

Spring
2019

BARUNGA VILLAGE
Lifestyle

**Evelyn House
celebrates its
first birthday
in style**

**SEASON SPECIAL
NOW AVAILABLE AT
GLORIA'S COFFEE SHOP**

**Social scene
Page 14**



BARUNGA
VILLAGE INC.

Welcome to the 2019 spring edition of BV Lifestyle.

In this edition, Director of Nursing, Merrilyn Hewett provides some insight into the new Aged Care standards, along with an update on the latest building project, among other things.

Our Education and Quality Officer shares about the seven trainees who recently finished their studies and became qualified Aged Care workers, and were celebrated at a graduation ceremony held at Barunga Homes.

We've recently acknowledged our staff who have been committed to the organisation for five years + at the Annual General Meeting through the Recognition of Service program.

There are some great celebrations within this edition as well as some wonderful fundraising work to help contribute to our organisation.

Finally, we've included some great photos of our recently formed Men's Club and walking group in the Social Scene pages!

We hope you enjoy this edition of BV Lifestyle.

barungavillage.com.au

facebook.com/barungavillage

02

Welcome

Written by
Merrilyn Hewett

04

Education

Written by
Paige Aldenhoven

05

Volunteers report

Written by
Stacey Meschede

06

News

Written by
Annabel Freeth

09

Fundraising

12

Celebrations

13

Upcoming events

14

Social scene



Welcome

MERRILYN HEWETT
DIRECTOR OF NURSING

Welcome to the spring edition of our newsletter.

The new Aged Care Quality Standards (which cover both residential and community care) have provided us with an opportunity to review the way we deliver care and services.

These standards should give renewed hope to people entering care because services are targeted more specifically to ensure that each individual is supported to live the life they choose.

Although we believe our organisation has always done this well, it is evident by listening to stories coming from the Royal Commission, that this has not been the case for all organisations. It is important to be receptive to new ideas because even the best care can be made better and at Barunga Village, this is our commitment to those we care for.

In line with the new standards are new mandatory requirements from the Government such as the National Quality Indicator Program. This program requires all residential homes to have specific reporting requirements to measure certain aspects of service provisions such as unexplained weight loss, the use of physical restraint and pressure injuries. Barunga Homes has implemented new systems and complied with all the requirements to collect this data.

We are also continuing to develop clinical governance and diversity frameworks which support the requirements of the new standards.

We have just welcomed our new intake of trainees who are undertaking their Certificate III in Individual Support (Personal Care Worker). They are adjusting well to life at Barunga Village and we hope their training will instill a life

time love for the Aged Care industry.

We were pleased to offer ongoing employment to five trainees from our last intake who proudly uphold our values of trust, respect and kindness.

Our current building project at Barunga Homes is on schedule to be completed by the end of March 2020. A new house of eight rooms for people living with dementia will compliment our existing model of dementia care by enabling us to have three Butterfly Homes - Dale, Eyre and soon-to-be Renni House.

The expansion will not increase the capacity of people we currently care for as we will be decommissioning some older rooms and using them for other purposes.

We have a group of House Members living upstairs in

Evelyn House who are our building inspectors and oversee the construction of Renni House on a daily basis.

It was lovely to see many of you at the Yorke Peninsula Field Days. In our competitive environment it is important we are out and about informing people why we believe Barunga Village will best service their needs. There are not many organisations who can boast retirement living, in home care, residential and respite care which enables us to support people requiring entry level services such as house cleaning through to palliative care.

We enjoy building relationships with people and assisting them to transition into additional services as their needs change.

Work has started into developing our next strategic

plan which will provide our strategic direction for 2021 – 2025. We recently commenced our consultation sessions and our wish is to engage with as many consumers, families and community members as possible in the forthcoming months.

We have a dedicated Light Up Barunga committee who have been working tirelessly since last year to bring you an even better display of lights this year. Please keep Friday 22 November free to join us as we turn on our lights and bring some Christmas joy to the community.



Education

PAIGE ALDENHOVEN
EDUCATION AND
QUALITY OFFICER

On 27 August, Barunga Village celebrated the seven people who successfully completed their traineeship, and are now qualified aged care workers.

Many attended the graduation ceremony including the trainees, their families, House Members, colleagues, Board Members and respected dignitaries. It was an opportunity to reflect on the hard work and dedication of the trainees over the 12-month program.

After the ceremony, an afternoon tea was enjoyed as we mingled with a new group of trainees who recently commenced the traineeship program.

We are immensely proud of how successful the first year of the program has been to develop aged carers in the

region and Barunga Village aims to continue this program to meet community needs.

Also in August, we had Atlas McNeil Healthcare visit Barunga Homes to provide nursing and care staff with education on pressure area and skin care.

They provided best practice tips on the latest care products available, how to apply them and what to look for when assessing skin.

On-going education by our suppliers is valuable to our House Members and Community Clients to ensure our nursing and care staff are up-to-date with the latest care techniques.

It is of the utmost importance to us to listen to the needs of our clients and one House

Member submitted an idea for improvement through the Tell Us What You Think form, suggesting staff have a better understanding of dining etiquette and how to appropriately set a dining table.

In response to this suggestion, we worked with the House Member to develop a dining setting and etiquette guide and used this with the House Member in attendance, to run a training session with staff.

Many staff were not accustomed to formally setting a dining table, so were appreciative to have the House Member share her knowledge, to help the staff better meet her and other House Member needs.



Volunteers report

STACEY MESCHEDÉ
VOLUNTEER
COORDINATOR

Our volunteer team has had a very exciting and busy year thus far – the newest activity we have introduced is a Men's Club that caters for our male House Members. It has been lovely to see the interaction between the men over barbeques, footy afternoons, mini golf and even a bus outing to the Yorke Peninsula Field Days.

A huge thank you to our volunteers who have helped get the Men's Club up and running and have assisted in the activities.

We are so lucky to have our dedicated and hardworking volunteers who assist with so many different activities at Barunga Homes.

Our volunteers have increased their visiting time, and are spending more one-on-one time with our House Members. It is really lovely to see so many wonderful friendship's form, not only for our House Members but also for our volunteers.

Our annual Volunteers Day Out is planned for the early November with a trip to Ardrossan, Port Vincent and Stansbury. This marks the start of our Christmas festivities with the volunteers Christmas lunch also to be held in late November.

On behalf of the Barunga Village community, I would like to thank all of our volunteers –

I feel blessed to work with such a fabulous bunch.

If you would like to join our team or have any questions about becoming a volunteer at Barunga Village, please call me on 8635 0547.



Evelyn House celebrates its first birthday in style

On Tuesday 10 September, Evelyn House celebrated its first birthday in style with a Glitz and Glamour themed luncheon.

A mix of House Members, family, friends, staff and volunteers gathered at the party for a time of entertainment, chit chat and laughter.

Evelyn House Leader, Julie Kingham, organized the wonderful event, where everyone enjoyed live entertainment, a poem written and read by Kath Copley (see page 07), and a personal address by Director of Nursing, Merrilyn Hewett.



Poem

KATH COPLEY
HOUSE MEMBER,
EVELYN HOUSE

Life in Evelyn House

Dr Alison said I must, 'cos she said she put her trust in the folk at Barunga Village in the town

There's a vacancy awaiting and I hope that you are taking serious thought about agreeing — don't you frown!

My pain was getting worse, its intensity a curse, I was missing my two neighbours who had died.

So I said that I'd agree and daughter Jan said she'd help me, so I moved to Evelyn House that I admired

It was company I needed and I very quickly found that a resident or worker was always somewhere 'round

It was quite a heavy shock after 30 years alone that each morning, noon and night we met to somehow 'pick the bone' - that's of food and conversation when enough of us were there

And we also meet at functions during daytime anywhere

Do you know how Evelyn House came to get its special name?

Each section here is called after sailing ships that came. (Well at least it wasn't mother-in-law for hers is just the same)

When Julie one day asked me to write a poem- no fuss. She called it 'Life in Evelyn House'. So what is life to us?

Its activity and comfort, company and plenty food A nice warm bed to sleep in and a place alone is good.

We certainly have all of these and one I like 'Guess What!' Is a very comfy toilet- as I visit it a lot!

So many of us really love the bingo and bowls too, 'Cos when we hit the jackpot-choccies are the prize for you.

Don't you love to see the Kindy kids, a little chat is swell

They share activities with us and entertain as well.

And then there's serviettes to fold and vegetable to slice

Some knitting, sewing, craft and art, they all are rather nice.

The men enjoy a get-together for a beer I 'spose,

And supervise the building that is happening 'neath their nose.

Our house is oh so roomy and interesting as well

With lots of Merle's collections - paintings, plants and 'who can tell'

We join with other houses for concerts, church and singing

We skype to other countries with the choir and that is thrilling

The leaders, nurses, carers, cleaners, kitchen staff so many of them love their work and that for us is swell!

The volunteers from all around join in our daily living

To get us to appointments, entertainment - they're so giving

We have access to professionals for our ears, feet and hair

And when the muscles get so tight a physio is there.

But what about our exercise- we should just DO the stuff

To keep us moving 'if we can' and don't some make a fuss.

When someone has a birthday we always share a cake

And Gloria's is also here - our families to take.

This poem's 'Life in Evelyn House' but that is wrong you see

Because I need to tell you that its Evelyn Home to me!

Recognising our dedicated staff

Barunga Village proudly employs over 150 staff and is one of the largest employers in the region.

Without the dedication of its staff, the organisation's purpose of caring for people would not be where it is today.

Last year the Barunga Village Board of Directors introduced a Recognition of Service program for staff who have worked five years and over.

This initiative celebrates the service each employee has given to Barunga Village from five years, in five-year increments.

Staff are recognised at a ceremony held in conjunction with the Annual General Meeting, where they are acknowledged with a Recognition of Service certificate and badge stating their years of service.

This initiative is to applaud and commend the commitment and dedication these staff have given to the organisation.

Barunga Village also hosted several events to acknowledge how much the staff are appreciated on National Employee Day this year.

Chairperson of the Board of Directors, Juan Elliott said

being a part of this organisation is like being a part of a supportive family, where both staff and volunteers have the same outcome in mind, which I think is pretty unique.

"I admire and respect the way each and every person goes about their role within this organisation – our team is very loyal and driven", Juan said.

At this year's service we recognised the following staff members – Jordyn Avery, Julie Farley, Dave Boothey, Jacqui Hicks, Bindi Manser and Suzanne Noble for five years of service; Wendy Aitchison and Sudar Klingner for 10 years of service; Jill Novy for 15 years of service; and Jackie Krieger for 25 years of service.

House Carer, Suzanne Noble said being recognised for my service was not necessary however it made me feel warm and fuzzy that each and everyone one of us are really appreciated at Barunga Village.

"It gives me great satisfaction to be able to care for the House Member's and play a part in contributing to the overall success of this wonderful organisation", Suzanne said.

Pictured: Chairperson, Juan Elliott presenting a certificate to Sudar Klingner.



Fundraising

Knitting for Christmas

House Member, Vida Lodge, and daughter Marion, have been busily knitting Christmas items to both decorate our Homes and also sell, with all proceeds coming back to Barunga Village to pay for items that are not otherwise funded for.

The elves (as pictured) and smaller Christmas decorations will be available at Light Up Barunga on Friday 22 November.

A big thank you to Vida and Marion for your lovely contribution.

Read more about our fundraising efforts on page 12.



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.

Donations over \$2.00 may be tax deductible.



SEASON SPECIAL

at Gloria's Coffee Shop

*Lemon and honey
chicken salad*

Opening hours

Monday to Friday
9.30am – 3.30pm

Sunday
10.00am – 3.30pm



8635 0579 | barungavillage.com.au

A tale by M. Butler

MALCOLM BUTLER
BARUNGA BY THE SEA
RESIDENT AND VOLUNTEER

Letters from the Bush: Cobb and Co

~ Part 2 ~

After a few years Freeman Cobb sold his share in the company and went back to the USA where he became a Senator. After that he went to South Africa and set up Cobb and Co in that country. In all Cobb and Co existed in Australia, South Africa, New Zealand and Japan. It was never set up in the USA mainly because the four original partners decided it wouldn't be right to go in competition to the coach companies that gave them their start in life.

After a successful start in Victoria they took the company to New South Wales and then to Queensland where it proved to be a roaring success. By now all the original owners had sold their share in the company, but others bought into the business and kept it going from strength to strength. One man who was to have an even bigger influence was also an American citizen. His name was James Rutherford and it was under his guidance that Cobb and Co became known as one of the best coaching companies in the world.

While the railways were spreading out over much of Australia, Cobb and Co didn't try and compete with them, they added a feeder service to

where ever the railways terminus was located. It was this reliability that meant that Cobb and Co received without quibble any mail contract they tended for.

The best years for Cobb and Co would have been from the late 1870 through to just after the first World War. Under Rutherford's tutelage they had built their own coach building factories made their own harness, bred their own horses and trained their own drivers. At their peak, they harnessed 6000 horses and traveled over 25,000 miles a year. Their largest coach was the Leviathan which carried over 30 passengers and used a team of 22 horses to pull it.

Why was Cobb and Co so successful? It was the original owner's foresight in "Horses for Courses". On flat open ground 4,5 or 6 horses would pull a coach. In hilly country and or boggy type roads 8,9 or 12 horses would pull the same coach.

In hilly country the change stations were even closer than on the flat open plains.

Because of this most Cobb and Co horses would get along at a fast trot or even a slow canter. They were nearly always on

time. As a coach entered the out skirts of a town the driver would give a blast on a bugle. This was to notify the change station that they were about to pull up for a horse change. It was said a well drilled change station staff could change a team of six horses in under five minutes.

All good things must come to an end and on 14 August 1924 the last Cobb and Co coach ran from Surat to Yuleba. My mother was one of the few people I knew who had ridden in a Cobb and Co coach when she was a girl. To this day a Cobb and Co bus company still exists but it is only a ghost of those heady years of the late 1800's.

Will we ever see it's like again? I very much doubt it.

Bureaucracy and political interference would place too many work place and safety laws in its way. Over the years mechanical horse power has taken over from real horse power.

Which was the most notable and romantic? I will leave you to be the judge of that. I tend to side with the real horse power.

Barunga profiles



PEGGY GARDNER HOUSE MEMBER

Family tree

Parents - Frederick and Isabella Daniel.

Place of birth - Kadina, South Australia.

Siblings - One sister; Marcia.

Spouse/partner - Husband, Donald Gardner (deceased).

Children - Five; Sharon (deceased), Andrew, Rosemary (deceased), Jeanine and Merrilyn.

Activities

Sport - Tennis.

Social - Picnics.

Hobbies - Knitting/needle work.

Occupation

House wife.

Favourites

Singer - Vera Lynn.

Place - England.

Holiday - Scotland.

Food - Pasties and prawns.

Drink - Portagaff.

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

Radio, water and neck pillow.

What do you love about living in Barunga Homes?

Being cared for and having good company.



BROOKE PEERS STAFF

Family tree

Parents - Debra and Chris Peers.

Place of birth - McLaren Vale, South Australia.

Spouse/partner - Fiancé, Shaun Davidson.

Children - Two step sons; Tyson and Cody.

Activities

Sport - Football and netball.

Social - Hanging out with friends.

Occupation

House Carer at Barunga Village in Stanley House.

Favourites

Event - Christmas with family.

Place - Anywhere by the sea.

Holiday - Family holidays as a kid on the Eyre Peninsula.

Food - Seafood or chicken.

Drink - Lemon, lime and bitters.

How has working at Barunga Village changed your life?

I've met a lot of people and this role has definitely made me stronger.

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

Shaun, phone and bedding.



JANE BIRRELL VOLUNTEER

Family tree

Parents - Bessie and Jack Thomas.

Place of birth - Perth, Ontario, Canada.

Siblings - Two brothers; Martyn and Paul.

Spouse/partner - Husband, John Birrell.

Activities

Sport - I enjoyed playing carpet bowls.

Hobbies - Reading, learning the computer and volunteering.

Occupation

I was a Registered Nurse.

Favourites

Place - My family home in Canada.

Holiday - We rented Wedge Island with friends for a week.

Food - Everything!!!

Drink - Baileys.

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

Husband, a good book, and of course, a bottle of Baileys.

How has volunteering at Barunga Village changed your life?

Its allowed me to stay in touch with my interest in Aged Care and I've met a lot of new friends.

Celebrations

Congratulations to our Barunga Village Powerball Fundraiser winners, Malcolm and Dorothy Butler for taking out the jackpot prize of \$120.00, with nine other weekly winners.

The first round raised \$600.00 to go towards equipment throughout Barunga Village. Round 2 of our Powerball fundraiser is well underway—tickets are available for \$20.00 at Barunga Homes reception.



Barunga by the Sea resident, Raelene Wyten celebrated her 70th birthday at Palate 2 Palette in Port Broughton late August with her family.



House Carer, Jane Hughes won the 2019 Ladies A Grade Championship at the Port Broughton Golf Club. Her husband, Leon, won the Men's B Grade Championship.

On Sunday 7 August, a Cancer Fundraiser Afternoon Tea was held at Barunga by the Sea. To raise funds, there was a cake stall, trading tables, raffle, money wheel and door prizes, and Mero's clothes where there with some fantastic winter clothing. A total of \$1564.00 was raised. Congratulations to everyone involved.



Upcoming events

You're invited to attend the Barunga Village 2021-2025 Strategic Plan Public Consultation.

Public Consultation (2021-2025 Strategic Plan)

13 November 2019, 2.00pm / Barunga Homes Activity Room

This is a great opportunity for the general public, House Members and their families, and staff to be involved with the organisations future direction.



LIGHT UP *Barunga*

SAVE THE DATE

FRIDAY 22 NOVEMBER, FROM 7.30PM
11 EDMUND STREET, PORT BROUGHTON

Social scene



The Men's Club enjoyed some sunshine and blue skies in the Barunga Homes mini put-put course recently. These gentlemen (and sometimes even our Golden Retriever, Hudson) get together and partake in activities they've requested with the help of our dedicated male volunteers!



Barunga Home's House Member's have created their very own walking group to encourage themselves to remain active.

Each weekday morning at 9am, the group meets, accompanied by House Leader, Julie Kingham, where they head off to enjoy a light stroll nearby of Barunga Homes.

They have some great conversations and many laughs together.

A group of Barunga by the Sea residents travelled to Port Augusta mid September to visit the Arad Land Gardens. They learnt how to grow and maintain native plants, which they hope to use in their community garden at Barunga by the Sea.



Barunga Community Care client, Colin Cook (who was visiting on respite) was thrilled to meet a variety of friendly animals from YP Vets through its Pet Ed program. Colin, along with many other House Member's got to touch and engage with all sorts of soft and spikey animals.

Barunga Village recently attended the 2019 Yorke Peninsula Field Days from 24 to 26 of September. Merrilyn Hewett, Maureen Coffey, Annabel Freeth and Ken Bone represented the organisation and met many lovely people.



The sun was shining beautifully in the first week of October, so our House Member's made the most of it by enjoying a BBQ outside.

Recipe

Chargrilled chicken and pineapple salad

Serves 4

Preparation time: 30 minutes

Cooking time: 45 minutes

1/3 cup (80ml) pineapple juice
1 tablespoon brown sugar
1 tablespoon soy sauce
500g chicken thigh fillets, chopped
1 small pineapple, peeled, thinly sliced crossways
200g pkt 4 leaf salad
250g cherry tomatoes, halved
1 carrot, peeled, cut into long matchsticks
1 small red onion, thinly sliced
1 Lebanese cucumber, halved lengthways, thinly sliced

1 Combine the pineapple juice, sugar and soy sauce in a large bowl. Add the chicken and toss to coat. Set aside for 10 mins to develop the flavours. Thread the chicken pieces onto 4 metal skewers. Reserve the marinade.

2 Heat a barbecue grill or chargrill on medium-high. Cook the chicken skewers for 3-4 mins each side or until golden brown and cooked through. Transfer to a plate and cover with foil. Set aside for 5 mins to rest.

3 Meanwhile, cook pineapple on grill for 2 mins each side or until lightly charred.

4 While the pineapple is cooking, place the reserved marinade in a small saucepan. Bring to the boil over high heat. Cook for 3 mins or until mixture thickens slightly. Set aside to cool.

5 Arrange salad leaves, tomato, carrot, onion, cucumber, pineapple and chicken skewers on a large serving plate. Pour over marinade in the pan. Season.



Puzzle

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

SOLUTION

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

