

CLONTARF NEWSLETTER



BEAUMONT CARE

Warm-Hearted Care, Your Way



INSIDE THIS ISSUE:

August 2026

- From Our Service Manager
- From Our Clinical Nurse
- News from the Lifestyle Team
- Staff Profile
- Resident of the Month
- Welcome, 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



www.beaumontcare.com.au/Clontarf



FROM OUR SERVICE MANAGER

🌻 August at Clontarf: A Month of Community, Conversations & Celebration

As we settle into August, we have a wonderful month ahead filled with opportunities to connect, celebrate, and ensure every resident's voice is heard. From sharing feedback about life in our community to enjoying one of Queensland's most beloved events, there is plenty to look forward to.

💬 Resident Experience Survey - 7 August

On 7 August, we will welcome representatives onsite as part of the Resident Experience Survey. They will be spending time talking directly with residents about their experiences, what they enjoy most about living at Clontarf, and any ideas they may have for making our community even better.

These conversations are incredibly valuable and provide residents with an opportunity to share their thoughts in a friendly and supportive environment.

Whether it's highlighting something we're doing well or suggesting a new initiative, every piece of feedback helps us continue to grow and improve. We encourage residents to take the opportunity to have a chat and share their experiences. After all, the best way to create a great community is by listening to the people who call it home.



🎡 Ekka Day & Census Day - 11 August

11 August will be a busy day, as we celebrate Ekka Day while also participating in the Australian Census.

The Ekka is a much-loved Queensland tradition that brings communities together in celebration. We'll be embracing the spirit of the Ekka with plenty of fun, laughter, and opportunities to reminisce about favourite show memories.

Whether it's stories of show bags, animals, competitions, or family outings, the Ekka always brings a sense of nostalgia and community spirit.



At the same time, the Australian Census will take place. The Census helps build a picture of our communities and supports future planning for services and resources across Australia. Our team will be available to provide support and assistance where needed to ensure the process runs smoothly.

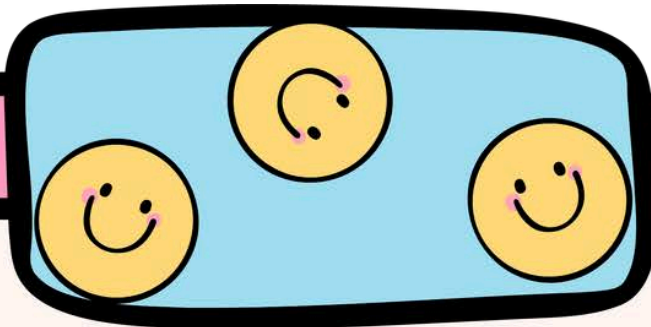
🌟 Celebrating Our Community

As we move through August, let's continue to enjoy the little things that make our community special: shared conversations, friendly smiles, meaningful connections, and the everyday moments that bring us together. Thank you to our residents, families, volunteers, and team members for helping make Clontarf such a warm, welcoming, and vibrant place to call home. We look forward to another fantastic month together.



Warm regards. Katie

FROM OUR CLINICAL NURSE



Happy August to our wonderful residents,
families, and friends!

As we enter the last month of winter, it's a wonderful time to stay connected, keep active, and enjoy the many activities and events planned throughout our home.

August is also a special month in aged care. On **Friday, 7 August**, we celebrate Aged Care Employee Day, a wonderful opportunity to recognise and thank our amazing nurses, care staff, chefs, lifestyle teams, volunteers, cleaners, maintenance, and administration staff who make a positive difference every day.

A heartfelt thank you to our wonderful team at Beaumont Care Clontarf for your care, compassion, and dedication. Your commitment helps make our home a welcoming and caring place for everyone.

If you have any questions or concerns, or simply want to have a chat, please don't hesitate to reach out to me or any member of the nursing team, we're always here to help.

Wishing everyone a happy, healthy, and wonderful August filled with laughter, family, friendship, and plenty of memorable moments!

Warm regards,

Monique Jordan Clinical Nurse



FROM OUR LIFESTYLE TEAM

Well another month done and dusted cant believe we are going into August. With the reno's continuing I would like to thank all our residents for being patient as we work through these challenging times. We have managed to continue with most of our usual program and activities making the adjustments needed.

Coming up in August is the Henny Penny hatchling arriving on the 10th and of course our EKKA Day with lot of exhibits like the ice creamy stall, Devonshire teas, cake tasting, and knock em down just to mention a few. We also have our bus going out every Thursday for lunches, Men's shed and the preschool visits.

We will welcome our Ukelele group to entertain us and Dave Robley who are always so happy to come and see us all.

We are looking forward to Kippa-Ring coming and joining us for an inter facility bowls tournament. Men's shed is every last Thursday of the month for our men to visit Kippa-Ring to socialize and mix. We are also going to visit the Tribe social belongings group.

We hope that everyone continues to stay well and enjoys the nice winter weather that we have been having.

Take care and stay safe everyone.

Lou & Rach - The Lifestyle Team

STAFF MEMBER PROFILE - KURT

MEET KURT TAGHOY

Kurt has been a valued member of the Beaumont Care Clontarf team for 3 years and 7 months.

During this time, Kurt has consistently demonstrated compassion, dedication, and a genuine commitment to supporting our residents.

What does Kurt enjoy most about working in Aged Care?

"Looking after the elderly and hearing their stories whilst helping with their needs."

Getting to Know Kurt

Kurt describes himself as someone who is always willing to listen and connect with others.

"I am open for a chat and to hear your stories or needs. If you need a hand, I'll be there."

♥ **Favourite Colour:**
Navy Blue

🍜 **Favourite Food:**
Japanese Ramen



🐕 **Pets:**

Kurt has a beloved Golden Retriever named Nimbus living back home in the Philippines.



✈️ **Dream Holiday Destination:**

Norway or Switzerland to experience the Alps, see the Northern Lights, and visit fjords and igloos.



🎯 **Hobbies & Interests:**

Cooking
Reading

Going to the gym
Hiking around the
Sunshine Coast

Learning about science in
free time



RESIDENT PROFILE - NARELLE



Narelle, affectionately known as "**Teddy Bear**," has been part of the Beaumont Care Clontarf family since June 2021.

One of the things Narelle enjoys most about living at Beaumont Care is the wonderful range of lifestyle activities on offer.

Some of Narelle's favourites include **games, happy hour, crafts, cooking activities**, and joining in whenever health allows.

When it comes to favourites, Narelle loves the colour **lilac** and enjoys good food and a drink, with small pickled onions being a particular favourite.

Animals have always held a special place in Narelle's heart.

Over the years, Narelle has shared life with several beloved cats, including Sheba and Vickie.



In spare time, Narelle enjoys reading, watching motorbike racing, and spending time with cats.



Narelle has also enjoyed travelling, with favourite memories including cruising, visiting the Pacific Islands, Papua New Guinea, Fiji, and holidays in Cairns.

Thank you, Narelle, for being such a valued member of our Beaumont Care community. We are delighted to celebrate you as our Resident of the Month and look forward to sharing many more happy moments together.



MEOW

A message from
Narelle:

"I'd like to get to more lifestyle activities when my health allows."

August

BIRTHDAYS

Edward Scott 9th

HAPPY BIRTHDAY

Katrina does shopping for residents on a Tuesday as of next week.

If residents could advise the office before **8.30am** on **Tuesday's** any items they require keeping in mind shopping is done at Kippa Ring shops.

Katrina can also assist with online shopping provided residents have their own credit card.



In Memoriam

On behalf of all the Beaumont Care family,
we farewell



*Wilfred Gatehouse
(Bill)*



*Elaine
Marshall*

along with their family and friends.

WELCOME AND FAREWELL



FAREWELL:

Irene Fleming –
moved to another site



WELCOME TO OUR NEW RESIDENTS!

Viktor Sharashkin
Alan Reece
Ross Lennard
Christopher Grant
Lisa Elliott
Gerard Fenelly



LIFE AT BEAUMONT CARE



BEAUMONT *Birthdays - July*



LIFE AT BEAUMONT CARE



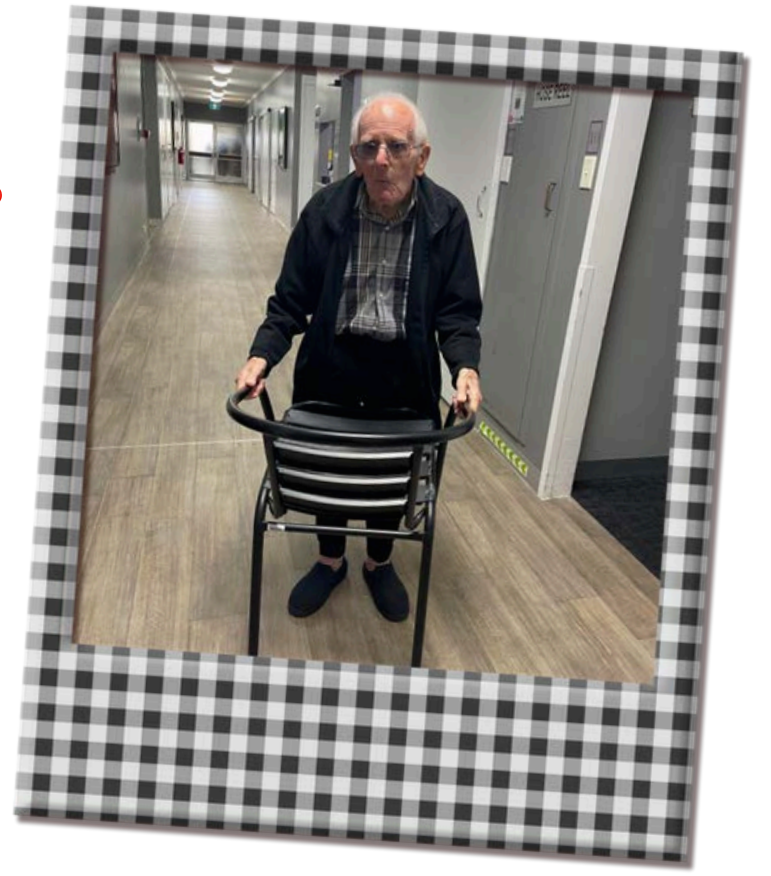
EXERCISES



LIFE AT BEAUMONT CARE

TEN PIN BOWLING

GO THELMA!



CONCERT

***Singer -
Darrin***



PET THERAPY

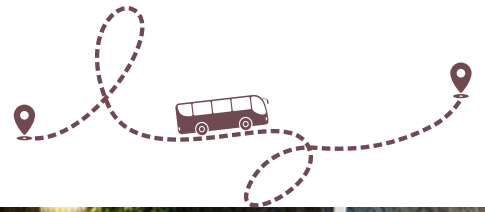


Out and About - Mens Shed



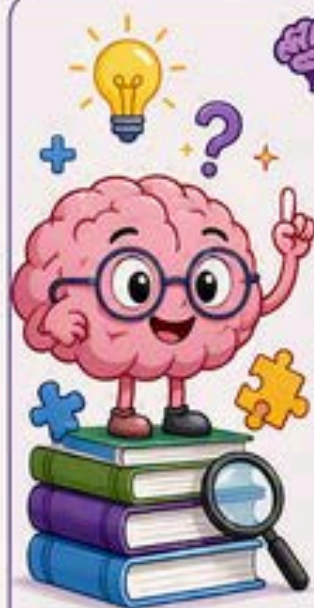
LIFE AT BEAUMONT CARE

Out and About - RSL



RESIDENT CORNER

August



DID YOU KNOW?

- 1 Honey never spoils. Archaeologists have found pots of honey in ancient Egyptian tombs that are still safe to eat.
- 2 An octopus has three hearts!
- 3 Bananas are technically berries, but strawberries are not.
- 4 Laughing is good for your health—it can help reduce stress and boost your mood.
- 5 The world's oldest known living tree is over 4,800 years old.

JOKE

Dogs can't operate an MRI machine but **CAT**-scan.



THOUGHT FOR THE DAY

*"Every day may not be good,
but there is something good
in every day."*



JOKE

Why did the Dalmatian
go to the eye doctor?

.....

He kept
seeing spots.



THIS MONTH'S RIDDLE

I have keys but no locks. I have space but no room.
You can enter but you can't go outside.
What am I?

Answer: A keyboard!



SELF-CARE CORNER

Taking a few moments each day for yourself
can make a big difference.

THIS MONTH'S SELF-CARE IDEAS:

- 1 ☀️ Spend some time outdoors and enjoy the fresh air.
- 2 📞 Call a friend or family member for a chat.
- 3 🎵 Listen to your favourite music and sing along.
- 4 📖 Read a chapter of a favourite book or magazine.
- 5 🚶 Take a gentle walk or join an activity session.
- 6 💧 Remember to drink plenty of water throughout the day.
- 7 😊 Share a smile—it can brighten both your day and someone else's.



AUGUST

FUN FACTS

The Month of Sunshine, Stars & Sandwiches!

AUGUST AT A GLANCE

- August is the 8th month of the year.
- It has 31 days.

WHERE DID AUGUST GET ITS NAME?

August was named after Augustus Caesar, the first Roman Emperor. The month was originally called Sextilis before being renamed in his honour.



MEANING OF THE NAME

August comes from the Latin word Augustus, meaning:

MAJESTIC

GREAT

HONOURED

VENERABLE

AUGUST ZODIAC SIGNS



LEO

July 23 – August 22

- ★ Confident
- ★ Creative
- ★ Loyal
- ★ Generous
- ★ Natural Leaders



VIRGO

August 23 – September 22

- ★ Practical
- ★ Organised
- ★ Intelligent
- ★ Reliable
- ★ Hard-working



AUGUST BIRTH FLOWERS

GLADIOLUS

Symbolises:

- ★ Strength
- ★ Sincerity
- ★ Integrity
- ★ Remembrance



POPPY

Symbolises:

- ★ Imagination
- ★ Remembrance
- ★ Peace
- ★ Inspiration



The birth flowers for August are the Gladiolus and the Poppy, symbolizing strength, honor, remembrance, and imagination.

AUGUST BIRTHSTONES

PERIDOT



Known as the "Gem of the Sun" and admired for its bright green colour. Symbolises prosperity, strength and good fortune.

SPINEL



Represents inspiration, revitalisation and energy.

SARDONYX



The traditional August birthstone associated with courage and protection.

FAMOUS AUGUST BIRTHDAYS

- | | |
|---------------------|-------------|
| ★ Barack Obama | – August 4 |
| ★ Meghan Markle | – August 4 |
| ★ Neil Armstrong | – August 5 |
| ★ Lucille Ball | – August 6 |
| ★ Whitney Houston | – August 9 |
| ★ Chris Hemsworth | – August 11 |
| ★ Jennifer Lawrence | – August 15 |
| ★ Madonna | – August 16 |
| ★ Usain Bolt | – August 21 |
| ★ Kobe Bryant | – August 23 |



DID YOU KNOW?

The Earl of Sandwich

John Montagu, the 4th Earl of Sandwich, is famous for inspiring the modern sandwich.

Legend says he asked for meat between two slices of bread so he could continue playing cards without stopping for a meal.

People started ordering "the same as Sandwich" and the name stuck!



A WORLDWIDE FAVOURITE FOOD WAS BORN!

AMAZING AUGUST FACTS

- 📅 August has 31 days.
- 🌠 The spectacular Perseid Meteor Shower peaks during August.
- ☀️ August is often one of the warmest months in the Northern Hemisphere.
- 🌸 In Australia, August signals the end of winter and the beginning of spring blooms.
- 8 August is the eighth month of the year.
- ♌♍ Babies born in August have either the Leo or Virgo zodiac sign.



HELLO AUGUST!

Be bright like a sunflower, shine like the stars, and make every day amazing!



VOLUNTEER OPPORTUNITIES & SUPPORT AT HOME



Make a Difference
Through Connection



Be part of moments
that truly matter



Support residents to keep
doing what they love

Volunteer With Us!



BEAUMONT CARE

Warm-Hearted Care, Your Way

www.beaumontcare.com.au

1300 217 336

volunteers@beaumontcare.com.au

 **BEAUMONT CARE**
INDEPENDENT LIVING

SUPPORT AT HOME

*Our Warm Hearted Care,
in your Own Home*

CONTACT US:

 **0407 978 250**

 sah@beaumontcare.com.au



Helping you live safely and independently at home



LIFE AT BEAUMONT CARE

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

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.

FEEDBACK FORMS

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



QR CODE

Scan the QR code to
share what is important
to you

SURVEYS

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

EMAIL

Service Manager: katiemorgan@beaumontcare.com.au

Clinical Nurse: cn-clontarf@beaumontcare.com.au

Executive Team: exec@beaumontcare.com.au

PHONE

Facility: (07) 3284 6638

Service Manager: 0412 839 440

WEBSITE

www.beaumontcare.com.au

OR CONNECT WITH US ONLINE



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.culturaldiversity.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 2026

Monday 31st	Tuesday	Wednesday	Thursday	Friday	Saturday 1st	Sunday 2nd
0900. walking group 0930 exercises 10.30-word games 12.00 lunch time 1.00 1-1 room visits 2.30 hoy					No Planned Activities Rest Day 	No Planned Activities Rest Day 
3rd	4th	5th	6 th Bus trip	7th	8th	9th
9am walking group 9.30am Exercises 10.30am Floor Darts 1pm Documentary 2.00pm HOY 4pm The Chase – News	9am 1-1 room visits 9.30am Exercises 10.30am Word Building 13.00pm quoits 2.00pm Cooking 4.00 the chase	9am 1-1 visits 9.30am Exercises 10.30am Quiz Midday - Lunch 1.30 -330pm Carpet bowls 4.00 tipping point	9am Walking group 9.30am Exercises 10.30am Hookey Midday – Lunch/Bus outing 1.30 Movie and ice cream run 4pm Ch 7 News	9am Walking Group 9.30am Exercises 10.30am Golf putting Midday – Lunch 2.30pm HAPPY HOUR 4pm The Chase – News	No Planned Activities Rest Day 	No Planned Activities Rest Day 
10th	11th	12th	13th Bus Trip	14th	15th	16th
Public holiday No scheduled activities	EKKA DAY	Morning Chats 9.30 Chair yoga 10.30 Songs of praise 1200 Lunch time 1.30 Carpet Bowls 4.00pm Tipping point	9am Walking Group 9.30am Exercises 10.00 bus to Tribe social belongings. Midday – Lunch 1.0 1-1 room visits 2.30-word games 4.00 tipping point	9am Walking Group 9.30am Exercises 10.30Tenpins bowls 1200lunch time 1.00pm 1 to 1visits 2.30pm Bingo	No Planned Activities Rest Day 	No Planned Activities Rest Day 
17th	18th	19th	20 th Bus Trip	21st	22nd	23rd
9.00 walking group 0930 exercises 10.30 Hangman 12.00 lunch time 1.30Ukelele entertainers 4pm – News	9am walking group 9.30am Exercises 10.30am word games 1200 lunch time 1.00pm Documentary 2.30pm painting	9amwalking group 9.30am Exercises 10.30am poetry reading 1200 lunch time 1.30 carpet bowls 3.30 the chase	9.00 walking group 9.30 exercises 10.30. men's shed Kippa ring Cooking with Halina 2.pm Movie and ice creams .400 tipping point	9.00 walking group 0930 exercises 1030 Fr Ted AnglicanService 1200 lunch time 1.00 Documentary 2.30 Bingo	No Planned Activities Rest Day 	No Planned Activities Rest Day 
24th	25th	26th	27 th Bus trip	28 th	29th	30th
9.00 walking group 9.30 Exercises 1030.quiz 12.00 lunch 1300 Residents meeting/food focus 2.00 hoy 4.00 The chase	9am 1-1room visits 9.30amExercises 10.30amShuffleboard Midday-Lunch 1.30pmHangman 2.30pm craft/fathers day	9am 1-1 room visits 9.30am Exercises 10.30 inter facility bowls Midday – Lunch 1.30pm Carpet Bowls 3.00pm Tipping point	9.00 walking group 9.30 exercise 10.30 Pre-school or scenic drive 1.30 Men's shed/ movie and Ice Cream 3.30pm Tipping point	9am Walking Group 9.30am Exercises 10.30am Floor darts 1.00pm 1 to 1 room visits 2.00 Dave Robbley concert Happy hour	No Planned Activities Rest Day 	No Planned Activities Rest Day 