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BEAUMONT CARE **CLONTARF**

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BEAUMONT CARE WAMURAN

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(07) 5328 1299
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Wamuran Qld 4512



BEAUMONT CARE

Warm-Hearted Care, Your Way

A MESSAGE FROM ELISE WARDELL

Last month, we bid farewell to Linda Beaumont at a memorial service at the Uniting Church at Bribe Island.

It was an amazing celebration and recognition of the achievements of Linda in her life and the many lives she impacted with her generosity and support. This was reinforced by the many people who attended, including many Beaumont Care staff – which Linda would have been proud of.

Thank you for your letters and expressions of heartfelt condolences over the past month. It has comforted the Beaumont Care Team and Linda's family to receive messages describing what Linda meant to others.

As we look to the future, the team at Beaumont Care are focused on continuing Linda's legacy through the care and support of Residents and Care Recipients. I would like to express my deepest gratitude for your trust in our facilities and dedicated team; we are honoured you have chosen us to be part of your lives and are committed to continuing Linda's vision and journey.

Over the coming months, we remain focused on improving each facility's leisure and lifestyle activities and food experiences. The communication and feedback from residents and families have been instrumental in assisting with enhancing these experiences. We are getting closer to making more specific announcements of exciting improvements soon.

Your feedback and suggestions are invaluable; we encourage you to continue to share your thoughts with our team so we can continue to enhance the community at Beaumont Care.

Together, we can continue to enhance the quality of care and support, creating a vibrant, fulfilling community for all.

Elise

FROM OUR SERVICE MANAGER

Welcome to October everyone,

In the ancient Roman calendar, October was the name of the eighth month of the year. Its name comes from octo, the Latin word for "eight." When the Romans converted to a 12-month calendar, they tried to rename this month after various Roman emperors, but October's name stuck!

We are officially warming up and it will not take long until the heat begins to really hit us. Please let us know if you require any summer clothing and will be more than happy to facilitate the purchase of some for you.

Residents just a reminder that Katrina would usually complete fortnightly shopping for you all however she is currently on leave until mid-October. If you need anything purchased, please come and see myself and I will be more than happy to get from the shops whatever you need.

As you may recall, last month we had a visit from some assessors from the Aged Care Quality and Safety Commission for the day. I am pleased to announce that we did exceptionally well, and they only had very positive things to say about the staff, the facility, the residents, and the site. Thank you all for your beautiful and kind feedback that you gave to them. As a part of our accreditation, we can have these unannounced visits at any time. Where they pop in to ensure all your care needs are being met in a safe environment and how you want it done. There were absolutely no concerns that they had and were very pleased with everything they witnessed. Thank you all for allowing them to be part of your life for the day.

Please welcome to the facility our new resident Elaine, who has come to live with us permanently and we have said goodbye to Jim, who was staying with us for a little while and has now relocated to Sydney to be closer to his family. We wish him all the best with his future endeavours.

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

FROM OUR CLINICAL MANAGER

Hello all,

It is scary how quickly this year is flying by as we head into October. The weather is beautiful, and we encourage you all to spend sun-safe time in the courtyard.

As it continues to heat up though don't forget to keep up your fluid intake, wear your hat, and apply sunscreen.

With the issue of mental health becoming more and more prevalent in our society, it's important to check in and monitor your own.

Mental health disorders are very common in the aged care sector with one in four older adults experiencing some form of mental disorder such as depression or anxiety.

If you are feeling sad, anxious, or not yourself, please let us know and we will refer you to your GP. If you are one of the many people who have a mental health diagnosis following the plan your GP has provided is crucial.

Also, try the following tips:

- Engage in activities such as group classes, exercise group, or walking group
- Draw, write, paint, or colour-in
- Listen to music
- Reach out to the people around you to chat
- Slowly count to 10 when anxious
- Reduce caffeine intake before bedtime to improve sleep quality
- Give someone a hug

Please call on staff to assist you with whatever you need to support your mental health.

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.

Marns

FROM OUR LIFESTYLE TEAM

Hi everyone,

It was nice to welcome in Spring last Month. Some residents were privileged enough to go on a bus outing to visit the Botanical Gardens in Brisbane and enjoy the views of the city. Some of us strolled around our own garden area in our courtyard and appreciated the greenery around us. These plants are well maintained and watered by one of our residents, namely John Chamberlain. Thank You John. It is appreciated by all.

As the community celebrates a Kite-fest on the oceanfront, our residents plan to attempt to make some paper planes or kites of their own. The residents will have plenty of opportunities to fly their creations when the next lunch/picnic day is planned. A 'lark' in the park – we call it.

As the warmer months close in – may we all remember to keep up our fluids. A water tank is located in the lounge/activity room for all. Also on our walks each morning, we also need to don our hats or caps. Sunscreen is also available - situated in the courtyard area.

A reminder to all that Alison visits regularly and should you require a haircut or set, then please enquire at either the office or Leisure and Lifestyle, and your name will be entered in the book for the next visit. Prices are available.

To all who supported us in the Father's Day raffle, thank you. Our lucky winner was one of our lovely residents. Her name is Giwi. Congratulations Giwi! Also hope all the Dads were spoilt and enjoyed the day with their loved ones and friends.

Please remember – all are welcome to any activity during the day - the more the merrier! Anyone with any new ideas on an activity being in a small group or larger please feel free to pass this on to the Lifestyle Department. Especially if it gets us out into the great outdoors. We are lucky to live in a beautiful climate.

Until next time, please take care of yourselves and look out for each other.

Lifestyle and Leisure Department

STAFF MEMBER PROFILE

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

Hi, my name is Jessie .

I have worked at Beaumont Care, Clontarf now for 9 Months.

My role is an Assistant In Nursing, and I am studying to be an RN.

This is my second year.

I love helping others and making people smile. Chatting with the residents and assisting with their day.

I love the staff and residents, and love coming to work and always learning and loving my job.

My dream holiday would be going to Europe – enjoying the summer and exploring for 3 months.

My favourite foods would be caramel slice, and pasta dishes - mostly carbonara. (Anything I can cook at home.)

My favourite colour would be purple – any shade. I just love it.

I love social outings – Enjoy a night with friends. Doing Puzzles – Sudoku and Word Search.

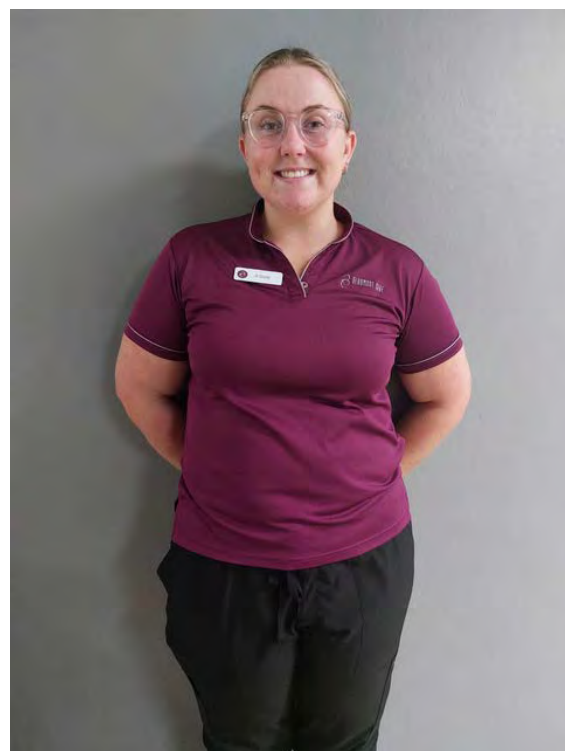
My favourite Sports would be Brisbane Broncos Footy and Netball.

I have a pet dog. Her name is Molly . She is a Lab/Border Collie.

I walk her at New Farm. It is her favourite spot.

I have travelled in the Army (Six years employed).

I have also travelled to Fiji, Papua New Guinea and the Solomon Islands.



Welcome...

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

Elaine Marshall

along with their family
and friends.

October BIRTHDAYS

Barbara Gardner - 6th

Clarence Verrall - 17th

*Happy
Birthday!*



GETTING TO KNOW OUR RESIDENTS



Michelle Mansell

Hi everyone, my name is Michelle.

I have lived at Beaumont Care since early this year, and am very happy here.

I have a wonderful husband, a daughter Kylie, and son Gary.

I love music - all types and I always made beaded jewellery for a hobby (two of which I am wearing in this photo).

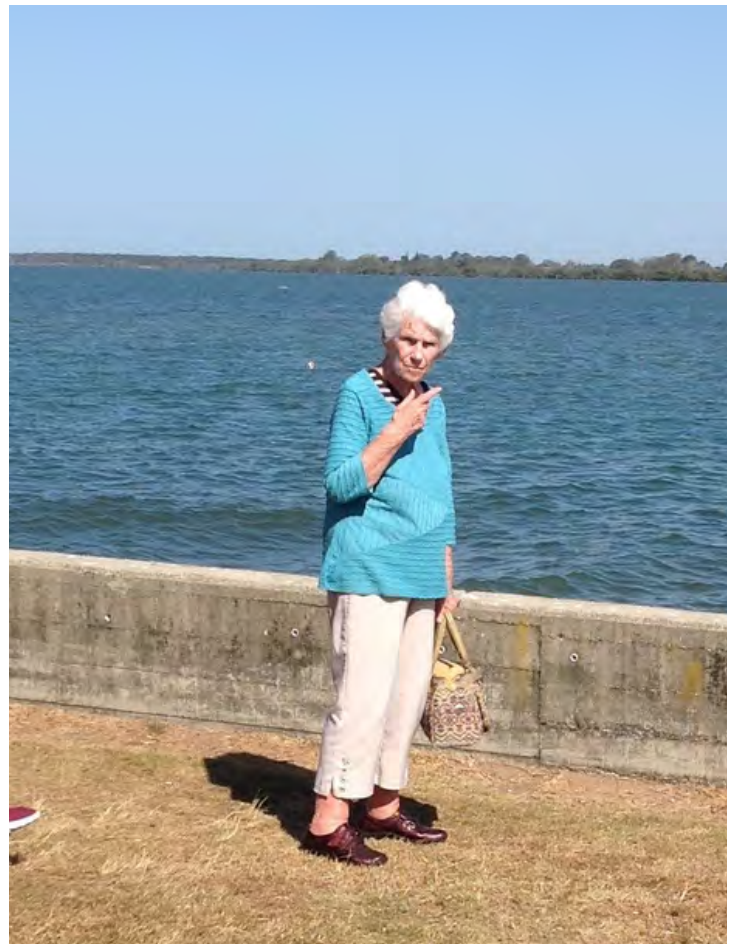
I enjoy the company of others and have made many new friends here.



LIFE AT BEAUMONT CARE



LIFE AT BEAUMONT CARE



THIS MONTH IN HISTORY

October

SYMBOLS OF OCTOBER

October's birthstone are tourmaline and opal and its birth flower is the calendula. The zodiac signs for this month are Libra (until October 22) and Scorpio (from October 23 onwards).

October is the tenth month of the year in the Julian and Gregorian calendars and the sixth of seven months to have a length of 31 days. The eighth month in the old calendar of Romulus c. 750 BC, October retained its name (from the Latin and Greek *ôctō* meaning "eight") after January and February were inserted into the calendar that had originally been created by the Romans.

October 1, 1908 - Henry Ford's Model T, a "universal car" designed for the masses, went on sale for the first time.

October 3, 1929 - Yugoslavia became the official name of the Kingdom of Serbs, Croats and Slovenes.

October 6, 1846 - Birthday - Engineer and inventor George Westinghouse (1846-1914) was born in Central Bridge, New York. He developed air brakes for trains and was later responsible for the adoption of alternating current (AC) systems for electric power transmission in the U.S. He was also the first employer to give his employees paid vacations.

October 8, 1871 - The Great Fire of Chicago erupted. According to legend, it started when Mrs. O'Leary's cow kicked over a lantern in her barn on DeKoven Street. Over 300 persons were killed and 90,000 were left homeless as the fire levelled 3.5 square miles, destroying 17,450 buildings. Financial losses totalled over \$200 million.

October 9, 1940 - Birthday - John Lennon (1940-1980) was born in Liverpool, England. He was a member of The Beatles, an influential rock group which captivated audiences first in England and Germany, and later in America and throughout the world. He was murdered in New York City on December 8, 1980.

October 12, 1492 - After a 33-day voyage, Christopher Columbus made his first landfall in the New World in the Bahamas. He named the first land sighted as El Salvador, claiming it in the name of the Spanish Crown. Columbus was seeking a western sea route from Europe to Asia and believed he had found an island of the Indies.

October 13, 1884 - Greenwich was established as the universal time from which standard times throughout the world are calculated.

October 15, 1815 - Napoleon Bonaparte arrived on the Island of St. Helena beginning a British-imposed exile following his defeat at the Battle of Waterloo.

October 16, 1793 - Queen Marie Antoinette was beheaded during the Reign of Terror following the French Revolution. She was the wife of King Louis XVI and had become the symbol of the people's hatred for the old regime due to her extravagance and frivolity. According to legend, she responded, "Let them eat cake," when told poor people had no bread.

October 16, 1854 - Birthday - Irish poet and playwright Oscar Wilde (1854-1900) was born in Dublin, Ireland. Best known for his comedies including; *The Importance of Being Earnest*. And his novel *The Picture of Dorian Gray* in which he wrote, "There is only one thing in the world worse than being talked about and that is not being talked about."

October 21, 1879 - Thomas Edison successfully tested an electric incandescent lamp with a carbonized filament at his laboratory in Menlo Park, New Jersey, keeping it lit for over 13 hours.

October 24, 1931 - Chicago gangster "Scarface" Al Capone was sentenced to 11 years in jail for Federal income tax evasion. In 1934, he was transferred to Alcatraz prison near San Francisco. He was paroled in 1939, suffering from syphilis. He retired to his mansion in Miami Beach where he died in 1947.

October 25, 1881 - Birthday - Artist Pablo Picasso (1881-1973) was born in Malaga, Spain. He was an experimental painter and also became a fine sculptor, engraver and ceramist.

October 31st - Halloween or All Hallow's Eve, an ancient celebration combining the Christian festival of All Saints with Pagan autumn festivals.

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

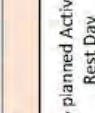
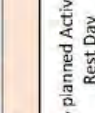
Human Rights Commission Queensland 1300 130 670 www.qhrc.qld.gov.au

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

Clontarf Activity Program – October 2023						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30th 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	31st Morning chats 9am Walking Group followed by exercises 9.30am Pet Therapy 10.30am Craft 1pm Afternoon Movie 2pm Word Building					1st No Planned Activities Rest Day 
2nd 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	3rd Morning chats 9am Walking Group followed by exercises 9.30am Pet Therapy 10.30am Craft 1pm Afternoon Movie 2pm Word Building	4th Catholic Church Morning chats 9am Walking Group followed by exercises 10am Cooking 1pm Exercises – Jazz 1.30pm Resident's Choice 3pm The Chase	5th Bus Trip Morning chats 9am Walking Group followed by exercises 10.30am Art 1.30pm Word Building 4pm Ch 7 News	6th Morning chats 9am Walking Group followed by exercises 10.30am Sing-along 2.30pm Happy Hour 4pm The Chase – News	7th No Planned Activities Rest Day 	8th No planned Activities Rest Day 
9th 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	10th Library Morning chats 9am Walking Group followed by exercises 10.30am Cards, games etc 1pm Cupcake Baking 2pm Games 2.30pm 1-1 Residents Rooms 3pm The Chase – News	11th Catholic Church Morning chats 9am Walking Group followed by exercises 10.30am Games 1pm Exercises – Jazz 2.30pm I Have, I Never Have 3pm The Chase	12th Bus Trip Morning chats 9am Walking Group followed by exercises 10am Craft / Games 10.30am Art 1.30pm Word Building 4pm Ch 7 News	13th Morning chats 9am Walking Group followed by exercises 10.30am Sing-a-long 2.30pm Bingo 4pm The Chase – News	14th No Planned Activities Rest Day 	15th No planned Activities Rest Day 
16th 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	17th Morning chats 9am Walking Group followed by exercises 9.30am Pet Therapy 10.30am Art 1pm Afternoon Movie 2.15pm Word Game	18th Catholic Church Morning chats 9am Walking Group followed by exercises 10.30am Movie 1pm Exercises – Jazz 2pm Residents Meeting 3pm The Chase	19th Bus Trip Morning chats 9am Walking Group followed by exercises 10am Craft 12pm BBQ LUNCH 1.30pm Word Building	20th Morning chats 9am Walking Group followed by exercises 10.30am Sing-a-long 2.30pm Happy Hour! 4pm The Chase – News	21st No Planned Activities Rest Day 	22nd No planned Activities Rest Day 
23rd 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	24th Morning chats 9am Walking Group followed by exercises 1pm Movie 2pm Games 2.30pm 1-1 Residents Rooms	25th Catholic Church Morning chats 9am Walking Group followed by exercises 10.30am Craft 1pm Exercises – Jazz 1.30pm Movie 3pm The Chase	26th Bus Trip Morning chats 9am Walking Group followed by exercises 10am Craft / Games 10.30am Art 1.30pm Word Building 4pm Ch 7 News	27th Morning chats 9am Walking Group followed by exercises 10.30am Sing-a-long 2.30pm Bingo 4pm The Chase – News	28th No Planned Activities Rest Day 	29th No planned Activities Rest Day 

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