

Jimbelunga News

ALL THE LATEST NEWS IN OUR COMMUNITY



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jimbelunga.org.au

JimbelungaNursingCentre

WELCOME

A lot has been happening over the last few months and we are excited to share this summary with you.

This newsletter features stories on recent special events and activities, birthdays, a staff profile and important general reminders.

The Olympics arrive in Eagleby

We brought the Olympic spirit to our centre in August, kicking the festivities off with a torch lighting ceremony and relay with nearly all the residents getting involved in passing the torch around.

This was followed by a whole collection of games for residents to compete in. There was table hockey with tissue boxes and a highlighter as the puck, swimming races with mermaid dolls attached to hand reels as well as soccer.

Winners were awarded with medals and all the residents received participation certificates.

Staff dressed up as the Australian Olympic team and awards for best dressed went to Paige, Aaron and Kim.

Aunty Delma had the honour of cutting the huge chocolate cake, which went down a treat after all the activities.



Our Women's Group and Men's Group form new community connections



Jimbelunga residents have been invited to join the Women's Group and Men's Group at Beenleigh Housing Development Company Jinndi Mibunn, which meet fortnightly at their centre in Eagleby.

This connection has led to some of their group members visiting our residents, fostering community connections that enhance health and happiness.

Women's Group update

Our Women's Group meets once a week and has been going out to experience different locations and activities in the community.

Lifestyles and Activities Coordinator Sandra said the ladies enjoy going out. "It's a nice outing somewhere quiet and involves seeing other ladies in the community."

BIRTHDAYS

Frances
11 November

Beverly
18 November

Jeffery
24 November

Evelyn
28 November



Men's Group update

Men's Group takes place on Monday afternoons and Wednesday mornings. The group is currently working on a painting project to protect and beautify some large wooden logs that form the circle around a Kup-murri (earth oven) site. ATSICHS Brisbane Founding Member Uncle Steve Mam used to put on big feeds using the Kup-murri more than a decade ago. Now, the area is a meeting place for people to sit around and yarn.

Men's Group members completed a white coat of paint first and will paint the Aboriginal and Torres Strait Islander flags on top.



In conversation with new Lifestyle and Activities Officer Carol

Carol has been part of the Jimbelunga Nursing Centre family for almost a decade. She started as an Assistant in Nursing and recently transitioned to a new role as Lifestyle and Activities Officer, which she is loving.

Can you tell us a bit about yourself?

I was born here in Beenleigh and lived in Rochedale on a farm growing up. I went to MacGregor State High School and then moved to Marsden. I met my husband Ian in 1974 and we've been together ever since. We have five children, 24 grandchildren, 14 great grandchildren. My mob is Wonnarua. That is where my dad's family is from. My mum is from England. She was brought over when she was three years old.

What's your career background?

I worked for about eight years at Burringilly where I provided respite care. I got my Certificate II and III in Home and Community Care and Certificate III in Disability Care. After that role, I came to Jimbelunga Nursing Centre. I've been here going on ten years. Some residents have even come from Burringilly to here and it's been great to see them and work with them again.

What prompted you to work in the aged care sector?

My mum was in a nursing centre and I wanted to help out Elders.



What does your new role as Employee Engagement Officer entail?

Organising activities and encouraging residents to come out of their rooms and mingle with each other. It involves yarning with everyone and caring for them. I love it. I look forward to coming to work. I most enjoy being able to take time with residents and get to know them and hear their stories. I'm learning from them.

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

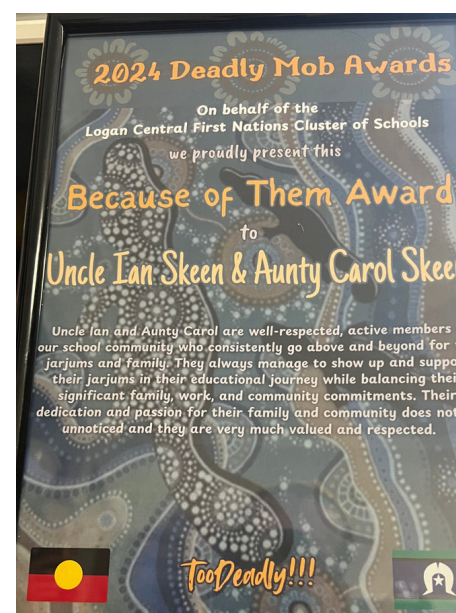
Giving back and looking after Elders. It's a cycle. Growing up, your parents look after you and then it turns around and you end up looking after them.

If you could travel anywhere in the world, where would it be and why?

I'd really love to go to Uluru and see the Field of Lights that surrounds it at night-time. I'm keen to see more of Australia.

What are your hobbies outside of work?

I like art, football and I care for three grandchildren full time. Before I started out in this sector, my husband and I would paint boomerangs and didgeridoos and sell them in town and down in Sydney.



Carol and her husband Ian were recently recognised with a Deadly Mob Award by the Logan Central First Nations Cluster of Schools for the dedication and passion they display toward their family and community.

Kalwun staff come to visit

Kalwun is an Aboriginal and Torres Strait Islander community-controlled health organisation providing services on the Gold Coast. It was lovely to receive a visit from Kalwun staff who brought day respite residents for a morning tea in August. John Cornelius performed and one of the residents got up and joined him in singing for the group.



R U OK? Day

For R U OK? Day in September, which is all about inspiring people to meaningfully connect with those around them, staff dressed up in yellow and shared cupcakes with chocolate and vanilla icing that included a QR code linking to useful resources.



Fun and games with the Institute for Urban Indigenous Health (IUIH)

Every Thursday, staff members from IUIH visit us for the 'Intergenerational Program.' During these visits, IUIH students and leaders plan morning activities that encourage resident participation. Some of the activities that residents have enjoyed include Cultural Bingo, learning different words and meanings, Armchair Travel, and learning the Poi Māori dance.



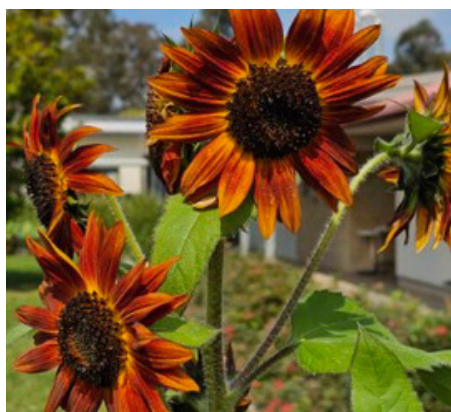
Seed bombs become beautiful flowers



You may recall the seed bomb project that we covered in the last newsletter, which saw residents planting sunflower and zinnia seed bombs in the garden bed. Well, the flowers have blossomed beautifully for residents and staff to admire as they walk through the centre.

A big shout out to volunteer Charmaine who has been collecting the refundable cans and traded them in to buy soil for the garden beds. She also brings in honey for residents from her friends who have bees.

Thank you Charmaine!



GENERAL UPDATES

Electrical equipment

Before deciding to gift any electrical equipment to residents such as kettles, coffee machines, toasters etc, please check with the Clinical Nurse Manager. There needs to be consultation between different team members and specific risk assessments before approval can be given.

Sharing food/treats 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.

Floor rugs/mats in rooms

Floor rugs and bathroom mats are not permitted in rooms because they pose a trip hazard. If found in rooms, please notify the Clinical Nurse Manager.

Clinical care

Families can organise appointments with Clinical Nurse Managers if they would like to have a case conference and get an update about their family member.

Talcum powder

We strongly discourage residents from using talcum powder as when spilled on the floor, talcum powder increases the risk of slips and falls, which can result in serious injuries. Also, talcum powder is not good for people with respiratory issues.