

CLONTARF NEWSLETTER



BEAUMONT CARE

Warm-Hearted Care, Your Way



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September 2026

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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



KATIE



Hello to All Residents, Families, and Staff,

As we welcome September and the beginning of spring, I'd like to take the opportunity to thank our residents, families, and staff for helping make our home such a welcoming and supportive place.

The warmer weather gives us a chance to spend more time outdoors, enjoy the courtyard, and participate in the many activities planned throughout the month. We encourage residents to join in where they can, whether it's attending an event, catching up with friends, or simply enjoying some time in the sunshine.

This month we look forward to celebrating Father's Day and continuing to create meaningful opportunities for residents and families to spend time together. These moments of connection are an important part of maintaining wellbeing and fostering our strong community spirit. We also are in our final stage of our renovations, due for completion by the end of the month. It has been a journey, and I thank you all for your time, patience and understanding through it all but I think you all agree, the rooms look beautiful and it has all been worthwhile.

I would also like to acknowledge our dedicated team, whose care, compassion, and commitment make a positive difference every day. Their efforts help ensure that residents feel safe, respected, and supported in a place they are proud to call home.

On behalf of the management team, thank you for your ongoing support and involvement in our community. We look forward to sharing another enjoyable month with you all. As always, my door is always open, and I always appreciate your feedback on everything.

Please do not hesitate to let me know if there is anything you are concerned about or any suggestions for improvements.

*Warmest Regards,
Katie*

FROM OUR CLINICAL NURSE

Welcome September 🌸

A big thank you to our residents, families, friends and wonderful staff for your support throughout August and the winter months.

As we welcome September and the beautiful start of spring, we also reflect on our winter flu season. Our facility experienced 3 positive COVID-19 cases and 15 cases of rhinovirus.

A massive thank you to our dedicated staff for following infection control policies and procedures and helping keep our residents safe. 💙

We also sincerely thank our families and friends for staying home when unwell and practicing good hand hygiene when visiting. Your care and cooperation are greatly appreciated.

This month, residents will receive a new red toothbrush as part of our oral care routine.

🪄💖 Families, please remember to check and replace your own toothbrush regularly too. Fresh toothbrush, healthy smile!

Wishing everyone a happy and healthy start to spring! 🌸

Warm regards,
Monique Jordan
Clinical Nurse



Katrina does shopping for residents on a Tuesdays.

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.



FROM OUR LIFESTYLE TEAM

Hello everyone,



We hope you had a wonderful and exciting August.

With the arrival of spring on 1 September, we can look forward to longer days, warmer weather and plenty of opportunities to enjoy the beautiful season ahead.

August was a busy month at Clontarf, filled with a variety of activities, bus trips and visits from talented artists and entertainers who brought enjoyment and laughter to our residents.



As we move into September, we look forward to celebrating Wattle Day on 1 September and Father's Day, recognising and celebrating all dads, grandads and father figures wherever they may be. We will also acknowledge R U OK? Day, where residents and staff are encouraged to wear orange and take the opportunity to check in with one another and start meaningful conversations. Later in the month, we will celebrate International Day of Peace, reflecting on the importance of kindness, friendship and connection.



We are also excited to welcome Helen to the Lifestyle Team as she steps into her new role, taking over from Louise, who is moving on to her next adventure. We thank Louise for her contribution to Clontarf and wish her all the very best.

Our visits to Kippa-Ring for Men's Shed will continue throughout September, providing opportunities to build lasting friendships with residents from our sister home. We also look forward to continuing our cooking group, creating delicious soups, baked treats and other goodies to share with everyone.

A big thank you to everyone who supported Daffodil Day. Through your generosity, we raised \$27 through gold coin donations in support of cancer research and awareness.



We wish everyone a safe, happy and enjoyable spring season and look forward to sharing many more special moments together.

Take care,



Lou & Rach - The Lifestyle Team



CAB COMMITTEE



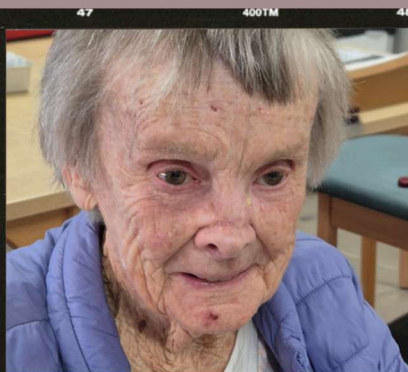
Meet our Community Advisory Board (CAB) Committee Members

The CAB plays an important role in shaping our services by sharing lived experience, providing feedback, and helping us improve the care and support we deliver. Members attend regular meetings to discuss key topics, contribute ideas, and represent the views of our wider community.

Dan - Chairman



Members: Renie / Nana Big / Eddie



Meetings are held 3 monthly and notes from the meeting will be available to all residents

STAFF MEMBER PROFILE - SOMARD



Somard has been part of the Beaumont Care family for 8 months and says the thing they enjoy most about working in aged care is helping people. Their caring nature and willingness to support others make them a valued member of our team.

♥ **Favourite Colour:** Blue

🍜 **Favourite Food & Drink:** Thai food and red wine

🐾 **Pet:** A beloved little Bitzer dog named Jack
When not at work, Somayd enjoys travelling around Australia in a caravan and camping, making the most of the country's beautiful destinations and outdoor lifestyle.

✈️ **Dream Holiday Destination:** Anywhere! With a love of travel, Somayd is always ready for the next adventure.

A FEW MORE FUN FACTS:



**LOVES
HELPING
PEOPLE**



**ENJOYS
WATCHING
MOVIES**



**LIKES
COOKING**



*Winners of the
Lollie guessing
for Ekka was
Carol and
Alan!!*



RESIDENT PROFILE - REX

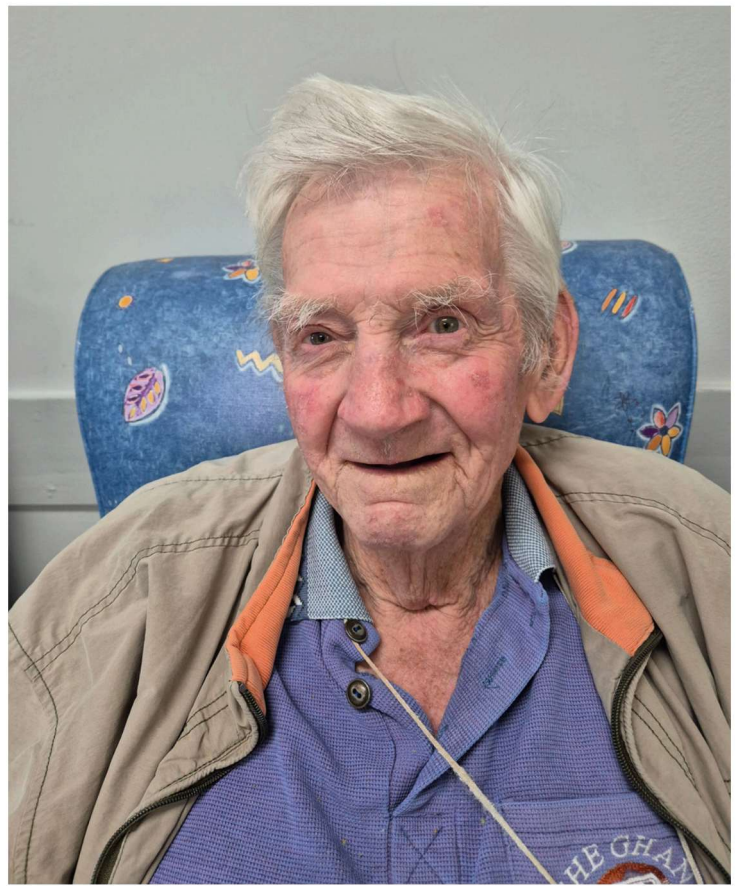
Rex Marshall has called Beaumont Care Clontarf home for around 12 months and says one of the things he enjoys most is the companionship of fellow residents, noting that everyone gets along well.



A keen cricket enthusiast, Rex previously played cricket and continues to enjoy watching the game today. He was a member of a local hospital cricket team and fondly recalls travelling to matches in various locations.



When it comes to food and drink, Rex enjoys a good cappuccino and a tasty stir fry. Rex also remembers his beloved Scottish terrier, Tiger, who was a loyal companion for 10 years.



Asked if there was anything else he would like everyone to know about him, Rex replied with a smile, "There's not enough time to tell you all about me. Let me get back to you on that!"

LIFE AT BEAUMONT CARE



WELCOME AND FAREWELL



**WELCOME TO OUR
NEW RESIDENTS!**

In Memoriam

On behalf of all the Beaumont Care family,
we farewell

Mark Grant

Christopher Grant

Ross Lennard

along with their family and friends.

September
BIRTHDAYS

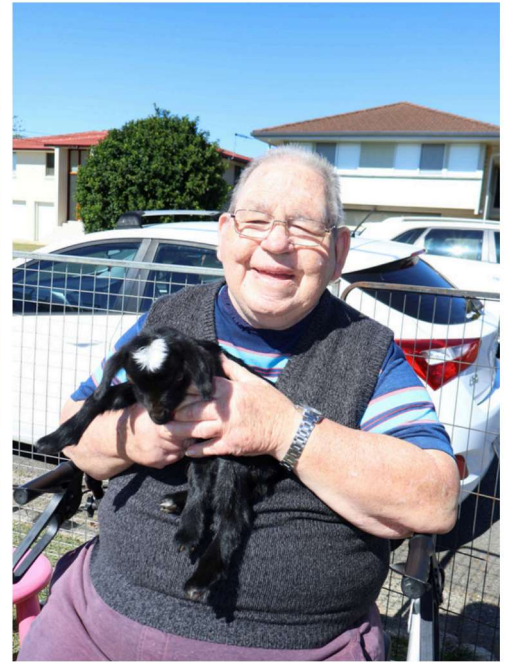


Colin Chandler 18th
Lorraine Holland 27th

LIFE AT BEAUMONT CARE



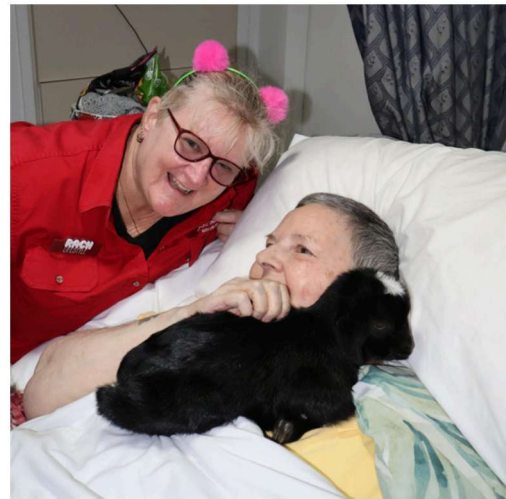
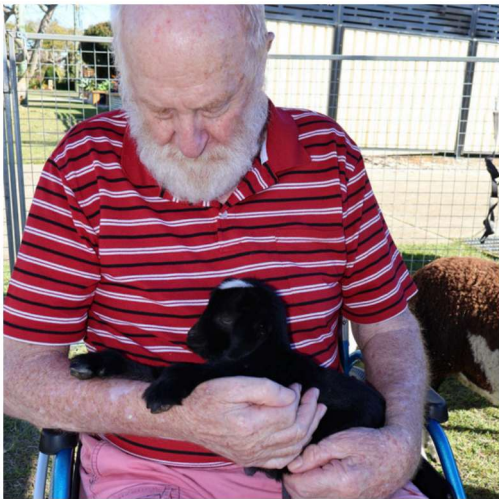
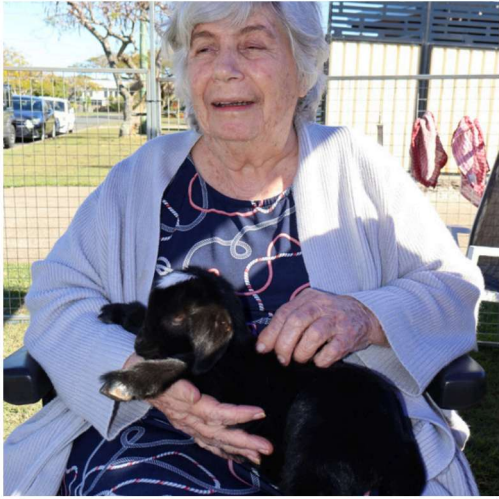
LIFE AT BEAUMONT CARE



EKKA!



LIFE AT BEAUMONT CARE



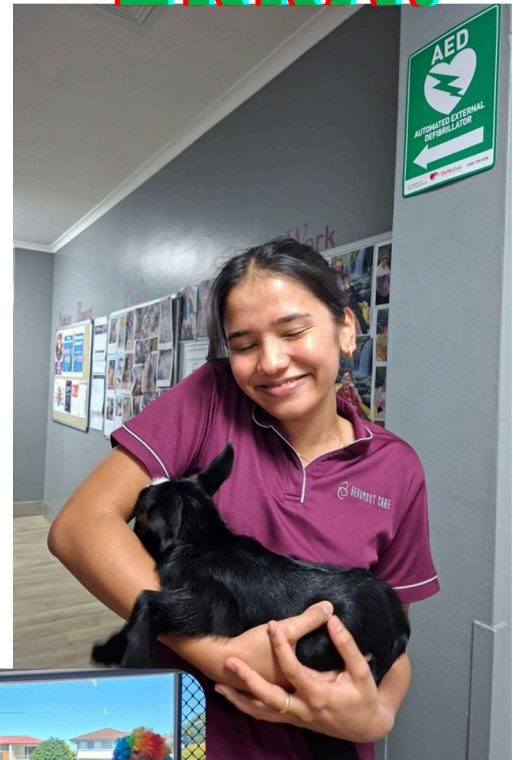
EKKA!



LIFE AT BEAUMONT CARE



EKKA!



CONCERT

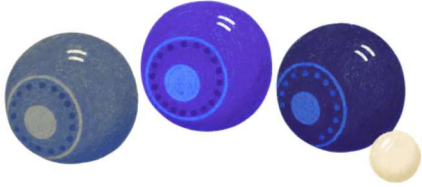


Ukelele Band



LIFE AT BEAUMONT CARE

Bowls Comp



Kippa
Vs
Clontarf



LIFE AT BEAUMONT CARE

Bowls Comp

Kippa Vs Clontarf





CHAMPIONS

***Kippa
Took Home
Victory!!***

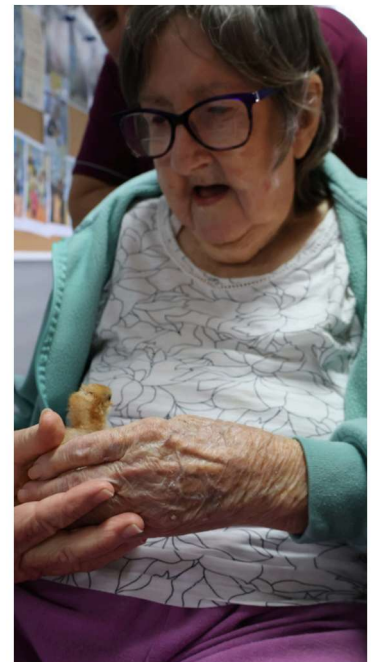
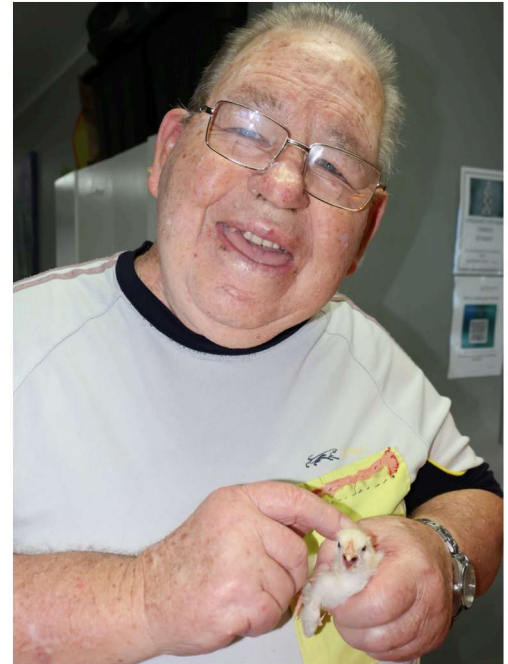
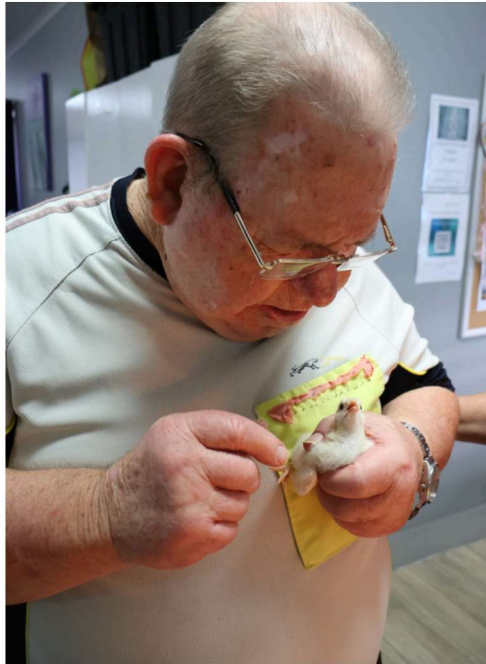
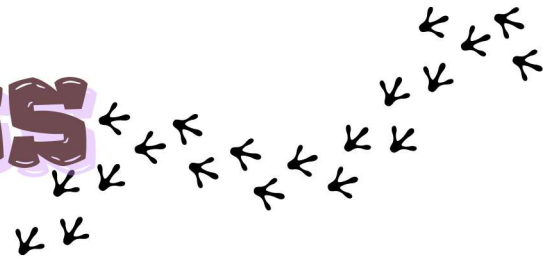
Until next time...



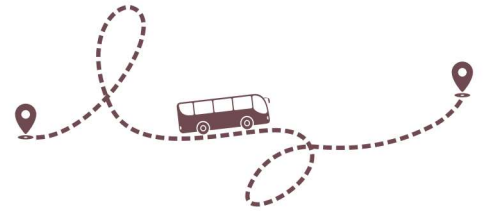
LIFE AT BEAUMONT CARE



CHICKEN HATCHLINGS

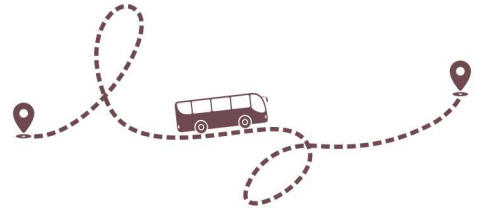


Out and About - Bribie Island



LIFE AT BEAUMONT CARE

Out and About Bribie Island



Resident Corner

SEPTEMBER

Sharing smiles, stories and a little fun! ♥

1



DID YOU KNOW?

- Learning something new, no matter your age, helps create new connections in the brain.
- A single bee can visit up to 5,000 flowers in one day.
- Australia is home to more than 10,000 beaches. If you visited one every day, it would take over 27 years to see them all.
- Owls can rotate their heads up to 270 degrees.
- The world's oldest working postal service began more than 500 years ago.



2

JOKE OF THE MONTH

Why are horses in such great shape?

They're on a stable diet!

Haha! 😄



3



THOUGHT FOR THE DAY

"Every flower blooms in its own time."



4



THIS MONTH'S RIDDLE

I can be hot,
I can be cold,
I can run and I can be still,
I can be hard and I can be soft.
WHAT AM I?

ANSWER: *Water*



5



SELF-CARE CORNER *tips*



Get some sunshine – even a few minutes outside can boost your mood.



Drink plenty of water to stay refreshed.



Take time to relax – read, listen to music or enjoy a hobby.



Stay connected – a chat, a smile or a call can make someone's day (including yours!).

Let's enjoy this beautiful September and all the little moments that bring joy.



Thank you for being such an important part of our community. ♥

SEPTEMBER

FUN FACTS

The Month of Change, Colour & New Beginnings!

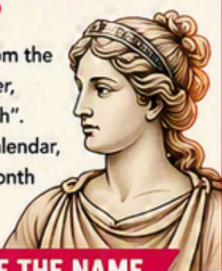


SEPTEMBER AT A GLANCE

- September is the **9th** month of the year.
- It has **30** days.

WHERE DID SEPTEMBER GET ITS NAME?

September comes from the Latin word *September*, which means "seventh". In the early Roman calendar, it was the seventh month of the year.



MEANING OF THE NAME

September comes from the Latin word *September*, meaning "seventh".

WISE

RESPECTED

HONOURABLE

DIGNIFIED

STRONG

★ SEPTEMBER ZODIAC SIGNS ★



VIRGO

August 23 – September 22

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



LIBRA

September 23 – October 22

- ★ Diplomatic
- ★ Charming
- ★ Fair-minded
- ★ Social
- ★ Peacemaker



★ SEPTEMBER BIRTH FLOWERS ★

ASTER

Symbolises:

- ♥ Love
- ★ Wisdom
- ★ Faith
- ★ Patience



MORNING GLORY

Symbolises:

- ★ Affection
- ★ New Beginnings
- ★ Hope
- ♥ Remembrance



SEPTEMBER BIRTHSTONES

SAPPHIRE



Symbolises wisdom, loyalty, nobility and truth. Often associated with protection and good fortune.

LAPIS LAZULI



Encourages honesty, inner peace and self-awareness. Promotes harmony and friendship.

BLUE TOPAZ



Represents clarity, communication and calm. Helps with focus and confidence.

FAMOUS SEPTEMBER BIRTHDAYS

- | | |
|-------------------|----------------|
| ★ Beyoncé | – September 4 |
| ★ Keanu Reeves | – September 2 |
| ★ Pink | – September 8 |
| ★ Michael Jackson | – September 29 |
| ★ Adam Sandler | – September 9 |
| ★ Prince Harry | – September 15 |
| ★ Maggie Smith | – September 28 |
| ★ Will Smith | – September 28 |
| ★ Salma Hayek | – September 2 |
| ★ Gwyneth Paltrow | – September 27 |



✿ DID YOU KNOW? ✿

SPRING HAS ARRIVED IN AUSTRALIA!

- September marks the beginning of Spring in Australia.
- Bees become busier as flowers begin to bloom.
- Butterflies and other pollinators become more active.
- Jacaranda buds begin appearing in Queensland, a sign that warmer days are on the way.
- Many native birds start nesting and raising their young during spring.
- Gardens burst into colour with wildflowers, daisies, and fresh new growth.
- Days become longer, temperatures begin to rise, and more people enjoy time outdoors.

Fun Spring Challenge!

- | | |
|--|--------------------------------------|
| ✓ Spot a bee on a flower | ✓ Listen for birdsong in the morning |
| ✓ Find a flowering plant in your neighbourhood | ✓ Go on a spring nature walk |

Spring is nature's way of saying, "Let's grow!"

★ AMAZING SEPTEMBER FACTS ★



September has 30 days.



It marks the beginning of spring in Australia and autumn in the Northern Hemisphere.



Many schools begin a new school term in September.



The Autumn Equinox (around 22–23 September) welcomes the new season.



In the Southern Hemisphere, September is a wonderful time for outdoor adventures and garden blooms.



Babies born in September have either the Virgo or Libra zodiac sign.



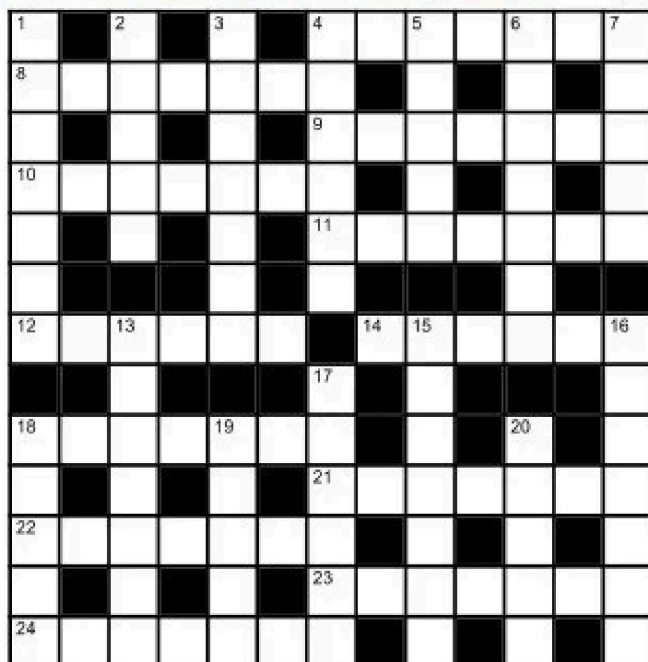
HELLO SEPTEMBER!

Welcome Spring! Enjoy the sunshine, blooming flowers, and fresh new beginnings.

700

- 4 What, in wartime, are flights over enemy territories (7)
- 8 Name the title of ancient Egyptian kings (7)
- 9 What do we call one who gives a professional opinion (7)
- 10 Which elementary particle is a constituent of all atomic nuclei, except normal hydrogen (7)
- 11 What is a more common term for the patella (7)
- 12 Name the cavity at the upper end of the human windpipe (6)
- 14 In Alexandre Dumas' novel, Edmond Dantes was the Count of Monte ... (6)
- 18 What is another name for an hereditary sovereign (7)
- 21 Which term describes personal property (7)
- 22 Name a tube that enables a person swimming face downwards to breathe (7)
- 23 What do we call that which is put forward to conceal a true purpose (7)
- 24 What are people who experience morbid enjoyment from inflicting pain (7)

- 1 Name a dog with a long, silky coat, and drooping ears (7)
- 2 What is an item of information (5)
- 3 What do buzzards and their like eat (7)



- 4 Which parts of human legs lie between the knees and ankles (6)
- 5 In which form of theatrical entertainment are recent events, etc, parodied (5)
- 6 What are spiders, ticks, centipedes etc, called (7)
- 7 Name the piece of leather used for sharpening razors (5)
- 13 Name an Australian long-distance swimmer. Des ... (7)
- 15 Who founded Singapore in 1819, Sir Thomas Stamford ... (7)
- 16 What is another term for compulsion (7)
- 17 What do we call the young of dogs, wolves, and such (6)
- 18 Who were the nine sister goddesses of classical mythology (5)
- 19 Which term describes profligate or dissolute men (5)
- 20 What is a company of eight singers (5)

001

A C O I N E
S E N D X C
K N I P S R
S H O E I A
S R I A H C
T T X E T S

Find the following words in the grid. They may read in any direction, even diagonally. Some letters are used more than once.

Asks	Pink	Text
Coin	Scarce	This
Export	Send	Ties
Hairs	Shoe	

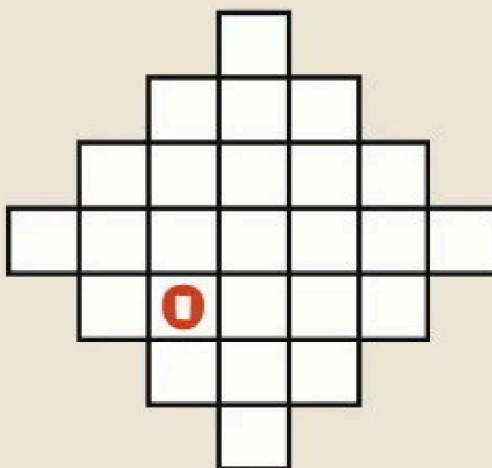
001

Albert Einstein (1879-1955), known for his genius in theoretical physics, believed the true sign of intelligence is not knowledge but imagination: "If you want your children to be intelligent, read them fairy tales. If you want them to be more intelligent, read them more fairy tales."

011

Letters A to Z have a number value. Some are shown in the right-hand cells. Create remaining values using clues in centre cells.

A	$H \div B$	5
B	$C \times C$	
C	$I \div P$	
E	$C + A$	
H	$A \times B$	20
I	$P \times C$	
P	$E + C$	



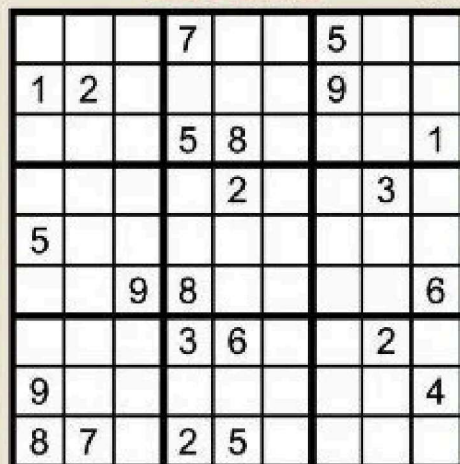
001

Build it yourself using the clues and each of the twenty-four letters once only to form ten words: five across and five down. A key word (bold clue) builds on the letter set in the grid.

Bench-top (7)
Cosmetic injection (5)
Crazy people (coll) (7)
Curtsy (3)
Dead on arrival (3)
Enclose animals (3)
Main force (5)
Negative ion (5)
Unit: *linear fibre density* (3)
Wilt (5)

A	E	O	R
B	I	O	S
B	L	O	T
C	N	O	T
D	N	P	U
E	N	R	X

001

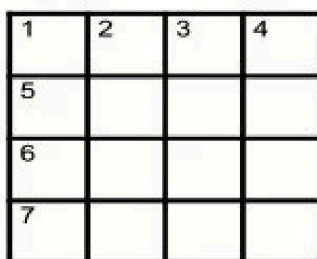


001

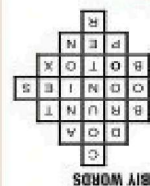
Solve the crossword.
Each answer has four letters.

1 Moved towards
5 Employed
6 Echo
7 Move gently

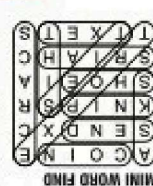
1 Preserve
2 Continent
3 Belonging to the males
4 Boundary



6



QUICK THINK
ACROSS: 1. Camie,
5 Used, 6 Ring, 7 Ease,
DOWN: 1 Cure, 2 Asia,
3 Men's, 4 Edge,
EQUATIONS
A5, B4, C2, E7,
H20, I18, P19



05/01/2019



CROSSWORD

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

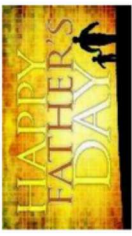
Dementia Support Australia 02) 8437 7355 www.dementiacentre.com

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 ~ September 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 st National Wattle Day	2nd	3 rd 🚌 Bus trip	4th	5th	6 th Happy Father's day
9am Walking group 🚶 9.30am Exercises 🔄 10.30am Golf putting Midday – Lunch 1.30 Father's day craft 3.30pm Tipping point	9am Walking group 🚶 9.30am Exercises 🔄 10.30am Golf putting Midday – Lunch 1.30 Father's day craft 3.30pm Tipping point	9am Walking group 🚶 9.30am Exercises 🔄 10.30am Quiz Midday – Lunch 1pm CARPET BOWLS 4pm Tipping point	9am Walking group 🚶 9.30am Exercises 🔄 1030am BUS outing/ Hookey Midday - Lunch 1.30pm Movie and ice cream 🍦	9am Walking group 🚶 9.30am Exercises 🔄 1030 floor darts Midday - Lunch 1.00 1-1 room visits 2.30 bingo	No Planned Activities Rest Day	
7th	8th	9th	10th 🚌 Bus trip R U OK Day?	11th	12th	13th
9am Walking group 🚶 9.30am Exercises 🔄 10.30am WORD BUILDING Midday - Lunch 2.00pm HOY 3.30pm Footy tipping 🏈	9am Walking group 🚶 9.30am Exercises 🔄 10.30am WORD BUILDING Midday - Lunch 2.00pm Arianna roving 🎭 4.00 the chase	9am Walking group 🚶 9.30am Exercises 🔄 10.30am Quiz Midday - Lunch 1pm CARPET BOWLS 4pm Tipping point	9am Walking group 🚶 9.30am Exercises 🔄 10.30am Quoits Midday - Lunch 1.30pm Movie and ice cream 🍦 4pm Ch 7 News	9am Walking group 🚶 9.30am Exercises 🔄 10.30am Golf putting Midday - Lunch 2.00pm HAPPY HOUR 4pm The Chase – News	No Planned Activities Rest Day	No Planned Activities Rest Day
14th	15th	16th	17th 🚌 Bus Trip - Preschool	18th	19th	20th
9am Walking group 🚶 9.30am Exercises 🔄 10.30am Shuffle board Midday – Lunch 2.00pm HOY 3.30pm Footy tipping 🏈	9am Walking group 🚶 9.30am Exercises 🔄 10.30am COOKING Midday - Lunch 1.30pm Sip and paint 3.30pm Tipping point	9am Walking group 🚶 9.30am Exercises 🔄 10.30 Songs of praise Midday – Lunch 1pm CARPET BOWLS 3.30pm Tipping point	9am Walking group 🚶 9.30am Exercises 🔄 10.00 BUS to preschool. Midday - Lunch 1.30 BUS - Men's Shed Kippa 2.30pm Word games 3.30pm Tipping point	9am Walking group 🚶 9.30am Exercises 🔄 1030 Fr Ted Anglican Service Midday - Lunch 2.00 Stephen Hydnman 🎭 /Happy hour	No Planned Activities Rest Day	No Planned Activities Rest Day
21st International peace Day	22nd	23rd	24 th 🚌 Bus Trip	25th	26th	27th
9am Walking group 🚶 9.30am Exercises 🔄 10.30 Hangman Midday - Lunch 1.30 Ukelele entertainers 🎵 3.30pm Footy tipping 🏈	9am Walking group 🚶 9.30am Exercises 🔄 10.30am word games Midday - Lunch 3.30pm Tipping point	9am Walking group 🚶 9.30am Exercises 🔄 10.30am table games Midday - Lunch 1pm CARPET BOWLS 3.30 the chase	9am Walking group 🚶 9.30am Exercises 🔄 10.30am BUS outing Midday - Lunch Cooking with Halina 2.pm Movie and ice cream 🍦 3.30pm Tipping point	9am Walking group 🚶 9.30am Exercises 🔄 1030 Floor darts Midday - Lunch 1.00 1-1 room visits 2.30 BINGO!	No Planned Activities Rest day	No Planned Activities Rest Day
28th	29th	30th				
9am Walking group 🚶 9.30am Exercises 🔄 10.30am Residents meeting Midday – Lunch 2.30pm HOY 4.00 The chase	9am Walking group 🚶 9.30am Exercises 🔄 10.30am Shuffleboard Midday - Lunch 1.30pm Hangman 2.30pm Pampering/nails 💅	9am Walking group 🚶 9.30am Exercises 🔄 10.30am word game Midday - Lunch 1.30pm CARPET BOWLS 3.30pm Tipping point				