

GLASSHOUSE COUNTRY **CARE** *News*

~ FEBRUARY 2023 ~

Message from the GHCC Board

Hello and thank you for choosing Glasshouse Country Care to deliver your services.

I would like to introduce our Directors for 2023.

Chair of the Board - Troy Delacy

Secretary - Mark Mullholland

Other Directors - Julie Savage, Mo Barnes and Alexandra Woodside.

It appears we are finally coming out of the challenges of the past 3 years and are looking forward to getting back to a normal life in 2023.

The Board meet every 2 months with the General Manager to discuss the ongoing support for the managing and directing of the company affairs.

Every year we also meet with our Team Leads to discuss how we can improve our company. We take away their suggestions and carefully go through each idea to see if we can implement them into our current systems. These yearly meetings are so beneficial to the Directors, as this gives us an understanding of the direction the employees want to head in. Every year we go away super proud of our team, knowing that they are proud of the company they work in.

Troy Delacy

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Goals for a Happy, Healthy Life

Most New Year's resolutions fizzle out by mid-February so instead consider setting some achievable goals that really can improve your health and quality of life.

Move More

Moving your body is the key to healthy ageing. Any activity is beneficial. If you can no longer manage long walks, try shorter walks. Gardening and household cleaning can be great for balance and strength. Or join a seniors' exercise class and enjoy the social benefits too!

Stay Connected

Having an active social life makes you happier, healthier and may help you live longer. Make time to talk regularly with your friends and family. If it's difficult for you to visit them, ask them to visit you. Ask a younger person to teach you how to use technology to keep in touch. Come along to social group outings, try a new hobby or join a book club – anything that helps you feel connected to the world.

Eat Well

Healthy eating is important for your overall health and can help manage some health conditions like diabetes. If you're not able to shop or cook, our carers can help you with shopping and meal preparation, or we can deliver delicious meals directly to your door.

Don't Forget Your Brain

Exercise your brain with puzzles, crosswords and sudoku. Learn how to play chess or join a card games group. Staying mentally active helps keep your brain healthy.

Visit the Doctor

Regular visits with your doctor give you the chance to monitor any chronic conditions and to tell your doctor about any new problems you're experiencing. Regular appointments with your dentist and optometrist are important too.



Your future. Your care. Your choice.

There's no excuse for elder abuse.

Elder abuse is any act within a relationship of trust which results in harm to an older person. It can be emotional, psychological, financial, physical or sexual abuse, or neglect. Many people do not discuss their concerns with others because of feelings of shame, fear of retaliation, the involvement of family members or fear they will be institutionalised. Some people may not realise what they are experiencing is abuse, or feel that somehow it is their fault.

Although people often believe elder abuse is only committed by paid carers and other staff, this is not the case. Sadly the majority of abusers are close family members.



Elder abuse can include...

- frightening someone by threatening to hurt a pet or break belongings
- intimidating, humiliating, or harassing a person
- threatening to evict someone or put them in a nursing home
- stopping a person from seeing family or friends
- denying someone the right to make their own decisions
- pension skimming
- selling someone's belongings without permission
- misusing an Enduring Power of Attorney by taking money or property improperly
- forcing a person to change their will
- denying someone access or control of their own funds
- not allowing services to help someone
- neglecting a person's physical, medical or emotional needs
- slapping, hitting, pushing or restraining
- making unwanted sexual approaches or behaving indecently.

Signs that someone may be experiencing abuse

The person may be:

- afraid of someone close to them
- irritable, or shaking, trembling or crying
- depressed or withdrawn, talking of suicide
- uninterested in their usual interests
- presenting as helpless, hopeless or sad
- worried or anxious for no obvious reason
- reluctant to talk openly.

They may:

- change their sleeping patterns or eating habits
- have a rigid posture
- make contradictory statements not associated with mental confusion
- wait for another person to answer rather than answer questions themselves
- radically change their behaviour.

How to get help

If you are experiencing elder abuse, or suspect that an older person is being abused, it is important to know that help is available.

Call the Elder Abuse Helpline (9am–5pm, Monday to Friday) for free and confidential advice for anyone experiencing elder abuse or who suspects someone they know may be experiencing elder abuse. Phone: 1300 651 192 (Queensland only).

In an emergency phone the police on triple zero (000).

Everyone has a story

Barbel Masch is a fascinating woman, determinedly resolute in her beliefs and has never let those in power intimidate, belittle or divert her from her chosen path.

Barbel was born in Germany during the second World War. She dreamed of living in Australia and nearly emigrated as a young woman. Life had other plans and she remained in Germany to care for her mother. Barbel trained and worked as a nurse from 1961-1976 and became a tutoring sister at a highly regarded nursing school in Berlin. This school centralised several smaller schools and Barbel was integral in the development of the curriculum which she obtained from the World Health Organisation and translated during her lunch breaks. Barbel loved nursing and although she became involved in the WHO Committee on Nursing and was subsequently offered higher paying administrative roles, she always felt she could learn more as a working nurse. Despite this steadfast commitment, she was required to leave her career when she married.

The dream of moving to Australia never disappeared. Barbel and her family holidayed in Australia several times before emigrating on Australia Day in 1987. They initially moved to Wurtulla and then to Glenview, running the Suncoast Crayfish Farm which (despite some opposition) became very successful, exporting all over the world. Barbel was a representative on the Fisheries Advisory Council and also became a native animal carer. A heart attack at 54 necessitated a change and the Masch family left the stressors of the crayfish industry for an avocado farm at Glass House Mountains.

Barbel and her husband retired in 2006 and downsized to Beerwah. They have caravanned around Australia three times since and particularly love the outback Queensland town of Jericho. Barbel enjoys gardening and is planning a trip back to Germany to visit friends. A slower pace but still determinedly following her own compass.



GHCC Social Group





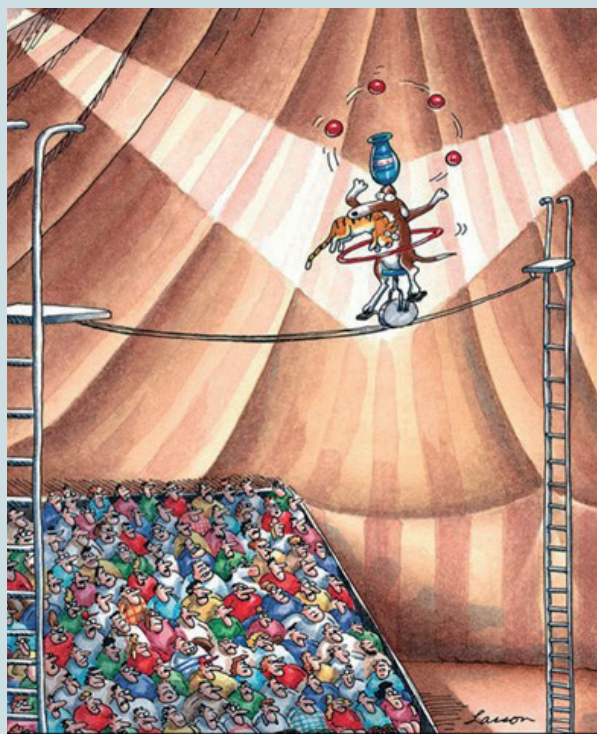
Brain Workouts

	OLL	
	RIO	
	IAT	
	GER	
	RTE	
	CKD	

RAD	QUA	RLY	LET
KNO	CAB	ING	OUS
SCR	DAN	OWN	ION

Place the left and right word parts with the middle letters to form six new words.

Answers: scrolling, cabriolet, radiation, dangerous, quarterly, knockdown



High above the hushed crowd, Rex tried to remain focused. Still, he couldn't shake one nagging thought: He was an old dog and this was a new trick.

Sudoku

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

#113679

Difficulty: moderate

Providing care and support since 1996.