

November 2022

Grapevine

Barossa Village's community news

- ♥ Residents' Book Exchange launched
- ♥ What is an 'Advanced Care Directive?'
- ♥ New lifestyle & wellness groups

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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barossavillage.org



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enquiries@barossavillage.org

On our cover:

CEO Ben Hall with BVRA
President Robin Henry and
Secretary Karen Davidson

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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



The Residents' Book Exchange located within The Lodge

From the CEO

The idea for a residents' library / book exchange has been in the pipeline for sometime and I'm very happy to share that it is now a reality!

Following the BVRA AGM last week we unveiled the 'Residents' Book Exchange' within The Lodge, adjacent to the 'Peter Rosey Bar' which opens onto the courtyard.

It is intended that the Residents' Book Exchange will operate similar to a street library - take a book, leave a book, return it or pass it on. We hope the space will facilitate a return to socialising and serve as a place to make connections.

Residents and clients are welcome to come in anytime between 8.30am - 4.30pm, Monday to Friday to grab a book, sit and read or play a game or two with friends. Thanks to a number of independent donations and the support of The Barossa Council library we have a massive range of books, including large print and German, of all genres, audio books, CDs, DVDs, puzzles and games.

We have also set a date for the official opening of the Residency extension. After

much planning and hard work it is very exciting to be able to begin to move residents into this new space and to celebrate this milestone. The official launch will take place on Monday 14 November from 1pm, please RSVP to Yonna Taylor (yonnat@barossavillage.org) if you'd like to join us!

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 5 November
9am – 1pm

Reusch Centre
24a Murray Street Nuriootpa

Friday Movie Night

6.30pm at the
Joy Rice Centre
Nuriootpa

FREE ENTRY

RSVP on 8562 0300



11 November



25 November



Caring for a loved one with Dementia?

The Dementia Behaviour Management Advisory Services (DBMAS) provides advice to individuals caring for people living with Dementia. This service is provided where behavioural and psychological symptoms of Dementia are impacting on their care and quality of life. Access is through the 24 hour helpline 1800 699 799 or online at www.dementia.com.au



What a relief!

The National Public Toilet Map available online or via a free mobile app can help you find the nearest public toilet when you need it!

You can filter your search based on your requirements, including accessibility, opening hours and facilities.

View the National Public Toilet Map online toiletmap.gov.au or download the app on your App store.



Do you wear glasses and receive the aged pension?

You may be eligible for financial assistance. Glasses SA helps South Australians obtain low-cost glasses or, for those with serious eye conditions, no-cost contact lenses.

The maximum you will pay for a complete pair of standard glasses (basic frames and standard lenses) is:

- glasses with single vision lenses - \$25
- glasses with single vision grind lenses - \$30
- glasses with bi-focal lenses - \$50
- glasses with multi-focal lenses - \$100.

Glasses SA will meet the co-payment for Aboriginal customers for standard glasses.

Glasses SA will meet \$50 in additional costs for thinner lenses in basic frames. Any further cost will be at the customer's expense. Costs may vary according to lens type, and between participating optometrists.

You are entitled to one new pair every three years or when clinically necessary. If you are prescribed contact lenses under Glasses SA, your lenses will be at no cost to you as often as clinically prescribed.

For more information phone Glasses SA on 1300 762 577 or email glassesSA@sa.gov.au

Independent Living Update

Emergency & Bushfire planning

It's that time of year again when we encourage everyone to review their bushfire and emergency plans prior to the onset of Summer. We have an Independent Living Unit Vulnerable Residents register and have resources allocated to assist with bushfire and emergency planning. Contact us if you feel your situation has changed or to be included on the register as we move into Summer. Carl Helbig and I will be visiting unit clusters in Angaston, Tanunda and Nuriootpa to discuss this important issue.

Movie Nights

During the colder months we have been running our movie screenings on Saturday afternoons. This will now revert to alternate Friday nights as we move into the warmer months.

ILU New Year's Eve Celebration

The Joy Rice Centre will be available for the ILU Residents to use to see in the New Year together. It will be open from 8pm on the 31st December until the "wee hours" of New Year 's Day.

Men's Group Christmas Function

The Men's group Christmas function will be on the 16th of November. We will be having lunch at the Sir John Franklin Pub 12 midday. Transport to be arranged with Tom and are bookings essential.

Residents & Friends Markets

The next ILU Residents and Friends Market will be on Saturday the 5th of November. If you would like to have a stall please call Tom on 8562 0300 or Inge on 0457824316

Tom Herring

**Integrated Care
Development Coordinator**



Volunteers wanted!

Meet new friends, learn a new skill
or utilise your expertise!

BBBFm are seeking volunteers for
programming, presenting,
production and board positions.

Find out more at bbbfm.com



ILU Residents Activity Calendar - November 2022

Activity	Date	Time	Location
Games group	Wednesdays	2.00 pm	Joy Rice Centre
Happy Hour	Thursday 10 Nov	4.30 pm	Joy Rice Centre
Movies: Young Victoria	Friday 11 Nov	6.30 pm	Joy Rice Centre
The Pirates of Penzance	Friday 25 Nov	6.30 pm	Joy Rice Centre
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 14 Nov 'Show & Tell'	1.15 pm	Joy Rice Centre
Concerts at Joy Rice: Show TBA	Saturday 19 Nov	6.30 pm	Joy Rice Centre
Men's Group	Wednesday 2, 16 & 30 Nov	1.30pm	The Lodge / outing
Residents & Friends Community Market	Saturday 5 Nov	9am - 1pm	Reusch 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 October meeting summary

Kevin welcoming seventeen members: Bette Kempton, Judy Richardson, Jean Higgenbottom, Helga Sabel, Carol Luckhurst, Ian Luckhurst, Jeanne Whitelaw, Rita Jury, Judy Clarke, Nita Jones, Bev Reid, Kevin Prouse, Vi Mitchell, Helen Roesler, Magda Lausberg and Mike Reglar. Apologies: Yvonne Wuttke.

Jackie read the previous months minutes with Ian asking that they be accepted with Judy Richardson seconded the motion. All were in favour.

Christmas lunch will be at the Tanunda Hotel at 12 noon with two entrees, three main courses and two desserts to choose from.

Vi gave us the financial report from the previous month and asked for them to be accepted and Bette seconded the motion. All members accepted the report. Financial members will pay \$10.00 for the December lunch. The rest will be paid for out of club funds. Financial members will have had to pay \$8.00 during the year. Moved Vi, seconded Helen.

Meeting ended at 1.40 pm. November meeting will be on 14th with a show and tell.

Barossa Village Residents Association (BVRA)

Annual General Meeting Summary

37 ILU residents attended the BVRA Annual General Meeting on Wednesday 12 November.

PRESIDENT'S ADDRESS – Robin Henry: Noted that some procedural changes have been made to the Association over the past year and that the aim is to retain all records digitally. Arrangements have been made with the CEO to provide a repository within the new Residents Book Exchange where copies of the BVRA minutes and forms can be accessed plus a copy of the Retirement Villages Act.

BOARD CHAIRPERSON ADDRESS - Helen O'Brien: Flagged that the Board are interested in feedback or ideas from residents around plans for Heritage Park which they are looking for feedback or ideas from residents and talking to people about future orientation - feedback can be forwarded to the CEO.

CEO'S ADDRESS – Ben Hall: Noted business interruption has been experienced across all sectors due to the ongoing impact of COVID, however the Barossa Village community have faced these impacts with resilience. Alongside 'business as usual' operations this year has seen many successes including:

- Near completion of the 21-bed Residency extension project, connecting our existing facility with the Allied Health Centre, creating many new spaces and service opportunities.
- The relocation of the Barossa Village Op Shop into an expanded setting.
- The creation of a Residents' Book Exchange at the Scholz Ave precinct.

INTEGRATED CARE DEVELOPMENT COORDINATOR REPORT - Tom Herring, read by Ben Hall in Tom's absence: Welcoming new Residents – A very warm welcome to our ILU Community to Ross and Lorraine Atkinson, Maurice and Wendy O'Brien, Leeann Knipsel, Fred and Hannah Threthewey, Helen and Bernard Conley, Miriam Laister, Hazel Howitt, Leslie and Jannette Letheby, Robert Haines, Bob Perry, Julie Taylor, Helga Sabel, Teresa Ryan, Lila Rosenzweig, Noreen Knauerhause, Ian and Beverly Rice, and Graham and Jeannette Jones.

In Memoriam – We remember with respect the following ILU residents who have passed away - Mr Frank Cunningham, Mrs Rhonda Blaser, Mr Bill Veldkamp, Mr Ian Parsons, Mr Ted Stoll, Mr Steve Cody, Mr Doug Fisher, Mr Bob Sandercock, and Mr John Martin.

INCOME AND EXPENDITURE STATEMENT - Ben Hall: Ben introduced the audited Income and Expenditure Statement for the last 12 months and the budget figures for 2022-2023 year. The fortnightly contribution for maintenance from November 2022 is \$204.50 (2.9% increase)

ELECTION OF PRESIDENT: Robin Henry was reelected unopposed for the next 12 months.

MANAGEMENT COMMITTEE NOMINATIONS: Karen declared the following residents nominated by their Clusters be duly elected.

Cluster Representative	Cluster Proxy	Cluster Name
Sandra Johnston	Coralie Page	AMSTBERG
Shirley Nash	Phylip Nash	ATZE/HUMBERDROSS
Gisella Irlam	Carol Luckhurst	PENRICE
Sydney Wooby	Yvonne Wuttke	SCHOLZ
Inge Fimmel		HEIDRICH/MAYWALD
Julie Smith	Dorothy Lee	SCHILLING/NORTH
Gayle Sanderson	Jim Hesselschwerdt	HILL ST
Carol Seidel	Anne Robbins	ANGAS ST
Karen Davidson	Paul Paulenas	BASEDOW HOF
Robin Henry	Maurice O'Brien	MAGNOLIA
Carmel Devonish	Jenny Lythgoe	MARIA ST
BALLOT in progress	Rudi Koenders	RIVER RD
Not Represented		BUNA
Not Represented		EL ALAMEIN
Not Represented		GREENOCK Rd PINES
Not Represented		OLD KAPUNDA RD
Not Represented		KREIG ST
Not Represented		SECOND ST



Meet ILU Resident Vonny Plummer

Vonny started her working life at an early age. Her mother ran the Millendella Post Office and in 1953 Vonny was given approval to assist with post, telegraph & telephone duties. In 1962 she became Post Mistress of the Millendella office. She moved on from this role in 1963.

Vonny spent numerous years picking peas in the district. She also worked on many farms and drove a truck to Palmer and Mannum doing meat deliveries as her family ran the local butcher. In 1980 she commenced work at the Sedan Post Office. By 1987 she commenced working at Penfolds Kaiser Stuhle Winery and was there for two years.

During the 1980's Vonny also worked at Gawler Park Glazed Fruits for five years.

Vonny married her husband Ross in 1995 and they had three sons.

Ross was a vegetable grower and Vonny was very involved with assisting him with his business during those years. They farmed their block in Angaston selling produce to the Adelaide Central and Pooraka Markets.

Their shared love of growing vegetables also encompassed having a wonderful garden. "Ross had a green thumb and could grow anything".

Vonny still delivers vegetables from Angle Vale and supplies them to Linke's Bakery.

Vonny has had many keen interests over the years. She gained a love of horses at an early age and enjoyed mustering sheep & cattle but especially enjoyed riding with her cousins.

She was a member of the Sedan School Council for 11 years and for 17 years was a member of the Sedan School Welfare Club where she

performed the role of Secretary. Vonny was also a member of the Mount Torrens/Cambrai Football club where she was on the Social and Canteen Committees.

Vonny was a keen indoor Bowls Player and she won the Indoor Bowls Double Championship with Edna Seidel in Springton.

Vonny played in the Championship Marble Competition in 1984 and her trophy was located in the Sedan Hotel for many years.

She was a keen cyclist and rode in several fundraising events for the Heart fund Cyclethon and the Sedan Rural School Bikeathon raising much needed funds for both causes.

Her husband Ross sadly passed away four years ago. Two years ago she moved into an ILU at Barossa Village with her wonderful collection of animal ornaments that her visitors enjoy!

What is an 'Advanced Care Directive'?

At some point in your life, there may come a time when you are unable to make a decision.

It could be because:

- of a sudden accident or serious mental health episode
- of dementia or similar condition
- of a sudden serious stroke
- you are unconscious or in a coma.

If this happened, how would you want decisions to be made for you about your health care, living arrangements and other personal matters?

More importantly, who would you want making these decisions for you?

An Advance Care Directive makes it easy for others to know what your wishes are when you are unable to make these decisions yourself. It can also give you peace of mind to know that your wishes are known and will be respected, if others need to make decisions for you.

What is an Advance Care Directive?

The Advance Care Directive empowers you to make clear legal arrangements for your future health care, end of life, preferred living arrangements and other personal matters.

It replaces the existing Enduring Power of Guardianship, Medical Power of Attorney and Anticipatory Direction with a single, Advance Care Directive Form.

The new Advance Care Directive allows you to:

- Write down your wishes, preferences and

instructions for your future health care, end of life, living arrangements, personal matters and/or

- Appoint one or more Substitute Decision-Makers to make these decisions on your behalf if you are unable to do so in the future.

This Advance Care Directive is not a Will. It also cannot be used to make financial or legal decisions. It is recommended you think about appointing an Enduring Power of Attorney to make decisions about your future finances and legal matters. Please refer to 'Where I can get more information' at the end of this Guide.

Who can write an Advance Care Directive?

You can write an Advance Care Directive at any stage of life – whether you are young, older, healthy or unwell. To write an Advance Care Directive, it must be your choice and you must:

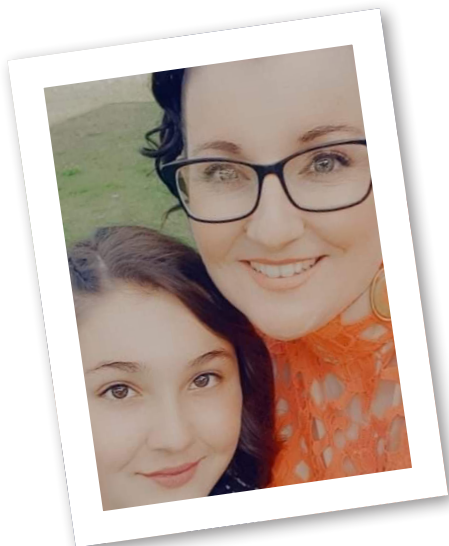
- be 18 years old or over
- know what an Advance Care Directive is
- know what it will be used for and,
- know when it will be used.

What if I have other documents in place?

If you have already completed an Enduring Power of Guardianship, a Medical Power of Attorney or an Anticipatory Direction, these will continue to be legally effective after 1 July, 2014, unless you complete the new Advance Care Directive Form.

If you would like further information contact the Legal Services Commission: 1300 366 424

Meet Belinda



Belinda is one of the friendly voices you hear when you call our scheduling team. She is pictured here with her adorable daughter Mia. Her husband Mel, son Max, lizard Spike and Mille the Labradoodle puppy complete her family. They keep themselves busy with music, photography, motorbike riding and camping.

Belinda has a wealth of experience and the thing she loves most about her job is the adorable clients she gets to speak to every day.

Belinda has won awards in Karaoke and has enough earrings to wear a different pair every day of the year.

Meet Julie

I have lived in the Barossa Valley for around 30 years, originally from Adelaide. I moved here with my husband Brenton due to a transfer in his work, not realising we would make this our home. I am blessed with two beautiful son-in-laws and four grandchildren.

I enjoy a range of hobbies which include caravan holidays, pilates, following the Crows, mixing and enjoying the company of my family and friends. I love my job and have been fortunate enough to meet a huge range of people through my job opportunities over the years. While in the Valley I have worked in winery cellar doors, a bottling company and The Co-op Foodland. I feel that the knowledge, life experiences and friendship my clients have shared with me have been very rewarding.



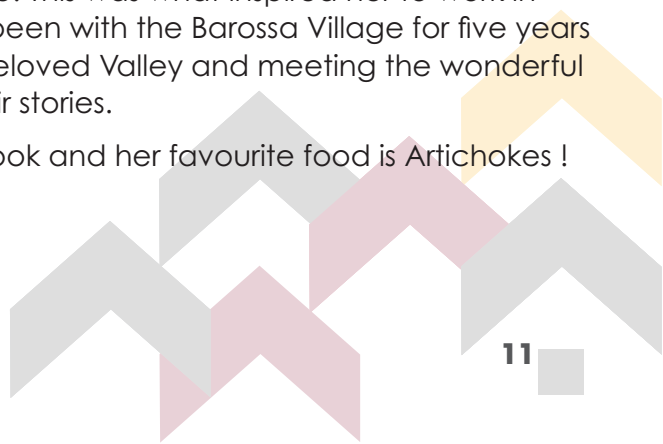
Meet Kate



Our Integrated Care Team Leader, Kate Milroy is as local as they come she grew up in Cockatoo Valley and now lives in Tanunda. Her mum, Ann Milroy was the first woman voted onto the Barossa Council.

Kate's path to aged care is interesting. As a youth she funded travel all over the world, she has owned and managed several restaurants and worked for fifteen years in real estate. She then became a volunteer at the Residency and was inspired by the relationship the staff and the residents have. This was what inspired her to work in aged care. She has now been with the Barossa Village for five years and loves working in her beloved Valley and meeting the wonderful clients and hearing all their stories.

She is also a really good cook and her favourite food is Artichokes !



Word Search: Songs of the 1950s

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

BLUEBERRY HILL
 BO DIDDLEY
 BYE BYE LOVE
 CRAZY ARMS
 DJANGO
 DONNA
 EVERYDAY
 FEVER
 HEARTBREAK HOTEL
 HONKY TONK

HOUND DOG
 JAILHOUSE ROCK
 KANSAS CITY
 LA BAMBA
 LONELY TEARDROPS
 LONG TALL SALLY
 MACK THE KNIFE
 MANNISH BOY
 MAYBELLENE
 MISTY

MONA LISA
 MOVE IT
 MYSTERY TRAIN
 NIGHT TRAIN
 ONLY YOU
 PEGGY SUE
 RAVE ON
 RED HOT
 RIP IT UP
 RUMBLE

SEARCHIN'
 SHOUT
 SIXTEEN TONS
 SPEEDO
 SUZIE Q
 TAKE FIVE
 TEQUILA
 TUTTI FRUTTI
 YAKETY YAK
 YOU SEND ME



Worried about your wellbeing?

Free phone and online counselling

Call 1300 032 186
saregionalaccess.org.au

REGIONAL ACCESS

Regional Access is a free online and phone counselling service for people who are feeling the pressures and stresses of everyday life.

The Regional Access counselling service is available for anyone who lives or works in regional, rural or remote South Australia (i.e. outside of the Adelaide metropolitan region). Professionally trained counsellors will listen and help you to develop strategies to manage what is causing you to feel stressed or overwhelmed.

Available 24/7, no referral is required.

New lifestyle & wellness groups



Bushgardens Walking Group

Diversional Therapist Di Borrington will be leading a walking group on Tuesday mornings from 9am at the Bushgardens. Enjoy a gentle walk mixed with some low impact exercises, followed by a coffee (or tea) and a chat in the beautiful gardens. BYO mug, gold coin donation - all welcome.

Commences 9am Tuesday 8 November.



Hydrotherapy

Physiotherapist Emily Davenport has devised a series of hydrotherapy programs suitable for a variety of abilities (you do not need to know how to swim to participate), facilitated with our hydrotherapy pool (adjoining The Residency). The 20 minute classes will run as a six week block, participants may be eligible to utilise their HCP or CHSP funding to cover fees.

Available sessions on Tuesdays, commencing 8 November:

1pm (for 1.10pm start)

1.40pm (for 1.50pm start)

2.20pm (for 2.30pm start)

A pre-assessment (land based) with Emily to best understand your needs prior to commencing the classes.

To book your pre-assessment and place within a class contact Reception at The Residency on 8562 0300 (Option 1).

Misadventure or missed opportunity?

When I was seven I remember a very hot day in February. I was at school and playing on the tennis courts. I remember running and tripping on a hole in the court. This was not the smooth tennis courts that we have today, but gnarly sharp blue metal asphalts which tore my school pants and shirt, exposing my soft knees, elbows and stomach to the burning hot, terrible surface. I remember seeing the blood start to run and feeling the pain of the injuries. To make matters worse after lunch I had, "Show and tell". I remember forgoing my item that I brought in from home and decided to tell a cautionary tale of what happens if you run and fall on the tennis court. I stood up still bleeding and with tears in my eyes said, "I fell over on the tennis court, it hurts a lot. Any questions". Instantly the classroom fell silent, I walked back to my spot on the floor, sat down cross legged feeling the pull of the wound and the embedded gravel as I sat in my bloodied and torn clothes.

So why did seven year old Matthew feel it was necessary to tell this story, well it's because 48 year old Matt has another cautionary tale to tell. Last weekend I had a wakeup call, I have a bathroom fan at home which was not working correctly. So I decided to get up in the roof and take a look at it. Previously the power point in the roof had fallen off the beam and it just needed to be stuck back. Being a not particularly handy person this is the extent of my fixing. So I got the ladder and went up into the man hole. Holding my phone in my mouth I used it as a torch to climb through the beams. I get to the switch and see its fine, my previous fix still in place. I turn, tentatively step on the next beam, then disaster strikes. My foot slips, BANG CRASH, "Oh god what have I done I thought" as my leg goes through the ceiling and I am ungracefully straddling the beam. Stuningly I pull myself up, dust myself off and climb back down the man hole and survey the damage. Not knowing what to do next I message a friend, Jason who you would all know from the maintenance team. I wait the obligatory

45 seconds he hasn't messaged me back so I call him. Ten Minutes later he is over and has trimmed the broken gyprock and patched up the hole and given me a number for a person who can restore the ceiling to its correct state, although I am now considering a skylight.

Why am I telling my tales of woe and misadventure? I decided when I fell through the roof that there is a time where you need to ask for help and recognise your limitations. For me I will no longer climb up in the ceiling, I will completely remove all ladders from home when I'm 60 thanks to my learning from years of working in emergency departments. There comes a time for all us where we can no longer easily do the tasks or jobs that we used to be able to do. This is where we need to realise that there is no shame in relinquishing these tasks. Help will be given to those who ask for it and that is what Barossa Village is here for. Although I am not in the target demographic, I can see a time where I will need services to support my aging, be it with home maintenance, garden maintenance or cleaning. This will give me the opportunity to be able to the things I enjoy (which is not fixing things). So I believe that we all have a responsibility to share our learnings, please let my misadventure not be a missed opportunity for you to have a look at what you are doing and see if Barossa Village can help.

Matt Kowald
General Manager
Integrated Care





Meet Resident Alan Hall

I was born to Jim and Jean Hall on the 20th December 1932 in Brighton. I have one brother Jim (deceased) and one sister Joan, we grew up in Brighton on top of a sandhill on the Brighton Esplanade. The sea was less than 50m from our front fence at high tide. I have many happy memories of playing amongst the sandhills and going fishing and catching my first fish when I was 5 or 6 years old, where I caught a reasonably sized mullet.

I went to Prince Alfred College where my focus was sports. After completing high school I went on to university and studied to be a teacher and completed a Bachelor of Arts at Adelaide University. After graduation I was appointed in 1953 to the one teacher school at Galga which has 12 students. This started my wonderful career as primary school teacher and later as Headmaster. I moved around the state and also up to the Northern Territory and I worked at Galga Lucindale, Belair, Yankalilla, Oakbank, Moonta and Darwin. After Darwin I was offered to be a principal in Berri, Mannum or Nuriootpa, choosing Nuriootpa I went on to serve as Principal for 17 years before retiring.

The best time at Yankalilla was becoming friendly with Joy Nordback who was teaching the year 1 and 2 class. Alan married Joy on the 12th of January 1963 and we had three children Gillian, Tim and Phillip. During my time at Nuriootpa Primary school my wife Joy worked as a librarian at the same school.

I was very sporty, and I played cricket, tennis, lacrosse, lawn bowls and football. During my football days I was invited to train at Norwood, I played for Glenelg for 1 year and barracked for Sturt. I follow West Coast in the AFL.

I have spent a life time volunteering and I was involved with the Bushgardens, Meals on Wheels (20 years), was Vice President of Angaston Main Street committee, I started the Barossa/Gawler prostate cancer support group and held several roles at the Angaston Bowling Club. All of this lead to receiving the Citizen of the Year award in 2004.

I have been a keen gardener and enjoy almost all flowers. I have always had dogs, sometimes two or three. Friends have been looking after my dog Emery since I moved in to Barossa Village.

Above: Alan and Joy on their wedding day.

Below: Alan (third row, third from right) played in the U13 PAC football team.



Residential Lifestyle



Brian pats a pony



More pony pats



Denise greets a pony



Sandra & Gail make pizza



Shirley preps her pizza



Wyndham & Di

Community Lifestyle



Carol & Carol watching a documentary



Robert checking out an aircraft



Elizabeth, Jeff & Robert at the aviation museum

Community Connections program feedback:

"I love how we go to different places on outings." - Dawn

"I appreciate how much work you all put into researching the programs." - Di

"To socialize with others helps me feel better." - Carol

"To go on outings where I can just sit back, relax, not drive and enjoy the trip." - Di

"A lot of the meals have been amazing." - Bonny

"The laughter and banter between everyone in the group is great." - Lance

"Everyone is so supportive and encouraging." - Julie

Hello Spring!

Who has been hanging out for warmer weather after what seemed like a never ending winter? I definitely had a case of the winter blues; COVID has been the bad dinner guest that drinks all your Stonewell Shiraz and never leaves. My mind seems constantly full, COVID is always in the back and juggling working and children and their activities, some days I feel like I do everything for everyone else and nothing for myself. As I get older I really understand the importance of that balance and all the factors that make up wellness.

Our lifestyle team will be working more with you, our clients, to really understand what makes a good day for you. A good day looks different for everyone, it is about understanding what wellness means for you; is it social connections, help to continue going to the shops or a walk with a group of friends?

Wellness and “mental health” refers to your overall psychological well-being. It includes the way you feel about yourself, the quality of your relationships, and your ability to manage your feelings and deal with difficulties.

If, like me, you’ve hibernated over winter and need a pick me up to launch into spring, these tips can help you elevate your mood, become more resilient and enjoy life more.

1. Make social connection — especially face-to-face — a priority

Phone calls and social networks have their place, but few things can beat the stress-busting, mood-boosting power of quality face-to-face time with other people, especially those you love and people who energise you.

2. Stay active

Staying active is as good for the brain as it is for the body. Regular exercise or activity can have a major impact on your mental and emotional health, relieve stress, improve memory, and help you sleep better.

3. Talk to someone

Talk to a friendly face. If you have concerns, stresses or worries, sharing these with someone who cares is one of the most effective ways to calm your nervous system and relieve stress.

4. Appeal to your senses

Does listening to an uplifting song make you feel calm? Does squeezing a stress ball help you feel centred? What about taking a walk in nature and enjoying the sights and sounds of the trees? Everyone responds to sensory input a little differently, so experiment to find what works best for you.

5. Take up a relaxation practice

Yoga, mindfulness, meditation and deep breathing can help reduce overall levels of stress.

6. Make leisure and contemplation a priority

We can all be guilty of being “too busy” to take some down time, but leisure time is a necessity for emotional and mental health. Take some time to relax, contemplate, and pay attention to the positive things as you go about your day — even the small things. Write them down if you can, because they can be easy to forget. Then reflect on them later if your mood is in need of a boost.

7. Eat a brain-healthy diet to support strong mental health

Foods that can support your mood include fatty fish rich in omega-3s, nuts (walnuts, almonds, cashews and peanuts), avocados, beans, leafy greens (spinach, kale and Brussels sprouts), and fresh fruit such as blueberries.

8. Don't skimp on sleep

It matters more than you think. Sleep is our body and mind's best way to recharge and rejuvenate. One way to get sleep better is to take a break from the stimulation of screens — TV, phones, tablets or computers — in the hours before bedtime. Consider reading or listening to relaxing music instead.

9. Find purpose and meaning

This is different for everyone but finding purpose in your day is a big factor to good mental health.

November Community Connections Calendar

Monday at St Hugh's Anglican Church	Tuesday	Wednesday	Thursday at Joy Rice	Thursday at Ward St Eudunda	Friday
	1 10.00am Melbourne Cup Luncheon	2 Tinker Shed	3 10.30am Exercise for Fun 1:30pm Explore relaxation through hand treatments	3 10.30am Exercise for Fun 1:30pm Lawn Bowls in the Park	4 10.00am Circle of Friends BOWLS 1.30pm Bingo
7 10.30am Exercise for Fun 1.30pm Bocce in the Park	8 9.00am Mintaro Township Historical Sights Lunch Clare Hotel	9 Tinker Shed	10 10.30am Exercise for Fun 1:30pm Christmas Gift Craft	10 10.30am Exercise for Fun 1:30pm Canvas Painting Wine and nibbles	11 10.00am Circle of Friends BOWLS 1.30pm Bingo
14 10.30am Exercise for Fun 1.30pm Canvas Painting Wine and nibbles	15 9.00am Bon Accord Mining Museum Burra Lunch Picnic Lunch	16 Tinker Shed	17 10.30am Exercise for Fun 1:30pm DOUG VENNING SINGING	17 10.30am Exercise for Fun 1:30pm Express Your Creative Side-Craft	18 10.00am Circle of Friends BOWLS 1.30pm Bingo
21 10.30am Exercise for Fun 1.30pm Express Your Creative Side- Craft	22 9.00am TAFE Lunch Tafe Graduation Lunch	23 Tinker Shed	24 10.30am Exercise for Fun 1:30pm Christmas Quiz and Word Games	24 10.30am Exercise for Fun 1:30pm Fun and Move with Wii Video Game Console	25 10.00am Circle of Friends BOWLS 1.30pm Bingo
28 10.30am Exercise for Fun 1.30pm Fun and Move with Wii Video Game Console	29 9.00am Silver Screening Mrs Harris goes to Paris Lunch At the Cinema	30 Tinker Shed			



Friday Café Menu - November

Date	Lunch	Dessert
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
18 November	Braised lamb chops in pepper sauce with seasonal vegetables	Chocolate mud cake with strawberries and whipped cream
25 November	Shepherd's pie	Fruit trifle
2 December	Silverside with mashed potato and steamed vegetables	Lemon self-saucing pudding with icecream