

Winter
2018

BARUNGA VILLAGE Lifestyle

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BARUNGA
VILLAGE INC.

Welcome to the 2018 winter edition of BV Lifestyle.

In this edition, we have a special focus on our dedicated volunteers who donate their own time to support the organisation, wherever and whenever needed.

The Volunteers Report keeps you up to date with what our volunteers have been doing – in particular, attending the National Volunteers Week Parade.

Our Director of Nursing, Merrilyn Hewett, provides an exciting update on our build and the traineeship program, both of which are well underway!

We celebrate our first resident wedding and share some lovely social scene and celebration photos from the past few months with you.

We hope you can kick back with a hot cuppa and enjoy this edition of our newsletter!

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Merrilyn Hewett

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Cover photo: Marie Felix, volunteer



Welcome

MERRILYN HEWETT
DIRECTOR OF NURSING

Welcome to the winter edition of our newsletter.

We are at an incredibly busy yet exciting stage of the year with the new building nearing completion and the re-introduction of our traineeship program.

At this time we particularly value the support of staff and the extra hands our dedicated volunteers provide.

With this in mind, our winter edition of BV lifestyle is really dedicated to our valued volunteers. They bring diversity and enthusiasm every time they walk in our front doors and in doing so play an integral role in the running of the Homes.

I often wonder how we can ever thank our volunteers enough; however those I say this to tell me they gain great satisfaction from volunteering. When there is mutual respect and achievement from both parties we see the true essence of volunteering in action.

Our Volunteer Coordinator, Stacey Meschede takes a genuine interest in each volunteer and I know they truly appreciate this.

I have been fortunate to see the progress of the new building first hand. It is wonderful to see small households of eight being created which is quite unique for residential care.

We have commenced expressions of interest for 26 new vacancies – some of which will be in the new building and others will be in the existing building.

It will be a rare opportunity that we to have so many vacancies at once and already we are seeing interest from couples who wish to move in and remain together.

Please contact me if you wish to discuss your eligibility for residential care.

We will be introducing certain elements of the household model of care to the entire Homes, which has been so successful in Dale and Eyre House, where people living with memory loss reside.

We will be having separate houses and staff (inclusive of a House Leader and support staff) who will either work in one or between two houses as indicated below:

Spencer House – at the western end of the Homes

Stanley House – in the middle section of the Homes

Evelyn and Elwood Houses – upstairs of the Homes

Dale and Eyre Houses – downstairs at the eastern end of the Homes

Under the direction of the House Leaders, we will be encouraging those living in each home to play an active role in the running of their house. We will be making subtle changes that reflect more closely to peoples home.

We have had a fabulous response to our recent advertising campaign to attract additional staff to support the additional people who will be moving in. We are very selective on the staff we

choose and will be employing the staff who we think have the values and skills that best align with those of Barunga Village.

We have recently held two information sessions for the traineeship program that will commence in August. Having a traineeship program offers a number of benefits to our organisation with the most obvious being an ongoing supply of qualified staff who have been trained in the values we hold so dearly at Barunga Village.

After working here for 21 years, it was a pleasure to receive an invitation to the first wedding at Barunga Homes.

Congratulations to May and John Moreton who married in the Barunga Homes Chapel on 17 June 2018. One thing is for certain – you're never too old to fall in love.

We do offer this venue for any interested community members along with a range of catering packages.

Football and netball season is often the time when you are asked to supply cakes or slices.

Did you know that in addition to the extensive takeaway menu at Gloria's Coffee Shop, they also supply bulk foods such as loaf size cakes, butterfly cakes, slices and savoury food including mini quiches and toasties.

The proceeds from Gloria's Coffee Shop help Barunga Village to continue their work in providing care and services to the people we support.

We are helping more people than ever to live independently at home with a Home Care Package.

Recently I have had the opportunity to speak to different groups and also participate in aged care expos at Jamestown and Port Pirie. It was a real pleasure to hear the stories of so many older people and their families; with the underlying message being the difficulty in navigating the aged care system.

We are mindful of our clients experience and pride ourselves on minimising the confusion and presenting options in a user friendly way.

Please don't hesitate to contact us if you require any help.

The cold weather is certainly upon us so I hope you can all keep warm and stay well during the winter period.

Education

PAIGE ALDENHOVEN
EDUCATION AND
QUALITY OFFICER

Moving into the winter months will not be a dull event for us here at Barunga Village!

As we prepare to move into the new building, I am pleased to share an exciting new project that we are working on to help support the expansion of our services.

The Barunga Village Traineeship Program will recommence from August 2018. We are partnering with Business SA and the SA Learning Centre to deliver a 12 month aged care traineeship program.

With the expansion of our services nearing an additional 25 per cent to our overall organisation, it is paramount that we appropriately staff our

homes and prepare for future growth.

The traineeship program aims to provide a long term pipeline of employment opportunities for Barunga Village and in return, give back to the wider aged care sector in the region.

With a blend of trainees and skilled staff, we are confident that the people living at Barunga Homes will be provided with the best possible care and support.

Previous traineeship programs have been a huge success for Barunga Village. We have staff that started as trainees and are now fully qualified carers, enrolled and registered nurses who provide on-the-job mentoring for new care staff,

trainees and work placement students.

As the old saying goes "Give a man a fish and you feed him for a day.... Teach a man to fish and you feed him for a lifetime."

If you would like to know more about the traineeship program, please contact me on 08 8635 0554.



Volunteers report

STACEY MESCHÉDE
VOLUNTEER
COORDINATOR

This is one of my favourite times of the year – a time where we get to celebrate and show appreciation to South Australian volunteers.

I recently had the pleasure, once again, to attend the National Volunteers Week Parade with a group of Barunga Village volunteers held in Adelaide on Monday 21 May 2018.

Eight volunteers took part in the parade amongst well over a thousand volunteers from different organisations who made the walk from the parade grounds to Victoria Square.

This year's motto for National Volunteers Week is "Give a little, change a lot" and South

Australia is the only state to have a parade to recognise the efforts of its volunteers. It is estimated that the state's volunteers save the economy over \$5 billion annually.

Being a Volunteer Coordinator enables me to work with so many wonderful people within our organisation including our volunteers; many of which, not only donate their time to Barunga Village but also volunteer throughout our community.

I cannot quite express how lucky we are to have volunteers dedicate their time, skills and passion with us at Barunga Village.

I call our volunteer's 'pieces of a puzzle' - some give a little to

their community and some give a lot, and when you put all of the pieces together, what a beautiful picture it creates.

I would like to thank all of our volunteers for their dedication toward our organisation!

If you would like to join our fabulous team, please give me a call on 08 8635 0547. Please leave a message if I am unable to take your call and I will ring you back as soon as possible.



Fundraising

Handmade crocheted rugs by Kay Smith

Our sincere thanks to Kay Smith for donating a mixture of crocheted rugs to Barunga Homes.

These rugs are keeping our house members warm at Barunga Homes and during outings on the Barunga Village bus.

Would you like to join the Barunga Village Fundraising Committee?

New members to the Barunga Village Fundraising Committee are always welcome — please contact Barunga Village Reception on 08 8635 0500 to learn more!



\$2.00
coffee
with any food purchase at
Glorias Coffee Shop

8635 0579
barungavillage.com.au
CONDITIONS APPLY


BARUNGA
VILLAGE INC.

Donations and obituaries

Donation in memory of *Mr. Humphrey Cowled*

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 SPECIALS

at Gloria's Coffee Shop

*Pumpkin, spinach and
ricotta pie with side salad*
\$9.00



08 8635 0579
barungavillage.com.au

Monday to Friday
9.30am – 3.30pm

Sunday
10.00am – 3.30pm

Barunga Village supports local economy

As a major employer in the region, Barunga Village prides itself on supporting the local economy.

With the continual expansion of the organisation, Barunga Village is excited to introduce its new traineeship program, which will provide multiple opportunities for individuals to gain a Certificate III in Individual Support and become a qualified carer.

Barunga Village has had great success with previous trainees, and where possible has offered career paths to graduates.

Kate Manser is one such success story, having just won a position as Clinical Nurse. A stay at home devoted mum,

Kate seized the opportunity nine years ago to re-enter the workforce as a trainee after always having a desire to study nursing.

Kate said after completing my Certificate III in Aged Care, I continued working at Barunga Village whilst studying my nursing degree externally and once graduated, I was lucky enough to be offered a position as Registered Nurse.

"I'm very appreciative for the support Merrilyn has offered me and all that I have learnt during the last nine years with Barunga Village – both personal learning and skill based learning. Underlining it all for me is an absolute love for the elderly", Kate said.

Director of Nursing, Merrilyn Hewett said Kate always aspired to becoming a Clinical Nurse and her passion and genuine care for the elderly made her an obvious choice.

"We hope our traineeship program will inspire many other people to enter the aged care industry and be as caring as Kate", Merrilyn said.

In collaboration with the Government of South Australia, Regional Development Australia, South Australian Learning Centre and Business SA, Barunga Village aims to offer two intakes of trainees each year with the first intake commencing this August.



Winter wedding at Barunga Homes

John Moreton and May Huck's tied the knot on Sunday 17 June 2018 and became the first couple at Barunga Village to marry.

John and May were married in the Barunga Village Chapel amongst close family and friends who travelled from Adelaide, Jamestown, Meningie, Murray Bridge, Peterborough and Saddleworth.

The newlyweds met at the Lions Club in Peterborough and have been together for 13 years.

John and May recently moved into Barunga Homes and are thoroughly enjoying their new chapter in Port Broughton.



A tale by M. Butler

MALCOLM BUTLER
BARUNGA BY THE SEA
RESIDENT AND VOLUNTEER

From an illiterate 13 year old to multi-millionaire

~ Part 2 ~

He was eventually given work as a roustabout on Mount Gipps station at 8 shillings a week. Here he proved to be a very good worker who had a good basic knowledge of livestock including sheep, cattle and horses. After being there for a while, the station employed another roustabout who was related to the overseer of Mt Gipps and he was earning 10 shillings a week.

Kidman who was doing the same if not more work for his 8 shillings asked the management for a pay rise and was properly given the sack. Back to German Charlie's camp again doing stock work for him on an add hock basis.

German Charlie heard there was to be a big horse sale around Kapunda in South Australia, so he gave young Sid a large sum of money and told him to ride to the Kapunda area and buy and bring back a string of horses for him. When Sid arrived at the market he felt that the horses on offer were over priced and not good quality. He heard of another property that was also selling horses that were reported to be of better breeding than the ones he had looked at.

On reaching the property he found that the horses that were offered for sale here were just what German Charlie was looking for, so he purchased the 20 that he was ordered to buy and found he still had some money left over, so he purchased another 4 for himself. When he arrived back at the camp and explained to German Charlie what he had done he said he would work the value of his horses out over a period.

German Charlie was so pleased with the horses that young Sid had brought him back that he said not to worry about paying him for the four horses, he would give the young man the horses as "commission" for what he had done for him. So now the young Sid had his first string of horses that were all his own.

As early as 1870 there was a rumor that copper ore had been discovered at Cobar, it was now about 1876 and things were happening at Cobar. Kidman surmised that the miners had to be fed and at that point meat was in short supply in the town.

The enterprising young man knew of some fine prime cattle

that were ready for the market in his district, so he bought a small mob of prime beasts and slowly drove them the 250 miles towards Cobar. On arriving at the town, the cattle were still in good condition as Kidman had driven them at a slow rate, so they wouldn't lose condition.

The couple of butchers in the town was so delighted with their condition that they offered young Sid a handsome price for the mob, several times more than what he had paid for them. He told the butchers there were plenty where this lot had come from, so with his pockets bulging with money from the sales, he headed back to the Mount Gipps area to buy another mob and drove them down to Cobar.

What was to become the Kidman Empire was now beginning to grow.

To be continued...

Volunteer profiles



MARIE FELIX VOLUNTEER

Family tree

Parents - Ewen and Joan Boczan.

Place of birth - England, United Kingdom.

Siblings - Four; Stefan, Andrei, Michael and Martin.

Spouse/partner - Husband, Kim Felix.

Children - Three; Rachel, Jason and Michael.

Activities

Sport - I enjoy bushwalking and kayaking.

Social - I volunteer at Barunga twice a week.

Hobbies - Gardening and playing either my guitar or ukulele.

Occupation

I was a personal carer for over 30 years. I recently retired in 2016, and my husband and I then moved to Port Broughton.

Favourites

Event - Circus du Soleil.

Place - Tasmania.

Holiday - New Zealand.

Food - Seafood.

Drink - Gin and tonic.

How has your life changed since becoming a volunteer?

I feel very wanted and really relaxed - I enjoy volunteering at Barunga after being a carer for many years.



MAX PIETSCH VOLUNTEER

Family tree

Parents - Edgar and Dorothy Pietsch.

Place of birth - Mannum, South Australia.

Siblings - Three; Lance, Trevor and Raymond.

Spouse/partner - Wife, Janet Pietsch.

Children - Four; Julie, Brenton, Carolyn and Gregory.

Activities

Sport - Golf, tennis, football and bowls.

Social - I am kept busy by my grandchildren and volunteering at Barunga.

Hobbies - Gardening at the Barunga by the Sea community garden - I also count the bottles/cans at the village each month.

Occupation

Managed properties for 10 years and then drove a van for Chapmans Small Goods for 12.

Favourites

Place - Port Broughton, South Australia.

Holiday - Visiting my youngest son, Gregory in Brisbane.

Food - Roast.

Drink - Brandy and coke.

How has your life changed since becoming a volunteer?

Busy but very enjoyable!



MAUREEN IRELAND VOLUNTEER

Family tree

Parents - Ray and Mavis Bennier.

Place of birth - Ryde, New South Wales.

Siblings - Five; Gabrielle, Wendy, Denise, Phillip and Brian.

Children - Three; Darren, Narelle and Corynn.

Activities

Sport - I enjoyed netball, tennis and swimming. Now I love walking.

Social - I am on the Meals On Wheels committee, Road Safety Group and I volunteer at Barunga.

Hobbies - Reading, knitting for charities, needlework and scrapbooking.

Occupation

Pharmacy Assistant.

Favourites

Event - Any live show!

Place - Sydney, New South Wales.

Holiday - Perth with all of our children.

Food - Pavlova.

Drink - Coffee and Kahlua.

How has your life changed since becoming a volunteer?

I love making people smile and making them happy - it gives me a sense of helping and I just love it.

Celebrations



Cavell Bennier celebrated her birthday with many laughs in April surrounded by friends and volunteers at Barunga Homes.



A joint birthday celebration was held for Betty Evans and Ruth Hayes in the Barunga Homes Activity Room.

Their beautiful cake (and Cavell's, pictured to the left) was made and decorated by the talented team in the Barunga Village kitchen/Gloria's Coffee Shop.



Barunga by the Sea resident, Colin Smith celebrated his 95th birthday with friends and family on Sunday 10 June.

They enjoyed a luncheon at the Barunga by the Sea Community Centre with many laughs and great catch ups!

Upcoming events

Dementia Support Group



Topics to be discussed include:

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

When Every third Tuesday of each month

Time 1.00pm—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 on 0476 848 784



Mundoora teas FUNDRAISER

**Saturday
8 September**

**From 6pm
onwards**

**Mundoora
Community Club**

All welcome!

Proceeds go to the
Barunga Village
Fundraising Committee

Social scene



Introducing Agnes...

Barunga Home's newest house member, Agnes, is a three year old pet rescue cat.

Staff and house members were very excited to welcome Agnes, who now resides in the Butterfly Homes.

Evidence suggests that cat therapy is an effective treatment for anxiety, stress and depression, which we hope benefits those house members living with dementia.

Bringing home gold!

Barunga by the Sea resident, Lovey Blieschke, competed in the Masters Tennis Competition at Murray Bridge in April, coming home with a gold and silver medal.



Social Club fun

Barunga Village staff enjoyed a night of bowls at the Port Broughton Bowling Club as one of many fun social club activities.



"Join the queue"

26 ADDITIONAL ROOMS AVAILABLE



08 8635 0500
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Recipe

Slow cooked ham hock and bean stew

Serves 6

375g pkt dried white beans, rinsed
2 large (about 1.9kg) ham hocks or ham bones
1 brown onion, quartered
1 carrot, coarsely chopped
1 celery stick, chopped
2 bay leaves
2 sprigs fresh continental parsley
10 peppercorns
2 tablespoons extra virgin olive oil, plus extra, to serve
1 leek, finely chopped
2 garlic cloves, crushed
875ml (3 1/2 cups) water
2 bunches baby Dutch carrots, scrubbed
300g (2 cups) frozen broad beans, thawed, peeled
Baby parsley leaves, to serve (optional)

1 Place the white beans in a bowl. Cover with cold water. Set aside for 8 hours or overnight to soak. Drain. Rinse under cold running water.

2 Place the hocks or bones, onion, carrot, celery, bay leaves, parsley and peppercorns in a large saucepan. Cover with cold water. Bring

to the boil over medium heat. Reduce heat to low. Simmer, skimming the foam off the surface and discarding, for 2 hours or until meat is falling off the bone. Transfer hocks or bones to a large bowl. Strain the stock, reserving liquid. Discard the vegies and herbs. Once cool, coarsely shred the ham and discard the bones and fat.

3 Heat the oil in a large saucepan over medium-low heat. Add the leek and garlic. Cook, stirring, for 4 minutes or until soft and aromatic. Stir in the white beans. Add water and 3 cups of the reserved ham stock. Bring to a simmer. Reduce heat to low and cook, stirring occasionally, for 40 minutes or until beans are just soft. Add the carrots. Simmer for a further 20 minutes or until carrots are tender. Use the back of a spoon to gently crush some of the beans against the side of the pan to thicken the sauce slightly.

4 Stir in the broad beans and ham until just warmed through. Season with pepper. Sprinkle with parsley. Serve drizzled with oil.



Puzzle

MAZE – DIFFICULT



