



GLASSHOUSE COUNTRY CARE News

🌿 MARCH 2022 🌿

From the General Manager

Welcome to the second issue of the new Glasshouse Country Care Newsletter. I hope you all had a lovely Christmas and am sure you join us in looking forward to a happy, calm and less disrupted 2022.

I apologise that some of your services may have been reduced or put on hold over the last few months, but I know we are all aware of COVID's wide-reaching impact. All our regular services, including our Social Support Group activities, have now resumed, operating under our COVID Safe Plan.

I would urge anyone that has not already had their booster vaccination to do so as soon as possible. You can book a booster dose if it has been 3 months or longer since your second vaccination.

Thank you all for your continued support. We are here if you have any problems or are affected by COVID. Please get in touch if you need our support.

Warm regards,

Clare Mullins



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The Benefits of an Active Social Life for Older Adults

As many of you would know, the sudden inevitable rise in COVID-19 cases earlier this year meant we had to suspend our Senior's Social Program for the safety of our clients. Everyone understood why it was necessary, but it was very difficult for some and highlights how important social interaction is for the mental health of us all, and particularly older adults who may be more isolated in their day to day lives.

Studies have proven that having an active social life in your older years makes you happier, healthier and may even help you live longer.

Staying social:

- ✧ Makes you happy and reduces stress, depression and anxiety.
- ✧ Keeps your brain healthy and reduces the risk of dementia.
- ✧ Lowers your risk of developing high blood pressure, diabetes, heart disease, osteoporosis and rheumatoid arthritis.
- ✧ Keeps your body stronger and improves your physical fitness.

So join a class or hobby group, invite that acquaintance over for a coffee, ring a friend or come along to our social group which is now back up and running. Our group members enjoy a variety of activities and day trips, and we'll even pick you up and drop you back home. Get in touch if you'd like a copy of the latest program.

It really is never too late to meet new people and enjoy fun activities. And while doing something for the first time is always a bit scary, the benefits of getting out and about are well worth it.



Your future. Your care. Your choice.



Glasshouse Country Care offers flexible respite care services that can include companionship in the client's home or time out and about in the community.

Call us for more information on how respite can help you.

Everyone has a story

Heather & Gordon Lane



Born in war time England, Heather and Gordon Lane grew up as neighbours in Lancashire attending the same school, church and youth club.

A very shy Gordon tried to ask Heather out through a friend but was quickly told "to ask me himself". Faint heart never won fair lady, so he did. They married in 1960 and now have 2 children, 6 grandchildren, 3 great grandchildren and 2 dogs.

Gordon was required to undertake National Service, compulsory in the UK at that time, and served in the Mau Mau rebellion in Kenya and later in Aden.

On his return he worked a variety of jobs including quality control at Heinz testing taste and consistency – not an ideal job for a man who at the time had no sense of taste! Gordon then joined Leyland Motors where he worked until retirement. Heather joined the civil service after school and worked in youth employment, for British telecom, the post office and as a medical receptionist. She volunteered at the local Girl Guides unit and ran the older Rangers group, eventually becoming the District Commissioner.

Heather and Gordon's son emigrated to Queensland in 1990. When their daughter announced in 2005 that she and her son were also looking to move to Australia, they decided they were coming too, arriving on the Sunshine Coast in December 2006.

Heather and Gordon set about building a life here, getting used to the weather (and the slang) but found themselves feeling quite lonely. During a hospital visit, they were told about the support services available to them. This led them to Glasshouse Country Care. It was suggested they come along to our social centre and Heather says it was the best advice ever – a lifesaver. Heather and Gordon have been coming along on outings and to the centre for over 10 years and are part of the family here at Glasshouse Country Care.

Did you know that Glasshouse Country Care now have our own in-house Occupational Therapist?

Kristin joined us last year to provide our clients with easier access to vital home modifications. She has over 10 years' experience working as an OT and has already helped dozens of our clients improve the safety and liveability of their homes.

Simple modifications such as handrails, non-slip flooring and ramps can drastically improve mobility around the home and confidence in completing everyday tasks. Importantly, they can also help prevent falls which are the most common cause of hospitalisation in those aged over 65. Most modifications can be installed by our maintenance team.



If making a few modifications to your home could make a big difference for you, give us a call on 07 5494 6948.



WORD SCRAMBLE ANSWERS:

1. denmark 2. mexico 3. brazil 4. china 5. india
6. canada 7. afghanistan 8. argentina 9. england
10. turkey 11. cambodia 12. iceland 13. france
14. kenya 15. chile 16. netherlands 17. norway
18. nigeria 19. sweden 20. japan

GHCC Social Group





Brain Workouts

Countries of the World Word Scramble



1. kednmar _____
2. cioemx _____
3. zarbil _____
4. hcian _____
5. ainid _____
6. adnaac _____
7. tgfaisaahnn _____
8. nartegina _____
9. gednlNa _____
10. trueky _____
11. ocbdmaia _____
12. cdeilna _____
13. afrcne _____
14. eknya _____
15. helci _____
16. naeetlshnrd _____
17. ornyaw _____
18. eiringa _____
19. wdseen _____
20. pjaan _____

Answers on page 3.

Sudoku

2					6	3	9	
		8	9			1		7
6				8		4		
		1						
7	3			4		5		9
		2						
8				6		2		
		4	3			8		6
1					4	9	5	

Life is full of happiness and tears
be *strong* and have *faith*.

- Kareena Kapoor Khan -



Providing care and support since 1996.