

Autumn
2020

BARUNGA VILLAGE Lifestyle

**House Member,
Margaret lives
life to the fullest
at Barunga
Homes**

**SERVICE IMPROVEMENTS
SEE THE LATEST**

**Social scene
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BARUNGA
VILLAGE INC.

Welcome to the 2020 autumn edition of BV Lifestyle.

In this edition, Director of Nursing, Merrilyn Hewett talks about how the Coronavirus disease has affected business, and provides an update on the changes to our staffing.

We share House Member, Margaret's journey of moving into residential aged care, and how she managed the transition.

We have introduced a new page which includes outcomes of service improvements submitted by the public through a Tell Us What You Think form.

To finish, there are some great social scene photos, a delicious winter recipe and a challenging sudoku for you to try whilst at home isolating during this pandemic.

We hope you are staying safe, and we look forward to seeing you soon.

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Welcome

MERRILYN HEWETT
DIRECTOR OF NURSING

Welcome to the autumn edition of our newsletter.

As I write this, our world is changing and we are having to respond and adapt daily to new issues as a consequence of the Coronavirus disease.

Although the virus continues to be a great concern to us, it has also been a time where we have seen the best of people.

Consumers and families have adapted willingly to the changes imposed. Staff and volunteers have been flexible and adjusted to new work processes.

The resilience and positive attitude from you all has been phenomenal.

Each area of our organisation has undergone change, from restriction of visitors at Barunga Homes, and the reduction of some essential services for Barunga Community Care clients, to the closure of community facilities at Barunga by the Sea – everyone has been affected by the new guidelines of social isolation and social distancing.

Please be assured that behind the scenes we are working with great resolve to minimise exposure of the virus to our consumers, families, staff and volunteers.

We are particularly mindful of our consumers emotional wellbeing and we are doing everything possible to keep people connected so that relationships can be maintained.

We are continuing to improve our databases and mediums for communicating with you, whilst at the same time, maintaining compliance with the Quality Aged Care standards and their requirements to ensure we have consumers permission.

Please note, from 1 May 2020 anyone who walks into an Australian residential aged care facility must provide evidence they have had their

flu vaccination. This includes contractors who are required for maintenance services. No evidence - no entry.

We continue to review and strengthen our outbreak management plan so that we are prepared for anything that comes our way. This includes ensuring our Infection Control processes meet best practice guidelines and that staff have undertaken relevant training.

There has been some changes to key positions in our organisation.

Paige Aldenhoven is preparing to take leave from her Quality and Education role to welcome her and partner Daniel's first child. We wish them much happiness and many hours of sleep during the next few months.

David Edward's has been appointed Quality and Safety Coordinator and comes with extensive experience, especially in safety.

Cathy Winen has kindly agreed to relieve as Education Coordinator during Paige's leave. Cathy was previously in the senior clinical team at Barunga Village and is a qualified Cert IV Workplace Trainer and Assessor. We look forward to welcoming her back.

Due to the growth of our Community Care sector, Meryl Weckert is relinquishing her Safety role to concentrate solely as the Community Care Clinical Nurse.

We feel very fortunate to have such a high calibre of staff in these important roles.

Although the Coronavirus disease has thrown us a challenge, it has not distracted us from everyday life and maintaining the standards of care and services we provide.

It has been so lovely to see how creative our staff, volunteers and consumers have been during such isolating times. People have connected in such different ways—from driveway bingo at Barunga by the Sea to learning new technology and making wooden toys... the list is endless!

It has made us adapt, innovate and value the fragility of life. Please follow the Governments guidelines and stay safe.

We're all in this together!



Education

PAIGE ALDENHOVEN
EDUCATION AND
QUALITY OFFICER

We have had an exciting start to 2020 with two new Registered Nurses and several House Carers and Support Workers joining our team. We pride ourselves on providing a detailed orientation to ensure our staff are skilled and competent to deliver high quality services.

This year we are focusing our training around building a strong culture where we welcome and include people with diverse characteristics and life experiences.

We have assigned online culture and diversity training to all staff members and have also developed a new face-to-face 'Great Customer Experience' training session. This training will be rolled out

throughout 2020 to all staff and volunteers. They will be challenged to think about what great customer service means to them, how poor service can make someone feel and how they can apply great service every day.

In February, the traineeship group reconvened TAFE study working through the unit 'Recognise Healthy Body Systems'. The trainees are over half way through the 12-month program and are becoming a valued addition to the Barunga Homes team.

Recently (as pictured below) six Butterfly Homes staff attended a two-day training to learn more about the Butterfly Model of Care, which was facilitated by Butterfly House

Leader, Bindi Manser and myself.

The Butterfly Home, as we know it, has been open for nearly four years, so it is important that we continue to offer on-going training, returning our focus back to the true essence of this unique model of care.



Volunteers report

STACEY MESCHUDE
VOLUNTEER
COORDINATOR

The year has started off just as busy as 2019 finished – and after a well-deserved break in January, our volunteers have started 2020 with lots of energy and enthusiasm.

It was lovely to see our House Members express their excitement and joy to have our volunteers back. When I would walk down the corridor and receive random hugs, and be told that the volunteers were dearly missed, it makes my job even more rewarding.

For those volunteers that continued to volunteer during January – we all thank you for your time.

I would like to thank the three following people who have retired over the last few months from volunteering at Barunga Village.

Firstly, to Maureen Ireland – thank you for your many years spent here, your friendship to the House Members and staff has been so special. To Liz Sawley and Barbara Bross – we wish you all the best on your new volunteering adventures within the community. We feel so lucky to have such wonderful volunteers like yourselves. Our House Members and staff will miss you.

I would like to thank our new volunteers who have joined the Barunga Village community – a warm welcome goes to Leanne Polmear and Ian Forsyth.

As we grow as an organisation, we are seeking volunteers to drive our consumers in our Barunga Village branded vehicles to appointments in the

local community, or to Adelaide (it is your choice how far you're willing to drive). If you enjoy meeting people and driving, please give me a call on 8635 0529.

We are always looking for new volunteers to join the team – please contact me if you would like to learn more.

During the Coronavirus disease crisis, our volunteers mean so much to our organisation – our House Members thoroughly enjoy your company and the additional support would be incredibly helpful.



News

House Member, Margaret lives life to the fullest at Barunga Homes

Not ever expecting to move into residential aged care at such an early age, House Member, Margaret initially felt quite lost as her deterioration in health prompted the premature move into Barunga Homes.

Strangely enough, she felt an initial relief, knowing she would be safe, secure and cared for in a place where her family would not have to worry about her.

For a lady who has endured a rich and diverse life including being a mother, travelling the world, hosting exchange

students, practicing reiki and holistic healing as well as being a Journey Practitioner, adaptation to life in Barunga Homes was made that much easier because of her life experiences.

If you ask the majority of people who leave their home to move in residential aged care, they would tell you there is a preconceived idea that they will lose their independence and freedom, but being a positive person, Margaret chose her attitude and decided to make it the best it possibly could be for her. This did not happen

overnight, in fact, it took Margaret two months before she could really call Barunga Homes 'home'.

So, what makes a person settle into life at Barunga Homes? According to Margaret it was the "feel of the home".

"The staff are excellent, they made me feel welcome and their sense of humor was uplifting" Margaret said.

With the array of services on tap, Margaret says her quality of life has improved and the regular physio working on her back has reduced her pain.



It is well known that people with less pain can engage more fully in life – Margaret joins in the walking group and plays bowls, she enjoys art and is an active member of the choir, conducting when required. She is a great advocate for her fellow House Members by attending consultation meetings and most recently agreed to be on the interviewing panel for new staff.

"I am so blessed to be in this space and I feel that I am leading a fulfilling and productive life now I've settled".

"I am very grateful for the care and support I receive. I love how the staff notice peoples emotions, whether it's a light pat on the shoulder or a smile, their kindness and affection goes a long way" Margaret said.

This is a wonderful accolade from a person who knows kindness – Margaret has spent her life helping others, visiting third world countries to build water wells and provide school utensils.

Although a big part of the Barunga Village family, Margaret speaks of her own

family with great admiration and is appreciative of their help, alluding that they were responsible for creating her lovely homely room.

Margaret may have been to Europe, Brazil, Cambodia, India and England, just to name a few, but she has chosen her home to be at Barunga Homes. She says it is the House Members and staff who make it feel like home.

"People smile a lot here and it has a good vibe" she said.



Keeping connected during the Coronavirus disease pandemic

Barunga Village continues to do its very best to protect all consumers during this very unique and stressful time. The Coronavirus disease pandemic has thrown challenges to people and businesses worldwide, and Barunga Village has taken their responsibility to manage this disease very seriously.

Caring for the most vulnerable brings great risk to the organisation, and Barunga Village has followed the Governments recommendations to best support and care for all consumers.

At Barunga Homes, there have been continual changes to the level of visitor restrictions, based on the best evidence provided at the time.

As of 27 April 2020, the Homes is open to restricted visitors, however this may change if the virus intensifies. From 1 May 2020, anyone entering the Home must show evidence of their flu vaccination, or they are unable to enter.

The organisation has tried to be creative to keep House Members engaged and connected with their family and friends.

Each House at Barunga Homes has been provided with a new Samsung Tablet, dedicated for

Skyping with loved ones. The Homes has also redesigned one of their rooms into a visitor's room, with a clear Perspex dividing visitors and House Members, so loved ones can see and interact with each other. This is wonderful for children under 16 who remain unable to visit.

Director of Nursing, Merrilyn Hewett says its so important that we keep our House Members connected to the outside world as best we can.

"We are actively monitoring the emotional wellbeing of our House Members and are continually striving to find new ways to keep them stimulated and engaged during this unprecedented time" she said.

"The Coronavirus disease has not stopped us from doing things but it has forced us to change the way we do things. We now have small group activities and have divided our dining room into two sittings so that we can achieve social distancing".

At Barunga by the Sea and Barunga Cottages, the Independent Living Coordinators are working busily to create ways for their residents to keep in touch. They are offering driveway bingo, scavenger hunts, group chats on Zoom, and more.

The Barunga Community Care team are working with consumers and their advocates to ensure they are supported during this isolated time. A large component of work involves regular welfare checks on individual consumers to ensure they are receiving correct information about the Coronavirus disease and having their needs met.



Fundraising and Donations

Easter raffle

The Barunga Village fundraising committee hosted its annual Easter raffle, with all funds raised given back to our organisation to purchase goods, we are otherwise not funded for.

A total of \$215.00 was raised.

Congratulations to our winners:

First prize - Jenny Ferme

Second prize - Cheryl Weymouth

Third prize - Helen Stringer



Powerball fundraiser

Congratulations to Pauline Ragless who won the Powerball jackpot (week 10 prize) as a part of the Barunga Village fundraising efforts.

This initiative has now raised over \$600.00 to go directly back into the fundraising committee pool.

Weekly winners included:

Week 1	David Bennier	\$20
Week 2	Jenny Ferme	\$20
Week 3	Cate Cheer	\$20
Week 4	Angie McIlvena	\$20
Week 5	Jenny Ferme	\$20
Week 6	Rex and Kay Smith	\$20
Week 7	Jenny Ferme	\$20
Week 8	Cate Cheer	\$20
Week 9	Pauline Ragless	\$20
Week 10	Pauline Ragless	\$120



'Donations in memory of'

As we extend our deepest sympathies to our consumers family and friends as they pass, 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 may be tax deductible.



Service improvements

Acoustic ceiling panels installed in Evelyn House

We are always seeking ways to improve our services to our consumers.

House Members in Evelyn House shared that they were struggling to hear one another and it was always quite loud in their dining room due to the large open plan living.

A service improvement was requested and to meet their needs, acoustic ceiling panels were installed to reduce the echo and make it more comfortable for them.



Volunteer's provided with ID card lanyards

A volunteer put forward a service improvement for ID card lanyards, to enable them to be better recognised to external services when volunteering with our consumers.

This initiative has commenced, and has been extended to all volunteers who work internally within Barunga Homes, to help better identify themselves amongst staff, visitors and House Members.

The lanyards are currently being rolled out to all volunteers.



Barunga profiles



DEB ANDREWS STAFF

Family tree

Parents - Di and Lew Bawden.

Place of birth - Adelaide, South Australia.

Siblings - Two sisters; Valda, Karen and Sue.

Spouse/partner - Husband, Mark.

Children - Three; Elyse, Matt and Adam.

Activities

Social - Spending time with family and creating memories with my grandies.

Hobbies - I enjoy fishing and gardening.

Occupation

Support Worker at Barunga Village.

Favourites

Event - Elyse's wedding.

Place - Darwin.

Holiday - Our driving trip to Darwin.

Food - Anything seafood!

Drink - Coffee.

How has working for Barunga Village impacted your life?

It changed me as a person—I am community minded and my outlook on life is different since caring for the elderly.

Your dream in life?

To do a round trip of Australia.



BILL KERRY RESIDENT AT BARUNGA BY THE SEA

Family tree

Parents - Sam and Elena Kerry.

Place of birth - Adelaide, South Australia.

Siblings - Four; Jim, Peter, Janette and Irene.

Spouse/partner - Wife, Diane.

Children - Two; John and Caroline.

Activities

Sport - I enjoy watching football and basketball, which I used to play.

Social - Playing cards.

Hobbies - Growing orchids.

Occupation

I was the Maintenance Supervisor at Barunga Village but have since retired.

Favourites

Event - Jamberry with the Boy Scouts.

Place - Port Broughton.

Holiday - Cruising the Pacific.

Food - Pasta bake and mornay.

Drink - Cider and coffee.

How has retiring at Barunga by the Sea impacted on your life?

It's a really relaxed lifestyle and I've met a lot of new friends.



JAUN ELLIOTT CHAIRPERSON

Family tree

Parents - Bob and Bet Elliott.

Place of birth - Strathalbyn, South Australia.

Siblings - Six; Darren, Michael, Deb, Gail, Cindy and Trudy.

Spouse/partner - Wife, Carol.

Children - Three; Samantha, Rebecca and Christopher.

Activities

Sport - I used to enjoy playing footy, and now I like to watch the local and AFL football.

Hobbies - Fishing, building different things and spending time with my family.

Occupation

I have recently retired from the Police force after 42 years of service, and I am currently the Chairperson at Barunga Village.

Favourites

Event - 2016 NAFA football grand final when BMFC won by 1 point vs CB with 5 seconds left until the final siren.

Place - Victor Harbor.

Holiday - January holidays with my kids.

Food - Sunday roast lamb and vegetables or fresh Chinese.

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

Drinking water, magnifying glass and a knife.

Social scene

It is wonderful to see our House Member, Margaret hosting choir practice, when needed.

The whole group had an absolute blast, it is lovely to see such vibrant energy come from our House Members at choir practice.



On 17 March 2020, our House Members, volunteers and staff all looked great in green at our Saint Patrick's Day morning tea!



It wasn't the usual catch up our House Member's and the Port Broughton kindy kids normally have, but during the Coronavirus disease pandemic, we've had to be creative.

On 2 April 2020, Evelyn House Skyped the kids and had lovely conversations, listened to them sing and dance, and our House Members even sang them a song! It was a beautiful, modern interaction that our House Members thoroughly enjoyed!



The first batch of homemade hot cross buns for Easter were a success in the Butterfly Homes.

Our House Members loved the aromas they brought to the Home as they baked, and they enjoyed eating them at morning tea!



Most mornings, our walking group from Barunga Homes goes on a leisurely stroll around the building to take in some vitamin D, and be active.

On this particular morning, they stopped and enjoyed morning tea at Barunga Cottage's resident, Georgie's place, where they sat and had a cup of tea and some nice sweets!



Volunteer, Chris Kaminski working with House Member, Margaret to make Anzac wreaths out of egg cartons!

Social scene



Barunga by the Sea resident, Janet Butler cuddling her newest great grandchild, Tex. He is Janet's 17th great grandchild.

House Member, Don busily gardening in his yard at Spencer House.



Volunteers, Marie Felix and Leanne Polmear helped celebrate House Member, Sheila's 91st birthday with Sheila's son and daughter in-law.



House Member, Colin celebrated his 90th birthday looking sharper than ever.

Volunteer, Ann Webb handmade a very special memento rug, with the help of Pauline Ragless for Colin, that included his own ties and shirts from when he was in the Merchant Navy.





Toilet paper, flour and chocolates were up for grabs when BINGO was called at Barunga by the Sea.

Our residents have played Driveway Bingo, practising positive social distancing whilst having a fun, interactive time together!

They are also doing scavenger hunts and group chats via Zoom, as alternative ways to keep connected during this pandemic.

On 22 April 2020, House Member, Margaret enjoyed the first visit in the visitor's room with her husband Robert.

Our visitor's room has been designed with a clear Perspex separating our House Members and their loved ones, to reduce the risk of Coronavirus disease entering our Homes.



House Members and sisters, Mavis and Violet celebrated Violet's 90th birthday with their family in the visitor's room at Barunga Homes, as we continue to protect our House Members during the Coronavirus disease pandemic.

Recipe

Roast vegetable filo ring pie

Serves 8

Preparation time: 25 minutes

Cooking time: 40 minutes

100g butter, melted
500g diced pumpkin
1 red capsicum, chopped
300g broccoli, cut into florets
1 red onion, cut into thin wedges
4 garlic cloves, sliced
1 tablespoon chopped fresh rosemary leaves, plus extra small sprigs, to serve
1 tablespoon extra virgin olive oil
16 sheets filo pastry
100g fetta, crumbled, plus extra 50g to serve
Honey, to serve
Pepitas, to serve

1 Preheat oven to 200C/180C fan-forced. Line a large baking tray with baking paper. Grease a 25cm fluted baba pan with a little butter.

2 Combine pumpkin, capsicum, broccoli, onion, garlic, rosemary and oil on prepared tray. Season with salt and pepper. Bake for 20 minutes or until just tender. Cool 10 minutes.

3 Use 12 filo sheets to line base and sides of prepared pan, brushing with butter in between each layer and allowing excess pastry to overhang edges. Place half of the vegetable mixture into pan. Sprinkle with fetta. Top with remaining vegetable mixture. Arrange remaining filo sheets over vegetables, brushing with any remaining butter between layers. Fold over overhanging pastry on sides.

4 Bake for 35 to 40 minutes or until pastry is golden. Stand 5 minutes. Turn out onto a serving platter. Top with extra fetta. Drizzle with honey. Sprinkle with pepitas and extra rosemary. Serve.



Puzzle

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SOLUTION

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

