



BEAUMONT CARE

Warm-Hearted Care, Your Way

Newsletter
CLONTARF



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August 2025

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BEAUMONT CARE CLONTARF

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www.beaumontcare.com.au/clontarf

FROM OUR SERVICE MANAGER

Happy August everyone.

International Cat Day, National Friendship Day, Middle Child Day and Spoil Your Sisters Day are some of the fun events that happen in the month of August. How many of you are middle children?? Time to remind your siblings it is all about you this month!

Some feedback from the Laundry this month, if your family or loved ones bring in any new clothing for you or you purchase some new clothing, please either leave it with Katrina at reception, with the Clinical staff if Laundry is not on site or bring it directly to Kim so as we can label the clothing immediately and know whose clothing it is that requires labelling.

Shortly we will be completing an upgrade of our power supply on site. We are doing everything in our power to minimise the risk of disruption to residents, but there may be an hour here or there where we must turn off the power for the safety of the workers. We will also have a generator on site to maintain power for the duration of the works. As soon as I have dates, I will let you know.

In the last Residents' meeting, we spoke of the Consumer Advisory Body and asked for residents' expressions of interest to join. The CAB provides a great opportunity to get more involved and provide input into the running of your home here at Clontarf. Please speak to me with any questions or interest, I hope to commence our meetings shortly.

Thank you all for your patience during our recent Covid Outbreak. I wish to thank you all and the staff for following everything put in place so well, it only lasted a week and did not spread from the initial cases. Well done all.

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, the good, the bad and the ugly. My door is always open.

Thanks

Katie

FROM THE CLINICAL NURSE

Hello all,

I found this interesting article which, even though targeted at people of an older age, I think contains messages which are important for all ages in contributing to a sense of well-being.

An increase in Self-Acceptance – the older we are, the less worried we are about perfecting ourselves. We tend 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 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 Queensland 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,

Marnie

FROM OUR LIFESTYLE TEAM

Another month flying by. July has been a cold month with unfortunately a few of our bus trips cancelled and a lockdown. We still managed to get some activities organised to the rooms and some extra 1 to 1 time with residents. We have made it through the other side.

As we head into August, we are excited to announce the up-and-coming annual Ekka day at Beaumont Care Clontarf. It will be an action-packed day with a petting zoo and side show alley set up in courtyard, games and face painting and a few surprises too.

There are lots of fine concert days lined up, with some wonderful talented entertainers. Lifestyle will keep you all informed about these special days. Whilst we are still enjoying the cooler months, the courtyard is still a lovely place to have activities and chat with your fellow residents/friends. We also introduced carpet bowls; this will be an activity that will happen most weeks on a Wednesday afternoon. So come down and join in with some friendly competition.

We also have just started a pen pal relationship with the local Green Leaves (childcare) at Margate. We have been lucky enough to share some beautiful artwork from the children and soon we will start sending messages back. It will be a beginning of some new and special friendships.

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 look out for each other.

Lifestyle and Leisure Department

STAFF PROFILE - RACH

Rach has worked at Beaumont Care Clontarf for the past 4 months. What she enjoys most about working in aged care is making a difference in residents' lives - the smiles and giggles are priceless.

Rach's dream holiday would be cruising on a boat or ship around Europe. Her favourite colour is red.

Rach's interests outside of work are footy (NRL) and the local Dolphins team and playing poker.

Rach has a puppy named Peppa, a Great Dane/kelpie cross, who she spends time walking down the waterfront and at the dog friendly cafes. Her favourite foods are cheese, Chinese and Thai food and she loves coffee, wine.

Some fun facts you may not know about Rach. She was born in the England. She loves socks - different colours /designs. Rach is relatively new to the area, having only moved to the area around 2 years ago.



Welcome...

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

Beryl (Kay) Lewis

along with their friends
and families

August BIRTHDAYS

Edward Scott - 9th
Dawn Richardson - 20th

*Happy
Birthday!*



GETTING TO KNOW OUR RESIDENTS



Lillian

Our resident of the month is Lillian. Lillian has lived here at Beaumont Care Clontarf for just over 3 years. What Lillian loves about living here is she doesn't need to cook, clean and no washing up! She also loves spending time with the residents (her friends).

Lillian's dream holiday would be to return to Mt Kosciusko. Lillian has fond memories of working there as a young lady. Her favourite colours are pastels and her favourite hobbies are trivia, reading the paper and heading out on the bus outings. Lillian's favourite drink used to be a gin and tonic and she likes most foods.

Overall, Lillian is very happy she came to live at Clontarf. She finds the staff are always very helpful, she enjoys the Lifestyle program, heading out on the bus trips and spending time with friends.

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

Maxine Adams, Delma Conley and Giwi Payne

LIFE AT BEAUMONT CARE



Carpet bowls



LIFE AT BEAUMONT CARE

Scarborough Supers Ukulele Group



LIFE AT BEAUMONT CARE



LIFE AT BEAUMONT CARE



Parachute
games



LIFE AT BEAUMONT CARE

Biggest Morning Tea



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 ~ AUGUST 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1st Beer Day & Horse's Birthday 9am – Walking Group 9.30 – Exercises 10.30 – Parachute game 12 Noon – Lunch Club 1 PM – Courtyard chats 2.30PM - Happy Hour – Have a beer!	2nd Movies in the Lounge Self-directed activities 	3rd Movies in the Lounge Self-directed activities 
4th	5th ICE CREAM TROLLEY	6th	7th Bus Trip – Kim Lee	8th	9th	10th
9am Walking Group – 9.30 Exercises 10.30 Music Trivia and games 12 Noon – Lunch Club 1 PM Skittles 2.30PM Game of Hoy	9 am Walking Group 9.30 Exercises 10.30 Crafts for EKKA 12 Noon – Lunch Club 1.30pm ICE CREAM TROLLEY 2 PM – Hangman	9am – Walking Group 9.30 – Exercises 10.30 – Quiz 12 Noon – Lunch Club 1 PM – Documentary 1.30 to 3.30 Carpet bowls	9am – Walking Group 9.30 – Exercises 10.30 – Poetry in courtyard 12 Noon – Lunch Club 1 PM – Pampering 2.30pm – 1 to 1 with residents	9am – Walking Group 9.30 – Exercises 10.30 – Hookie 12 Noon – Lunch Club 1 PM – Easy listening music 2.30PM – BINGO	Movies in the Lounge Self-directed activities 	Movies in the Lounge Self-directed activities 
11th Royal Queensland Show	12th Knit Wits Group LIBRARY DAY	13th EKKA SHOW DAY - BC	14th Bus Trip – KATRINA	15th National Relaxation Day	16th	17th
PUBLIC HOLIDAY CLOSED	9am Walking Group 9.30 Exercises 10.30am Prep for Ekka 12 Noon – Lunch Club 1pm – Knit wits come down for a yarn 2.30pm Word game	9am Walking Group 9.30 Exercises 10.00 am Ekka Activities 12 Noon – Lunch Club 1pm – Ekka Activities 2.00pm to 3.00pm Concert with Di	9am Walking Group 9.30 Exercises 10.30am Who am I 12 Noon – Lunch Club 1.30pm Short Documentary 2.30pm Hoy	9am Walking Group 9.30 Exercises 10.30 – Sensory 12 Noon – Lunch Club 1.00pm Come to the lounge to relax 2.30pm Happy Hour & sing a longs	Movies in the Lounge Self-directed activities 	Movies in the Lounge Self-directed activities 
18th Concert RSPCA Cupcake Day	19th	20th RESIDENTS MEETING	21st Bus Trip – Kim Lee/Louise World Senior Citizen's Day	22nd Daffodil Day	23rd	24th
9am Walking Group 9.30 am– Exercises with Jas 10.30am Colin the singer 1pm RSPCA Cupcake Day - Cooking 2.30pm Game of Hoy	9am Walking Group 9.30 Exercises 10.30am Ball games 12 Noon – Lunch Club 1pm Documentary 2.30 – Board games	9 am -Walking Group 9.30 – Exercises with Lifestyle 10.30am Floor Darts 12 Noon – Lunch Club 1 pm – Hand and Nail Care 230pm – Memory games	9am – Walking Group 9.30 Exercises 10.00- Respect & Wellbeing morning tea 12 Noon – Lunch Club 1 PM – 1 to 1 with residents 2.30pm – Word Building	9am – Walking Group 9.30am – Exercises 10.30 – Daffodil Day - craft 12 Noon – Lunch Club 1.30 – BINGO 3.00 – 1 to 1 catch ups	Movies in the Lounge Self Directed activities 	Movies in the Lounge Self Directed activities 
25th	26th DOG DAY	27th	28th Bus Trip – KATRINA	29th	30th	31st
9am Walking Group 9.30 Exercises with Jas 10.30 Floor darts 12 Noon – Lunch Club 1.00 Courtyard chats 2.30 Game of Hoy	9am – Walking Group 9.30 – Exercises 10.30 – Craft for Father's Day 12 Noon – Lunch Club 1 PM – Movie Afternoon 2.00 Coffee Club 2.30 Soccer	9am – Walking Group 9.30 – Exercises with Lifestyle 10.30 – Quizzes & Trivia 12 Noon – Lunch Club 1.30 to 3.00pm Carpet bowls comp	9 am – Walking Group 9.30am – Exercises 10.30 – Golf Putting 12 Noon – Lunch Club – BBQ DAY 1 pm - Movie 2.30 pm - Trivia Games	9am Walking Group 9.30 Exercises 10.30 – Ten Pin Bowling 12 Noon – Lunch Club 2.30pm Happy Hour and sing a longs	Movies in the Lounge Self Directed activities 	Movies in the Lounge Self Directed activities 