

FREE

# The Villager

BAROSSAVILLAGE.ORG

AUTUMN | 2023

# About Us

## BAROSSA VILLAGE

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People at our Heart

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Barossa Village was established in 1964 as a not-for-profit and community-owned organisation offering independent retirement and assisted living, in-home care, residential care, respite care and community connection.

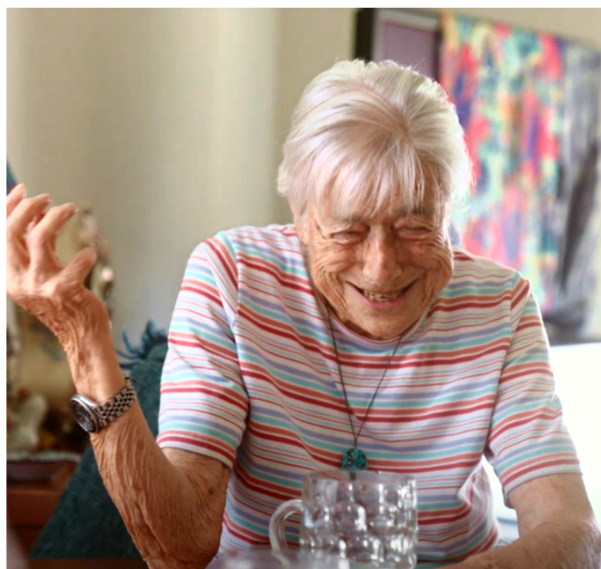
As we head into our 60th year, our mission is to be a socially responsible organisation that exists to promote, protect and enhance the health and wellbeing of the Barossa Valley community.

We've been a trusted part of the Barossa Valley community for over five decades. As an employer of choice, with many partnering contractors and a team of valued volunteers, we have cared for and supported thousands of Barossa residents; there would be few we haven't served.

As we look forward, our values of collaboration, creative thinking, courage and compassion are fundamental to our direction as we work with our clients and their families who entrust us with the care of their loved ones to support them in their wellbeing, in every aspect of our service to bring them 'more good days'.

• Phone: 8562 0300 • Visit: [barossavillage.org](http://barossavillage.org) • Facebook: [@barossavillage.org](https://www.facebook.com/barossavillage.org)





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# More Good Days

## WELLBEING

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A new perspective on life

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As we age, it can be easy to fall into a routine that feels mundane and monotonous. Many older people may feel like they are just going through the motions rather than genuinely enjoying their days. However, the Barossa Village has recognised the increasing need for people to experience daily fulfilment.

With intentional effort, the Barossa Village has implemented the motto 'more good days' by redirecting from Lifestyle activities to Wellbeing programs.

Concentrating on interest-based engagements allows older people to experience rich interactions, joy and purpose tailored to enriched social connections, learning their strengths and exploring new opportunities.

"The Wellbeing staff focus on the whole person, looking at someone's physical, mental and social wellbeing.

"Our Wellbeing team works with Residents and clients to understand what is important to them and how we can assist people in having more good days," shared Lisa Ognjanovic, Barossa Village Home Care and Wellbeing Manager.

The change from Lifestyle to Wellbeing incorporates the five core elements of the PERMA model, often termed the five pillars of happiness; positive emotions, engagement, relationships, meaning and accomplishment.

The new initiative gives seniors a voice, enabling them to flourish in all aspects of life and ultimately create more good days!





# Meet

## VILLAGE ARTIST

# Bistro




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A captivating, vibrant artist with a generous heart

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Bistro's painting came by chance; in about 1998, he suffered a severe injury and, as an active man, it left him feeling numb about what to do. A visitor handed him some paints, gave him a paintbrush, and said: "Start painting".

To help Bistro focus, Darren McCrae advised him to pick an artist to follow. Colour immediately inspired him, looking at famous Australian artist Peter Browne's work. Bistro said, "that's what I want".

Bistro started attending art classes and soon became the leader of the group. He focused on uncovering various ways for the class to enjoy their work. To help them improve, he called Peter Browne and arranged for him to speak to the class whilst they painted. From this moment, Art became a full-time love for Bistro.

Peter shared, "When he first contacted me, I thought, who is this guy? I recognised a kindred spirit; Bistro has the honour of joining Pro Hart as one of the top people in my life. I love it when he phones to tell me of his latest crazy creation. He is an eccentric, lovable fella, in his world having fun."

Any item left within reach of Bistro will likely become a work of art. He considers everything a medium for painting, from classic canvas to everyday household objects; forks, straws, tape measure, recycled food cans and his rubbish bin lid.



Bistro is remarkable. There are no limits to his mastery, unmistakable in his recent recognition as the artist behind the world's smallest registered art gallery, creating seven detailed paintings within the inner sides of a matchbox.

When asked why he paints, Bistro replied, "Telling lifetime stories and expressing your thoughts and memories is the best thing I have ever experienced. As you improve, it becomes more and more fascinating."

Bistro's art is vivid in colour and full of meaningful depth, often with a witty edge or comical inserts.

His house is filled with more paintings than wall space; an estimated double quantity has been gifted to others. Bistro says every piece has a story, complete with his signature of two koalas and an emu, typically painted in an Australian bush setting.

"The koala was my logo back when I worked with T-Shirt City. You will be lucky to find the koalas and emu as they are often hidden within most of my work," he explained.

As Rhonda Johnston, a happy recipient, testifies, Bistro is exceptionally generous, constantly painting to bless others.

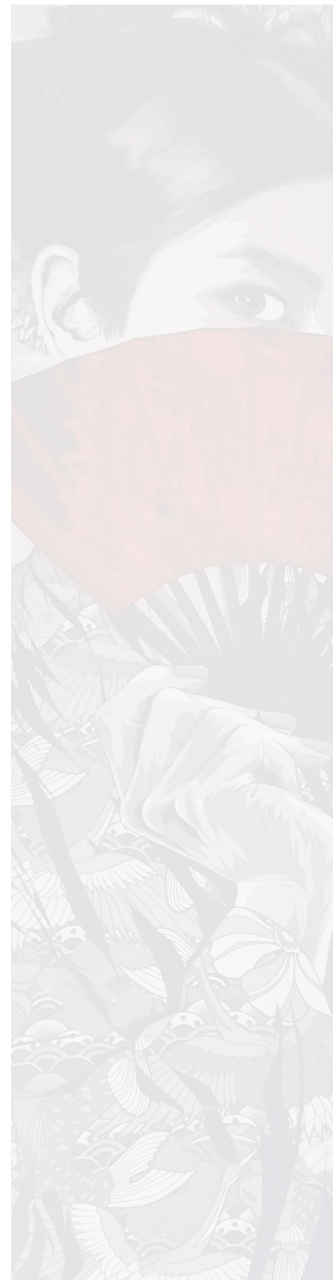
"I recently received a wonderful painting from Bistro after telling him about my grandparents' farm in The Mallee. Sadly, their home no longer exists, but I have lovely memories of spending my childhood there. Bistro captured every building, farm workers, animals, flora and fauna, and the beautiful old family farmhouse. My grandchildren enjoy finding the many interesting things within the intricate work, and the painting has become quite a talking point amongst our visitors.

"Bistro's humorous inserts within his finely crafted work are exceptional. I am proud to display his painting; it brings back beautiful memories", says Rhonda.

He hopes to continue empowering people to express themselves. His door is always open, and he hopes people will reach out to him after reading his story.

**Phone Barossa Village to meet Bistro or purchase his art - 8562 0300.**





Eulie King, Barossa Village ILU Resident | VR Japanese experience.

Eulie expresses a deep connection to Japan. She fondly speaks of the polite, friendly people that embraced her, the gorgeous colourful locations she visited and the sweet sense of zen felt.

Eulie has exquisitely decorated her home with Japanese decor, the sounds of traditional music, and incense that represents her heart connection.



# Virtual Reality Experience

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Unlock a world of endless possibilities

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Virtual Reality (VR) is a rapidly-evolving technology that offers exciting possibilities for many fields, including aged care.

The Barossa Village is operating on the cusp of innovation, and we have implemented VR technology to help improve its Residence's physical, mental, and emotional health. It allows individuals to participate in immersive environments and assist those who cannot travel to experience different cultures, explore landmarks, and revisit meaningful locations, reducing feelings of social isolation, loneliness and boredom. Imagine this: how seeing a childhood home or a favourite holiday destination can help trigger positive memories and provide a sense of familiarity that can be calming and comforting.

"It was brilliant! I felt like I was on Japan's streets as I had been all those years ago. Reliving my memories was such a wonderful experience. Being unable to travel, I can't tell you how thankful I am.

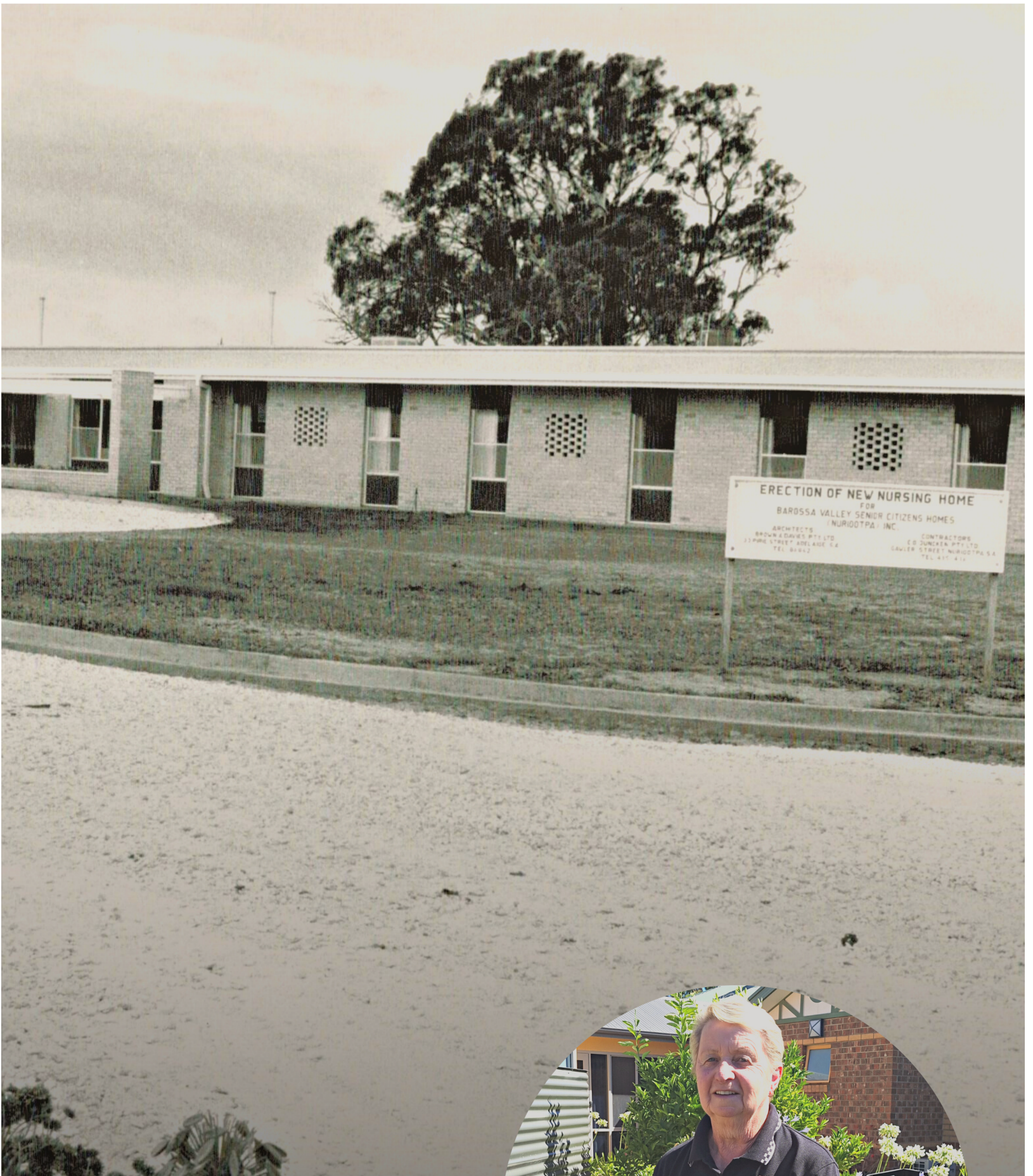
"I wasn't nervous but delighted to give it a try. You don't need a full understanding to use it; you're assisted as needed. When the experience finished, I wasn't ready to hand it back", says Eulie.

The options are not limited to travel destinations; designed games and activities can provide a fun and engaging experience that challenge cognitive function to improve memory, attention, and problem-solving skills. The variety of engagements promotes the prevention of cognitive decline and elevates brain health.

Exercising and practising movements in a safe and controlled environment can benefit those with mobility or balance problems. It also helps to improve physical and mental wellbeing and is helpful for physical therapy and rehabilitation by providing interactive exercise routines and relaxation techniques. Residents are encouraged to participate in simulations such as dancing, walking, and yoga.

Ultimately, the innovative use of VR technology supports a better aging experience and represents a creative new approach to improving the quality of care.





The Barossa Village Scholz Avenue site was converted to a management office after the Residence moved to the new built facilities on Thursday, 17 November 2005.



Meet Lyn Cartwright, employee of 25 years with the Barossa Village

# Heart Connection

## A CAREER IN AGED CARE

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Providing compassionate care for those who have paved the way

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What a gallant effort! Lyn Cartwright celebrated 25 years of service at Barossa Village in 2022.

Lyns' journey showcases the diversity and career opportunities within aged care.

In 1997 Lyn commenced her employment at the Barossa Village, starting as Kitchen Hand with 60 residents in the original Scholz Avenue Nursing Home. At the time, she supported meal preparation and service for those attending the two dining rooms' daily evening meals.

Lyn was also part of the OHWS Committee for 17 years. Thoroughly enjoying this role, she had the privilege of getting to know other employees and management and was involved in implementing best care practices highlighting the value of the Residents.

Lyn has continued growing and rising to new career responsibilities through her time at the Barossa Village.

She expresses happiness when talking about the Barossa Village Residents and evidence of her love for her role.

Connecting with older people is likened to being immersed in the scene of your most loved novel. Allow yourself to sit and listen to their history and experiences.

They will often share vivid memories in such detail and emotional connection that you feel like you are walking alongside them at that moment.

Expressing genuine value and care for the Residents adds joy to their lives, and it's a privilege to share that time with them (Lyn Cartwright).

The biggest highlight for Lyn in her working life was the day she helped as the Barossa Village moved 65 residents to the newly built residential facility. Each staff member adopted a resident for the day and helped them settle into their new home. Lyn had Mr Schiller, who she believes lived to be close to 100.

When asked about her time at the Barossa Village, Lyn passionately shared, "You meet some of the most incredible people. The longer you're here, the more you fall in love with the place. It is truly amazing and the reason I have stayed so long."

Working in aged care is more than completing daily employee tasks.

# CFS | Nuriootpa Fundraising Event



We encourage the community to attend, shop, or volunteer. If you would like more information or business participation, Phone the Barossa Village - 8562 0300.

# CFS Fundraiser

## NURIOOTPA MARKET DAY

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Join the Barossa Village in answering the CFS call for support!

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February 16th, residents paused to reflect on the 40th anniversary of the 1983 catastrophic Ash Wednesday bushfire that caused devastation across Victoria and South Australia. The grand-scale disaster marked the first occurrence in South Australian history to be declared a State of Emergency.

Mr Jeremy Alexander (or 'Jezza') of the Nuriootpa Country Fire Service (CFS) recalls his 5th birthday. Excited for the day ahead, he anticipated a school excursion to Williamstown for a swim. However, reality would see the day drastically change as St Jakobi received the evacuation notice in response to the fire threats.

This is a present-day reminder of the CFS's ongoing heroism, sacrifices and dedication, to which the Nuriootpa Brigade is one of the state's most active, with an average of 200 response calls per year.

The Nuriootpa Brigade formed 81 years ago, starting in a local shed, with the first appliance hand-made by its founders.

The Brigade has 30 active members, including John Atze, with over 65 years of service!

March 18th, Barossa Village is hosting a community Market Day Fundraiser to extend our gratitude towards our local heroes. This event is for a vital cause, and we anticipate it to be a great family day out.

The Barossa Village is partnering with the CFS as they represent the organisation's values of compassion, courage, collaboration, and creative thinking. We can all agree that they are one of the foundational pillars of the community and deserve all the support we can offer.

The Market Day Fundraiser will be located on the lawn at 24a Murray Street, Nuriootpa, in front of The Village OpShop, from 9 am to 12 noon.

The Village OpShop volunteers are already busy collecting beautiful garments, shoes, books, toys, and more to prepare for the day. Market entertainment includes a coffee van, food, shopping and family entertainment.

All event profits will be donated directly to the Nuriootpa CFS to support the purchase of additional uniforms, canvas crew bags, extra PPC and resources for the Brigade.

Missed the event?

Contact the Nuriootpa Country Fire Service (CFS) to donate - (08) 8562 1503

## A look through the years | Barossa Vintage Festival Scarecrow Trail



Ros Hayward and Bev Reid (Barossa Village ILU Residents) pictured with their historical scarecrow installations and preparation for the 2023 display.

# 2023 Barossa Vintage Festival



## LIVING LIBRARY EXHIBITION

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### Oral History of the Barossa

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Barossa Village presents a special 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 will be partnering 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 intending to capture, preserve and create 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 is displayed in The Foyer at Provenance Barossa | 18-28 Tanunda Rd, Nuriootpa 5355 from Wednesday, 19 to Sunday, 23 April.

## SCARECROW TRAIL

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### Meet new friends

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Visit Nuriootpas 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 own personalities; we can't wait to share them with you.

On display from Sunday, March 26 to Sunday, April 23.

# National Volunteers Week

May 15-21



The Village Op Shop Volunteers

# Volunteering

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Life-changing moments start with volunteering

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Volunteering is about giving, contributing and helping others and the community. Volunteering means working with others to make a meaningful contribution with enormous benefits to individuals, groups and the wider community.

With volunteering, the possibilities are often endless and are vital in many not-for-profit organisations, including the Barossa Village.

Volunteering is rare in that it offers tremendous diversity, the ability to be tailored to individuals and has ever-expanding benefits for service. It doesn't have to be a long-term commitment or take hours from your day. However, people often commit to service long-term due to the personal value received.

Simply put, it is a great way to meet people, build relationships and is a great source of fun!

If one is seeking a sense of perspective, a distraction from negative thoughts, volunteering is a pathway to consider. All of these are essential elements in managing depression and anxiety, combating feelings of isolation and loneliness and can aid in improving physical health.

Doing something good for others naturally creates a sense of pride and satisfaction.

Volunteering can also take you outside of your 'comfort zone' and provide the opportunity to learn new skills, which increases self-esteem, and confidence providing a profound sense of accomplishment.

Volunteers are essential to the Barossa Village community, and new people looking to contribute are always welcome. A wide range of opportunities is available such as facilitating activities for residents, transporting clients to appointments, or assisting in The Village Op Shop.

You may be delighted to learn that the Barossa Village also support community-to-community volunteering with mentor programs through the local schools, reading sessions, joining one of our social clubs and helping host community events, or simply helping cook a BBQ.

Volunteering is about ordinary people doing extraordinary things. It just starts with the decision to say yes!

***"Volunteers do not necessarily have the time; they just have the heart."***

**–Elizabeth Jarret Andrew**

Barossa Village, 'People at our Heart' is more than a motto; it's a lifestyle. Join our incredible volunteer team or partner with us to celebrate their efforts.

Phone Barossa Village - 8562 0300

# A TWIST ON AN ANZAC CLASSIC



## NUTRITION PER SERVING

Energy	1984 kj (474cal)
Protein	8.8g
Total Fat	24.8g
Saturated	15.4g
Cholesterol	0.1g
Carbohydrate Total	54.6g
Sugars	38.3g
Dietary Fiber	2.0g
Sodium	175.4mg
Calcium	169.6mg

Recipe by Phoebe Wood | [delicious.com.au](http://delicious.com.au)

# Recipe

## Lemon and honey ANZAC tart

### Ingredients

- 300g ANZAC biscuits
- 60g unsalted butter, melted
- 1/4 cup (90g) honey, plus extra to serve
- Finely grated zest of 2 lemons, plus 150ml strained lemon juice
- 395g can sweetened condensed milk
- 1/2 cup (125ml) pure (light) cream
- 4 eggs
- Thickened cream to serve

### Method

Preheat the oven to 170°C.

Place biscuits in a food processor until fine crumbs form. Add butter and pulse to combine. Press crumb mixture into the base and sides of a 4cm x 22cm round loose-bottomed tart pan. Chill for 30 minutes or until firm.

Place honey, lemon zest and juice, condensed milk, cream and eggs in a bowl and whisk gently until combined. Pour into the tart case and bake for 35 minutes or until just set but the centre still has a gentle wobble.

Cool in the pan to room temperature, then place in the fridge and chill for at least 2 hours or until cold and set.

To serve, slice the tart and drizzle with thickened cream and extra honey.



**Serves**  
8



**Prep Time**  
3h 10m



**Cook Time**  
35m



**Difficulty**  
3/10

# Stay Scam Safe

## TECH TIPS

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Learn to recognise and avoid internet scams

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Scams are becoming increasingly sophisticated, with many scammers pretending to be trusted providers, such as MyGov, subscription-based companies or utility services, to trick us into parting with our money. Here are some tips to keep you protected.

### Phishing scam

Phishing scams are the most common form of scam on the internet. They usually start with an email, SMS or phone call from a business name you trust, asking you to 'confirm' or 'update' your account details. At this point, the scammer collects your information. If you get an email or SMS asking for personal details, you should follow these steps:

- Never click on any links in the email or SMS.
- Delete the email or SMS.
- Help others know about the scam by reporting it to the Australian Competition and Consumer Commission's (ACCC) ScamWatch website at [www.scamwatch.gov.au](http://www.scamwatch.gov.au).

### Money request scams

These scams ask you to pay money for something that doesn't exist. Look for things like:

- Emails offering the opportunity to join a significant investment opportunity at a heavily discounted rate.
- People on dating websites that express deep affection for you very quickly but then ask for help with medical and other expenses.
- Phone calls, emails or online 'pop-up' warnings that tell you there's a problem with your computer.

These are likely scams and should be ignored, deleted or blocked when possible.

If you're uneasy, you can always call the company that the email or SMS appears to be from directly. Ensure you use the contact details from a previous account statement, authorised website or gathered from within your online profile – not anything in the email or SMS received.

## Increase your security

A common mistake is using a name and birth year as account passwords. Although it may be easier to remember, this will leave you an easy target online.

- Use strong and unique passwords that contain a mix of upper and lowercase letters, numbers, and special characters. Avoid using the same password across multiple accounts.
- Enable two-factor authentication on your online accounts to add an extra layer of security.
- Never share passwords and personal information. Anyone who asks you for your password is probably scamming you.
- Be a sceptic when reviewing email attachments, links and suspicious texts. If you're in doubt, delete the message.

## "I think I've been scammed, what do I do?"

Contact your bank and inform them immediately. They will monitor your funds and block any suspicious transactions.

Report it - [scamwatch.gov.au](https://scamwatch.gov.au)

Bring your device to a professional to inspect and remove suspicious applications and remote access software.



**TOP TIP:** Banks or the government will NEVER ask you to confirm personal details via phone, email or text and won't close your account for not responding. Any contact in this manner is a scam, and you should ignore them.

# What's on Barossa

## COMMUNITY CALENDAR

### CFS Nuriootpa Fundraiser



Community spirit is in action. Join the market day event to raise money to support the Nuriootpa CFS Brigade.

#### Event Details

Saturday, 18 March | 9:30 am - 12:30 pm

Located at 24a Murray Street, Nuriootpa SA 5355

#### Cost

FREE

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

Accessible toilets | ● Low walking | Outdoor - uneven surface

### Barossa Airshow

An exciting day with amazing aerial action, entertainment and family activities. Bring chairs to enjoy the picnic-style atmosphere. Depending on your fitness levels, stay seated or explore the event.

#### Event Details

Sunday, 16 April | 10:00 am - 4:00 pm

Located at Rowland Flat Airfield, Krondorf SA 5352

#### Cost

Adults \$30

Website: [barossairshow.com.au](http://barossairshow.com.au)



Accessible toilets | ● Moderate walking | Outdoor - uneven surface

### Barossa Vintage Festival - Scarecrow Trail



Be immersed in a unique scarecrow experience, marvel at these charming creations and admire the skill and detail of each one.

#### Event Details

Saturday, 26 March to Sunday, 23 April

Located at Scholz Ave, Nuriootpa SA 5355

#### Cost

FREE

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

Accessible toilets | ● Low walking | Outdoor

#### Walking Level Indicator



## High Tea Dance



An afternoon of fun, dancing, health and wellbeing exhibitors, prizes, light lunch and afternoon tea. Transport available.

### Event Details

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

**Cost**  
FREE

RSVP by 3 April: Phone - 8562 0300  
Facebook: barossavillage.org

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Accessible toilets | ● Moderate walking | Indoor

## Barossa Vintage Festival - Living Library Exhibition

Barossa Village has partnered with Christian Teusner from The Emu Tree in an oral and visual histories project focusing on the incredible stories behind Residents from the Barossa Village.

### Event Details

Wednesday 19 - Sunday 23 April  
Provenance Barossa Foyer, 18-28 Tanunda Rd, Nuriootpa SA 5355

**Cost**  
FREE

Facebook: barossavillage.org




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Public toilets | ● Low walking | Indoor with ramps

## Barossa Vintage Parade 2023



Pack a picnic, bring your chairs and line the streets to watch the brilliantly decorated floats pass for this fun family day out.

### Event Details

Saturday, April 22 | 10:00 am  
Commencing in Tanunda SA 5352

**Cost**  
FREE

Website: barossavintagefestival.com.au

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● Low walking | Outdoors

## Nuriootpa Town Day

Following the completion of the Barossa Vintage Parade enjoy street games, live music, food and entertainment for all ages.

### Event Details

Sunday, 23 April | 1:00 pm - 4:00 pm  
Murray Street, Nuriootpa SA 5355

**Cost**  
FREE entry

Facebook: barossavillage.org




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Accessible toilets | ● Moderate walking | Outdoors



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



## Career Opportunities

**"Every day our staff demonstrate our motto, 'people at our heart' through the care, commitment and dedication they bring to their roles"**

**Ben Hall** Chief Executive Officer, Barossa Village

