

Autumn  
2019

BARUNGA VILLAGE

# Lifestyle

Ruth & Vida's  
exciting ride!

BARUNGA'S GRANT  
SUCCESS

Social scene  
Page 12



BARUNGA  
VILLAGE INC.



# Welcome to the 2019 autumn edition of BV Lifestyle.

In this edition, our Education and Quality Officer runs through the new aged care standards coming into affect later this year and the changes the organisation is making in preparation for the new requirements.

The volunteer report discusses the inaugural 'Men's Barbeque & Chat' which will be running monthly in the homes.

We hear about this seasons cover girl, Vida Lodge, and fellow house member, Ruth Hayes' exciting bike ride on page 8.

We share some happy snaps from recent activities at Barunga Homes and Barunga by the Sea in the Social Scene pages.

Also don't miss this edition's delicious recipe for custard fruit flans.

We hope you enjoy this edition of BV Lifestyle!

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MERRILYN HEWETT  
DIRECTOR OF NURSING

# Welcome

Welcome to the autumn edition of the newsletter.

I am pleased to report we have received 44/44 met outcomes with the Aged Care Quality Agency and as Paige has reported in her Quality & Education report, are working tirelessly to prepare for the new single set of quality standards that encompass both residential and home care.

The result from our January unannounced reaccreditation visit for the Butterfly homes was commendable and we remain the only accredited Butterfly home in South Australia.

The demand for our dementia care services is consistent with the national projections for the escalating number of older people living with dementia. As a consequence we have designated another dementia specific house at Barunga Homes to meet our current needs.

The Aged Care Royal Commission into Aged Care Quality and Safety is focusing much attention on dementia and the skill set of people caring for people living with dementia. We welcome this as it aligns well with our priorities.



*Meryl Weckert, Paige Aldenhoven, Maureen Coffey, Merrilyn Hewett, Carol Elliott and Kate Manser after being presented with a certificate to celebrate our membership with Leading Age Services Australia (LASA).*

# Education & Quality

PAIGE ALDENHOVEN  
EDUCATION AND  
QUALITY OFFICER

As the sun begins to set on summer, we welcome the coming months to remind ourselves on what matters most.

The new aged care standards for residential and community services will come into effect from 1 July and we are busy working in the background to ensure we meet these new requirements. Whilst we are confident in the safe and quality care provided by our staff, we will be undergoing a series of education sessions over the next four months focusing on the core changes to the standards – dignity of risk, consumer choice and governance.

These changes force us to think about how we can create an environment where we support the people we care for to take measured risks and make choices to suit their lifestyle. We welcome this change to the standards as we feel this is something we have already been working hard to achieve. Not only will our staff and volunteers be educated, but so will our Board of Directors. The governance of our organisation is an extremely important element to ensure the decision makers are aware of what our

community needs are and we deliver accordingly.

Nonetheless, these changes do not alter the focus on our day-to-day operations. Since the 1<sup>st</sup> January 2019 we have welcomed seven new staff and mentored three work placement students. The students were studying to become aged carers and were required to complete 120 hours of placement in a facility of their choice. We were so

pleased with the calibre of the students that we were able to offer them ongoing employment. We have found that work placement opportunities and the traineeship program are proven effective strategies to create an ongoing pipeline of trained, skilled staff.

Watch this space in the next newsletter for updates on the 2019 traineeship intake!



*Pictured: Care staff Julie and Jackie practicing their manual handling and lifting techniques.*

# Volunteers report

STACEY MESCHEDE  
VOLUNTEER  
COORDINATOR



Welcome to 2019, our volunteers have jumped into the new year with lots of energy and enthusiasm after their well-earned break in January. I would like to say a big thankyou to our volunteers who kept the wheels turning doing appointment drives as well as a few activities during the month.

I am looking forward to a very exciting year ahead with our volunteers, we have new activities starting, one of which is our men's barbeque and chat that is being held once a month. I had the privilege to assist with our first lunch a few weeks ago, the laughter and banter between the men was

lovely to see. Our male house members enjoyed chatting and spending time outside in the beautiful fresh air. Thank you to Marie (pictured) for cooking the barbeque and Carmen for all of the preparation and help on the day.

We also have our first mandatory training scheduled for early April as well as National Volunteers Week coming up in May, when we head to Adelaide to be part of the festivities. There are so many wonderful craft projects that are about to commence and it is lovely to see our craft volunteers Jane and Ann decorating our home throughout the year, it was

especially lovely to see all of our names in hearts for valentine's day it brought out the romance in all of us.

Thanks once again to all of our volunteers, you truly are a magnificent bunch.

If you would like to join our volunteer team or have any questions please contact me on 86 350 500.

Enjoy the beautiful autumn weather and keep happy, healthy and safe!

## Grant success!

Barunga Village has secured \$476,300.50 of government funding under the Aged Care Regional, Rural and Remote Infrastructure Grant program.

The national program saw \$40 million awarded to rural aged care facilities across the country with the criteria focusing on improving or upgrading existing infrastructure.

The grant will allow the Homes to upgrade the hot water system in the older section of the building and also increase the freezer and kitchen storage area.

Ros Aitchison, who was Barunga's acting Business Manager when the grant application was made, shared that "we are thrilled to be selected to receive this much needed funding" and that "it will make the staff's work life a lot easier."

Local MP, Rowan Ramsey visited Barunga Village in January to congratulate the organisation on the grant win, and also take a tour of the new facilities and meet some of our house members along the way.

Mr. Ramsey said that the funding to the region "will boost the productivity and sustainability of local aged care services, which play a critical role in our communities."



*Top: Business Manager, Maureen Coffey, Member for Grey, Rowan Ramsey and Finance Officer, Ros Aitchison. Below: Rowan Ramsey with house member Gretchen Biddell during Mr. Ramsey's tour of our new building.*

## Our inspiring women

A celebratory dinner was held on Wednesday 6 February to recognise the outstanding contribution of 8 members of our staff – each of whom have provided over 20 years of service to Barunga Village.

The evening celebrated House Leader Joanne Balestrin for over 29 years of service, Community Care Coordinator Merylyn Stringer for 26 years of service, Enrolled Nurse Jackie Krieger for 25 years of service and House Carer Gaynor Hewett and her 22 years of service. We also had four staff members celebrating 21 years of service including Business Manager Maureen Coffey,

Enrolled Nurse Pauline Duffield, Clinical Nurse Carol Elliott and Director of Nursing Merrilyn Hewett.

The dinner which was sponsored by an anonymous donor, provided an opportunity to reflect on the dedication of all of our staff and the incredible achievements that our inspiring team have forged over the past two decades.

These women, like many members of our staff, have seen the organisation grow from its simple beginnings as an extension of the local hospital – to now, one of the states finest retirement,

residential care and in-home care service organisations. The dedication of these hardworking women has played an integral part in the organisations success and has provided immeasurable amounts of experience to grow the team and see its vision evolve.

This celebration followed on from the service awards held late last year, and the dinner will become an annual event, where we look forward to singling out the achievements of more of our staff as they reach the 20 years of service milestone. Congratulations to all!



*L to R: Merylyn Stringer, Jackie Krieger, Carol Elliott, Merrilyn Hewett, Maureen Coffey, Joanne Balestrin and Pauline Duffield. (Absent: Gaynor Hewett)*

# News

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## Ruth & Vida's exciting ride!



Life at Barunga Homes was made extra special this month for 2 of our house members, 89 year old Ruth Hayes and 96 year old Vida Lodge. The women recently had the thrilling experience of being taken for a ride on the back of a Harley Davidson motorcycle by Barunga Homes House Leader, Darren Robinson. The two ladies had an incredible experience, and Darren says "you couldn't get the smiles off their faces, they had such a wonderful time."

The idea of the ride came about when Ruth was sharing stories with Darren of when she was younger and she would go for rides on the

back of her friend's beach racer when they went to Sellicks Beach in Adelaide. In those days they used to race along the beach at great speed, in fact Ruth says she can't believe they used to do it but they did many times!

When asked if she was interested in going for a ride around town on the back of a Harley, Ruth responded with a resounding "yes!" Her next door neighbour, Vida Lodge didn't want to miss out on the opportunity either so on Wednesday the 7th of March, with the ladies in full motorcycle attire, Darren took the ladies out on the Harley

Davidson for an enjoyable afternoon.

Darren's experience as being the diversional therapist at the homes, means that he and the other staff are well aware of how important it is to provide the house members with the opportunity to live their lives to the fullest, "sometimes it can be only the smallest of things or the unexpected surprise for the residents that make all the difference."

A huge thank you to Darren and other staff for going above and beyond to make our house members day just that extra special!

## A Message from our architects

Hodgkison is passionate about designing residential aged care facilities and creating environments supporting the enhancement of resident quality of life. The Hodgkison team was committed to delivering innovation in dementia care architecture for the well established Barunga Village at Port Broughton, north of Adelaide, South Australia.

Barunga Village is one of a select number of residential aged care facilities in Australia with dementia care houses adopting the innovative Butterfly Model of Care. This model has delivered tangible results, both globally and locally, through the engagement of residents in a nurturing and stimulating environment, reinvigorating resident quality of life.

Each house is welcoming, engaging and uniquely themed to assist resident wayfinding and sense of well-being. The new 32 bed building comprises 4 houses over 2 storeys. Designed with clusters of 8 bedrooms, each house has its own kitchen, social spaces and laundry facilities, promoting enriched and authentic living.

Hodgkison congratulates the dedicated Board, Executive and team at Barunga Village for realising their project vision in the delivery and completion of this high quality facility.



# Donations

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.

If you wish to make a donation to Barunga Village, please call reception on 08 8635 0500. Any donation is appreciated.

*Donations over \$2.00 may be tax deductible.*



## Thank you!

Barunga Village would like to thank and acknowledge the following sponsors for their donations towards furnishing our new build:

- Aitchison Earthmoving
- Enfield Furnishers
- FBR Law
- Geoff Smith Real Estate
- LeeCare Solutions
- LH Perry & Sons
- Mrs. Linley Dennis
- Macks Cabinets
- O'Loughlin Lawyers
- Podiatry Central
- Robyn Burgan Interiors
- Anonymous donors



## Reborn dolls

Barunga Homes welcomed three reborn dolls in February. Deb Morley and Catherine Harris from Kadina, generously donated the lifelike dolls, which have been well received in our butterfly homes.

Doll therapy is known to assist those with dementia, as a doll has the potential to fulfil memories. It is particularly beneficial for women as the dolls provide the opportunity for them to exercise their nurturing instincts and enhance their feelings of purpose. This has been the case in our homes, where the dolls are providing immediate comfort to house members.

We would like to thank Deb and Catherine for their generosity. The dolls have been a wonderful addition.



*Catherine Harris, Barunga house member Veronica Weymouth and Deb Morley pictured here with the very lifelike dolls. You can see more photos in the social scene on page 12.*

## BBQ stall at the Port Broughton Easter Seaside Markets

Find the Barunga Village stall on the foreshore,  
from 10am, Saturday 20 April 2019.  
Steak sandwiches, sausages and soft drinks available.



# Celebrations

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Finance Officer Elise Bormann and her husband Matt., welcomed Oliver Roy Bormann on February 19 2019. Oliver is already much adored by his big sisters Sophie and Mackenzie.



House member Raelene Taylor turned 73 in January and celebrated in style with a party at the homes with fellow house members.



Barunga Village RN Kathy Nicholls celebrated an A5 grade netball premiership with her daughters Bonnie Nicholls (A1 grade) and Holly Cowan (A2 grade) for the Hummocks Netball Club in September 2018. The premierships fell on Kathy's husband (and the girls dads) 63rd birthday! What a way to celebrate. House member Beryl Nicholls is the mother-in-law of Kathy and grandma to the two girls. Beryl was the founding member of the original Lochiel netball team and a stalwart for the sport.

# Social scene



House members Beryl Nicholls and Veronica Weymouth enjoying a cuddle with the new reborn dolls that have recently welcomed into the home (see more details on page 10). The dolls are also a hot with our little visitors, as seen here with Isabella Crane and house member Hazel Baynes.



Barunga by the Sea Resident, Angie McIlvena with knitted teddies that she has donated for fundraising. These teddies along with other knitted toys are available for purchase from Barunga Homes reception.



The competition was fierce at last months 8 ball challenge at Barunga by the Sea, but the above team of Rex Smith, Geoff McDonald Ross Parbs and Ken Baker were victorious.



Barunga by the Sea residents enjoyed 'Practically Perfect—The Music of Julie Andrews' show in Port Pirie this month. The star of the show Karla Hillam, pictured here with Raelene Bone.

Some of the Barunga choir members having some sunglasses fun during one of their recent gatherings.

Director of Nursing, Merrilyn Hewett and Local MP, Rowan Ramsey with house members Bill and Melva Kerley, who were surprised to see the member of Grey during his visit and tour of the homes. You can read more about Mr. Ramsey's visit on page 6.



# Recipe

## Custard Fruit Flans

**Makes 24**

**Preparation & cooking time:** 1 hour

(+refrigeration and cooling)

1¾ cups (260g) plain (all-purpose) flour

¼ cup (40g) icing sugar

185g (6 ounces) cold butter, chopped coarsely

1 egg yolk

2 teaspoons iced water, approximately

1 medium kiwifruit (85g)

60g fresh raspberries, halved

60 fresh blueberries

### Custard cream

1 cup (250ml) milk

1 teaspoon vanilla extract

3 egg yolks

⅓ cup (75g) caster sugar

2 tablespoons pure cornflour

⅓ cup (80ml) thickened cream, whipped

**1** Process flour, sugar and butter until crumbly. With motor operating, add yolk and enough of the water to make ingredients come together. Turn dough onto floured surface, knead gently until smooth. Wrap pastry in plastic; refrigerate 30 minutes.

**2** Grease two 12-hole (1-tablespoon/20ml) mini muffin pans. Roll out half the pastry between sheets of baking paper until 3mm (⅛ inch)

thick. Cut out 12x6cm (2¼ inch) rounds; press rounds into holes of one pan. Prick bases of cases well with a fork. Repeat with remaining pastry. Refrigerate 30 minutes.

**3** Preheat oven to 220°C

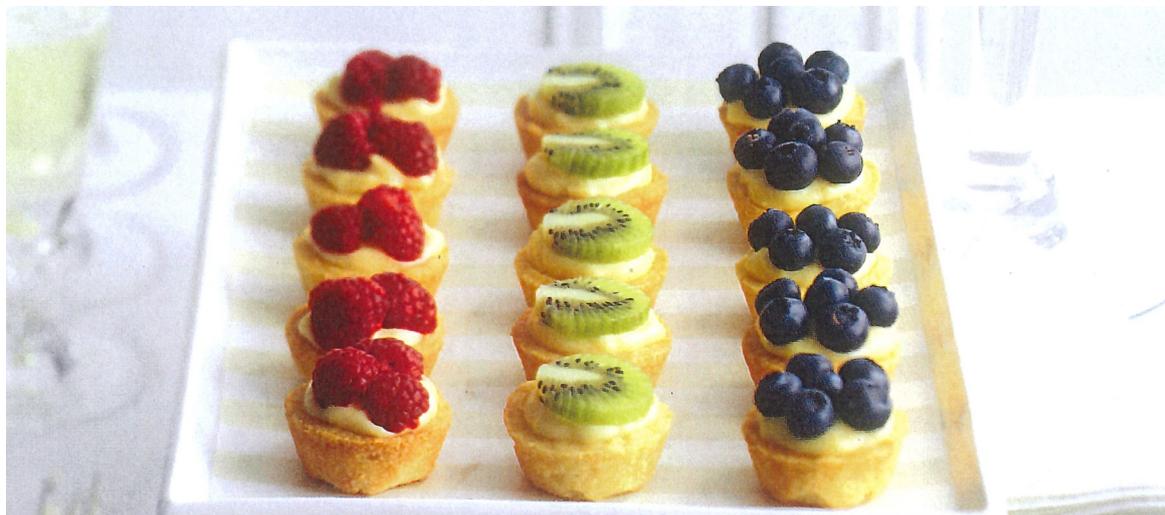
**4** Bake cases about 12 minutes. Stand cases 5 minutes, before transferring to wire rack to cool.

**5** Meanwhile, make custard cream.

**6** Cut kiwifruit crossways into eight slices; cut 3cm (1inch) rounds from slices. Divide custard cream into cases; top with fruit.

**Custard cream:** Combine milk and extract in small saucepan; bring to the boil. Meanwhile, beat egg yolks, sugar and cornflour in small bowl with electric mixer until thick. With motor operating, gradually beat in hot milk mixture. Return custard to pan; stir over heat until mixture boils and thickens. Cover surface of custard with plastic wrap, refrigerate 1 hour. Fold cream into custard in two batches.

**Tip:** Pastry cases and custard cream can be made and stored separately, 2 days ahead; fold cream into custard just before using. Assemble and serve flans as close to serving time as possible—about an hour is good.



# Puzzle

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



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