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BEAUMONT CARE **CLONTARF**

Service Manager: Katie Morgan
(07) 3284 6638
39 Baringa Street,
Clontarf Qld 4019

BEAUMONT CARE KIPPA-RING

Service Manager: Suhki Bajwa
(07) 3883 2475
111 George Street,
Kippa-Ring Qld 4021

BEAUMONT CARE MT. TAMBORINE

Service Manager: Genevieve Verhoeff
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North Tamborine Qld 4272

BEAUMONT CARE WAMURAN

Service Manager: Karen Wockner
(07) 5328 1299
60 Ziviani Road,
Wamuran Qld 4512



BEAUMONT CARE

Warm-Hearted Care, Your Way

A MESSAGE FROM LINDA BEAUMONT

I have been driven by the excitement of business for so many years, but I am now starting to understand what fortunate others enjoy when we take special time out for ourselves and our loved ones. I am relishing my 'Linda time', a rare and guilty pleasure for me!

From here on, Beaumont Care's Director, my friend, lawyer, and colleague of many faithful years, Michael Goss, has agreed to my request that he head up the company's governance, reinforced and supported by our talented Chief Executive, Elise Wardell, and her management team who are making and planning many exciting changes. These dedicated people are well known to many of you, our residents and caring staff. We share a bright company future full of promise, safety, determination and perhaps in time – growth. These are set in stone for all to see.

My personal mantra of "I'll never retire" was possibly misguided – "Did I really say that out loud?"; I am sincerely thrilled to report to you all - taking time out for this health moment has been just the ticket for me, reflecting upon a spectacularly fulfilling life, including with you all – my dear personnel who drive Beaumont Care forward every day, our beautiful residents and their families.

Please do continue extending genuine warmth and every courtesy to the people who assist you daily, making your choice of Beaumont Care as your home or workplace ring true and meaningful for you with joy. Michael, Elise, and my wonderful team - alas for you....it's back to the grindstone – there is much to be done!

Lots of love,

Linda

FROM OUR SERVICE MANAGER



Katie is taking a well-deserved break at time of printing but will return to us rested and refreshed in time for Anzac Day.

Katie always expresses her open-door policy so if you have any thing you would like to discuss with her, feel free to pop in.

Hello all,

This year is already flying along with Winter just around the corner, and as much as we all didn't like the muggy hot weather, we're already not looking forward to being too chilly either!

As we age, our ability to acclimatise to cold weather may change. Once upon a time we may not have felt the cold, but as we get older we may feel more sensitive to cold weather. This can occur for several reasons:

- A decrease in the metabolic rate. Ageing bodies are not capable of generating enough heat to maintain the normal body temperature of 36-37c.
- Thinning of the fat layer beneath the skin.
- Low blood pressure.
- Possibly less physically active.
- Side effects from certain medications.
- Medical conditions such as thyroid disease or high cholesterol.
- Poor blood circulation.

Signs of cold sensitivity are more than just feeling cold or shivering! They can also include:

- Skin turning pale.
- A slower rate of breathing.
- Drowsiness
- Confusion
- Undue fatigue.
- Loss of co-ordination.
- Memory loss.
-

There are a number of things we can do to assist you in staying warm this winter. These include:

- Raising the ambient temperature in your room or in a common area.
- Ensuring their home is well insulated to retain the heat and draft proofing doors and windows.
- Providing warm beverages such as tea/coffee or a cup of hot chocolate.
- Layering blankets rather than using just one heavy blanket or doona.
- Dressing in layers rather than heavy clothing, and starting with basic thermals such as a singlet.
- Trying to get your loved one to move around, rather than sitting all the time.
- Supplying a wheat pack, or back/hand warmer which can be heated quickly in the microwave.
- Eating well, for eg. warming soups which contain nutrients required to maintain a healthy immune system.

If you would like to speak to me about anything, please come and see me or ask staff to come and get me so I can come and spend time with you. As always, the clinical team and I are here to provide you with assistance, support and comfort.

Please don't hesitate to call on me at any time.

BEST WISHES

Marnie

FROM OUR LIFESTYLE TEAM

Leisure and Lifestyle wish you all well and hope you are keeping warm on these cooler days.

Last month saw us celebrating Easter. Our residents were spoiled by the Easter Bunny who visited them overnight with a little basket of goodies - we think there may be a few chocoholics amongst us, as the chocolates disappeared very fast.

A very special service was held on ANZAC Day at our facility. The service was conducted by John Woolnough, a local veteran. Thankyou John for giving up your time and holding the service for our residents.

At our Arts and Crafts activity, a couple of residents painted some beautiful red poppies to decorate the home and quite a few really enjoyed making ANZAC Biscuits, reminiscing about making them in the past with their families. They tasted yummy. Nothing beats a warm ANZAC.

We are pleased to have Nikki join us in Lifestyle at the moment. Nikki is on placement with us at present, completing her Diversional Therapy course and is enjoying every moment here with us.

Our bus trips are proving very popular, and residents are reminded our seating is limited. So we ask residents to be understanding on when they can go out and ensuring everyone has the opportunity to go out.

Our volunteer Margaret visits us every second Friday to play the Piano for us. She brings such joy to all residents as she belts out the oldies that we all remember. We do appreciate her giving up her time for us. Some of our residents are talking about forming a small choir group. Sounds interesting. Lifestyle welcome anyone with talent to come and entertain the residents.

Lifestyle wish everyone celebrating Mother's Day a very happy occasion.

UNTIL NEXT TIME, PLEASE TAKE CARE...

Mary, Katrina, and Nikki

STAFF MEMBER PROFILE

Beaumont Care Staff Member, Kurt, shares some insight about themselves and their role at Beaumont Care Clontarf.

Hi, my name is Kurt. I have been at Beaumont Care now for 5 months.

I am an AIN on the afternoon shift, I enjoy spending time getting to know the residents. I like to learn about their lives and interests. I enjoy being able to assist the residents with their care needs.

I feel like Beaumont Care is a family environment and am enjoying getting to know my work colleagues and building relationships with them as well as the residents.

I would like to travel within Scandinavia, visiting countries such as Norway.

My favourite food is curries or sushi, anything in the Japanese cuisine range really. My favourite colour is blue.

I am interested in cooking, martial arts and studying health science.

I don't have any pets currently.

I hope you will say Hello to me if you see me at work, Thank you for taking to time to learn about me.



Welcome...

On behalf of all the
Beaumont Care family,
we warmly welcome all of
our new residents, along
with their family and
friends.

May BIRTHDAYS

Paul Wegner - 1st

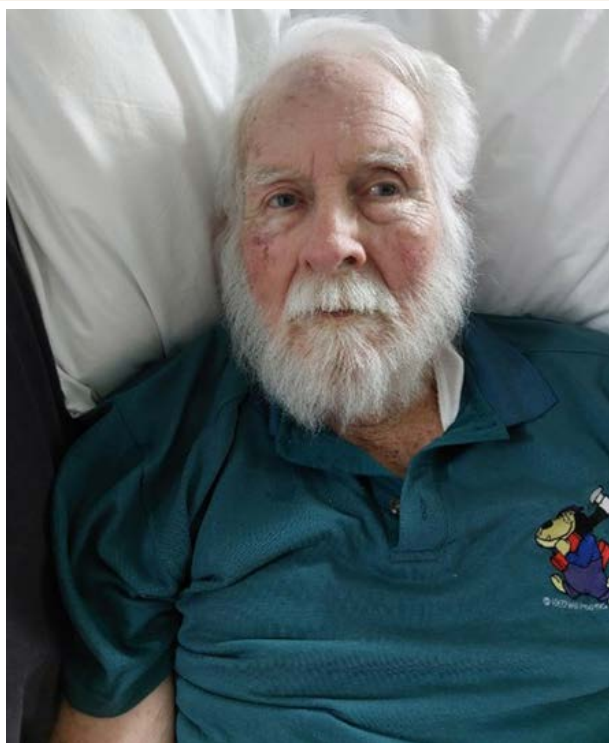
Graydon Murdock - 7th

Morann McGuire - 10th

*Happy
Birthday!*



GETTING TO KNOW OUR RESIDENTS



Geoff Hollis

Hi, my name is Geoffrey, people call me Geoff.

I came to live at Beaumont Care on 15.02.23 and am now quite settled.

My loving wife Robyn, and my family (daughters Martina, and Casey and son Brook), visit me often. They make sure I have someone visit me daily.

I was born in Cunungra. I was a truck driver and motor mechanic in my working days.

I love reading the daily paper during the day, it is very relaxing.

Management and staff offer our deepest sympathy and
condolences to the family and friends of

Joan Webber and David Johnson

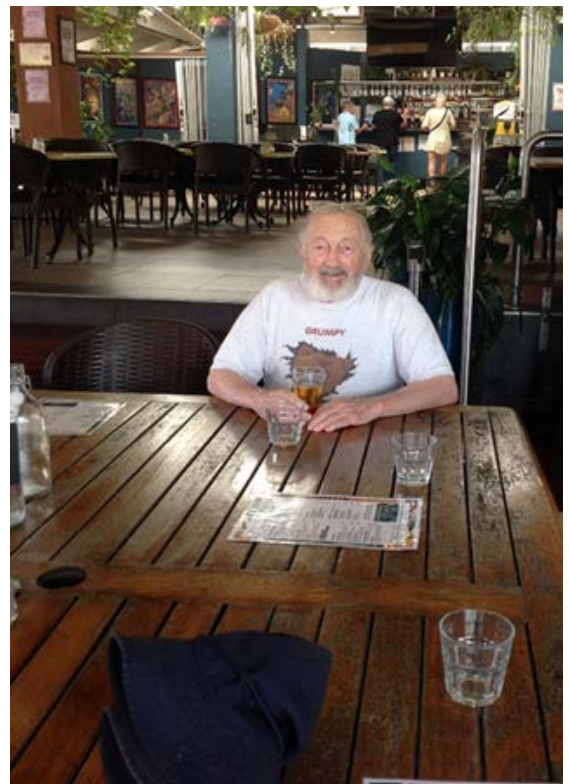
LIFE AT BEAUMONT CARE



LIFE AT BEAUMONT CARE



LIFE AT BEAUMONT CARE



LIFE AT BEAUMONT CARE



LIFE AT BEAUMONT CARE



**HAPPY 90TH BIRTHDAY, CORRINNE!
FROM ALL OF US AT BEAUMONT CARE**

THIS MONTH IN HISTORY

May

SYMBOLS OF MAY

- May's birthstone is the emerald.
- May's birth flowers are the Lily of the Valley and the Crataegus monogyna.
- The zodiac signs for the month of May are Taurus (until May 19) and Gemini (May 20 onwards).

HISTORY

May is the fifth month of the year in the Julian and Gregorian calendars and the third of seven months to have a length of 31 days. May (in Latin, Maius) was named for the Greek Goddess Maia, who was identified with the Roman era goddess of fertility, Bona Dea, whose festival was held in May.

May 1st - Observed as May Day, a holiday and spring festival since ancient times, also observed in socialist countries as a workers' holiday or Labor Day

May 4, 1494 - During his second journey of exploration in the New World, Christopher Columbus discovered Jamaica.

May 6, 1937 - The German airship Hindenburg burst into flames at 7:20 p.m. as it neared the mooring mast at Lakehurst, New Jersey, following a trans-Atlantic voyage. Thirty six of the 97 passengers and crew were killed. The inferno was caught on film and also witnessed by a commentator who broke down amid the emotional impact and exclaimed, "Oh, the humanity!" The accident effectively ended commercial airship traffic.

May 7, 1945 - In a small red brick schoolhouse in Reims, Germany, General Alfred Jodl signed the unconditional surrender of all German fighting forces thus ending World War II in Europe. Russian, American, British and French ranking officers observed the signing of the document which became effective at one minute past midnight on May 9th. Jodl was then ushered in to see Supreme Allied Commander, General Dwight D. Eisenhower, who curtly asked Jodl if he fully understood the document. Eisenhower then informed Jodl that he would be held personally responsible for any deviation from the terms of the surrender.

May 10, 1994 - Former political prisoner Nelson Mandela was inaugurated as president of South Africa. Mandela had won the first free election in South Africa despite attempts by various political foes to deter the outcome.

May 12, Birthday - British nurse and public health activist Florence Nightingale (1820-1910) was born in Florence, Italy. She volunteered to aid British troops in Turkey where she improved hospital sanitary conditions and greatly reduced the death rate for wounded and sick soldiers. She received worldwide acclaim for her unselfish devotion to nursing, contributed to the development of modern nursing procedures, and emphasized the dignity of nursing as a profession for women.

May 14, 1796 - Smallpox vaccine was developed by Dr. Edward Jenner, a physician in rural England. He coined the term vaccination for the new procedure of injecting a milder form of the disease into healthy persons resulting in immunity. Within 18 months, 12,000 persons in England had been vaccinated and the number of smallpox deaths dropped by two-thirds.

May 20, 1932 - Amelia Earhart became the first woman to fly solo across the Atlantic. She departed Newfoundland, Canada, at 7 p.m. and landed near Londonderry, Ireland, completing a 2,026-mile flight in about 13 hours. Five years later, along with her navigator Fred Noonan, she disappeared while trying to fly her twin-engine plane around the equator.

May 31st, Birthday - American poet Walt Whitman (1819-1892) was born in Long Island, New York. His poem Leaves of Grass is considered an American classic. His poetry celebrated modern life and took on subjects considered taboo at the time.

Have you got Enduring Power of Attorney or Advanced Health Directive paperwork that you haven't supplied to the office?

Please forward to
clontarf@beaumontcare.com.au

Updated or changed your email address, phone number or postal address recently?

Please forward to
clontarf@beaumontcare.com.au

GENERAL HOUSEKEEPING

Resident/family members bringing in food to place in fridges - these items need to be labelled with the resident's name.

Please ask staff who can assist you in completing the required form to document expiry date etc.

Lost and found will be held monthly in the tv lounge. If you have lost any items of clothing please come along.

Do you enjoy reading? Redcliffe Library attends our facility every month.

Just a gentle reminder that the Admin Office is closed over the weekend. Any residents who are requiring any money, please see Katrina on Friday.

A REMINDER FOR OUR RESIDENTS

Please ensure you are keeping your fluid intake up, especially in warmer weather.

Remember that there are always alternative meal options if you do not like what is offered.

Remember to put sunscreen on when going outside.

Please tell a nurse if you would like to see a doctor.

Please make sure you have correctly fitting footwear, this prevents shoes from rubbing on skin and falls.

CHURCH SERVICES

Catholic services are held every Friday at 10am

Anglican services are held the fourth Thursday of each month at 10am

Non-denominational services are held monthly at 2.30pm

HAVE YOUR SAY

Beaumont Care is committed to providing high quality care and services. We invite you to assist us by letting us know what we do well and what we need to adjust so that we can improve our performance. We respect the opinions of our clients and those who visit our residential services. Speak to us today or alternatively leave feedback in the comments, concerns and suggestions box. See below the following avenues that are available to provide feedback, ideas, opinions, comments and advice.

EMAIL

Service Manager: katiemorgan@beaumontcare.com.au

Clinical Nurse: cn-clontarf@beaumontcare.com.au

Executive Team: exec@beaumontcare.com.au

PHONE

Clontarf Facility: (07) 3284 6638

Service Manager: 0412 839 440

FEEDBACK FORMS

There are suggestion boxes located at the facility.

Feedback forms can be found alongside.

ONLINE ELECTRONICALLY

Beaumont Care has an online 'feedback form accessible at www.beaumontcare.com.au

NEWSLETTER / SURVEYS / GROUP EMAIL

Residents and their representatives are encouraged to participate in satisfaction surveys released bi-annually. Newsletter format has been updated to be more informative to enhance transparency with the changes expected within the aged care sector. Group emails are utilised on an as needed basis to disseminate information quickly to resident representatives.

HELPFUL LINKS & RESOURCES

Aged and Disability Advocacy Australia 1800 818 338

Aged Care Complaints Commission 1800 550 552

Cultural Diversity in Australia www.culteraldiversity.net.au

Older Persons Advocacy Network 1800 700 660 www.opan.com.au

Palliative Care (08) 7221 8233 www.eldac.com.au

Human Rights Commission Queensland 1300 130 670 www.qhrc.qld.gov.au

Dementia Support Australia (02) 8437 7355 www.dementiacentre.com

Aged Care Quality & Safety Commission 1800 951 822 www.agedcarequality.gov.au

Advanced Care Planning 1300 007 227 www.advancecareplanning.org.au

Charter of Aged Care Rights www.agedcarequality.gov.au/resources/charter-aged-care-rights

Client Activity Program – May 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1st 	2nd Morning chats 9am Walking Group followed by exercises 9.30am Pet Therapy 10.30am Outside Games 1pm Afternoon Movie 2.30pm Word Game	3rd Morning chats 9am Walking Group followed by exercises 10.30am Coronation Craft 1pm Exercises - Jazz 2pm Residents Choice 3pm The Chase	4th Bus Trip Morning chats 9am Walking Group followed by exercises 10.30am Craft 1.30pm Word Building 4pm Ch 7 News	5th Morning chats 9am Walking Group followed by exercises 10.30am Piano with Margaret 2.30pm Bingo 4pm The Chase – News	6th No Planned Activities Rest Day 	7th No Planned Activities Rest Day 
8th Morning chats 9am Walking Group followed by exercises 10.30am Cards, games etc 1pm Exercises - Jazz 2.30pm Game of Hoy 3pm The Chase – News	9th Library Morning chats 9am Walking Group followed by exercises 9.30am Pet Therapy 10.30am Craft – Turtle Day 1pm Afternoon Movie 2.30pm Word Building	10th Catholic Church Morning chats 9am Walking Group followed by exercises 10am Friendship Ceremony – Morann & John 10.30am Concert with Di 1pm Exercises - Jazz 2pm I Have, I Never Have	11th Bus Trip Morning chats 9am Walking Group followed by exercises 10am Katrina's Shopping 10.30am Art 1.30pm Word Building	12th Morning chats 9am Walking Group followed by exercises 10.30am Sing-along 2.30pm Happy Hour 4pm The Chase – News	13th No Planned Activities Rest Day 	14th No Planned Activities Rest Day 
15th Morning chats 9am Walking Group followed by exercises 10.30am Cards, games etc 1pm Exercises - Jazz 2.30pm Jack The Music Man 3pm The Chase – News	16th Morning chats 9am Walking Group followed by exercises 9.30am Pet Therapy 1pm Cupcake Baking 2pm Games	17th Catholic Church Morning chats 9am Walking Group followed by exercises 10.30am Craft 1pm Exercises – Jazz 1.30pm Resident's Meeting 2pm Advocacy Talk	18th Bus Trip Morning chats 9am Walking Group followed by exercises 10am Craft / Games 10.30am Art 1.30pm Word Building	19th Morning chats 9am Walking Group followed by exercises 10.30am Piano with Margaret 2.30pm Bingo 4pm The Chase – News	20th No Planned Activities Rest Day 	21st No Planned Activities Rest Day 
22nd Morning chats 9am Walking Group followed by exercises 10.30am Cards, games etc 1pm Exercises - Jazz 2.30pm Game of Hoy 3pm The Chase – News	23rd Morning chats 9am Walking Group followed by exercises 10.30am Movie 1pm Afternoon Movie 2.15pm Word Game	24th Catholic Church Morning chats 9am Walking Group followed by exercises 10.30am Movie 1pm Exercises – Jazz 2pm Residents Choice 3pm The Chase	25th Bus Trip Morning chats 9am Walking Group followed by exercises 10am Katrina's Shopping 10.30am Craft 1.30pm Word Building	26th Morning chats 9am Walking Group followed by exercises 10.30am Sing-along 2.30pm Happy Hour! 4pm The Chase – News	27th No Planned Activities Rest Day 	28th No Planned Activities Rest Day 
29th Morning chats 9am Walking Group followed by exercises 10.30am Cards, games etc 1pm Exercises - Jazz 2.30pm Game of Hoy 3pm The Chase – News	30th Pet Therapy Morning chats 9am Walking Group followed by exercises 9.30am Pet Therapy 1pm Cupcake Baking 2pm Games	31st State of Origin Morning chats 9am Walking Group followed by exercises 10.30am Craft 1pm Exercises - Jazz 1.30pm Movie 3pm The Chase	 HELLO May			 BEAUMONT CARE Warm-Hearted Care, Your Way