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**BEAUMONT CARE**

*Warm-Hearted Care, Your Way*

# A WORD FROM ELISE WARDELL

I hope you all are enjoying the warm winter in Queensland this year. I am certainly enjoying the delights of my new state of Queensland.

Over the past few months, residents and families may have noticed increased opportunities to participate in interviews and provide feedback about the services of the Aged Care Quality & Safety Commission. It has prompted me to provide information about the Aged Care Quality & Safety Commission works with Beaumont Care Aged and other Care Service Providers.

The Commission reviews services to ensure the quality care and safety of aged care services in Australia and is also responsible for monitoring the quality of care and services provided to aged care residents through comprehensive audits and assessments.

Beaumont Care has an excellent reputation among our residents and the broader communities in Wamuran, Mount Tamborine, Kippa-Ring, and Clontarf. Our reputation has been built over many years of striving for quality service and support to provide 'Warm Hearted Care your way'. This is achieved through our genuine focus on residents and their families. Our team's dedication and focus ensure consistency and quality support and assistance. We welcome the audits conducted by the Commission to validate the level of service we currently provide to continually improve services.

We encourage residents, families, staff, and management to participate in these meetings actively. Outside of the routine visits from the Commission, we also encourage residents and family members to maintain regular contact with the Service Manager at each site. Service Managers are there to support you to feel comfortable.

Our involvement with the Commission through many on-site visits throughout the year has confirmed the quality and warm-hearted service focus. This is a fantastic reflection of the dedication and focus of the Service Managers, Clinical, Care and Support teams.

The feedback from our Residents and families heartens us, and we look forward to ongoing input from all to provide a warm and supportive home environment.

*Elise*

## FROM OUR SERVICE MANAGER

August was named to Honor the first Roman Emperor Augustus Caesar (63 BC – AD14). Augustus comes from the Latin word "Augustus" meaning venerable, noble and Majestic. So here is to a majestic month before Spring comes back around.

Please give a beautiful Beaumont Care welcome to Halina and her husband Victor, Carey Lil (Nanna Big), Pat and Stevie. I task you all to find out one new tidbit from all these beautiful people and let me know what it is. There are some remarkable stories to be told and heard. Find out for us who is quite the sewer, the connoisseur cook, wanting to cook us all a hearty Goulash, who hit an amazing strike when the bus trip went ten pin bowling the other week, who loves a good fishing session, who used to build houses and who was a butcher? I think you will be surprised with the answers.

We have also said hello to a few new staff. Let me introduce to you AIN's Elissa, Kayleen, Grant, Monica, and Kim Lee. What is something new you can learn about them??

Public Health has advised everyone that this winter season is particularly nasty this year and as such there has been a noted increase in community acquired Influenza, Covid, and Rhinovirus. I would highly recommend taking advantage of the free influenza vaccination so as you can reduce your risk of contracting it this year. The numbers are particularly high at the moment, in the children aged 5 to 9 years which usually happens before the increase in the elderly. I can not stress enough to please reconsider your visits if you have any symptoms at all, please help us to keep the residents safe as something as simple as a common cold, can have a greater impact upon the elderly and vulnerable. We have again had Rhinovirus cases on site which we have been able to isolate quickly and please accept my thanks with your patience and understanding.

**Residents: Starting on the 2nd of August, Katrina will be doing a fortnightly shopping trip to Kippa Ring. Please let her know before this time if you would like to purchase something.**

Please, if you have feedback on anything at all, do not hesitate to let me know. Residents and their representative's input are a vital part of the running of any facility, please feel welcome to provide your thoughts, suggestions, and feedback at any time. My door is always open.

*Katie*

Hello all,

I found this article which, even though it was targeted at people of an older age, I think the messages are important for all ages. Some theorise that there are things associated with older age that contribute to a better sense of well-being such as:

An increase in Self-Acceptance – the older we are, the less worried we are about perfecting ourselves. We tend to hold a realistic view of our strengths and weaknesses and an attitude of acceptance toward any flaws. Instead of constant “self-improvement,” there is a tendency to relax into who we are.

Understanding We Cannot Please Everyone – many of us strive to please spouses, bosses, our parents, our friends, etc. As we age, we realise the futility of pleasing everyone. I love the quote “I can’t give you a sure-fire formula for success, but I can give you a formula for failure: try to please everybody all the time” (~Herbert Bayard Swope).

Ability to Live in the Present – it seems we spend much of our adulthood either getting over a terrible childhood or worrying about the future. For older adults, living in the present is often easier. Things of the past have often been accepted and resolved and the future is no longer a far-off thing to ponder, look forward to, prepare for, or fear. Research is clear that those who live in the present are far happier than those who dwell in the past or the future.

Not Taking Life for Granted – in our youth, it is so easy to make other things more important than our basic happiness and joy. We easily push aside our own joy for work, status, pleasing others, financial striving, etc. In older age, there is a tendency to recognise how short life really is and to not only be grateful for each day, but also for whatever current health we have.

Wisdom – after many trials and life experiences, many older people have a view of life that includes the wisdom to know how to handle many obstacles. Lessons learned offer older adults more ease when faced with challenges – they have acquired some skill at coping.

Even though it is now getting very chilly please don’t forget to keep up your fluids and keep as active as you can. We are lucky here in Qld to be able to enjoy the beautiful sunshine in our winter months. 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

Hi Everybody – Leisure and Lifestyle hope you are all keeping cosy and warm during these cooler days.

It is so nice to see our Beautiful Residents wearing their shawls, scarves, hand mittens, and beanies, made by a special group of Ladies, named Crafty Clickers. Thankyou to Roxanne and her team from all the residents. The Turtles and their babies and the wheelie walker bags are very appreciative by all.

July saw us keeping active with our daily walks, exercise program, and many other activities such as Ten Pin Bowling and Ball games. Our quizzes and word buildings are also stimulating and this brings us all together. A lot of times great minds think alike.

Christmas in July we all got spoilt by the great man who is known by his favorite saying HO HO HO.

This Month – August will see us celebrating the EKKA Day on the 14th Monday.

Leisure and welcome our new residents, their families, and friends and hope they are settling in well and meeting some new friends. Some residents like to get together and share their thoughts and welcome each others' company. There is a lounge area on B Wing which is available late in the afternoon for anyone wishing to chat and catch up – before dining for tea.

Thank You to all who have kindly donated various items such as books, dvd's, magazines etc. These are very welcomed and appreciated by all residents at the facility.

Till Next Month, Take good care of yourselves and look out for each other.

*Mary, Katrina, and Nikki*

## STAFF MEMBER PROFILE

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

Hi, my name is Leela Kepchaki.

I have accumulated 4 Months of working experience in this facility.

I enjoy the teamwork and the co-ordination from the colleagues and joking around with the residents.

My dream holiday would be to visit Ladakh. I have always been captivated by the breathtaking scenery and mountains.

My favorite color – I prefer black and white as it holds a significant appeal to me for various reasons.

My interests and Hobbies – I am always powered by nature, trees, rays of sunshine, Mountains, lakes and fresh air. So my hobby revolves around hiking.

Pets – I don't have now, but I raised a white fluffy puppy for 6 Years.

My favourite food/drink I choose spicy foods over sweets and iced tea is my all-time favourite.

I would like to share with others. Is – for me, every small thing matters, so is with Everyone I feel, so I try to understand and consider others' perceptions.



# Welcome...

On behalf of all the  
Beaumont Care family,  
we warmly welcome

**Maxine Adams,  
Victor Panchenko,  
Elizabeth Symonds,  
and Carey Smith**

along with their family  
and friends.

# August BIRTHDAYS

**Yvonne Westaway - 6th**

**Edward Scott - 9th**

**Dawn Richardson - 20th**

*Happy  
Birthday!*



## GETTING TO KNOW OUR RESIDENTS



### Elizabeth Symons

I was born in 1930 in Bulli, Woollongong NSW.

In the depression years, there was no work, only the coal mine that closed down. During the war, I walked to school as there was no buses.

My father migrated from Scotland to Australia for work. My brother and mother followed later by ship.

I married Fred, a builder, and had three daughters.

My hobbies are looking after all my great grandchildren, whom I all love so much.

I love to read and would like to do knitting soon or arts.

I am very happy here and love the room I am in.





# LIFE AT BEAUMONT CARE

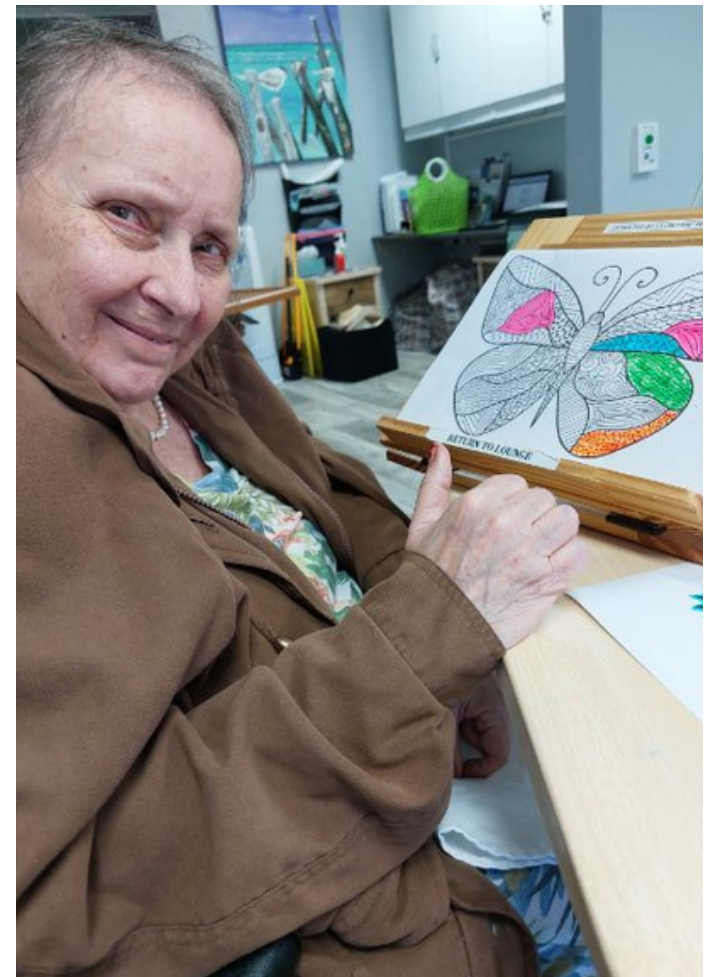


# LIFE AT BEAUMONT CARE





# LIFE AT BEAUMONT CARE



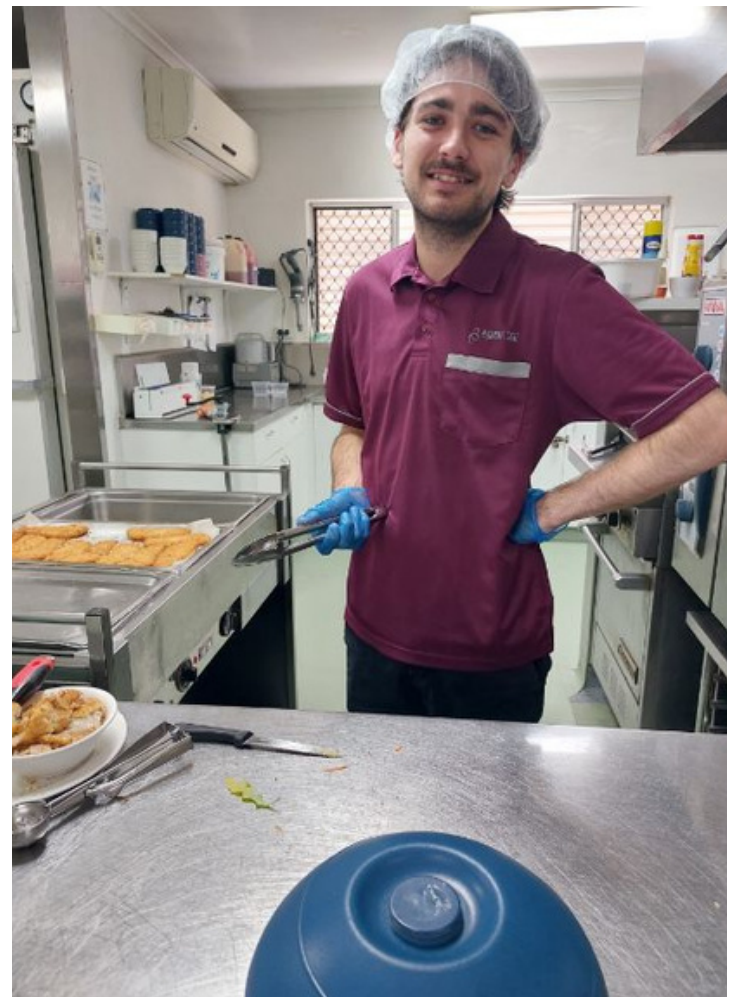


# LIFE AT BEAUMONT CARE





# LIFE AT BEAUMONT CARE



# THIS MONTH IN HISTORY

# August

## SYMBOLS OF AUGUST

August's birthstones are the peridot, sardonyx, and spinel. Its birth flower is the gladiolus or poppy, meaning beauty, strength of character, love, marriage and family. The Western zodiac signs for the month of August are Leo (until August 22) and Virgo (from August 23 onwards).

## HISTORY

August is the eighth month of the year in the Julian and Gregorian calendars, and the fifth of seven months to have a length of 31 days. It was originally named Sextilis in Latin because it was the sixth month in the original ten-month Roman calendar under Romulus in 753 BC, with March being the first month of the year. In 8 BC, it was renamed in honour of the Roman Emperor Augustus.

**August 1, 1838** - Slavery was abolished in Jamaica. It had been introduced by Spanish settlers 300 years earlier in 1509.

**August 5, 1962** - Film star Marilyn Monroe died at age 36 from an overdose of sleeping pills. She made 29 films during her career and came to symbolize Hollywood glamour.

**August 6, 1945** - The first Atomic Bomb was dropped over the center of Hiroshima at 8:15 a.m., by the American B-29 bomber Enola Gay. The bomb detonated about 1,800 ft. above ground, killing over 105,000 persons and destroying the city. Another estimated 100,000 persons later died as a result of radiation effects.

**August 6, 1809** - Birthday - British poet Alfred Lord Tennyson (1809-1892) was born in Somersby, Lincolnshire, England. He was appointed Poet Laureate in succession to William Wordsworth. Memorable poems by Tennyson include Ode on the Death of the Duke of Wellington and The Charge of the Light Brigade.

**August 6, 1881** - Birthday - Penicillin discoverer Alexander Fleming (1881-1955) was born in Lochfield, Scotland. By accident, he found that mold from soil killed deadly bacteria without injuring human tissue. He received the Nobel Prize in 1954.

**August 16, 1977** - Elvis Presley was pronounced dead at the Memphis Baptist Hospital at 3:30 p.m., at age 42.

**August 17, 1978** - The first transatlantic balloon trip was completed by three Americans; Max Anderson, Ben Abruzzo, and Larry Newman, all from Albuquerque, New Mexico. Starting from Maine on August 11th, they traveled in Double Eagle II over 3,000 miles in 137 hours, landing about 60 miles west of Paris.

**August 18, 1920** - The 19th Amendment to the U.S. Constitution was ratified, granting women the right to vote.

**August 19, 1871** - Birthday - Aviation pioneer Orville Wright (1871-1948) was born in Dayton, Ohio. In 1903, Orville and his brother Wilbur achieved the world's first successful sustained and controlled flight of a motor-driven aircraft, following years of experimentation with kites and gliders.

**August 24, 79 A.D.** - Vesuvius, an active volcano in southern Italy, erupted and destroyed the cities of Pompeii, Stabiae and Herculaneum.

**August 27, 1910** - Birthday - Mother Teresa (1910-1997) was born (as Agnes Gonxha Bojaxhiu) in Skopje, Yugoslavia. She founded a religious order of nuns in Calcutta, India, called the Missionaries of Charity and spent her life working to help the poor and sick of India.

**August 28, 1963** - The March on Washington occurred as over 250,000 persons attended a Civil Rights rally in Washington, D.C., at which Rev. Dr. Martin Luther King, Jr. made his now-famous I Have a Dream speech.

**August 30, 1797** - Birthday - Frankenstein author Mary Shelley (1797-1851) was born in London.

**August 31, 1997** - Britain's Princess Diana died at age 36 from massive internal injuries suffered in a high-speed car crash, reportedly after being pursued by photographers. The crash occurred shortly after midnight in Paris inside a tunnel along the Seine River at the Pont de l'Alma bridge, less than a half mile north of the Eiffel Tower. Also killed in the crash were Diana's companion, Dodi Fayed, 42, and chauffeur Henri Paul. A fourth person in the car, bodyguard Trevor Rees-Jones, was seriously injured.



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](mailto:clontarf@beaumontcare.com.au)

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

Please forward to  
[clontarf@beaumontcare.com.au](mailto: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](mailto:katiemorgan@beaumontcare.com.au)

Clinical Nurse: [cn-clontarf@beaumontcare.com.au](mailto:cn-clontarf@beaumontcare.com.au)

Executive Team: [exec@beaumontcare.com.au](mailto: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](http://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](http://www.culteraldiversity.net.au)

**Older Persons Advocacy Network** 1800 700 660 [www.opan.com.au](http://www.opan.com.au)

**Palliative Care** (08) 7221 8233 [www.eldac.com.au](http://www.eldac.com.au)

**Human Rights Commission Queensland** 1300 130 670 [www.qhrc.qld.gov.au](http://www.qhrc.qld.gov.au)

**Dementia Support Australia** (02) 8437 7355 [www.dementiacentre.com](http://www.dementiacentre.com)

**Aged Care Quality & Safety Commission** 1800 951 822 [www.agedcarequality.gov.au](http://www.agedcarequality.gov.au)

**Advanced Care Planning** 1300 007 227 [www.advancecareplanning.org.au](http://www.advancecareplanning.org.au)

**Charter of Aged Care Rights** [www.agedcarequality.gov.au/resources/charter-aged-care-rights](http://www.agedcarequality.gov.au/resources/charter-aged-care-rights)



| Clontarf Activity Program – August 2023                                                                                                                                                                                                                                 |                                                                                                                                                                                            |                                                                                                                                                                                                       |                                                                                                                                                                                       |                                                                                                                                                           |                                                                                                                                         |        |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|--------|
| Monday                                                                                                                                                                                                                                                                  | Tuesday                                                                                                                                                                                    | Wednesday                                                                                                                                                                                             | Thursday                                                                                                                                                                              | Friday                                                                                                                                                    | Saturday                                                                                                                                | Sunday |
| <b>1st</b><br><br><b>Morning chats</b><br>9am Walking Group followed by exercises<br>10.30am Art<br>1pm Afternoon Movie<br><b>2.15pm Word Building</b><br>2.30pm 1-1 Residents Rooms | <b>2nd</b><br><b>Morning chats</b><br>9am Walking Group followed by exercises<br><b>10.30am Movie</b><br>1pm Exercises – Jazz<br>2pm Resident's Choice<br>3pm The Chase & News             | <b>3rd</b><br><b>Morning chats</b><br>9am Walking Group followed by exercises<br><b>10am Craft / Games</b><br>10.30am Art<br>1.30pm Word Building<br>4pm Ch 7 News                                    | <b>4th</b><br><b>Morning chats</b><br>9am Walking Group followed by exercises<br>10.30am Sing-along<br><b>2.30pm Bingo</b><br>4pm The Chase – News                                    | <b>5th</b><br>No Planned Activities<br>Rest Day<br>                      | <b>6th</b><br>No planned Activities<br>Rest Day<br>    |        |
| <b>7th</b><br><b>Morning chats</b><br>9am Walking Group followed by exercises<br>10.30am Cards, games etc<br><b>1pm Exercises – Jazz</b><br>2.30pm Game of Hoy<br>3pm The Chase & News                                                                                  | <b>8th</b><br><b>Morning chats</b><br>9am Walking Group followed by exercises<br><b>9.30am Pet Therapy</b><br>10.30am Craft<br>1pm Afternoon Movie<br><b>2pm Word Building</b>             | <b>9th Catholic Church</b><br><b>Morning chats</b><br>9am Walking Group followed by exercises<br>10am Cooking<br>1pm Exercises – Jazz<br><b>1.30pm Resident's Meeting</b><br><b>2pm Advocacy Talk</b> | <b>10th Bus Trip Lunch</b><br><b>Morning chats</b><br>9am Walking Group followed by exercises<br><b>10.30am Art</b><br>1.30pm Word Building<br>4pm Ch 7 News                          | <b>11th</b><br><b>Morning chats</b><br>9am Walking Group followed by exercises<br>10.30am Sing-along<br><b>2.30pm Happy Hour</b><br>4pm The Chase – News  | <b>12th</b><br>No Planned Activities<br>Rest Day<br>   |        |
| <b>14th</b><br><b>Morning chats</b><br>9am Walking Group followed by exercises<br>10.30am Cards, games etc<br><b>1pm Exercises – Jazz</b><br>2.30pm Game of Hoy<br>3pm The Chase – News                                                                                 | <b>15th Library</b><br><b>Morning chats</b><br>9am Walking Group followed by exercises<br>10.30am Cards, games etc<br><b>1pm Cupcake Baking</b><br>2pm Games<br>2.30pm 1-1 Residents Rooms | <b>16th Catholic Church</b><br><b>Morning chats</b><br>9am Walking Group followed by exercises<br>10.30am Ekka<br>1pm Exercises – Jazz<br>2.30pm I Have, I Never Have<br>3pm The Chase                | <b>17th Bus Trip Shopping</b><br><b>Morning chats</b><br>9am Walking Group followed by exercises<br><b>10am Craft / Games</b><br>10.30am Art<br>1.30pm Word Building<br>4pm Ch 7 News | <b>18th</b><br><b>Morning chats</b><br>9am Walking Group followed by exercises<br>10.30am Sing-a-long<br><b>2.30pm Bingo</b><br>4pm The Chase – News      | <b>19th</b><br>No Planned Activities<br>Rest Day<br>   |        |
| <b>21st</b><br><b>Morning chats</b><br>9am Walking Group followed by exercises<br>10.30am Cards, games etc<br>1pm Exercises – Jazz<br><b>2.30pm Game of Hoy</b><br>3pm The Chase – News                                                                                 | <b>22nd</b><br><b>Morning chats</b><br>9am Walking Group followed by exercises<br><b>9.30am Pet Therapy</b><br>10.30am Art<br>1pm Afternoon Movie<br>2.15pm Word Game                      | <b>23rd Catholic Church</b><br><b>Morning chats</b><br>9am Walking Group followed by exercises<br>10.30am Movie<br>1pm Exercises – Jazz<br><b>2pm Residents Choice</b><br>3pm The Chase               | <b>24th Bus Trip Lunch</b><br><b>Morning chats</b><br>9am Walking Group followed by exercises<br>10.30am Craft<br><b>12pm BBQ LUNCH</b><br>1.30pm Word Building                       | <b>25th</b><br><b>Morning chats</b><br>9am Walking Group followed by exercises<br>10.30am Sing-along<br><b>2.30pm Happy Hour!</b><br>4pm The Chase – News | <b>26th</b><br>No Planned Activities<br>Rest Day<br> |        |
| <b>28th</b><br><b>Morning chats</b><br>9am Walking Group followed by exercises<br>10.30am Cards, games etc<br><b>1pm Exercises – Jazz</b><br>2.30pm Game of Hoy<br>3pm The Chase – News                                                                                 | <b>29th</b><br><b>Morning chats</b><br>9am Walking Group followed by exercises<br><b>1pm Movie</b><br>2pm Games<br>2.30pm 1-1 Residents Rooms                                              | <b>30th Catholic Church</b><br><b>Morning chats</b><br>9am Walking Group followed by exercises<br>10.30am Craft<br>1pm Exercises – Jazz<br><b>1.30pm Movie</b><br>3pm The Chase                       | <b>31st Bus Trip Shopping</b><br><b>Morning chats</b><br>9am Walking Group followed by exercises<br><b>10am Craft / Games</b><br>10.30am Art<br>1.30pm Word Building<br>4pm Ch 7 News | <br><b>BEAUMONT CARE</b><br><i>Warm-Hearted Care, Your Way</i>         |                                                                                                                                         |        |

Please be advised that daily activities are subject to change due to resident preferences and choices, activities yet to be confirmed.