

Spring
2021

BARUNGA VILLAGE

Lifestyle

**COVID-19 vaccination
clinic a success**

**SERVICE IMPROVEMENTS
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**Social scene
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BARUNGA
VILLAGE INC.

Welcome to the 2021 Spring edition of BV Lifestyle.

In this edition, Chief Executive Officer, Merrilyn Hewett talks about staff and Volunteers and the important role they play in our organisation.

Merrilyn announces the opening of Renni House at Barunga Homes after receiving eight additional bed licences, she also elaborates on current career opportunities and encourages anyone interested in working in aged care to register their interest.

Safety and Education Manager, David Edwards farewells the 2020 Trainee graduates and welcomes the new intake of Trainees. David also shares about the face-to-face training sessions he has run for staff and volunteers.

Volunteer Coordinator, Stacey Meschede provides an update on the latest activities the volunteer team have been busy with and touches on the benefits both House Members and Volunteers gain by spending time together.

On page 9, we share our commitment to continuously improving our services for the Barunga Village community.

We hope you enjoy this edition whilst soaking up this delightful Spring weather.

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Welcome

MERRILYN HEWETT
CHIEF EXECUTIVE OFFICER

Welcome to the spring edition of our newsletter.

We always consider our consumers central to everything we do - that will never change, but in this edition, I am taking the opportunity to talk more about our staff and Volunteers – without them, we could never deliver high standards of care and service to our consumers.

It is no secret that for a range of reasons the aged care industry is facing the most challenging times ever and attracting the right staff that fit our culture of care is one of our greatest challenges. We are more selective than ever before about who we employ because it is an expectation that each staff member and Volunteer proudly uphold our values which are **show kindness, support connections** and **strive to improve**.

Currently we are recruiting for staff in preparation to open Renni House - this house has been built for some time however we made a conscious decision to leave it vacant, in the event we required a COVID-19 isolation space. With all staff and nearly all House Members vaccinated, the risk for this requirement has significantly reduced. We were fortunate in the latest Aged Care Approvals Round to apply and successfully receive an additional eight bed licences. This means when we occupy Renni House the Government will fund us to care for 83 House Members.

In planning our staffing levels for Renni House, we have reviewed our staffing model across the whole organisation to ensure we are offering safe levels of staffing in every area that not only meet our expectations but those of the Government.

As a community, if you know people who you think would meet our values, suggest they consider a career in aged care. We do invest a great deal in on-site education and training so for many roles formal qualifications are not required.

Our staff and Volunteers are the backbone of our organisation – every day I hear stories of kindness, loyalty and compassion and I cannot thank them enough. They are special people, doing special things to change the lives of the people we support.

The Board of Directors have invested in an Employee Assistance Program (EAP) for all staff and Volunteers. An EAP is a workplace wellness program which provides confidential phone counselling with highly skilled counsellors and access to a range of digital platforms and wellness apps such as stress management programs, grief and bereavement programs, yoga, pilates and meditation, quit smoking and parenting programs.

This investment acknowledges the value we place on our staff and Volunteers. We hope that in some small way we can contribute to their wellbeing which has been challenged by such things as the increasing regulation on our industry and the COVID-19 pandemic.

A focus of the last six months has been to empower our Managers, Coordinators and House and Team Leaders, and support them to have more confidence to lead, understand and consult with their teams – these staff have undertaken Leadership and Culture training with specialised consultants from Price Waterhouse Cooper made available through a Business Improvement funded grant.

The objective of this grant was to support a provider to go through a process of business improvement and already we can see a more cohesive staff team who are invested in working towards our common purpose and appreciative of the freedom they have to lead

decision making in their respective areas.

We pride ourselves on being a diverse and inclusive organisation. In January 2020 we welcomed Na Yu to join our team of Registered Nurses and she quickly became a valued staff member. Na is a beautiful, kind person who has settled in Port Broughton with her husband Chris and their three sons. Recently it was a great honour to witness Na become an Australian citizen and pledge her alliance to our great country.

On 28, 29 and 30 September 2021, we will be hosting a site at the Yorke Peninsula Field Days. This year, in addition to advertising about our retirement, community and residential services, we will also be using it as an opportunity to showcase the value of establishing a career with Barunga Village. Please call by site 20 in the Grant Pavilion and say hello if you are visiting the Yorke Peninsula Field Days.



Education report

DAVID EDWARDS
SAFETY AND EDUCATION
MANAGER

On 2 August 2021, our 2020 Trainees graduated with a small ceremony held in the Barunga Homes Function Room.

COVID-19 restrictions limited the number of guests, however, our graduating Trainees enjoyed the company of friends and family as they were presented with their certificates by Chairperson, Juan Elliott.

We are delighted to share that two of the graduated Trainees have accepted permanent positions with Barunga Village and we look forward to continuing our working relationship with them.

Regular orientation sessions are provided to ensure all our new employees learn about what we do and how we do it. This education ensures they know our values, strategic plan and structure of the organisation.

These sessions cover health and safety, risk management and our emergency management plan.

Six sessions have been held over the last quarter including one specifically for our new Trainees.

Mandatory training is scheduled each month to ensure all staff and volunteers stay up to date with important education. This training focusses on infection control, emergency management and manual handling.

Our Chief Executive Officer, Merrilyn Hewett and Director of Nursing and Care Services, Kate Manser have reviewed the education courses available on our online platform and assigned these to various staff. It is encouraging to see that many of our new staff have

embraced this training.

With COVID-19 still an ever-present distraction, I, along with the Infection Prevention Control Clinic Nurse, Carol Elliott are assessing competencies in hand washing and donning and doffing of personal protective equipment.

The South Australian Government requires regular refreshers in COVID-19 for aged care workers and completion rates are required to be documented.

In conclusion, we are thrilled to welcome our new intake of Trainees and are looking forward to providing them with support and education over the next twelve months.



Volunteers report

STACEY MESCHEDE
VOLUNTEER
COORDINATOR

Our dedicated Volunteers have recently attended mandatory training with our Safety and Education Manager, David Edwards and manual handling training with our Physiotherapist, Therese Venning—both of which are great refreshers with lots of enthusiastic participation.

With all our Volunteers together, it gave us the opportunity to discuss upcoming events, our roles as Volunteers and in this very unusual time, we also talked about their wellbeing and asked the question “R U Ok?”

We spoke about the benefits of volunteering and how it helps to alleviate social isolation of not only our House Members but also the volunteers themselves.

I find that a lot of my conversations with our Volunteers are based around the same message, that they are giving their time to Barunga Village but are feeling as if they are being rewarded by how much they are getting back from our House Members and the lovely friendships that have formed between the volunteering team.

I recently had a conversation with a Volunteer— this Volunteer has been with us for a number of months and has taken to volunteering like a duck to water. They expressed how much enjoyment they are getting from volunteering and how they felt part of our family.

Having these conversations with our Volunteers always brings a smile to my face, and

confirms how lucky we are as an organisation to have such a dedicated group of people supporting our consumers. It is such a privilege to staff, House Members and myself to have these very giving people in our lives, and it is a great feeling knowing the benefits the Volunteers are also receiving.

We are heading towards the festive season with lots of activities and plans underway for a very busy end of year. It is exciting to know that Christmas is around the corner.

If you would like to join our fabulous team of Volunteers, please call 08 8635 0529—I would love to hear from you!



Eight additional bed licences

Barunga Village has been awarded eight additional bed licences in the latest Aged Care Approval Round. This will increase Barunga Village's residential aged care home, Barunga Homes capacity from a 75 to 83 bed home.

Chief Executive Officer, Merrilyn Hewett said she was thrilled to receive the eight licences for the Homes.

"We were one of fifteen aged care facilities in South Australia and the only home on Yorke Peninsula to receive additional licences so it is wonderful that

we can meet the growing need for aged care in our region", Merrilyn said.

Barunga Village recently completed a purpose-built home for people living with dementia. This building includes three individual 'homes', all of which cater for the different stages of dementia, allowing likeminded people to live together.

"We look forward to opening our third home and extending our unique specialised model of care to House Members moving into Renai House."

"We are beginning to review our wait list and will offer places in the near future."

"With extra licenses, comes the need for extra staff, so it is fantastic that we can offer further employment to our region".

"We are the largest employer in Port Broughton with over 150 on our staff team and further recruitment will provide additional growth to our local economy", Merrilyn said.



COVID-19 vaccination clinic a success

Barunga Village has recently hosted a two-day vaccination clinic for consumers, staff and volunteers to streamline the COVID-19 vaccination process.

Chief Executive Officer, Merrilyn Hewett said the uptake for vaccinations through these clinics were fantastic, with 100 per cent of our working staff now having had their first dose.

From 17 September 2021, the Australian Government made it mandatory for all aged care workers to have received their first dose of the COVID-19 vaccine.

"With many of our staff being shift workers and the large demand for vaccinations, this was proving a challenge for them to meet the required time frame, so we are very grateful to the Torrens Health and SA Health for providing this service on-site" Merrilyn said.

"Out of the 100 percent of working staff vaccinated with their first dose, 85 percent of those are now fully vaccinated".

"I am thrilled to also report that our 40 Volunteers are vaccinated and 67 of 75 House Members from Barunga Homes

chose to be vaccinated against COVID-19", Merrilyn said.

With the ongoing fluctuating risk of COVID-19 within the country, these clinics were a great opportunity to expediate the vaccination process.

This outcome can provide reassurance to stakeholders that all staff and Volunteers are vaccinated to best protect the Barunga Village community.



Centre-Based Respite Social Support Program hosted by Barunga Community Care

On Friday 30 August 2021, Barunga Community Care hosted their first session of the Centre-Based Respite Social Support Program.

Members, Margaret, Valma, Paul, Russell, Support Worker, Ann and Social Support Coordinator, Jodie spent some time getting to know each other discussing their interests and planning future activities.

The group visited the Port Pirie Regional Tourism and Arts Centre where they met Shakka the Shark.

On Friday 3 September 2021, the group visited the Port Pirie Railway Museum. Member, Paul who previously worked for South Australian Railways, shared his knowledge of the trains with fellow group members. They enjoyed lunch at SaFaVi Café and were amazed to find portraits in their coffees.

This program is available to senior clients who are being cared for in their own homes and live in the Mid-North region.

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

If you or someone you know is interested in joining the program, please contact Jodie on 08 8635 0528 or email jodiew@barungavillage.com.au.



Service improvements

Rain gauge installed

Stanley House Member, Eric requested a new rain gauge at Barunga Homes. Before moving into Barunga Homes Eric kept records of the rainfall and he wanted to continue doing this in his new home.

We have been able to fulfill Eric's request and he is very pleased to continue his routine where he checks the rain gauge at 9:00am every morning.

He has recorded 63.5mm for July and 14mm for August.



Staff name badges

Evelyn House Member, Peggy made a recommendation about the design of staff name badges.

In consultation with Peggy, new staff name badges have been designed and distributed to all staff in the organisation. The new design is clearer and easier to read.



Lift opening time extended

At a recent House Members meeting, Evelyn House Members requested that the opening time of the lift doors be extended.

House Members and visitors were finding it difficult to maneuver into the lift with the short time frame.

This service improvement has now been completed giving House Members an extra five seconds to safely enter and exit the lifts.



Barunga profiles



LORENE ZANDER
BARUNGA HOMES
HOUSE MEMBER

Family tree

Parents - Ben and Toni Schultz.

Place of birth - Eudunda, South Australia.

Siblings - One; Dennis.

Spouse/partner - Husband, Mervyn (deceased).

Children Four; Anthony, Timothy, Colleen and Alison.

Activities

Social - I enjoy going down to the jetty on my gopher.

Hobbies - Crafts including sewing and knitting.

Sport - Yoga.

Occupation

Carer.

Favourites

Event - Visiting Government House as an invited guest.

Place - Port Broughton, South Australia.

Holiday - Alice Springs.

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

I have met a lot of new friends at Barunga Homes and the surrounding community. I value meeting new people and have enjoyed getting to know them.

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

Needle, thread and material.



CHARLES MARSH (BOB)
BARUNGA COMMUNITY
CARE CLIENT

Family tree

Parents - Charles Marsh and Elsie Sawley.

Place of birth - Brighton, South Australia.

Siblings - Four; Bruce, Aileen, Mary and Betty.

Spouse/partner - Wife, Lorraine.

Children - Six; Gary, Robyn, Heather, Geoffrey, Andrea and Terry.

Activities

Sport - Football, cycling racing and table tennis.

Social - Swimming carnivals on weekends with the children and Football with the boys.

Hobbies - I made a swimming pool in the backyard. On weekends I enjoy mushroom and rabbit hunting.

Occupation

Builder.

Favourites

Event - Road racing and track cycling. Travelling to America.

Place - Clare.

Holiday - Travelling overseas.

Food - Bacon and eggs.

Drink - Port.

What is something you've strived for in life?

Happy and successful family life.



LOIS COPLEY
BARUNGA BY THE SEA
RESIDENT

Family tree

Parents - Ross and Ivy Hancock.

Place of birth - Bute, South Australia.

Siblings - Two; Jean and Don.

Spouse/partner - Husband, John (deceased).

Children - Four; Keith, Andrew, Joanne and Bridget.

Activities

Social - Family gatherings.

Hobbies - I enjoy reading, knitting and jigsaws.

Sport - Lawn bowls.

Occupation

Home duties.

Favourites

Holiday - Port Hughes in the 1970's and 1980's.

Food - Lemon tart.

Drink - Coffee.

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

Meeting friendly people.

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

Book, blanket and thongs.

What is something you've strived for in life?

To be friendly and helpful to others.

Fundraising and Donations



Barunga Community Care client, Carlene and husband Allen kindly donated this wheel chair to Barunga Village.

FUNDRAISER

Prize: Jura E8 Automatic Coffee Machine, RRP \$2299

Raffle will be drawn on 5 October 2021.

EFTPOS available,
please see Reception.
All proceeds go to the
Barunga Village Fundraising
Committee.

\$5 per ticket.



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 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.

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



Administration and Finance Officer, Karlie Barclay rolled up her sleeve for the COVID-19 vaccine.



Spencer House Member, Jill spent time in the garden and cooking a barbeque while enjoying the beautiful spring weather.



On Friday 13 August 2021, Dale House welcomed four cute little kittens.



On Sunday 15 August 2021, Spencer House Leader, Jane Hughes won her fifth Ladies Golf Championship at Port Broughton.



On Tuesday 14 September 2021, House Members attended a presentation via Zoom by the Aged Rights Advocacy Service.



Tuesday mornings are for singing at Barunga Homes— coordinated by Volunteers, Jane, Lesley, with Madge on the keyboard, House Members have a great time singing along.



Barunga Homes recently introduced a digital medication management system called Medi-Map. Medications continue to be administered by staff however are no longer recorded on paper charts. Staff now administer medications via a iPad which provides immediate documentation. Director of Nursing and Care Services, Kate Manser and Compliance and Quality Manager, Carly Barnes hosted the successful on-site training.



In 2017, we introduced a new brand colourway, which included the signature orange colour to represent Barunga Village.

As we continue our rebrand journey, Adelaide A-Frame Signs have installed new external signage at Head Office, Barunga Homes and Barunga Cottages.



On 14 September 2021, Barunga by the Sea residents attended a Automated External Defibrillator training hosted by Dan Kenny from the SA Ambulance Service. He explained the entire process from the moment of contact, calling triple 0, and until the ambulance arrives. He gave a demonstration on how to operate the defibrillator, and once activated, showed how it gives a clear and concise step-by-step instructions on how to use it.

Celebrations/events



On 8 June 2021, Evelyn House Member, Peggy celebrated her 95th birthday and on 5 August 2021, Spencer House Member, Rita celebrated her 88th birthday—both celebrated with fellow House Members at Barunga Homes.



On 14 August 2021, Eyre House Member, Jenny and Husband Kerrin (Jingo) celebrated their 50th wedding anniversary with their family at Westminster School.



On Saturday 11 September 2021, Volunteer, Sam Meschede, son of Volunteer Coordinator, Stacey, and Maintenance Manager, Carsten, along with fellow team members Jordan and Mason Townsend, sons of Housekeeper, Leah, won their senior colts grand final.

Annual General Meeting

Wednesday 6 October 2021 at 2pm
Barunga by the Sea — Community Centre

Parking is limited. Disabled parking is available and pick up/drop off is accessible directly in front of the Community Centre. For all others, please park on Dale Road and walk into the Community Centre.

Due to COVID-19 restrictions, social distancing must be adhered to and masks are required. If you wish to attend, please register with Barunga Village Head Office on 08 8635 0502.



On Friday 17 September 2021, Registered Nurse, Na and her two eldest sons became Australian citizens in a beautiful ceremony at the Port Broughton foreshore.



On Tuesday 31 August 2021, in preparation for Father's Day, Barunga Homes Hairdresser, Sue Measday and Dale and Eyre House Leader, Bindi Manser created a pop up Barber Shop. It brought joy to House Members, who lined up for a cut and shave, whilst reminiscing on past experiences.



On Sunday 5 September 2021, we celebrated all father's, especially those within the Barunga Village community. We are proud to share three father's from our organisation - Brenton, Malcolm and Max. Brenton, Malcolm and Max all

retired to Barunga by the Sea and have been long-standing volunteers for Barunga Village. Brenton is a father of four, and has eleven grandchildren and five great grandchildren. Malcolm has three children, eight grandchildren and six

great grandchildren. Max is a father of four, and has nine grandchildren and eleven great grandchildren with two more expected in January next year. We hope these men and all father's had a very special day!

Recipe

Pina colada ripple cake

Serves 6

Preparation time: 45 minutes

Cooking time: 40 minutes

INGREDIENTS

600ml thickened cream
2 tsp caster sugar
50g sachet coconut milk powder
225g can pineapple pieces in natural juice
1/4 cup coconut-flavoured white rum
250g packet butternut snap cookies
Toasted flaked coconut, to serve
Maraschino cherries, to serve
Caramel syrup, to serve.

METHOD

Step 1

Using an electric mixer, beat 1 cup cream, 1 teaspoon sugar and milk powder in a bowl until just-firm peaks form.

Step 2

Drain pineapple, reserving juice. Finely chop half of the pineapple. Refrigerate remaining pineapple for serving. Combine reserved juice

and rum in a bowl. Add chopped pineapple to cream mixture. Fold to combine.

Step 3

Spread a line of cream mixture along a serving plate for the log to sit on. Dip 1 biscuit in rum mixture and spread with a heaped teaspoon of cream mixture. Sandwich with another biscuit dipped in rum mixture. Place on serving plate, standing upright on their side. Repeat dipping and sandwiching biscuits to form a log. Spread any remaining cream mixture over top and side of log to enclose. Cover loosely with plastic wrap. Refrigerate for 6 hours or overnight.

Step 4

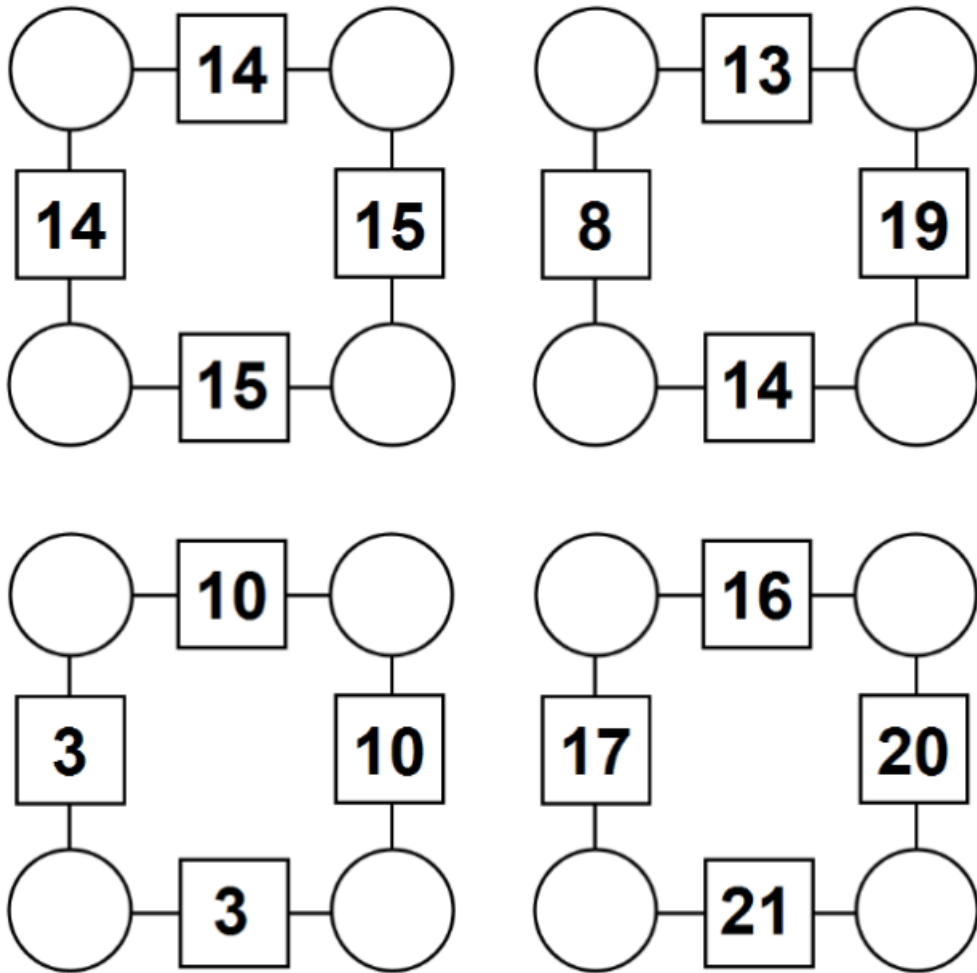
Remove and discard plastic from log. Using electric mixer, beat remaining cream and sugar together until just-firm peaks form. Cover top and sides of log with cream. Top with reserved pineapple pieces, toasted coconut and cherries. Drizzle with caramel syrup.

Serve immediately.



Puzzle

Square Arithmagons



The aim of an arithmagon is to work out which numbers go in the empty circles. The numbers in the square boxes are made by adding together the numbers in the circles either side. For example, if the number in the square box was 10 you could try 6 and 4, but the numbers must also add up on the other edges, making this more difficult than it first appears.

SOLUTION

