

# Jimbelunga News

ALL THE LATEST NEWS IN OUR COMMUNITY



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[jimbelunga.org.au](http://jimbelunga.org.au)

 JimbelungaNursingCentre

## WELCOME

Welcome to our first 2024 Jimbelunga Newsletter. We are excited to start the year off sharing some great news about what is happening at Jimbelunga and ATSiCHS Brisbane. Over the year we will be giving updates on current and new activities and programs on offer, sharing new staff and resident profiles, birthdays and special occasions.

## Jimbelunga supports Maggie Beer Foundation initiative around food in aged care

Aged Care Operations Manager Belinda and Environmental Services Administration Manager Sharen hosted Maggie Beer Foundation (MBF) Chef Trainer and Mentor Anna Sundqviston on 25 January to share their insight around food and nutrition.

The Royal Commission into Aged Care Quality and Safety highlighted the importance of food on quality of life, health and wellbeing. Following on from this, the MBF designed a comprehensive online training program for cooks and chefs in aged care homes separated into different modules like 'Rethinking Texture Modified Food' and 'Supporting Hydration.' Anna was seeking insight from our Jimbelunga team to help inform a new module currently in development around Indigenous nutrition.



Photo caption: Jimbelunga Cook Charlene, Environmental Services Administration Manager Sharen and Aged Care Operations Manager Belinda with the Maggie Beer Foundation's Anna.

Some of the themes that Belinda and Sharen spoke about included: the diversity of Jimbelunga residents from backgrounds to ages and health conditions; the life expectancy gap between Indigenous and non-Indigenous Australians meaning that Aboriginal and Torres Strait Islander peoples in aged care are generally younger; and the link between food and memories meaning that particular meals might trigger negative associations for those among the stolen generation.

"It's very multifaceted and much more complex than being able to stick in one bucket," Belinda said.

Certain foods that might seem a traditional go-to are not necessarily suitable for serving up at Jimbelunga, like kangaroo for example, which is very rich for sensitive stomachs and difficult to chew, or rabbit which can trigger bad memories of growing up in dormitories, while other proteins like witchetty grubs and galah are more a delicacy than a staple.

"One commonality would be around the importance of carbohydrates and starches as in the post-war period it was carbs and starches that saw people through, although for Aboriginal people the preference would be for damper and bread, while for Torres Strait Islanders the norm would be rice and noodles."

Sharen shared her excitement about sourcing a really great Indigenous cookbook and emphasised that food is about more than nutrition, it's about enjoyment.

## BIRTHDAYS

Janice  
6 February

Joyce  
17 February

Teresa  
17 February



## Dental truck visits Jimbelunga

From routine checkups to denture replacements, the ATSIChS Brisbane mobile dental truck Yalburru Dirun (happy teeth) was based at Jimbelunga for the first two weeks of January to maintain the deadly smiles of our Elders.

Pictured below are Dentist Adrian Budiyo and Dental Assistant Jovana Aleksic about to start working on some fillings with resident Donna.

They saw all 70 residents during their time at Jimbelunga. "It is very important to bring dental care directly to Jimbelunga as dental hygiene is very important for overall general health," Jovana said.

"It is more convenient for us to come to the residents as many cannot simply travel to our clinics. We even come into their rooms and perform Lift the Lip for those that cannot enter the truck, meaning they are still receiving a dental examination in their rooms."



Photo caption: Resident Donna with Dr Adrian and Jovana.



Photo caption: Resident Advisory Committee members (Front L-R) Aunty Raleena, Aunty Rosa, (Back L-R) Uncle John and Rudolph.

## Resident Advisory Committee

We have a brand new Resident Advisory Committee (RAC) that was elected in January. The committee is all about encouraging feedback and establishing a channel where any concerns that residents may have can be raised with their elected representatives who in turn discuss these issues with our management team, with the RAC and management working together to resolve any complaints or concerns.

The committee members were elected by residents at a residents meeting and are: Aunty Rosa, Aunty Raleena, Uncle John and Rudolph.

Along with these resident committee members, we also have two community representatives, Charmaine Burgin and Narelle Bedford.

The next RAC meeting is Friday 1 March at 2pm.

## GENERAL UPDATES

### Skype

We are able to arrange video chats, via Skype, to help family and friends stay connected with our residents. If you would like to coordinate a Skype chat, please contact Sandra on 07 3807 0655 or [sandra.eastwood@atsichsbrisbane.org.au](mailto:sandra.eastwood@atsichsbrisbane.org.au)

### Entertainers: Seeking expressions of interest

We are looking for entertainers to add to our calendar of events and activities for residents. Also, if anyone has ideas for arts and crafts or other activities that they'd like to see happen, please contact Sandra on 07 3807 0655 or [sandra.eastwood@atsichsbrisbane.org.au](mailto:sandra.eastwood@atsichsbrisbane.org.au)

## Jimbelunga men's group 'Maibinyana'

Maibinyana, meaning 'men working together' (derived from the Yugambah language and a Torres Strait dialect), is a fitting name for the men's group at Jimbelunga, which is all about connection, community and collaboration. Organised by Community Connections Facilitator Corey Watt, the twice weekly men's group sees Elders come together for different activities of interest while creating a safe space where stories can be shared without judgement.

"We play games like chess and dominos while talking about any issues the men may be having, reminiscing about the past or talking about family," Corey said.

Place and belonging were strong themes with the men's connections to mob spanning as locally as the Yuggera People of Meanjin and the Butchulla People of K'gari all the way south to the Wiradjuri of the Blue Mountains area and the Gunditjmara from south-western Victoria.

In talking about country, stories of disconnection, dispossession and the impacts of the stolen generation arose, and the men held a safe space for struggles to be shared.

"I think it's important for men to talk openly and freely without judgement; the men's group gives us this space to do so, while showing others that we are not alone with some of the struggles men face," Corey said.

"Knowing that you're not alone, and having a support network around you, helps us get through the tougher times by having brothers to lean on."



Photo caption: Uncle Geoffrey sits beside Rudolph at the Maibinyana group.

Conversation spanned from experiences in younger days like living overseas in Asia and career highlights to the ailments that come with older age. Throughout their lives, the men worked in diverse professions and trades, including as a barber, navy officer, truck driver, community leader and actor.

For example, Uncle Athol, a Minyungbal man from Fingal, acted in television shows like *Skippy the Bush Kangaroo* and *A Country Practice* and movies like *The Games* and *The Last Wave* as well as theatre productions from around the world. Uncle Noel, a Butchulla man from K'gari, started out in the navy before driving trucks and working on cargo ships and then pivoting to community development and working at Curtin University in Western Australia.

"I enjoy playing chess in the men's group," Uncle Athol said. "I love the game and used to play a lot."

"I think it's good for men to get together regularly as it gives us a chance to talk about things that we might not talk about in other spaces or with other groups of people."

"Uncle Geoffrey expressed his appreciation for Corey facilitating the men's group and how important the act of yarning, of sharing and listening, is to anchor us in the shared experience of being human."



Photo caption: Uncle Noel with Corey



Photo caption: Uncle Des

## Meet our new residents Pauline and Father Ron



New residents Pauline and Father Ron have been together for 55 years and recently decided it was time to look at options for nursing homes.

They moved into Jimbelunga last month and said that the transition has been smooth and they are so happy they chose to come.

“While researching aged care homes, we came across Jimbelunga and were very impressed when we saw the ratio of staff to residents,” Father Ron, who is an ordained Anglican priest, said.

Pauline is a Palawa woman from Tasmania and was attracted by Jimbelunga’s cultural context, given that it comes under the umbrella of a community-controlled Aboriginal health organisation.

The timing was perfect with two rooms next to each other and an adjoining bathroom available for the pair.

The couple have been struck with a series of health obstacles and were mindful of getting into a care environment at this stage of their lives. Pauline has been battling Multiple Sclerosis for 14 years and was recently diagnosed with Alzheimer’s disease and while Ron has been her dedicated carer, he was diagnosed with terminal cancer in 2022. “Ron has always looked after me and we had in mind somewhere we could live if something happened to him,” Pauline said.

“Here we both get cared for, which is wonderful. And when Ron is away attending appointments, I’m not alone.”

Father Ron praised the staff and said the level of care is exceptional. “All the staff are brilliant. They are extremely well trained, courteous and go out of their way to help residents.”

## Barsha is back!

A familiar face returned to work at Jimbelunga in early January following the birth of her baby girl. Welcome back Barsha!

Barsha is one of our clinical nurse managers and we are delighted that she is back with her warm and friendly presence, dedication and professional integrity.

“Jimbelunga is my second home. I’m excited to be back at work because it’s what I love doing,” Barsha said.

Barsha said she appreciates how Jimbelunga is very people-focused and puts residents first.

“When a resident wants a cup of tea or to go for a walk, even if it’s not in someone’s role description, the staff will stop what they are doing to make sure the resident’s wishes are seen to.”

“The team is so supportive. I have fantastic leaders and feel that I can grow under their supervision.”



## Nicole is here to stay

Nicole came on secondment to the role of Employee Engagement Officer last August and loved it so much that she decided to stay on in the position. Read our Q & A with Nicole.

### Can you tell us a bit about yourself?

I am a proud Anaiwan/Kamilaroi Koori woman. I have four children and two grandchildren.

I moved to Brisbane 27 years ago, but I still go for the NSW Blues 😊

### What's your career background?

I was a teacher's aide before starting in health.

I have been with ATSICHS for 13 years. I started off at reception, then became the Allied Health and Specialist Coordinator, then moved into the Practice Support Supervisor role and over the years have acted in manager positions at 4/5 of the ATSICHS Brisbane medical clinics.

### What does your new role as Employee Engagement Officer entail?

My role involves:

- Managing and assisting recruitment
- Identifying and managing staff training needs
- Rostering assistance, coordinating changes and payroll duties
- Creating relationships with internal and external agencies



### What prompted you to work in the aged care sector?

I wanted a career change. I needed something challenging. I am enjoying my role at Jimbelunga and look forward to the challenges and good times every day brings.

### Why is working in the aged care sector rewarding to you?

I want to make a difference in the lives of our Elders and residents.

### What are you most looking forward to in your role?

I have a rapport with most of the residents, and I love sitting down and having a yarn with them and hearing about their stories. I love that every day is different.

### What are your hobbies outside of work?

I love spending time with family and friends. I love painting, going to the movies, dancing and motorbike riding.

### What is your most unique talent?

I can move my ears up and down haha.



## New kitchen team

Jimbelunga has recently had a staff shuffle in the kitchen, following a farewell to Chef Richard, and the new team is proving to be a productive and cohesive combination of skills and personalities.

“They support and complement one another in just the right way,” Aged Care Operations Manager Belinda said. “They are working on a rotating roster to maintain the quality of food for residents.”

The team includes Charlene, Aunty B and Olivia.

Charlene is a proud Gungalu and Jarowair woman, with blood and land ties ranging from the far north Queensland rainforest country, also passing back down to the outskirts of the Toowoomba Region.

“I’ve always had a passion for cooking,” Charlene shared. “I grew up watching and learning from both my mother and father in the kitchen, which has been a great inspiration for me to cook.”

Charlene said that being a single mum, she always cooks for her six children. “I started to focus on going further with cooking by graduating from the Institute of Culinary Excellence and working in numerous restaurants.”

“The most rewarding part is definitely giving back to the community and Elders, seeing all these lovely Elders, who I have already taking a shine too and cooking more meals close to their hearts.”



Photo caption: New Jimbelunga Cook Charlene

## GENERAL UPDATES

### *New menu*

The new menu is currently under review and has been completed in consultation with the residents. We will keep everyone updated as the process progresses.

### *New clothes*

It's wonderful when family members bring new clothes for our residents but we do need to add name labels to them. After any new clothes are shown to residents, we kindly ask family members to please bring them to the office for labelling.

### *Parking*

Parking onsite is for staff, emergency vehicles and deliveries. Please be mindful when visiting to park on the road and walk in.

### *Smoking*

Jimbelunga is a non-smoking facility as per current legislation. This includes all areas. Please refrain from doing this within the grounds.

### *Electrical equipment*

Before you buy any electrical equipment for your room, please check with the Clinic Nurse Manager if this equipment is allowed in your room and whether it needs any specific risk assessments.

### *Sharing foodtreats with other residents*

Check with staff before you share any food items with your fellow residents, as you might not be aware of their medical conditions, concerns around their swallowing status and any restrictions or allergies.

### *Clinical care*

If you have any concerns regarding clinical care or require any clinical advice, please contact the Clinical Nurse Manager and clinical staff onsite.

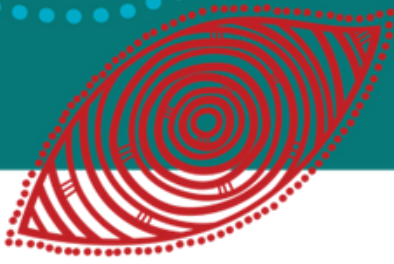


Photo caption: Uncle Athol greets two Labradoodles that volunteer Charmaine brought in to visit the residents.



Photo caption: Gardener Brad, Uncle Jeffrey, Aunty Tammy, Violet, Aunty Margaret J and Glenys with the dog visitors.



Photo caption: McCartney Family Funerals came to visit and lead a creative arts and crafts session. Photo left is Aunty Jackie focused on her work. Photo right is: Assistant in Nursing Carol with Aunty Tammy.

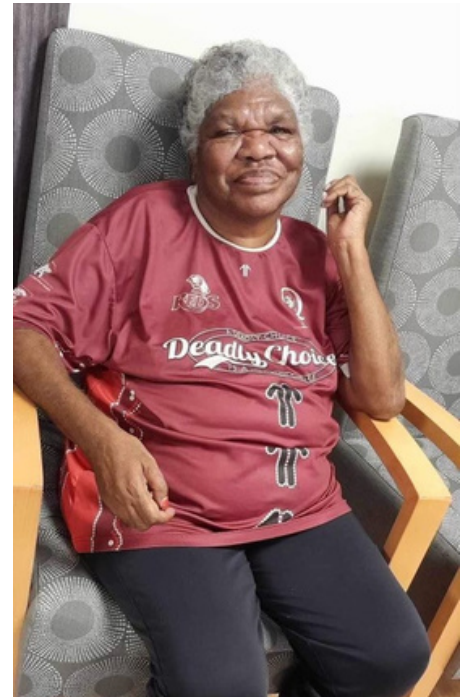


Photo caption: Aunty Glenda enjoying music by entertainer Lyn.

