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BEAUMONT CARE **CLONTARF**

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BEAUMONT CARE

Warm-Hearted Care, Your Way

FROM OUR SERVICE MANAGER

Welcome to June everyone and the first month of winter. It sure has been cold.

Please let us know if you need any winter clothing, we are more than happy to facilitate shopping for you. Katrina completes resident shopping fortnightly so if you need anything, just let her know.

Last month we had a one-day monitoring visit by the Aged Care Quality Commission who came to review our Food and Nutrition on site. He was very pleased with everything he observed and had no concerns. He was pleased to hear that we were going to be cooking on site and was looking forward to seeing the outcomes from this. I do have to apologise with the delay in commencing the cooking on site. Due to circumstances beyond our control, the final approval was delayed, and hopefully by the time you are reading this, we have started with the cooking.

Food and Nutrition is an important aspect of the care we provide here at Clontarf, and we are encouraging you to provide feedback on meals you wish to have, not have again, or if there is something you really really wish would be provided, please do let us know.

Please, if you have feedback on anything at all, do not hesitate to let us 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,

Whilst the weather is getting much chillier, we are at least blessed to have beautifully sunny winter days living in Queensland.

There are several things we can do to stay warm, and help our loved ones stay warm, this winter. Here are some ideas:

- Do not forget the air-conditioners are for warming too – turn on the heat!
- Provide warm beverages such as tea, coffee or hot chocolate – warmth for the hands and the tummy
- Ensure there are enough doonas/blankets on the bed
- Dress in layers, rather than heavy clothing, such as singlets, skivvies and vests
- If you can, get up and move around rather than sitting in one spot all day
- Ask the nurses for a heat pack if you are chilly
- Eat well – winter is great soup weather – hearty and good for you!
- Ensure your vaccinations are up to date
- Keep hydrated – keep up your water intake in between warm drinks
- Keep skin well moisturised over your whole body

If you are feeling unwell, please help our residents by staying at home and looking after yourself so we can look after them.

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, *Marns*

FROM OUR LIFESTYLE TEAM

Another Month – can you believe how fast the year is going!?! Time flies when you are having fun they say.

As we approach Winter, we must keep ourselves motivated and keep busy each day.

Our walking group starts the day, followed by our group exercise session. All who attend find this to be very fulfilling and quite enjoyable.

Last Month we celebrated all Nurses and the good work they all do.

For Mothers' Day we had a raffle designed for all Mothers' young and old. Congratulations to all the winners and a big Thankyou to each and everyone who supported us by purchasing a ticket. All monies raised goes into the Residents spending and purchase of items of interest.

We were lucky to have a concert and were entertained by "Jack the Music Man." He visits us all annually whenever he is "Coming to town." The residents thoroughly enjoyed the singalong.

Each month we like to celebrate our residents birthdays in a way that is special to them. Please advise staff if there is some way we can help you to celebrate your Special Day that is personal to you. It may be having dinner with your friend or relative – or having a small party with your resident friends. It is your day to celebrate the way you would like and mean to you personally.

Lifestyle welcome our new residents Daphne, Iris, and Ian. We hope you settle in well and we wish you the best.

A couple of days to remember are the Residents Monthly Meetings which are held on the 3rd Wednesday of each Month at 1 pm. These are held in the dining room area. Also, our Library service from the Redcliffe Municipal Library, collect and exchange the residents books on the 2nd Tuesday of each Month. All new members are welcome. We also hold a Non-Denominational Church Service on the 3rd Friday of each month at 9.30.am, this is held in the Lounge Room 2.

Until next Month – take care of yourselves and look out for each other.

Lifestyle and Leisure Department

STAFF MEMBER PROFILE

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

Karen has worked at Beaumont Care for the past 3 years.

Karen loves coming to work and hearing the residents' stories.

Karen's dream holiday would be somewhere peaceful with beautiful weather and by the water.

Karen enjoys a nice pub meal. Her favourite colour is green and she enjoys spending time with friends and family.

Recently Karen became a doting grandmother to a little boy – Aston.



Welcome...

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

**Iris Harrison,
and Ian Underhill**

along with their family
and friends.

June

BIRTHDAYS

Valerie Hobdell - 12th
Esme Petersen - 27th

*Happy
Birthday!*



GETTING TO KNOW OUR RESIDENTS

Yvonne, Delma, and Graydon



What a tale to tell!!

There is a song titled "We'll meet again".

This was certainly true in the case for our wonderful residents Yvonne, Delma, and her brother Graydon. All three were school friends in their early years, and went to the same school on the North Coast. All three were pupils at the Caloundra Primary School. What a surprise for them all when they met up in later years, residing at Beaumont Care at Clontarf. Yvonne recalls how her friend Delma used to have to rush home so she could be there for her younger brother Graydon, after school hours. Graydon remembers them all being good friends. We all wish the three residents well, and know they are lucky to have each other as good companions after all these years later. It sure is a small world like they say

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



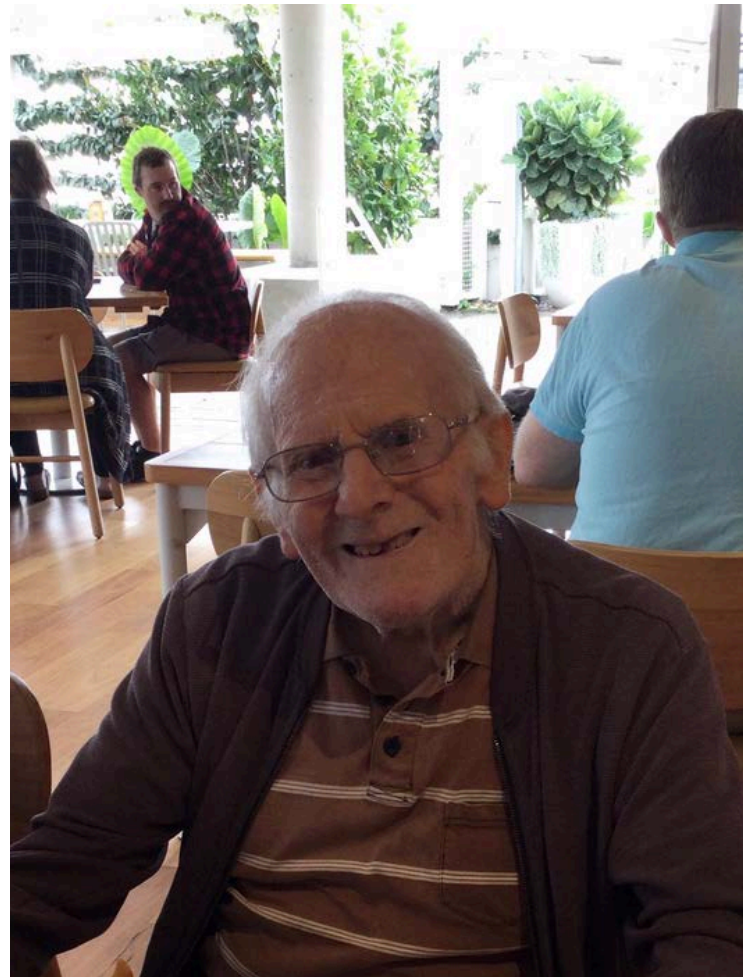
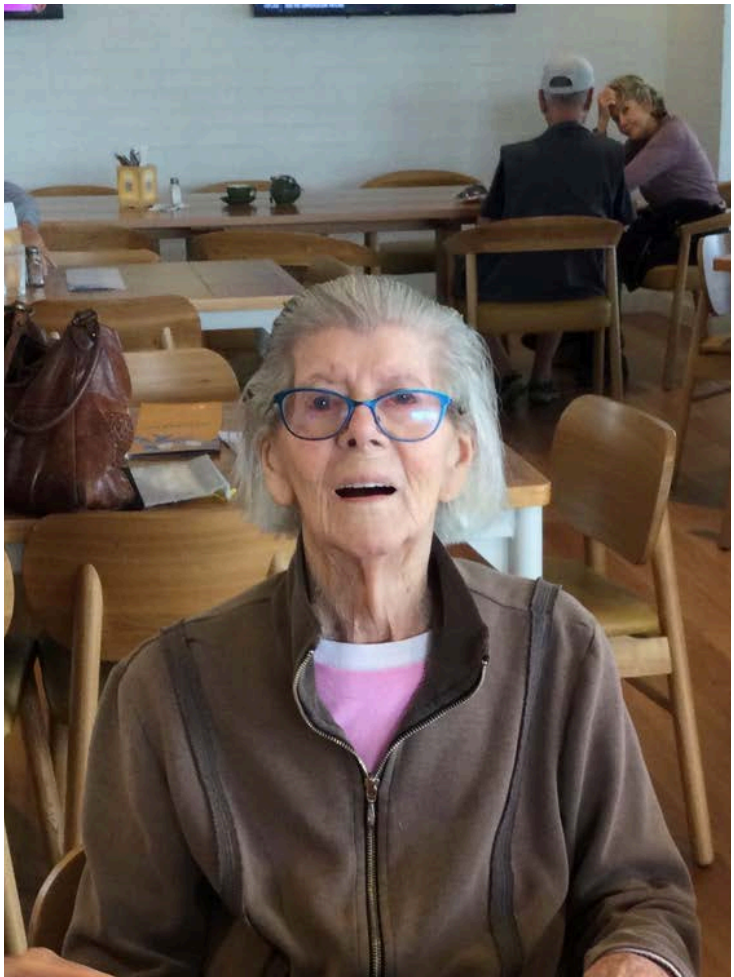
LIFE AT BEAUMONT CARE



LIFE AT BEAUMONT CARE



LIFE AT BEAUMONT CARE



THIS MONTH IN HISTORY

June

SYMBOLS OF JUNE

Birthstones are pearl, alexandrite and moonstone.

The birth flowers are rose and honeysuckle.

The zodiac signs for the month of June are Gemini (until June 20) and Cancer (from June 21 onwards).

HISTORY

June is the sixth month of the year in the Julian and Gregorian calendars, June contains the summer solstice in the Northern Hemisphere, the day with the most daylight hours, and the winter solstice in the Southern Hemisphere, the day with the fewest daylight hours. June in the Northern Hemisphere is the seasonal equivalent to December in the Southern Hemisphere and vice versa.

June 1st - Birthday - Marilyn Monroe (1926-1962) was born in Los Angeles (as Norma Jean Mortensen). Following an unstable childhood spent in foster homes and orphanages, she landed a job as a photographer's model which led to a movie career. She later married baseball legend Joe DiMaggio. Beneath her glamorous movie star looks she was fragile and insecure and eventually succumbed to the pressures of Hollywood life. She died in Los Angeles from an overdose of sleeping pills on August 5, 1962. Best known for *Gentlemen Prefer Blondes* (1953), *The Seven Year Itch* (1955), *Some Like It Hot* (1959).

June 4, 1944 - During World War II in Europe, Rome was liberated by the U.S. 5th Army, led by General Mark Clark. Rome had been declared an open city by German Field Marshal Albert Kesselring amid Allied concerns the Germans might stage a Stalingrad-style defence that would devastate the historic 'Eternal' city.

June 5, 1783 - The first sustained flight occurred as a hot-air balloon was launched at Annonay, France, by brothers Joseph and Jacques Montgolfier. Their 33-foot-diameter globe aerostatique ascended about 6,000 feet. In September, they repeated the experiment for King Louis XVI, using a sheep, rooster and duck as the balloon's passengers.

June 9, 1898 - The British signed a 99-year lease for Hong Kong, located on the southeastern coast of China. Hong Kong, consisting of an area measuring 400 square miles, was administered as a British Crown Colony until July 1, 1997, when its sovereignty reverted to the People's Republic of China.

June 10th - Birthday - Judy Garland (1922-1969) was born in Grand Rapids, Minnesota (as Frances Gumm). She is best remembered for her portrayal of Dorothy Gale in *The Wizard of Oz* (1939) and other films including *Meet Me in St. Louis* (1944) and *Easter Parade* (1948). She became one of the most popular concert performers of the 1950s and '60s and broke box-office records in New York City and London. She was found dead of an overdose of sleeping pills in London on June 22, 1969.

June 16, 1963 - Valentina Tereshkova, 26, became the first woman in space as her Soviet spacecraft, Vostok 6, took off from the Tyuratam launch site. She manually controlled the spacecraft completing 48 orbits in 71 hours before landing safely.

June 18, 1815 - On the fields near Waterloo in central Belgium, 72,000 French troops, led by Napoleon, suffered a crushing military defeat from a combined Allied army of 113,000 British, Dutch, Belgian, and Prussian troops. Thus ended 23 years of warfare between France and the other powers of Europe. Napoleon was then sent into exile on the island of St. Helena off the coast of Africa. On May 5, 1821, the former vain-glorious Emperor died alone on the tiny island, abandoned by everyone.

June 24, 2010 - Labor Party deputy Julia Gillard became Australia's first female Prime Minister. She was born in Wales and had moved to Australia as a child. She worked as a lawyer before entering politics.

June 28, 1914 - Archduke Francis Ferdinand, Crown Prince of Austria and his wife were assassinated at Sarajevo, touching off a conflict between the Austro-Hungarian government and Serbia that escalated into World War I.

June 28, 1919 - The signing of the Treaty of Versailles formally ended World War I. According to the terms, Germany was assessed sole blame for the war, forced give up Alsace-Lorraine and overseas colonies, and pay reparations of \$15 Billion. The treaty also prohibited German rearmament.

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 – June 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 BEAUMONT CARE <i>Warm-Hearted Care, Your Way</i>						
						
3rd PAJAMA DAY 9am Walking Group 9.30am Exercises with Jas 10.30am Storytelling 12pm Lunch Club 1pm Movie 2pm Hoy in the dining room	4th LIBRARY EXCHANGE 9am Walking Group 9.30am Exercises with Lifestyle 10.30am "School Bays" <i>Let's Go Back in Time</i> 12pm Lunch Club 1pm Documentary Resident's Choice 2pm Memories of My Childhood and games we played	5th WORLD ENVIRONMENT DAY 9am Walking Group 9.30am Exercises with Lifestyle 10.30am Group Chat 12pm Lunch Club 1pm Quizzes & Trivia 2pm Paper Craft	6th BUS TRIP - WOODFORD 9am Walking Group 9.30am Exercises with Jas 10.30am Qld Day the Sunshine State 12pm Lunch Club 1pm Movie Resident's Choice 2pm Art Class	7th WORLD OCEAN DAY 9am Walking Group 9.30am Exercises with Jas 10.30am Music Singalong 12pm Lunch Club 1pm Music CD 2pm Bingo	8th Movies in the Lounge Self-directed Activities 	9th Movies in the Lounge Self-directed Activities 
10th 9am Walking Group 9.30am Exercises with Jas 10.30am Craft Making Crowns King Charles Birthday Celebrations 12pm Lunch Club 2pm Documentary on Royalty 2.30pm Game of Hoy in the Dining Room	11th 9am Walking Group 9.30am Exercises with Lifestyle 10.30am Music Trivia & Games 12pm Lunch Club 1pm Easy Cooking 2.30pm Table Games	12th 9am Walking Group 9.30am Exercises with Lifestyle 10.30am Craft 12pm Lunch Club 1.30pm Movie 2.30pm Quizzes and Reminiscing	13th BUS TRIP - SHOPPING (AM) 14th BUS TRIP - SCENIC TRIP (PM) 9am Walking Group 9.30am Exercises with Jas 10.30am Quizzes 12pm Lunch Club 2.30pm Word Building	9am Walking Group 9.30am Exercises with Jas 10.30am Singalong / Karaoke 12pm Lunch Club 1pm Visit to local Floral & Art Festival 2.30pm Movie / Documentary	15th Movies in the Lounge Self-directed Activities 	16th Movies in the Lounge Self-directed Activities 
17th 9am Walking Group 9.30am Exercises with Jas 10.30am 1on1 Room Visits 12pm Lunch Club 1.30pm Movie Resident's Choice 2.30pm Game of Hoy / Lotto 49	18th CONCERT 9am Walking Group 9.30am Exercises with Lifestyle 10.30am Sensory Game Taste Testing 12pm Lunch Club 1pm barren Tic Tac Entertainment in Dining Room	19th RESIDENT'S MEETING 9am Walking Group 9.30am Exercises with Lifestyle 10.30am Poetry – Letter Writing 12pm Lunch Club 1pm Resident's Meeting in Dining Room 2.30pm Sensory Game	20th BUS TRIP - BRIBIE ISLAND 9am Walking Group 9.30am Exercises with Jas 10.30am Table Games 12pm Lunch Club 2pm Trivia	21st NATIONAL INDIGENOUS DAY 9am Walking Group 9.30am Prayer Service in Lounge 2 with Father Howard 10.30am Didgeridoo Music 12pm Lunch Club	22nd Movies in the Lounge Self-directed Activities 	23rd Movies in the Lounge Self-directed Activities 
24th MUSIC DAY 9am Walking Group 9.30am Exercises with Jas 10.30am Music Morning 1pm 1on1 Room Visits with Mary 2.30pm Game of Hoy	25th CROATIA INDEPENDENCE DAY 9am Walking Group 9.30am Exercises with Lifestyle 10.30am Cooking Croatia Cuisine 12pm Lunch Club 1pm Documentary on Croatia 2.30pm Card Playing	26th STATE OF ORIGIN 9am Walking Group 9.30am Exercises with Lifestyle 10.30am Sensory Games 12pm Lunch Club 1pm Afternoon Movie / Documentary 2pm Manicures & Foot Spas	27th BUS TRIP - RABY BAY 9am Walking Group 9.30am Exercises with Jas 10.30am Group Chats & Room Visits 12pm Lunch Club 1pm Card Making 2.30pm Trivia & Games	28th 9am Walking Group 9.30am Exercises with Jas 10.30am Drummerise / Karaoke 12pm Lunch Club 1.30pm Bingo in Dining Room Area	29th Movies in the Lounge Self-directed Activities 	30th Movies in the Lounge Self-directed Activities 

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