

# Grapevine

April 2023



Above: Bev Reid introducing some delightful new friends along Scholz Avenue, Nuriootpa

## THE VINTAGE FESTIVAL IS HERE!

The scarecrows are on display and looking gorgeous, so it marks the time for us to get active in organising our Vintage Parade float!

A special kind of excitement comes from participating in the Vintage Parade. Whether you're walking or riding a gopher, seated on our float or showcasing a unique costume, there's a place for everyone!

The crowd's energy is incredible as they line the streets to view the colourful floats pass by, filled with smiling faces and waving hands. This heartwarming experience creates lasting memories and an opportunity to give back to the community. It's a chance to showcase your creativity and talent while bringing joy to others.

We encourage you to be a part of the parade magic. Whether you're a seasoned participant or a first-timer, there's no better way to celebrate the spirit of community. Contact reception to register — Phone 8562 0300.

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## CEO Update

Our mission is to be a socially responsible organisation that promotes, protects and enhances the health and wellbeing of the greater Barossa community.

Whether it is for remedial therapy, home support, or simply connecting with others, there are many reasons why our clients make use of our services; each of them linking back to this purpose.

It is familiar news that Aged Care is undergoing numerous changes; we accept this challenge to resolve as an opportunity to become better.

For our clients, it is our role to continue to provide high-quality services no matter what the change so that you continue to have more good days.

As an evolving organisation, we have redefined our core values to ensure our team members are supported.



We encourage **creative thinking**: to deliver innovative solutions, **collaboration**: to be inclusive of others, and **courage**: to take on challenging situations that may present. Underpinning these values is **compassion**, which as a value is a key strength of the Barossa Village; our genuine regard for the people we engage with.

When these values come together, we are at our best and show that we genuinely have 'People at Our Heart'.

**Ben Hall**

## The Villager Autumn Edition - Out NOW



We are delighted to see The Villager hardcopy print magazines delivered along with the Grapevine to all Barossa Village residents.

We have excitedly introduced additional community collection locations, including The Village Op Shop, local medical clinics, Tanunda Foodland and the Co-Op Barossa Fresh.

If you are yet to receive your copy or require another, Phone - 8562 0300. Alternatively, visit the Barossa Village Resendy, 9 Atze Parade or The Lodge, 14 Scholz Ave, Nuriootpa.



## Thank you!

### CFS Fundraiser update

Saturday, March 18th, Barossa Village hosted its first community fundraising event, with event profits supporting our local CFS, Nuriootpa Brigade.

The event was a tremendous success, allowing a donation of \$500 to be gifted to the Nuriootpa CFS to aid in the purchase of additional uniforms, canvas crew bags, extra PPC and resources for the Brigade.

It wouldn't have been possible without the community's support and the generous volunteers and staff for their incredible efforts. Thank you!

With fantastic feedback, we are anticipating further events and look forward to sharing details in the future.



# Resident Stories

## Meet Lance and Vera Codrington

Residents of the Barossa Village Residency

Vera was born to parents Albert and Clara Wilksch on the 3rd of August 1930 in Angaston. She had three sisters and three brothers Edna, Gladys, Melva, Leon, Ronald, and John.

She spent her childhood in Moculta and attended Moculta Primary school before leaving in year seven.

After leaving school, Vera worked in vineyards, grape and fruit picking before starting Nursing at Angaston Hospital for two years, later continuing to the Royal Adelaide Hospital for an additional year.

Lance was born to Bill and May Codrington in Angaston on the 9th of June 1927; he has one brother Ron.

He attended Angaston Primary school until leaving in year seven to work on his parent’s orchard. From there, he continued hands-on work as a vineyard pruner at Yalumba.

Vera and Lance met through music at a band carnival, developing a lovely relationship to later marry at Gruenberg Church Moculta on the 21st of October 1951.

Together they were blessed with three children, Ian, Tony and Jan. Their family has grown to seven grandchildren and four great-grandchildren.

Vera enjoyed travelling to Queensland, New South Wales, and Victoria and as well as travelling overseas to New Zealand.



Later Vera became interested in cake decorating and enrolled in a course. Her talents and creativity grew, making fruit cakes and decorating them for Weddings and birthdays, entering them in shows, and winning many awards.

Vera was a member of the ladies guild and involved in church committees.

She has lived her married years in Angaston and expresses her love for family gatherings with beautiful memories, especially when everyone comes together at Christmas.



**BAROSSA CHRISTIAN  
FAMILY CENTRE**

*All Welcome*  
**SUNDAYS 10.30AM**

**JOY RICE CENTRE, NURI00TPA**  
**0408 194 740**



## Resident Stories



### Meet Eunice Rogasch

Barossa Village ILU Resident

Eunice Rogasch is a happy and friendly woman known for her gorgeous smile. She is a mother of four daughters, nine grandchildren and four great-grandchildren.

Eunice has been with Barossa Village for about eight years and has enjoyed herself immensely. She loves attending social activities, and it is evident how content she is at the Friday Cafe. Watching Eunice play carpet bowls, it is clear that an expert is at work here.

Eunice reminisces of Easter as a child, making nests for the Easter Bunny, finding mainly lollies and the occasional egg in the nest because 'eggs were too expensive.

She has fond memories of her early adulthood, talking of her first job as a grape picker and earning a king's ransom, £10 a week. Eunice later worked at the Lutheran Home in Tanunda; days of scrubbing long hallways was character-building work.

She recalls having to ride her bicycle at night to visit her parents some distance from town, passing by and being hesitant about the 'Swaggies' camped near the river.

Eunice and her late husband, Dudley, moved back to Tanunda in the late '60s, raising their children in the Barossa.

She laughed at the memory of getting dirty at the vehicle repair shop they owned. Today

Eunice is a very active ninety-year-old, with a deft hand at stirring and pouring chicken soup at the Vintage Festival, inviting everyone to attend. What a Lady!



**Hairdresser**  
Tuesdays at the Residency  
Thursdays at The Lodge

**IRENE RICKARDS**  
8525 2376 | 0414 607 135  
in salon or can come to you!

**The Village**  
OP SHOP

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

**Open Wednesday to Friday**  
**9.30am – 3.30pm**  
**P: 8562 0300**

# New opportunities

## Yoga For Life

True North Yoga - Wednesdays 10:30 am

Barossa Village is working with local businesses to create inclusive spaces for older people within our community, and we have received tremendous feedback!

We are delighted to share the collaborative partnership with True North Yoga in offering a weekly program called 'Yoga for Life'.

The sessions provide tremendous benefits, including strength building, mobility, and positive wellbieng for those aged 50 and over.

We love this gentle form of yoga, as participants can engage in chair yoga or on the mat, making it accessible for people of all ages and abilities. It's a great way to improve flexibility, reduce stress, and increase mindfulness.

Advantages include:

- Increased Flexibility
- Improves Muscle Strength
- Helps with Balance and Coordination
- Reduces Stress
- Helps Boost Confidence and Alleviates Depression and Anxiety
- Promotes Better Sleep
- Reduces Pain and Better Pain
- Management Skills



With a community of like-minded individuals, you'll feel supported, encouraged, and uplifted in every class.

Yoga For Life! Join us for the one-hour session Wednesdays from 10:30 am to 11:30 am at True North Yoga, Shop 7/109-111 Murray St, Tanunda. Welcoming ages 50+ led by True North instructor Kate.

You'll feel the difference in your mind, body, and soul. For more information and bookings, Phone - 8562 0300.

## Event Invitation - High Tea Dance

Join us for an afternoon of fun, dancing, and health and wellbeing exhibitors. FREE event, including a light lunch on arrival and an afternoon tea. It would only be complete with prizes for best dressed and best dance moves. Transport is available on request.

Thursday, 20 April | 12:00 pm - 3:00 pm  
Located at Angaston Town Hall

RSVP by 3 April to Jordan Mimore by emailing [jordanm@barossavillage.org](mailto:jordanm@barossavillage.org) or Phoning - 8562 0300



### Enhancing meal times

#### Dementia Care - Residency

Matt Kowald (Barossa Villages General Manager, Residential Services) and Tash Harvey (Barossa Village Chef Manager) attended 'Time4Tea' at the Hilton Adelaide in March.

The event was themed nourishing the soul of dementia care, featuring Teepa Snow, an internationally acclaimed Dementia Care Specialist and Barossa's Australian icon and renowned food expert, Maggie Beer.

Teepa Snow presented powerfully, illustrating eating from the viewpoint of a person with dementia, from textures and tastes to facilitating those much-cherished mealtime moments and relational connections.

Inspired by Maggie Beer, she passionately educated us on preparing healthy and tasty food that enhances the quality of life for older people. "Older people deserve the very best food. Exciting, delicious meals that uplift and bring joy."

Matt and Tash found the event an incredible experience and offered practical tools to enhance Residents' mealtime experiences.



### Monthly Dementia Group

#### Dementia Community Support Network

Barossa Village offers a free monthly Dementia Support Group open to the general public because we understand that the journey for a carer of someone with dementia is challenging, complex and often lonely.

We also know that the lived experience is invaluable in providing others with support and ideas for managing day-to-day dementia and self-care. Barossa Village is grateful for the support that carers continue to provide in the aged care facility.

Next event, **Tuesday, April 18th.**  
Morning tea provided  
Bookings, Phone 8562 0300

## ANZAC Day



### Service or Remembrance

The Residency - Tuesday, April 25th

ANZAC Day morning tea and in-room broadcasting to share stories from people who have served and honour ANZAC Day followed by a service.

If you have served or are a Barossa Village Resident, Client or Staff with a family member who has served, we would love to invite you to engage in the day's activities. Phone reception - 8562 0300 to register your interest.

Tom Herring

Shark cage-diving experience

I met with my friends from Malta (beautiful people), and we flew from Adelaide to Port Lincoln.

Leaving in the dark aboard the Calypso Star charter boat, then heading south for the Neptune Islands. We endured rough seas on the three-hour journey to the Ron & Valerie Taylor Conservation Park.

Having set anchor, we waited; the first Great White appeared an hour after our arrival. It looked like a fighter jet coming in. Five meters long but also super manoeuvrable. We were in group number three to dive into a brilliant blue sea surrounded by hundreds of fish.

In the cage, we bobbed around in the swell of freezing water. Then we saw the giant submarines bristling with teeth. It was a humbling experience swimming with the sharks.

I have never been more excited in my whole life.

Do you have any amazing news, fun updates or something you would love to share with our Barossa Village community?

Email - [becn@barossavillage.org](mailto:becn@barossavillage.org)





Tanunda P.S Research road  
Rm 19 SA 5352 3-3-23

Dear Nursing Home Resident.

Hello! Our names are Lola and Eden.  
We like to play basketball and gymnastics.  
Our favourite foods are Burgers and Tacos.  
Our favourite colours are Mint green, Blue  
and pink. Our hobbies are han ball And all  
kinds of sports but our most favourite hobby  
is \*SHOPPING! \* Our favourite animals are  
Wolves and Horses and Dogs. Our favourite  
Singers are Taylor swift and Miley cyres.  
Our favourite songs are Devils don't torgen.  
and Flowers. Our favourite movies are  
Harry potter, parent trap, fuller house and  
The Simpsons and Wednesday -umbrella

We would like to be your pen-pals this  
year.

From: Eden and Lola Yr 4 Tanunda P.S



Rm 19  
Tanunda P.S  
Research Rd  
Tanunda SA 5352

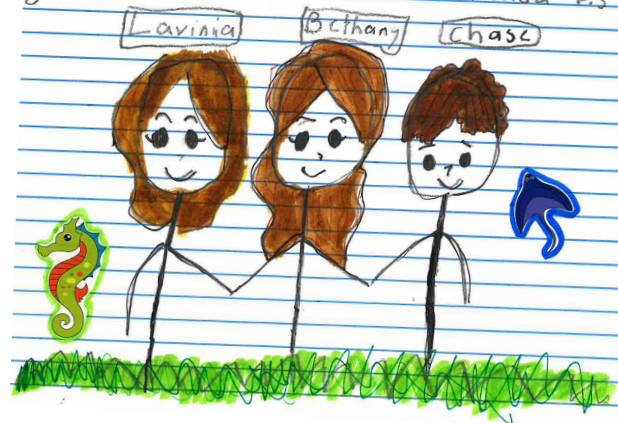
3.3.23

Dear Nursing Home resident, Hello. Our  
names are Lavinia, Chase, Bethany we  
like to eat sweets and play chasey.  
Our favourite foods are Spaghetti,  
Pizza and chicken wings. We would  
love to be your pen-pals this year.

from

Chase, Lavinia and Bethany

Yr 4 and 5s - Rm 19 - Tanunda P.S



## Tanunda Primary School

### Letter Writing Project

The Barossa Village Residency is excited to announce the newly commenced writing project with Tanunda Primary School.

At first, we started with Residency based engagement letters before moving to a close partnership with Tanunda Primary School children buddying with a Resident for a year-long connection.

We plan to create an opportunity for the children and Residence to spend time together at the end of the year.

We look forward to the relationships that will develop.





## BVF23 Scarecrow Trail



Visit Nuriootpa Scholz Avenue, where colour and creativity come alive. Be immersed in a unique scarecrow experience, marvel at these charming creations and admire the skill and detail of each one.

These handmade scarecrows are a true labour of love, complete with their personalities; we can't wait to share them with you. We can see how much Ben adores them, duplicating himself to maximise his time!

Thank you to our marvellous ILU Residents, Bev Reid and Ros Hayward, for your incredible talents. You have helped us build a space for the community to connect.

**On display until Sunday, April 23rd.**



## BVF23 Nuriootpa Town Day - April 23

Come along and enjoy street games, live music, food and entertainment!

If you are unable to participate in the Vintage Parade, join our 'Village' viewing area, Murray St, Nuriootpa.

Once the parade has passed, we will move onto the street to set up an interactive zone in partnership with the Nuriootpa Town Day.

But we are **looking for help!**

Are you creative and enjoy painting and knitting, interested in gardening or keen to get involved with virtual reality headsets? We are looking for interested volunteers to help manage the zone.

To volunteer or join the viewing area,  
**Phone - 8562 0300**



### Living Library Exhibition

#### Oral history of the Barossa

Barossa Village presents a unique oral and visual history project focusing on the residents who grew up and lived in the Barossa. We are privileged to be amongst people who have helped shape our community and contributed to Barossa's heritage. Each of these people has a unique story to tell.

Barossa Village has partnered with Christian Teusner from The Emu Tree in an oral and visual histories project focusing on Residents from the Barossa Village Residential Aged Care Facility who grew up and lived their lives throughout the Barossa Valley.

Capturing, preserving and creating awareness of the history and stories of individuals within the Barossa community.



These stories will be showcased and celebrated as oral history and a visual display of their lives. This FREE Exhibition will be one to remember!

**Date:** Wednesday, 19th to Sunday, 23rd of April.

**Location:** The Foyer at Provenance Barossa. 18-28 Tanunda Rd, Nuriootpa 5355. Ramp access and toilets are available.

## BVF23 Vintage Parade participation

### Getting float ready!

#### Float theme 'More Good Days'

Barossa Villages Parade float is themed 'more good days', encouraging participants to dress in something that expresses their interests. What do you love, and what does your good day look like? Here are some ideas to get you started:

**Fun costumes:** If you're feeling adventurous, you can dress up as a superhero or a character from a favourite movie.

**Sports-themed outfit:** Dress in your favourite team's colours and bring props like a football or team flag.

**Hobby-themed outfit:** If you have a specific hobby, such as gardening or painting, consider wearing a gardening

hat and gloves or an artist's smock and beret with props, such as a paintbrush or a watering can.

**Retro-inspired outfit:** For a vintage vibe, wear a 70s-inspired look with flared jeans, a flowy blouse, and platform shoes. Add some accessories like a headband or a scarf to complete the look.

**Rainbow-inspired outfit:** Why not wear something colourful and bright? Wear bright colours and add fun accessories like rainbow sunglasses, a rainbow hat, or rainbow jewellery.

Participation ranges from sitting on a float to walking or riding your gopher. We will also need help decorating leading up to the event.

**Contact reception to participate - Phone 8562 0300**

# Around Our Barossa Village Community



## Adorable baby animals visit the Residency

Images on the first row from left to right: Val, Harry, Glenda and Mavis. Second row image: Rosemary.

## ILU Residents Activity Calendar - Movie Night

The 1980s comedy film, The Gods Must Be Crazy was highly enjoyed by the ILU group. Many sharing they hadn't laughed so much in some time.

## ILU Residents Activity Calendar - Friday Art & Craft Group

Bring your latest project and work at your own pace while enjoying the fantastic company of like-minded creatives. Below images from left to right: Rita, Catherine, Pat, and John.





## Community Connections

### Friday Cafe and All Aboard BINGO

Meeting every Friday, we have a wonderful time at our social luncheon, followed by a lively game of All Aboard BINGO.



Above left - All Aboard BINGO from left to right: Di, Betty and Lance. Above right - All Aboard BINGO: Barb and Frank.

## The Great Cook-Off!

### Who will be crowned champion?

It's time to put the hallway banter to the test. Get ready for the ultimate culinary showdown!

Adam and Dave go head-to-head in an exciting cook-off, showcasing their culinary skills to see who can cook the best pasta dish.

Broadcasting to Facebook on April 6th or watch in person for those at the Residency.



[Facebook.com/barossavillage.org](https://www.facebook.com/barossavillage.org)



# Word Search Puzzle

## Grapevine April Puzzle

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

Find the following words in the puzzle.  
Words are hidden     and .

- |               |             |               |            |
|---------------|-------------|---------------|------------|
| APPLE         | CONNECTIONS | LETTER        | TALENT     |
| APPRECIATION  | COURAGE     | RELATIONSHIPS | VALUE      |
| BINGO         | CREATIVE    | REMEMBRANCE   | VILLAGER   |
| CAFE          | DANCE       | RESIDENTS     | VINTAGE    |
| CARE          | DEMENTIA    | SCARECROW     | VOLUNTEERS |
| COLLABORATION | EVENT       | SHARK         | YOGA       |
| COMMUNITY     | FESTIVAL    | SOCIAL        |            |
| COMPASSION    | KITCHEN     | STORIES       |            |



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>3</b></p> <p><b>9 – 3.30/4 pm</b></p> <p>Gawler Easter Shopping Spree: (Millers, Target, Bunnings etc.) <i>Moderate levels of walking</i></p> <p>Lunch: Lower Light Hotel</p>	<p><b>4</b></p> <p><b>9 – 10 am</b> Bush Garden Walk (gold coin) <b>Joy Rice 10.45 – 11.45 am</b> Low impact cardio workout <b>Joy Rice 1 – 3 pm</b> Easter Fun <b>Hydro Pool 1.30 – 3.30 pm</b> Aqua Classes</p>	<p><b>5</b></p> <p><b>Individual Social Support or Small Interest Groups</b></p> <p>Speak with your Care Coordinator to discuss your options and to support your individual needs</p>	<p><b>6</b></p> <p><b>Eudunda/ Nuriootpa group:</b> Held in Eudunda AM: Better Balance Exercises PM: Eudunda SALA project 1000 Heart Project</p>	<p><b>7</b></p> <p><b>Good Friday</b> <i>Public Holiday</i></p>
<p><b>10</b></p> <p><b>Easter Monday</b> <i>Public Holiday</i></p>	<p><b>11</b></p> <p><b>9 – 10 am</b> Bush Garden Walk (gold coin) <b>Joy Rice 10.45 – 11.45 am</b> Low impact cardio workout <b>Joy Rice 1 – 3 pm</b> Mosaics <b>Hydro Pool 1.30 – 3.30 pm</b> Aqua Classes</p>	<p><b>12</b></p> <p><b>Individual Social Support or Small Interest Groups</b></p> <p>Speak with your Care Coordinator to discuss your options and to support your individual needs</p>	<p><b>13</b></p> <p><b>Eudunda/ Nuriootpa group:</b> Day Trip - Scarecrow Trail - Bethany Church Vintage Festival Luncheon</p>	<p><b>14</b></p> <p><b>10 – 11.30 am:</b> Mix and Mingle <b>10 – 11.30 am:</b> BV Bowlers Group <b>12.30 – 1.30 pm:</b> Café Luncheon <b>1.30 – 2.30 pm:</b> All Aboard BINGO</p>
<p><b>17</b></p> <p><b>9 – 3.30/4 pm</b></p> <p>West Beach Lookout <i>Low levels of walking</i></p> <p>Lunch: Watermark Hotel buffet luncheon</p>	<p><b>18</b></p> <p><b>9 – 10 am</b> Bush Garden Walk (gold coin) <b>Joy Rice 10.45 – 11.45 am</b> Low impact cardio workout <b>Joy Rice 1 – 3 pm</b> Life story writing <b>Hydro Pool 1.30 – 3.30 pm</b> Aqua Classes</p>	<p><b>19</b></p> <p><b>Individual Social Support or Small Interest Groups</b></p> <p>Speak with your Care Coordinator to discuss your options and to support your individual needs</p>	<p><b>20</b></p> <p><b>Eudunda/ Nuriootpa group:</b> Day Trip High Tea Dance - Angaston Town Hall</p>	<p><b>21</b></p> <p><b>10 – 11.30 am:</b> Mix and Mingle <b>10 – 11.30 am:</b> BV Bowlers Group <b>12.30 – 1.30 pm:</b> Café Luncheon <b>1.30 – 2.30 pm:</b> All Aboard BINGO</p>
<p><b>24</b></p> <p><b>9 – 3.30/4 pm</b></p> <p>Waikerie Scenic Drive/ Quiz Event <i>Moderate levels of walking</i></p> <p>Lunch: Bakery luncheon</p>	<p><b>25</b></p> <p><b>ANZAC Day</b> <i>Public Holiday</i></p>	<p><b>26</b></p> <p><b>Individual Social Support or Small Interest Groups</b></p> <p>Speak with your Care Coordinator to discuss your options and to support your individual needs</p>	<p><b>27</b></p> <p><b>Eudunda/ Nuriootpa group:</b> Day Trip - Morgan Lookout - Bakery Luncheon by the Lake</p>	<p><b>28</b></p> <p><b>10 – 11.30 am:</b> Mix and Mingle <b>10 – 11.30 am:</b> BV Bowlers Group <b>12.30 – 1.30 pm:</b> Café Luncheon <b>1.30 – 2.30 pm:</b> All Aboard BINGO</p>

# Friday Café Menu - April

Community Connections Calendar

Date	Lunch	Dessert
7 April	Good Friday	
14 April	Roast Herbed Chicken with Root Vegetables & Gravy	Apple & Rhubarb Crumble
21 April	Beef Lasagne, Wedges & Salad	Pannacotta with Berry Coulis
28 April	Silverside, Mashed Potato & Vegetables with Mustard Sauce	Sticky Date Pudding & Butterscotch Sauce

Bookings are essential; please confirm your attendance by the Wednesday prior - Phone 8562 0300

## ILU Residents Activity Calendar - April

Activity	Date	Time	Location
Games Group	Wednesdays	2.00 pm	Joy Rice Centre
Happy Hour	Thursday 13th	4.30 pm	Joy Rice Centre
Movies - Alternate Fridays	Friday 14th Friday 28th Movies to be announced	6.30 pm	Joy Rice Centre
Art & Craft Group	Fridays	3.00 pm	Joy Rice Centre
Bobby Dazzler Live Shows on Facebook	See ILU Social Club date for live show		As per Facebook page
ILU Residents Social Club Meeting	Monday 10th	1.15 pm	Joy Rice Centre Bobby Dazzler
Music Night	Saturday 22nd	7.00 pm	Joy Rice Centre
Men's Group	Wednesday 5th Wednesday 19th	1.30 pm	The Lodge/ Outings
Residents Market	Saturday 1st	9.00 am - 1.00 pm	Reusch Center

All activities are subject to COVID restrictions.

For more information about the activities or bookings - Phone 8562 0300