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BEAUMONT CARE

Warm-Hearted Care, Your Way

FROM OUR SERVICE MANAGER

Welcome to May everyone.

The cold is starting to creep in so please make sure you all keep rugged up. We have also had an increase in respiratory viruses in the community of late so please stay safe and if you are feeling even slightly unwell, please reschedule your visits until you are back to 100%.

I wish to thank all of our beautiful residents over the past month for their patience and understanding whilst our kitchen underwent a renovation and refit. It looks amazing and we are all looking forward to all of the beautiful, amazing food that will be coming from the kitchen. From this month, we will be cooking on site with Sharyn from the kitchen taking on this role. Please join me in welcoming her to the position.

This month on the 12th of May we have International Nurses Day. This falls on Sunday and Mother's Day so I will need all your help with thanking every nurse we have working on site for all their tireless hard work that they do each and every day.

Please give a big, beautiful welcome to Daphne to our little family. Daphne has decided she liked us so much she wants to stay, which is amazing. Please take the time to welcome Daphne and have a chat. If we could welcome Hannah and Madie to the AIN staff. Have a chat with them and get to know the girls as they settle into the Beaumont environment.

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 everyone, I found this article which resonated with me. 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 have a tendency 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 mastery and 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, Marins

FROM OUR LIFESTYLE TEAM

As we head into a new month, Leisure and Lifestyle hope everyone is keeping well and enjoying each other's company.

Last month saw us celebrating Easter.

On Anzac Day, a special service was held at Clontarf. John Woolnough officiated the Service. And we thank John very much for his time and cooking up the BBQ lunch for us all. John himself, has served for his Country.

On the 3rd Friday of each month at 9.30am, a non- denomination Service will be held. Father Howard Smith will take the service, and all are welcome to attend.

Leisure and lifestyle would like to welcome all new residents and staff and wish you all well.

Our raffle for Mother's Day is running and the prizes on offer are awesome. Good luck to anyone who wins. A few prizes are on offer, and we wish you all the best of luck!

Tickets are 1 for \$2.00 and 3 for \$5.00. This will be drawn Friday 10th May at midday.

Until next month, please keep warm, take care of yourselves, and look out for each other.

Lifestyle and Leisure Department

STAFF MEMBER PROFILE

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

Hi, my name is Juana. I have worked at Beaumont Care for 10 years now. What I like most about working at Beaumont Care is making the residents happy and to see a smile on their faces. I enjoy working with everyone.

My dream holiday would be to go somewhere quiet, with lots of nature. A lot of birds and butterfly's.

My favourite colours are Purple and Pink, and my main hobbies are sewing, making pots, and painting the pots.

I have a pet dog, his name is Ned.

I love all food types – especially fish and chips, chocolate, and coffee!

I would like to say about myself – that I am naughty, but nice. I hope to meet up with you all soon.



Welcome...

On behalf of all the
Beaumont Care family,
we warmly welcome all new
residents, and their families
and friends, to our facilities.

May BIRTHDAYS

Paul Wegner - 1st
Graydon Murdock - 7th
Morann McGuire - 10th
Walter O'Driscoll - 24th

*Happy
Birthday!*



GETTING TO KNOW OUR RESIDENTS



John Quinn

Hi my name is John.

I was born in New Caledonia, which is a French Colony. As a young man I moved to Australia and married a lady who was also Caledonian.

I have two children who are Australian born.

I moved up from Sydney to be with my family and I am very settled here at Beaumont Care. I am very well looked after and comfortable.

I look forward to meeting you all.

Thank You, John.

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

Louis Beilby

LIFE AT BEAUMONT CARE



LIFE AT BEAUMONT CARE



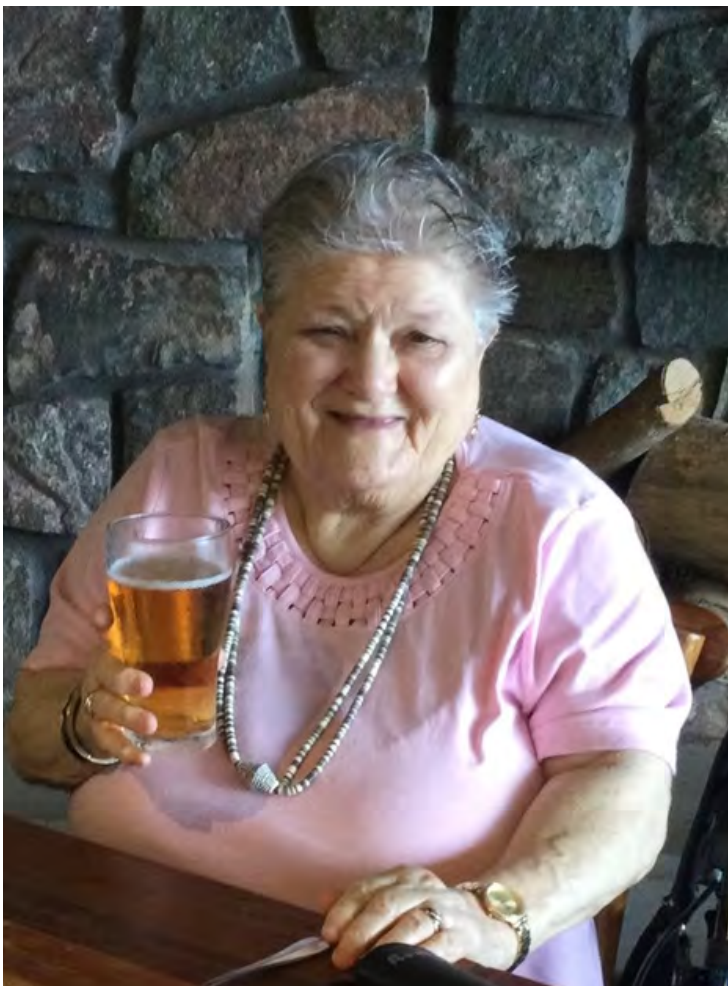
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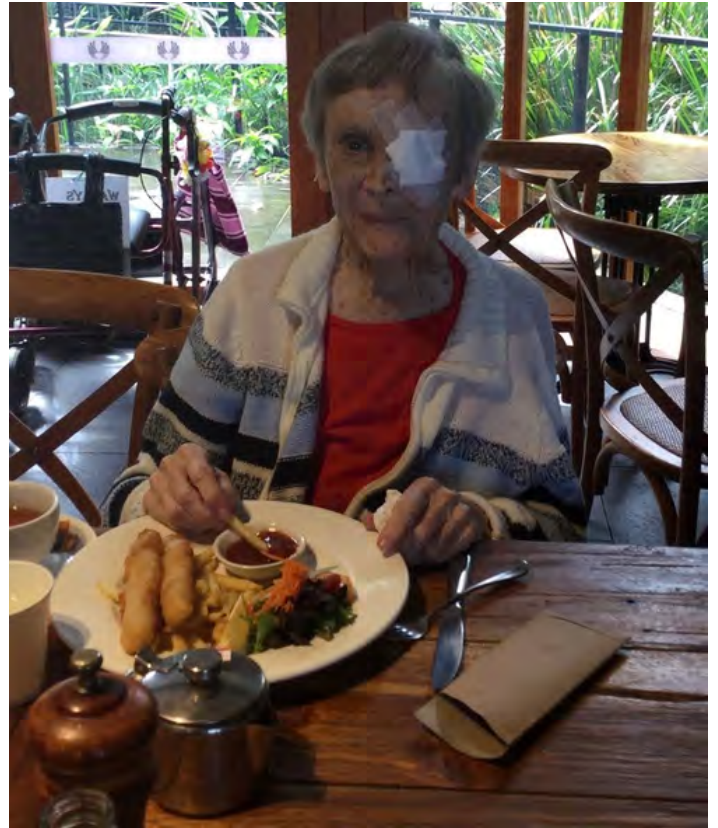
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THIS MONTH IN HISTORY

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

Clontarf Activity Program – May 2024				
Monday	Tuesday	Wednesday	Thursday	Friday
 BEAUMONT CARE <i>Warm-Hearted Care, Your Way</i>		1 st	2 nd	3 rd
Public Holiday Labour Day	7th 9am Walking Group 9.30am Exercises 10.30am Art & Craft – Card Making for International Nurses Day 2.30pm Word Games Flower Making	8th Bus Trip – Racing Evening 9am Walking Group 9.30am Exercises 10.30am Ladies Luncheon in Lounge Room 2 2.30pm I Have I Never Have 2.30pm Games	9th Bus Trip – Moreton Bay Boat Club – With Kim Lee 9am Walking Group 9.30am Exercises 10am Katrina's Shopping 10.30am Art 1pm Reminiscing 1.30pm Word Building	10th 9am Walking Group 9.30am Exercises 10.30am Singalong / Karaoke in Lounge Room 1 2.30pm Happy Hour to Celebrate All Mothers
13th International Nurses Day 9am Walking Group 9.30am Exercises 10.30am Thank You Morning Tea for the Nurses 2pm Special Concert with Jack the Music Man	14th Library Books Due 9am Walking Group 9.30am Exercises 10.30am Pampering 1pm Cooking 2.30pm Games	15th 9am Walking Group 9.30am Exercises 10.30am International Day for Families 1.30pm Residents Meeting in Lounge Room 1	16th Bus Trip – Farm Animal Café in Morayfield – With Kim Lee 9am Walking Group 9.30am Exercises 10.30am Quizzes 1.30pm Word Building	17th 9am Walking Group 9.30am Exercises 10am Church Service – Anglican Non-Denominational Welcome 10.30am Singalong in Lounge Room 1 2.30pm Happy Hour in Lounge Room 1
20th World Bee Day & Volunteers Day 9am Walking Group 9.30am Exercises 10.30am Cards, games etc 2.30pm Cooking – Honey Cakes	21st International Tea Day 9am Walking Group 9.30am Exercises 10.30am Sensory Game – Taste Testing and Tea Party 1pm Board Games 2.30pm Trivia	22nd 9am Walking Group 9.30am Exercises 12pm Mens Munchieon 1pm 1 on 1s with Mary in resident's rooms 1.30pm Word Building, Quizzes, and Reminiscing	23rd Bus Trip – Biggest Morning Tea – With Katrina 9am Walking Group 9.30am Exercises 10.30am Group Chats, and Room Visits 2.30pm Word Building	24th 9am Walking Group 9.30am Exercises 10.30am Singalong 2.30pm Bingo
27th Concert 9am Walking Group 9.30am Exercises 10am U3 Choir 1pm Movie 2.30pm Game of Hay	28th 9am Walking Group 9.30am Exercises 10.30am Morning Movie 2pm Cooking – Biscuits or Scones	29th 9am Walking Group 9.30am Exercises 10.30am Reminiscing of School Days and The Changes Over the Years 1pm Afternoon Movie / Documentary	30th Bus Trip AM – Local Movies, Shopping Bus Trip PM – Scenic Drive 9am Walking Group 9.30am Exercises 10.30am Word Building / Memory Game, I Have, I Never Have 1.30pm Armchair Travel	31st 9am Walking Group 9.30am Exercises 10.30am Musical Morning Singalong / Karaoke 1pm Movie – Resident's Choice 2.30pm Bingo
				4th Movies in the Lounge Self-directed Activities 
				5th Movies in the Lounge Self-directed Activities 
				HELLO May 

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