

Autumn
2018

BARUNGA VILLAGE Lifestyle

**Podiatry services
now available to
local community**

**HOBBIES MAINTAINED IN
THE HOMES**

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

**Social scene
Page 14**



BARUNGA
VILLAGE INC.

Welcome to the 2018 autumn edition of BV Lifestyle.

In this edition, Director of Nursing, Merrilyn Hewett provides an update on what's been happening around Barunga Village during the past few months—this includes an update on the build, results from an unannounced audit and the exciting news that Barunga Village is reintroducing its traineeship program.

We caught up with Richard Crosby, owner and podiatrist at Podiatry Central who shed some light on the importance of foot care, and is happy for us to promote their clinics to the wider Port Broughton community.

We invite you to join us at the Port Broughton Easter Seaside Markets where Barunga Village will have a BBQ stall to support our fundraising efforts.

Enjoy the fun social scene pictures on page 14 and 15— we are now off to start celebrating Easter, we hope you enjoy your long weekend!

barungavillage.com.au
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02 Welcome

Written by
Merrilyn Hewett

04 Education

Written by
Paige Aldenhoven

05 Volunteers report

Written by
Stacey Meschede

06 Fundraising

08 News

Written by
Annabel Freeth

12 Celebrations

13 Upcoming events

14 Social scene



Welcome

MERRILYN HEWETT
DIRECTOR OF NURSING

Welcome to the autumn edition of our newsletter.

This year is simply flying and all of a sudden we are only a few months out from offering 23 additional rooms. The new building is taking shape nicely and much work is going on behind the scenes to ensure we have furniture, equipment and staff ready to welcome and care for the new people that will call Barunga Homes their new home.

How fortunate are we to have Podiatry Central not only visiting the clients of Barunga Homes but also anyone from our community. I have heard nothing but praise of their professional service and the community clinics have been so popular, they are soon to increase the amount of days they visit.

We had an unannounced visit by the Aged Care Quality agency where we met all outcomes assessed. The feedback from all residents was very positive. We also achieved full compliance with a recent food safety audit. To have no recommendations from either audit is testament to the quality of care.

Earlier this year we appointed two key staff members, Paige Aldenhoven (Education and Quality Officer) and Linda Fuller (Safety and Infection Control Officer). Both came highly recommended to us and in their short time here they have already proved they are knowledgeable in their respective roles.

I am very pleased to say that we will soon be in a position to recommence our traineeship program – Certificate III in Individual Support (Aged Care). We anticipate this to coincide with the opening of our new expansion and Linda Fuller will add the coordination of this programme to her portfolio of roles here.

Having a traineeship program offers a numbers of benefits to our organisation with the most obvious being an ongoing supply of qualified staff who have been trained in the values we hold so dearly at Barunga Village.

We also like to support work placement students where possible and our most recent student, Steve Aspery was so well received that he was offered a position to commence in early April.

There has been recent publicity from the media regarding Barunga Village offering childcare services. Whilst it is true that for some time we have been passionate about this, there is much to be done before this can become a reality. It would be irresponsible of us to launch into this venture without first doing a feasibility study and

determine the ongoing sustainability of this project.

Although childcare is not the core business for an aged care provider, there is sufficient research to indicate the benefits associated with intergenerational activities.

We also know from our current staffing profile that childcare is a challenge, not only for our staff but other parents in the community. We believe the provision of childcare would be an added attraction for young families to relocate to Port Broughton.

Barunga Community Care has continued to expand over the last 12 months and clients are telling me they are comforted to know that once they utilise our services, they can access additional services (right through to palliative care) if necessary.

We are very mindful of the clients experience and pride ourselves on making the transition to services as seamless as possible. It is our role to take any confusion away so please don't hesitate to contact us if you require support to stay living in your own home.

If you are looking for something to do on Easter Saturday head to the local Port Broughton Seaside Markets where Barunga Village are cooking a barbeque. Your purchase will contribute to our fundraising efforts.

Wishing you all a happy Easter and if travelling please take care on the roads.



Education

PAIGE ALDENHOVEN
EDUCATION AND
QUALITY OFFICER

What a busy start to the year! Since moving to Port Broughton in late December with my partner Daniel and our cat Sox, I have recently commenced work at Barunga Village as the Education and Quality Officer.

As soon as we moved to this beautiful seaside town we instantly knew we had found home. The laidback and peaceful atmosphere, array of outdoor activities and friendly, welcoming people have made our transition into the community a smooth and enjoyable one. I for one am excited to be living back in the country.

Born in Port Lincoln, I grew up with a father as a cray fisherman turned ostrich farmer, who then moved our family to the outback mining town of Roxby Downs where we spent 17 years.

From when I first set my sights on workplace training and

assessments, I spent eight years in various training and development roles for BHP Billiton and have spent the last two years working for Spotless on the transition from the old Royal Adelaide Hospital to the new facility.

In my new position with Barunga Village, I have two distinct elements to my role.

I am responsible for providing training to staff and volunteers so they can safely and effectively undertake the duties of their role and from a quality perspective ensure that we provide evidence to meet national accreditation standards.

The quality part of my role also supports the identification, implementation and evaluation of continuous improvement activities, which I have quickly come to notice that our staff are not willing to settle and are very active in wanting to continually improve.

One of the initiatives I am currently working on is improving the way we orientate new staff to the business. As we expand and recruit more staff, the quality of orientation and training is vital in ensuring staff are trained, competent and are providing the highest quality of service to our clients.

My aim is to provide an orientation experience that is simple, effective and most importantly leaves the new staff member with a positive understanding of the business, their role, our clients and how they can contribute.

I look forward to positively contributing to Barunga Village and getting involved in the local community.



Volunteers report

STACEY MESCHUDE
VOLUNTEER
COORDINATOR

I would like to welcome our fabulous team of volunteers back from a very well earned break in January.

They are now back and in full swing of our client's daily activities, outings, concerts and visits.

Our clients are thrilled to have the volunteers back on deck for 2018, and it's great to see the volunteers are enjoying being back after their summer break.

Welcome to our new volunteers - we have three new volunteers that are assisting with our community transport and two who will be volunteering at Barunga Homes.

Thank you for choosing our volunteers team at Barunga Village, we have a wonderful bunch of people and the friendships that are formed among the volunteers as well as with the clients we support is just wonderful to witness.

As we say goodbye to summer, we welcome the lovely autumn weather that is heading our way. Autumn is a lovely time of year for us all to be out and about getting some fresh air and exercise. Our clients enjoy having a cup of tea and a chat with our volunteers whilst sitting outside in the fresh air.

This year, once again, we will be heading to Adelaide for the National Volunteers Week

Parade in May. I look forward to spending the day with our volunteers and making many memorable moments. Last year, we had a fantastic time and it was lovely to spend time with fellow volunteers from many different organisations around South Australia.

Thank you to those who donate their time to Barunga Village - we are forever thankful for the time you give the clients and our organisation.

If you would like to volunteer at Barunga Village, please contact me on 8635 0547.

I look forward to a busy and exciting 2018.



Fundraising

Handmade children's toy baby bags

Our sincere thanks to Mary Cooke for handcrafting and donating two gorgeous toy baby bags.

The Barunga Village Fundraising Committee appreciates your donation.



Easter raffle donations

The Barunga Village Fundraising Committee would like to thank those who kindly donated goods to the Easter raffle.

The Easter raffle will be drawn at the Port Broughton Seaside Markets on 31 March 2018.



Be bright

Bring your own coffee cup to
Glorias Coffee Shop

Be bright, be smart, be environmentally right! | S \$3 M \$4 L \$5



Donations and obituaries

Donations in memory of *Mr. Robert Field*

As we extend our deepest sympathies to their family and friends, 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 are tax deductible.



Obituaries

BV Lifestyle would like to help celebrate the lives of those we have cared for and we welcome obituaries contributed by families.

Please send to Annabel at annabelf@barungavillage.com.au.

SEASON SPECIAL

at Gloria's Coffee Shop

*Roasted vegetable quiche
with parmesan pastry*



Opening hours

Monday to Friday
9.30am – 3.30pm

Sunday
10.00am – 3.30pm

8635 0579 | barungavillage.com.au

Podiatry services now available to local community

Barunga Village has teamed up with Podiatry Central to provide clinics to not only those living at Barunga Homes but also to the wider Port Broughton community.

The partnership began in 2016, when husband and wife duo Richard and Sarah Crosby commenced their services at Barunga Homes.

Richard Crosby, owner and podiatrist at Podiatry Central said we service many Residential Aged Care Facilities, Barunga Village being one of them and we're incredibly happy with the relationship we've made.

"From day dot, Merrilyn, the staff and the people living at Barunga Homes have all made us feel very welcome," Richard said.

"Providing our service to Barunga Homes clients and now privately to the wider community has enabled us to expand our business - for which we are very thankful. It is a lovely place to come and work - we thoroughly enjoy our 'Port Broughton days'!

Richard, Sarah and their team come with 20 years of combined podiatry experience, having great knowledge and interest in high-risk foot care,

skin and nail problems, paediatrics, footwear, sports injuries, and foot pain.

"We are passionate about podiatry and providing evidence-based treatment to achieve excellent outcomes. We have a team of four podiatrists who are all skilled and proficient in all areas of podiatry.

"We can provide treatment for all foot and lower limb problems - ranging from diabetes and chronic disease foot health care, ingrown toenail conservative and surgical management, paediatrics, sports injury management, orthotic therapy, forefoot, midfoot and heel pain, and routine care such as toenails, calluses and corns.

"We also specialise in children's feet. Their bones and growth plates are still developing and things are always changing as they grow. Children have their own lower limb problems including pain, growth plate problems, and ingrown toenails.

"We often see children for assessment, education and management of a wide variety of presentations. Our main aim for children is to keep them active and pain-free." Richard said.

To schedule an appointment, please call 8825 2855 or 8821 1260.



Hobbies maintained in the Homes

Barunga Village encourages people living in Barunga Homes to maintain their independence whenever possible. Moving into residential care should not mean your independence is diminished and often with appropriate support it can actually increase.

Merrilyn Hewett, Director of Nursing at Barunga Village said maintaining your independence is fundamental to maximising quality of life.

"We encourage everyone living here to continue with their hobbies and we try our best to accommodate for this to occur." Merrilyn said.

"In 2017, Lois Burner moved into Barunga Homes and staff have facilitated her love of sewing and needlework by providing support and a space for her sewing machine."

Lois Burner, a keen sewer and resident of Barunga Homes said I love having my sewing machine here as I have been able to continue doing what I love.

"I've just recently finished a quilt for my great grandson and I feel very lucky that Barunga Village lets me continue with my sewing, it has made me feel right at home!", Lois said.



GARDENING TIPS FOR THE AUTUMN

Hedge maintenance

Trim hedges before the onset of winter to keep them compact and bushy from ground level.

Lawn health

Check your lawn and make sure any weeds you sprayed last month are dying. Repeat the treatment if necessary. Aerate the lawn with a garden fork and scatter lime lightly over it. This sweetens the soil after many years of lawn food application. Rejuvenate tired lawns with an autumn feeding to ready them for the onset of cool winter weather.

Leave droppings

Transfer the leaves that fall on your garden and lawn to the compost bin on a regular basis, otherwise they will smother your plants and grass.

Replanting perennials

Divide evergreen perennials. Lift them from the soil, divide at the root and re-plant into well-conditioned soil.

A tale by M. Butler

MALCOLM BUTLER
BARUNGA BY THE SEA
RESIDENT AND VOLUNTEER

From an illiterate 13 year old to multi-millionaire

~ Part 1 ~

Today we are told unless you have a good education and go to university you are unlikely to succeed in the business world.

This is the story of a 13 year old school boy who ran away from home early one morning, to head north to the large pastoral properties and try to make a living for himself.

He ended up becoming Australia's wealthiest man and one of the greatest pastoralist the world has ever seen.

Sidney Kidman was born on 9 May 1857 to George and Mary Kidman. His father died when he was 14 months old, so his mother had to bring up five boys on her own. She would later remarry, but the young Sid didn't get on with his step father at all as he turned out to be a drunk and a bully.

The young Kidman spent a lot of his time at the Gepps Cross sale yards, even when he should have been at school.

Here he began to accumulate a good knowledge of livestock, where they came from and of the drovers who brought down the many mobs of cattle and sheep from pastoral properties

spread out hundreds of miles to the north of Adelaide.

In 1870 he had had enough of his step fathers bullying so one morning early, unbeknown to his mother, he saddled his one-eyed horse called Cyclops and with five shillings in his pocket headed for the pastoral country many hundreds of miles north of Adelaide.

His first night stay was at an Inn at Kapunda where he paid one shilling for a bed, one shilling for his horse to be fed and one shilling for dinner and breakfast.

The next night he met up with a drover who shared his evening meal with the young Sid and next morning gave him some cold meat and damper to see him through the day.

Kidman tried to pay the drover his last two shillings for the meals, but the drover wouldn't hear of it and sent the young Sid on his way with his blessing.

Many years later when Kidman had become a very successful pastoralist, he tried to find that drover to repay him for his kindness, but to Kidman's

sorrow he wasn't able to find him even though he tried for many years.

Sid eventually reached Poolamacca station in the Barrier range where his brother George was working. George was not too happy to see his younger brother turn up, so he ordered him to return home immediately. Sid ignored his older brother and set up camp near "German Charlie" the local agent, horse, cattle and sheep dealer and a man who would sell you anything (for a profit of course) that wasn't nailed down.

Sid started doing odd jobs for German Charlie who found that the youngster was a hard and willing worker and didn't believe in being idle. When he wasn't doing chores for German Charlie he would seek out the passing drovers and teamsters that came their way.

By this he was accumulating a knowledge of the country, men and stock that was to stand him in good stead in the years that followed.

To be continued...

Barunga profiles



ANNE WEBB VOLUNTEER

Family tree

Parents - Anne and Charles Howat.

Place of birth - Trowbridge, United Kingdom.

Siblings - Eight; Derek, John, Allan, Barbara, Jane, Barry, David and Michael.

Spouse/partner - Husband, Rodney Webb.

Children - Two; Trisha and Jodie.

Activities

Sport - I used to play netball, hockey, softball and girls cricket. I now enjoy swimming and walking.

Social - Volunteering at Barunga Village and I am a member of the Broughton Rainbow Quilters.

Hobbies - Reading, gardening, sewing and crocheting.

Occupation

I taught dressmaking for 22 years.

Favourites

Place - Broome, Western Australia.

Holiday - Going on a cruise.

Food - Salads.

Drink - Cup of tea.

Your dream in life?

To own our own house, which we have now had for eight years!



CLIFFORD PAGE BUTTERFLY HOMES

Family tree

Parents - Vera and Sydney Page.

Place of birth - Yorketown, South Australia.

Siblings - Two; Colin (twin brother) and Judith.

Close friend - Jan.

Activities

Sport - Football, cricket and basketball.

Social - I enjoy watching the Adelaide Crows play on TV.

Hobbies - I used to breed parrots and I loved fishing. I now enjoy watering the plants in the garden.

Occupation

I was a barber for 50 years.

Favourites

Place - Yorketown, South Australia.

Holiday - Kangaroo Island.

Sports team - Adelaide Crows! I try to watch every game throughout the season.

Movie - Walk The Line (which is focussed on Johnny Cash).

TV Show - Many! I enjoy animal documentaries and fishing or crime shows.

Food - Eggs and bacon as well as a fresh lamington.

Drink - Beer.



LINDA FULLER STAFF

Family tree

Parents - Claire and Trevor Fuller.

Place of birth - Clare, South Australia.

Siblings - Two; Keith and Heather.

Children - One; Brenna.

Activities

Sport - I enjoy watching sports, especially tennis.

Social - I love to socialise—especially when coffee and cake is involved!

Occupation

Registered Nurse and Safety and Infection Control Officer at Barunga Village.

Favourites

Event - Birth of my daughter.

Place - On the couch watching Ed Sheeran on YouTube or Chris Hemsworth movies.

Holiday - Port Douglas, QLD.

Food - Lemon cheesecake from the Cheesecake Shop.

Drink - Anything cold over ice.

What is your dream in life?

To become a grandma.

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

Chris Hemsworth, water purifier, sunscreen and a hat.

Celebrations

Barunga Village's Director of Nursing, Merrilyn Hewett and Business Manager, Maureen Coffey, both welcomed new grandsons in December 2017.

Merrilyn's son, Andrew Hewett whose wife Jessica, gave birth to their second child, Noah Anthony Hewett on 22 December 2017.

Maureen's only son, Sean Coffey and his wife Carol, had their first child, Patrick Herschel Coffey on 19 December 2017. Maureen shares a cuddle with her grandchildren - Eve, Max, Patrick and Tess.



Clinical Nurse, Carol Elliott witnessed her son, Chris Elliott marry Courtney Hewett on 24 March 2018 at Glen Ewin Estate.

Finance Officer, Ros Aitchison celebrated 30 years of marriage with John Aitchison on 5 March 2018. They were married at the Port Broughton Uniting Church in 1988.

Receptionist, Janyth Sims also celebrated her 30th wedding anniversary to husband Mark Sims on 26 March 2018 after marrying in the Urania Uniting Church in 1988!



Upcoming events

BBQ stall at the Port Broughton Easter Seaside Markets

Find us on the foreshore, from 10am on
Saturday, 31 March 2018.

Steak sandwiches, sausages and soft drinks available.



Dementia Support Group

Port Broughton



Topics to be discussed include:

- What is dementia?
- Effective communication
- Understanding changed behaviours
- Support and services available

When Tuesday, 17 April 2018

*Third Tuesday of each month
4 sessions remaining, ending 17 July 2018*

Time 1.00pm—2.30pm

Where Barunga Homes Activity Room
11 Edmund Street, Port Broughton

All community members welcome

For further information contact:
Morna Coats, Dementia Link Worker with
Dementia Australia on 0476 848 784

Social scene



Ladies who lunch

On Wednesday, 10 January 2018, Barunga Homes resident, Jean Glyde received a surprise visit from some lifelong friends.

To celebrate, they enjoyed a long lunch with French champagne at the local Port Broughton Hotel.

Sports Day supporter

Ed Ebsary, resident of Barunga Homes and 98 years of age attended the local Sports Day in Port Broughton on Thursday, 15 March 2018.

Pictured with his great grandchildren, Skye Ebsary, Deegan Ebsary, Ocea Ebsary (representing Snowtown Primary School), Jarrah Barclay, Dash Barclay and Tanner Barclay (representing Port Broughton Area School).

The Barclay boys are sons of Karlie Barclay, Finance Officer at Barunga Village.



Blossoming blooms at Barunga Homes

Lois Burner, avid gardener and resident of Barunga Homes has successfully grown some gorgeous red and white Asiatic Lilies outside of her room.



Mingling and music

Australian Conservatives candidate, Rebecca Hewett visited Barunga Homes to enjoy morning tea, mingle and play guitar. Betty Evans was delighted to meet Rebecca.



Freshly baked scones

Butterfly House Members, Jane Rees and Ismey Hoffmann enjoy freshly baked scones for afternoon tea.

Surprise birthday visit

Sheila Mildren celebrated her birthday with a surprise visit from the Mundoora Fellowship ladies.



Recipe

Rhubarb yoghurt fool

Serves 4

Preparation time: 30 minutes

Cooking time: 7 minutes

4 stalks (350g) rhubarb, trimmed, chopped

1/4 cup caster sugar

3/4 cup thickened cream

2 x 170g tubs blackcurrant and raspberry yoghurt

100g peanut brittle, finely chopped

1 Combine rhubarb, sugar and 1/4 cup cold water in a saucepan over medium heat. Bring to the boil. Reduce heat to low. Simmer, covered, for 5 to 7 minutes or until tender. Cool.

2 Using an electric mixer, beat cream until soft peaks form. Fold in yoghurt.

3 Layer rhubarb mixture, yoghurt mixture and brittle in four 2 cup-capacity glasses, starting and finishing with rhubarb mixture and brittle. Refrigerate for 30 minutes for flavours to develop. Serve.



Puzzle



Across

- 3. Something that lives in the sea
- 6. Name of Barunga Village's newsletter
- 7. Current season and edition of newsletter
- 8. Name of trees on Port Broughton beachfront
- 10. A service provided by Barunga Community Care
- 11. A major landmark in Port Broughton for fishermen
- 12. Port Broughton's main attraction

Down

- 1. Fluffy pets that live in the Butterfly Homes
- 2. Colourful insect that represents the dementia Model of Care at Barunga Village
- 4. People who live in the Homes or at Barunga by the Sea
- 5. Barunga Homes street name
- 9. A popular drink at Gloria's Coffee Shop

SOLUTION

- 9. Coffee
- 10. Home care
- 11. Jetty
- 12. Beach

- 5. Edmund
- 6. BV Lifestyle
- 7. Autumn
- 8. Pines

- 1. Guinea pigs
- 2. Butterfly
- 3. Fish
- 4. Residents

