

Spring
2020

BARUNGA VILLAGE Lifestyle

**Embracing the
COVID-19
restrictions**

**SERVICE IMPROVEMENTS
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BARUNGA
VILLAGE INC.



BINDI
BARUNGA VILLAGE | 15 YEARS

Welcome to the 2020 spring edition of BV Lifestyle.

In this edition, Director of Nursing, Merrilyn Hewett provides a summary on the past few months across the organisation, including an update on the revised restrictions at Barunga Homes due to COVID-19.

Education Coordinator, Cathy Winen provides an informative report on our hygiene practices and work, health and safety standards that we are continuously instilling in our staff, and our Volunteer Coordinator, Stacey Meschede shares an overview of what our dedicated volunteers have been up to.

There is a wonderful mix of social scene photos for you to enjoy, where we see lots of happy faces throughout the organisation.

Enjoy the delicious recipe included in this edition, and challenge yourself to the word scramble puzzle!

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Welcome

MERRILYN HEWETT
DIRECTOR OF NURSING

Welcome to the spring edition of our newsletter.

As we continue to live in a COVID-19 world, our daily practices are becoming quite the 'norm'. Although South Australia is in a fortunate position, life for our House Members at Barunga Homes is still impacted by the Government imposed visiting restrictions.

I know our In Home Care and Retirement Living consumers have also had to adapt to this change in lifestyle.

I do not think any of us will ever take for granted the great freedom we had prior to the outbreak.

The Barunga Village Annual General Meeting (AGM) was held at Barunga by the Sea on 7 October 2020 and those present witnessed the Recognition of Service presentation to staff for their commitment to our organisation.

A highlight at the AGM was the launch of our new 2021-2025 Strategic Plan. This plan was constructed after months of consultation and many thanks go to Board Member, Roger Nottage for steering that process. It is a plan that is relevant, realistic and articulates a clear vision about what we are aspiring to achieve over the next few years.

To see our new Strategic Plan video, visit our website (www.barungavillage.com.au).

We have also launched a new website that is contemporary and informative about all areas of our organisation. One added feature is the 'Tell Us What You Think' form which can now be completed online.

This is a hard copy form we have used for many years, allowing people to submit compliments, complaints and ideas for improvements. We encourage you to tell us what you think, as your feedback drives our organisation to continually improve.

Visitor restrictions in line with the Governments directives have recently been revised at Barunga Homes.

In summary, as of 5 November 2020:

- There is now no restriction on the number of care and support visits a House Member may receive each day. This includes visits by relatives and friends (including children) for social reasons.
- Cross border community members who are permitted to enter South Australia and travel within the cross border corridor under the Cross Border Direction are also permitted to enter residential aged care facilities located within the corridor.
- To enter the premises, all visitors must provide evidence of having had the flu vaccination.
- Visiting hours are Monday to Friday, 9am to 4pm, and Saturday, Sunday and public holidays, 1pm to 4pm.

We are making an exception for Christmas day with visiting hours being 11am to 4pm.

- Visits outside of the standard visiting hours can be made for those people who cannot attend in the standard visiting hours. They must be pre-booked via Reception, only.
- Visitors must visit in either the House Members room or outside areas. Visiting in communal areas is not allowed.

The renovations to Gloria's Coffee Shop have now been completed however, due to the consequences of COVID-19, it can only be opened to staff, volunteers and House Members.

The external perimeter fence at Barunga Homes is nearly complete. We are receiving mixed reactions about the fence, which if you remember was required to maximize security. The landscaping has created additional outdoor space for House Members to enjoy and when the garden is

established, it will certainly soften the fence line.

New external signage is being designed for all areas of our organisation to complement our corporate brand and provide clear direction for visitors.

Unfortunately, Light Up Barunga's opening night has been cancelled this year due to COVID-19. The Light Up Barunga committee are still tirelessly working to bring you a display of lights, and one additional feature will be a light display in the large window of the Barunga Homes activity room.

Finally, the new Government directives have also advised us (just prior to this newsletter going to print), that face masks are no longer required to be worn by staff at Barunga Homes. This gives us confidence that some normality is being restored.



Education

CATHY WINEN
EDUCATION
COORDINATOR

The past few months, have yet again, been incredibly busy with a strong focus around COVID-19 regulations, restrictions and training.

A major project has been to run an updated donning and doffing personal protective equipment (PPE) program, as the 'usual' practice that was used prior to the pandemic has had to be adapted to reflect the droplet and close contact infection that COVID-19 presents.

Donning and doffing is a process of putting on, and taking off PPE in the correct order. The PPE required includes gowns, gloves, masks and eye protection.

At Barunga Homes, unless there is a suspected case of COVID-19 or another infection that is highly contagious, this process is not often needed or

used, however having our staff fully educated on the process is crucial.

Additional education set by SA Health regarding the donning and doffing process was also required for all personal care workers and contractors in aged care. This was a compulsory online training module which had to be completed by 1 October 2020. Monitoring and recording staffs completion has now been prepared and sent to the Office of the Ageing.

Our mandatory training program has also continued with more changes to the 'normal' face-to-face sessions. Staff who attended were seated with others they work alongside in their specific House at Barunga Homes and adhered to the social distancing requirements. Even the obligatory mint Mentos

that are generally in a bowl to share were neatly in a line across the tables!! To overcome the 1.5m space between staff (and the physios) when completing the practical manual handling competencies, staff wore face masks, and again, trained with others that they work with in their House.

We will continue to work hard to ensure our hygiene practices and work, health and safety standards are met to fight the risk of COVID-19 entering our organisation.

So, to finish, I quote Merrillyn Hewett from a previous newsletter, "we remain on high alert and ready to respond to any directives necessary to keep our Barunga Village community safe".



Volunteers report

STACEY MESCHEDE
VOLUNTEER
COORDINATOR

It is so refreshing to see the weather slowly warm up and the days become sunnier – it is such a beautiful time of year, and I love seeing the spring in everyone's step!

As our organisation continues to grow, we absolutely love welcoming new volunteers. I would like to welcome Helen and Debbie to Barunga Village, it is so wonderful to see fresh faces in our organisation.

In recent months, we have been so lucky to commence the onboarding process of additional volunteers – we are so grateful to those people who are willing to provide any time they have to our organisation.

Our House Members thoroughly enjoy spending

time with our volunteers – the joy it brings them is so special, and the extra interaction is such an added benefit for our House Members at Barunga Homes.

During this season, our House Members are enjoying lots of activities including putting their baking skills to use, and extra special pampering therapy that includes wax baths, manicures and pedicures.

Our volunteers are busily preparing for Remembrance Day and Christmas activities.

The Melbourne Cup decorations were also a fabulous touch to the décor around Barunga Homes.

Mandatory training has now been completed for the year

with participation being at an all-time high. It is brilliant to see everyone refining their skills and I really enjoy watching our volunteer team spending time together, continuing to build relationships.

Thank you to all of our special volunteers – with COVID-19 strongly impacting on the year, you have all still brought joy to our organisation, and an added support that we appreciate so very much. We are so thankful for you being so willing to adapt to the ever-changing restrictions the Government has imposed.

If you would like to be part of our volunteer team, please call 8635 0529 and I would love to meet with you!



News

Embracing the COVID-19 restrictions

This year has certainly been one for the history books, as we continue to unravel the implications of COVID-19 around the world.

In Australia, the Government introduced the requirement of wearing face masks to personal care staff in all aged care facilities on 27 August 2020.

This, of course, posed its challenges at Barunga Homes, where we endeavour to create home-like environments for our House Members.

Bindi Manser, House Leader in the Butterfly Homes considered how this would impact our House Members,

especially those living with dementia, as they are accustomed to 'home life' with minimal institutionalized equipment in use.

"I saw a documentary about nurses caring for patients during COVID-19, and how they introduced photos of their faces on their uniform to put a 'human face' to the person whilst they wore full personal protective equipment".

"We did notice a bit of a stir with our House Members after the regulations were introduced - some made it clear they did not like the masks, and others showed discomfort with staff covering their faces", Bindi said.

By introducing the face badge initiative at Barunga Homes, the response from House Members was really positive as they could recognise their staff easily again.

"One gentlemen pointed at my badge and said 'that's really good because I know you are one of the family!'", Bindi shared.

Barunga Village as a whole pride itself on building strong and special relationships with its consumers, and this is just one initiative that has been a positive impact through the forever-changing COVID-19 restrictions.



Helping our consumers live the best life possible

It has always been Barunga Village's focus to provide the best service to its consumers.

This has been the driving force to our newest 2021-2025 Strategic Plan, where the team are committed to supporting you live, the best life possible.

To us, the best life possible means that you feel listened to, have choices, are engaged, and receive care that best meets your needs. We want you to feel safe, that you

belong and are content and comfortable with us.

We take pride in treating every person with respect. Everyone is an individual with different stories, unique interests and varying needs. We commit to really knowing our consumers, understanding them as people, personalising care and being responsive to their choices wherever we can.

Ensuring you feel part of a community is important to us.

We go out of our way to create connections, engage with the community and build support networks around people.

We are able to cater for your ever-changing needs, which we believe separates us from other providers and we look forward to supporting you live the best life possible.

To join our services, contact Barunga Village Head Office on 8635 0502 to learn more.



Melbourne Cup celebrations in full swing across Barunga Homes

Melbourne Cup celebrations have had to be a little different this year, with COVID-19 restrictions imposing on the regular traditions.

This definitely did not stop the Barunga Homes staff bringing joy to their House Members for the 'race that stops the nation'!

Each House filled their living areas with fun hats and colourful fascinators, and enjoyed treats as the race took place.

House Members dressed up and looked absolutely fabulous - some of our staff even joined in the fun.

House Carer, Sue, never ceases to amaze us with her spirited dress ups— for this particular event, she was dressed brightly in her green jockey attire in the Butterfly Homes!



Fundraising and Donations

Knitting for a greater cause

House Members from Barunga Homes gather twice weekly to knit items for 'Knit4Charities', which provide homeless and disadvantaged people with a range of knitted goods.

Scarves, beanies, rugs, gloves, coat hangers, bed socks and baby jackets are just a few of the items that are knitted and donated.

House Members provide their own wool, however are always grateful for any wool donations so they can continue providing knitted items to this charity.



Raising funds for breast cancer

House Members from Evelyn House at Barunga Homes packed prizes and raised over \$200 for the National Breast Cancer Foundation.

All prizes were purchased with the can and bottle money that Evelyn House Members and staff collected over time.



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. Any donation is appreciated.

Donations over \$2.00 may be tax deductible.



Service improvements

New dress code introduced to staff

Barunga Village received feedback from both consumers of Barunga Village and visitors that the standard of dress throughout the organisation had declined over a period of time.

This feedback was appreciated and actioned immediately, with a new Dress Code being introduced to better represent Barunga Village.

Following the change, Barunga Village has received wonderful feedback on how smart everyone now looks!



Transitioning to a non-smoking organisation

Barunga Village has commenced the transition towards a non-smoking organisation with staff and volunteers ceasing to smoke on site from 30 September 2020.

The only consumers currently allowed to smoke on site are those who came to our service prior to the new changes.

We are now advising visitors that they are required to go off site if they wish to smoke.



Barunga profiles



REX SMITH
BARUNGA BY THE SEA
RESIDENT

Family tree

Parents - Eric and Jean Smith.

Place of birth - Port Pirie, South Australia.

Siblings - Two; David and Barry.

Spouse/partner - Wife, Kay.

Children - Two; Steven and Dale.

Activities

Sport - Football.

Social - Playing cards, bingo, fishing and caravanning.

Hobbies - Vintage cars and motorcycles.

Occupation

Boilermaker and Engineering.

Favourites

Event - Christmas and family gatherings.

Place - Staying at my sons houses in Adelaide.

Holiday - Cruise to New Zealand.

Singer - Dean Martin.

Food - Roast.

Drink - Beer.

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

It's a very peaceful lifestyle at Barunga by the Sea.



MARLENE HELLMANN'S
BARUNGA COMMUNITY
CARE CLIENT

Family tree

Parents - John and Thelma Eglinton.

Place of birth - Adelaide, South Australia.

Siblings - One; Malcolm.

Spouse/partner - Husband, Gerardus.

Children - Two; Joanne and Christopher.

Activities

Sport - Soccer.

Social - Coffee on Wednesdays with friends.

Hobbies - Reading and knitting.

Occupation

Telephonist and Red Cross Telecross Coordinator.

Favourites

Place - Adelaide.

Food - Crayfish, prawns and pasta.

Drink - Red wine and scotch.

What is your dream or something you have strived for in life?

Going to Scotland and Europe.

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

Knowing there is someone available if I need extra help.



XIANG (ALYSON) BAO
STAFF

Family tree

Parents - Yarong Bao and Helong Yang.

Place of birth - Shanghai, China.

Siblings - One; Yi Yang

Activities

Sport - Badminton.

Social - Hiking, picnics and attending the AVCon festival.

Hobbies - Reading, craft, painting and listening to music.

Occupation

Registered Nurse.

Favourites

Event - AVCon festival and the Comic Cup.

Place - Shanghai, China and Kyoto, Japan.

Holiday - Christmas and Chinese New Year.

Food - Cake and Asian food.

Drink - Mojito.

What is your dream or something you have strived for in life?

Travelling around the world.

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

I have learnt a lot more about the country lifestyle and how friendly the people are.

Social scene

Barunga by the Sea residents, Raelene, Jill, Rex and Kay enjoying each others company and a card game in their Community Centre.



House Member and avid gardener, Di was very excited for her cacti-flower to bloom, after waiting over 12 months.



House Members from Spencer House busily shelling peas which were grown by local farmers—something both Ed and Margaret had not done in many years!

On 28 August 2020, our Sea Weeders gardening group from Barunga by the Sea enjoyed an outing to Medika Gallery and Nursery in Blyth followed by lunch in Clare.



House Members in Evelyn House love to cook, and it is so special to see them use their kitchen to make all their favourite recipes with one another!



On 6 September 2020, House Members and father/son duo, Mick and Chris, along with fellow House Member, Dean celebrated Father's Day by dressing up in their Sunday best to enjoy the day together!



Barunga Community Care clients, Dean and Joy are collected by their Support Worker to go on a shopping trip (made possible by using funds in their Home Care Package).



House Member, Lois has been busily working on a patchwork quilt for most of the year, and she is thrilled that she is nearly finished it.

Celebrations / events

House Member, Linley celebrated her 77th birthday with fellow House Members in Eyre House.



Barunga by the Sea resident and Barunga Village volunteer, Robert Furber was selected by the South Australia Ambulance Service to study the Front Line Leadership Course through the Aboriginal Frontline Leadership Program.



On 7 October 2020, Board Members, Roger Nottage, Julie Norman and Juan Elliott presented the launch of the new 2021-2025 Strategic Plan to Department Heads.

The Strategic Plan was then officially launched at the Annual General Meeting later that day.

The Barunga Village Annual General Meeting was held on 7 October 2020 at Barunga by the Sea.

Juan Elliott was reappointed Chairperson and Ken Bone, Brenton Rosenthal and Jan Tod were re-elected as Board Members for a two year term.



Light Up Barunga—light display only

Unfortunately due to COVID-19 restrictions, the opening night of Light Up Barunga can not be held this year. Please be assured our light display will continue, and we hope it brings you joy over the Christmas period.

Recognition of Service awards

The Barunga Village Board of Directors continue to recognise the service staff provide to the organisation each year. We would like to congratulate the following staff on their commitment to Barunga Village:

Deborah Andrews, Carly Barnes, Heather Chandler, Jane Hughes, Rebecca Miller, Kim Osborne, Taylor Thomson (5 years); Christine Kaminski, Catherine Manser, Carsten Meschede, Debra Peers, Darren Robinson (10 years); Mark Boughen, Tegan Heinjus, Anne-Marie Sleeman, Anne Flint (15 years); and Janyth Sims, Rosslyn Aitchison (20 years).



Recipe

Creamy potato salad with maple syrup-candied bacon

Serves 6

Preparation time: 30 minutes

Cooking time: 1 hour

1.2kg (about 85g each) potatoes, quartered
2 red onions, cut into wedge
2 tablespoons olive oil
200g streaky bacon, cut into 2cm pieces
2 tablespoons maple syrup
3 soft-boiled eggs, thickly sliced crossways
1/3 cup fresh continental parsley leaves
1/4 cup fresh dill sprigs
2 tablespoons drained baby capers

SUPER CREAMY MAYO

1 egg
250ml (1 cup) grapeseed oil
1 tablespoon fresh lemon juice
1 tablespoon Dijon mustard
1 garlic clove, crushed
125g (1/2 cup) sour cream

1 Preheat oven to 220C/200C fan forced. Place potato and onion in a large roasting pan. Drizzle with the olive oil. Season. Toss to combine. Roast, turning potato halfway through, for 50 minutes or until golden and tender. Set aside for 30 minutes to cool.

2 Meanwhile, to make mayo, carefully crack egg into a jug without breaking yolk. Pour in grapeseed oil, lemon juice, mustard and garlic. Position a stick blender carefully over whole yolk (so blender's basket covers and encloses yolk). Blend for 1-2 seconds to emulsify mixture. Pull blender up through mixture to incorporate all ingredients until thick. Transfer to a bowl. Add sour cream and mix until well combined. Season.

3 Heat a non-stick frying pan over medium heat. Add the bacon and cook for 8-10 minutes or until golden and crisp. Add the maple syrup and toss until well coated and glossy. Remove from the heat.

4 Place potato, onion and egg in a large serving platter. Top with, parsley, dill and capers. Sprinkle with candied bacon and dollop with mayo. Serve extra mayo in a small dish on the side.



Puzzle

Under the sea – word scramble

Our oceans cover over 70% of the earth's surface. Of all the habitats on earth, the ocean holds the most mystery. While we are aware of hundreds of thousands of marine life forms, there are still many more still to be discovered.

See if you can unscramble the words.

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SOLUTION

RAY; TURTLE; CORAL; KELP; SEAWEED; SEA;
OCTOPUS; SHIPWRECK; SQUID; SWORDFISH.



BARUNGA
VILLAGE INC.