

Grapevine

July 2023



Above: The grand opening of the Barossa Village Residency pop-up supermarket

INTRODUCING A DELIGHTFUL SHOPPING EXPERIENCE!

Imagine a bustling marketplace tucked within the walls of an aged care facility, brimming with excitement and possibility.

We are excited to announce the introduction of a pop-up supermarket for our Residents at the Barossa Village Residency. Thanks to the initiative of the Wellbeing Team, the pop-up shopping experience unveiled a treasure trove of benefits, with easy access to essential items, a variety of products, and a community atmosphere. Residents can come and do some shopping and top up personal supplies.

This program aims to offer choice and control to Residents, creating a gathering place and fostering social interaction among Residents, staff members, and even visitors. This social interaction contributes to a sense of community. With positive feedback from the first opening and new items requested, this is an excellent way to add joy and meet the needs of Residents.

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CEO Update

As the financial year's end approaches, we reflect on the last 12 months. I sum it all up with one simple word: 'change'.

It's marvellous that there has been a renewed focus and numerous reforms across Aged Care.

We hope that, in time, they will improve the quality of care and life providers can support.

For Barossa Village, though, through this change, our focus has continued to be about the fundamentals; delivering a high-quality service that supports you to have more good days, which I trust has been your experience.

The new financial year will bring new opportunities, which I look forward to sharing, but in the meantime, stay warm and safe.

Ben Hall

Sharing Treasures

Dolls From Around the World

This month the staff and Residents were delighted by a beautiful day of play with dolls brought in from around the world.

It was amazing to hear some Residents reminiscing about the dolls they used to have as children and how beautiful they were. A lot of the ladies had a childlike twinkle in their eyes when sharing.

One of the most beautiful dolls belonged to Noreen, who showed off her handmade doll. The exquisite doll was handmade by her Grandmother in the 1930s. Seeing her smiling and positively engaging with staff and Residents was fantastic.



Something New

Fitball drumming got the Residents moving!

The Wellbeing team are looking into offering new and exciting activities for Residents. The team are trialling activities based on resident preferences.

Fitball drumming brings happiness and numerous advantages to our Residents by combining the joy of music with the physical activity of drumming. It promotes cardiovascular health, coordination, and cognitive function whilst creating a lively and social environment.

Many Residents started the session reserved, and by the end, it was pumping as we had worked up a sweat!

This activity has created new Resident engagement, offering something new. We look forward to providing more vibrant, fun classes.



Welcome New ILU Residents



Meet Michael and Ina Huppertz

Independent Living Unit Residents

New residents Michael and Ina Huppertz, have been part of Barossa Village since 21 April 2023.

“We are so very happy and grateful to call Nuriootpa our new home after moving here from Riverton where we lived on Michael's brother, James' farm.”

The Huppertz family originated from Tauer in Lower Lusatia, Prussia, from where they immigrated. The family arrived at Port Adelaide on the San Francisco on 14/10/1850, resided in Hope Valley, and in 1857 moved to Riverton where James was still on the farm. The farm has been in their family since 1860.

Michael went to school in Riverton and, in 1966 after leaving school, started working for Elders as a livestock agent. He was, at times, also responsible for merchandise, finance and branch manager. Michael worked for Elders for 48 years, lived in 12 different locations and retired in 2012 when he and Ina moved to Riverton.

Ina, who lived happily in South Africa, met Michael on a bus trip to New Zealand. Cupid managed to lure her to visit Michael

in Australia.

Needless to say, it worked, and they got married in 2008. It was a big decision as Ina, born in Zimbabwe and living her adult life in South Africa, had to sell up her home and move from the capital city, Pretoria to a small outback town in the Flinders Ranges, Hawker.

“We both loved our time in Hawker and also living in Riverton.

We played lawn bowls, golf and volunteered in the Community. We were active members of the Saddleworth Bowling Club, Riverton Uniting Church and the Riverton Op Shop.

We love gardening, had a beautiful native garden on the farm and were responsible for keeping the Bowls Club Garden neat and tidy.

We hope to integrate into “Village life” once we have settled in and unpacked all our bags.”



Around Our Barossa Village Community



Visiting Students

For the last two months, students have been working within the Residency.

One of those students is Ashlee. Ashlee dreams of becoming a nurse and has been incredibly excited to shadow some Enrolled Nurses on her shifts.

Ashlee has enjoyed her work experience so much that she has asked to volunteer (supervised) during the school holidays. Ashlee has also decided to do a bridging course now, which will help get her into a Nursing degree.

Thank you to all the staff who made Ashlee's work experience memorable.

Thank you Bill

Haircuts never felt so entertaining!

Men and ladies having a haircut at the Residency were entertained by Bill in the recent week, spreading joy and creating an unforgettable atmosphere as he played beautiful songs on the harmonica. So many people stopped by to hear him play.

Bill talks about how he played the harmonica in the war and the different songs he knows. So many residents are gifted with exceptional musical skills, and we are very thankful to Bill for sharing.



Hairdresser
Tuesdays at the Residency
Thursdays at The Lodge

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

5 Tips for keeping Warm this Winter!



1

Layer Up and Add Accessories!

- Dress in layers of clothing to trap heat and insulate your body. Layering helps retain warmth better than wearing a single heavy garment.
- Add blankets on your bed and couch to provide extra insulation. Choose fleece or woollen materials as they are particularly effective at trapping warmth.
- Use Warm Accessories: Wear hats, scarves, gloves and socks to prevent heat loss from the head, neck, hands and feet. These areas are particularly vulnerable to cold temperatures.



2

Warm Beverages and Foods

- Enjoy warm drinks like tea or coffee, or treat yourself to brandy or a glass of wine to warm up from the inside.
- Opt for warm meals and soups that provide comfort and help maintain body temperature.
- Encourage cooking and baking; the oven's warmth can help heat the kitchen and surrounding areas. It also provides a chance to enjoy warm meals.

3

Optimise Insulation:

- Hang thick curtains, blankets, flannelette or fleece sheets over windows to add an extra barrier against the cold. Place rugs or blankets on floors to provide insulation and prevent heat loss. Keep safety in mind and use non-stick matting to prevent slipping.
- Create DIY draft stoppers by rolling up old towels and placing them at the bottom of doors and windows to seal gaps, preventing cold drafts from entering and warm air from escaping.

4

Let the Sun In:

- Open curtains and blinds during the day to let sunlight in and naturally warm up your living spaces. Close them around 4 pm to keep the heat in at night.
- Enjoy some sunshine by completing daily errands during the warmest periods of the day between midday and 3 pm.



5

Stay Active and Hydrated:

- Engage in regular physical activity or household chores to keep your body warm. Gentle exercises or indoor activities like walking, stretching, or dancing can help increase blood circulation and maintain body temperature.
- Stay Hydrated by drinking plenty of water, even in winter, to keep your body properly hydrated. Proper hydration helps maintain body temperature and overall wellbeing.

Around Our Barossa Village Community

Pop-Up Shopping at the Residency



Connections Calendar Day Trip



Exciting Upcoming Events!



Our Barossa Family Dinner Series

Date & Time	August 1st, 2023 / Entertainment 5.00 PM / Dinner 6.00 PM		
Location	The Residency - Barossa Village / 9 Atze Parade, Nuriootpa		
Guest Chef	Mark McNamara	Performer	Victoria Newbold

Tickets on SALE Thursday, July 6 from the Barossa Village Residency

Introducing *Our Barossa Family Dinner Series*

Exclusive Event!

Barossa Village is delighted to announce its collaboration with esteemed local chef Mark McNamara for the inaugural "Our Barossa Family Dinner Series." This exclusive event is scheduled to take place on August 1, 2023, starting at 5 pm with dinner service commencing at 6 pm.

The significance of this occasion cannot be overstated, as it marks the first of its kind at the Residency. It presents a wonderful opportunity for our residents and their families to come together and enjoy a memorable meal. Many families desire to take their loved ones out for a memorable dining experience. However, they have found it challenging due to specific dietary requirements and mobility needs. By inviting Mark to our Barossa Village kitchen, we create a unique opportunity for our staff to acquire new recipes and for Mark to gain insight into the intricacies of cooking within an aged care environment.

Adding to the evening's charm and ambience, we are delighted to feature the exceptional talents of pianist and vocalist Victoria Newbold.

We are fortunate to have the support and involvement of renowned figures in the Barossa hospitality industry, Kylie Mansfield and Barb Storey. Together, we aspire to inspire other Barossa chefs to engage in this opportunity, creating more events in the future.

Tickets for the event will go on sale starting Thursday, July 6. Priority will be given to those who have responded to the early expression of interest, ensuring they can secure their tickets.

The ticket prices are as follows: \$49 for family members of residents and \$25 for residents themselves. This all-inclusive price encompasses a delectable three-course dinner accompanied by wine and pre-dinner entertainment.



Barossa German Language Association Inc. (BGLA)

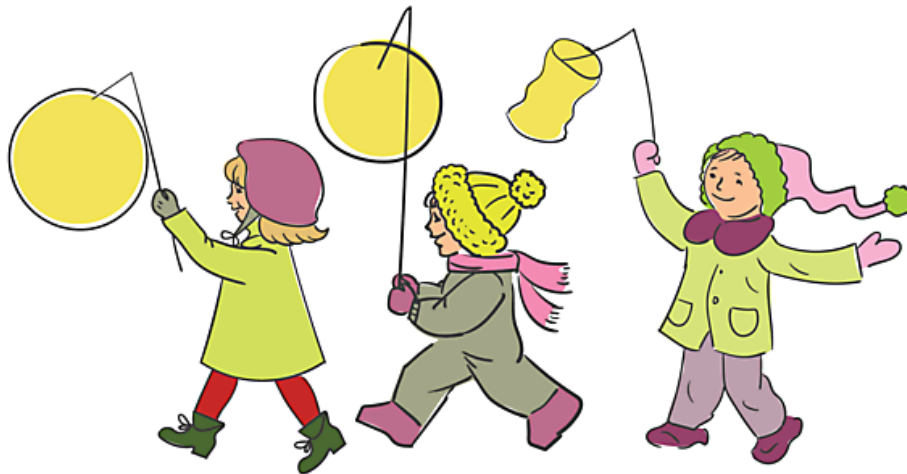
BAROSSA LANTERN WALK

SATURDAY
29 JULY 2023

Joy Rice Centre
14 Scholz Avenue
Nuriootpa

4pm start
6pm lantern walk

- Join us for Laternenlauf, a family event for the Barossa German community
- Lantern making workshop (\$5 per lantern) from 4pm or bring your own lantern
- Sing with us! "Laterne, Laterne" and "Ich geh mit meiner Laterne" are the traditional German lantern walk songs.
- Authentic German food, drinks and cake available for purchase (Eftpos available)
- Please register with Steffi if you're thinking of coming - it helps us plan our catering
events@barossagerman.com.au



Grapevine July Puzzle

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

Find the following words in the puzzle.

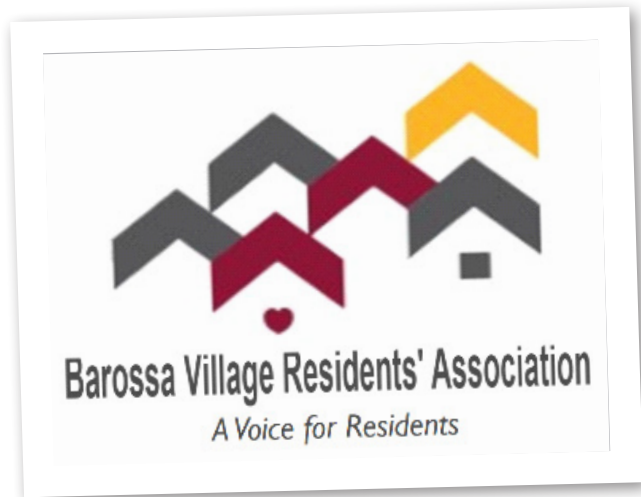
Words are hidden     and .

BAROSSA
 COLLABORATION
 COMPASSION
 COURAGE
 CRAFT
 CREATIVE
 DAZZLER
 DELIGHTS

DRUMMING
 EXERCISE
 FITBALL
 FRIENDSHIP
 GARDENING
 HARMONICA
 HEALTH
 HUPPATZ

INNOVATION
 JOY
 LASAGNE
 MORE
 MUSIC
 NURSING
 PAINTING
 PAVLOVA

POOL
 RESIDENCE
 RIVERTON
 SHOPPING
 SOCIAL
 STUDENTS
 VILLAGE
 YORKSHIRE



June 2023

This meeting had limited attendance, with several representatives away with alternative appointments, leave, etc. However, we managed to meet our quorum, so the meeting went ahead.

CEO Ben Hall's report focused on events celebrated during May: National Volunteers Day, International Nurses Day, and Mother's Day and management's work on the 2023-2024 budget in a period of increasing operating costs. Ben indicated that while Barossa Village (BV) aims to provide an affordable and quality service that benchmarks well with other providers, residents can anticipate increasing maintenance service fees to offset some of these increasing costs. Ben said a fourth handyman has been appointed to help meet the growing demand for maintenance; Mel Sourdough had been well accepted and that BV hoped to bring in more commercial partners.

Ben introduced Kobus Strauss to attendees who presented on Tom Herring's behalf. Kobus mentioned resident Lissy Amstberg's 100th birthday party, a Residents' Market on 6th May, and the arrival of six new residents. He respectfully remembered Hazel Howitt, who had passed away.

He said My Aged Care interaction had been time-consuming in the last month as he and Tom had assisted many residents with their claims and interactions with the My Aged Care teams. He also provided client figures for the Home Care Package (168) and The Commonwealth Home Support Program (393).

According to Kobus, the Monday and Thursday well-being programs were popular, with several day trips on Mondays and exercises in the Joy Rice Centre on Thursdays. Lutheran Community Care, he said, has begun a social network program on Thursdays from 1:30-3:30 pm at Lutheran Care, 21 Second Street, Nuriootpa, to which everyone is welcome. Further details may be obtained by telephoning 8562 2688.

In general business, Gisela Irlam and Yvonne Wuttke discussed the possibility of a footpath on an easement off Penrice Avenue. Ben said he will ask the Barossa Council to lay a footpath.

Carmel Devonish suggested that we change the name of the 'Maintenance Fee' to better reflect what the funding is used for. Robin Henry suggested 'General Fee' might suffice. Carmel also discussed the Residents' Book Exchange and the large number of books held there. She suggested that as space was now limited, no further donations of books be made.

Copies of the Minutes of Meeting with full details are available from Cluster Reps or in the file held at the Residents' Book Exchange. Later we hope to also make them available online.

Next meeting 8th August 2023

President
Robin Henry
0404184474 | robin-henry@outlook.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 9 – 3.30/4 pm</p> <p>Adelaide Goal-(entry fee \$15.50) <i>Moderate levels of walking</i></p> <p>Lunch: Bakery or Bring your own</p>	<p>4 Joy Rice 10.00 – 11.00 am “Keep on Moving” Exercises Hydro Pool 1.30 – 3.30 pm Aqua Classes</p>	<p>5 Individual Social Support or Small Interest Groups</p> <p>Speak with your Care Coordinator to discuss your options and to support your individual needs</p>	<p>6 10 – 2.30 pm</p> <p>Eudunda/ Nuriootpa group: Held in Eudunda</p> <p>AM: Better Balance Exercises</p> <p>PM: Eudunda SALA project/ Board Games</p>	<p>7 10 – 11.30 am: Mix and Mingle 10 – 12.30 am: BV Bowlers Group 12.30 – 1.30 pm: Café Luncheon 1:30 – 2.30 pm: All Aboard BINGO</p>
<p>10 9 – 3.30/ 5 pm</p> <p>Explore Strathalbyn Full day Out <i>Moderate levels of walking</i></p> <p>Lunch: Victoria Hotel in Strathalbyn</p>	<p>11 Joy Rice 10.00 – 11.00 am “Keep on Moving” Exercises Hydro Pool 1.30 – 3.30 pm Aqua Classes</p>	<p>12 Individual Social Support or Small Interest Groups</p> <p>Speak with your Care Coordinator to discuss your options and to support your individual needs</p>	<p>13 10 – 2.30 pm</p> <p>Eudunda/ Nuriootpa group: Day Trip</p> <p>- Virginia Nursery Lunch in the Cafe</p>	<p>14 10 – 11.30 am: Mix and Mingle 10 – 12.30 am: BV Bowlers Group 12.30 – 1.30 pm: Café Luncheon 1:30 – 2.30 pm: All Aboard BINGO</p>
<p>17 9 – 3.30/4 pm</p> <p>Measdays Lookout, near Craters <i>Low levels of walking</i></p> <p>Lunch: Lunch at Lobethal Hotel</p>	<p>18 Joy Rice 10.00 – 11.00 am “Keep on Moving” Exercises Hydro Pool 1.30 – 3.30 pm Aqua Classes</p>	<p>19 Individual Social Support or Small Interest Groups</p> <p>Speak with your Care Coordinator to discuss your options and to support your individual needs</p>	<p>20 10 – 2.30 pm</p> <p>Eudunda/ Nuriootpa group: Held in Eudunda</p> <p>AM: Better Balance Exercises</p> <p>PM: Eudunda SALA project/ Express yourself through painting</p>	<p>21 10 – 11.30 am: Mix and Mingle 10 – 12.30 am: BV Bowlers Group 12.30 – 1.30 pm: Café Luncheon 1:30 – 2.30 pm: All Aboard BINGO</p>
<p>24 9 – 3.30/4 pm</p> <p>Thrift Shopping at the Port <i>Moderate levels of walking</i></p> <p>Lunch: Fasta Pasta Port Adelaide</p>	<p>25 Joy Rice 10.00 – 11.00 am “Keep on Moving” Exercises Hydro Pool 1.30 – 3.30 pm Aqua Classes</p>	<p>26 Individual Social Support or Small Interest Groups</p> <p>Speak with your Care Coordinator to discuss your options and to support your individual needs</p>	<p>27 10 – 3.30 pm</p> <p>Eudunda/ Nuriootpa group: Day Trip</p> <p>- Mystery Tour and lunch at a Surprise location</p>	<p>28 10 – 11.30 am: Mix and Mingle 10 – 12.30 am: BV Bowlers Group 12.30 – 1.30 pm: Café Luncheon 1:30 – 2.30 pm: All Aboard BINGO</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	AUGUST 1 Joy Rice 10.00 – 11.00 am “Keep on Moving” Exercises Hydro Pool 1.30 – 3.30 pm Aqua Classes	2 Individual Social Support or Small Interest Groups Speak with your Care Coordinator to discuss your options and to support your individual needs	3 10 – 2.30 pm Eudunda/ Nuriootpa group: Held in Eudunda AM: Better Balance Exercises PM: Eudunda SALA project/ Paint Pouring Art	4 10 – 11.30 am: Mix and Mingle 10 – 12.30 am: BV Bowlers Group 12.30 – 1.30 pm: Café Luncheon 1:30 – 2.30 pm: All Aboard BINGO
7 9 – 3.30/4 pm Barossa Valley Lookouts Tour: : Drink and Nibbles tour. : Bring your Camera/binoculars : Bring a Blanket/Rug up Low levels of walking Lunch: Bakery Stop	8 Joy Rice 10.00 – 11.00 am “Keep on Moving” Exercises Hydro Pool 1.30 – 3.30 pm Aqua Classes	9 Individual Social Support or Small Interest Groups Speak with your Care Coordinator to discuss your options and to support your individual needs	10 10 – 2.30 pm Eudunda/ Nuriootpa group: Day Trip - Scholz Park Museum Lunch Riverton Hotel	11 10 – 11.30 am: Mix and Mingle 10 – 12.30 am: BV Bowlers Group 12.30 – 1.30 pm: Café Luncheon 1:30 – 2.30 pm: All Aboard BINGO
14 9 – 3.30/4 pm Bay Discovery Centre- Glenelg Jam Factory ICON Tom Moore (Glass Artist) Low/ Moderate levels of walking Lunch: Boardway Hotel	15 Joy Rice 10.00 – 11.00 am “Keep on Moving” Exercises Hydro Pool 1.30 – 3.30 pm Aqua Classes	16 Individual Social Support or Small Interest Groups Speak with your Care Coordinator to discuss your options and to support your individual needs	17 10 – 2.30 pm Eudunda/ Nuriootpa group: Held in Eudunda AM: Better Balance Exercises PM: Eudunda SALA project/ Construct your own Birdhouse	18 10 – 11.30 am: Mix and Mingle 10 – 12.30 am: BV Bowlers Group 12.30 – 1.30 pm: Café Luncheon 1:30 – 2.30 pm: All Aboard BINGO
21 9 – 3.30/4 pm Mannum Outfing River Cruise (TBC) Moderate levels of walking	22 Joy Rice 10.00 – 11.00 am “Keep on Moving” Exercises Hydro Pool 1.30 – 3.30 pm Aqua Classes	23 Individual Social Support or Small Interest Groups Speak with your Care Coordinator to discuss your options and to support your individual needs	24 10 – 3.30 pm Eudunda/ Nuriootpa group: Day Trip - Luncheon at the Watermark Hotel Glenelg	25 10 – 11.30 am: Mix and Mingle 10 – 12.30 am: BV Bowlers Group 12.30 – 1.30 pm: Café Luncheon 1:30 – 2.30 pm: All Aboard BINGO

Friday Café Menu - July

Community Connections Calendar

Date	Lunch	Dessert
7 July	Braised Lamb Chops	Fruit Trifle Cups with Whipped Cream
14 July	Roast Beef, Vegetables & Yorkshires	Panna Cotta with Mango Coulis
21 July	Cottage Pie & Steamed Vegetables	Sticky Date Pudding with Caramel Sauce
28 July	Roast Pork & Vegetable Bake	Apple & Rhubarb Crumble with Custard
4 August	Beef Lasagne with Wedges & Salad	Pavlova with Whipped Cream & Fresh Fruit

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

ILU Residents Activity Calendar - July

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 7th Friday 21st 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 - Chicken lunch, AGM & raffle	1.15 pm	Joy Rice Centre Bobby Dazzler
Music Night	Saturday 14th	7.00 pm	Joy Rice Centre
Men's Group	Wednesday 12th & 26th	1.30 pm	The Lodge/ Outings
Residents Market	Nil in July	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