

Winter  
2021

# BARUNGA VILLAGE Lifestyle



**New community care  
services**

**SERVICE IMPROVEMENTS  
SEE THE LATEST**

**Social scene  
Page 12**



**BARUNGA**  
VILLAGE INC.





# Welcome to the 2021 Winter edition of BV Lifestyle.

In this edition, Chief Executive Officer, Merrilyn Hewett highlights recent staff changes, a new model of care for community clients and our efforts in meeting new regulatory changes.

Safety and Education Manager, David Edwards outlines his new role and the organisations commitment to high level training for all staff. David farewells the 2020 traineeship graduates and prepares to welcome the 2021 intake of Trainees.

Volunteer Coordinator, Stacey Meschede shares the volunteers celebrations from National Volunteers' Week and welcomes five new members to the team.

Read about Barunga Homes new sustainable, economically viable and environmentally friendly waste management system.

Warm up with the hearty lentil, bacon and vegetable soup recipe on page 16.

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**02** **Welcome**  
Written by  
Merrilyn Hewett

---

**04** **Education report**  
Written by  
David Edwards

---

**05** **Volunteers  
report**  
Written by  
Stacey Meschede

---

**06** **News**  
Written by  
Renna Stringer

---

**10** **Profiles**

---

**11** **Fundraising and  
Donations**

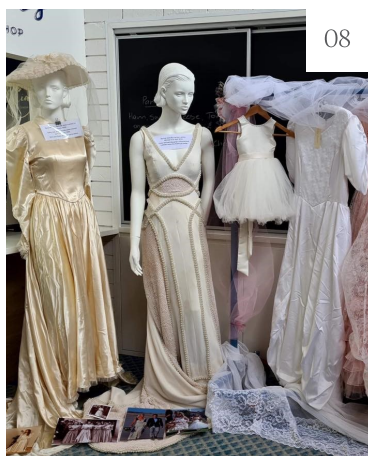
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**12** **Social scene**

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**16** **Recipe**

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# Welcome

MERRILYN HEWETT  
CHIEF EXECUTIVE OFFICER

Welcome to the Winter edition of the newsletter.

The last three months have been quite a whirlwind where much time has been spent adapting to changes in staffing and absorbing a new raft of regulatory requirements.

I would like to sincerely thank the many people who have unknowingly eased the transition for both myself and the new Directors by being so patient and understanding as we settle into our new roles. Through your patience and understanding you have certainly shown kindness which is one of our key values.

Any change involves disruption and I would like to acknowledge all departments for their loyalty and

commitment during this period. I am so proud to lead a team that is resilient and just keep on giving.

It was with regret that after 17 years Jill Novy left her position as Hotel Services Manager. Jill was fastidious in her management of this department and skillfully executed function catering and the setting up of Gloria's Coffee Shop with absolute perfection. She will be greatly missed and we wish her well in her new home closer to her family.

We have opened our new office which sits alongside the existing Head Office so both houses collectively will be known as Head Office. We have moved staff who work across the whole organisation and the community team out of Barunga Homes to reduce the 'administrative' feel of the Homes.

A major change to our staffing has coincided with the introduction of a new model of care for our community sector. We are responding to a large increase of people who wish to stay living longer in their homes and our new model of care aligns each client with their own Community Liaison Officer.

We are hopeful there will be a greater continuity of care and enhanced communication with a single contact point. I am delighted with the appointment of our

latest staff, Shania, Julie, Leonie and Narelle. Nothing pleases them more to assist their community clients to remain living independently at home.

We have embraced the introduction of the Serious Incident Response Scheme (SIRS), an initiative to help prevent and reduce incidents of abuse and neglect in residential aged care services subsidised by the Australian Government. Under the SIRS there are eight types of reportable incidents that must be reported to the Aged Care Quality Commission. As an organisation we are committed to ensuring our House Members live in a safe environment, so have welcomed this initiative which supports better identification and reporting of abuse and neglect.

We are also adopting the Australian Governments measures to clarify and strengthen the regulation around the use of restrictive practices (formally known as restraint) in residential aged care. There are limited circumstances in which restrictive practices can be used in relation to a consumer, including for use in an emergency.

On 1 July 2021, the National Aged Care Mandatory Quality Indicator program was expanded and residential aged care providers were required to report quarterly



on new or revised quality indicators across five crucial clinical areas including pressure injuries, physical restraint, unplanned weight loss, falls and major injury and medication management.

It is evident from the above that there has been a direct increase in monitoring as an outcome of the Royal Commission. There is no doubt that any additional monitoring that protects the wellbeing of older Australians is a good thing, however it is important to acknowledge the sustained increased work load on our Clinicians to meet this compliance.

Many of you would appreciate the importance of food and the impact it can have on your wellbeing. The Royal Commission heard much about poor quality of food and substandard service at residential aged care facilities and the recent budget responded in part by providing additional funding to assist with remedying the problems. Already we spend above average per House Member per day on food and have the added advantage of being able to cook fresh food on site every day, we should never be content with the service we provide and should always strive to do better.

Unfortunately, the traditional food surveys and audits do not provide us with a great deal of constructive feedback so we have decided to turn food service 'on its head' and examine every aspect from menu planning and times of meals, to the enjoyment and experience in the dining rooms. A House Member driven Food Service Committee has been established, supported by myself initially, but longer term

by Helen Stinger, Hotel Services Manager and already we have ten House Members on the committee. I am excited about this venture and appreciate Helen's commitment to it.

The administration of medications is a complex and critical component of safe care and one that we take very seriously. This month we begin the use of Medi-Map which is an electronic medication management system which enables electronic prescribing of medications, user friendly administration for staff and a suite of reporting and auditing tools. Medi-Map is a compliant digital National Residential Medication Chart with state and federal approval for electronic signatures. Orders are managed in real time and e-scripts will be sent directly to the pharmacy. Medication information is clear and easy to read reducing the risk of errors.

We remain on high alert as our nation meets the challenges of COVID-19. This is a virus that we can never become complacent of and in line with the Government directions, our monitoring is proportionate to the risk it poses to our consumers.

All House Members in Barunga Homes, who chose to be vaccinated are fully vaccinated. As an organisation we have supported and understood the need for staff and volunteers to be vaccinated and only recently the Government has made this requirement mandatory with the first immunisation being required by mid-September.

Of course, we would like everyone vaccinated sooner than later, however despite staff and volunteers' best

efforts, supply is an issue and it is difficult for many to get an appointment for Pfizer which is the recommended vaccine for under 60 year olds.

Vaccination is a highly emotive and sensitive subject and whilst we understand the need for staff who work with vulnerable people to be vaccinated, we also feel empathy for those staff who feel they must leave rather than be vaccinated.

Due to COVID-19 restrictions, Gloria's Coffee Shop can only be open to the House Members and their visitors, however we have the contract to supply the Port Broughton Area School Canteen which will keep our kitchen staff busy. It heartens me how small communities like ours can support each other.

To end on a bright note, we are delighted to have successfully won a grant from the Masonic Charities Trust to purchase a HiAce wheelchair accessible small bus. The expected difference this will make to many of the people we care for will be immeasurable and we are sincerely grateful to the Masonic Charities Board for this generous grant. Subject to no COVID-19 delays, we expect from September you will see our House Members out and about enjoying the lovely Spring weather. More news about this will be forthcoming in the next newsletter.

# Education report

DAVID EDWARDS  
SAFETY AND EDUCATION  
MANAGER

On 14 April 2021, I commenced my new role as Safety and Education Manager. By the end of May I had delivered five orientation sessions and two mandatory training days, with more scheduled for June and July.

These training sessions are delivered face-to-face which is a great way for me to get to know those commencing employment with us here at Barunga Village and also to get to know those who have been with us for some time, but face-to-face education is only a small part of the education we provide for our team.

Online education is a major component of the learning that

all of our team are required to participate in. With the organisational growth that we are experiencing, the online courses required by various positions has required a review and these are currently being updated with a focus as a priority on our Community Support Workers.

Our current Trainees are nearing the completion of their traineeship and we thank them for the commitment they have shown. We are looking at accepting our next intake of trainees and have hosted an information session with TAFE and MEGT.

As you can see, education and training are a big part of the

commitment that our organisation provides to our staff and volunteers. We all know that this commitment will help us to provide the best life possible for our consumers.

**“If you are planning for a year, sow rice; if you are planning for a decade, plant trees; if you are planning for a lifetime, educate people” – Chinese Proverb**





# Volunteers report

**STACEY MESCHEDÉ**  
VOLUNTEER  
COORDINATOR

We have had a wonderful start to winter with lots of activities and special events.

In April, Volunteers helped House Members create an wonderful ANZAC day display. The display was complete with a replica nurse outfit made by Volunteer Jane and House Members.

A highlight for me was seeing the wedding expo that was held the first week of May, just in time for Mother's Day. Our volunteers put in a tremendous amount of time and effort to make this event happen. A special thank you to Volunteer Jane who seemed to be here nearly every day in preparation for this beautiful week of activities.

I was lucky enough to have many conversations with our House Members, talking about all of their memories and

seeing the enjoyment they received during this event. Well done to all involved.

National Volunteer's Week was held from 17 to 21 May, 2021. This year we were once again able to participate in the volunteer's march through Adelaide to Victoria Square.

Due to COVID-19 restrictions, number were limited, however I was pleased to take six volunteers from Barunga Village to march along side seven hundred volunteers in total.

Once the parade had finished, we stopped for lunch at Virginia Nursery on our way home with some retail therapy thrown in. We had a lovely day out with lots of chatting and laughter.

We welcome new volunteers, Craig Evans, Geoff Best, Deb

Fowler and Heather Smith to our team-thank you for choosing Barunga Village and we look forward to spending time with you. Craig is working in the garden with some of our House Members, Deb brings a wealth of knowledge about IT as well as being an allrounder and Geoff and Heather have joined our volunteer drivers' team.

Thank you to all of our wonderful volunteers, your time spent at Barunga Village is very much appreciated.

If you would like to join our fabulous team or require information on volunteering, please call 08 8635 0547.

I look forward to hearing from you.





## Reducing waste at Barunga Homes

In February 2021, Barunga Homes waste removal contract was due for renewal.

Through price negotiations with waste contractors, it was suggested that we could reduce costs and become more environmentally friendly by improving the way we separate our waste.

After further investigation, it became clear that this was an area that needed work and a sub-committee was formed.

The sub-committee first conducted an audit of current waste management at Barunga Homes, investigated other local businesses waste management practices and reviewed internal policies and procedures.

At Barunga Homes, we offer a home-like-environment and each of our four houses have their own kitchen facilities where House Members can prepare their own food. They can make a cup of tea or coffee

anytime they want, bake up a storm or simply make themselves a sandwich when they feel like it. Consequently, these kitchens needed to be considered along with the commercial kitchens waste disposal.

The committee was looking for a sustainable, economically viable and environmentally friendly solution.

Although this is an ongoing project the sub-committee has been able to develop a new policy and implement new procedures such as:

- Utilise council recycling bin for large bulky items such as soup and fruit tins.
- Negotiating with supplies for reduced packaging.
- Food scraps regularly picked up by local residents for their chooks.
- Used oil regularly picked up by a local farmer for his pigs.

- House Members collecting cans and bottles for fundraising.
- Separating cardboard and paper for recycling.

The next step is further education for staff and House Members on the importance of effective waste management to our organisation.

Every dollar that can be saved on waste management can be spent elsewhere in the organisation to support House Member to live the best life possible.

At Barunga Village, we strive to improve, learn and innovate with an expectation that everyone in our team pursues better approaches to achieve personal growth as well as increased organisational capacity.



## New Community Care services

Barunga Community Care has recently expanded services to include:

- Gardening and maintenance.
- Centre-based Respite Social Support Program.

Barunga Community Care gardening and maintenance services are available to Home Care Package clients, fee for services is available upon request if you are unable to/or do not wish to use Government subsidised services. If you need help in the garden or around the home, give our friendly staff a call.

Centre-based Respite Social Support Program is available to senior clients being cared for in their own homes in the Mid-North region.

Funded by the Commonwealth Government, this new program places a strong focus on activities that support independence and social connectedness.

This program will benefit clients through small group outings providing social experiences in a comfortable and relaxed setting.

It enable carers to have a well-earned break!

Social Support Coordinator, Jodie Webb and a qualified Community Support Worker will run various weekly sessions, which will be tailored to the needs and wants of the clients. Transport services can be arranged if required.

Activities may include, but not limited to bingo, movies, high teas, crafts, history tours, cards, painting classes, theatre and luncheons.

The program is free to eligible clients.

If you or someone you know is interested in learning more about this program contact Jodie on 08 8635 0528 or email [jodiew@barungavillage.com.au](mailto:jodiew@barungavillage.com.au).

For all enquiries regarding Barunga Community Care, eligibility requirements and bookings, please phone 08 8635 0541 or email [communitycare@barungvillage.com.au](mailto:communitycare@barungvillage.com.au).





## Barunga Homes hosts wedding expo

On Sunday 9 May 2021, Barunga Homes celebrated Mother's Day with a week long wedding expo.

There was incredible response to contribute. The Homes foyer and activity room was overflowing with stunning and exquisite pieces.

House Members, staff and volunteers worked together to add all the finishing touches. The Homes was filled with laughter and chatter as they reminisced their special memories of their wedding day.

Our beautiful mothers enjoyed a delightful high tea with delicious

sweets and were entertained by an unusual looking mother of the bride.

It was a truly lovely display of cherished memories.

The event was a huge success thank you to all involved.





# Service improvements

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## Volunteers to join walking group

A request submitted by a House Member, suggested a volunteer join the morning walking group to support more House Members to safely participate.

Members meet every morning at Gloria's Coffee Shop and decide if they are up for a long walk around the town past the shops or a short walk to the old gum tree.

It is not just about the fresh air and exercise, House Members enjoy the casual conversations and getting to know each other.

This request has successfully been fulfilled, thanks to our wonderful volunteers.

House Members Lorene, Chris, Gwen, Margaret, Volunteer Deb and House Member May photographed out on their morning walk.



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## Feedback and complaints

At Barunga Village, our aim is to provide the highest standard of service and to ensure that we consistently meet and exceed your expectations.

To help us to do this, we encourage you to tell us what you think.

If there is any aspect of your experience that did not meet your expectations, we would appreciate the opportunity to respond to your concerns and are committed to doing this in a prompt, fair and consistent manner.

For your convenience hard copies are available at the entrance of Barunga Homes or please visit <https://barungavillage.com.au/contact-us/> and complete the form for our Compliance and Quality Manager to review – we may contact you to discuss your comments.

Thank you for your feedback.

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## Upcoming events



**Yorke Peninsula Field Days 28, 29, 30 September 2021.**

**Site 20 Grant Pavilion.**

Barunga Village is once again attending the Yorke Peninsula Field Days. Please visit our friendly staff at site 20 Grant Pavilion to hear all about the services available to help you live the best life possible.

# Barunga profiles



**RAELENE WYTEN**  
BARUNGA BY THE SEA  
RESIDENT

## Family tree

**Parents** - Laurel Sizer and Maxwell Woolford.

**Place of birth** - Booleroo Centre, South Australia.

**Siblings** - Four; Darryl, Geraldine, Glenda and Phillip.

**Spouse/partner** - Husband, Cornelius (Kees) Wyten.

**Children** - Two; Alison and Benjamin.

## Activities

**Social** - Netball, swimming, bowls and table tennis.

**Sport** - I enjoy playing cards, bingo and coffee with friends.

## Occupation

Company Director and Housewife.

## Favourites

**Event** - Banquets at Chinese restaurants for special occasions.

**Actress** - Sandra Bullock and Katherine Heigl.

**Place** - Port Broughton, South Australia.

**Holiday** - Travelling holiday around Darwin and Western Australia.

**Drink** - Brandy and dry.

## What has been the impact on your life since being a part of Barunga Village?

I have made new friends and am enjoying the country lifestyle.



**CARLENE HEADING**  
BARUNGA COMMUNITY  
CARE CLIENT

## Family tree

**Parents** - Marjorie and Eddie Driver.

**Place of birth** - Unley, South Australia.

**Siblings** - Nil.

**Spouse/partner** - Husband, Allen Heading.

**Children** - Five, Brenton, Taryn, Lynette, Robert and Cristel

## Activities

**Sport** - Watching the football, Adelaide Crows.

**Social** - Local football and netball at Laura.

**Hobbies** - Knitting and crocheting.

## Occupation

Shop assistant before I was married then House Keeper.

## Favourites

**Event** - My wedding.

**Place** - Queensland.

**Holiday** - Travelling Australia in our caravan.

**Food** - Creamy garlic prawns.

**Drink** - St Agnes brandy and cola.

## What has been the impact on your life since being a part of Barunga Village?

Life has been a little easier with someone to help with the housework.



**AMANDA MAYNARD**  
VOLUNTEER

## Family tree

**Parents** - Raymond and Yvonne Sweetman.

**Place of birth** - Adelaide, South Australia.

**Siblings** - Two; Diane and Ann-Marie.

**Children** - Three; Kerry, Jodie and Codi.

## Activities

**Social** - Morning walks around town.

**Hobbies** - Knitting, volunteering and drawing.

## Occupation

Cleaner at the Port Broughton Area School for many years.

## Favourites

**Event** - I enjoyed the recent Uniquely Barunga Art Exhibition weekend where I entered one of my drawings.

**Holiday** - When I was 12 years old and my Father took me to Broken Hill to attend a car race.

## What has been the impact on your life since being a part of Barunga Village?

I am interacting with lots of people and have gained a better understanding of the older generation and what is important to them.

## If you were stranded on an island, what are 3 things you would take?

Water, My mobile phone and a flare.

# Fundraising and Donations

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Barunga Community Care client, Carlene from Laura has been busy knitting these cute bears to be donated to the Royal Flying Doctor Service. Carlene has knitted approximately 350 bears at home by herself.



Thank you to Kadina/Moonta Flowers for their generous donation of this beautiful ANZAC Day wreath that was on display at Barunga Homes.

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## Eulogies

At Barunga Village, we pride ourselves on truly knowing our consumers and their life stories to ensure we support them to live the best life possible.

We welcome the opportunity to celebrate the lives of those we have cared for by sharing their eulogy on our website. Please send to Renna at [rennas@barungavillage.com.au](mailto:rennas@barungavillage.com.au).

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## 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.*





# Social scene

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In preparation for ANZAC day House Members, Alice, Chris, Sandy, Peggy, Col, Ed and Colin, with help from staff and volunteers proudly shared their own service history or commemorated their loved one's by displaying their memorabilia. On ANZAC day, House Members attended a service in the activity room lead by Derek and Dulcie Chapman.

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House Members, Ron, Violet, Kath, Lorene and June are some of the Barunga Village knit and natter members who continue to knit and crochet for those in need this winter. The group has recently sent off knitted knee rugs, ponchos, scarfs, larger crochet rugs and many beanies for Knit4charities.

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House Members from Stanley, Evelyn and Butterfly Houses were fascinated by the intricate detail of Volunteer Elaine's egg carving display. Elaine carefully brought in her treasured egg carving display to share with House Members, Elaine is self-taught and uses emu, duck, peahen, chicken and quail eggs to carve, that she collects by herself and from friends. She sources decorating supplies from Adelaide.





Evelyn House Members, Chris and Gwen out and about on a gopher rally. Organised by Evelyn House Leader, Julie, the fun-filled outing around Port Broughton had House Members searching the town for answers in a history quiz.



At the ANZAC day dawn service, House Member, Chris, was honoured to lay a wreath on behalf of Barunga Village at the war memorial located near the Port Broughton Jetty.



House Members, Alice, Judyth, Irene, Colin and Gwen dressed up with funny, colourful wigs and participated in laughing yoga - a fun event hosted by Evelyn House Leader, Julie.



On Friday 12 March 2021, Barunga by the Sea social club members, Jane, Polly, Barb, Snow, Lovey, Lyn, Shirley, David, Lorraine, Laurence, Iris, Graham, Pauline, Bill, Val and Ken enjoyed a wonderful lunch at Palate to Palette in Port Broughton.

# Celebrations/events

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In March, we farewelled Business Manager, Maureen Coffey. To celebrate Maureen's 24-years of dedicated service to the organisation, a number of events were held. Captured above is the Barunga by the Sea surprise afternoon tea which was organised by residents, and Head Office staff who enjoyed a farewell lunch with Maureen at the Port Broughton Hotel. On behalf of Barunga Village, we wish Maureen a long, healthy and happy retirement.

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On 23 May 2021, Social Support Coordinator, Jodie Webb's son, Lachie and husband, Phil participated in the Distinguished Gentleman's Ride in Adelaide. Together they raised over \$660 towards this worthy cause. The Adelaide ride raised a total of \$58,917.

They both enjoyed the experience so much; their plans are well underway for next year's ride.

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Compliance and Quality Manager, Carly Barnes and Social Support Coordinator, Jodie Webb recently attended the My Aged Care and Advance Care Directives community information event in Peterborough.

Jodie gave an informative presentation to promote the benefits of Barunga Community Care, Centre Based Respite Social Support program.

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Barunga by the Sea resident, Lovey won a gold medal in this years Copper Coast Masters games held in Kadina during April.

Lovey along with her partner, Yvonne O'Dea (not pictured) won the Women's Tennis Doubles in their category.

Congratulations Lovey.





On 27 April 2021, Evelyn House Member, Chris and staff member Leonie celebrated their birthday with fellow House Members.



On 3 March 2021, Evelyn House Member, Judyth celebrated her 91<sup>st</sup> birthday with fellow House Members.



On 30 March 2021, Evelyn House Member, Merle celebrated her 99<sup>th</sup> birthday with fellow House Members.



On 10 March 2021, Stanley House Member, Lorene celebrated her 81<sup>st</sup> birthday. Lorene is a regular of the morning walking group, on her birthday the group surprised her with an impromptu morning tea complete with a birthday cake under her favourite tree outside Barunga Homes.



Community Care Coordinator, Marilyn Stringer and husband Terry welcomed their first grandson, Lincoln Donald Goode on 3 February 2021, to daughter and son in law, Emily and Scott Goode. A precious little brother to Mackenzie. Lincoln is the third Great Grandson for Stanley House Member, Violet. On Friday 9 April 2021, Marilyn and family celebrated the marriage of daughter and son in law, Brooke and Damian Checkly at the Botanical Gardens. Congratulation to Marilyn and her family.



On 9 June 2021, Safety and Education Manager, David Edwards' son in law attended his graduation ceremony as a Doctor of Philosophy. A proud moment for David and his family.

# Recipe

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## Hearty lentil, bacon and vegetable soup

### Serves 6

Preparation time: 30 minutes

Cooking time: 40 minutes

### INGREDIENTS

1 tablespoon extra-virgin olive oil  
2 middle bacon rashers, trimmed, finely chopped  
1 brown onion, finely chopped  
4 garlic cloves, finely chopped  
1 tablespoon finely chopped fresh rosemary  
250g butternut pumpkin, peeled, cut into 1.5cm pieces  
1 large carrot, cut into 1.5cm pieces  
300g desirée potatoes, peeled, cut into 1.5cm pieces  
1 celery stalk, cut into 1.5cm pieces  
3/4 cup dried red lentils, rinsed, drained  
1.5 litres salt reduced chicken style liquid stock  
3 sprigs fresh thyme  
400g can brown lentils, drained, rinsed  
400g can borlotti beans, drained, rinsed  
75g chopped kale and spinach mix  
2 tablespoons lemon juice  
Shaved parmesan, to serve  
Toasted bread, to serve

### METHOD

#### Step 1

Heat oil in a large saucepan over medium heat. Add bacon, onion, garlic and rosemary. Cook, stirring, for 5 minutes or until onion softens.

#### Step 2

Add pumpkin, carrot, potato, celery and red lentils. Stir to coat. Add stock and thyme. Bring to the boil. Reduce heat to medium low. Simmer, uncovered, for 25 minutes or until red lentils are tender and beginning to break down. Add brown lentils and beans. Cook for 5 minutes or until beans are heated through. Discard thyme.

#### Step 3

Stir kale mix and juice into soup. Cook for 5 minutes or until kale just wilts.

#### Step 4

Sprinkle soup with parmesan. Serve with toasted bread.



# Puzzle

## Sudoku

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

SOLUTION

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



