

Winter  
2017

# BARUNGA VILLAGE Lifestyle

GET TO KNOW OUR  
BOARD MEMBER  
**HOWARD DANIEL**

**The perfect  
scone recipe**

**We are  
Australia's first  
Butterfly Home**

**\$11 MILLION  
DEVELOPMENT  
AT BARUNGA  
HOMES BEGINS**



**BARUNGA**  
VILLAGE INC.



# Welcome to the 2017 winter edition of BV Lifestyle.

The big news in this edition is that Barunga Village has been accredited as the first Butterfly Home in Australia - a huge feat for everyone involved in the ground-breaking model of dementia care. Read more about this story in Louise DeWolf's Butterfly Home report, as well as the news section.

Our \$11 million development, which will create 40 new rooms has begun, and there is also an exciting update about the wonderful Podiatry Central extending their services at Barunga Village. These stories are in the news section.

You'll also have the chance to get to know our dedicated board member, Howard Daniel, and one of our dedicated Community Care Workers, Paula Poole.

There are also many happy faces in recent social photos. Happy reading!

[barungavillage.com.au](http://barungavillage.com.au)

---

**02 Welcome**  
Written by  
Merrilyn Hewett

---

**04 Education & safety**  
Written by  
Andrew Charlton

---

**05 Volunteers report**  
Written by  
Stacey Meschede

---

**06 Butterfly Homes**  
Written by  
Louise DeWolf

---

**10 News**

---

**16 Profiles**

---

**18 Your stories**

---

**21 Upcoming events**

---

**22 Social scene**

---

**24 Recipe & games**

---



MERRILYN HEWETT  
DIRECTOR OF NURSING

# Welcome

Welcome to the winter edition of our newsletter.

The cold weather could be a reason for being gloomy yet nearly every week I hear positive stories from people living in our retirement, community and residential sections. The amazing team at Barunga Village are focused on ensuring the quality of life for people who choose our accommodation and care is second to none.

The extensions to Barunga Homes are underway and for those who live locally in Port Broughton, I am sure you are watching the progress with interest. The expected completion date for stage one is July 2018. A plan of stage one is on display at the entrance to Barunga Homes and on the tables at Gloria's Café.

You will read an update in this edition about our recent joy of receiving the highest possible level of accreditation for the Butterfly Household Model of Care. Not only did we receive level one, we are the first home in Australia to become accredited. I would like to acknowledge the heartfelt dedication of our team under the coordination of Louise DeWolf, who 12 months ago accepted there was a better way to care for people living with dementia and who truly believed in the philosophy of the model of care. I am indeed proud to be associated with this model of care and express my sincere gratitude to all staff, volunteers and family members for embracing this change.

To hear a staff member say *"I could never work anywhere else now"* and a family member say, *"Mum has come alive"* – is a testament to the model of care.

The community sector is a dynamic area and we are enjoying spreading our wings to care for people living in their homes in many areas of the Yorke Peninsula and Mid North. Many people





wonder how we get our staff to travel so far – we actually employ staff in the location of where the client lives, for example Peterborough and Wallaroo.

Our charges for home care are very competitive and if you are a full pensioner and eligible for a home care package, we will provide it to you for FREE. We also proudly offer you personalised support and care.

The process for beginning services can be overwhelming, but our staff are skilled to approach this respectfully and are willing to help you wherever needed.

The Yorke Peninsula Field Days will be held at Paskeville from 26-28 September. With over 750 exhibitors, this agriculture event has something

for everyone and the general interest section is something not to be missed. Barunga Village will have a stand in the Grant Pavilion and for anyone who may be considering services, or has parents, grandparents, uncles and aunts who may require information, we welcome you to visit us during the three-day event.

We will be available to answer your questions and provide options that will best meet your needs.

As always we welcome visitors to Barunga Village so if you would like a tour of our facilities or require a guest speaker to outline our services at your club or business, please do not hesitate to contact me on 8635 0503.

*Merrilyn Hewett, Director of Nursing,  
Butterfly Home house member Lois  
Simounds, and Louise DeWolf, Butterfly  
Home Care Coordinator.*

# Education & safety

---

ANDREW CHARLTON  
EDUCATION AND SAFETY  
COORDINATOR

In this edition, I thought it was important to highlight the services we offer through Barunga Community Care, which allows us to care for people living well outside the boundaries of Port Broughton.

I think we can connect Port Broughton and Barunga Village very closely, but you may not realise that we have many happy care recipients living in communities such as Peterborough, Clare, Kadina and further afield.

The message needs to be loud and clear that Barunga Village can come to you – no matter where that is. Furthermore, you will be provided a service that is delivered from people living in your community. A big shout out to our Community Care Workers, but in particular to Zeni, Therese and Lynda in Peterborough, who I recently spent time with at a mandatory training day.

It has been a big three months of training and development for staff at Barunga Village. Training in the last few months has included:

- Butterfly Home training for some volunteers
- Butterfly Home training for new staff to work in Butterfly Homes – Dale and Eyre
- Butterfly Home training for volunteer school students
- Butterfly Home training for team leaders who visit Dale and Eyre houses (nursing staff)
- Mandatory training for all staff including CPR, fire and emergency and manual handling
- Medication administration training for care staff

Into the near future we are also making great progress toward delivering Mental Health First Aid training to our staff. The idea of providing this training is as straight forward as it is complex – giving identified staff the skills to provide informed advice and direction from one staff member to another if dealing with mental health issues.

For a long period of time we have been excellent in providing this same advice and direction for staff who may be physically injured at work, but

with the increase in expectations we have placed upon those that work in our wonderful Butterfly Homes, psychological support is so critical.

As you would no doubt now be aware, the Butterfly Household Model of Care has our staff connect at such an enormous level with all those that live in the Butterfly Homes – to become one, like a ‘family’ would. This brings natural emotional ups and downs, and we need to ensure we orientate ourselves to maximise the support structures we have placed around staff. At Barunga Village we can offer support, advice and direction for a colleague who is in need of those types of support.

Finally, just last week I have been working with TAFE SA to deliver a regional training project to welcome more employees to the aged care industry. I was able to present on what Barunga Village offers, what we stand for and what new employees would be expected to deliver on when entering the industry.

It was exciting and a relief to hear from potential employees on why they want to work in the aged care industry. What drives them includes, being able to support someone to remain in their home for as long as they desire, to help someone in their final days, and to be a part of a team working towards the same goal. With these attitudes and approaches, I found myself greatly satisfied that there are many great employees just waiting for an opportunity to enter this workforce. Some may even be lucky enough to work at Barunga Village one day.

Stay warm and safe over the next month or so of winter – may the rains come soon for our local farmers.

# Volunteers report

---

**STACEY MESCHEDI**  
VOLUNTEER COORDINATOR

This year I had the pleasure of attending the National Volunteers Week Parade in Adelaide on Monday 8 May. All together there were six volunteers from Barunga Village who made the trek to Adelaide, which began with an early morning start of 6am.

We gathered at the parade grounds for the start of the march and finished at the beautiful Government House gardens. We were blessed with lovely weather and met a lot of volunteers from different organisations.

Standing at the start of the march and looking back at more than 600 volunteers, I felt a sense of pride of how lucky we are as a nation to be blessed with ordinary everyday people giving their precious time to volunteer. How blessed we are to have volunteers in our organisation. I look forward to next year's march.

Also in May some of our volunteers attended training for the Butterfly Household Model of Care in preparation to spend time in Dale and Eyre houses. The feedback from the volunteers has been amazing with all of them very excited to be joining the families in both homes.

Thank you to all of our volunteers – we have had an extremely busy start to the year and I am excited about the upcoming activities for the remainder of the year. If you would like any information on joining the Barunga Village volunteers group, please call me on 8635 0500.



*Liz Sawley, Jane Birrell, Ann Webb, Janet Pietsch, Stacey Meschede and Janice Haugen at the the National Volunteers Week Parade in Adelaide on Monday 8 May.*



# We are Australia's first Butterfly Home

LOUISE DEWOLF  
BUTTERFLY HOME CARE COORDINATOR

We have just completed the Butterfly Household Model of Care 12-month pilot project. During that time we have transformed the way we care for people living with dementia and will continue to improve and embed the philosophies of the model of care.

On 5 July we welcomed Sally Knocker from Dementia Care Matters who conducted the final Qualitative Accreditation Audit and presented us with the highest possible Butterfly Home 'Kitemark' status - level one. We are officially the first 'Butterfly Home' in Australia. Read more about this amazing achievement on page 10.



*Butterfly Homes volunteers are all smiles after a big training session with Barunga Village's Andrew Charlton and Louise DeWolf. The volunteers' time and effort is much appreciated in the homes.*

## ON-GOING TRAINING

Much emphasis has been put on 'being a butterfly' and training for team leaders and volunteers has taken place in the past few months. These training days were adapted to the roles of the team leaders and volunteers in the homes and we had great feedback from every session. We have also continued our monthly Skype sessions, which have been very beneficial with later stage dementia specialist skills. Staff have adopted a new approach of alternating sensory calming and sensory stimulation to reduce anxiety and over stimulation.

## DATA

It is important to monitor the statistics of why we should use the Butterfly Household Model of Care. We have been collating the evidence and have seen a decrease in falls and infections. With regular surveys we have been monitoring staff wellbeing, which has increased, and family interaction has been very positive. I have every confidence we will achieve a huge increase in the lived experience of people living in the homes compared to our benchmark in July 2016. This is our ultimate goal.



“The laughs are endless and I can’t wait to create more memories and special moments.”

---



*Port Broughton Kindergarten children visit the homes regularly and join in with meaningful engagement with lots of laughs and smiles.*

### ENVIRONMENT

We have been working to finalise the distinct environment differences between Eyre and Dale houses suitable for the four stages of dementia. Eyre House is calmer and sensory focused for people in the repetitive/late stage of dementia, while Dale House is more about domestic life for people living in the early/different reality stage. I would like to thank the wonderful maintenance team who have helped make the environment more engaging.

### TEAM WORK

Our fantastic butterfly staff team have been busy creating themed months to decorate and incorporate fun-filled moments to the homes, bringing happiness to everyone living and working there. The month of May was ‘flower festival’ featuring a Mad Hatters Tea Party, Mother’s Day celebrations, flower arranging and baking competitions. June was ‘music festival’, featuring a strong focus on music, sing-a-long concerts by various groups, volunteer Marie on her ukulele and an old style dance. These themes are planned by the house leaders and staff contribute to making them a fun event. These themes work around the “essence of the day” – the day-to-day activities we all do in our household, such as cooking and gardening.

### COMMUNITY INVOLVEMENT

Kindergarten children and school students have recently become more involved with the people living here by visiting and creating great moments of interaction and happiness. The RSL also kindly donated \$1000 to purchase four raised garden beds, which have made the outside area much more engaging. We were able to plant sensory type herbs and flowers to create special aromas and colours in the garden. Thanks to the RSL for such a generous donation. You can read more about this donation on page 15.



*People living in the Butterfly Homes have welcomed new additions to their family, with two guinea pigs and four chickens. Everyone takes part in feeding and looking after these pets.*

### PETS

Eyre and Dale houses have welcomed four chickens and two guinea pigs to their homes. Daily feeding and caring of the pets is a great way to create a sense of purpose and something to look after. The guinea pigs are happy to be handled and cuddled. The people living in the homes are very much enjoying their new furry friends.

### ACKNOWLEDGING HARD WORK

I can’t thank the staff enough for all their wonderful efforts and passion and believing in this way of caring for people. I am inspired by your generosity; the creative ideas and fun you each bring to the homes, with a focus on increasing the quality of others’ lives. The laughs are endless and I can’t wait to create more memories and special moments.



THE HON JACK SNELLING MINISTER FOR HEALTH, WITH MAXINE COOMBE AND BUSINESS MANAGER MAUREEN COFFEY DURING A TOUR OF THE BUTTERFLY HOME.







01

**01** A lot of effort was put into the themed day the 'Mad Hatters Tea Party from Alice and Wonderland'. Barunga Village staff members Jane Hughes, Jo Balestrin and Sue Noble made the day very special.



02

**02** Marie, a volunteer, playing the ukulele for a sing-a-long as part of the 'music festival'.



03

**03** House leader Jo Balestrin with Dale House members sewing craft for the floral festival.



04

**04** Port Broughton Kindergarten children visiting the homes.

# News

## Barunga Village named Australia's first provider of ground-breaking dementia care program

*Education and Safety Coordinator, Andrew Charlton, Butterfly Home Care Coordinator, Louise DeWolf, DCM's Sally Knocker, Business Manager, Maureen Coffey, and Director of Nursing, Merrilyn Hewett.*

Barunga Village is thrilled to announce it is the first in the nation to become an accredited provider of the international ground-breaking model of dementia care – the Butterfly Household Model of Care.

In early July, Barunga Village underwent a rigorous grading process and received the highest rating possible to become Australia's first 'Butterfly Home'.

The grading process was conducted at the completion of a 12-month pilot of the program, which started in July 2016.

The Butterfly Household Model of Care, was founded in the United Kingdom by Dr David Sheard of Dementia Care Matters (DCM) in 1995, and has since expanded to become a global dementia care culture change organisation with more than 50 Butterfly Homes around the world.

While dementia care has a history of being task orientated and institutionalised, the model sees a total transformation in the way people with dementia are cared for, with a focus



on their emotions, and replicating home-like environments and everyday activities they enjoyed earlier in life.

Sally Knocker, Consultant Trainer at DCM, graded Barunga Village, which included observing interactions and activities of people with dementia and staff members, for more than five hours.

*"The core reason why Barunga Village achieved level one, the highest rating, is because over 80% of the day showcased 'positive social experiences', whereas this time last year 70% of the day was spent with very little interaction,"* Sally said.

*"This means that people living with dementia now have a high quality of life. They are taking part in an array of activities that you and I do everyday – such as washing up after breakfast, making scones, feeding the chickens and chatting with friends and family."*

*"Their engagements with staff demonstrated there was no sense of 'us and them'. The interactions were similar to how you are with your friends and family – this is a key of the model."*

Louise DeWolf, Barunga Village's Butterfly Home Care Coordinator, said the outstanding results and accreditation highlighted Barunga Village's dedication to innovative

aged care, focused on nurturing the physical, emotional and social needs of everyone who lives in the homes.

*"The most enjoyable changes to witness have been the increase in laughter and happiness within the people living in the Butterfly Home, and their meaningful engagements with their families and our staff."*

Results in established Butterfly Homes have shown homes use of anti-psychotic medications has decreased to almost 5%, compared to the national norms that are around 20% to 40% in the UK and Australia, and a 44% decrease in the number of falls. People have also had significant weight gain and fewer admissions to hospital.

*"Over the past year there has been a definite decrease in the number of falls and positive weight gain in the 16 people who live in the Butterfly Homes,"* Louise said.

She said implementing change to so many aspects of the organisation has meant it's been a challenging year, but very rewarding.

*"While the changes to the environment have been vital, we couldn't have achieved this result without our staff. They have embraced the new approach and now fully connect emotionally with people living here."*



---

**EACH YEAR BARUNGA VILLAGE WILL BE GRADED BY DCM TO ENSURE THE LEVEL OF CARE CONTINUES AT A HIGH LEVEL. TWO OTHER PILOT HOMES BEGAN THE MODEL IN JULY 2016 – THE SALVATION ARMY AGED CARE PLUS CENTRES IN CHAPEL HILL, QLD, AND NARRABUNDAH, ACT.**

Other key aspects of the Butterfly Household Model of Care, which Barunga Village excelled in, include:

- Removing institutional features such as staff wearing uniforms and medicine trolleys.
- Grouping people in a focused group who are at a similar stage of dementia giving them the best chance to thrive and have a sense of wellbeing, while enabling staff to provide specialist skills.
- A complete refurbishment of the interior spaces to ensure the rooms are colourful and highly engaging.
- New approach to staff training, which focuses on staff developing their emotional intelligence.
- Major change in the meal time experience, where people in the Butterfly Home are involved in meal preparation and setting the table, more food dishes are available and staff also sit at the table.
- Staff are trained to join people living with dementia in their reality and engage with their memories, rather than constantly trying to bring them back to the present.



# Do you need help at home?

Did you know you can access up to **\$937.93** of funding a week through a Home Care Package to help you stay at home?

---

## Free to full pensioners

---

Co-contribution required by part pensioners and self-funded retirees. Eligibility conditions apply.

**08 8635 0528    [barungavillage.com.au](http://barungavillage.com.au)**

# News

## Million-dollar development underway at Barunga Homes

**WORKS ARE EXPECTED  
TO BE COMPLETED BY  
MAY 2018**



*The Barunga Village Building Committee turning the soil for the new development.*

The need for local quality aged care, in particularly dementia care, is the key reason behind the \$11 million development at Barunga Homes that will see the creation of 40 new rooms.

Director of Nursing at Barunga Village, Merrilyn Hewett, said the extension will see a new two-storey building, with residents who live there experiencing a less institutionalised style of care.

*"There will be three interconnected homes comprising of eight rooms on the ground floor and two houses of eight rooms on the second storey," she said.*

*"Each room has its own bedroom and bathroom, and there is a shared living area, kitchen and laundry in each home. The upstairs rooms have sweeping views of the ranges and bay."*

Merrilyn said that while the bottom floor will be dedicated to residents living with dementia and where the Butterfly Household Model of Care will

be implemented in its entirety, aspects of the innovative model of care will be rolled out throughout the new upper level rooms and Barunga Homes.

*"Although the model of care is designed for people living with dementia, one of the fundamental aspects of the model is that you create home-like environments by taking away institutionalised aspects ingrained in aged care," she said.*

*"We truly believe this is the best way to provide care, as it allows residents to have more independence and to take back control of their lives."*

Staff no longer wear uniforms, we have removed medicine and dressing trolleys, and there has been an increase of involvement from residents in household tasks, like cooking and cleaning. These are just some of the changes we've made to the homes.

Merrilyn said a key difference is that meals will be served to residents in the dining room of their own

homes – they will also be able to choose from a range of dishes and their preferred serving size at each meal time, rather than having to fill out an order form the day before.

*"It's as close to home that they could have ever imagined," she said.*

Merrilyn said people living with dementia would be placed into one of the three homes depending on their level of dementia, which will enable staff to provide specialist care in focused groups.

Furthermore, the second storey homes will ensure the same staff are consistently working with the same people to create continuation of care.

The \$11 million development has been made possible through two federal grants totalling close to \$4 million. The 40 new rooms will allow Barunga Homes to care for 75 residents, and plans for further extensions are in the pipeline.

---

## Connecting to Ireland

Distance isn't standing in the way of a Barunga Homes resident and her pen pal in Ireland, who regularly write letters and have even started using Skype to share their life stories.



Barunga Village's Joan Gill, 93, is on Skype with her pen pal May Sherlock, 81, from Sunhill Nursing Home in Ireland.

Barunga Village's Joan Gill, 93, and May Sherlock, 81, from Sunhill Nursing Home in Louth, Ireland, had been writing to one another for two years before they decided to embrace modern day technology to have face-to-face videos calls.

*"It's an amazing spectacle being able to see someone who is on the other side of the world, particularly someone you have been writing to for so long,"* Joan said.

*"We would usually write to each other once a month, because there is a time delay in receiving the letter and then sending it back."*

*"But now due to Skype we can keep in touch more often."*

Joan is particularly excited about their upcoming Skype call, scheduled for August, as the Barunga Village Choir will use the technology to put on a concert for May's Ireland-based nursing home.

*"We're looking forward to the performance,"* Joan said. *"I never expected to have an experience like this at my age."*

Joan said her and May speak about the weather, their families and daily activities.

*"The weather in Ireland is very different from ours, of course,"* she said.

*"On a whole, our daily activities are very similar, both of our homes have concerts, bingo, outings and yoga – but they also have laughing yoga, which we haven't tried yet."*

*"We talk about our families. We both have grandchildren and great grandchildren – but I have 29 great grandchildren and she has three, so May has a little catching up to do!"*

*"May is also a very good artist, she even painted me a picture of the house she used to live in. It's so cute and has quaint little attic windows."*

**"JOAN HAS ALWAYS BEEN A VERY GOOD WRITER AND IT'S GREAT THAT SHE CAN USE HER SKILLS REGULARLY, AS FOR SKYPE, THE TECHNOLOGY HAS OPENED UP A WHOLE NEW WORLD OF OPPORTUNITY FOR THE PEOPLE LIVING IN BARUNGA HOMES."**

The international friendship was initiated by Darren Robinson, a Diversional Therapist at Barunga Village, who contacted Sunhill Nursing Home to enquire if one of their residents would like to have a South Australian pen pal.

*"Joan and May have a lot in common,"* Darren said. *"It's a shame that these two ladies live so far away from one another, because they have really hit it off."*

*"I think if they were living in the same town, they would be visiting each other's house every day."*

# News

---

## Keeping you one step in front

*Podiatry Central will shortly expand its service at Barunga Village with podiatrists consulting to the local community from Barunga Homes.*



Your feet are a vital part of your body; therefore it is important to keep them healthy. Fortunately, the team from Podiatry Central visit Barunga Village once a month helping to keep the resident's feet in top condition, and the valued service will shortly expand with podiatrists consulting to the local community from Barunga Homes.

The clinic, which will be open to the Port Broughton community in the next few months, can help children and adults with a wide range of lower-limb complaints, including:

- Nail care, calluses and corns – including ingrown toenail surgery
- Foot pain such as heel pain, arch pain and forefoot pain
- Injury management and rehabilitation
- Orthotics and offloading
- Diabetes and chronic disease assessment and management
- Footwear advice

One of the most used parts of our bodies is our feet, however it can also be the most neglected. Here are four tips from Podiatry Central for keeping your feet healthy this winter.

- **Keep feet healthy by ensuring dry shoes and socks.** Avoid getting your shoes and socks wet during any rain. Damp shoes and socks provide the perfect environment for skin infections to breed and spread.
- **Keep your feet warm.** Chilblains can occur in cold weather due to altered blood flow in the toes. Your toes may feel itchy, painful or be discoloured (white, purple, red). Avoid sudden temperature changes and extremes of heat – allow cold feet to warm up with gradual methods.
- **Ensure your shoes are appropriate and fit correctly.** Closed-in shoes and socks are vital in winter to protect your feet, keeping them warm and dry. Shoes that are too short or

too narrow can cause problems such as pain, ingrown toenails, corns, calluses and neuromas. If you suffer from any of these problems, early podiatric treatment is advised.

- **See a podiatrist.** If you have any foot pain or foot problems, seek attention from your local podiatrist. We are registered health care professionals trained to assess, diagnoses, prevent, treat and manage foot and lower-limb conditions. A podiatrist can help you out with your foot pains or problems and help get you functioning back to your best self.

For more information on the upcoming clinic in Port Broughton, contact the Moonta clinic on **8825 2855** or email **podiatrycentral@gmail.com**

Podiatry Central has been consulting on the Yorke Peninsula since 2012. They operate private clinics in Moonta, Kadina and Ardrossan, and service numerous residential aged care facilities across the Yorke Peninsula.



# RSL kindly donates to Barunga Village

People living in the Butterfly Home are set to become green thumbs thanks to a set of garden beds that were purchased through funds donated by the Port Broughton RSL.

The four garden beds will be home to herbs and flowers, planted and cared for by people living with dementia.

Port Broughton RSL President Sandy Owen, who is also a Barunga by the Sea resident, said each year the club donates money to a community organisation, including the local netball and football clubs, hospital, or not-for-profit organisations such as Barunga Village.

*"We are all about giving back to the community," she said. "Barunga Village approached us asking if the club could donate funds that would go towards purchasing the garden beds."*

*"From our weekly bingo night and other various fundraising activities \$1000 was raised and donated."*

Two of the garden beds are raised; ensuring that people living in wheelchairs can access them and everyone can take part in the therapeutic and fun activity.

Barunga Village's Butterfly Home Care Coordinator, Louise DeWolf, said one of the key aspects of the model is for people living with dementia to reconnect with the activities they used to enjoy like gardening.

*"We are extremely thankful to the RSL for donating the garden beds – so far they have been a hit with everyone living here."*

Bingo at the Port Broughton RSL is held every Wednesday night for a 7:30pm start.



RSL Vice President Brenton Ryan and President Sandy Owens visited Dale House for an afternoon of planting herbs and flowers in the new raised garden beds. They are pictured with house members Maxine Combe and Gwen Price who gave expert tips on gardening and helped with the planting.

# Profiles



## Meet Barunga by the Sea resident Hannah McDonough

### Family Tree

**Parents** – Mother, Mary Whittle (Goldthorpe) and Father, John Whittle.

**Siblings** – One brother and two sisters.

**Children** – Two sons, Mark and Phillip, one daughter, Bronwyn.

**Grandchildren** – Four granddaughters and five grandsons.

**Great Grandchildren** – Six great-granddaughters and one great-grandson.

**Pets** – Two dogs, Cindy and Trixie.

### Education

I attended Sale Technical School and nursing degree at Traralgon District Hospital and Queen Elizabeth Hospital.

### Activities

**Sport** – I played hockey in the past and am a huge lover of ice-skating, both participating and watching.

**Hobbies** – My hobbies include all crafts, particularly jewellery, beading, cross stitch, spinning, painting, and quilting. I also enjoy socialising, swimming, gym activities and gardening.

### Occupation

Registered Nurse.

### First Car

Standard 8.

### History

I was born in England and immigrated to Australia in 1949 at the age of 10. My family then moved to Lakes Entrance in Victoria where my parents built a shelter hut from bush timber. I then served in the Women's Royal Australian Airforce as a medical orderly, where I met my husband, Ian. After marriage, we moved to Malaysia and then back to South Australia.

### Favourites

**Food** – Prawns and ice cream (not necessarily together).

**Place** – All over Tasmania, especially the Huon Valley.

### Most admired person

Quentin Bryce and the Queen.

### Dislikes

I dislike unpunctuality and people being rude for no reason.

### Why did you choose to live at Barunga by the Sea?

After looking online, it was the best retirement village I could find in South Australia.

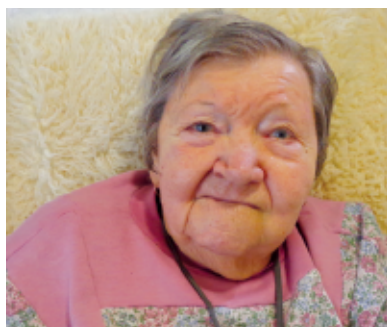
### What do you like about Barunga by the Sea?

It's not too big and is extremely well set out, and the people are very friendly.

### APOLOGY

In the 2017 Autumn edition the profile for Trevor Taylor & Cyril Bowley both had the same 'Dream/wishes'.

Cyril's was meant to say **"Keep on trucking"** instead of **"To live life fulfilling Gods wishes for me"**.



**BETTY KLEEMAN**  
**BARUNGA HOMES**

**Family Tree**

**Place of Birth** – Broken Hill.

**Siblings** – Five brothers and five sisters.

**Spouse/Partner** – Howard.

**Children** – One son, Allen David and eight step-children.

**Activities**

**Sport** – Tennis and netball.

**Social** – Dances, church and entertaining.

**Hobbies** – Knitting.

**Occupation**

Retail at Miller Andersons.

**Favourites**

**Event** – Australian Open Tennis (Adelaide).

**Place** – North Adelaide.

**Person** – Allan my son.

**Drink** – Coffee.

**Dreams/Wishes**

My dream would be to walk again.

**If you had your life over again what would you change?**

I wouldn't change anything.



**BETTY VASEY**  
**BARUNGA COMMUNITY CARE**

**Family Tree**

**Parents** – William Nelson and Rita Sykes.

**Siblings** – Sister Audrey, who has passed away, and my brother Peter, who is 10 years younger.

**Children** – Stuart, Simon, Lisa and Melanie.

**Grandchildren** – Two girls.

**Activities**

**Sport** – District hockey, table tennis, netball and squash.

**Hobbies** – Painting, knitting and sewing – including my own wedding dress.

**Occupation**

Secretary.

**Favourites**

**Food** – Chicken schnitzel with mushroom gravy and veggies.

**Place** – Fiji.

**Person** – Alan, he owned his own carpet cleaning business.

**Dreams/Wishes**

For my family to be happy and healthy, and to continue to live in my own home.

**What difference has a Community Home Care package made to your life?**

Tremendous difference, it has maintained my independence. The workers are nice people and they take away the loneliness. They are all very caring and I feel comforted.



**HAYLEE WALMSLEY**  
**STAFF**

**Family Tree**

**Parents** – Henry and Jennifer who live in New Zealand.

**Place of Birth** – Wangarei New Zealand.

**Siblings** – Two sisters and one brother.

**Education**

Currently studying dementia care.

**Activities**

**Sport** – I enjoy morning walks.

**Hobbies** – Photography and nature walks.

**Occupation**

Personal care assistant.

**First Car**

Toyota Corona.

**Favourites**

**Food** – Fish.

**Place** – Lord Howe Island, Australia, Home and New Zealand.

**Person** – My boys.

**Dislikes**

People with bad attitudes.

**Dreams/Wishes**

My dream would be to own a bed and breakfast retreat for people with dementia.

**If you had your life over again what would you change?**

If I changed anything I wouldn't be who I am now.



# Your stories

---



*Barunga Village board member Howard Daniel and his wife Pat are heavily involved in the community.*



---

# Community-minded through and through

A community-minded person at heart, Howard Daniel has sat on the Barunga Village board for the past 11 years.

Over these years, Howard said he has witnessed Barunga Village become a leader in the aged care industry.

*"The extensions and continual growth, as well as the recent announcement that Barunga Village is the first provider in Australia of the Butterfly Household Model of Care, has all been very exciting to be part of."*

*"I have a lot of admiration for the staff and management, they are good to work alongside and I feel honoured to be involved in the decision making that will ensure Barunga Village continues to advance."*

On top of his role at Barunga Village, Howard was a councillor for 11 years, including in 1997, when the successful amalgamation of the Bute and Port Broughton councils took place to create the District Council of Barunga West.

*"Even though the District Council of Barunga West is the second smallest council in the state, we always managed our budget well."*

Howard was also involved in the formation of the Bute Basketball Club,

which competes in the Yorke Valley Amateur Basketball Association and has players ranging from seniors in A Grade to juniors. He also helped instigate the Bute District Lions Club, which this year celebrated its 40th birthday.

Howard grew up on a farm in Ninnes, just south of Bute, which he continued to manage until his retirement in 1997.

*"It was a mixed farm, with grain and stock."*

*"I really enjoyed farming and if I had my chance again I wouldn't do anything different."*

*"We farmed in a very good area, but nevertheless there were always challenges. I like to think that the way I ran the farm was quite progressive, being one of the first farmers on the Yorke Peninsula to grow hay crops for international export in the 1970s."*

In retirement, Howard and Pat live in Kadina and enjoy fishing and travelling in their caravan.

**"...I FEEL HONOURED  
TO BE INVOLVED IN  
THE DECISION MAKING  
THAT WILL ENSURE  
BARUNGA CONTINUES  
TO ADVANCE."**

# Your stories

---

## Offering a helping hand



Paula Poole is pictured with her husband and sons. Paula is a Community Care Worker with Barunga Village in the Copper Triangle area.

In her role of as a Community Care Worker, Paula Poole truly understands the meaning of the phrase *“sometimes the small things make all the difference”*.

In November last year, Paula began working as a Community Care Worker delivering home services to Barunga Village clients in the Copper Triangle, which incorporates Kadina, Wallaroo and Moonta.

*“Our clients require varying degrees of assistance – from driving them to*

*appointments or the shopping centre, cooking meals for the week, cleaning their home, to having a chat over a cup of tea and helping them with a crossword,”* Paula said.

*“For many of us, sitting down and having a chat or going to the hairdresser seems like a small part of our lives, but for many of our clients this can make a huge difference.*

*“One of my clients doesn’t drive anymore, but he loves getting out and seeing what is happening in the town, so I take him out and we drive around – always stopping at the boat ramp to watch the fishermen.”*

Paula said her job is incredibly rewarding.

*“This is the first job I’ve had that has really inspired me – the clients are so appreciative of the assistance myself and other Community Care Workers provide.*

*“We’re dedicated to providing help that keeps them in their home and in their community.”*

Away from work, Paula, who has lived in Kadina her whole life, has supported her boys play football for Kadina and Woodville West Torrens football clubs. She also enjoys gardening and catching up with her friends.

# Upcoming events

---

## Barunga Village's "Your Care Journey" information session

**Tuesday 5 September 2017 at 11.30am**  
**Barunga by the Sea – Community Centre**

Merrilyn Hewett, Director of Nursing and Maureen Coffey, Business Manager will discuss all divisions of Barunga Village focusing on your transition from one service to the next. Please call Jodie or Stacey by Monday 21 August on 8635 0528 to secure a seat.

## Broughton Seaside Markets

**Sunday 1 October**  
**2017 from 10am**

Stalls are located  
between the  
playgrounds on  
Port Broughton's  
foreshore

## Yorke Peninsula Field Days

**Tuesday 26 – Thursday 28**  
**September 2017, gates open**  
**from 9am to 5pm each day**

[Paskeville](#)

Barunga Village's exhibit will be  
located in the Grant Pavilion

## Barunga Village's Annual General Meeting

**Wednesday 25 October 2017 at 2pm**  
**Barunga Home's activity room**



# Social scene

## EOFY dinner was a hit

An End of Financial Year (EOFY) dinner was held on Friday 30 June at Barunga by the Sea. Many residents from Barunga Cottages and Barunga by the Sea attended.

In the fun of the theme, some guests were asked to do their 'tax returns', while some residents had to 'pay a tax bill' and others received a 'refund'.

The handmade table decorations were stunning and it was a very enjoyable night.

A huge thank you goes to the Residents Social Committee at Barunga by the Sea for organising the event. The meals were cooked and served by volunteers, who have on occasion been known to go the extra mile, home delivering meals to residents who can't attend at the last minute. Funds raised by these functions go towards improvements at Barunga by the Sea for the residents' benefit.

## What a sweet evening

The desserts served at the Barunga by the Sea EOFY dinner gained rave reviews from Business Manager, Maureen Coffey.

Maureen and her husband, Pat, were invited to the dinner hosted by the Residents Social Committee who treated guests to a three course meal.

*"Dessert has always been my favourite course," Maureen said. "I was so thrilled when the desserts came out, because they were not along the lines of the current fashionable 'deconstructed' style."*

*"It was an alternate drop of the old fashioned bread and butter pudding and real plum pudding."*

*"I had the bread and butter pudding and I must say it was up there with the very best I have ever tasted. I also managed to have a mouthful of the plum pudding and it was so yummy."*

*"It was a wonderful evening of good food, plenty of laughter and great company."*

Maureen joked that she hopes to see the dessert recipes in the next edition of the newsletter.



At the Barunga by the Sea EOFY Dinner is Peter Pevic serving bread rolls to Pat Coffey and Ken Baker.



Adelaide entertainer, Michael O'Brien, was a special guest at Barunga Village where he performed his 'Bobby Dazzler Show'. He sung many lovely old songs and told jokes during the concert.



Every few weeks our residents and community volunteers enjoy a chat over a cup of coffee in Gloria's Café. Pictured are Lyn Brown and Anne Cavanagh, and Sue Gray and Betty Evans.



Port Broughton local entertainer, Bruce Hewett, paid a visit to Barunga Homes where he performed a concert, singing wonderful old songs that everyone enjoyed singing along to.



## Competition heats up

The Barunga Bowlers and the Day-Care Movers and Groovers challenged each other to a bowling competition.

As the Groovers arrived for the big game, they gave a rousing rendition of their team's theme song, but it failed to put the Barunga Bowlers off their game as they eventually won the competition by one shot.

A wonderful time was had, with lots of cheering (and jeering) but it was all good-natured. The teams will go head-to-head in another match later in the year. This was the third competition they've had with the Day-Care Movers and Groovers winning the first two matches.



Members of the Barunga Village Choir ready to take part in the Skype concert.

## Distance no boundary for choir

In April, the Barunga Village Choir performed another concert via Skype to nursing homes in Perth and Auckland, New Zealand. The choir members never cease to be amazed at modern technology and say how lovely it is to see the residents in their homes in Perth and Auckland.

The residents in the two other nursing homes also took part in the concert with their own choirs.

Another concert is planned closer to Christmas, which will be Barunga Village's third Christmas concert to Perth and Auckland.



# Recipe

---



## Vanilla Bean Scones

**Prep + cook time - 40 minutes**

**Makes 16 scones**

### INGREDIENTS

- 2½ cups (375g) self-raising flour
- 1 tablespoon caster sugar (superfine)
- 30g (1 ounce) butter, chopped
- ¾ cup (180ml) milk
- ½ cup (125ml) water
- 1 vanilla bean
- 1¼ cups (300ml) thickened (heavy) cream
- 2 tablespoons icing (confectioners) sugar
- ¾ cup (240g) strawberry jam
- 250g (8 ounces) strawberries, sliced thinly

### METHOD

1. Preheat oven to 220°C/ 425°F. Grease 22cm (9-inch) square cake pan.
2. Sift flour and caster sugar into large bowl; rub in butter.
3. Combine milk and water in a medium jug. Split vanilla bean open and scrape seeds into milk mixture, discard bean. Add milk mixture to flour mixture, use a knife to cut the milk mixture through the flour mixture to make a soft, sticky dough. Turn dough onto floured surface, knead gently until smooth.
4. Press dough out to 20cm (8-inch) square, cut into 16 squares using floured knife. Place squares, just touching, in pan. Brush scones with a little extra milk.
5. Bake scones for approximately 20 minutes.
6. Meanwhile, beat cream and half the sifted icing sugar in small bowl with electric mixer until soft peaks form.
7. Sandwich warm scones with jam, strawberries and cream; serve dusted with remaining sifted icing sugar.



# Sudoku puzzle

---

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

## SOLUTION

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

