

Jimbelunga News

ALL THE LATEST NEWS IN OUR COMMUNITY



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jimbelunga.org.au

JimbelungaNursingCentre

WELCOME

Welcome to our first newsletter of the year!

We are excited to share news about what is happening at Jimbelunga Nursing Centre (JNC) and ATSICHS Brisbane.

Over the year, we will be giving updates on activities, events and programs as well as sharing resident and staff profiles, stories about special occasions and birthdays of the month.



Photo caption: Residents involved with the Maibinyana men's group gather around the logs they recently painted with ATSICHS Brisbane Community Connections Facilitator Corey.

Maibinyana men's group painting project

Our Maibinyana men's group has been working on a painting project to beautify some large wooden logs that form the circle around a meeting place where people can come together to sit and yarn.

The men painted the Aboriginal flag on one log, the Torres Strait Islander flag on another, and most recently they crafted a dedicated Maibinyana group piece that features the men's handprints. Additional logs will soon be painted by the Kullumburunn women's group and staff as well.

Painting the logs has been a great activity for the group, building connections and adding so much vibrance to our main outdoor area!



Watego family gathers for 'Walk With Me' painting presentation

Members of the Watego family gathered around JNC resident Uncle Jeff as artist Chloe Watego presented her artwork to the coordinator of ATSICHS Brisbane's newest program.

Entitled 'Walk With Me', her piece forms the branding foundation of the new Banjilam Bareibunn End of Life Planning program. This program is all about supporting clients with life-limiting conditions to unpack a tough subject that isn't often discussed. It does this by presenting a full picture of possibilities to help clients decide how they want this end life stage to look and enabling them to prioritise what brings most comfort and meaning.

The name Banjilam Bareibunn (pronounced Bun-ju-lum Bar-ray-buun) was gifted by Yugambeh Traditional Owner Aunty Robyn Williams and means 'Butterfly Dreams'.

JNC resident Uncle Jeff watched on proudly — along with his sisters Aunty Nolene and Aunty Louise (Aunty Cecilia wasn't able to make it), and Chloe's parents Aunty Chris and Uncle Derek — as Chloe spoke about the meaning behind her artwork.

Chloe said that the painting process flowed easily for her because of the intention and inspiration behind the brush strokes.

Explaining the story behind the artwork, Chloe shared:



Photo caption: (Front L-R) Uncle Jeff, Aunty Nolene, (Back L-R) Cassandra, Aunty Louise, Aunty Chris, Chloe and Uncle Derek gather for the painting presentation.

"While each of us holds unique and deeply personal beliefs about life and death, many Aboriginal and Torres Strait Islander Peoples view existence as a journey set and guided by our ancestors or creator.

Life is seen as purposeful, with each of us placed on this Earth for a reason, and our departure is likewise intentional.

After death, it is believed that our spirits return to our creator in preparation for the next journey.

Death, though inevitable, is an essential part of our time on Earth.

While it is a subject many might shy away from discussing, it is crucial to understand that there are people and services dedicated to helping us live the remainder our lives in the way that aligns with our purpose.

People and services that acknowledge and respect that we are the experts of our own lives.

They walk beside us — not in front, nor behind — side by side until our end of time."



Photo caption: Cassandra with Uncle Jeff and Chloe.



Photo caption: 'Walk With Me' by Chloe Watego.

The gathering was a beautiful moment for the family and happened to take place on Uncle Derek's birthday so there was much to celebrate!

JNC resident Uncle Des came over for a yarn with Uncle Derek as the two knew each other from many years ago through a close family friend. Uncle Des shared stories about Country with the Wategos and they expressed their deep gratitude to him.

This artwork presentation shows the many threads of community connection that come together and make JNC a very special place.



Photo caption: Aunty Chris, Uncle Derek, Uncle Des and Chloe have a yarn during the Watego family's visit.

GENERAL UPDATES

Family meetings/care conferences

Families are encouraged to request family meetings/care conferences with the clinical team if they would like an update on their loved one's wellbeing or if they have any concerns in regard to the clinical care. Enduring power of attorney or next of kin listed on files will be able to receive the information from the clinical team. These meetings can be done face-to-face onsite or via video call. To request these meetings, please email **JNC.Admin@atsichsbrisbane.org.au**

Emails to Clinical team

Any emails to Clinical team/registered nurses must be via Jimbelunga Admin email only (**JNC.Admin@atsichsbrisbane.org.au**). This email is attended during business hours Monday to Friday from 8.30 am to 4.30 pm only. Any after-hours requests need to be made by calling JNC and speaking to the registered nurse on duty. Please note, any emails forwarded to individual clinical staff might not get addressed in a timely manner as the registered staff work on a roster basis and there is no requirement for them to access emails outside of work hours.

GPs

GPs visit onsite every Tuesday and Thursday. If any family members (enduring power of attorney or next of kin only) would like to get in touch with GPs to seek an update on your loved ones medical condition, please contact clinical nurse managers or registered nurses on duty either by a phone call 07 3807 0655 or email to Admin.



In conversation with ATSICHS Brisbane Life Member Aunty Lilla Watson



Compassion and a determined drive for social justice are a fierce combination. Looking back at the work of ATSICHS Brisbane Life Member Aunty Lilla Watson illustrates what can be achieved when people dedicate their time and energy to making the world a safer and more equitable place to be.

Among the Gangulu Elder's many accolades are serving as the inaugural president of the Aboriginal and Islander Child Care Agency, co-founding the Brisbane Indigenous Media Association, receiving two honorary doctorates, leading research that shaped the inclusion of Indigenous perspectives in the *Child Protection Act 1999* and helping lay the foundation for crucial work in the child protection space at ATSICHS Brisbane.

Now in her 80s and a resident here at Jimbelunga Nursing Centre, Aunty Lilla is propped up in her armchair and exudes intelligence and grace as she explains her involvement during the early days of ATSICHS Brisbane.

"There was a lot of political activity happening all over the place in the 60s when we decided to develop a health and a legal service," she said.

"We got in touch with different doctors who donated their time and effort as volunteers to carry out clinics for the Aboriginal community. It developed like that. We went and knocked on doors and asked people if they were willing to be part of the process of donating their services."

It was made to happen, she said.

"There was a group of us. And we could see what could happen. It was how could we make it happen that was important."

"The response was tremendous from the Aboriginal community once they knew there was a place for Aboriginal people because a lot of the people wouldn't go to the hospital even though they were really sick."

Aunty Lilla explained how because of the racism and tension that Aboriginal and Torres Strait Islander peoples experienced in hospital settings, they would only go when they were seriously ill and by that time it was often too late. The perception was that "you didn't go to hospital to get well; you went there to die."

"Once people knew there was a service that was set up entirely by Aboriginal people for Aboriginal people, it just changed the whole face of healthcare then for Aboriginal people and they came. They weren't holding back anymore until the last minute when people were very ill, they were coming to become well before they got too ill. It made a big difference."

Seeing the many families and children accessing the medical clinic at Woolloongabba, Aunty Lilla's vision helped drive the expansion of services to include family and child protection programs.

Reflecting on this history, she said it's wonderful to see how ATSICHS Brisbane has grown and gained in strength over the years to serve community through so many different programs.

During ATSICHS Brisbane's 50 year anniversary celebrations in 2023, Aunty Lilla was inducted as a Life Member in recognition of her many contributions to improving health outcomes for community. Now she is encouraging the next generation to sign up as members.

"Just by becoming a member, you are contributing to it," Aunty Lilla said. "I think it's really important to sustain that understanding and knowledge about where we come from because that's how we maintain our strength and energy to keep up the sort of work that's been done."

"I think the community has so much confidence in our community organisations that we have no hesitation in going there and seeking assistance and advice."

Aunty Lilla has been living at Jimbelunga Nursing Centre since 2023 and described it as a 'wonderful place'.

"I like that it's run by Aboriginal people and there are cultural aspects built into the way people are given service and nursed. The cultural aspects include the aunty and uncle addressing, and I think that acknowledging respect for age is very important."

"I admire how they provide exercise groups and art groups. If you want to join in something, there is something to join to provide you with entertainment and occupy your time."

Aunty Lilla's sister Aunty April resides in the room next door, adding an extra special connection to the centre that Aunty Lilla now calls home.



Membership of ATSICHS Brisbane

ATSICHS Brisbane has been running a membership drive to boost its membership base and be informed by even more community voices. Having community actively participate in the governance and direction of ATSICHS Brisbane is fundamental to the organisation's makeup as an Aboriginal and Torres Strait Islander community-controlled health organisation.

Learn more about ATSICHS Brisbane membership at:
www.atsichsbrisbane.org.au/membership

BIRTHDAYS

Valerie
3 February

Marie
5 February

Janice
6 February

Kenneth
10 February

Joyce and Teresa
17 February



Meet Martha Newsome

Martha joined the team as Resident Services Administration Officer last year. Read our Q&A with Martha

What do you love about your role?

The best part of my day is yarning with the residents and listening to their interesting life experiences. Some of these experiences are truly inspiring, especially those stories told from the Stolen Generation.

I love that each day is completely different to the next.

I love learning about the Aboriginal culture that my husband is part of.

Who inspires you?

My father was recruited from the USA by the NSW Department of Education back in the early 1970's as they were in desperate need for Special Education teachers. My father ended his career being a Principal of a Special Education school in Sydney.

I follow his principles: "If you can make even the smallest positive difference in a life, that might just be enough to give someone strength to fight through their difficulties for a better future."

What prompted you to get into this industry?

I've always worked in people related roles because that is what I enjoy doing.

For most of the beginning of my career I followed my father into education, doing learning material production for Distance Education.



Aged Care was a natural progression in my career and I've worked in aged care for several years now.

When I saw that there was a Resident Service Officer role advertised for Jimbelunga Nursing Centre, I jumped on it and was blessed to be accepted for the role. I find it wonderful that I can contribute to the custodial people of my adopted country.

Share a moment when you made a difference to a resident's day.

I find it very important to create a genuine bond with the residents, as this enriches their lives in their home, making them feel at home and a safe place.

Understanding their interests and taking time to listen to what they have to say is vital to this role, as sometimes even a slightest behavioural change can indicate something is wrong with them, where I will need to alert our nursing team.

Often, I'm silly around the residents, but I think they appreciate that. Everyone can do with a bit of daily humor and if I can do one funny or silly thing to make them smile, even just a little bit, it's very satisfying to me and makes me feel I'm doing a good job.

What are your hobbies outside of work?

I have an interest in fine arts and was accepted into Julian Ashton School of Art at 13 and still love creating.

My current creative interests have led me into aqua scaping and terrarium scaping.

To me it's like creating tiny living worlds.



Valentine's Day

We celebrated Valentine's Day by dressing up in pink and red and putting on a musical performance and special lunch for residents.

John Cornelius performed a well-curated list of love songs for the residents, leading to lots of dancing and a fun atmosphere, while everyone enjoyed some morning tea.

For lunch we served chicken mignons with roasted vegetables and chocolate mousse with strawberries and cream for dessert. Along with dining in the main lunch areas, we set up tables for partners and family members to enjoy a private lunch with their loved ones in the Jacaranda activity area.



Photo caption: Our staff love dressing up to make events extra special for residents.



Photo caption: Albert surprises Vivian with a beautiful bunch of flowers on Valentine's Day.



Photo caption: Steven watching all the entertainment with his visitor.



Photo caption: Uncle Jeff embracing the Valentine's Day vibes.





Photo caption: Uncle Harry enjoying the musical entertainment.



Photo caption: Uncle Athol and Aunty Delma yarning with Lifestyle and Activities Coordinator Sandra.



Photo caption: Jackie and her husband Dennis share a special lunch together.

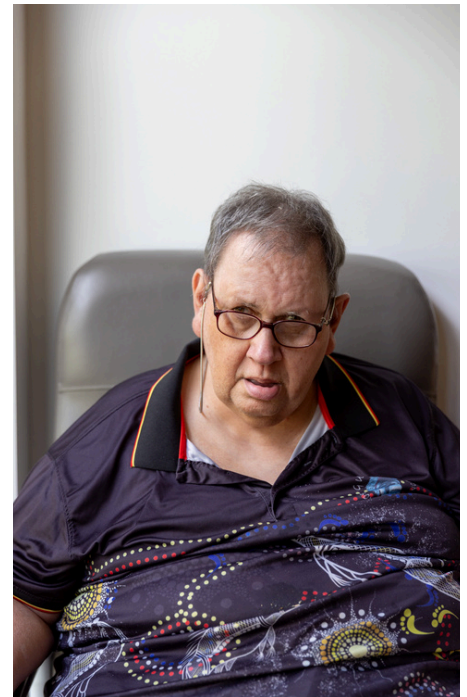


Photo caption: Jeff takes a break from working on one of his projects.





Photo caption: Tracy doing some artwork while enjoying the festivities.



Photo caption: Staff and residents had fun singing and dancing on the day. Glenys and Tammy (front) are pictured with Carol, Sharen, Deb and Sandra.



Photo caption: Violet with her son Peter who came to visit.



Photo caption: Peter shows the print out that Martha made for residents.



Photo caption: Uncle Ken having some morning tea while watching the musical performance.

