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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
(07) 5545 7822
24 Main Western Road,
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

FROM OUR SERVICE MANAGER

Welcome to November all!!

November derives from the Latin root novem- meaning “nine,” because in the Roman calendar there were only 10 months in the year, and November was indeed the ninth month. November is also when it begins to heat up for us up here in QLD and we really need to be mindful of keeping our fluids up. We are completing icy pole and increased drinks rounds and if you have any requests for anything to keep you cooler and more hydrated, please do let us know.

Residents - just a reminder that Katrina completes fortnightly resident shopping. If you need anything purchased, please come and see Katrina as she will be more than happy to get from the shops whatever you need.

Please join me in welcoming back Roy, he is here with us for a short visit, and Joy who will be residing with us permanently. I really look forward to having a sit down and getting to know as much as I can about Roy and Joy. I hope you enjoy your time with us here at Clontarf.

If you are bringing any food in for our residents, can I please ask you to complete the food log which can be found at reception. Anything that requires refrigeration can be placed in the resident's fridge in the dining room to keep to temperature.

I wish to gently remind you all, that it is still a requirement to complete a Rapid Antigen Test within 72 hours before entry. This is not something that we personally require, this is a health directive and at times of exposure to Covid, it can be changed to daily. We do thank you all for your patience and understanding regarding this. If you wish to take some RAT's home to complete prior to arriving, please let us know and we can give some to you.

Please, if you have feedback on anything at all, do not hesitate to let me know. Residents and their representatives' 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,

We are officially heading into the last part of 2023 – this year has flown!

I have had a couple of residents talking to me about weight loss recently and querying why we weigh everybody regularly. The answer is it is important to track any fast weight gain or any gradual unintentional weight loss. A fast weight gain can be a sign of an underlying health problem which we would raise in conjunction with your GP.

Unintentional weight loss means losing weight without dieting or trying. This can at times go hand-in-hand with malnourishment. It's important therefore to monitor weight loss as it can not only cause your immune system to weaken but could be caused by an underlying health issue or issues with your teeth or swallowing - all of which can be diagnosed and managed.

Ways you can boost your calorie intake if your appetite is poor include: -

1. Have your regular meals (even if you can't finish them) and snack in between
2. Enjoy cheeses, meats and nuts
3. Ask for finger food if you find this easier to manage instead of utensils
4. If you can't face bigger meals just snack regularly throughout the day
5. Accept milkshakes/smoothies from staff

Please call on staff to assist you with whatever you need to support your weight management. We can also access Dieticians, Speech Pathologists, and GPs to assist as needed.

If you would like to speak to me about anything, please come and see me or ask the 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 me at any time. Lest we forget.

Marns

HELP NEEDED

Do you like fishing? Maybe you are good with using tools, playing cards or chess, like having a chat over a beer?

Can you offer our gentlemen 1 - 2 hours a week?

The Lifestyle Department at Clontarf is urgently seeking an able-bodied male to help us start and run a men's program.

If you are interested, please call in and see our Lifestyle team, they are available from 8am to 4pm, Monday to Friday.

FROM OUR LIFESTYLE TEAM

Hi everyone,

Last Month saw us keeping very busy. During October, we voted in the referendum, we celebrated Octoberfest with pretzels and beer, and we shared special moments with residents having a birthday.

Our bus excursions still prove to be popular and residents are reminded of the limited seating and for residents to be understanding of this.

Leisure and Lifestyle welcomes any new residents to join in on our activities at any time. A program and newsletter are available for your perusal. Please see Lifestyle or Administration during office hours for your copy.

During October, we started preparing for the big race - The Melbourne Cup (the race that stops the nation). Fascinators and decorations were on order for this event.

Leisure and Lifestyle welcomes all new residents to the home and very importantly all new staff.

The residents are very grateful they have a daily routine with Jaz who ensures they are keeping as physical fit as is possible with the daily walking groups and the exercise classes. It also allows the residents to get together as a group and interact with each other in a very positive way.

A new activity in the pipeline - forming a choir! If you're interested in joining, please advise the Lifestyle Department.

The municipal library visits each month. Any new members are always welcome to join.

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, Brooke, shares some insight about themselves and their role at Beaumont Care Clontarf.

Hi, my name is Brooke and I have been with Beaumont care for nearly 2 years.

Some residents won't have seen me a lot as I normally work at night, I have recently started working during the day. I enjoy seeing the residents doing their activities, having visitors and just being able to talk about their lives.

The thing I enjoy most is seeing the residents happy, I hope I am helping to achieve this in my time here. I feel we have an awesome environment here at Clontarf and this makes working here so much easier.

I would love to go on a holiday to New Zealand, hopefully this will happen one day soon.

My favourite food is sushi and my favourite colour is green.

We have 3 cats, 2 girls and 1 boy. We also have a German shepherd named Toa, which means Warrior.

Thank you for taking the time to get to know a little bit about me.



Welcome...

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

**Barbara Broomfield,
and Roy Younger**

along with their family
and friends.

November

BIRTHDAYS

Yvonne Jacobson - 1st

Steven Craig - 7th

Roy Younger - 11th

Maxine Adams - 16th

Thelma Agnew - 20th

Beverley Gray - 27th

*Happy
Birthday!*



GETTING TO KNOW OUR RESIDENTS



Maxine Adams

Hi, My name is Maxine and I live at Clontarf with my beautiful puppy Fi Fi. I have lived here at Clontarf now for the past 4 months and I have enjoyed every day of my stay here. Originally, I was born in Africa, and raised on a farm with my family. We also traveled extensively through Africa and can speak fluent African languages such as Swahili, Bantu, and Zulu. I continued to travel around the world with my husband both by boat and by plane. I was never a fan of flying though and when we decided to move to Australia 52 years ago, I did it by sea. We made our home in Manly, NSW, and loved it here in Australia. My husband and I had 4 children, 3 boys and a girl who I love all very dearly. We then relocated to the Sunshine Coast for 30 years, before making Redcliffe our home. I used to work as a legal secretary for many years which I loved. I have also been a real estate agent and a teacher's aide. Moving into Beaumont Care which is where I am being cared for is a very good decision, I look forward to spending time with you all for a chat soon. Maxine.

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

Cicely Hall

LIFE AT BEAUMONT CARE



BUS TRIP TO MAROOCHYDORE



LIFE AT BEAUMONT CARE



THIS MONTH IN HISTORY

November

SYMBOLS OF NOVEMBER

November's birthstones are topaz and citrine and its birth flower is the chrysanthemum. The zodiac signs for the month of November, are Scorpio (October 23 - November 21) and Sagittarius (November 22 - December 21).

November is the eleventh and penultimate month of the year in the Julian and Gregorian Calendars. November retained its name (from the Latin novem meaning "nine") when January and February were added to the Roman calendar. November is a month of late spring in the Southern Hemisphere and late autumn in the Northern Hemisphere.

November 1st - All Hallows Day, also known as All Saints Day among Roman Catholics, commemorating those who have no special feast day.

November 2, 1734 - Birthday - American frontiersman Daniel Boone (1734-1820) was born in Berks County, near Reading, Pennsylvania.

November 3, 1957 - Soviet Russia launched the world's first inhabited space capsule, Sputnik II, which carried a dog named Laika.

November 4, 1922 - King Tut's tomb was discovered at Luxor, Egypt, by British archaeologist Howard Carter after several years of searching. The child-King Tutankhamen became pharaoh at age nine and died around 1352 B.C. at age 19. The tomb was found mostly intact, containing numerous priceless items now exhibited in Egypt's National Museum in Cairo.

November 6, 1429 - Henry VI was crowned King of England at age eight. He had acceded to the throne at the age of nine months following the death of Charles VI.

November 7, 1867 - Birthday - Polish chemist Marie Curie (1867-1934) was born in Warsaw, Poland. In 1903, she and her husband received the Nobel Prize for physics for their discovery of the element Radium.

November 11, 1992 - The Church of England voted to allow women to become priests.

November 12, 1929 - Birthday - Grace Kelly (1929-1982) was born in Philadelphia, Pennsylvania. She was an award-winning actress who left Hollywood in 1956 to marry Prince Rainier, becoming Princess Grace of Monaco. She died of injuries from an automobile accident, September 12, 1982.

November 15, 1980 - Pope John Paul II visited West Germany, the first papal visit to Germany in 200 years.

November 19-20, 1990 - The Cold War came to an end during a summit in Paris as leaders of NATO and the Warsaw Pact signed a Treaty on Conventional Forces in Europe, vastly reducing their military arsenals.

November 20, 1947 - England's Princess Elizabeth married Philip Mountbatten. Elizabeth was the first child of King George VI and became Queen Elizabeth II upon the death of her father in 1952.

November 21, 1920 - The IRA (Irish Republican Army) shot and killed 14 British soldiers in Dublin in what became known as "Bloody Sunday."

November 22, 1990 - British Prime Minister Margaret Thatcher announced she would resign after 11 years in office, the longest term of any British Prime Minister in the 20th century.

November 25, 1995 - By a margin of less than one percent, Ireland voted to legalize divorce, the closest vote in the nation's history.

November 30, 1874 - Birthday - Winston Churchill (1874-1965) was born in Blenheim Palace, Oxfordshire, England. Before World War II, he held a number of high level political offices in Britain including First Lord of the Admiralty. In May 1940, he became Prime Minister, stating, "I have nothing to offer but blood, tears, toil, and sweat." His inspirational speeches, combined with his political skills and military strategy carried Britain through the war, and helped the Allies overcome the Nazi onslaught and defeat Hitler.

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 – November 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1st Morning chats 9am Walking Group followed by exercises 10.30am Games 1pm Exercises - Jazz 1.30pm I Have, I Never Have 3pm The Chase	2nd Bus Trip Morning chats 9am Walking Group followed by exercises 10am Craft / Games 10.30am Art 1.30pm Word Building 4pm Ch 7 News	3rd Morning chats 9am Walking Group followed by exercises 10.30am Sing-along 2.30pm Bingo 4pm The Chase – News	4th No Planned Activities Rest Day 	5th No Planned Activities Rest Day 
6th 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	7th Melbourne Cup Morning chats 9am Walking Group followed by exercises 10.30am Craft 1pm Afternoon Movie 2pm Melbourne Cup 2.30pm 1-1 Residents Rooms	8th Catholic Church Morning chats 9am Walking Group followed by exercises 10am Cooking 1pm Exercises – Jazz 1.30pm Resident's Choice 3pm The Chase	9th Bus Trip – Lunch Morning chats 9am Walking Group followed by exercises 10.30am Craft 1.30pm Word Building 4pm Ch 7 News	10th Morning chats 9am Walking Group followed by exercises 10.30am Sing-along 2.30pm Happy Hour! 4pm The Chase – News	11th No Planned Activities Rest Day 	12th No Planned Activities Rest Day 
13th 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	14th Library Morning chats 9am Walking Group followed by exercises 1pm Cupcake Baking 2pm Games 2.30pm 1-1 Residents Rooms	15th 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	16th Bus Trip – Scenic Morning chats 9am Walking Group followed by exercises 10am Craft / Games 10.30am Art 1.30pm Word Building 4pm Ch 7 News	17th Morning chats 9am Walking Group followed by exercises 10.30am Sing-along 2.30pm Bingo 4pm The Chase – News	18th No Planned Activities Rest Day 	19th No Planned Activities Rest Day 
20th 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	21st Morning chats 9am Walking Group followed by exercises 10.30am Art 1pm Afternoon Movie 2.15pm Word Game	22nd Catholic Church Morning chats 9am Walking Group followed by exercises 10.30am Movie 1pm Exercises – Jazz 2pm Residents Meeting 3pm The Chase	23rd Bus Trip – Lunch Morning chats 9am Walking Group followed by exercises 10.30am Craft / Games 10.30am Art 1.30pm Word Building 4pm Ch 7 News	24th Morning chats 9am Walking Group followed by exercises 10.30am Sing-along 2.30pm Bingo 4pm The Chase – News	25th No Planned Activities Rest Day 	26th No Planned Activities Rest Day 
27th 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	28th Morning chats 9am Walking Group followed by exercises 1pm Movie 2pm Games 2.30pm 1-1 Residents Rooms	29th Catholic Church Morning chats 9am Walking Group followed by exercises 10.30am Craft 1pm Exercises - Jazz 1.30pm Movie 3pm The Chase	30th Bus Trip – Scenic Morning chats 9am Walking Group followed by exercises 10am Craft / Games 10.30am Art 10am BBQ LUNCH 1.30pm Word Building	 <h2 style="font-size: 2em; margin: 0;">BEAUMONT CARE</h2> <p style="font-style: italic; font-size: 1.2em;">Warm-Hearted Care, Your Way</p>		

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