

Summer
2017/18

BARUNGA VILLAGE

Lifestyle

Festivities begin at 'Light Up Barunga'

BARUNGA VILLAGE
AWARDED FOR
EXCELLENCE IN
DEMENTIA CARE

SEASON SPECIAL
NOW AVAILABLE AT
GLORIA'S COFFEE SHOP

Social scene
Page 14



BARUNGA
VILLAGE INC.

Christmas

Welcome to the 2017/18 summer edition of BV Lifestyle.

In this edition, there is a special focus on the festive season as Christmas is fast approaching!

Our latest initiative, Light Up Barunga which was held on 24 November 2017 was a huge success and in this edition, we share some fun-filled photos (including our cover photo of beautiful Isabella Crane) and an overview of the event.

We continue to celebrate our Dementia Care Excellence award from the South Australian Community Achievement Awards, which was a perfect way to end the year.

As the warmer weather sets in, it is always fitting to have a yummy dessert with some ice cream, so we've provided you with a delicious pavlova recipe to try.

Finally, to ensure you sit back and relax over this busy period, we've included a Suduko puzzle for you to solve!

We wish you a very merry Christmas and a prosperous new year!

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Welcome

MERRILYN HEWETT
DIRECTOR OF NURSING

Welcome to the summer edition of our newsletter.

I hope many of you are planning some time off from your busy lives over the next few weeks and for those travelling may you stay safe and enjoy making memories with your loved ones.

I have been reflecting on the events of the past year and can now understand why people need to take time to stop and rest in order to come back energised for the next 12 months.

The Barunga Village team were thrilled to win the Dementia Care Excellence award at the recent Community Achievement Awards. Winning this award was appropriate validation for the dedication by many staff and volunteers over the last year who have been involved in our new culture change as we introduced the Butterfly Household Model of Care. We are especially grateful to our many families who have been on this journey with us and trusted that this was the best path for us to take.

It may appear our focus throughout the year has been on this pilot and indeed it has - but I doubt anyone would disagree that people who have this insidious disease are not worthy of living by the principles of this Model. We feel we have made a huge difference to people living with dementia and as I have said previously, 2018 will see many aspects of this Model replicated throughout Barunga Homes.

Another highlight of the year was achieving accreditation for our community sector. This arm of our organisation is continuing to show strong growth and we take great pleasure in helping people live longer in their own homes by accessing appropriate services.

Many people find the aged care arena overwhelming and difficult to navigate so we help steer people in the right direction, providing 1:1 assistance not only to explain services and entitlements but to also register for them, free of charge.

More and more people are seeing the benefits of commencing entry level home care services with Barunga Community Care. Later if they transition into other services such as the residential care, they experience many of the same staff caring and supporting them. We believe Barunga Village has a distinct advantage in terms of continuity of services because we offer the full range of aged care services from domestic assistance and transport through to palliative care.

The inaugural 'Light Up Barunga' was a great success and a special thanks to our sponsors and those who came to celebrate the evening. We hope the display gives many people much joy for the next month and we plan to make this bigger and better each year. This is one way we can give back to our community that supports us so well.

We have hosted several functions to celebrate Christmas with our volunteers and those people with whom we provide services to. Staff have also enjoyed end of year celebrations as I am sure many of you have as well.

Next year will be another exciting one as we expect the first stage of extensions to Barunga Homes will be complete, significantly

expanding our capacity for people who can no longer live at home independently.

Someone recently asked me if we will ever stop expanding our services and my response was that so long as we have the proactive Board of Directors that we currently do and while Maureen and myself are leading the organisation, the answer is quite simple – NO!

On behalf of the Barunga Village community, I wish you a merry Christmas and a joyous New Year!

“Wishing you the Gladness of Christmas, which is Hope, the Spirit of Christmas, which is Peace, the Essence of Christmas, which is Love.”



Education & safety

ANDREW CHARLTON
EDUCATION AND SAFETY
COORDINATOR

Welcome to the summer newsletter - it's terrific to have the warmer weather upon us (as I write this report, it is currently 18°C) and hopefully the farmers in our community have had a relatively successful harvest despite the recent thunderstorms.

With summer, comes all the excitement from the young (and old) that the Christmas period brings. Most importantly though, I feel as I get older, it is a chance to get together as a family and enjoy some down time from the hustle and bustle of 'normal' life that makes up most of the year.

This season always brings potential threats- the big one being fire. I know many of our Barunga Village community are on the road this time of year -please ensure you travel safely and smartly.

A basic principal of travelling during the warm weather is to

plan, even if it's just a little. To remain safe on the road, ensure you have thought about the following before leaving home:

- Know the risks of the area you're travelling to or through: know the fire ban district and the fire danger rating
- Know what you can and can't do: is it a total fire ban?
- Stay safe on fire danger days: plan safer activities and know the nearest and safest places you can go
- Plan ahead and have the right gear in your car: create an emergency kit
- Let family and friends know where you will be
- Know what to do if there is a bushfire in the area
- Stay alert and stay informed

On this last point, 'Stay alert and stay informed', the official radio station for alerts in South Australia is ABC radio. If you

have a smartphone, I highly recommend installing the Alert SA app. Finally, utilise the awesome information provided on the CFS website (www.cfs.sa.gov.au) or the CFS Facebook page.

As the summer is predicted to be long and hot which will no doubt drag well into March, please keep yourself safe, be prepared and enjoy the festive season ahead with your loved ones.

Merry Christmas to you all - I sincerely wish you a safe and prosperous new year. Bring on 2018!

The screenshot shows the CFS website interface. At the top left is the CFS logo and 'South Australia Country Fire Service'. On the right, there's an emergency contact number '000' and a search bar. A navigation menu includes 'Warnings and Incidents', 'Bans and Ratings', 'Prepare for a fire', 'News and Media', 'Volunteer', 'Resources', and 'About CFS'. The main content area features a banner for 'COMPLACENCY KILLS DO YOUR 5 MIN BUSHFIRE PLAN' and a section for 'Today's bushfire conditions for 5522'. Below this is a map of the region with a red pin at location 5522. A sidebar on the left shows 'Fire conditions' set to 'High', 'Your location is' as 'Not in a Bushfire Safer Place', and 'More Information' links for 'Incidents for YORKE PENINSULA 1', 'Season dates', and 'Warnings'. The footer contains emergency contact numbers: 'Emergency 000', 'Bushfire Information Hotline 1300 362 361', 'TTY 133 677', and 'CFS Headquarters 8463 4200'.

Volunteers report

STACEY MESCHEDÉ
VOLUNTEER
COORDINATOR

Wow! What better way to finish off a very busy and exciting year with our volunteers, than to have a celebratory afternoon tea.

Many of our volunteers congregated to my house, despite the weather being on the damp and windy side to celebrate the year that was. It was so great to see the volunteers chatting and getting to know one another with many new friendships being formed.

In early November, a group of volunteers and I went on our annual day out - this year we headed to Virginia nursery, with loads of laughs and a bit of shopping along the way, a very fun day was had by all.

We have just finished our end of year functions with a lovely lunch at Barunga Village. Once again the food was fabulous, we had fun, games, plenty of chatter and a lot of laughter – which I'm sure you can imagine, brought a huge smile to my face. It was a perfect way to finish off the year and to be able to thank our volunteers for all of their time spent at Barunga Village throughout 2017.

The festive season is always a busy time for our volunteers with extra activities, choir concerts and preparing for the Christmas tree festival. I hope all of our volunteers enjoy a very well deserved break during January, ready for an exciting 2018.

Our volunteers are a truly wonderful group – I feel so incredibly lucky and blessed to be able to spend my time with so many beautiful and kind people within our community.

On behalf of those who live in the Homes and myself, thank you for choosing to spend your time at Barunga Village.

I wish you all a very merry Christmas and a happy new year!

Pictured: Janice Haugen, Marie Felix, Janice Blair-Nicholas, Stacey Meschede, Helen Carter and Lavina Blieschke.



Fundraising

Electric reclining chairs

We are very grateful for the generosity of the Barunga Village fundraising committee for allocating money to purchase two electric reclining chairs. These chairs provide great comfort for residents to relax and through their electric mechanism, enable people to retain their independence for much longer.

With the expansion of the Homes and need for additional furniture and equipment, fundraising is more important than ever.

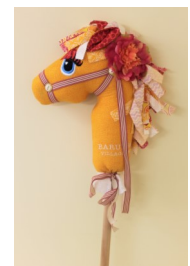
Thank you to everyone who supports our fundraising events – without your support we could not provide those additional extras that we are otherwise not funded for.



Raffle prize donations

We have had some generous handmade prizes donated for our Christmas raffle by two very talented people.

Our sincere thanks to Roger Dahlenburg for his wooden toys and to Jodie Webb for her Barunga Village hobby horse. We appreciate your donations.



B E C O M E A
V O L U N T E E R !

Would you like to join the
Barunga Village community?

Become a volunteer!

**Contact our Volunteer Coordinator
on 08 8635 0547 to learn more.**



Festivities begin at 'Light Up Barunga'

Pictured: Residents,
Raelene Taylor (L) and Jean
Glyde (R) with volunteer,
Barb Meschede (middle).



Barunga Village's launch of Light Up Barunga was a huge success with over 100 people gathering to see the display!

On Friday 24 November, Barunga Homes and Barunga Village Head Office were lit up for the first time ever to celebrate the festive season with Barunga Village's new initiative 'Light Up Barunga'.

Maureen Coffey, Business Manager at Barunga Village and Chairperson of the Light Up Barunga committee, said it was a privilege to be a part of putting together such a great event and creating such a wonderful display.

"Live music by Bruce Hewett, a free sausage sizzle, photo booth, face painting and

games for everyone to enjoy set the scene for the evening and the smiles on people's faces were truly infectious," Maureen said.

"The display will be on each evening until after the new year and aims to bring joy to the community during the festive season and create a vibrant atmosphere for the Port Broughton township.

Included in the display is a life size nativity scene, handmade Santa sleigh and many lights to decorate both the Homes and Head Office.

"Being our first year of the display, we anticipate building on it each year and encourage anyone who would like to become a volunteer at

Barunga Village to express their interest so they can get involved in future Light Up Barunga displays and other voluntary activities.

"The new initiative would not have been possible without the help of so many volunteers and staff.

"They spent the last four months executing the layout of the lights and overall display and their efforts paid off with a very successful exhibition.

"The Light Up Barunga committee members are so pleased and excited to be able to put this Christmas display on for the community during the festive months".

Barunga Village awarded for excellence in dementia care



Barunga Village has won the Dementia Care Excellence award at the recent South Australian Community Achievement Awards by caring for people living with dementia through the Butterfly Household Model of Care.

The Model of Care was introduced in July 2016, where a rigorous 12 month pilot was undertaken to transform the way Barunga Village provided dementia care. Since the

completion of the pilot, Barunga Village was the first in Australia to receive the highest level of accreditation.

Merrilyn Hewett, Director of Nursing at Barunga Village said it's a privilege to receive this award as it acknowledges the dedicated efforts by all staff and volunteers.

"This Model of Care is underpinned by the philosophy that 'feelings matter most' and

we now know that behaviours often exhibited by people living with dementia are in fact expressions of a feeling or an unmet need." Merrilyn said.

"If we can tap into that feeling, we can modify or eliminate the behaviour making them happier and more content in their life.

"The Butterfly Homes reflect that of their childhood or previous home with familiar

items such as vintage furniture and décor, trinkets and memory boxes which create moments of connection.

"The staff team are specifically employed on emotional intelligence and trained by Barunga Village to ensure they have the skills to be true 'butterflies'.

There are currently two Butterfly Homes - Dale and Eyre house. Dale house is for those people with earlier stages of dementia and the focus is on more domestic type activities. Staff share meal times, sit down and read together and engage house members in activities such as gardening, cooking and setting the table for dinner.

Eyre house caters for people with latter stage dementia where staff engage in more sensory type activities.

"We strongly believe that 'working with' rather than 'doing for' is of major benefit to those living with dementia. By implementing this approach, we have seen that the people living with dementia come alive again and are much more independent."

Barunga Village is currently building 32 new rooms - 16 of which are for two purpose built Butterfly Homes. Construction is due to be complete in July 2018.

Pictured: Business Manager, Maureen Coffey with husband Pat at the SA Community Achievement Awards.



GARDENING TIPS FOR THE SUMMER

1. Fertilize well

Fertilize the soil well before planting.

2. Create a moat

When planting from starts, create a small dirt moat around each plant. When direct planting from seeds, dig a small channel 1-2 inches deeper than the recommended depth for the type of seeds you are planting.

3. Use shade cloth

Shade cloth can be essential during the summer months. You can use it to protect young fragile seedlings or give larger, more established plants a break from the heat.

4. Mulch

When it comes to retaining fertility and moisture in your soil, mulching is very important.

Source: gentleworld.org

Donations and obituaries

Donations in memory of *Mr. Victor Biddell* *Mr. Rodger Mildren*

As we extend our deepest sympathies to their family and friends, we also acknowledge that these donations are vital to our work.

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.

Donations over \$2.00 are 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.

Please send to Annabel at annabelf@barungavillage.com.au

SEASON SPECIAL

at Gloria's Coffee Shop

*Turkey & avocado salad
with cranberry dressing*



Opening hours

Monday to Friday
9.30am – 3.30pm

Saturday and Sunday
10.00am – 3.30pm

barungavillage.com.au

Barunga profiles



RAELENE TAYLOR
BARUNGA HOMES

Family tree

Place of birth - Kadina, South Australia.

Siblings - Three; William, John and Helen.

Spouse/partner - Husband, Rod Larcombe (deceased).

Children - Two; John and Karen.

Activities

Sport - Basketball.

Social - Dancing! I used to go to the Alford Hall on Saturday nights to dance.

Hobbies - Cake decorating and dress making.

Occupation

I worked on the family farm.

Favourites

Place - Adelaide Hills.

Event - Watching Adelaide Crows football games.

Holiday - Caravanning in Wallaroo after the harvest with my family.

If you were stranded on an island, what three things would you take with you?

Eyebrow pencil, lipstick and OLAY moisturiser.

What difference has a Barunga Homes made to your life?

It's lovely—its taken a lot of worry out of my life.



JADE ROSENZWEIG
STAFF

Family tree

Parents - Brenton and Robyn Rosenzweig.

Place of birth - Angaston, South Australia.

Siblings - Two; Zane and Alexis.

Spouse/partner - Boyfriend, Tyler Eckert.

Activities

Sport - Netball.

Social - Watching the local football and catching up with friends.

Hobbies - Volunteering at the Red Cross and boot camp (fitness sessions).

Occupation

Butterfly Homes house member at Barunga Village.

Favourites

Event - Christmas because the food is great and I love being with my family.

Place - Lucerne, Switzerland.

Holiday - Family trip to Morgan in the summer.

Pet - My miniature dachshund (sausage dog), Rex.

Food - Pancakes with lemon juice and sugar.

Drink - Coffee.

Your dream in life

To travel and visit as many countries as possible.



KEN BONE
BARUNGA BY THE SEA

Family tree

Place of birth - Quorn, South Australia.

Siblings - One; Judith.

Spouse/partner - Wife, Raelene Bone.

Children - Two; Kevin and David.

Activities

Sport - At school I played hockey and I played tennis well into my fifties.

Social - Table tennis and indoor bowls at the BBS Community Centre.

Hobbies - I work at the Men's Shed and I am the Deputy Chairperson for Barunga Village.

Occupation

Finance and IT at Coca Cola.

Favourites

Event - My wedding.

Place - The Kimberley's.

Holiday - Japan. We visited our exchange daughter and went to her wedding.

Food - Any home cooked meal.

Drink - Coke Zero.

How has your life changed since moving into Barunga by the Sea?

Its much quieter than the city life and we are much happier, although we are still busy, just with different things.

Celebrations

Barunga Village recently won the 'Dementia Care Excellence' award at the South Australian Community Achievement Awards on Friday 24 November 2017.

Director of Nursing, Merrilyn Hewett enjoying the Villages new award!



Barunga by the Sea residents, Trevor and Lavina celebrated their 60th wedding anniversary on 23 November 2017.

Trevor and Lavina were married at the Port Pirie Methodist Church in 1957.

Receptionist, Janyth Sims won the Barunga Village free social club raffle that included a hamper full of goodies!

Barunga by the Sea residents, Brian and Ruth will celebrate their diamond wedding anniversary on 25 January 2018.

Brian and Ruth were married at the St. Margaret's Church at Woodville in 1958.



Upcoming events



BBQ stall at the Port Broughton Christmas Pageant

Find us at McKay Street, from 4pm on Saturday, 9 December 2017.

Steak sandwiches, sausages and soft drinks available.

Dementia Support Group

Port Broughton



Topics to be discussed include:

- What is dementia?
- Effective communication
- Understanding changed behaviours
- Support and services available

When Third Tuesday of each month
Tuesday 19 December 2017
(8 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
Dementia Australia SA on 0476 848 784.

Social scene



Out and about to promote BV

Business Manager, Maureen Coffey and Director of Nursing, Merrilyn Hewett attended the My Aged Care expo in Kadina on Wednesday 29 November 2017.

Remembrance Day memorial

A service was held on Remembrance Day for those living in the Homes to attend.



Christmas cheer for our volunteers!

Each year, Barunga Village puts on a Christmas lunch to thank all their dedicated and hardworking volunteers. As you can see below, they're so much fun!

- 1 - Cheryl Scott and Janice Blair-Nicholas
- 2 - Jane Birrell and Ann Webb
- 3 - Helen Carter, Rosslynne Good, Lavina Blieschke, Hannah McDonough and Janice Haugen



Fun at Light Up Barunga!

To celebrate the festive season, Barunga Village launched its first ever Christmas display, 'Light Up Barunga'.

The display will run until the second week of January 2018.



Recipe

Berry-Cherry Pavlova

Serves 8-10

Preparation time: 20 minutes

Cooking time: 90 minutes

6 free range egg whites
1 1/2 cups (330g caster sugar)
1 teaspoon cornflour
1 teaspoon white vinegar
600ml thickened cream
2 tablespoons raspberry jam, warmed, strained
Mixed berries and cherries, to serve
Icing sugar mixture, extra, to dust

Raspberry Coulis

200g frozen raspberries
1/4 cup (40g) icing sugar mixture

1 Preheat oven to 100C. Line 3 baking trays with baking paper. Draw a 20cm circle on each tray and turn paper over. Use an electric mixer to whisk egg whites in a clean, dry bowl until soft peaks form. Gradually add the caster sugar, 1 tbs at a time, whisking well after each addition. Continue whisking for 2 mins or until thick and glossy and sugar completely dissolves.

2 Add the cornflour and vinegar. Gently fold until just combined. Divide the mixture into 3 even portions. Spoon onto circles on the lined trays. Using each circle as a guide, spread to a 20cm disc. Bake, swapping trays halfway through cooking, for 1 1/2 hours or until dry to touch. Turn oven off. Leave in oven, with door ajar, for 1 hour to cool completely.

3 To make the raspberry coulis, combine raspberries and icing sugar in a saucepan over medium heat. Bring to a simmer. Cook, stirring, for 1-2 mins or until raspberries collapse and mixture thickens slightly. Strain through a fine sieve into a jug. Place in fridge to chill.

4 Use an electric mixer to whisk cream and icing sugar in a bowl until soft peaks form. Add jam. Use a metal spoon to gently fold until just marbled through.

5 Place 1 meringue disc on a serving plate. Spoon over one-third of the cream mixture. Continue layering with remaining meringue discs and cream mixture. Top with berries and cherries. Dust with extra icing sugar. Drizzle with raspberry coulis. Serve immediately.



Puzzle

		1		2	8	7		
			4	5			1	
5	8		7	1		6		2
2	5		1	4	9	3		7
3	4	7	8	6	2		9	1
			3	7	5	2	8	4
1		2			4	8		
	7	5	2	8		4		
8	3	4			7	1	2	6

SOLUTION

9	2	1	7	6	5	4	3	8
6	3	4	1	8	2	5	7	9
5	7	8	4	3	9	2	6	1
4	8	2	5	7	3	9	1	6
1	9	5	2	9	8	7	4	3
7	6	3	9	4	1	8	5	2
2	4	9	3	1	7	6	8	5
8	1	9	9	5	4	3	2	7
3	5	7	8	2	9	1	6	4

Did you know?

The name “Sudoku” stems from two Japanese words: “su”, which means “number,” and doku, which means “single.” Translated, it mostly means “single numbers only.”

Sudoku is a logic game and involves absolutely no math. Sometimes Sudoku puzzles even come with pictures, letters or symbols instead of numbers

Playing Sudoku regularly can have benefits, like boosting your concentration and focus, preventing or easing depression and possibly even preventing dementia and Alzheimer’s disease, according to some studies.

Sudoku is considered highly addictive, but since there aren’t any harmful side effects (and in fact a list of great side effects), **go right ahead and get addicted!**



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