

Barossa Village's Community News

Grapevine

September 2024



Above: Award winners Bonnie, Deb and Romelyn (Mal absent from the photo), with Barossa Village team representatives together with ACCPA Daniela Ciccarello and Derek Dittrich

ACCPA EXCELLENCE AWARD!

On Aged Care Employee Day, August 7th, we were ecstatic to announce that our phenomenal team—Romelyn, Deb, Bonnie and Mal (absent from the photo)—won the ACCPA Excellence Team Award for Consumer Focus and Care!

Their journey from carers to nurses is a testament to their dedication, hard work, and commitment to excellence. They have achieved an outstanding milestone in aged care by embracing new challenges, studying, and learning from their peers.

We extend our deepest gratitude to everyone who has supported and guided this team as they pursued their nursing qualifications. Your encouragement has been instrumental in their success. Our entire nursing team has set a shining example of dedication and commitment, inspiring these remarkable women to transition from caring roles to nursing. We are encouraged by our inclusive and supportive environment that fosters such growth and achievements.

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Barossa Village
people at our heart



CEO Update

August was an amazing month filled with highlights.

It all began with Aged Care Employee Day on 7th. We used the day to celebrate and acknowledge all members of the Barossa Village staff for their care, respect and professionalism. I know that many of you took the opportunity to say thank you to those that support you – it was certainly appreciated.

Our colleagues from ACCPA, the Aged and Community Care Providers Association, visited on the day to tell us that our graduating Enrolled Nurses, Deb, Bonnie, Mal and Romelyn had won its Excellence Team Award for Consumer Focus and Care; a national recognition

of their personal commitment and the impact and influence of those people around them that have inspired, motivated and supported them on their aged care journeys. A true recognition of everything that the Barossa Village has to offer.

From our participation in the Barossa Arts Festival, we opened our SALA Art Exhibition, which we have called our "Community Art Experience". There is no question that this initiative is an extension of the passion and enthusiasm of a few in our community to have such a display. It is our absolutely privilege to support it. Our no boundaries, no limits approach has resulted in an eclectic presentation of all the talent that our community has to offer. Whether a beginner or expert, it doesn't matter; our exhibition is a place for expression and this was on display at the official opening with an array of emotions from those in attendance. There was though one common theme: a celebration of the arts.

From arts to sports: I hope that everyone had a chance to enjoy Australia's success at the Olympics. I know that I did and I am looking forward to finals month in September. Wishing you and your teams every success. Stay safe.

Ben Hall

Celebrating
60 years



Corporate & Community Services 14 Scholz Avenue, Nuriootpa SA 5355
The Residency 9 Atze Parade, Nuriootpa SA 5355
Postal Address PO Box 531, Nuriootpa SA 5355

Join us for 'R U OK? Day, Any Day'

From Funky Shirts to Real Support

Barossa Village's Commitment to Mental Health and Community Care

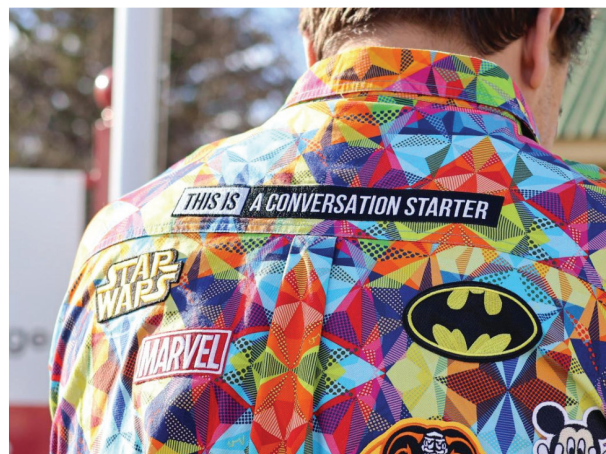
At Barossa Village, we're dedicated to promoting positive mental health through both action and conversation. Thanks to TradeMutt, our Funky Shirt Friday encourages staff and residents to wear vibrant shirts, or even a cape every Friday, sparking meaningful discussions about mental health and helping to break down stigma.

With nearly 43% of Australians affected by mental health issues, it's crucial to create a

supportive environment where these topics can be openly discussed. Each Funky Shirt also includes a link to free counselling services, reinforcing our commitment to providing real support.

As R U OK? Day approaches on September 12th, we remind everyone that checking in on each other should be an everyday practice. Life's challenges don't wait, and neither should our care.

Join Barossa Village in making mental health a visible priority. Wear a funky shirt, ask us about ours, and start a conversation. Together, we can build a culture of care and compassion, creating more good days for everyone in our community!



Follow us on socials @barossavillage.org

Website: barossavillage.org Phone: 08 8562 0300

Residency Activities

Farm Barn Visit and Animal Therapy

This month, we had a visit from the Farm Barn. Residents got to share a snuggle and a laugh with some of the beautiful animals. We are also fortunate to have Maple, the therapy dog, join us each month.

Animal therapy brings out smiles and relaxation in residents, helping them reminisce about the pets they had when they were younger.

- Fay embracing a cuddle
- Theo enjoying the animal visits!



Music in the Wellbeing Program

Music is a major part of the Wellbeing program at the residency. This month, residents learned all about the orchestra and the different instruments involved.

Robyn, our Wellbeing Coordinator, was a wealth of knowledge and encouraged a few residents to give it a go. Music remains one of the most popular activities at the residency, and we welcome acts who may want to share their talents.



Hairdresser

Tuesdays: Residency | **Thursdays:** The Lodge
IRENE RICKARDS | 0414 607 135
in salon or can come to you!

Art and Craft Group Activities

The Resident Art and Craft Group has taken on a new focus this year. Every item made serves a purpose for residents or helps with events. The residents have shared that they want to create something useful and contribute. Succulent boxes have been made by the MSU and Art and Craft Group for the Spring Dance.

Other items include clocks for resident rooms and trinket boxes. The next activities will be string lanterns for the dance and sunflower pins.

After the events, residents are welcome to keep what they've made if they choose. Working towards an event or activity has given residents a new focus and a sense of achievement.

Well done, team!

Top right to bottom row left to right)

- Peggy and Terry making succulent boxes
- Close up of the succulent boxes
- Sandra with the clock
- Dorothy and volunteer Miriam – flower arranging, with Theo watching.



Meet Our Community

Meet Bill King

New Interdependent Living Unit Resident

Bill recently moved from Adelaide to the Barossa, a change he says is for the better. Born in 1936 at Sunbury-on-Thames, England, Bill began his working career as an upholsterer.

In 1959, Bill married his wife, July. Sadly, July passed away six years ago, but he speaks of her with fondness and a twinkle in his eye, reminiscing about their sixty-year marriage. In 1966, they decided to leave England for Australia.

Once in Australia, Bill secured a position at Buttercup, where he worked for the next thirty years before retiring. He considers himself fortunate to be here, as he is a two-time brain tumour survivor.

Talking with Bill, you quickly learn that he and July were avid travellers. They explored the world, from tiger sanctuaries in Thailand and elephant orphanages in Sri Lanka to the bright lights of Las Vegas.



Bill has a particular fondness for cruise ships, recounting his adventures to the Bahamas, the Panama Canal, and New Zealand, to name a few.

Bill is an interesting man with many tales to tell. It's a wonderful experience to sit and listen to him. Please join us in welcoming him to our Barossa Village community.

Community Connections Highlights

Discover the joy of our Community Connections program!

From outings and art exhibitions to workshops and games, we create “More Good Days” through fun, social activities. We invite the community to join us at Barossa Village for memorable moments and meaningful connections!

Enjoy our collection of recent events from Silo art tour, to history museums and conservation parks



Highlights Continued



Workshop Highlights

Teacup Bird Feeders

Our recent workshops have been a lot of fun! In a recent session, we transformed old glassware and crockery into bird feeders, which proved to be an engaging and creative experience for everyone involved.

Attendees delved into the process of repurposing everyday items like teacups, glasses, and other glassware into functional and decorative bird feeders for their gardens. The hands-on approach allowed everyone to learn practical techniques and apply them in a lively, interactive setting.



Kokedama Plant

Open to all

Learn the ancient Japanese art of Kokedama and create your own beautiful plant display! A Kokedama plant is a form of Japanese bonsai that involves growing a plant in a ball of soil covered with moss, which is then tied with string. The term "kokedama" translates to "moss ball" in English. This technique allows the plant to be displayed in a variety of ways, such as hanging, placed on a decorative tray, or set on a stand, creating a visually appealing and naturalistic display.

This unique workshop will teach you how to craft a Kokedama, appreciated for its simplicity, elegance, and the way it brings a touch of greenery into indoor spaces.

- **Date:** Thursday, September 26th
- **Time:** 12:30 - 2:30pm
- **Location:** The Lodge -14 Scholz Ave, Nuriootpa SA 5355
- **Cost:** \$15 - payments now required at booking to confirm your spot

Book: 8562 0300 (option 2) or online:
barossavillage.org/events



Come and Try Mosaics

Open to all

Unleash your creativity and explore the art of mosaics in this hands-on workshop! Create a unique piece of mosaic art while learning the techniques of designing and crafting vibrant images on a two-dimensional surface.

All materials are provided, so just bring your enthusiasm, old clothes, and an apron.

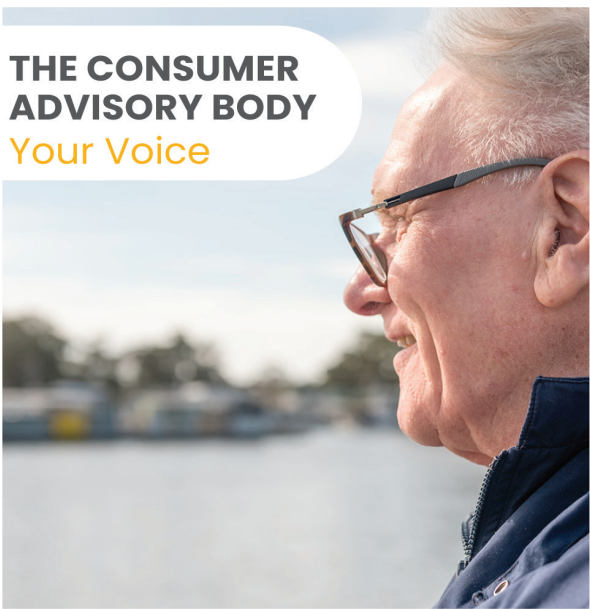
Whether you're a beginner or have some experience, this workshop is perfect for anyone looking to try something new and make art that lasts. Join us for a fun and inspiring session!

- **Date:** Thursday, October 31st
- **Time:** 12:30 - 2:30pm
- **Location:** The Lodge -14 Scholz Ave, Nuriootpa SA 5355
- **Cost:** \$20 - payments now required at booking to confirm your spot

Book: 8562 0300 (option 2) or online:
barossavillage.org/events



THE CONSUMER
ADVISORY BODY
Your Voice



Barossa Village Consumer
Advisory Bodies

Upcoming meeting reminder

Independent Living Tuesday 10th
September at 1pm at the Lodge

Community Care Wednesday 11th
September at 2.30pm at the Lodge

Residential Care Thursday 19th
September at 10.30am at the Residency

If you would like to attend, please contact
the reception on 8562 0300

Come and join the fun at
ILU Games Group!

Join us every Wednesday from Social
Games Group from 2 to 4.30 pm at the Joy
Rice Centre, 14 Scholz Avenue. Have fun,
share laughs, and play various card and
board games. Gold coin donation, with tea
and coffee included.

All welcome, phone 8562 0300 or just pop
past next Wednesday.



Dementia
Support
Group

Dementia Support Group

Join our dementia support group to share
experiences, access resources, and receive
compassionate assistance. Together, we
navigate the challenges of dementia
caregiving with resilience and empathy.

- Tuesday, September 24th
- Starts 10 AM
- Barossa Village Residency: 9 Atze
Parade, Nuriootpa
- Morning Tea Provided

RSVP by Monday, September 23rd, to the
Residency in person or by phone 8562 0300.

Scrabble

Join us for a fun game of Scrabble at the Barossa Council Library, Tuesdays at 2 PM.

Details

- Location: Barossa Council Library - 43-51 Tanunda Rd, Nuriootpa SA 5355
- Time: Every Tuesday at 2 PM
- Refreshments: Tea and coffee provided
- All are welcome!

For more information, please contact Dianne Craig on 7531 2025.



Volunteering

Why not join our Volunteer team?

At Barossa Village, our volunteers are a big part of our community, bringing joy and companionship to our residents. Volunteering makes a special difference in the lives of those who need it most, providing not just a service but friendship and support.

As a volunteer, you have the opportunity to:

- Engage in friendly in-home visits or at our aged care facility
- Participate in outings to local cafes, galleries, or parks
- Help residents with hobbies and activities they enjoy
- Support community interest groups and social gatherings

Here are just a few examples of the exciting opportunities we have available:

- Residency walking group
- Residency Memory Support Unit activities
- Wellbeing activities include BINGO, Bowls, Knitting Group, etc.
- Barossa Village OpShop
- Community Connections outing drivers

If you have a few hours a week to spare, we'd love to hear from you. We create a supportive, vibrant environment where residents feels valued and connected, creating more good days together! Contact us to learn more - 8562 0300



Find us: Arthur & Gladys Reusch Community Centre | 24a Murray St, Nuriootpa

Open Wednesday to Friday

9.30 am – 3.00 pm

P: 8562 0300

Helpful Information

Did You Know?

What services are funded through your Maintenance and Services Fee?


For our Independent Living Unit clients, your Maintenance and Services Fee (or Services Fee) is a fortnightly charge that covers the day-to-day expenses and operational costs of running the Village. This fee includes council rates and taxes, home repairs for fair wear and tear, maintenance of front gardens and common areas, and upkeep of air conditioners and hot water systems. It also covers building and grounds insurance.

Please note, residents are responsible for insuring their own contents and property, paying for utilities other than water,

maintaining their unit's backyard, and covering any alterations they may wish to make.

If you have any questions about services or items in your home, please don't hesitate to contact us at the Lodge on 8562 0300. We're here to help!

Upcoming BVRA - Annual General Meeting



ANNUAL GENERAL MEETING

The AGM is scheduled for 1:30 pm on 8 OCT 24 at the Joy Rice Centre.

On 13 SEP 24 Nomination Forms for **cluster reps** and **president** will be distributed. Election of the **vice president** and **secretary** positions occur at the 12 NOV 24 meeting. Forms for both will be distributed on 18 OCT 24. We encourage you to apply for one or more of these positions and contribute to the Barossa Village Residents' Association.



All Welcome

Sundays 10.30am

Joy Rice Centre, Nuriootpa
0408 194 740



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 September 8.30 - 4 pm (Pick up starts at 8.30am) Graeme Claxton Reserve (Cadell) Barossa has some amazing views, bring your camera to capture great photos of the surrounding landscape. Lunch: Bring your own packed lunch. Drinks provided. Low levels of walking	3 9 am & 10:30 am Fitness For Life BV Residency 9 Atze Pd Nuriootpa 1.30 - 4.30pm Individual or Group Sessions Hydro Pool Group Exercise 2.45 pm- Level 3 Class 3.15 pm- Level 2 Class 3.45 pm- Level 1 Class	4 1:1 Exercises with Allied Health Assistant Speak with your Care Coordinator to arrange for a physiotherapist assessment, including a regular 1:1 visit from the AHA to implement a homebased exercise program	5 9.30am - 1.30pm "Living well with Dementia" Living with dementia fosters social interaction and a continued pursuit of meaningful activities. Our small group sessions, offers a supportive environment for this important journey. Speak with your Care Coordinator to discuss this further	6 10 - 11.30 am: Mix and Mingle 10 - 12.30 pm: BV Bowlers Group 12.30 - 1.30 pm: Café Luncheon 1:30 - 2.30 pm: All Aboard BINGO
9 8.30 - 4 pm (Pick up starts at 8.30am) Barossa sights and Lookouts Barossa has some amazing views, bring your camera to capture great photos of the surrounding landscape. Lunch: Vine Inn Hotel Moderate/ High levels of walking	10 9 am & 10:30 am Fitness For Life BV Residency 9 Atze Pd Nuriootpa 1.30 - 4.30pm Individual or Group Sessions Hydro Pool Group Exercise 2.45 pm- Level 3 Class 3.15 pm- Level 2 Class 3.45 pm- Level 1 Class	11 1:1 Exercises with Allied Health Assistant Speak with your Care Coordinator to arrange for a physiotherapist assessment, including a regular 1:1 visit from the AHA to implement a homebased exercise program	12 Individual/Small Group Social Support Stay Connected with friends or people with similar interests, restart a hobby or learn something new. Discuss your options with your Care Coordinator to support your individual needs.	13 10 - 11.30 am: Mix and Mingle 10 - 12.30 pm: BV Bowlers Group 12.30 - 1.30 pm: Café Luncheon 1:30 - 2.30 pm: All Aboard BINGO
16 8.30 - 4 pm (Pick up starts at 8:30am) Cleland National Park Stop and feed the animals, listen to the keepers give a talk and take a stroll at your own pace. Lunch: Bring your own packed Lunch. Drinks provided. Cost \$27 Low/Moderate levels of walking	17 9 am & 10:30 am Fitness For Life BV Residency 9 Atze Pd Nuriootpa 1.30 - 4.30pm Individual or Group Sessions Hydro Pool Group Exercise 2.45 pm- Level 3 Class 3.15 pm- Level 2 Class 3.45 pm- Level 1 Class	18 1:1 Exercises with Allied Health Assistant Speak with your Care Coordinator to arrange for a physiotherapist assessment, including a regular 1:1 visit from the AHA to implement a homebased exercise program	19 Individual/Small Group Social Support Stay Connected with friends or people with similar interests, restart a hobby or learn something new. Discuss your options with your Care Coordinator to support your individual needs.	20 10 - 11.30 am: Mix and Mingle 10 - 12.30 pm: BV Bowlers Group 12.30 - 1.30 pm: Café Luncheon 1:30 - 2.30 pm: All Aboard BINGO
23 8.30 - 4 pm Pick up starts at 8:30am) Mt Lofty Botanical Garden Opened in 1977, a crescent shaped 100-acre garden, located on the slopes of Mt Lofty, come enjoy the scenery and take a stroll around the garden. Lunch: Crafters Hotel Low/Moderate levels of walking	24 9 am & 10:30 am Fitness For Life BV Residency 9 Atze Pd Nuriootpa 1.30 - 4.30pm Individual or Group Sessions Hydro Pool Group Exercise 2.45 pm- Level 3 Class 3.15 pm- Level 2 Class 3.45 pm- Level 1 Class	25 1:1 Exercises with Allied Health Assistant Speak with your Care Coordinator to arrange for a physiotherapist assessment, including a regular 1:1 visit from the AHA to implement a homebased exercise program	26 WORKSHOP "Kokedama Plant" Come learn the technique to make your own Kokedama plant. A unique way of displaying plants in your home. Originating from Japan. Cost: \$15 Where: Joy Rice Centre, Scholz Ave TIME: 12.30 pm - 2.30 pm	27 10 - 11.30 am: Mix and Mingle 10 - 12.30 pm: BV Bowlers Group 12.30 - 1.30 pm: Café Luncheon 1:30 - 2.30 pm: All Aboard BINGO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
September 30 8.30 - 4 pm (Pick up starts at 8.30am) Hahndorf Visit some German speciality stores, like the German Village Shop. Enjoy a stroll around Hahndorf. Lunch: Hahndorf Old Mill Hotel Moderate/high levels of walking	October 1 9 am & 10:30 am Fitness For Life BV Residency 9 Atze Pd Nuriootpa 1.30 - 4.30pm Individual or Group Sessions Hydro Pool Group Exercise 2.45 pm- Level 3 Class 3.15 pm- Level 2 Class 3.45 pm- Level 1 Class	2 1:1 Exercises with Allied Health Assistant Speak with your Care Coordinator to arrange for a physiotherapist assessment, including a regular 1:1 visit from the AHA to implement a homebased exercise program	3 9.30am - 1.30pm "Living well with Dementia" Living with dementia fosters social interaction and a continued pursuit of meaningful activities. Our small group sessions, offers a supportive environment for this important journey. Speak with your Care Coordinator to discuss this further	4 10 - 11.30 am: Mix and Mingle 10 - 12.30 pm: BV Bowlers Group 12.30 - 1.30 pm: Café Luncheon 1:30 - 2.30 pm: All Aboard BINGO
7 PUBLIC HOLIDAY	8 9 am & 10:30 am Fitness For Life BV Residency 9 Atze Pd Nuriootpa 1.30 - 4.30pm Individual or Group Sessions Hydro Pool Group Exercise 2.45 pm- Level 3 Class 3.15 pm- Level 2 Class 3.45 pm- Level 1 Class	9 1:1 Exercises with Allied Health Assistant Speak with your Care Coordinator to arrange for a physiotherapist assessment, including a regular 1:1 visit from the AHA to implement a homebased exercise program	10 Individual/Small Group Social Support Stay Connected with friends or people with similar interests, restart a hobby or learn something new. Discuss your options with your Care Coordinator to support your individual needs.	11 10 - 11.30 am: Mix and Mingle 10 - 12.30 pm: BV Bowlers Group 12.30 - 1.30 pm: Café Luncheon 1:30 - 2.30 pm: All Aboard BINGO
14 8.30 - 4 pm (Pick up starts at 8.30am) Mannum Township Drive Enjoy a leisurely drive and take in the sights of Mannum Township, here you will learn the history of the town. Lunch: Picnic along the Banks, lunch supplied, Cost \$5 Low levels of walking	15 9 am & 10:30 am Fitness For Life BV Residency 9 Atze Pd Nuriootpa 1.30 - 4.30pm Individual or Group Sessions Hydro Pool Group Exercise 2.45 pm- Level 3 Class 3.15 pm- Level 2 Class 3.45 pm- Level 1 Class	16 1:1 Exercises with Allied Health Assistant Speak with your Care Coordinator to arrange for a physiotherapist assessment, including a regular 1:1 visit from the AHA to implement a homebased exercise program	17 Individual/Small Group Social Support Stay Connected with friends or people with similar interests, restart a hobby or learn something new. Discuss your options with your Care Coordinator to support your individual needs.	18 10 - 11.30 am: Mix and Mingle 10 - 12.30 pm: BV Bowlers Group 12.30 - 1.30 pm: Café Luncheon 1:30 - 2.30 pm: All Aboard BINGO
21 8.30 - 4 pm (Pick up starts at 8.30am) Forsters Lookout Good photo opportunity to look at some of the Murray River Cliffs, enjoy, morning tea at the lookout. Lunch: Mt Pleasant Hotel Low levels of walking	22 9 am & 10:30 am Fitness For Life BV Residency 9 Atze Pd Nuriootpa 1.30 - 4.30pm Individual or Group Sessions Hydro Pool Group Exercise 2.45 pm- Level 3 Class 3.15 pm- Level 2 Class 3.45 pm- Level 1 Class	23 1:1 Exercises with Allied Health Assistant Speak with your Care Coordinator to arrange for a physiotherapist assessment, including a regular 1:1 visit from the AHA to implement a homebased exercise program	24 Individual/Small Group Social Support Stay Connected with friends or people with similar interests, restart a hobby or learn something new. Discuss your options with your Care Coordinator to support your individual needs.	25 10 - 11.30 am: Mix and Mingle 10 - 12.30 pm: BV Bowlers Group 12.30 - 1.30 pm: Café Luncheon 1:30 - 2.30 pm: All Aboard BINGO

Friday Café Menu - September

Community Connections Calendar

Date	Lunch	Dessert
6th September	Roast Beef with Horseradish, Baby Potatoes & Veg	Apple Pie Bites & Ice Cream
13th September	Moroccan Chicken with Potato Bake & Steamed Vegetables	Sticky Date Pudding & Butterscotch Sauce
20th September	Silverside, Mashed Potato & Steamed Vegetables with Cheese Sauce	Pavlova with Fruit & Cream
27th September	Lamb Shanks in Red wine & Tarragon Sauce with Sweet Potato Mash & Greens	Fruit Trifle
4th October	Chicken & Vegetable Pie with Roast Vegetables & Gravy	Panna Cotta & Mango Coulis

Bookings are essential; please confirm your attendance by the Wednesday prior - Please phone the Lodge reception - 8562 0300 (option 2)

ILU Residents & Friends Activity Calendar - September

Activity	Date	Time	Location
Games Group	Every Wednesday	2:00 pm	The Joy Rice Centre
Happy Hour	Thursday 12th	4:00 pm	The Joy Rice Centre
Movies - Alternate Fridays	Friday 6th Bridges of Madison County (subject to availability of volunteers) Friday 20th Town and Country	6:30 pm	The Joy Rice Centre
Art & Craft Group	Every Friday	3:00 pm	The Joy Rice Centre
The Bobby Dazzler Show - Facebook Live music	Search for the public Facebook group - The Bobby Dazzler Show for more details		As per Facebook Page
Music Night	Saturday 14th	7:00 pm	The Joy Rice Centre
Men's Group	Wednesday 4th Wednesday 18th	1:30 pm	The Lodge/ Outings
Community Residents Market	Saturday 7th	9:00 am - 1:00 pm	The Reusch Center

Looking to bring a friend to an upcoming event? For further details about the activities, please phone the Lodge reception - 8562 0300 (option 2)