

Country Home Services

Valley to Coast Magazine



Welcome to our Autumn Edition of our Valley to Coast Magazine



One of the simple pleasures of living in the country is the change of seasons. While the seasons occur in cities their experience is more about temperature and the amount of daylight. The smaller, wonderful details are more noticeable in the country.

In our home garden the plums have finished, the figs are in full bloom, and the smell of Mrs Kies’s peaches is drifting over our back fence from her yard. Our chickens are waking up and clucking later each morning and there is dew on the car some mornings now. I reckon I’ll be out chopping firewood pretty soon.

As we move our newsletter to be seasonal rather than monthly, I hope you can join me in appreciating the wonders of nature and the small pleasures that are exclusively ours each day in the country.

I’d love to hear about the small things that you enjoy about each season. What is your favourite season?

Ashley Clarence, CEO

Note from our Admin team

Please note that your new invoice has a slightly different appearance.

Your reference number has changed.

When doing payments please ensure the new reference number is used.

If you have any questions please contact our Admin Team on 1300 773 202.

Easter Trading Hours

Please note our Easter Closure Dates

Good Friday (2nd April)

Easter Monday (5th April)

Normal trading hours will resume on Tuesday 6th April.



Puzzle Time—Sudoku

Every Sudoku has a unique solution that can be reached logically. Enter numbers into the blank spaces so that each row, column and 3x3 box contains the numbers 1 to 9 without repeats.

Here is the puzzle. Good luck!

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



Getting out and about

Gawler - Gentle Fitness

Gawler Sport and Community Centre

The Gawler Sport and Community Centre is running Gentle Fitness classes to help keep you moving. Classes run on Mondays, Wednesdays and Fridays at 9:30am.

For more information and booking details please call 8522 9203.

Gawler - 1 to 1 Computer lessons

Gawler Community House

Would you like to learn more about digital technology?

This course will start you at the beginning and take you through the basics of identifying your learning needs and navigating your way through the world of computer technology. You will learn to perform simple tasks to build your confidence in a relaxed and informal setting.

Cost: \$10 per lesson on a Tuesday.

For more information and to book phone 8522 4601.

Email: admin@gawlercommunityhouse.org.au



Gawler Community House can be found at 2 Scheibener Terrace, Gawler, SA

Looking for something a little bit different - How about a trip to an Art Gallery or Exhibition.

Clare

Clare Art House

8 Mill Street Clare

Open Wednesday to Monday

10.30am - 3pm

Exhibitions, Art Displays and Workshops

www.artscollective.com.au

Ph: 0497 179 782

Barossa

Barossa Regional Gallery

3 Basedow Road, Tanunda

Open Monday, Wednesday, Friday

& Saturday 11am - 4 pm

Exhibitions, Art Displays and Workshops

Barossagallery.com.au

Ph: 8563 8340

Yorke Peninsula

Moonta Gallery of Arts

Situated in the Moonta Town Hall, George Street, MOONTA.

Open daily 11.00am - 3.00pm.

Ph: (08) 8825 1378

Do you have a favourite group, activity or even walking spot? We would love to hear from you.

Call us on 1300 773 202 or email Sarah at marketing@countryhomeservices.org.au

Getting to know our community



It's never too late to do the things you love.

Malcolm is one of our many clients who is making the most of his life with support from a Home Care Package.

We wanted to share Malcolm's journey as it has been one of remarkable recovery and hopefully it will inspire others to know that with support, it is possible to regain your health and to return to doing the things you love.

Malcolm came to Country Home Services in 2013. He received support through a Transitional Care Package following a tractor accident which almost killed him. Through this service, we support him with home services, trips to his specialist and hydrotherapy.

Malcolm then transitioned over to a Home Care Package which continued to support his healing journey while still living in his own home.

Over the years Malcolm has made a remarkable recovery and has reached many milestones including traveling to America with a vintage car group and volunteering at the Kapunda Museum.

Over the past several years, Malcolm has been enjoying updating his wood carving skills which saw him recently fulfill a dream of learning how to make a grandfather clock. The finished clock is what you see here on the right and Malcolm has left the clock in the wood carvers showroom until after Vintage, enabling community visitors to view it during the festivities.

His Home Care Package not only supports him with home services but it has also supported his hydrotherapy and woodcarving lessons.

Since starting his lessons, apart from the clock, Malcolm has made an 18 inch mirror frame and is now working on a 'Gentleman Chair' and hoping to make a rocking horse after that.

Malcolm has expressed to us that he is very proud of his success and we all think his clock is stunning and so pleased that we are able to support him on this journey.



Can you help us? We know our clients have some amazing stories to share so we are looking for some volunteers who might like to appear in our next magazine. If this is you then we would love to hear your story. Call us on 1300 773 202 or email Sarah at marketing@countryhomeservices.org.au

When did you last visit a library?

Libraries are a wonderful way to access books, magazines, newspapers and even research your family heritage. In South Australia they are all connected making it easier to borrow and return from any branch and if you are getting to know the digital world then you can even borrow eBooks without even leaving your home. Here is a list of your local libraries for you to explore.

Adelaide Plains

Times vary so please call 8520 2100 for details

[Mallala - 2A Wasleys Road](#)

Wednesday and Friday

[Two Wells—61 Old Pt Wakefield Rd](#)

Tues to Saturday

[Windsor Depot - Sunday](#)

Barossa Valley

[Angaston - Angaston Town Hall](#)

Tues 9am-1pm, Wed - Fri 1pm-5pm

[Lyndoch - Lyndoch council office](#)

Mon - Fri 9am-12.30pm & 1.30-5pm

Saturday 9am-12.30pm

[Mt Pleasant - Council Office](#)

Mon - Fri 9am-12.30pm & 1.30-5pm

[Nuriootpa - 43-51 Tanunda Rd](#)

Mon - Fri 9am-5.30pm,

Sat 9am-12.30pm & Sun 12-3pm

[Tanunda - 66-68 Murray St](#)

Mon - Fri 9am-5pm, Sat 9am-12pm

Burra, Clare & surrounds

[Burra School community library - 7 Bridge Tce](#)

Mon & Wed- Fri 8.30am-6pm,

[Clare - 33 Old North Rd](#)

Tues - Fri 10am-6pm, Sat 10-1pm

[Auburn - 6 Vincent St](#)

Tues & Fri 3pm-4pm, Wed 11am-12pm

[Riverton - Oxford tce](#)

Tues-Sat, hours vary call

8847 2414

[Saddleworth - 19 Belvidere Rd](#)

Tues - Fri 9am-12.30pm & 1-5pm

Saturday 9.30am-12pm

Yorke Peninsula

Times vary so please call 8832 0000 for details

[Ardrossan - Ardrossan School](#)

14 Second St.

[Maitland - Central Yorke Peninsular Community](#)

Library Junction Road

[Corny Point Library Depot](#)

Cnr Liddiards & Rockleigh Rd

[Curramulka Library- Sixth St](#)

[Marion Bay Library- Slow St](#)

[Minlaton School Community Library](#)

2 North Terrace

[Port Victoria - Pt Victoria Institute](#)

Main St

[Stansbury - Stansbury Institute](#)

Weaver Street

[Warooka - Warooka Town hall](#)

Player St

[Yorketown - Yorketown Area School](#)

65 Stansbury Road

Wakefield Region

[Balaklava— Balaklava High School](#)

Mon - Fri 9am-5pm

[Blyth - Blyth Community Hall](#)

Friday 2pm-5pm

[Hamley Bridge - Hamley Bridge](#)

Institute

Tues 10am-12pm, Thurs 2pm -

4.30pm & Saturday 10am-12pm

[Owen - Owen Primary School](#)

School hours

[Snowtown - Snowtown Area School](#)

Mon 9am-4pm, Thurs 9am -6.30pm

Tues, Wed & Fri 9am-4.30pm

Copper Coast

[Kadina— 1a Doswell Tce](#)

Mon-Fri 9am-5.30pm,

Sat 9am-12pm

[Moonta - Blanche Tce](#)

Tues-Fri 9am -5.30pm

[Wallaroo - 5 John Tce](#)

Mon-Fri 10am-1pm

Gawler Library

[91 Murray Street](#)

Mon-Wed & Fri 9am-5pm,

Thurs 10am-6pm, Sat 9am-1pm

Have you read an interesting book lately and would like to do a book review for our Winter Magazine Edition? We know many of our clients love to read but finding a good book is not always easy. If you would like to review a book, then have a go and send one through to us. It doesn't need to be very long, just inspiring us enough to leave us heading for the nearest library.

Either post your review to - Level 1 Chateau Building, Beckwith Park
30-38 Barossa Valley Way, Nuriootpa or email Sarah at marketing@countryhomeservices.org.au

Meet one of our Contractors

Leonie Talbot



Our contractors help us to deliver the type of service we would want to receive for ourselves. We are keen to share their stories.

- Meet one of our contractors, Leonie Talbot -

Hi Leonie, can you share with us how long you have worked for CHS and how did you get started as a contractor?

I have contracted for Country Home Services (CHS) for 14 years and currently have 34 clients across the areas of Saddleworth, Auburn, Manoora, Rhynie and Riverton.

I initially came to live in Saddleworth from Adelaide with 2 young kids and when I needed to find work, it was aged care that drew me in. I was raised by my mother who was a carer in a nursing home and as a child I used to go in and help her. I found it very satisfying to be able to help the people in the nursing home, so I studied aged care at TAFE and began my journey at Country Home Services.

Can you share a little about yourself?

As my work keeps me fairly busy, I like to spend my free time with my kids, (who have now moved out of home) watching movies, listening to music and doing a bit of art, craft and sewing when I get the chance. I have an indoor cat called Norman (however as he is the ratbag who wants to play at night, his name is now the Normanater) and a cuddly dog called Harvette or Harvey for short. So together I have Harvey and Norman and I love them.

What inspires you about working with our clients?

It is their appreciation for what you do for them and knowing that I can help them with the little things that makes such a difference in their life. When they tell you that you are part their family which is so heart warming and its lovely when you get to meet their family as well.

It is also inspiring to hear their stories and their journey through life. I very much appreciate the opportunity to work with this generation. I never got to meet my grandparents who lived and stayed in Holland when my parents came out to Australia. Now that both my parents are gone, its very special to work in aged care.

What part of your job is the most important to you?

If I can do the job while putting people at ease, then I know I am in the right job especially when doing personal care. I often get asked why did I choose working in aged care and I respond with the fact that one day when I am older, I going to need help and I like to think that there will be dedicated workers who will help me.

Do you like contracting for Country Home Services?

Yes I do, I don't have any problems contracting for Country Home Services and if I have any issues at all, I know I can get the support I need from them.

During the past couple of months, the following contractors have retired.

Josie McWaters, Carolyn Reid, Lyn Ahrens, Trish Falkenberg

Together, these ladies have tallied up many years of experience with caring and supporting CHS clients across our regions. We thank them for all the care that they have shown and wish them all good things in retirement.

Meet our staff -

Nuriootpa Coordinator Tammy Judd



You may have met us over the phone or perhaps at a Seniors Expo or at a presentation, but for those of you that haven't had a chance to meet us in person, we wanted to introduce ourselves to you.

We are planning to feature a staff member in each edition of our new look Magazine, starting with Tammy Judd. Tammy is one of our coordinators based at Beckwith Park (Nuriootpa). Beckwith Park is the beautiful old building pictured above which began its life as the site for four independent, wine related businesses; Penfolds, Kaiser Stuhl (formerly the South Australian Grape Growers Co-op), Tarac Technologies and Tolley, Scott & Tolley (TST).

- Nuriootpa Coordinator Tammy Judd -

Hi Tammy, can you share with us how long you have worked for CHS and a bit about your journey with us?

This coming April I have been employed with CHS for 9 years, working as a coordinator. I began my journey with Country Home Services (CHS) as an independent contractor in 2009, back when we were CHAP. In 2012 I joined the staff as a part time coordinator based in the Nuriootpa office. I feel extremely lucky to have been given the opportunity to work with such a highly skilled team and the opportunity has provided me with personal growth within the aged care industry. I have learnt so much in the last 9 years and now my position has grown to a fulltime coordinator supporting clients across all programs, including Home Care Packages. I have also had many opportunities to present for CHS, from attending TAFE to share with students how to become a contractor and presenting to potential clients to many different social groups including Meals on Wheels, Senior Citizens and also Seniors Expo's.

Can you share with us a little about yourself?

I have lived in Nuriootpa for 22 years with my husband Gavin of 24 years. We have 2 adorable young men Nickolas aged 22 and Jacob 19 and our pet dog 'Chevy', our turtle 'Crush' and budgie 'Tweetis'. I enjoy walking after work with Gavin in our local community. On weekends we often stroll the beach at Semaphore or go for bush walks in conversation parks. We are also keen campers, camping as often as possible along the Murray River and also socializing out and about with family and friends at any opportunity.

What inspired you to work in aged care to begin with?

I have always enjoyed being around older people, listening to stories of their life and learning from their experiences, they have so much to offer. I love helping older people to live the best life they can and I get immense satisfaction and feel very fortunate to be able share my love and respect for our older generation.

What do you love about your job and how do our clients inspire you?

I love going to work every day, working with such an amazing team of experienced staff and a diverse client cohort. I love working with elderly people, especially to set up support services for our clients, enabling them to remain living in their own choice of environment for as long as possible. During my time working for CHS I have been lucky enough to experience many client success stories. Clients reabbling from nasty falls, bad experiences and some of life's setbacks. Seeing and hearing success stories of clients receiving the support they need to live the best life they can, inspires me to continue to work hard every day.

Country Home Services

Servicing

Yorke Peninsula, Clare & Gilbert Valleys, Wakefield, Light,
Adelaide Plains, Gawler and the Barossa Valley



1300 773 202

countryhomeservices.org.au

Working to keep our community safe

Always remember to:

- Wash hands for at least 20 seconds
- Maintain social distancing (1.5m)
- Download the COVIDSafe app
- Reschedule services when unwell
- Call 1800 020 080 if you are seeking information on COVID-19 or need help with the app



 **COUNTRY**
HOME SERVICES

1300 773 202
countryhomeservices.org.au



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