

# Newsletter MT TAMBORINE



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August 2025

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# BEAUMONT CARE MOUNT TAMBORINE

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# FROM THE SERVICE MANAGER

Hello families!

I hope that you are all staying warm and enjoying the cooler weather that we are experiencing.

I would like to advise that Beaumont Care have created an online Feedback Portal that you are able to access via a QR Code. This Feedback Portal is user friendly. We also have paper-based Feedback Forms located onsite if you prefer to use these. I appreciate all feedback and encourage you all to provide using either of these methods.

BEAUMONT CARE MT TAMBORINE FEEDBACK OR CODE



Sean, our Maintenance Officer has been continuing with applying a fresh coat of paint in B Wing and hopefully this will be completed over the next few weeks. I would like to thank those who have provided positive comments in relation to the newly refurbished Violet Room!

Recently my Leadership Team and I had the opportunity to attend "The Soft is the New Hard" - Effective Communication for Leadership Success presented by Leah Mether, and I am pleased to inform you all that this training was well received therefore, Beaumont Care have decided that it will be offered to all staff under the different disciplines here at Mt Tamborine. The training is scheduled to go ahead 19th of August, and I am expecting a positive result!

On behalf of all staff and residents at Beaumont Care Tamborine, I would like to sincerely thank our Workplace Health and Safety officer Sue for her years of service in that position. Sue is stepping down from her role as WHSO, and we will be nominating a new onsite WHSO in the following months.

My door is always open if you have any queries, concerns and I always welcome your feedback! On behalf of my team and I here at Beaumont Care Mt Tamborine, I would like to thank you for all your ongoing support!

Thanks.

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### FROM THE CLINICAL NURSE

Hi everyone! This month's clinical highlight will see us focusing on minimising falls.

#### **Hot Tips for Preventing Falls!**

Falls are one of the leading causes of injury, especially for older adults—but the good news is, many falls are preventable! Here are some quick, effective tips to help you or your loved ones stay safe and steady:

#### 1. Clear the Clutter

Remove tripping hazards like loose rugs, cords, and clutter from walkways. Keep frequently used items within easy reach.

#### 2. Light It Up

Good lighting is essential! Nightlights can be a game-changer, if you think you or your loved one would benefit feel free to talk to us.

#### 3. Choose the Right Footwear

Wear well-fitting, non-slip shoes—avoid slippers or socks without grip.

#### 4. Keep Active

Regular exercise improves strength, balance, and coordination. Even gentle movement like yoga or walking can make a big difference. Look for our exercise classes and come join in.

#### 5. Vision

Poor vision increases your fall risk—make sure your glasses are up-to-date and clean.

Falls can happen more as we age—they're a sign it's time to take action. Let's all do our part to make every step a safer one! Thanks,

Collette

### FROM THE LIFESTYLE TEAM

Hi everyone!

I'm happy to see a little more participation with activities lately even though our mornings up on the mountain have been a little frosty. I am still working on getting around to see you all for more one on one contact and to spend some more meaningful time with each of you.

I have started up a new Shopping Trolley service whereby I'll go around door-to-door with a shopping trolley of basic groceries, snacks, and toiletries available for purchase. I am also happy to take online shopping orders, and will try to facilitate these where possible. This will benefit residents with limited capacity to go out independently, but who still enjoy picking their own favourite treats.

As always, if you have any suggestions for activities or outings, please do not hesitate to let us know. We look forward to seeing you at our next activity. Come and join us!

# Welcome...

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

Rhonda Franke

along with their family and friends.



Peter Anderson - 5th Liz Cowen - 21st Ria Montauban- 23rd

HAPPY BIRTHDAY!



### **GETTING TO KNOW OUR RESIDENTS**



# Ruth

Ruth was born in Vaucluse, NSW. She has also lived in Perth, Melbourne, and Tasmania, before moving to the Gold Coast.

Ruth loves bush walks and hiking; and her favourite time of year is Autumn, when the leaves are falling.

Ruth's most beloved pets were Cobber (dog), Mia (cat), Judy (dog), Emma (cat) and Sally (dog). Ruth loves to spend her free time reading a book, watching TV, going for scenic drives, and she loves a hug!

Come and say hello to Ruth!

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

John Howes
Beryl Soane

## STAFF PROFILE - KATE

# How long have you worked at Beaumont Care?

Since February 2024.

#### What does your role entail?

As a Registered Nurse I am in charge of the general care and health of all residents.

# What do you enjoy most about your role?

The residents! I enjoy all aspects of my job but having a joke and being a little cheeky is my fav!



# What do you enjoy most about working at Beaumont Care?

I love the location; it's very close to home and I love the team.

#### What is your dream holiday?

I spent 2024 and 2023 on the road in a van with my family. That was my dream, and I'd do it again in a heartbeat.

#### What is your favourite food?

Pizza and hot chips!

#### What is your favourite colour?

I like aqua and turquoise

#### What are your special interests?

I like to work out. I like to eat pastries and critique them with my family

Do you have any pets? If so, then tell us a bit about them. No pets.

# Is there anything else interesting about you that you would like to share?

I was the youngest paid lifeguard in QLD. I was 16.

### **Welcome Joey and Debbie!**

We have new volunteers Joey and Debbie who will be helping our hospitality and lifestyle teams.



Winter Raffle Winners
Congratulations to our
Winter Raffle winners!









#### **Local School Visits**

A big "Thank You!" to Maha and the students from our local Tamborine Mountain schools for visiting and bringing hand-made paper flowers. It brought such joy to our residents and staff to see the warm intergenerational

relationships forming.























Arah & Chloe's Nail Salon

We had some special visitors set up a weekend nail salon for our residents. They LOVED their manicures, visits, and the makeshift nursery.



# **Chocolate Day and Sensory Tasting**









#### **Bastille Day Celebrations & Armchair Travel**



Bingo, Games, Paint & Sip, Yoga























































#### IMPORTANT INFORMATION

#### **Hairdresser Appointments**

Our hairdresser, Kristy visits on the last Wednesday of every month. Residents can book in for a haircut using the hairdresser book located at front reception. Alternatively, see a staff member for assistance to book in with the hairdresser. Price lists can be found on our community board, as well as the Lifestyle office.

Residents are also welcome to use their own hairdresser at any time or go out to a private hair salon with family.

#### Meals

Families and Friends are welcome to order and enjoy a meal through our main kitchen to have with their loved ones.

Please let the kitchen or administration know you would like a meal organised approx. 2 hours before scheduled mealtimes.

#### **Going Out?**

Please let the staff know and sign in <u>and</u> out of the Resident Leave Record book located in the Main Foyer.

#### **Relatives Details / EPOAs**

Next of Kin or relevant persons please alert staff if you; change your address, phone number, or contact details. We can then update your details.

#### **Maintenance Issues?**

Do you have a light that needs replacing? Tap that is leaky? Residents now have access to a Maintenance request book, located near the lounge area. All families, staff, and residents can now log any issues that they would like Maintenance to have a look at. Logbooks will be checked daily by our maintenance officer, Sean.

#### **Clothing Labels**

Please ensure that any new clothing items are placed in a named bag and handed in to reception to be labelled BEFORE giving them to residents or placing them in wardrobes. Unfortunately, many items of unlabelled and unidentified clothing are ending up in our lost property box in the laundry. Unlabelled and unidentified clothing will be donated to local OP shops at the end of each month. To avoid disappointment, please ensure all new clothing items are adequately labelled.

#### **COVID-19 Updates**

Although QLD health has recently relaxed guidelines for mask wearing and other entry precautions, aged care facility site managers can implement additional entry guidelines to minimise risks to vulnerable residents.

Under the current traffic light system, Rapid Antigen Tests (RATs) for visitors are required every 72 hours, and mask wearing is encouraged, but not mandatory.

Please check for any updates near the visitor sign in registers.

Unfortunately, we must remind everybody that our staff are here to assist, and abuse will not be tolerated.

### **HAVE YOUR SAY**

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:

genevieveverhoeff@beaumontcare.com.au Clinical Nurse: cnroslyn@beaumontcare.com.au Executive Team: exec@beaumontcare.com.au

#### FEEDBACK FORMS

There are suggestion boxes located at the facility. Feedback forms can be found alongside.



#### PHONE

Facility: (07) 5545 7822 Service Manager: 0409 572 138

#### **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

**NEW CARD?** A friendly reminder to residents and family members to bring all new Medicare cards, Pension cards etc to the Administration office when you receive them so they can be photocopied and records updated accordingly on your file.

**UNNAMED & LOST CLOTHING?** We seem to be continuing to have a large amount of unlabeled clothing. Residents and Families please ensure all clothing items are labelled and if you are missing any clothing items could you please ask staff for assistance who would be more than happy to help.

#### **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

		Mt. Tamborine Activity Program ~ August 2024	ivity Program ~	August 2024		
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
(			0)	1st Horses' Bday/Beer Day	2nd	3rd
	BEAUMONT CARE	CARE	Hugust.	8.30 Morning visits 9.00 Garden walks 10.30 Shopping Trolley 1.30 Guitar music with	2.00 Games with Rita in the Multi-purpose room	11.30 Songs of Praise Songs Praise 2.00 Rita's games - in
<b>4</b> th	5th	6th Shopping Trolley	7th Aged Care Employee Day	8th Cat Day	<b>9</b> th	10 <sub>th</sub>
9.00 Exercise Group 10.30 Anglican Church	8.30 Morning visits & shopping orders	8.30 Morning visits AM Catholic 1:1 visit	9.30 Conversation group 10.30 Presbyterian Church service	8.30 Morning visits 9.00 Garden walks	2.00 Games with Rita	11.30 Songs of Praise
10.30 Giant Scrabble 1.30 Personal projects — Diamond Dots/ Painting	9.30 Scenic bus drive 10.30 Outing to Kmart/ OP Shops & Ox Tavern	10.30 Paint & Sip 1.30 Word games in main lounge	11.00 Exercise group 2.00 Happy Hour & Sing along	Room 1.30 Guitar music with Craig	room	2.00 Rita's games - in Multi-purpose room
11#	12 <sup>th</sup>	13th EKKA Day	14th	15 <sup>th</sup>	16 <sup>th</sup>	17 <sup>th</sup>
Royal QLD Show Public Holiday (Scenic Rim)	9.00 Garden walks 9.30 Scenic bus drive 10.30 Lunch outing to View Café Hinze Dam 6-8pm TM Girl Scouts visiting	AM Catholic 1:1 visit 9.30 Armchair Yoga 9.30 Residents' meeting - Main lounge 2.00 Craft with Rita & Sandra	8.30 Morning visits 9.30 Exercise group 10.30 Presbyterian Church Service 2.00 Happy Hour & sing	8.30 Morning visits 9.00 Garden walks 1.30 EKKA Treats and carnival games 1.30 Guitar music with Craig	2.00 Games with Rita in the Multi-purpose room	11.30 Songs of Praise Songs Praise 2.00 Rita's games - in Multi-purpose room
18 <sup>th</sup>	19 <sup>th</sup>	20th Shopping Trolley	21st Snr Citizens Day	22nd Daffodil Day	23rd	24th
<ul><li>9.00 Exercise Group</li><li>10.30 Anglican Church service in Violet Room</li><li>10.30 Knitting group</li><li>1.30 Trivia in the violet</li></ul>	8.30 Morning visits & shopping orders 9.00 Garden walks 9.30 Scenic bus drive 10.30 Outing to My	8.30 Morning visits AM Catholic 1:1 visit 9.30 Armchair Yoga 10.30 Garden Group –	9.30 Conversation group 10.30 Presbyterian Church service 11.00 Exercise group 2.00 Happy Hour & Sing	8.30 Morning visits 9.00 Garden walks 10.30 Putt Putt golf – main lounge 1.30 Guitar music with	2.00 Games with Rita in the Multi-purpose room	11.30 Songs of Praise Songs Praise 2.00 Rita's games - in
room	Garden Oasis & Two Dashes Coffee Shop	10.30 Cooking in MSU	along	Craig		Multi-purpose room
25 <sup>th</sup>	26th Dog Day	27th Shopping Trolley	28 <sup>th</sup>	29th	30th	31st
9.00 Exercise Group 10.30 Anglican Service 10.30 Ladder tennis in the garden 1.30 Scent-sory blindfolded games	8.30 Morning visits & shopping orders 9.00 Garden walks 9.30 Scenic bus drive 10.30 Lunch outing to Jacobs Well Hotel	Hairdresser AM Catholic 1:1 visit 9.30 Armchair Yoga 9.30 Exercise Group 10.30 Men's Tool Shed Club / Snooker game 1.30 Pottery- violet room	8.30 Morning visits 9.30 Exercise group 10.30 Presbyterian Church Service 2.00 Happy Hour & sing along	8.30 Morning visits 9.00 Garden walks 10.30 Bingo 1.30 Guitar music with Craig	2.00 Games with Rita in the Multi-purpose room	11.30 Songs of Praise Songs Praise 2.00 Rita's games - in Multi-purpose room