



GLASSHOUSE COUNTRY

CARE

News

🌿 JULY 2024 🌿

Message from the GM

Winter is here and it's hard to believe we're over halfway through the year already.

I know it can be tempting to stay indoors and cut back on activities when it's cold and the days are short. However, it's important for our well-being to keep active during the cooler months. Try to incorporate some exercise in each day and also some time interacting with other people. It could be a walk and a cup of coffee with a friend, an exercise class, or come along to our social group. We have some great options to get out and about.

I'd also like to remind you about our meal delivery service. Our kitchen cooks a range of delicious meals perfect for this time of year – delivered right to your door.

As always, we appreciate your continued support. Stay active and stay healthy.

Warmest regards,

Clare

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Future proof your home

A few small changes can reduce the risk of falls and ensure your home remains comfortable and safe as you get older, allowing you to live independently in your own home for longer.

Some areas to consider include:

Trip hazards: Remove loose rugs or install non-slip mats. Clear clutter in walkways, and secure loose cables or wires to minimise the risk of tripping and falling.

Lighting: Install bright lighting throughout your home and consider motion-sensor lights for visibility at night.

Handrails: Handrails on staircases provide stability and support.

Bathroom Safety:

Bathrooms can be particularly hazardous areas. Ways to improve bathroom safety include non-slip flooring or mats, shower chairs, raised toilets, walk-in showers and hand-held showers. Grab rails near the toilet, shower and bathtub can assist with balance.

Accessibility: Ramps can eliminate the need for stairs. You could also consider widening doorways to accommodate wheelchairs or walkers.

Our skilled maintenance team can help with home modifications and we have Occupational Therapists on staff to make the process easier.

Call us on 07 5494 6948 to find out more.



Your future. Your care. Your choice.



What are the warning signs of diabetes in older adults?

Diabetes occurs when the body can't produce or respond to insulin, leading to high blood sugar levels. The most common form is type 2 diabetes and the rates increase with age - one in 6 people over 65, and one in 5 over 85, have diabetes. It is a chronic disease and older adults with diabetes are at greater risk of developing serious complications including blindness, heart disease and kidney failure. Symptoms can be mild to severe and often complications are present by the time symptoms are noticed. The warning signs to look out for include:

- Increased thirst and urination
- Extreme tiredness
- Wounds that heal more slowly
- Skin infections
- Dizziness and/or fainting
- Urinary tract or fungal infections
- Headaches
- Tingling sensations in hands and feet
- Leg cramps
- Blurred vision
- Gum problems
- Always feeling hungry
- Dry mouth and cracked lips
- Unexplained weight loss or gain.



If you are experiencing any of these symptoms, make sure to tell your doctor. Diabetes can be managed, and early diagnosis and treatment can reduce the risk of serious complications.

The National Diabetes Services Scheme (NDSS) is an Australian Government initiative run by Diabetes Australia to help people with diabetes to manage their condition and access subsidised products. The NDSS has a helpline (1800 637 700) and a website (ndss.com.au). National Diabetes Week runs from 14-21 July.



EMAIL AND PHONE SCAM ADVICE



No legitimate company will ever tell you to hand your money or credit cards to a courier, ride share driver or their passenger.



Don't open suspicious texts, emails, or pop-up windows and don't click on links or open attachments – just delete them.



Never give money, bank account or credit card details or other personal information to anyone you don't know or trust.



If you're still unsure, speak to a family member or friend about what's happened.

Victim of a scam?

Contact your bank or financial institution immediately.

Free expert advice & assistance

IDCARE
1800 595 160

Scam reporting

cyber.gov.au

CROSSWORD SOLUTION

ACROSS

1. Chinchilla
6. Elephant
7. Alligator
11. Anteater
12. Gazelle
14. Antelope
15. Hippopotamus
18. Aardvark
19. Tortoise
20. Porcupine

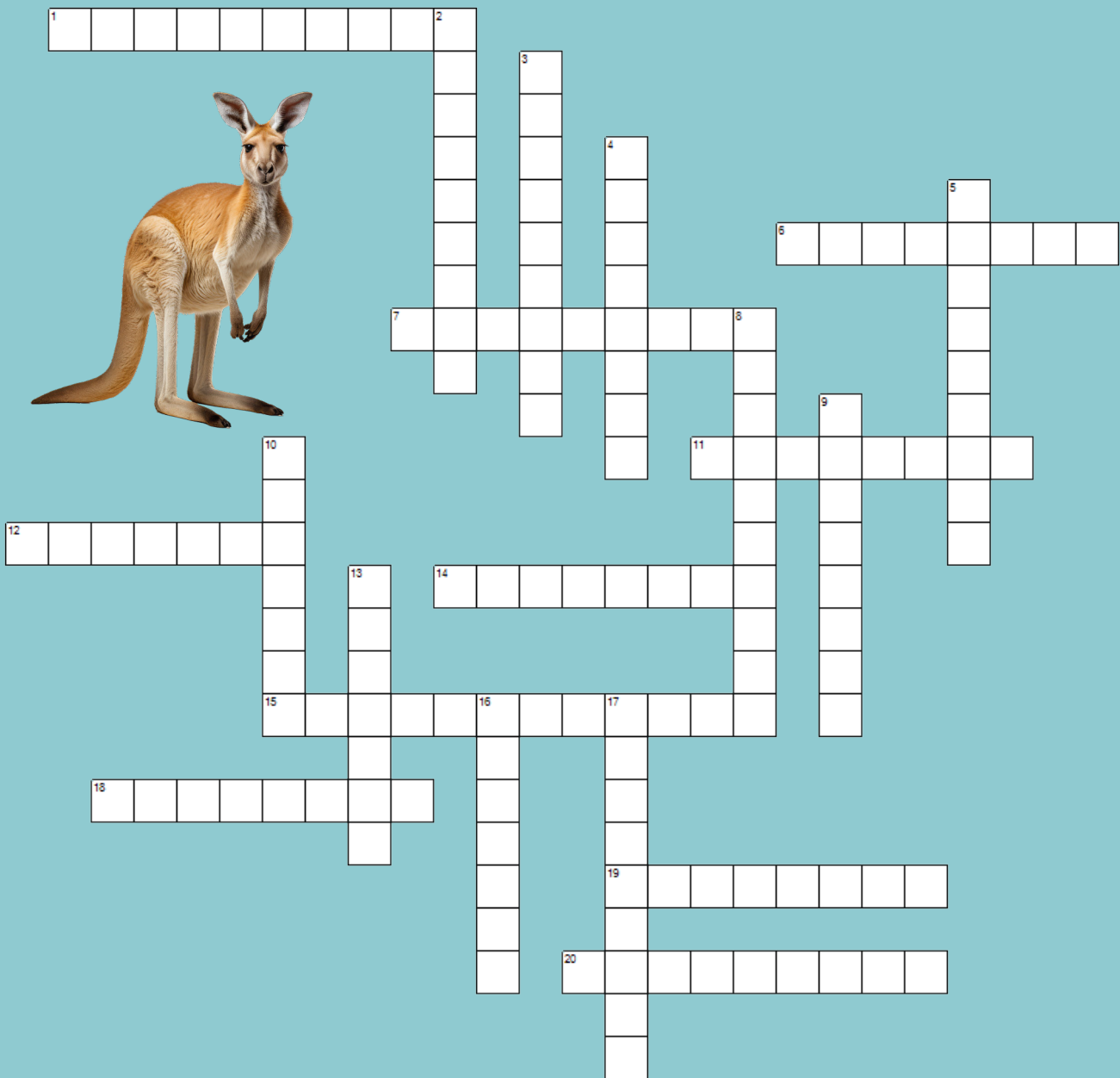
DOWN

2. Armadillo
3. Crocodile
4. Kangaroo
5. Chameleon
8. Rhinoceros
9. Reindeer
10. Cheetah
13. Leopard
16. Panther
17. Albatross

GHCC Social Group



Animals Crossword



ACROSS

1. South American thick furred rodent
6. Large grey animal with a trunk and tusks
7. Large reptile with big teeth similar to a crocodile
11. Long nosed mammal that feeds on ants and termites
12. Small swift antelope
14. Deer like mammal with horns found in Africa, Asia and parts of America.
15. Large mammal often called the "river horse"
18. Nocturnal, African mammal and the first animal listed in the dictionary
19. Slow moving creature that carries its home on its back
20. Spiky rodent like a large hedgehog

DOWN

2. Small mammal with protective plates
3. Large snapping reptile with big teeth
4. Australian leaping animal that has young in a pouch
5. Colour changing reptile
8. Large horned animal
9. Rudolph is the most famous one
10. Fastest land animal
13. Large spotted cat
16. Black leopard
17. Large seabird with longest wingspan

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