# BEAUMONT CARE Clontarf

July 2024

# THE Beaumont BULLETIN

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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

Hi all and welcome to July.

Hopefully, you may have noticed, but we have started to prepare and cook our own meals on site. The smells that are coming out of the kitchen are making my tummy rumble and hopefully yours as well. Sharyn, our head cook is doing an amazing job and is really looking forward to getting creative with the food that is now coming out of the kitchen.
Please do not hesitate to provide feedback on your meals, if there is anything you fancy, please let us know and we can see what we can do for you. Was there anything you particularly didn't like? Again, let me know and I can provide the feedback to the kitchen.

Unfortunately, Covid is again upon us within the facility. So far, everyone is coming through it with minimal symptoms which is great to hear. For family and friends, may I please remind you to complete a RAT on entry and delay your visit if you have any cold or flu symptoms. The numbers are high in the community at the moment, and we all need to take extra precautions this time of year. If you wish to take some RAT's home to test before leaving, just ask us and we can help you out. Any visitors that have tested positive, you are not able to return to the site until day 8. This is the same protocol for our staff who have tested positive. We need to minimise the risk of our residents becoming sick. Thankfully, our residents have been relative symptom free and are bouncing back quickly.

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 everyone,

As we are well and truly in the winter season there is also a large amount of respiratory illnesses in the community. As we want to keep all our lovely residents healthy and well, we also ask that where possible you limit exposure to cold and flu infections by:

- Be up to date with vaccinations
- Maintaining good hand hygiene
- Maintain social distancing in crowded areas
- Stay warm and dry
- Keep up your healthy fluids
- Please stay at home if you are unwell
- If in doubt, please wear a mask

If you have any questions or feedback, please come and see me. 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

As we head into July, may we continue to dress nice and snug and warm. Let's keep ourselves active as possible and fill our days in doing activities of our liking.

Each day is started off with a comfortable walk about the block or within the facility. These walks are conducted by our lovely Physiotherapist, Jas , followed by the Exercise Group. When Jas is not available Lifestyle staff are there to ensure the residents are keeping their fitness up. Residents are welcome to join us at anytime, starting each day at 9.00 am.

Our Residents' meetings are held Monthly on the 3rd Wednesday at 1pm, in the lounge / activity room.
Please feel free to join us. We welcome all and this allows you to have an input and to put forward any concerns or suggestions you may have. Then we can address these issues for you.

Residents and staff alike enjoy all the televised sports, the Origin Footy, and the upcoming Olympics watching the swimming trials, and we kept busy with Arts and Crafts .

We visited the local Church and enjoyed a couple of hours of looking at the stalls, and in particular the flower arranging was very pleasing and interesting to the ladies.

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

*Lifestyle and Leisure Department*

# STAFF MEMBER PROFILE

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

Sue has worked with us at Beaumont Care for 31 years as an Enrolled Nurse. Sue loves the family atmosphere and sharing a laugh with residents and co-workers. Her dream holiday would be the Greek Islands – Mykonos. Sue favourite colour is pink/mauve.

When Sue is not at work, she enjoys cooking, gardening, crochet, knitting and reading. Sue has a pet staffy- Kaizer who rules the house and sneaks into bed on cold nights. Sue loves having Chinese food for a treat.

Recently, Sue participated in the fundraising event - Memory walk and jog on the 1st June, which was located in Redcliffe. This event was a fundraiser for dementia and Sue was a part of the Beaumont team and raised an incredible $1000.00.
What an amazing achievement. Congratulations Sue!

# Welcome...

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

## Lydia Nicolls

along with their family and friends.

# July BIRTHDAYS

**Marjorie Hayes - 17th**
**Giwi Payne - 17th**
**Michelle Mansell - 24th**
**Lillian Zammit - 24th**
**Daphne Simpson - 26th**

*Happy Birthday!*

## GETTING TO KNOW OUR RESIDENTS

## Thelma Agnew

Thelma has been a resident with us for the past 18 months at Beaumont Care Clontarf.

Thelma enjoys her morning routine that involves walking around the facility and saying hello to staff and residents. She enjoys getting to know the new residents and looks forward to seeing a smile on everyone's faces.

Thelma also loves saying hi to the residents dogs and enjoys the social side of living here.

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

## Yvonne Westaway, and Ian Underhill

# LIFE AT BEAUMONT CARE

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# THIS MONTH IN HISTORY

# July

## SYMBOLS OF JULY

July's birthstone is the ruby, which symbolizes contentment.
Its birth flowers are the Larkspur or the Water Lily.
The zodiac signs for the month of July are Cancer (until July 22) and Leo (July 23 onwards)

## HISTORY

July is the seventh month of the year (between June and August) in the Julian and Gregorian calendars and the fourth of seven months to have a length of 31 days. It was named by the Roman Senate in honour of Roman general Julius Caesar, it being the month of his birth. Prior to that, it was called Quintilis, being the fifth month of the 10-month calendar.

**July 1, 1863** - Beginning of the Battle of Gettysburg during the American Civil War.

**July 6, 1885** - Louis Pasteur gave the first successful anti-rabies inoculation to a boy who had been bitten by an infected dog.

**July 10, 1973** - The Bahamas gained their independence after 250 years as a British Crown Colony.

**July 10, 1991** - Boris Yeltsin took the oath of office, becoming the first popularly elected president in Russia's thousand-year history.

**July 14, 1789** - The fall of the Bastille occurred at the beginning of the French Revolution.

**July 15, 1606 - Birthday** - Dutch painter Rembrandt van Rijn (1606-1669) was born in Leiden, Holland. Best known for The Night Watch and many portraits and self portraits.

**July 16, 1969** - The Apollo 11 Lunar landing mission began with a liftoff from Kennedy Space Center at 9:37 a.m.

**July 20, 1954** - An agreement was signed in Geneva, Switzerland, ending hostilities between French forces in Vietnam and the People's Army of Vietnam.

**July 20, 1969** - A global audience watched on television as Apollo 11 Astronaut Neil Armstrong took his first step onto the moon. As he stepped onto the moon's surface he proclaimed, "That's one small step for man, one giant leap for mankind" - inadvertently omitting an "a" before "man" and slightly changing the meaning.

**July 20, 1919 - Birthday** - Explorer Edmund Hillary was born in Auckland, New Zealand, July 20, 1919. In 1953, he became first to ascend Mount Everest, the highest mountain in the world at 29,023 ft.

**July 21, 1899 - Birthday** - Ernest Hemingway (1899-1961) was born in Oak Park, Illinois. His works included; The Sun Also Rises (1926), A Farewell to Arms (1929), For Whom the Bell Tolls (1940) and The Old Man and the Sea (1952). Awarded the Nobel Prize in 1954, he wrote little afterward, became ill and shot himself to death on July 2, 1961.

**July 24, 1943** - During World War II in Europe, the Royal Air Force conducted Operation Gomorrah, raiding Hamburg, while tossing bales of aluminum foil strips overboard to cause German radar screens to see a blizzard of false echoes. As a result, only twelve of 791 Allied bombers involved were shot down.

**July 28, 1929 - Birthday** - Jackie Kennedy (1929-1994) was born in Southampton, New York (as Jacqueline Lee Bouvier). She was married to John Fitzgerald Kennedy and after his death later married Greek shipping magnate Aristotle Onassis.

**July 29, 1883 - Birthday** - Benito Mussolini (1883-1945) was born in Dovia, Italy. He ruled Italy from 1922-1943, first as prime minister and then as "Il Duce," the absolute dictator.

**July 30, 1863 - Birthday** - Automotive pioneer Henry Ford (1863-1947) was born in Dearborn Township, Michigan. He developed an assembly-line production system and introduced a $5-a-day wage for automotive workers.

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 – July 2024

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|---|---|
| 1st International Joke Day | 2nd Hairdresser | 3rd | 4th Bus Trip to Woodford / Lunch | 5th | 6th | 7th |
| 9am Walking Group<br>9.30am Exercises with Jas<br>10.30am Jokes<br>12pm Lunch Club<br>1pm Movie<br>2pm Hoy *in the dining room* | 9am Walking Group<br>9.30am Exercises with Lifestyle<br>10.30am Group Chat & Room Visits<br>12pm Lunch Club<br>1pm Movie<br>2.30pm Quizzes & Trivia | 9am Walking Group<br>9.30am Exercises<br>10.30am Hang Man<br>12pm Lunch Club<br>1pm Movie<br>2.30pm Singalong | 9am Walking Group<br>9.30am Exercises with Jas<br>10.30am Group Chats & Room Visits<br>12pm Lunch Club<br>1pm Card Making<br>2pm Trivia & Games | 9am Walking Group<br>9.30am Exercises with Jas<br>10.30am Drummercise / Karaoke<br>12pm Lunch Club<br>1pm Bingo | Movies in the Lounge<br>Self-directed Activities<br> | |
| 8th NAIDOC Week | 9th Library Exchange | 10th | 11th Bus Trip to Bribie Island / Lunch | 12th | 13th | 14th |
| 9am Walking Group<br>9.30am Exercises with Jas<br>10.30am NAIDOC Activities<br>12pm Lunch Club<br>1pm Movie<br>2pm Hoy *in the dining room* | 9am Walking Group<br>9.30am Exercises with Lifestyle<br>10.30am NAIDOC Activities<br>12pm Lunch Club<br>1pm Documentary<br>2pm Memories of My Childhood and games we played | 9am Walking Group<br>9.30am Exercises with Lifestyle<br>10.30am NAIDOC Activities<br>12pm Lunch Club<br>1pm NAIDOC Activities | Katrina Residents Shopping<br>9am Walking Group<br>9.30am Exercises with Jas<br>10.30am NAIDOC Activities<br>12pm Lunch Club<br>1pm Movie *Resident's Choice*<br>2pm NAIDOC Activities | 9am Walking Group<br>9.30am Exercises with Jas<br>10.30am NAIDOC Activities<br>12pm Lunch Club<br>1pm NAIDOC Activities<br>2pm Happy Hour | Movies in the Lounge<br>Self-directed Activities<br> | |
| 15th Bastille Day | 16th | 17th State of Origin III | 18th Bus Trip Katrina Shopping | 19th | 20th | 21st |
| 9am Walking Group<br>9.30am Exercises with Jas<br>10.30am Craft<br>12pm Lunch Club<br>2pm Documentary<br>2.30pm Game of Hoy *in the Dining Room* | 9am Walking Group<br>9.30am Exercises with Lifestyle<br>10.30am Music Trivia & Games<br>12pm Lunch Club<br>1pm Easy Cooking<br>2.30pm Table Games | 9am Walking Group<br>9.30am Exercises with Lifestyle<br>10.30am Craft – State of Origin<br>12pm Lunch Club<br>1pm Resident Meeting<br>2.30pm Quizzes and Reminiscing | 9am Walking Group<br>9.30am Exercises with Jas<br>10.30am Quizzes<br>12pm Lunch Club<br>1.30pm Short Documentary<br>2.30pm Word Building | 9am Walking Group<br>9.30am Prayer Service in Lounge 2 with Father Howard<br>9.30am Exercises with Jas<br>10.30am Singalong / Karaoke<br>12pm Lunch Club<br>1pm Movie / Documentary<br>2.30pm Bingo | Movies in the Lounge<br>Self-directed Activities<br> | |
| 22nd | 23rd | 24th Christmas in July | 25th Bus Trip Raby Bay Lighthouse | 26th Paris Olympics Start | 27th | 28th |
| 9am Walking Group<br>9.30am Exercises with Jas<br>10.30am 1on1 Room Visits<br>12pm Lunch Club<br>1.30pm Movie *Resident's Choice*<br>2.30pm Game of Hoy / Lotto 49 | 9am Walking Group<br>9.30am Exercises with Lifestyle<br>10.30am Group Chats & Room Visits<br>12pm Lunch Club<br>1pm Prep for the Ekka<br>2.30pm Trivia & Games | 9am Walking Group<br>9.30am Exercises with Jas<br>10.30am Christmas in July Activities<br>12pm Lunch Club<br>1pm Christmas in July Activities<br>2.30pm Trivia & Games | Katrina Residents Shopping<br>9am Walking Group<br>9.30am Exercises with Jas<br>10.30am Quizzes<br>12pm BBQ Lunch<br>1.30pm Short Documentary<br>2pm Word Building | 9am Walking Group<br>9.30am Exercises with Jas<br>9.30am Drummercise / Karaoke<br>12pm Lunch Club<br>1pm Happy Hour<br>2.30pm Bingo | Movies in the Lounge<br>Self-directed Activities<br> | |
| 29th National Tree Planting Day | 30th World Friendship Day | 31st | | | | |
| 9am Walking Group<br>9.30am Exercises with Jas<br>10.30am Music Morning<br>1pm 1on1 Room Visits with Mary<br>2.30pm Game of Hoy | 9am Walking Group<br>9.30am Exercises with Lifestyle<br>10.30am Documentary<br>12pm Lunch Club<br>1pm Tic Tac Entertainment Concert<br>2.30pm Card Playing | 9am Walking Group<br>9.30am Exercises with Lifestyle<br>10.30am Olympic Games<br>12pm Lunch Club<br>1pm Afternoon Movie / Documentary<br>2pm Manicures & Foot Spas | | | | |

BEAUMONT CARE

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