



INSIDE THIS ISSUE:

July 2025

- From the Service Manager
- From the Lifestyle Team
- Staff Member Profile
- Welcomes, Birthdays and Condolences
- Life at Beaumont Care
- Helpful Links and Resources
- Calendar

BEAUMONT CARE CLONTARF

Service Manager:
Katie Morgan
(07) 3284 6638
39 Baringa Street,
Clontarf Qld 4019

FROM OUR SERVICE MANAGER

Welcome to the month of July the month of Bastille Day (I look forward to seeing where we go with our armchair travel this month), International Friendship Day, World Population Day and NAIDOC Week. What a month full of fun and frivolity!

You may have noticed a recent change in our Lifestyle Department with Louise now at the helm with Kim Lee. If you could please provide me with some feedback on how you feel regarding the changes, what you would like to see more or less of, that would be great. I think the ladies are doing an amazing job and I would love to give them some feedback on all the changes they have made.

A while back I asked for volunteers from residents and families who would be willing to form a Consumer Advisory Body for Clontarf. I only had one resident volunteer for this position and for this to work effectively, we need a few more volunteers. I have placed information sheets around the facility. If this interests you, please come and see me for an application form.

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 suggestions and feedback at any time. My door is always open.

You will also find a QR code at the back of this newsletter and around the facility - these offer another way in which you and your families can tell us what you think.

Katie

FROM THE CLINICAL NURSE

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 – bump up the heat to make it cosy!
- Provide warm beverages such as tea, coffee or hot chocolate – warmth for the hands and the tummy and keep hydrated with water in between warm drinks
- 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!
- Keep your vaccinations up to date
- Keep skin well moisturised over your whole body

For all visitors, 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, please don't hesitate to call on me at any time.

Best wishes,

Marnie

FROM OUR LIFESTYLE TEAM

This month we held a new concert with singer Colin, in what was his first visit to us here at Clontarf. We had wonderful feedback from the residents, and we are pleased to have locked him in for some more visits in the future. Colin sang so many beautiful songs from the 30s, 40s, 50s and 60s era. We were also lucky enough to have one of our staff members, Sarah, join Colin for a couple of duets. We can't wait to the next visit...

Another busy month is planned, with some new activities incorporated into the calendar. We have introduced Coffee Club and the Ice cream trolley this month and in July we have started up a new group - 'The Knit Wits Club'. All residents are welcome to join in the knitting, crocheting and sewing. Please check the calendar for the date and come join the fun.

We also have a new volunteer, Jenny, on board. She comes in a couple hours a week so please introduce yourself if you see her. We welcome back the Supers Ukelele group at the end of July and the local police will pay us a visit for an informal chat.

June unfortunately has brought us some very cold weather and some nasty bugs too. We thank all the residents for informing staff and staying away from other residents when feeling unwell. We do not want to spread our germs through the facility.

Till next month, take care of yourselves and each other and don't forget to rug up!

Lifestyle and Leisure Department

STAFF PROFILE - LOUISE

Louise has worked here at Beaumont Care for 4 months and has just stepped into a new role with the Lifestyle Department full time. We are very lucky to have her knowledge and almost 20 years' experience.

What Louise likes most about working in aged care is the residents, seeing them smiling, having fun and enjoying life.

Louise would love to have her dream holiday in Canada and Alaska. Her favourite colour is purple and her hobbies include the outdoors - walking, camping and all things crafty. Louise's favourite drink is a hot chocolate and she enjoys all foods.

Louise has a small dog called Snowy; a little Shih Tzu. Louise is a happy, genuine country girl who comes from a loving family and loves life. She is now here for a city change – wish her luck!



July

BIRTHDAYS

Rex Marshall - 8th

Giwi Payne - 17th

Marjorie Hayes - 17th

Lillian Zammit - 24th

Michelle Mansell - 24th

*Happy
Birthday!*



GETTING TO KNOW OUR RESIDENTS

Rex

Rex became a resident here at Beaumont Care Clontarf approximately 3 months ago. What he enjoys most here at Beaumont Care is spending time in the courtyard on a nice sunny day. He also joins in the morning exercises, trivia and card games.

In the past Rex has been lucky enough to travel to the Mediterranean. He would love to go back to Barcelona or Portugal one day.

Rex's interests/hobbies are cricket, soccer, and badminton. He use to have a dog named Tiger.

Rex is a friendly and easy-going man, who loves a chat or keen for some good banter or up for some jokes. When his family comes to visit, they enjoy walking over to the local bakery for some delicious treats.

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

LIFE AT BEAUMONT CARE



Well done Beaumont Care!

On 8 June, 'Team Clontarf' took part in the Memory Walk and Jog to raise funds for Dementia Australia. Great weather made for a wonderful day, with nearly \$2,400 raised! Thanks to all who supported this special fundraising event.



LIFE AT BEAUMONT CARE

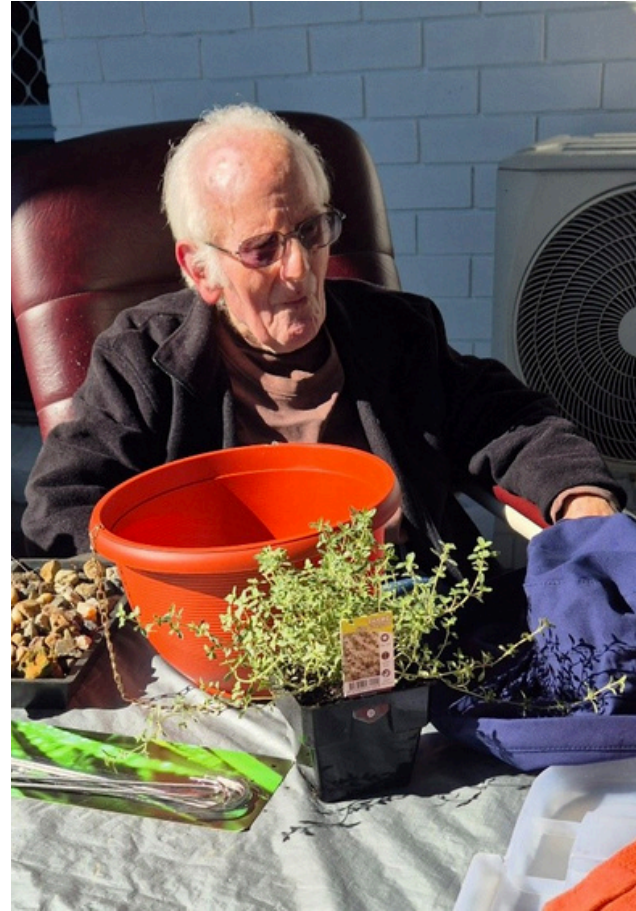
The theme for Reconciliation Week in 2025 is 'Bridging Now to Next'. Residents reflected on the reconciliation journey, celebrating Aboriginal Australian culture and understanding.



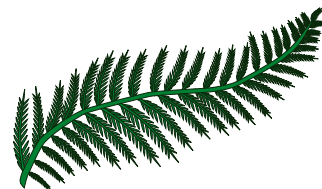
Reconciliation Day



LIFE AT BEAUMONT CARE



World Environment Day



LIFE AT BEAUMONT CARE

Bus outing to Bribie Island

On 12 June residents enjoyed a perfect winter day's out to Bribie Island, taking in the water views, some art and enjoying some lunch.



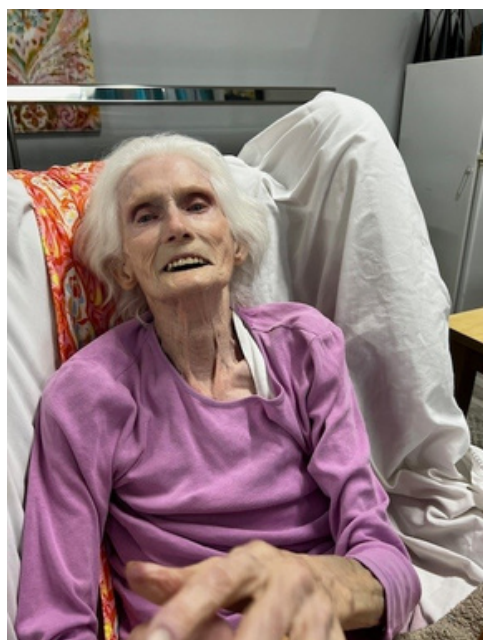
LIFE AT BEAUMONT CARE

Making scones



LIFE AT BEAUMONT CARE

Residents enjoying the singing of Colin the music man!



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, Katie Morgan:
katiemorgan@beaumontcare.com.au

Clinical Nurse, Marnie Ward:
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.

SURVEYS

Residents and their representatives are also encouraged to participate in satisfaction surveys released bi-annually.



QR CODE

Scan the QR code to
share what is important
to you

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. Please remember to let Admin office know if any of your details have changed so we have current information. Lost and found will be held monthly in the tv lounge, if you have lost any items of clothing please come along.

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






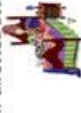


Dementia Support Australia (02) 8437 7355 www.dementiacentre.com

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 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1st JOKE DAY	2nd	3rd Bus Trip – KATRINA	4th	5th	6th
	9am Walking Group 9.30 Exercises 10.30am JOKES 12 Noon – Lunch Club 1pm – Quiz 2.30pm Skittles	9am – Walking Group 9.30 – Exercises with Lifestyle 10.30 – Quizzes & Trivia 12 Noon – Lunch Club 1 PM – Music therapy / 1 to 1 in rooms 2.00 pm Coffee Club	9am Walking Group 9.30 Exercises 10.30am Ten Pin Bowles 12 Noon – Lunch Club 1.30pm Short Documentary 2.30pm Word Building	9am – Walking Group 9.30 – Exercises with Jas 10.30 – Parachute game 12 Noon – Lunch Club 1 PM – Courtyard 2PM – BINGO	Movies in the Lounge Self-directed activities 	Movies in the Lounge Self-directed activities
7th NAIDOC	8th Library Day	9th State of Origin	10th Bus Trip – Kim Lee	11th	12th	13th
9am Walking Group – 9.30 Exercises with Jas 10.30 NAIDOC activities 12 Noon – Lunch Club 1 PM NAIDOC activities 2.30PM NAIDOC activities	9 am Walking Group 9.30 Exercises with Lifestyle 10.30 Craft for State of origin 12 Noon – Lunch Club 1.30pm Damper for NAIDOC activities 2 PM –HOY	9am – Walking Group 9.30 – Exercises with Lifestyle 10.30 – Footy trivia 12 Noon – Lunch Club 1 PM – Documentary 3.00pm Happy Hour	9am – Walking Group 9.30 – Exercises with Jas 10.30 – Poetry NAIDOC activity 12 Noon – Lunch Club 1 PM – Pampering 2.30pm – 1 to 1 with residents	9am – Walking Group 9.30 – Exercises with Jas 10.30 – Gardening in courtyard NAIDOC activity 12 Noon – Lunch Club 1 PM – Craft (Bastille Day) 2.30PM – Happy Hour	Movies in the Lounge Self-directed activities 	Movies in the Lounge Self-directed activities 
14th Celebrate Bastille Day	15th Knit Wits Group Hairdresser on site	16th Ice cream trolley Day	17th Bus Trip – KATRINA	18th Hairdresser on site	19th	20th
9am Walking Group 9.30 Exercises 10.30 – Celebrate Bastille Day 12 Noon –Lunch Club 1 pm – Sensory 2.30pm Celebrate Bastille Day.	9am Walking Group 9.30 Exercises 10.30am Karaoke 12 Noon – Lunch Club 1pm – Knit wits come down for a yarn 2.30pm Game of Hoy (Dining Room)	9am Walking Group 9.30 Exercises 10.30am Bring a and Reminiscing family photo 12 Noon – Lunch Club 1pm – Ice cream trolley 2.30pm – Quizzes	9am Walking Group 9.30 Exercises with Jas 10.30am Who am I 12 Noon – Lunch Club 1.30pm Short Documentary 2.30pm Word Building	9am Walking Group 9.30 Exercises with Jas 10.30 – Floor darts 12 Noon – Lunch Club 2.30pm Bingo	Movies in the Lounge Self-directed activities 	Movies in the Lounge Self-directed activities 
21st Ukulele Concert	22nd	23rd RESIDENTS MEETING	24th Bus Trip – Kim Lee	25th	26th	27th
9am Walking Group 9.30 am– Exercises with Jas 10.30am Ukulele Concert 1pm Hangman 2.30pm Game of Hoy(Dining Room)	9am Walking Group 9.30 Exercises 10.30am Prep for EKKA 12 Noon – Lunch Club 1pm Movie – Country Western 2.30 – Board games	9 am –Walking Group 9.30 – Exercises with Lifestyle 10.30am Darts 12 Noon – Lunch Club 1 pm – Quizzes 230pm – Hand and Nail Care	9am – Walking Group 9.30 – Exercises with Jas 10.30 – Pampering 12 Noon – Lunch Club 1 PM – 1 to 1 with residents 2.30pm – Word Building	9am – Walking Group 9.30am – Exercises with Jas 10.30 –Drummer /Karaoke 12 Noon – Lunch Club 1.30 – BINGO – Dining Room area. 3.00 – 1 to 1 catch ups	Movies in the Lounge Self Directed activities 	Movies in the Lounge Self Directed activities 
28th Visit from the Police	29th	30th	31st Bus Trip – KATRINA			
9am Walking Group 9.30 Exercises with Jas 10.30 – Visit From the Police – Informal chat 12 Noon – Lunch Club 1.00 Courtyard chats 2.30 – Game of Hoy (Dining Room)	9am – Walking Group 9.30 – Exercises 10.30 – Quizzes 12 Noon – Lunch Club 1 PM – Movie Afternoon 2.00 pm Coffee Club	9am – Walking Group 9.30 – Exercises with Lifestyle 10.30 – Quizzes & Trivia 12 Noon – Lunch Club 1 PM – Music therapy / 1 to 1 in rooms 2.00 pm Coffee Club	9 am – Walking Group 9.30am – Exercises with Jas 10.30 – Golf Putting 12 Noon – Lunch Club – BBQ DAY 1 pm – Movie 2.30 pm Trivia Games			