

October 2022

Grapevine

Barossa Village's community news

- ♥ It's about time
- ♥ Lissy & Michael visit Redeemer
- ♥ John's hydrotherapy journey

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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100% recycled paper.



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enquiries@barossavillage.org

On our cover:

Valley Rockers dance group
at the Tea Dance event

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

Email enquiries@barossavillage.org



DJ Ben and I welcome guests to the Tea Dance.

From the CEO

A fortnight ago I had the joy of welcoming guests to the High Tea Dance at the Nuriootpa Soldier's Memorial Hall. The event had been a long time coming after a two year hiatus so it was exciting to see people coming together again.

We held the first event of this kind, in conjunction with The Barossa Council, in early March 2020, just before the world changed in response to COVID-19.

Following the success of that initial event we knew we wanted it to become an annual fixture, but of course, we had no idea when restrictions would allow us to come together in such a way again, so for that day to finally arrive, it was a fantastic feeling!

Thankfully the weather was also kind on the day, making it easier for everyone to get out and about.

As Spring sets in and the end of the year fast approaches we have a number of projects coming to fruition including a handful of new Independent Living Units being completed, some works at the Lodge which will extend our capability to accommodate community

health providers such as Sonder along with a new social space for residents to enjoy which will include a new 'Residents' Book Exchange', plus of course, the much anticipated completion of the Residency extension, which is now so very close to the finish line.

Until next time, 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



Barossa Village

Residents & Friends
Community Market

Saturday 8 October, 9am – 1pm


Reusch Centre
24a Murray Street Nuriootpa

Saturday Movie Matinee

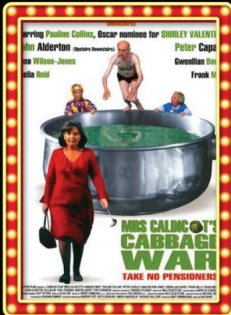
2pm at the
Joy Rice Centre
Nuriootpa

FREE ENTRY

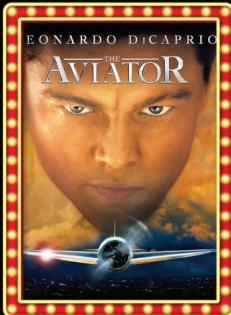
RSVP on 8562 0300



1 October



15 October



29 October



Barossa Village Residents Association
A Voice for Residents

ILU RESIDENTS ARE CORDIALLY INVITED

to the Barossa Village Resident's Association

2022 ANNUAL GENERAL MEETING

Wednesday 12 October 2022 at 1:30 pm

Joy Rice Centre
14 Scholz Ave, Nuriootpa



Village Stars

To ensure we have the workforce now and into the future to meet service demands, we are exploring innovative ways to attract new staff and so have recently introduced Village Stars.

Some of our best team members have come to us via the recommendation of current Barossa Village employees and so this program will recognise that contribution moving forward. Through the Village Stars program, candidates who apply for a position and are successful will be asked how they heard about Barossa Village.

- If the candidate states that they were encouraged by a current Barossa Village employee, and names them, then upon appointment, that existing employee will receive \$50 in their next pay.

- A further \$50 will be paid on completion of the new employees 6 month probation period to the existing employee.

Thank you to the first round of Village Stars
Kylie Swyghuizen, Anne-Marie Mail and Tahni Mitchell.



Lissy and Michael visit Redeemer

On 9 September ILU Residents Mrs Lissy Amtsborg and Mr Michael Reglar visited Redeemer Primary School, Nuriootpa. The school had invited our residents to speak to the Year Six class on how war had affected their personal lives and their community.

Lissy shared with the students her memories of life in Berlin during World War II and was a most compelling testimony. Lissy held the students' steadfast attention detailing the hardships of life during and after the conflict. At one point when Lissy was telling the students that they would go without food for days and at time and how they had to make meals out of stinging nettles, a student was heard commenting to a classmate "I feel so selfish hearing this story".

Michael shared his story of growing up in Salisbury at the end of the war and how much

the region changed during the war and post war years. Michael reflected on how all food had to be purchased via ration booklets and how the area grew rapidly at the conclusion of the war with refugees from Europe. Michael made a very poignant comment that resonated with the teachers and class: "the war may be over but it may never be over in your head".

It was terrific to hear the teachers reflect that the visit had made a genuine impact and connection with the children.

Tom Herring

**Integrated Care
Development Coordinator**



ILU Residents Activity Calendar - October 2022

Activity	Date	Time	Location
Games group	Wednesdays	2.00 pm	Joy Rice Centre
Happy Hour	Thursday 6 Oct	4.30 pm	Joy Rice Centre
Movies:			
Fisherman's Friends	Saturday 1 Oct	2.00 pm	Joy Rice Centre
Cabbage War	Saturday 15 Oct	2.00 pm	
The Aviator	Saturday 29 Oct	2.00pm	
Art & Craft group	Fridays	3.00 pm	Joy Rice Centre
Bobby Dazzler live shows on Facebook	8 August	1.15 pm	As per Facebook page
ILU Residents social club meeting	Monday 10 Oct	1.15 pm	Joy Rice Centre
Concerts at Joy Rice:	Saturday 22 Oct	6.30 pm	Joy Rice Centre
Joe Brown Live in Liverpool			
Men's group	Wednesday 5 Oct Wednesday 19 Oct	1.30pm	The Lodge / outing
Residents & Friends Community Market	Saturday 8 Oct	9am - 1pm	Reusch Centre
Information session - SAPOL - Scamming & Aged Rights Advocacy Service	Wednesday 26 October	2pm - 4pm	Joy Rice Centre

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

Barossa Village ILU Social Club September meeting summary

Attendees: Vi Mitchell, Helen Roesler, Kevin Prouse, Magda Lausberg, Rita Jury, Carol Luckhurst, Ian Luckhurst, Jeanne Whitelaw, Ruth Jarman, Judy Clarke, Nita Jones, Bev Reid, Bette Kempton, Jean Higgenbottom, Judy Richardson, Jackie Chapman, Gisela Irlam and Helga Sabel.

Apologies: Yvonne Wuttke and Pauline Farrell (resigned).

The previous minutes were read. Accepted by Magda and seconded by Jean.

There was no interest in the train trip for October meeting, so we will have the auction.

Vi gave us the financial report which she asked to be accepted and Judy Richardson seconded the motion. All in favour.

In general business, the Christmas lunch was discussed with Judy getting a menu from the Tanunda Hotel. Members were happy with the choices and the price and it will be subsidized from funds. To be discussed again at next meeting on 10 October at 1.15 pm - the auction will be held on that day.

Mike and Reg joined us to listen to the entertainment.

The meeting closed at 1.30 pm and we were entertained by Bangers and Mash.

What can I use my Home Care Package funds for?

What your Home Care Package (HCP) funds can be used for can be different for each person on a HCP as funding is provided based on your assessed care needs, your care plans, your goals, legislation and your individual budget. The level of package you have will determine how frequently you can have services provided.

Looking after your safety

- Domestic assistance - light housework, dusting, sweeping, mopping, vacuuming, washing, ironing, changing bed linen, dishes, wiping down wet areas, taking out rubbish and general tidy up.
- Gardening - Lawn mowing, clearing paths, light pruning.
- Maintenance - Cleaning gutters, window cleaning, changing smoke alarm batteries, installing rails and ramps. As needed anything to keep your home in a condition of functional safety.
- Personal alarms - designed to detect a fall or to contact someone in an emergency.
- Equipment - Shower chairs, walkers, toilet seat raisers, wheelchairs, commode chairs, bedpans, Kylies, the hiring of a hospital bed and mattress, eating utensils.
- Incontinence aids - we order them and have them delivered to your home.

Looking after your wellbeing

- Personal care - assistance with showering, dressing, personal grooming
- Nursing - post acute care, wound care, all needed products, medication management, and assessments.
- Podiatry - assistance with foot and nail care.
- Physiotherapy - Hydrotherapy in our own heated pool, individual therapy and groups.
- Meals - we can help you with meal preparation or you arrange a meal delivery (you pay 30% to cover the cost of the food).
- Social support - individual social support in your home, or going for an outing. Social groups.
- Transport - to and from appointments and social events. We can take you shopping or do your shopping for you.
- Technology - We can help you to be connected to family and friends by showing you how to use the internet with your pad, computer or smart phone.

Download the Guidelines for Consumers at myagedcare.gov.au for more information.

Meet Chloe



Hi, my name is Chloe and I am new to the Community Care Team.

I am no stranger to the Barossa Village, I started as a carer at the Residency in 2007.

The team at the Barossa Village are like a family to me. Many of the staff have watched me grow and the support has been amazing.

I just love hearing our client's stories about their life. It is a privilege to be able to support our clients as they have helped many in their lives.

I am a local, I was born in the Valley and now my husband and I are raising our 3 daughters and our son here.

I look forward to working with you at some stage - Chloe.

Meet Samantha

I am one of the voices you will hear when you phone our CHSP services. I started my journey at Barossa Village in April 2021. What I like about Barossa Village is, knowing we are making a difference in people's lives and helping them to stay in their homes for as long as possible.

The things I enjoy about my role is chatting to the clients and helping them to get the services they require at home and to live a normal life for them. It is quite a change from my previous career,

I worked in the Wine Industry for 27 years, Cellar Door, Sales, Marketing & Export. I spent some time in QLD on the Sunshine Coast selling wine to Restaurants and bottle shops along on the coast line and Brisbane.

I have lived most of my life in the Barossa. I now reside in Greenock with my husband Peter, Elise who is 22, Finn who is 18 and Indigo who is 9. We also have Rocky our Border Collie, Blueberry our Mini Loop rabbit (that lives inside with us completely toilet trained) and Bella our turtle.

My hobbies are traveling, camping, footy and running my children everywhere ha,ha!) An interesting fact about me is that I can still cartwheel on our back lawn with my little girl - Samantha.





Last month my dad turned 90 and I 60 on our shared birthday. I am incredibly lucky to have shared so many birthdays with a man I adore.

I was born in Australia, my parents were ten pound Scots. They arrived on a one way ticket, not knowing a soul in this country - they must have second guessed their decision at times, but never showed that to us kids.

Their determination to make a good life for us was an amazing gift that continues down to his grandchildren and now great grandchildren.

And what a life I have had. I married a true gentleman, we have five great children and twelve wonderful grandchildren. We live in beautiful Eudunda with our dogs Floyd and Joplin.

I have met some incredible people in the jobs I have held, and now finally have found an organisation that values the generations that have worked so hard and taken risks so we can have a good life.

Flora Fielder, Manager Community Care Team

Pictured with her Dad, brother and niece.

Continuity in community care

Why do I sometimes get different workers or get asked if my home service can change times?

We always aim to have your regular worker attend as we understand how important it is to see a familiar face at your door. However, things unexpectedly arise such as staff illness or complications that mean the previous client's visit needs to be extended, for example.

When this occurs we work hard to find another suitably qualified staff member, however, this may mean the time of your service may need to be adjusted.

We will always contact you and offer the choice to reschedule or to proceed with the relief staff member, however, this is a last resort after we have exhausted all other options.

What training do my workers have?

All staff providing home care services have a Police Clearance and up-to-date vaccinations (Flu and COVID). Some staff may

only be able to provide domestic assistance, transport and social support while those who have completed a Certificate III in Community Service can also provide personal care and if they have completed additional training may also be able to provide medication prompts and application of topical medication (ie: creams and ointments)

Integrated Care Assistants can provide all of these services and are continuously training in areas such as mental health, elder abuse, manual handling, cultural competency and working with Dementia clients.

Our coordinators and schedulers work tirelessly behind the scenes to ensure you get the right care from a suitably qualified worker. What our whole team have in common is a passion for working in aged care and a shared commitment to ensure that each interaction meets your expectations and is tailored to your needs.



Meet ILU Resident Anna Hahn

I am a retired Registered Nurse/ Midwife and have a CAFHS certificate in Mothers & Babies, as it was then known. How proud I was to start my nursing career in my white pressed uniform and starched cap, collar, cuffs & apron. We worked a 48 hour week. All the staff lived in the nurses home (not nursing home!) and we had a lot of fun together, there was always someone to talk to.

We had to do six weeks of Preliminary Training School and then we went on to train on the hospital wards. We had to learn quickly who the boss was and the associated pecking order within the Hospital. It was always Doctor first (in white coat), Matron next (all in white with a veil) and then came the Registered nurses. I remember I was feeding an elderly lady and had my back to the door. I saw all of the other nurses stand up but I did not see why. All of a sudden I was pulled up by the scruff of my neck by the Sister who had just entered the room and was reprimanded for being disrespectful. I split the meal all over the tray.

In my early days I often had to go to Matrons office with two schillings in hand to pay for breaking glass thermometers. The thermometers had mercury in them and you had to shake them vigorously to get the mercury down. Two Schillings was a lot of money out of my pay packet back in the day.

We were reprimanded if our hair length went over the collar but as nurses we were able to hide our hair rollers if we were going out after being on duty.

We never addressed each other by our Christian names only by job title and surname. As I climbed up in rank I worked in the CSD (Central Sterilising Department) and Casualty. While there I asked the Sister if I could attend the birth of a baby. I will never forget that experience. The patient was in

established labour and I was so caught up in the moment that when the Midwife told the patient to push I pushed as well! When the baby was born I let out a sigh of relief and the treating Doctor asked me "was it hard work for you too Nurse?" From that moment I wanted to be a Midwife.

I was working in CSD was on night duty and we had to prepare all of the trays for sterilising. We had to wrap them in green cotton material, not the disposable product they use today. I remember completing this job one night and I had place a roll of cotton wool in the autoclave to heat it up and it puffed up into a large pillow shape. I was tired and placed my head on the warm cotton wool to have a brief rest and subsequently fell asleep. I was then awoken by the sound of footsteps and sat up quickly but not quickly enough as the Sister in charge caught me with cotton wool stuck to the side of my mouth and face. Thankfully the Sister was sympathetic and we had a good laugh.

While in my senior role I was mentoring a PTS nurse and I asked her to get me a fallopian tube from the Central Sterilising Department, she went to collect this but came back asking if I wanted it sterile or unsterile? We then explained to her what it was and we all had a good laugh together.

Another time when I was on my way to the male medical ward, there was an empty room freshly made up for the next patient so I went into the room, pressed the call bell and then hid in the cupboard. A junior nurse entered the room to answer the bell. I crept up behind her and put my hands on her shoulders. She let out a blood curdling scream that was so loud that it was heard by the Sister in charge. Again I was reprimanded but we all laughed together afterwards!



John's hydrotherapy journey

ILU resident John Irlam shares how the hydrotherapy pool has assisted in managing Osteoarthritis.

"This is my account of how the hydrotherapy pool has been so valuable in controlling the pain in my right knee caused by Osteoarthritis. I don't have any medical qualifications, but have followed the advice of the professionals.

After a year of increasing pain in my right knee my G.P. referred me to an Orthopedic Surgeon who conducted arthroscopic surgery on my knee. After this investigation he indicated the next line of treatment would be a knee replacement.

At that time the pain was so severe I was forced to make big changes to my lifestyle and was granted a disability parking permit. I took out private health insurance with a waiting period of one year for the replacement surgery (it could be up to two to three years in a public hospital). I was provided a Care Management Plan through my G.P. which included pain control medicated and five visits to a physiotherapist.

After consultation with the physiotherapist a number of low impact exercises in the hydrotherapy pool were recommended

with the advice to undertake this workout as regularly as possible. After a few weeks of attending a one hour session, five days a week I began to notice a marked improvement in pain reduction. The more I went the more the pain diminished and I could then perform more challenging exercises, which again reduced the pain. The additional benefit of this was reducing my need for pain control tablets, and in fact, haven't taken any since early May this year.

Of course I still get the occasional bad day amongst the many good day and will still need the knee replacement schedule in February next year, but I'm amazed how much my lifestyle has improved. I'd like to thank Dr David Cook (Nuriootpa Medical Centre), Stacey Morcom (Countrywide Physiotherapy) and Ben Hall (Barossa Village CEO and driving force behind the hydrotherapy pool concept) for their support."

Sudoku Puzzles

Sudoku is easy to play - Fill in the blanks so that each row, each column, and each of the nine 3x3 grids contain one instance of each of the numbers 1 through 9.

9					8	5		
	5	3		9				
	1			5	6	4		3
							2	
	4	2			1			
6	8	1		2	3		4	
	2					8		
							6	
			8				5	2

6		3	5		2	9		
	4	5			6			3
		8		3		4		
					9			
	9		3		5		2	
			4					
5						6		
4						7	9	2
			2	7		3		5

It's about time!

It's about time. It's about time people started to come back to the aged care facility. It's about time to start volunteering again. It's about time to start something new. It's about time to stop being scared of what may happen and get on with living and looking forward to what could happen.

This is not the first time that this line has been used. Famously Gough Whitlam in 1972 made this the basis of his election campaign. He made this call to action in response to the conservative politics that had dominated the Australian political landscape since; well, forever. In 1972 we had the Baby boomers emerge into adulthood, this was greeted by spiraling inflation, soaring interest rates, low growth, rising unemployment, oil price explosions and political turmoil which brought the postwar boom to a shuddering end. Sound similar to another time in history?

But the 1970's was also a time of great development and growth culturally and economically. Australia had to climb off the sheep's back and develop new industries. We as a nation responded to these difficulties and built the success of the 80's and 90's. Anyway I digress, back to where we are now.

Now is really complicated. Now we have two years of society being significantly disrupted. Global disruption on a scale never before experienced. Our sense of normality and safety has changed. What we thought was possible has become impossible and vice versa. Thanks to an invisible adversary we have conditioned and coded our behaviors to support our risk management, basically we are just trying to keep ourselves safe! It's difficult to just turn this off or even modify, some of the behaviors that we have now will probably be lifelong. Now is the time where we need to create and rebuild societal connection. The best part about this, like the 1970's is we can (if we choose) do something different. We are not bound by what we did in the, good old days (pre COVID).

The challenge has been given to us in aged care, we have been told by the Royal Commission findings that it is, about time. It's about time to improve the quality of care and services that we provide. This can be done by putting more money into the sector, but only if the money is spent in developing services to deliver better connection to people. The people that most people want to be connected to are the people that they love, the people have known for their whole lives, family and friends. Connection to community is often in the puzzle which is quality of life is the piece that gets lost under the couch. COVID has kicked that piece further away, it's about time, time to re-forge this connection. As the Pandemic moves to an end let's together rebuild this connection and make it better. Watch this space for changes and projects that we can do together to make life better not just for people living in aged care but for the whole community.

It's about time!

Matt Kowald
General Manager
Integrated Care





Meet Resident Ken French

I was born to Irene and David French on the 6th September 1937 in Kapunda.

I have one sister Muriel, we grew up at Kapunda. I went to school at Kapunda for only a short time before my parents decided to home school me, this was due to me falling off the darn horses and breaking bones all the time!

Home schooling wasn't for me and after I had enough of being home schooled I worked in many jobs finding work wherever I could.

I met my wife Josephine through a friend (I cut his lunch so to speak) and we were married at the King William Street registry office in 1960.

After getting married I owned my own slaughter yard, supplying at least nine Butchers throughout the region. Josephine and I have two children Sherrie and Brett. I have traveled to Queensland, Victoria, New South Wales and all around South Australia.

Just for fun I rode in Rodeos at Marrabel and Broken Hill between 1958 and 1985 and I loved it.

I enjoy watching football and am a Port Adelaide supporter. I love watching horse racing and would love to get to another race.

Residential Lifestyle



Gayle enjoying Jenga



Bus outing to see canola fields in bloom



Theo having a go at the handball comp



Leon having a go at the handball comp



Spring gardening



Community Lifestyle



Thursday lunch outing



Maidstone Hotel lunch



Lance considering his next shot



Eunice taking her shot

Do you provide care for a loved one? You may be eligible to receive Government assistance.

- Carers Allowance is \$136.50 a fortnight and is not asset tested. However you and your partner's combined income must be less than \$250,000 annually.
- Carers Payment may be up to \$987.60 a week. This payment is for carers of high needs individuals and is both income and asset tested.

For more information contact Carer's Line on 132 717 or go to servicesaustralia.gov.au

What is a Companion Card?

You may be able to get a companion card if you are unable to participate at most venues and activities without significant assistance and planning you may be eligible to obtain a Companion Card. This will enable your companion/carer to obtain free entry when you purchase event tickets through participating venues.

Contact SA Companion Card:

Phone 1800 667 110 or email DHSCompanionCard@sa.gov.au

Disability parking permit

Disability parking permits allow a vehicle to be parked in spaces where the international symbol of access is displayed. The vehicle displaying the permit must be being used to transport the permit holder.

If you meet the following conditions you can apply for a disability parking permit:

- You have a permanent physical impairment or a temporary impairment that is likely to continue for more than six months
- The impairment severely restricts speed of movement
- The impairment significantly inhibits ability to access public transport.

How to apply

Complete the application form online at servicesa.gov.au, call 131084 and request a form to be sent by post, or pick up one from a Service SA centre. Get your medical practitioner to complete and sign the relevant sections, then return the application fee to a Service SA centre with lodgment fee.



October Community Connections Calendar

Monday at St Hugh's Anglican Church	Tuesday	Wednesday	Thursday at Joy Rice	Thursday at Ward St Eudunda	Friday
3 Closed October Long Weekend	4 9.00am Heritage Trail Through Sedan Lunch Mystery Hotel	5 Tinker Shed	6 10.30am Exercise for Fun 1.30pm Travel Through Bali	6 10.30am Exercise for Fun 1.30pm Bird House Feeders	7 10.00am Circle of Friends BOWLS Morning 1.30pm BINGO
10 10.30am Exercise for Fun 1.30pm Game On: Board Games	11 9.00am Haighs Chocolate Lunch Tavern 540	12 Tinker Shed	13 10.30am Exercise for Fun 1.30pm Tasty Bakes	13 10.30am Exercise for Fun 1.30pm Game On: Board Games	14 10.00am Circle of Friends BOWLS Morning 1.30pm BINGO
17 10.30am Exercise for Fun 1.30pm Coloured Paper Vases/ Pencil Holders	18 9.00am Silver Screening See How They Run Lunch At the Cinema	19 Tinker Shed	20 10.30am Exercise for Fun 1.30pm DOUG VENNING SINGING	20 10.30am Exercise for Fun 1.30pm Coloured Paper Vases/ Pencil Holders	21 10.00am Circle of Friends BOWLS Morning 1.30pm BINGO
24 10.30am Exercise for Fun 1.30pm Landscape Sketching At the Park in Angaston	25 9.00am COSTCO Shopping Lunch At Costco	26 Tinker Shed	27 10.30am Exercise for Fun 1.30pm Christmas Crafft	27 10.30am Exercise for Fun 1.30pm Landscape Sketching Worlds End Gorge (Burra Creek)	28 10.00am Circle of Friends BOWLS Morning 1.30pm BINGO
31 10.30am Exercise for Fun 1.30pm Nuriootpa Mitre 10 Planting Tips- Green Thumb					

Friday Café Menu October / November

Date	Lunch	Dessert
14 October	Butter Chicken with rice and vegetables	Apple pie with ice cream
21 October	Baked potato with bolognese, cheese, sour cream and salad	Sticky date pudding and caramel sauce
28 October	Silverside, mashed potato and cabbage	Bakewell tart with whipped cream
4 November	Roast beef with vegetables and yorkshire pudding	Pannacotta with spiced pears and ice cream
11 November	Chicken parmigiana with potato bake and vegetables	Pavlova with cream and fresh fruit