GLASSHOUSE COUNTRY CARE News

NOVEMBER 2026

Message from the GM

As we head into the warmer months and the end of another year, it's a good time to pause and appreciate the wonderful community we're part of.

At Glasshouse Country Care, we feel very fortunate to be able to support so many people in our local community. The connections we build with our participants, their families, our staff and volunteers are what make our work so meaningful, and we never take that trust for granted.

With Christmas not too far away, I hope the coming weeks bring opportunities to spend time with family and friends, enjoy the little things and make some lovely memories.

Please remember to look after yourself as the weather warms up, stay hydrated and take things a little easier on those hot days.

Thank you for being part of our Glasshouse Country Care family. I wish you all a happy, healthy and enjoyable start to summer.

Kindest regards,

Clare

New Menu for summer

Our new menu is here for summer with a mix of old favourites and fresh new dishes, all prepared with care right here in the Glasshouse Country Care kitchen.

Whether you're after something familiar or keen to try something different, our menu offers a variety of delicious options, with lighter choices, soups and salads also available. Some of the most popular dishes on the menu at the moment are sweet and sour pork, chunky beef steak pie and savoury mince.



And with Christmas just around the corner, we'll be offering special Christmas meals throughout December, giving you the chance to enjoy some festive favourites without the fuss of shopping and cooking.

For more details, call our office on 07 5494 6948 or you can see the latest menu on our website at www.ghcare.org.au/mealdelivery

Have Your Say - Join our Consumer Advisory Board

We value the views of the people we support. We're inviting participants to join our Consumer Advisory Board and share their ideas, experiences and feedback to help us continue improving our services. Meetings are held a couple of times a year.

Interested? Contact us on 07 5494 6948 to find out more.

352 Peachester Road, Beerwah
Phone: 07 5494 6948
Email: admin@ghcare.org.au



In August, we celebrated 30 years of Glasshouse Country Care with a 90's themed Anniversary Afternoon Tea.

It was a lovely afternoon filled with good food, music, trivia and memories, as staff, participants and guests came together to celebrate three decades of care and connection. We also recognised longstanding participants and staff who have been an important part of our journey.

Thank you to everyone who has been part of our story over the past 30 years. We're proud of how far we've come and look forward to continuing to care for our community for many years to come.















GHCC Christmas Party

Glasshouse Country Care warmly invites all participants to join us for a festive Christmas celebration on Thursday 17 December at Beerwah Hall from 10.30am-2pm.



Numbers are limited.
RSVP to 07 5494 6948.

Are you ready for the warmer weather?

As the weather heats up, here are some reminders on how to stay comfortable and safe in the warmer weather.

Drink plenty of water

As we get older, we may not feel thirsty as often, even when our bodies need fluids. Try to drink water regularly throughout the day and keep a glass or water bottle within easy reach. If you have been advised to limit your fluid intake, follow your health professional's advice.

Keep your home cool

On hot days, close curtains and blinds to keep the sun out, particularly on windows facing the sun. Use a fan or air conditioning if available, and consider spending time in an air-conditioned shopping centre or library if your home becomes too warm. A cool shower or damp face washer can also help.

Be sun smart

Queensland's sun can be strong, even on days that don't feel particularly hot. When heading outdoors, wear a broad-brimmed hat, sunglasses and lightweight clothing that covers your skin. Apply sunscreen and reapply it regularly. Try to plan outdoor activities for the cooler parts of the day.

Take extra care with your health

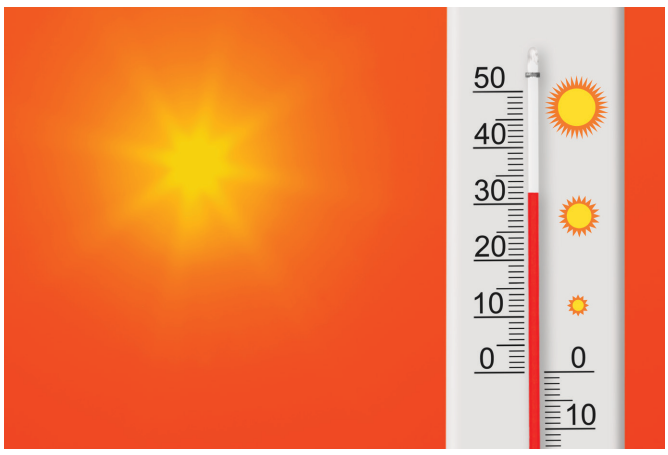
Some medications and health conditions can make it harder for the body to cope with hot weather. If you're unsure how the heat may affect your medication or health, speak with your doctor or pharmacist.

Stay connected

It's important to check in with family, friends and neighbours during hot weather, especially if you live alone. A quick phone call or visit can help make sure everyone is coping.

Know the warning signs

Dizziness, headaches, nausea, weakness or unusual tiredness can be signs that the heat is affecting you. Move somewhere cool, rest and seek medical advice if you feel unwell. Confusion, collapse or loss of consciousness are signs of a medical emergency - call Triple Zero (000).



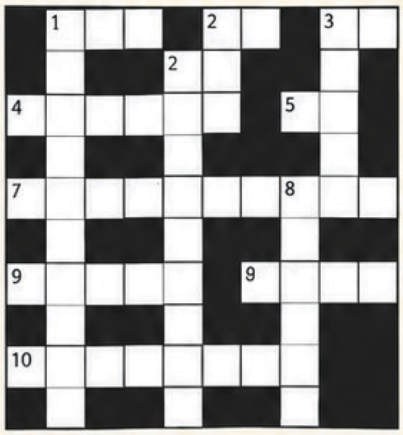
Look after yourself this summer, keep in touch with others and remember to take it easy on hot days.

Christmas PUZZLE PAGE

Take a break, have some fun and see how many you can solve!

Christmas Crossword

Use the clues to complete the crossword.



Across

1. Santa's vehicle (5)
4. A traditional Christmas decoration (7)
6. The season (8)
7. Hung by the fireplace (6)
9. A Christmas character with a carrot nose (7)
10. A sweet treat (5)

Down

1. Given at Christmas (6)
2. A red and white plant (8)
3. A place for presents (6)
5. A popular Christmas song (4)
8. A bright star in the sky (4)

Christmas Word Search

Find the words hidden in the grid. They can be horizontal, vertical, diagonal or backwards.

T	R	E	E	P	R	E	S	E	N	T	S	J
S	N	O	W	M	A	N	F	A	M	I	L	Y
C	H	R	I	S	T	M	A	S	T	A	R	S
S	A	N	T	A	D	E	C	O	R	A	T	E
C	A	R	O	L	S	N	O	W	L	A	K	E
E	L	F	S	T	O	C	K	I	N	G	S	T
B	E	L	L	S	C	H	I	M	N	E	Y	F
G	I	F	T	S	C	A	N	D	L	E	S	R
T	I	N	S	E	L	F	I	R	C	E	A	R
R	E	I	N	D	E	E	R	S	T	A	R	S
D	E	C	E	M	B	E	R	J	O	Y	L	O
H	O	L	I	D	A	Y	S	F	A	M	L	Y

CHRISTMAS
TREE
PRESENTS
SANTA
SNOWMAN
CAROLS
DECORATE
STOCKINGS
BELLS
CHIMNEY
GIFTS
CANDLES
TINSEL
FIREPLACE
REINDEER
STARS
DECEMBER
HOLIDAYS
FAMILY

Christmas Sudoku

Fill in the grid so that each row, column and 3 x 3 box contains the numbers 1 to 9.

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

Find the 10 Differences

Look closely at the two pictures below. Can you spot 10 differences?





Wishing you all a very Merry Christmas!