations, Brain Injury, Hoarding, Indigenous Cultural Training and Manual Handling.

Meanwhile, we have been working hard to improve service delivery. Our Response Team have answered every phone call and email request on the same working day as received. We also have been meeting with clients, conducting reviews, updating and changing services as needed. Our nurses have been busy providing post-acute care, nursing assessments and wound care while our Scheduling Team have been kept extra busy ensuring all service needs are met in a period when many staff have been away ill.

During August we held information sessions in Nuriootpa, Kapunda and in Gawler to meet with our contractor service providers. Over a cuppa and cake, we discussed changes, answered questions, heard concerns, floated ideas, learnt about elder abuse and respectful relationships. About 75% of our service providers were able to attend and everyone left with a small gift bag - they do such a great job and we are lucky to have them as a part of our caring community team!



# If I'm unable to make decisions, who will?

Who will make good choices on my behalf if at any time I am unable to?

In South Australia there are two legal documents that allow you to appoint someone else to act as a decision maker on your behalf.

- A general (non-enduring) power of attorney
- An enduring power of attorney

These two legal documents can specify who can make decisions for you, which decisions they can make and when they can make them. Your decision-maker is known as the "donee" and you are known as the "donor".

The donee must be:

- Be over 18 years old
- Understand the effect of making a power of attorney
- Have decision-making capacity at the time of making the document

Your donee can be a family member, friend, a lawyer or a licensed trustee company and you can nominate more than one. They must agree to act for you by signing the legal paperwork to show they have accepted the role.

The responsibilities of the person acting on your behalf are in Legislation and must be followed. They must:

- Act in your best interests
- Keep accurate records of all transactions and decisions
- Keep your finances separate from their own

You can limit or place conditions on the donee's decision making power. For example you can be specific about who they can gift to and who they can't.

In South Australia a donee cannot simply resign from the role, they must seek permission from the Supreme Court of South Australia. However, you can change or cancel the donee's responsibility at any time by submitting a withdrawal form to the Land Services Australia office.

It is always recommended to obtain legal advice before making such decisions. The Legal Service Commission provides free advice for most legal issues.

Contact the Legal Helpline on 1300 366 424 or visit [www.lsc.gov.au](http://www.lsc.gov.au)

## Our Community Care team is here to help!

Contact us by phone Monday to Friday from 8.30am til 4.30 pm on **8562 0300** – reception will direct your call to the right staff member.

- Commonwealth Home Support Package (CHSP) clients will be directed to the CHSP team.

**Email: [CHSP@barossavillage.org](mailto:CHSP@barossavillage.org)**

- Home Care Package (HCP) clients, and all other enquiries will be directed to the Community Care Coordinator team.

**Email: [response@barossavillage.org](mailto:response@barossavillage.org)**

- To change a scheduled appointment, you will be directed to the Scheduling team.

**Email: [scheduling@barossavillage.org](mailto:scheduling@barossavillage.org)**

## Do you use taxi cabs?

Did you know that If you are unable to drive or catch public transport you may be eligible for the Transport Subsidy Scheme?

This offers a 50% subsidy for all taxi rides and 75% if you are in a wheelchair. To find out more phone the Transport Subsidy Scheme on 1300 360 840.





## Would you like to know more about Dementia?

The *Dementia Guide* is a free useful source of information for all Australians impacted by dementia. It's a comprehensive 160 page guide.

Designed for people living with dementia - and for their friends, families and carers, it's also a handy reference for community care professionals. Have it on hand for post-diagnosis discussions about how your client or loved-one can live as well as possible, access essential services and make plans for the

future.

The *Dementia Guide* has been developed in consultation with people living with dementia, their families and carers - making the information as relevant and meaningful as possible.

To have a free copy posted to you or to download a copy go to [www.dementia.org.au/resources/the-dementia-guide](http://www.dementia.org.au/resources/the-dementia-guide)

## Meet home care contractor Lizzy

Lizzy is a passionate carer and is consistently driven to learn all she can to be the best possible carer.



*I have been an aged care provider with the Barossa Village for just over 3 years. I wanted to do something more rewarding in my life so after 30 years of hospitality I quit my job and went and volunteered at Barossa Village.*

*It has had quite a profound and wonderful change in my life. I am now 62, and it has given me the confidence and belief in myself that I could never imagine. My daughter is 33 with a partner and my son is 31, married and expecting their second baby any day!*

*In my spare time I love being out in the fresh air gardening,*

*I do bush walking most weekends, enjoy time with my family and friends, knitting, sewing, reading and studying. The UTAS course on Dementia has helped my job role immensely.*

*I would like to work till I'm 70. My late beautiful Nanna lived till 104, so hope for me yet! My Mum is still alive she is 91 and sharp as a tack. She has no choice she has 5 daughters... Yes, I have 4 sisters we are all avid gardeners and cooks and all manage to take it in turns getting things done for Mum!*





## Meet ILU Resident Joylene May

Baking has been a passion for Joylene for many years. Her first effort was in her early school years when she entered a baking competition. Joylene had some sound instruction from her Mother but she had to do the bake herself. Taking out second place in the competition was a thrill.

Having retired to Barossa Village 8 years ago Joylene found that she now had time to put into her baking and soon enough she began to receive requests from friends and family to provide the cakes for various social events.

"My first cake job was at the local RSL when I was asked to make a cake for an 70th birthday celebration, I had made plenty of cakes before that but it was then that it really took off".

Joylene has created many beautiful cakes for family and friends but is also getting orders from the wider community with word of mouth being very positive about her work, with orders for wedding, anniversaries, birthdays and more!

Its not just cakes, Joylene also specialises in making panacotta, trifle and slices. Desserts are definitely her specialty but Joylene states, "If I see something new that catches my eye I always enjoy giving it a go".

Many of the cakes that Joylene has made she has researched on the internet which is a great source of recipes and cake designs. " It's a great creative outlet for me but the thing I love is seeing the smile on people's faces".

Her cakes are a work of art, crafted to a highly professional standard, some taking many hours to produce.

If you are interested in Joylene's culinary services you can contact her on 0457343278



## Barossa Village Residents Association (BVRA)

### August meeting summary

#### Ben's Report

- Ben introduced Yonna Taylor, Marketing and Communications Specialist who has been in the role at Barossa Village for two months having come from a previous role at The Barossa Council, she has been focusing on the Grapevine, social media and the website since her commencement.
- Carl Helbig has been appointed Maintenance Manager, commencing at the end of September. Until then reporting maintenance issues remains unchanged; contact reception or Ben to report issues. Other staff have also moved internally into new roles, creating new pathways for change of career and retention of staff.
- Governor of SA, Her Excellency the Honourable Frances Adamson visited the Residency to experience the improvements firsthand and showed a genuine interest in the new complex. All building is progressing with most work to be completed in the next few weeks.
- Ben currently preparing next year's budget which will be presented at the BVRA meeting on 14 September 2022.

#### Tom's Report (presented by Ben as Tom was unable to attend)

- Nine new residents have been welcomed to independent living. Unfortunately three ILU residents have recently passed away.
- Most of Tom's time is spent in delivering welfare calls to ILU residents and many visits supporting residents in a variety of ways to help navigate the provision of service from both government and private agencies. With the onset of winter quite a few activities have schedule changes to enable residents to attend during the day and early evening.

#### Cluster Issues

- Scholz Ave – Raised issues around green bin storage, a pathway being blocked and security lighting.
- Heidrich and Maywald Crt – Reported that signage positioning for vehicles entering from Penrice Rd is confusing directing traffic to Maywald Crt, a no through road. Requested that signage be repositioned to make it more visible.
- Maria Street – Spoke of Electricity Sales People door knocking residents in Maria Street.
- Magnolia Street – There are still six surplus green bins that needed to be returned to council. All requested noted and will be actioned.

#### General Business

- Discussion regarding the naming of the new library space where it was agreed a generic name e.g. "The BVRA Book Exchange and Library" would be appropriate with a plaque installed recognising Mr Bob Sandercock's contribution. Books will be able to be borrowed, swapped, exchanged or kept.
- The Aged Care Reform has now been postponed by the Australian Government until July 2024 to allow more time for consultation.
- Happy Hour - RSVP is not required. Attendees just need to bring their own drinks, nibbles and a share plate. Barossa Village supplies the BBQ meat and all are welcome.



# Word Search: Movies of the 1960s

N	U	G	R	I	P	L	E	E	P	R	R	P	N
A	D	P	E	T	S	A	U	T	H	C	E	I	H
T	G	N	G	A	N	N	Y	H	A	P	P	N	H
R	A	S	N	R	I	S	P	E	P	P	A	K	D
M	P	K	I	O	P	R	O	G	L	T	D	P	T
S	T	R	F	H	P	H	L	R	T	R	H	A	T
D	H	A	D	C	O	T	I	A	P	P	R	N	R
D	E	H	L	Y	P	O	V	D	R	S	O	T	U
T	B	G	O	S	Y	N	E	U	M	G	P	H	E
L	I	L	G	P	R	E	R	A	K	I	N	E	G
U	R	R	R	A	A	E	T	T	A	P	A	R	R
C	D	P	S	P	M	O	E	E	E	D	G	C	I
A	S	C	R	R	R	C	H	A	R	A	D	E	T
S	U	C	A	T	R	A	P	S	B	E	S	P	A

The Graduate  
Spatacus  
The Birds  
Charade

True Grit  
Mary Poppins  
Pink Panther  
Psycho

Oliver  
Goldfinger

# Ch-ch-ch-changes

There are a lot of changes happening in the aged care space. This seems to be the recurrent theme since the Royal Commission and COVID. But it is just what is normal for aged care since the 1990's. Let me take you back in time to give you an insight to how we found ourselves where we are today.

In the 1990's when life was simpler, pre mobile phones and email, aged care was in crisis. This crisis took the form of draconian practices to look after residents. These practices included the use of less than orthodox methods to manage continence, unregulated providers, untrained staff and some challenging work health safety conditions and practices. This eventually forced a parliamentary enquiry and the, "Aged Care Act 1997" came into existence as a result. This act of parliament enshrined regulations which supported better and more uniform practices in aged care. From there we also had the beginnings of the aged care quality and safety commission. This regulatory body began assessing aged care facilities and making sure they were safe. There was a push to increase skills in the sector. Universities during this time were just taking on Nursing as a degree course from hospital training. Unhelpfully Universities actively discouraged Registered Nurses from entering the Aged care industry, as this was seen a lesser area of nursing.

Into the 2000's and life sped up for all of us, aged care crisis moved to a health crisis as successive federal governments changed the funding and amended the "Aged Care Act". Pressure grew in the hospitals. Hospital beds were at a premium and these beds, "Blocked" by aged care residents became a political football. The Department of health released, "The Residential Care Manual", which outlined how to provide care, what is to be charged and what were the conditions that were to be adhered to. There was charter of resident rights and there was a comprehensive review process which most facilities in Australia failed, sparking the Hogan report. This report highlighted that there needed to be more investment in aged care and support for the sector.

Forward we go again to the 2010's 98% of aged care facilities were compliant with the standards which were set in the 2000's and the head of the Quality agency stood before the industry telling them all they were doing a fantastic job and we (the quality agency) were here to help. Within weeks of this statement the Oakden story broke and the industry was again in crisis. This sparked a Royal Commission which was on the back of 18 previous enquiries.

So here we are today, and now we can reflect on David Bowie's lyrics from 1972

"Still don't know what I was waiting for

And my time was running wild, a million dead-end streets and

Every time I thought I'd got it made

It seemed the taste was not so sweet"

(Bowie: Changes, 1972)

It does summarise it quite nicely, as an industry aged care does seem to run into dead ends and there does not seem to be a finish line. What we are all working towards is better and safer care for the most vulnerable in the community. We have come a long way and yes there is probably a long way to go and sometimes we won't ever get it right. At least knowing all that this industry has been through I am confident to say we are always prepared to be better. Yes the ch-ch-ch-changes will continue and we will continue to strive to make a better environment for all.

**Matt Kowald**

**General Manager  
Integrated Care**





## Barossa Village Residents' Representative Group

### August meeting summary

- **Residency extension** - everyone will have an opportunity to inspect the new wing once complete, currently waiting on electricity to be connected. Work on the connecting pathways and landscaping will commence soon. Her Excellency Mrs Francis Adamson toured the Residency and extension on 8 August.
- **Food focus group** - Chef Manager, Natasha Harvey will organise for the Food Focus Group to sample the new menu - dates to be confirmed.
- **COVID restrictions** - no changes to current restrictions.
- **Hydrotherapy pool trail** - currently being negotiated.
- **Water pressure/temperature** - New hot water service is planned to be installed later this year.
- **Air curtains** - no updates.
- **Waste disposal** - there is a lack of contractors to pick up diverse waste types (Eg: different plastic, glass etc), however, currently cardboard and drink containers are able to be recycled.
- **Feedback** - praise expressed for reception staff for their helpfulness, thanks expressed to Julie Cartwright for her contribution to Barossa Village.
- **Ladies Auxiliary fundraising** - Father's Day raffle and afternoon tea the Vine Inn on 14 September.

## Great Gatsby fun at The Residency

Our residents had lots of fun this month in a Gatsby inspired dress up. Re-living the 1925 novel by American writer F. Scott Fitzgerald our residents choose 1920s inspired costumes and had a lovely morning reminiscing and laughing!



John



Denise



Frieda



## Meet Resident Lorna Zilm

I was born at Nuriootpa on 9 October 1923 and grew up on our family property at Light Pass. As we were descendants of German immigrants we spoke German at home and at school during this time. At the age of 14 I left school to work on the vineyard and to help out at home.

I was a member of the Young People's Society, we held a concert once a year where we all sang and performed. Once I was married I stopped attending as I then worked. I married Percival Zilm at the Light Pass Church, we were married by Pastor Reuter, and we went on to have 4 children, Helen (who has passed away), Robert, Judy and Malcom (who has also passed away). Judy has 2 children.

Once married I was involved in the Ladies Guild for the Light Pass Church. For many years we also had a choir at Lights Pass Church that I enjoyed being involved in.

I remember during the war time that we received coupons for material and food. Percival didn't go to war as he was the only son and had to help on the farm.

I have always loved cooking and baking. On the farm we had plenty of fruit trees, we had figs, plums, pears, peaches, pears and mandarins. I would dry fruit and I would make a fruit cake with all the fruit we had.

I have always been a knitter, I would make everyone jumpers. However I can't knit anymore as my hands don't allow me to.

Percival and I loved to go on bus tours,

and we went with Bute Bus Tours around Australia - Percival wouldn't fly so we saw a lot of Australia by road! We would go for two weeks at a time, I loved visiting Queensland, didn't enjoy Darwin as much though as it was too hot!

Before coming to the Residency I lived with my son Robert. When we still had the farm we had lots of cats to keep the mice under control as we had hay. We also had a farm dog, and he would prick his ears up when Robert would come home and he would run to meet him. When we left the farm we gave him to our neighbour.

I have a sister, Rita who is 100 years of age and lives in the nursing home in Freeling.

I have enjoyed life and I'm still happy.



# It's the little things that matter

When my beautiful Mum turned 70 we got her a hot air balloon ride; recently we went to a paint and sip class together – clearly looking back at the photo I did more sipping than painting - and Mum who has artistic ability had to fix mine up a few times!! I enjoy doing things with Mum that will make memories. I'm fortunate that we have weekly family dinners where we all go over to Mum and Dad's and get spoilt with a home cooked meal, and my Dad, under Grandparents privilege, tells my boys that can eat as much as they want for dessert!

It's the small things we will remember. We will remember how people make us feel, how we laughed the memories we make along the way.

This month I'm sharing an article by Michelle Baltazar, Editor-in-Chief, *Money Magazine* that made me smile - I hope I do something funny if I make it to 100!

Norah Shaw is Manchester-born but world famous, thanks to a cheeky request she made on her birthday this week. What did a woman who has lived through two World Wars, raised three children and is now a great-grandmother to six want on the day she turned 106?

Simple: "A naked man to serve me cake."

Okay, I exaggerate. Her exact words were "a hunky man" but her daughter, Gill, 67, dutifully took the hint and ran-all the way to a bachelorette's party service agency called *Butlers in the Buff*.

How amazing is it that at the end of the day, someone who has lived through so many defining moments in history would want something as simple as someone indulging her sense of humour?

If I recall all the stories I've read about centenarians, no one who has ever lived past 100 years wished for a better car, a bigger house or extra funds in their bank account. It's all about life's little moments with the ones you love.

That's not to say that we don't want to live a life of comfort, or even luxury, and that's why looking after our finances early on is incredibly important, especially since we are living longer.

According to UN data, there are more than 570,000 centenarians around the world, up



Lisa and her mum, Annette

from more than 33,000 in 1950. The average lifespan many years ago was around the 70-year mark and anyone who lived past 85 was medically defined as having 'exceptional longevity'.

No wonder that when Norah turned 85, Gill thought she needed to do something extra special for her based on common knowledge about ageing and life expectancy.

More than 20 years on, Norah is living a great life, healthy and mischievous as ever.

Australia boasts one of the highest life expectancy rates in the world, ranking fifth below Iceland, Japan, Norway and Switzerland. Living past 80 is the norm. If you're mapping out your retirement plan today, think three digits. Believe it or not, 100 is the new 40.

**Lisa Ognjanovic**

**Community  
Development Officer**



# Community Lifestyle Update

Barossa Villages's Community Lifestyle group based in Eudunda, had the opportunity to contribute to the South Australian Living Artists festival in Eudunda, with the theme focus "Birds of a feather flock together".

Over a number of weeks the group gathered every Thursday to discuss, plan and create their display - it was a wonderful opportunity to be part of and join in with the local community. The group was awarded the 'inspiration award' for their finished project at the opening night event of the exhibition.



Barossa Village's Community Lifestyle programs are run in Angaston, Nuriootpa and Eudunda. We bring our programs to these areas and offer a transport service so you can participate in our planned events.

Tuesday outings take us on the road to visit various towns including Murray Bridge, Adelaide, Adelaide Hills, Riverland, Clare and the Barossa Valley. Bring a friend with you and enjoy staying socially active and connected while keeping your mind engaged.



# Community Connections Calendar

Monday at St Hugh's Anglican Church	Tuesday	Wednesday	Thursday at Joy Rice	Thursday at Ward St Eudunda	Friday
			<div>1</div> <div>10.30am</div> <div>Exercise for Fun</div> <div>1:30pm</div> <div>Travel Through China</div>	<div>1</div> <div>10.30am</div> <div>Exercise for Fun</div> <div>1:30pm</div> <div>Bake and Take</div>	<div>2</div> <div>10.00am</div> <div>Circle of Friends BOWLS</div> <div>12.30pm</div> <div>Friday Café Lunch</div>
<div>5</div> <div>10.30am</div> <div>Exercise for Fun</div> <div>1.30pm</div> <div>Mind Games: Horse Race Quiz</div>	<div>6</div> <div>9.00am</div> <div>Apex Park Lunch</div> <div>Lockleys Tavern</div>	<div>7</div> <div>Tinker Shed</div>	<div>8</div> <div>10.30am</div> <div>Exercise for Fun</div> <div>1:30pm</div> <div>Show Time</div>	<div>8</div> <div>10.30am</div> <div>Exercise for Fun</div> <div>1.30pm</div> <div>Quiz Event/Afternoon Tea</div>	<div>9</div> <div>10.00am</div> <div>Circle of Friends BOWLS</div> <div>12.30pm</div> <div>Friday Café Lunch</div>
<div>12</div> <div>10.30am</div> <div>Exercise for Fun</div> <div>1.30pm</div> <div>Senses: Tea Tasting and Conversation</div>	<div>13</div> <div>9.00am</div> <div>Silver Screening Falling For Figaro Lunch</div> <div>At the Cinema</div>	<div>14</div> <div>Tinker Shed</div>	<div>15</div> <div>10.30am</div> <div>Exercise for Fun</div> <div>High Tea Dance</div> <div>Soldier's Hall</div>	<div>15</div> <div>10.30am</div> <div>Exercise for Fun</div> <div>12.00pm</div> <div>High Tea Dance</div> <div>Soldier's Hall</div>	<div>16</div> <div>10.00am</div> <div>Circle of Friends BOWLS</div> <div>12.30pm</div> <div>Friday Café Lunch</div>
<div>19</div> <div>10.30am</div> <div>Exercise for Fun</div> <div>1.30pm</div> <div>Arts: Pot Paint Dipping</div>	<div>20</div> <div>9.00am</div> <div>Vadoulis Garden Centre Lunch</div> <div>Gungellan Hotel</div>	<div>21</div> <div>Tinker Shed</div>	<div>22</div> <div>10.30am</div> <div>Exercise for Fun</div> <div>1:30pm</div> <div>Paper Mache</div>	<div>22</div> <div>10.30am</div> <div>Exercise for Fun</div> <div>1.30pm</div> <div>Active: Skittle /Quoits Fun</div>	<div>23</div> <div>10.00am</div> <div>Circle of Friends BOWLS</div> <div>12.30pm</div> <div>Friday Café Lunch</div>
<div>26</div> <div>10.30am</div> <div>Exercise for Fun</div> <div>1.30pm</div> <div>Craft: Build a Bird House</div>	<div>27</div> <div>9.00am</div> <div>Aviation Museum \$10.50 Cost Lunch</div> <div>BBQ/Bakery Lunch</div>	<div>28</div> <div>Tinker Shed</div>	<div>29</div> <div>10.30am</div> <div>Exercise for Fun</div> <div>1:30pm</div> <div>Baking for Fun</div>	<div>29</div> <div>10.30am</div> <div>Exercise for Fun</div> <div>1:30pm</div> <div>Craft For Fun</div>	<div>30</div> <div>10.00am</div> <div>Circle of Friends BOWLS</div> <div>12.30pm</div> <div>Friday Café Lunch</div>



# Friday Café Menu - September

Date	Lunch	Dessert
9 September	Grilled fish, baked potatoes and tossed salad	Pannacotta with berry compote and biscuit crumb
16 September	Lamb and rosemary sausages with onion gravy and vegetables	Fruit flan
23 September	Beef and mushroom pie with mash and peas	Apple and cinnamon crumble with custard
30 September	Apricot chicken with rice and greens	Bakewell tart
7 October	Ginger beef with baby potatoes and vegetables	Oreo cheesecake