

Jimbelunga News

ALL THE LATEST NEWS IN OUR COMMUNITY



EDITION: MAY 2025

jimbelunga.org.au

 JimbelungaNursingCentre

WELCOME

Welcome to our May newsletter edition!

We are excited to share news about what has been happening at Jimbelunga Nursing Centre.

This edition includes updates on events, activities, special announcements, a staff profile and birthdays of the month.



Photo caption: Our golden penda trees have been bursting with blooms throughout Autumn much to the delight of local lorikeets, which have been happily feasting on the nectar.

Reflecting on Cyclone Alfred

Cyclone Alfred truly demonstrated how we overcome challenging times by supporting and uplifting one another.

Director of Nursing Renee Cole said that residents and staff did so well throughout the whole experience.

"Thanks to the dedication of our team, we continued to deliver the same excellent standard of care even when faced with the uncertainty of a natural disaster," she said.

"It was a real team effort on everyone's part. People stepped up and at times this meant prioritising coming to care for our residents as opposed to staying at home with their own families."

As we continued to wait for Cyclone Alfred's arrival, we carried on with our usual activities. We were not going to let a looming Alfred get in the way of bingo!



Photo caption: Uncle Jeff enjoys a meal in the great company of Renee during the lead up to Cyclone Alfred.

Celebrating Easter

Our Easter festivities were lots of fun with staff dressing up in colourful clothes and bunny ears to create a special atmosphere for residents.

Lifestyle and Activities Assistant Kya made lovely table decorations with residents in the lead up. The dining area was vibrant with egg and bunny adornments while the residents enjoyed lunch of crispy pork schnitzel, asparagus and potato bake.

After lunch, we held an Easter hat parade with staff walking through the dining area and showing off their costumes for residents to vote on the best dressed. Well done to Paige, Kim and Deb for taking out the titles! Later, we had a surprise visit from the Newhaven Community Care Easter Bunny who brought along chocolate eggs for all the residents.



Photo caption: Our staff dressed up to make the Easter celebration extra special for residents.



Photo caption: Violet embracing the Easter fun.



Photo caption: Donald with his family and Glenys.



Photo caption: Paige, Kim and Deb with their prizes for best dressed.



Photo caption: Teresa with her sister Mary.



Photo caption: Uncle Geoffrey with his family.

Family photo day coming soon!

Would you like to have some professional family photos taken of you and your loved ones?

We'll be inviting a photographer out to Jimbelunga for a day and are offering this opportunity as a gift to our community.

If you are interested, please let our friendly reception team know or email **JNC.Admin@atsichsbrisbane.org.au**

Please express your interest by 23 June. Then we'll be in touch to coordinate the date and share more details.



Photo caption: Senior Chef Rebecca makes pancakes alfresco for the residents to mark Shrove Tuesday (Pancake Day).

BIRTHDAYS

Eric
14 May

Donna
16 May

Donald
18 May

Jeffrey
27 May

Joan
27 May



April Fools Day

We had a belated Shrove Tuesday (Pancake Day) feast for residents. As the event took place on April Fool's Day, Lifestyle and Activities Officer Sandra decided to play a prank by making up a couple of plates with shaving cream instead of real cream and placing them in front of residents Aunty Rosa and Bev.

Before they went to take a bite, Sandra revealed the prank and they all had a good laugh and some fun flicking the shaving cream at one another!



Photo caption: Sandra prepares her shaving cream prank.



Photo caption: Bev and Aunty Rosa have a laugh with Sandra.

Anzac Day service

We held an Anzac Day service to remember the courage and sacrifice of the Australian and New Zealand Army Corps who landed on the Gallipoli peninsula in 1915 and to honour all those who served for our countries.

One of our residents, Jan, bought along her bunch of army bears and shared how meaningful they are to her. "My Dad served in the army," she said. "And I worked as a nurse, travelling with the army corps to different places."

Following the service, residents added poppies made out of cardboard and paper to a cross where wreathes were laid. Staff served Anzac biscuits and cups of tea and coffee to complete the event.



Photo caption: Residents and staff in silence during the Anzac Day service.



Photo caption: June goes to put her poppy up on the commemorative cross.



Photo caption: Jan and Father Ron prepare to lay a wreath on the Anzac Day cross.



Photo caption: Uncle Ken puts his poppy up and pays respects.



Photo caption: Carol with Aunty Delma adding a paper poppy to the cross.



Photo caption: Kya with Franz taking a moment to pay respect.

Flu shots to protect community

The weather is getting chilly and that means it's time to book in your flu shot to help keep yourself and our community safe.

The flu can be serious for our old people. Getting your flu shot helps stop the spread.

Even if you're young and healthy, the flu can make you really crook for a couple of weeks. If you pass it onto our old people, jarjums (children), pregnant mums and people with chronic conditions, they can end up seriously crook.

Help protect our community this flu season. Book a flu shot through your local clinic.



Photo caption: ATSICHS Brisbane life member Uncle Billy Gorham is pictured in this graphic provided by the Institute for Urban Indigenous Health.

Online safety tips

We use phones and other devices to shop, yarn, pay bills, watch videos and stay connected. But with cyber threats on the rise, it's important to stay alert!

Scammers and hackers can:

- Steal your identity
- Take your money
- Access your personal information
- Trick your friends and family with fake messages or calls

There are a few simple ways we can protect ourselves and our community online.

1) Add an extra layer of security

Multi-factor authentication (MFA) is a way of adding extra protection to your online accounts like your email, bank or social media. It means you need more than just a password to log in, you may need a code to log in as well. This code may be sent to your phone or email.

2) Keep your apps updated

Apps need to be updated regularly to keep your devices secure. Turn on automatic updates in your settings and don't ignore update reminders.

3) Use strong passphrases

A passphrase is different to a password and is more secure. Passphrases are made up of four or more random words. They are at least 14 characters long.

Example:

Password: Brissy24 (this would be easy to guess)

Passphrase: BlueDeadlyBrissyStar (much longer and harder to guess)

We'll be holding a workshop for residents about cyber safety in June so stay tuned for more information.

Flash back for Uncle Jeff

Resident Uncle Jeff has a long history with the Logan Brothers Rugby League Club. Lifestyle and Activities Officer Carol recalls him being the mascot back when her sons were playing football and said he would do the game scoreboards. Assistant in Nursing Kim, who is a life member of the club, surprised Uncle Jeff with a new club shirt and he was absolutely thrilled!

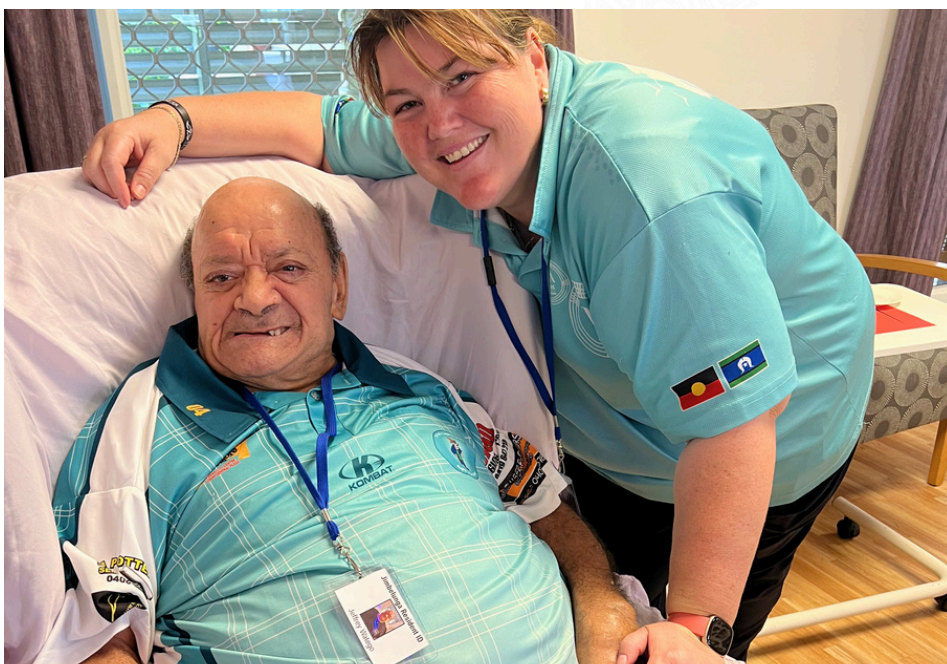


Photo caption: Uncle Jeff poses for a photo with Kim wearing his shirt from Logan Brothers Rugby League Club.

GENERAL UPDATES

Parking onsite at JNC

We all love to see residents being visited by their family and friends, but please be mindful when you do regarding parking. Please park your car on the street. Parking in any area on the grounds means Jimbelunga does not take responsibility if your car gets damaged. There is signage throughout the grounds to advise of this.

Smoking onsite

Jimbelunga is a legislated smoke free zone. Please ensure when onsite that all smoking is done away from the facility and out front. There is to be no smoking on the grounds at any time.

New clothing

We appreciate it when family and friends purchase new items for their loved ones. Please ensure that after residents receive their items, the clothing is then taken to administration for the labelling process to commence.

Avoid visits when crook

With flu season here, just a reminder to all staff and visitors that if you are not feeling well, please stay at home to help stop the spread and protect the Jimbelunga community.

Olive tree donation

Representatives from Newhaven Funerals visited to play word games and country flags. They gifted us an olive tree, which Groundsperson Michael is looking for a nice spot to plant.



Meet Michael Griffin



Michael recently joined the team as Groundsperson. Read our Q&A with Michael.

What do you love about your role?

Working with the people that I'm with and doing the job that I'm doing. I love being in nature, working with the plants and doing the gardens up. I love everything about it.

What prompted you to get into this industry?

I've been in the industry for the majority of my life. I love being outside in nature.

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

Just having a conversation, sitting down and listening to what they have to say. It really makes their day.

What are your hobbies outside of work?

Family. Working on cars. Jogging. I go for a 10km jog every second day. Fishing.



Photo caption: Staff celebrate Harmony Day with orange outfits to signify social connection.

Other special days

In March, we also celebrated Harmony Day and St Patrick's Day.

For Harmony Day, which is all about celebrating multiculturalism, we invited staff to bring food to share and wear orange (signifying social connection) or clothes from their home country. Barry Fletcher performed for the residents and inspired lots of dancing.

On St Patrick's Day, the theme was green, from decorations to clothing and food. Residents enjoyed a lunch of silverside, green vegetables and a special (white) sauce that was turned green by mashed up peas. This was followed by mint choc chip ice cream cones. Performer John Cornelius came along to provide the entertainment.



Photo caption: Operations Manager Belinda dancing with Uncle Bob on Harmony Day.



Photo caption: Harmony Day entertainment with Barry Fletcher.

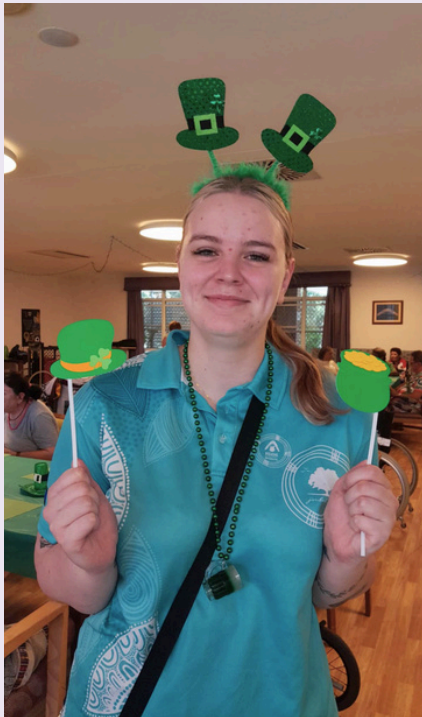


Photo caption: Miah adding to the St Patrick's Day atmosphere for residents.



Photo caption: Staff pose for a group photo in their St Patrick's Day-inspired outfits.



Photo caption: Auntie Nolene Watego visited Uncle Jeff along with sisters Auntie Louise and Auntie Cecilia.



Photo caption: Albert and Vivian making the most of the St Patrick's Day props.

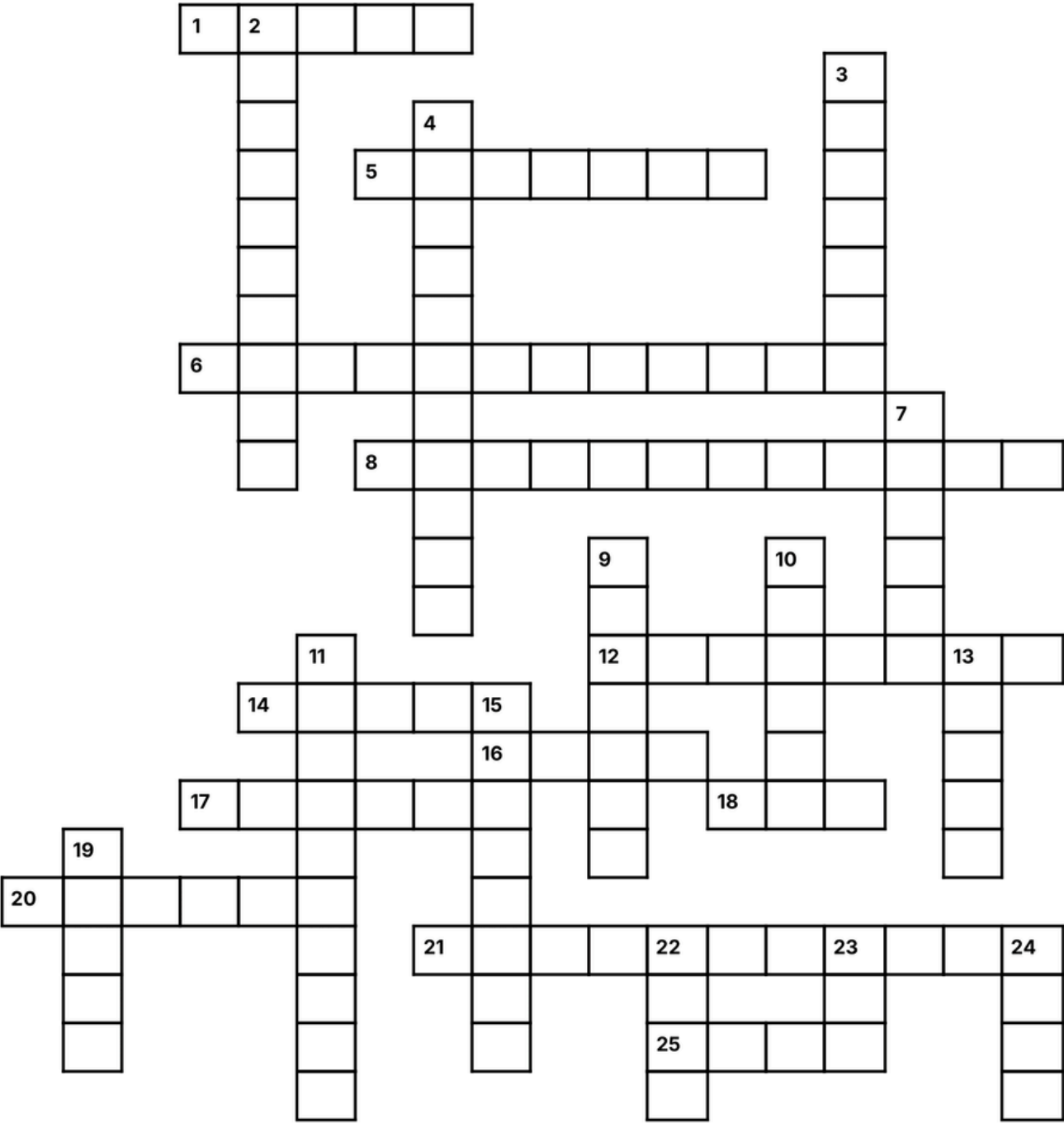


Photo caption: Norma Jean enjoying the St Patrick's Day event.



Crossword

COUNTRY MUSIC CROSSWORD





Crossword

COUNTRY MUSIC CROSSWORD



Across

1. 1961 hit by Patsy Cline (5)
5. Waylon Jennings and Willie Nelson sang 'Mammas don't let your babies grow up to be ____' (7)
6. Who sings 'on the road again'? (12)
8. Who sings 'Kiss an Angel good mornin'? (12)
12. Where is the Country music capitol of Australia? (8)
14. Faron who sings the 1966 song 'I miss you already'? (5)
16. Loretta Lynn and Conway Twitty sang 'You're the Reason Our Kids Are ____' (4)
17. In the Don Williams hit 'You're my best friend' he sings "you're my bread for when I'm ____" (6)
18. Finish the title of this 1988 song by Anne Murray. 'No room at the ____' (3)
20. In what song does Dolly Parton beg someone not to steal her man? (6)
21. Who is the best selling country artist of all time? (11)
25. In the famous Johnny Cash song he walks the what? (4)

Down

2. In this 1963 hit Johnny Cash sings "I fell into a burning ____" (10)
3. Alan who sings 'Summertime Blues'? (7)
4. "I'm a rolling stone all alone and lost" is the opening line to what Hank William song? (11)
7. In "Are the good times really over?" Merle Haggard sings that he wishes a buck was still what? (6)
9. Very well known Australian song released 1895, 'Waltzing ____' (7)
10. What is the surname of this pioneer of Australian country music, Smokey? (6)
11. Who sings 'take me home, country roads' (10)
13. According to the song, where do all of George Straits ex's live? (5)
15. Who has been called the "King of the Texas Troubadours" (8)
19. Jimmie Rodgers is credited with creating the blue what? (5)
22. 1957 Australian Country music hit, 'Lights on the ____' (4)
23. 1997 hit by Shania Twain 'you're still the ____' (3)
24. 1964 Carter family song 'Keep on the Sunny ____' (4)

