New era for aged care
Brookfield heritage honoured

Making a house a home
Generosity enables needy

Life of caring for seniors
Nurse’s career recognised
CEO’S Message

Life is to be celebrated. At Carinity, we rejoice in helping to create happy and fulfilling lives. Our organisation, employees and the people we serve, have much to celebrate and in this edition of Belong we showcase some of these stories.

Daphne Russell has plenty to celebrate. Not only did she join an elite group – the “100 Club” for centenarians – she also received a special birthday present from one of the most revered Australian sports people of our time (p.3).

Carinity continues to grow as we strive to help more older Queenslanders. The Residences at Brookfield Green in Brisbane’s west, a $30-million investment in seniors’ care that celebrates the history of a pioneering local family, is open for residents (p.4).

Our dedicated employees are amazing, and Esther Anulogun exemplifies the compassion our staff have for seniors in Carinity’s care. Esther celebrated 33 years of service to Carinity Colthup Manor residents by being presented with an industry award (p.6).

Following a long stay in hospital, Robert Lyndon was moving into rental accommodation – but he owned nothing except a suitcase and a handful of clothes. The inspiring story of how Carinity Our House and the community rallied to help a man in desperate need is worth celebrating (p.8).

For 20 years, students who struggled in mainstream schools have embraced a second chance for an education at Carinity Education Glendyne. Belong presents the history of Glendyne and shares a success story of a young person who turned her life around at the school (p.10).

Choosing the right Home Care Package can be difficult. Dave and Andrea Williamson praise Carinity Home Care for helping them to understand care packages and government funding, so they can keep living the life they love, in the home they’ve always loved (p.12).

Celebrate Carinity’s achievements with us, and praise those who make our achievements possible: “Make a joyful noise unto the Lord, all the earth: make a loud noise, and rejoice, and sing praise” (Psalms 98:4).

Jon Campbell

Recalling a message from the Queen on your 100th birthday is special. But Daphne Russell reckons getting a gift from rugby league royalty is just as great.

A footy-loving senior who lives at Carinity’s Clifford House aged care community in Brisbane, Daphne recently celebrated her milestone birthday.

One of Daphne’s birthday presents was a North Queensland Cowboys jersey signed by her favourite rugby league player, Queensland Maroons and Australian Kangaroos legend Johnathan Thurston.

“When I saw it, I was absolutely rapt. I thought it was lovely of him to do that,” Daphne says.

Daphne was born in Mackay on 22 July 1918, the youngest of nine siblings – five sisters and four brothers.

Daphne Russell holds her 100th birthday present from rugby league legend Johnathan Thurston.

She lived in Monto and Rockhampton. “I spent most of my life in the country, where my dad was building railway lines,” Daphne says.

Daphne worked as a sales assistant and dressmaker and loved playing golf and lawn bowls.

The sports fan loves cheering for the Cowboys, watching State of Origin rugby league, golf and AFL on television, reading the newspaper, crocheting, singing, and listening to music on the radio.

Daphne is the second centenarian living at Carinity Clifford House, joining Susanah Martin in the exclusive “100 Club”.

Carinity Colthup Manor and Carinity Brookfield also welcomed new inductees into the “100 Club” this year, with Elsie Payne, Nora Cottingham and Harold Kleinschmidt joining the centenarian ranks.

Footy fan Daphne kicks on to 100 years
Carinity’s newest community for seniors heralds an exciting new era in aged care – while paying homage to the history of Brookfield and a stalwart family of Queensland’s Baptist community.

The Residences at Brookfield Green is a $30-million environmentally sustainable development that promises to deliver the best in aged care – and enhance the legacy of Carinity caring for older Queenslanders for almost 70 years.

Brookfield Green is the name for the $60-million master-planned re-development of Carinity’s property nestled in the hills of Brookfield, a serene semi-rural community 16km west of Brisbane city.

The Residences is stage one offering 96 hotel-style luxury rooms with private ensuites and state-of-the-art care facilities. Later stages will include retirement villas and supported living accommodation.

The new building’s design creates the feel of a stylish contemporary hotel, rather than a traditional residential aged care centre, and delivers stunning views and full-service care in a community for seniors unlike any other.

Utilising solar energy power, The Residences has been integrated into the local environment through energy-efficient design and lighting and a focus on waste management and water minimisation.

The new building complements Carinity’s existing aged care and retirement community at Brookfield, opened as “Resthaven” in 1972 on land gifted to the Baptist Union of Queensland by the Dart family.

“We’ve already built a wonderful community at Brookfield. By redeveloping the site, we are able to give our existing and future residents the best care and lifestyle possible,” Carinity CEO Jon Campbell says.

The new aged care precinct pays tribute to the history of Brookfield – and to a family whose connection to the district stretches back 150 years.

“Carinity is proud to build on its strong links to Brookfield and honour a family who have served the Baptist Church over several generations. Descendants of the pioneering Dart family work for Carinity,” Jon says.

Names chosen for the three wings of The Residences and its dining room pay hommage to the Dart family, which migrated to Brookfield in 1869 and whose descendants have been actively involved in Baptist endeavours.

Honouring the traditional owners of the land, the building’s top floor is named “Bundaleer”, the Indigenous word for “among the trees”, while the on-site café reflects the area’s timber-getting heritage.

Furniture and furnishings from the original Resthaven building have been incorporated into the new building.

For more on The Residences at Brookfield Green or to arrange a private tour call (07) 3550 3783.
Life of care recognised with industry award

Since she was a young girl, Esther Arulogun knew she wanted to become a nurse so she could help others.

Now her dedication to the elderly for more than 30 years has been recognised with a prestigious aged care industry award.

A Registered Nurse at Carinity’s Colthup Manor aged care community in Ipswich, Esther was awarded the Lifetime of Achievement Award by Aged and Community Services Australia (ACSA).

“I feel that it’s a privilege to win this award and I think it’s really meaningful work to take care of these elderly people,” Esther says.

Esther was raised in Hong Kong and undertook post-graduate study in London, before moving to Queensland. She has been employed by Carinity since 1985, working all that time at Colthup Manor.

“When I was younger I was always a sick child and I was sent to hospital a couple of times, so I wanted to become a nurse to look after sick people,” Esther says.

“I feel it is most meaningful to help the elderly people. When I see sick elderly people recover and they feel better they will say, ‘Thank you so much’, and it feels really good.”

Carinity Colthup Manor Customer Service Coordinator Karen Bird says while Esther has seen many changes in aged care, her dedication to seniors has remained constant.

“During the more than three decades she has worked in aged care, her dedication to the profession and her compassion and empathy towards the residents has been unwavering,” Karen says.

“In a world in which you can expect to have four jobs in a lifetime, Esther’s achievement of 35 years in aged care is rare enough, but to have also spent 33 of those years at the one place — Carinity Colthup Manor — is truly astounding.”

Carinity CEO Jon Campbell says Esther is a deserving award recipient because of her “prolonged dedication to ensuring the quality and comfort of care for the aged.”
Community helps Robert feel ‘right at home’

When Carinity’s Our House disability service invited the community to help a local man in need, the response was immediate – and far-reaching.

After a long stay in hospital, Our House client Robert Lyndon, 65, found his rental accommodation was no longer available. The move meant he literally owned nothing but a suitcase and the clothes on his back. Robert desperately needed basic household items such as bedding, whitegoods, furniture and kitchen items for his new home.

When Carinity put out the call, the community response was immediate and overwhelming. Within a week, donations had been received from as far away as Tin Can Bay and Redcliffe, including one supporter who offered to help with a remarkable gesture.

Maggie Poole from Carinity Our House, in Toogoolawah, says the woman heard news of Robert’s dire situation and donated all the furniture from her family’s house at Kippa-Ring.

“She called to say her mother-in-law had gone into a nursing home and she had a complete house full of furniture and whitegoods to donate to us,” Maggie says.

“The selfless gestures of this Good Samaritan and our other kind donors really have changed Robert’s life, uplifted him through positivity, and helped to steer him away from a desperate situation.”

Carinity Our House employees took delivery of a truck-load of donated items such as beds and bedding, tables and chairs, cushions, microwave oven, refrigerator and kitchen items, and furnished Robert’s home.

“When I was first shown the house by a real estate agent there wasn’t a stick of anything in it, it was like a shell of a house,” Robert says.

“Later when I walked inside there was furniture and placemats, linen and a vacuum cleaner, a flat-screen television and everything I could ever have wanted.

“One of the great gifts was furniture given to me by a lady who was going into palliative care. She said she was leaving home and that all of the items from her place could go to me.

“I had tears of happiness. These people in Carinity, they’ve got it screwed on and they know how to care for people.”

To donate to Carinity’s community services phone (07) 3550 3737 or make a financial contribution online at carinity.org.au/donations.
Glendyne educating youths for 20 years

Around 120 young men and women make up this year’s cohort and “hundreds, if not a thousand or more” positive educational outcomes have been achieved for students over the past two decades.

Before attending Carinity Education Glendyne, Jada Perkins was “a teenager that didn’t like school” and was frequently absent from her former school.

“If it wasn’t for Glendyne I wouldn’t be where I am today. That school helped me in so many ways. They didn’t just teach me basic stuff, they taught me how to be an adult,” Jada says.

“I have nothing but good things to say about this school and sometimes I wish I could go back and do it all over again.”

After gaining a traineeship through school, Jada now works in hospitality and will soon commence study to become a youth worker.

“It was the teachers and youth workers at Glendyne that inspired me to do this. I just pray that I can help kids like me,” Jada says.

As one of Carinity’s four schools, Carinity Education Glendyne caters to students from Years 6 to 12, including at-risk and disengaged youth who have struggled to overcome personal barriers and challenges.

“Our teachers and staff get much satisfaction from seeing teenagers who arrived at Glendyne lacking direction and confidence and with a clouded educational future, and seeing them develop into valuable contributors to their community,” Dale says.

Carinity Education Glendyne will celebrate its 20th anniversary with an event at the school at Nikenbah on October 26.
For Dave and Andrea Williamson, choosing a home care package that best suited their needs was like “navigating a minefield”.

Carinity Home Care helps seniors and their family understand how home care packages work and how to access Federal Government funding for the services.

“Walking through the government paperwork is a minefield and trying to decipher what they’re all trying to say is just mind boggling,” Dave says.

Carinity helped Dave and Andrea access funding for a government-subsidised Home Care Package, a process they found quite confusing. Andrea adds: “For people who don’t have clarity of mind, to go through some of the paperwork that you get is hard to understand without some help.”

Home care services help older people to keep living independently in their own homes. The Williamson’s sought Carinity Home Care help with cleaning and gardening after Dave was hospitalised following a fall.

“I wanted someone to help with the grass and to help look after the gardens because that’s what I enjoy but I’m now unable to do it. Carinity provides that service,” says Dave, who also receives weekly physiotherapy.

Andrea says home care allows her and Dave to maintain their independence and feel safe and secure in their home, where she has lived for almost 60 years.

“I’d love to stay here – I don’t really want to move. I don’t see that we really will need to move with Carinity coming in with their caring,” Andrea says.

“We’re lucky that we have family that will support us but there are times when they can’t do it because they’re busy themselves. Carinity is only a phone call away and they will organise things for you.”

Visit CarinityHomeCare.org.au or phone 1300 109 109.