

Spring
2017

BARUNGA VILLAGE

Lifestyle

**Barunga's
appetite for
providing
the best**

GARDENING TIPS
FOR THE SPRING

SPECIAL OF THE SEASON
NOW AVAILABLE AT
GLORIA'S COFFEE SHOP

Social scene
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BARUNGA
VILLAGE INC.

Welcome to the 2017 Spring edition of BV Lifestyle.

In this edition, enjoy a warm Spring welcome by Barunga Village's Director of Nursing, Merrilyn Hewett who will share some of the highlights we've had since the last edition of BV Lifestyle.

We share some of what Jill Novy, Hotel Services Manager learnt from the one-and-only Maggie Beer at her 'Food for Thought' cooking class.

We recognise our incredibly dedicated volunteers, and we share Robert Furber's wonderful news as he has recently been appointed captain of the Port Broughton CFS.

There are also some great pictures inside this edition on our Social Scene page.

We've even included some exciting milestones as three of our volunteers celebrate their golden wedding anniversaries.

We hope you can sit back and relax whilst reading this edition of BV Lifestyle!

barungavillage.com.au
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Merrilyn Hewett

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Welcome

MERRILYN HEWETT
DIRECTOR OF NURSING

Welcome to the Spring edition of our newsletter.

As the crops have turned from green to golden, it is evident that the end of the year is nearly upon us.

We recently had the Australian Aged Care Agency conduct a review on Barunga Community Care, and I am pleased to report we achieved full compliance with the Home Care Standards.

The auditors commented on how positive clients were about the care they have been receiving and reinforced that the services we provide are keeping people living in their own homes for longer.

In the competitive market we operate, it has been necessary to promote the services Barunga Village has to offer.

We recently released a new corporate brochure and have had a targeted campaign offering Home Care Packages free to full pensioners. Our fleet of cars have been branded and offer exposure wherever they travel. We have a new contemporary website and you may have recently seen our television commercial which mentions our name Barunga Village, but not where are located. This was intentional because although our physical buildings are in Port Broughton, our services extend far beyond with our community arm now extending to the Mid North, Yorke Peninsula, Lower North and Barossa regions.

This year our Business Manager, Maureen Coffey and I represented Barunga Village at the Yorke Peninsula Field Days. It was a pleasure to meet so many lovely people throughout the three days we were there and get the opportunity to talk about our extensive range of services. It is always a privilege for people to invite me into their homes so I can better assess and advise on the most appropriate services for them.

Barunga Village received funding to deliver a Mental Health First Aid course to staff. Mental health first aid is the

help provided to a person who is developing a mental health problem, experiencing a worsening of an existing mental health problem or in a mental health crisis. The first aid is given until appropriate professional help is received or the crisis is resolved.

Winning the prestigious title of Australia's first Butterfly Home has earned us a place as finalist in the category of Alzheimer's Australia SA Dementia Excellence, in the SA Community Achievement Awards. We eagerly await the verdict at the end of November however irrespective of whether we win or not, it is a great honour to progress to this stage and it's a testament to the commitment by so many at Barunga Village.

Our most recent initiative has been to host 'Big Brekkies'

every Wednesday at Barunga Homes. Staff who are working are encouraged to sit and eat a hot breakfast with the people who live at the Homes - and with the smell of the BBQ cooking, that's easy to do! This idea forms part of our plan to make our meal times more social and follows a similar philosophy to the Butterfly Household Model of Care which promotes greater interaction between staff and people who live at Barunga Homes.

Thank you to all who supported our BBQ at the Seaside Markets on the October long weekend where we raised \$1378. We have a small but dedicated Fundraising Committee whose efforts enable the purchase of items we are not otherwise funded to provide. We have a lot to fundraise for with the

forthcoming new extensions. We are very keen to welcome new members to the Fundraising Committee so if you are at all interested, please contact me on 08 8635 0503. Our brief meetings are every second month and members can contribute as little or as much time as they like.

Light Up Barunga is another initiative designed for the purpose of bringing joy and happiness to the community during the festive season. There is a committee working hard to design a Christmas lights display that I am sure will impress. The launch of the lights will be on 24 November so be sure to keep the night free and join us for this special time.



Education & safety

ANDREW CHARLTON
EDUCATION AND SAFETY
COORDINATOR

When it comes to education and safety, reviewing of processes is crucial to the organisation to ensure it is on track to success.

We have recently set up a big month for ourselves to review our processes relating to Barunga Community Care's transport service provided to members of our community.

If you weren't aware, we provide a number of transport options that are available to anyone over the age of 60 years (eligibility conditions apply).

By lodging a referral through the *My Aged Care* website people can take advantage of generous financial support for trips around the country side or further afield to places such as Adelaide. Our Barunga Community Care team can assist you with your *My Aged Care* application.

Our volunteer drivers can take you where you need to go using a number of our modern vehicles.

In the last few months, a group of people including volunteer driver Malcolm Butler, Executive Managers, Maureen Coffey and Merrilyn Hewett, Community Care Coordinator, Merilyn Stringer and Volunteer Coordinator, Stacey Meschede have been reviewing our processes and documentation in the transport division at Barunga Village.

As convener of this group, it has been an insightful experience to understand the impact we have supporting people in the Barunga Village community by enabling them to make it to appointments or events, allowing them to remain socially connected, as well as see the commitment of our incredible volunteers.

Hearing the benefits our volunteers get out of driving for clients, as well as tightening up some of our documentation and processes around this has resulted in a more robust system for all to benefit from.

Recently, we've had another exciting initiative that we have

been able to host is Mental Health First Aid Training for some of our staff.

Regional Development Australia have made funds available to regional areas to support training in mental health. We know from our experience with the Butterfly Homes that mental health support for workers in the workplace is continuously increasing. Life pressures as well as increased connectedness to those we care for mean that mental health needs to be treated in similar vein as physical injuries at work – and courses such as these enable us to skill staff in supporting colleagues.

This two-day training session has enabled 15 of our staff to act as mentors/light houses in the workplace to support colleagues in need. In fact, the interest from staff was so great that I will be actively pursuing the possibility of making further training opportunities in this field available into the not-to-distant future.



Volunteers report

STACEY MESCHEDE
VOLUNTEER
COORDINATOR

It has been lovely to see so many smiling faces here at Barunga Village, we are so thankful for our volunteers who uplift our clients each and every day.

This year has been incredibly busy for our volunteers, so as the weather begins to warm, we start to have a few social events for our volunteers. We are having an afternoon tea as well as our annual Volunteer's Day Out to celebrate and thank our dedicated volunteers.

We will also be hosting a Christmas lunch to recognise all of our volunteer's efforts throughout the year.

We are blessed to have such generous volunteers give their time to Barunga Village. By having volunteers donate their time, this allows us to offer more activities for everyone to enjoy.

It is so beneficial for our clients to have someone to chat too - the smile clients have and the feedback they provide on our volunteers is second to none. It makes my job so worthwhile and verifies what we do is extremely important, not only for our clients wellbeing but that of the volunteers.

Once again, the motto for volunteering has been "Give Happy, Live Happy".

Not only do our clients value the efforts of our volunteers – but volunteering has proven to have many health benefits as well as increased happiness, so there is no wonder why I enjoy my job so much.

If you would like to join the wonderful Barunga Village team to "Give Happy and Live Happy", whether it's for an hour once a week or once a month, please feel free to contact me on 8635 0500.

Pictured below: Volunteers Ann Webb, Janet Pietsch and Maureen Ireland with residents working on the Christmas Tree decorations.



News

Barunga's appetite for providing the best



The importance of healthy meals in aged care and how mealtimes should be a social event were key ideas voiced at Maggie Beer's 'Food for Thought' program that Jill Novy, Hotel Services Manager at Barunga Village, attended.

Jill was awarded a scholarship to attend the program, hosted by the celebrity chef herself, on 23 August 2017.

"Maggie is very passionate about the aged having the right to healthy, nutritious food and the role that mealtimes plays in increasing the quality of their life," Jill said.

"We discussed that mealtimes should be a very social occasion for clients – there should be music and lots of conversation. It's also important to involve the

residents in the preparation, for example setting the table or placing the condiments on the table."

As part of the day, attendees took part in the 'Maggie Beer Foundation Mystery Box Challenge'.

"We were placed in groups and asked to cook a chicken, Maggie moved around to all

the groups, suggesting different flavour combinations and cooking techniques."

Jill, who has worked at Barunga Village for 14.5 years, said the main affirmation she took away from the day is that Barunga Village's vision for mealtime experiences is heading in the right direction.

"Since we implemented the Butterfly Household Model of Care for people living with dementia, the mealtime experience has significantly improved and we look forward to incorporating elements of this model throughout the whole home during the next 12 months," she said.

"Instead of trolleys delivering food to the people we care for, food will be served from the tables where people can make real choices and be supported by staff who will also eat their meal at the dining table.

"People living in the Butterfly Homes are already involved in baking morning and afternoon tea, and there's food available throughout the whole day - not just at mealtimes."

Jill has just implemented an enriched dining experience to everyone who lives at Barunga Homes by recently starting a weekly big breakfast, where staff will cook bacon, sausages and eggs on the barbecue.

"We will also hold a fortnightly barbecue lunch where people will have the opportunity to dine outside and sit around the barbecue. They can watch and smell their food being cooked and enjoy a different atmosphere.

"Alcoholic beverages will be served at lunch and there will be more menu options.

"From the program, it was so pleasing to see that we are on the same page as Maggie when it comes to providing high quality food and experiences to the people who live here."

SPECIAL OF THE SEASON

at Gloria's Coffee Shop

Lemon & honey chicken salad

Opening hours

Monday to Friday
9.30am – 3.30pm

Saturday and Sunday
10.00am – 3.30pm



News

Barunga by the Sea resident elected CFS captain



Robert Furber's leadership and service to the Port Broughton Country Fire Service (CFS) have recently been recognised when he was elected Captain of the brigade.

In the three years Robert has been a CFS volunteer, he has had an admirable career as a fire fighter.

In February 2016, Robert travelled to Tasmania with fellow Port Broughton CFS

volunteers to form part of the interstate strike teams required to control the bushfires that burnt through more than 100,000 hectares.

The brigade also assisted South Australian crews in the devastating Sampson Flat Fire of 2015.

Robert said that in the height of the Tasmanian and Sampson Flat bushfires the conditions were intense.

"During these times the CFS volunteers showcased the very best of teamwork – you never felt like you were in it alone.

"While the conditions were dangerous, the plan on how the CFS would fight the fire was well organised and safety was at the forefront."

Closer to home, Robert said the CFS is a vital service for the Port Broughton community, with crews attending bushfires,

structure and vehicle fires, road crash rescues, as well as working with the community on bushfire prevention and fire safety education.

"When I moved to Port Broughton from Old Reynella, in Adelaide's south, I hadn't been a member of the CFS before," he said.

"Because I was new to town, I thought that joining the brigade would help me become involved in the community and give me the opportunity to meet new people.

"The Port Broughton CFS trains once a week and we have 30 volunteers, ranging from 24 years of age to 70 – that truly shows that the CFS is for everyone."

Away from the CFS, Robert is also a volunteer driver

transporting Barunga Community Care clients to Adelaide for their appointments.

Robert said the people of Port Broughton are wonderful and very friendly.

"My wife, Loretta and I moved to Barunga by the Sea three years ago when we were looking for a sea change," he said.

When Robert and Loretta aren't at Barunga by the Sea, they're fulfilling their passion for travel, cruising around the world.

"My favourite cruise has been from Hawaii to Australia," he said. "We have also cruised from South Hampton to Florida, and from Singapore to Dubai travelling via Sri Lanka, Egypt and Jordan."



GARDENING TIPS FOR THE SPRING

- Plant seeds for flowers and vegies for summer.
- Fertilise all plants and lawns as growth resumes.
- Prune hibiscus and also prune plants that flowered in winter and early spring.
- Plant herbs.
- Weed and renew mulches on garden beds.
- Divide and repot cymbidium orchids after flowering.
- Watch for pests on new growth such as aphids and snails. Aphids can be squashed or treated. Snails and slugs can be trapped or deterred.
- Repot potted plants that are root bound.
- Divide herbaceous clumping plants as new growth resumes.
- Dead head spring annuals and bulbs.

Source: homelife.com.au

Fundraising

Activity belts

The Barunga Village Fundraising Committee kindly donated the materials for 20 activity belts which were hand made by Jodie Webb, Independent Living Coordinator and mother, Ann Webb.

These activity belts are a great resource for the Butterfly Homes staff team to enable them to change the moment and become instant 'butterflies'.

Keeping small items in their belts allows the staff team members to create meaningful connections for those living with dementia.



Light Up Barunga sponsors

A Light Up Barunga committee has been formed to help transform Barunga Homes and the Barunga Village Head Office with Christmas lights and decorations to celebrate the festive season.

We would like to thank and acknowledge the following sponsors:



Fundraising
Committee

Barunga profiles



LORNA HUGHES
BARUNGA BY THE SEA
BARUNGA COMMUNITY CARE

Family tree

Place of birth - Peterborough, South Australia.

Siblings - Three; Keith, Hazel and Heather.

Spouse/partner - Husband, Maurice - married 65 years.

Children - Four; Gary, Glen, Wendy and Leon.

Activities

Sport - Fishing, basketball, tennis, golf and bowls.

Hobbies - Fishing and crochet.

Occupation

My husband and I owned and ran a pastoral property.

Favourites

Place - Port Broughton.

Holiday - We went on many cruises - the islands north of Australia were my favourite.

Food - Corned beef.

Drink - Coffee.

If you were stranded on an island and could choose three things to take with you, what would they be?

Water, a good friend and a pair of bathers.

What difference has a Barunga Community Care Package made to your life?

I wouldn't be here if it wasn't for the care I receive.



JEAN GLYDE
BARUNGA HOMES

Family tree

Place of birth - Renmark, South Australia.

Siblings - One sister; Heather.

Spouse/partner - Husband, Ray Glyde.

Children - Two; Christina and Alexandra.

Activities

Sport - Tennis.

Social - I love playing the card game "Bridge" and entertaining friends, family and clients. I also enjoy hosting dinner parties.

Hobbies - My two little girls and puzzles.

Occupation

Registered nurse and midwife.

Favourites

Place - New Zealand and Italy. My first overseas trip was to Europe when I was five with my mother.

Food - Seafood.

Drink - White wine and Iced Coffee.

If you were stranded on an island and could choose three things to take with you, what would they be?

Something to read, a fishing rod to catch seafood and a friend for company.



SAMANTHA CRANE
STAFF

Family tree

Parents - Juan and Carol Elliott.

Place of birth - Keith, South Australia.

Siblings - Two; Rebecca and Christopher.

Spouse/partner - Husband, Rian Crane.

Children - Two; Isabella and Cooper.

Activities

Sport - Netball and boxing.

Social - Dinners, movies, wine tours and playground with the kids.

Hobbies - Learning to bake and decorating my new home.

Occupation

Accountant at Barunga Village.

Favourites

Event - My birthday.

Place - Swiss Alps.

Holiday - Annual summer family holiday to Renmark, South Australia.

Person - I don't have a favourite! Rian, Issy and Cooper are my top three.

Food - Chocolate.

Drink - Bubbles and lemon, lime, bitters.

Your dream in life

Stay happy and healthy surrounded by family and friends.

Celebrations

Butterfly Homes House Leader, Bindi Manser graduated from Ikon Institute with an Advanced Diploma in Transpersonal Art Therapy.

In 2012, Bindi also completed her Visual Arts degree through the University of South Australia.



Barunga Village volunteer and Barunga by the Sea residents, Keith Dewhurst and wife, Pauline, celebrated their 50th wedding anniversary on 2 September 2017.

Keith and Pauline were married at the Henley Beach Methodist Church in 1967.

The below image on the right was taken in 2015 when Keith and Pauline travelled to Paris where they experienced dinner at the Eiffel Tower.



Dedicated volunteer and Barunga by the Sea residents, Terry Modra and wife, Margaret celebrated their golden wedding anniversary on 16 September 2017.

Terry and Margaret were married at Terry's parents Pooraka home in 1967.

Donations

Donations are used for a wide variety of support services and projects which enable us to continue to provide quality care to the seniors in our community. Any donation is appreciated. *Any donation over \$2.00 is tax deductible.*

Obituaries

BV Lifestyle would like to help celebrate the lives of those we have cared for and we welcome obituaries contributed by families for inclusion. Please send to Annabel at annabel@barungavillage.com.au



Barunga Village's Admin/Finance Coordinator, Ros Aitchison welcomed her first grandson Parker Murray Gertig on 21 August 2017 by daughter Demi Aitchison.

On 2 October 2017, we were delighted to welcome three baby guinea pigs. Cuddles were had by House Leader, Joanne Balestrin and Butterfly Homes house member Keith.



Barunga by the Sea residents and Barunga Village Deputy Chairperson, Ken Bone and wife, Raelene celebrated 50 years of marriage on 2 September 2017.

Ken and Raelene were married at the Paynehem Methodist Church in 1967.

“We value your opinion”

Fill out a “tell us what you think” feedback form to share a compliment, complaint or idea for improvement.

Recent actions from feedback forms:

1. A torch has been attached to the key locks outside Barunga Village Head Office to enable volunteer drivers to see better when accessing keys for our transport vehicles. Thank you for your suggestion Keith Dewhurst.
2. We will be introducing visitor car parking outside Barunga Homes to ensure our guests are parked the shortest distance from the Homes. Thank you Janeen Richardson for your recommendation.

Upcoming events

Light Up Barunga

Light Up Barunga is a new initiative founded by the Barunga Village Fundraising Committee which is now organised by the new Light Up Barunga team.

The launch of Light Up Barunga:

Friday, 24 November 2017
8pm to 9.30pm

Location of the lights:

Barunga Homes
11 Edmund Street, Port Broughton

Barunga Village Head Office
7 East Terrace, Port Broughton

Free sausage sizzle. ALL WELCOME.



Dementia Support Group

When Third Tuesday of each month -
Tuesday 21 November 2017
*(9 sessions remaining, ending
17 July 2018)*

Time 1pm—2.30pm

Where Barunga Homes Activity Room
11 Edmund Street, Port Broughton

All community members welcome

For further information contact:
Morna Coats, Dementia Link Worker
with Alzheimer's Australia SA

Tel 0476 848 784

Christmas day lunch

As Christmas day is traditionally a time where families share time together, we are delighted to offer those who live in the Homes that are unable to go out, the opportunity to have their families join them for Christmas lunch.

Unfortunately we do have limited resources so only the first 30 bookings can be accepted.

Bookings must be made by phoning the Hotel Services Manager on 8635 0542 during business hours, no later than **1 December 2017**.

Full payment is required by **4 December 2017** and can be arranged through reception. A letter will be sent confirming your booking is complete.

Social scene

On 18 August 2017, Barunga Village's Director of Nursing, Merrilyn Hewett and Business Manager, Maureen Coffey attended the Aged and Community Services Australia Retirement Living Symposium where they sought new ideas to deliver the best possible retirement living.



Diversional Therapist, Darren Robinson is also the International Projects Team Leader with the Diversional and Recreational Therapy Association (DRTA).

This position enables Darren to have a platform to present at a national level. He recently spoke at the DRTA Conference in Denver, Colorado.



Barunga Village's site at the Yorke Peninsula Field Days had a revamp this year—and Board Member, Howard Daniel and wife Pat, came to visit themselves!!



The Barunga by the Sea Social Committee hosted a casserole lunch for their group.

L-R: Jill Pevic, Malcolm Butler, Ros Good, Peter Pevic, Lorraine Turner, Raelene Bone, Bill Kerry. Absent: Val Baker, Angie McIlvena, Cynthea Ryan and Helen Carter.

Recipe

Oven Roasted Tomato, Broad Bean and Asparagus Salad

Serves 4

Preparation time: 15 minutes

Cooking time: 25 minutes

1/4 cup white wine vinegar

1/4 cup olive oil

1 teaspoon Dijon mustard

1/2 teaspoon sugar

Salt and pepper to taste

125g cream cheese, broken into 2cm pieces

125g mini Roma tomatoes, halved

250g frozen broad beans, blanched and peeled

2 bunches asparagus, blanched

1/2 cup fresh peas, blanched

1 Whisk together the vinegar, oil, mustard, sugar and seasonings to form a dressing. Place the cream cheese and tomatoes on a lined baking tray. Drizzle with 2 tablespoons of dressing.

2 Bake in a moderate oven 180°C for 15-20 minutes or until cream cheese is golden and tomatoes are slightly shrivelled. Cool.

3 Arrange the broad beans, asparagus and peas on a serving platter. Top with the cream cheese and tomatoes, drizzle with remaining dressing. Serve immediately.



Puzzle

B P O R T B R O U G H T O N S
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AGED CARE
 BARUNGA BY THE SEA
 BARUNGA COTTAGES
 BARUNGA HOMES
 BARUNGA VILLAGE

BUTTERFLY HOMES
 DEMENTIA CARE
 PORT BROUGHTON
 RETIREMENT
 TRANSPORT

SOLUTION

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**SELL YOUR GRAIN TO THE CBH GROUP SO
 OUR CLUB CAN RECEIVE \$0.20 PER TONNE.**

CLUB: Barunga Village Inc

UNIQUE CODE: PR16BVI

1800 107 759





BARUNGA
VILLAGE INC.