

Winter
2020

BARUNGA VILLAGE
Lifestyle

**Gardening our
way through
COVID-19**

**SERVICE IMPROVEMENTS
SEE THE LATEST**

**Social scene
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BARUNGA
VILLAGE INC.



Welcome to the 2020 winter edition of BV Lifestyle.

In this edition, Director of Nursing, Merrilyn Hewett provides an informative update on recent months as we continue the battle against COVID-19.

We welcome back Cathy Winen, who is covering in the Education Coordinator role whilst Paige Aldenhoven is on maternity leave. Cathy provides an update on the recent education programs happening throughout the organisation.

We have some great news pieces for you to enjoy, touching on how gardening has been very popular amongst the Barunga Village community during the pandemic, and we also share how much joy our animals bring the House Members at Barunga Homes.

We hope you are continuing to stay safe and well during the COVID-19 pandemic.

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Welcome

MERRILYN HEWETT
DIRECTOR OF NURSING

Welcome to the winter edition of our newsletter.

What a whirlwind of a few months it has been! With the current COVID-19 pandemic, we have increased our communications across the organisation to keep all our consumers and relatives/representatives up-to-date with the ever-changing Government restrictions.

It's a great pleasure being able to keep our readers informed through the newsletter on all that is happening around our busy organisation.

COVID-19

As we continue to navigate the regular changes around COVID-19, we remain on high alert and ready to respond to any directives necessary to keep our Barunga Village community safe.

We continue to refine our preparedness plans in the event our community is affected by the virus. This includes drills of our immediate response to a positive case, upskilling our staff in Infection Control practices, ensuring we have adequate personal protective equipment and ensuring we have an adequate amount of staff to care for all of our consumers.

All Victorian aged care staff and those affected by the virus are in our thoughts at the moment. At a time when there is so much negativity surrounding aged care, I think it is important to support our aged care work force and acknowledge that the vast majority work extremely hard, often under very challenging circumstances.

We are continuing to ensure our consumers emotional well-being is not impacted by the restrictions placed upon family gatherings, social contacts and routine activities. Each area of the organisation has meetings with their consumers to discuss these and many other issues.

COMMUNICATION AND CONSULTATION

This year we have placed a much greater emphasis on communicating and consulting with our consumers in order to design supports and services around their wishes.

Consultation occurs on many levels from personal interactions through to higher level strategic planning consultation.

Recently at Barunga Homes, we have held both Menu and Leisure and Lifestyle review meetings to consult and hear the House Members opinions and ideas.

It was listening to our House Members that initiated a new 'snack' menu with a range of foods that are available 24/7.

We believe it is important that our consumers are involved in the selection of their staff and most recently two community clients were on the interview panel for the selection of community staff.

Extensive consultation was sought through our strategic

planning process and we are looking forward to presenting our 2021-2025 strategic plan at the upcoming Annual General meeting on 7 October 2020 at 2pm. Venue to be confirmed— follow our Facebook page for updates.

LANDSCAPING

After much planning, the landscaping out the front of Barunga Homes is taking place and on completion, will provide a much larger area for House Members to enjoy the outdoor spaces.

Shortly the construction of the external perimeter fence will complete the project and add a higher level of security without being obtrusive.

TRAINEE GRADUATION

It was a privilege to be involved in the Trainee Graduation presentation on 10 August where Chairperson of the Board of Directors addressed the Trainees.

Of the four-graduating Trainee's, three have accepted contracts to continue as House Carers which further highlights the value of the traineeships in

ensuring an ongoing skilled workforce.

SMOKE FREE ENVIRONMENT

The Board of Directors have agreed for the organisation to become a smoke free environment.

This decision was made after thoughtful consideration of all stakeholders and will be phased in over a period of time in consultation with our consumers.

As of 1 September 2020, staff, volunteers and visitors will not be permitted to smoke at Barunga Homes.

Finally, I'd like to thank you all for your support during this time. If you do ever have any concerns, compliments or suggestions, we welcome them via a 'Tell Us What You Think form' or in person, as these assist us to refine and improve our services.



Education

CATHY WINEN
EDUCATION
COORDINATOR

It has been a busy few months, as Paige Aldenhoven commenced maternity leave, and I, Cathy Winen, an old face, have returned to Barunga Village as Education Coordinator.

In my previous role at Barunga Village, I worked within the clinical team. As I fulfill this new role, which is very different to my previous one, I am thankful that Paige has set up excellent systems which are very easy to work with.

The Coronavirus disease, like everywhere, has affected training within our organisation

and our mandatory training sessions needed to be altered from face-to-face to online for a period of time.

We have now returned to face-to-face training where possible, starting with our very much appreciated community drivers (as seen in the photo below). We have held mandatory training for both staff and volunteers, Nurses Cardio Pulmonary Resuscitation (CPR) and teaching the application of Personal Protective Equipment.

Our 2019 Trainees have now

completed their Traineeship Program, and our new group have been selected and commenced on 3 August 2020.

It is a rewarding program to see people trained with our values: trust, respect and kindness, as well as gain a qualification for themselves.

Some of our Trainees leave to further their careers in other areas, whilst others continue to work at Barunga Village. Either way, the program has proved to be very successful, and we are very proud to provide this opportunity to those interested in the aged care industry.



Volunteers report

STACEY MESCHUDE
VOLUNTEER
COORDINATOR

A warm winter welcome to you all after an extremely cold start to the season.

After a very unusual start to the year, we have been busy with lots of activities being held in the individual houses at Barunga Homes, keeping both our volunteers and House Members engaged and active!

One of the many activities that House Members have enjoyed during this unfamiliar time has been singing with volunteers, Jane and Paul. It is lovely to hear their wonderful voices throughout Stanley House. Our volunteers are very engaging and bring lots of joy and laughter during each singing session.

House Members are beginning to play cards with Leanne,

which has also become increasingly popular.

In recent weeks, we have held our first mandatory training day with our volunteer transport drivers, as well as another training day for our volunteers.

I thoroughly enjoy training days, not only to help our volunteers feel confident in the activities and tasks they do, but to be able to provide an opportunity for them to learn different skills when working with the elderly.

I also think it's a great opportunity for me to catch up with our volunteers in a larger group and see all of the friendships being formed, both within their volunteering roles but also as part of the community.

Thank you to all of our volunteers, being the Volunteer Coordinator at Barunga Village enables me to work with so many amazing people – on behalf of the Barunga Village community, we are so lucky to have such a dedicated team who donates their time and skills to us. I am very privileged to be able to spend time with so many giving people within our community.

If you would like to join our team, or find out more about being a volunteer at Barunga Village, please give me a call on 8635 0500.



News

Gardening our way through COVID-19

We have always had keen gardeners amongst the Barunga Village community, however it seems that it has become an even more popular hobby for people to get through the COVID-19 pandemic.

Gardening is not only therapeutic, but a wonderful hobby to keep active in the comfort of your own home, or in our Barunga by the Sea residents case, within their village.

Throughout the pandemic, we have seen our Community clients pruning roses with the assistance of their Barunga Community Care Support

Worker, we have watched 'Seaweeders' blossom, a gardening group at Barunga by the Sea and we have witnessed House Members at Barunga Homes become busier than ever by planting and potting outside their rooms and in their house gardens.

Due to the restrictions posed by the pandemic, it has proven that gardening has been a wonderful escape for many of our consumers.

Member of the 'Seaweeders' and resident of Barunga by the Sea, Max Pietsch says gardening is a great way to keep fit and has allowed me to

socialise in an appropriate manner, ensuring we are all abiding by the social distancing rule.

"I've always been an avid gardener, but now that we are limited to what we can do due to Government restrictions, I've relied on it more than ever".

"It's definitely kept me out of trouble too!" Max says laughing.

It has been lovely to see our consumers out and about, and remaining fit, whilst the world is going through this unsettling time.



Our furry friends providing a therapy like no other

At Barunga Homes, we always try our best to meet the needs of our House Members—and some are so bonded to their home pet when they make the transition into residential care, that we welcome them as well.

Pet therapy is an activity Barunga Homes has become quite fond of, where YP Vets would often bring some friendly animals in for a show and tell presentation or volunteers and staff would bring their own pets in for a visit.

But here at Barunga Homes, we are proud to welcome

House Members pets as best we can, to make them feel at home.

We continue to see and receive such profound responses from both House Members and their families by offering them this opportunity.

In the Butterfly Homes, we adopted a cat from YP Vets called Agnes, who has made herself very at home—she has formed beautiful relationships with many of the House Members who have welcomed her into their rooms for a cuddle or a pat.

Throughout the Homes, we have multiple small dogs, chooks and some colourful birds.

All of these pets have brought a new dimension to Barunga Homes for our House Members, and a warmth and therapy like no other.

These pets adore their owners, and have also become friendly amongst other House Members and staff.



Kevin Kerley celebrated his 100th birthday Gatsby style

On 8 July 2020, House Member, Kevin Kerley celebrated his 100th birthday at Barunga Homes.

The Great Gatsby themed party kicked off with an afternoon tea, followed by letters and cards read aloud from many special friends and family. A letter from Her Majesty The Queen was a highlight.

Life long friend and centenarian, Ed Ebsary joined Kevin in his birthday celebration.

Kevin, who was born and bred in Port Broughton achieved many wonderful things in his life.

Growing up with his five siblings, he spent his time helping on the family farm, working with horses, learning to shear sheep and playing football. He joined the Army at 21 years old and returned home after five years of service. He met and married Dorothy Reid in 1946 and they raised their four children, Kerry, Neville, Lynette and Geoff together.

Kevin started his own piggery, breeding and showing Landrace pigs at the Royal Adelaide Show for 21 years. He also served on many local committees, and was Chairman of the local council for five years.

Kevin's most cherished memories were of raising his family with his beloved wife Dot, his distinguished sporting career and successful farming life.

Sadly, Kevin passed away on 9 August 2020.



Fundraising and Donations

Handmade face masks for staff

The COVID-19 pandemic has been one that has shocked the world, and as we continue to watch South Australia beat the fight against it, other states in Australia are not so fortunate.

Barunga Village remains on high alert, especially due to the second wave in Victoria and New South Wales, and because of this, we have raised a new initiative to ensure the organisation is prepared for an outbreak.

A group of wonderful volunteers have donated their time to handmade over 300 face masks for all Barunga Village staff, in the event staff are required to wear them full time.

We will be forever grateful to the volunteers who have been involved in this initiative.



Posies sold to raise funds for helipad

Barunga by the Sea residents, Trevor and Kaylene Taylor, Janet Butler and Lovey Blieschke raised over \$100.00 for the new helipad being built in Port Broughton by growing and selling homemade posies for Mother's Day.

The helipad, which will be directly next to the hospital will reduce transfer times and bring great benefit to the local community, if ever they require this service.



Donations in memory of Mrs. Laurel Noble

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

Karcher Sweeper purchased for the Maintenance team

The Maintenance team at Barunga Village requested a Karcher Sweeper be purchased to better assist them in keeping courtyard areas clean, in a more time efficient manner.

The Karcher Sweeper collects leaves and other loose materials on the ground, which is then emptied directly into a bin.



Sun shades added to Community cars to beat the heat

A volunteer put forward a service improvement for sun shades to be available in the Barunga Community Care cars to reduce the heat inside, as they were getting quite hot sitting in the sun.

To meet this service improvement, Barunga Village now provides branded sun shades in each car to help reduce the heat for people driving and travelling in the vehicles.



Barunga profiles



DAVID EDWARDS
STAFF

Family tree

Parents - Joan and Alan Edwards.

Place of birth - Ashfield, New South Wales.

Siblings - Three; Neil, Robyn and Jeff.

Spouse/partner - Wife, Cheryl.

Children - Two; Michelle and Adrianna.

Activities

Sport - Rugby union and rugby league, and playing squash.

Hobbies - I enjoy gardening, and going to church.

Occupation

Quality and Safety Coordinator at Barunga Village.

Favourites

Event - My wedding on 14 June 1980 at Lindfield Baptist Church in Sydney.

Place - Fiji.

Holiday - Cruising New Zealand with Cheryl.

Singer - Neil Diamond.

Food - Chinese or pizza.

Drink - Red wine or scotch.

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

Cheryl, vegetable seeds and a flint.



DONALD McILVENA
BARUNGA COMMUNITY
CARE CLIENT

Family tree

Parents - Charles and Elsie McIlvena.

Place of birth - Ouyen, Victoria.

Siblings - Three; Robert, Anne and Marie.

Spouse/partner - Wife, Engelina.

Children - Two; David and Michael.

Activities

Sport - Tennis, 8 Ball and golf.

Social - I enjoy caravanning and fishing, spending time with family and socialising at Barunga by the Sea.

Hobbies - Time on the computer.

Occupation

I was a primary producer.

Favourites

Place - Australia.

Holiday - Caravanning in the outback.

Food - Seafood.

Drink - Red wine and home brewed beer.

How has receiving In Home Care impacted on your life?

It has made me feel more secure, and I've developed community friendships.



JANET BUTLER
BARUNGA BY THE SEA
RESIDENT

Family tree

Parents - Gladys Durrant and Alexander Todd.

Place of birth - Clarence Gardens, South Australia.

Siblings - Two; Gordon and Margaret.

Spouse/partner - Husband, George.

Children - Four; Trevor, Geoffrey, Helen and Sally.

Activities

Sport - I played netball, tennis and softball, and I enjoy watching any sports.

Social - I enjoy picnics, knit and knatter group, church fellowship, singing and choir.

Hobbies - Knitting, tapestry, gardening, entertaining friends and doting after great grandchildren.

Occupation

I was a secretary and farmer.

Favourites

Event - My wedding.

Place - Bordertown.

Holiday - Anywhere outback.

Food - Ice cream with chocolate sauce.

How has living at Barunga by the Sea and joining the Barunga Village community impacted on your life?

Making new friendships.

Social scene

Our House Members in Stanley House cooking up a storm whilst enjoying a chat.



House Member, Dot busily making scones in the Butterfly Homes.



Our volunteers keeping incredibly busy hand making over 300 face masks for our Barunga Village staff members.



Many laughs enjoyed by our House Members in Evelyn House over a game of Noodle Hockey.



House Member, June, beats the cold winter weather by enjoying some of the memory games on offer in Spencer House.

On Sunday 19 July 2020, a group of our staff Social Club members enjoyed a day out socialising together. They visited the Wirrabara Markets and Magnetic Hill. On their way home, they stopped in at Appila Springs, where they enjoyed a picnic lunch with gorgeous views (pictured), visited the worlds largest battery at Jamestown and then lastly, stopped in at Bowman's Park for a look.



At Barunga Homes, we have our choir group, as well as a new singing group that gets together with some of our very musically talented volunteers to enjoy some of their favourite songs.

This group of singers started in the midst of COVID-19 when only small group activities were allowed. They enjoy the camaraderie when singing together.



Barunga by the Sea resident, Janet Butler has recently completed 'Returning Home', a tapestry piece for her daughter, Sally.

Janet has made a tapestry for each of her children for a family keepsake.

This piece took Janet approximately three years to complete, and is now ready for framing.

Celebrations



House Members, Chris and Margaret celebrated their 64th wedding anniversary on 5 May 2020.

Chris and Margaret, who live in Spencer House together, were married at the Parkside Baptist Church in Adelaide in 1956.

The couple celebrated their anniversary with beautiful hand written cards to one another and some homemade slice.

On 7 August 2020, the nation celebrated 'Aged Care Employee Day'.

To celebrate this special day at Barunga Village, the Board of Directors hosted two small gatherings for staff as a thank you to them for their ongoing dedication and service to the organisation.

Board Members spent time chatting to staff while sharing some delightful treats.





Our Education Coordinator, Paige Aldenhoven and partner Daniel welcomed their first son, Reggie John Rogers into the world on 16 June 2020.

Reggie was born at Flinders Hospital in Adelaide weighing 8lb 4oz and was 54cms long.

Director of Nursing, Merrilyn Hewett and husband Tony have welcomed their fourth grandson on 26 July 2020.

Son of James and Alice Hewett, Louis James Hewett was born at the Ashford Hospital, weighing 7lb 6oz and 50cm in length.

Both Merrilyn and Tony are very in love with their latest addition to the family.



On 10 August 2020, three of four Trainee's joined in a small graduation ceremony to acknowledge and celebrate their completion of the 2019 Traineeship Program.

Carolyn Dickson, Crystal Stevens, Cameron White and Kristan Manners (absent) commenced their traineeships with Barunga Village in July 2019, where they underwent the 12 month TAFE course, Certificate III in Individual Support (Aging).

Recipe

Oven roasted tomato, broad bean, asparagus salad

Serves 4

Preparation time: 15 minutes

Cooking time: 25 minutes

1/4 cup white wine vinegar

1/4 cup olive oil

1 teaspoon Dijon mustard

1/2 teaspoon sugar

Salt and pepper, to taste

125g cream cheese, broken into 2cm pieces

125g mini Roma tomatoes, halved

250g frozen broad beans, blanched and peeled

2 bunches asparagus, blanched

1/2 cup fresh peas, blanched

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

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

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



Puzzle

I	P	E	A	S	C	E	S	L	W	O	B	I	E
I	O	Y	A	Y	N	D	R	N	E	R	E	R	R
N	R	R	R	T	I	I	G	Y	N	Y	R	E	A
I	T	E	E	I	N	S	N	L	R	F	E	C	C
D	B	S	R	N	H	A	I	E	L	L	E	N	A
E	R	I	A	U	O	E	H	V	O	O	H	E	I
C	O	D	C	M	M	S	S	E	U	G	I	P	T
N	U	E	D	M	E	F	I	C	N	Y	T	S	N
T	G	N	E	O	C	A	F	A	N	E	R	B	E
I	H	T	G	C	A	A	R	R	A	L	I	U	M
D	T	I	A	A	R	N	D	G	E	N	O	E	E
A	O	A	A	E	E	C	N	I	N	A	I	N	D
L	N	L	A	E	N	C	C	E	E	T	E	I	I
E	I	C	M	O	E	S	R	M	R	S	S	S	A

DALE

EVELYN

AGED CARE

BOWLS

SEASIDE

IN HOME CARE

RESIDENTIAL

FISHING

PORT BROUGHTON

COMMUNITY

RENNI

STANLEY

SPENCER

DEMENTIA CARE

EYRE

GOLF

