

GLASSHOUSE COUNTRY **CARE** News

JULY 2023

Message from the General Manager

Welcome to the latest issue of our newsletter.

As we move through the colder months we are unfortunately noticing very high levels of influenza, COVID-19, RSV and other viruses amongst our staff and clients. We are doing our best to manage staffing levels during this flu season and, as always, we are committed to providing you with exceptional service and support.

In happier news, from July we are introducing a new low price for our day centre activities and outings for our CHSP clients. We firmly believe that finances should never be a barrier to staying engaged and connected and we want our social group to be accessible to as many people within the community as possible.

We hope to see you soon.

Stay warm and stay well.

Clare Mullins



352 Peachester Road

Beerwah QLD 4519

Phone: 07 5494 6948

Email: admin@ghcare.org.au

Ageing and Sleep

Why does sleep change as we age?

After middle age, our body clock gradually changes. As we get older, the hormones that help us sleep are released earlier in the day. Some older adults may feel sleepy earlier than they used to and wake up early in the morning. Lower melatonin levels can make it difficult to get to sleep at night.



Many other factors may contribute to poor sleep, including:

- | | |
|--|----------------------------------|
| Pain | Dementia and Alzheimer's disease |
| Sleep apnea | Daytime napping |
| Periodic limb movement disorder | Hot flushes in women |
| Anxiety and depression | Frequent urination |
| Medical conditions and the drugs used to treat them. | |

What can I do to improve my sleep?

There are many simple things that can be done to improve sleep.

The most important is to keep regular sleep hours. Try to go to bed at about the same time every night and get out of bed about the same time every morning. Regular sleep habits strengthen your body clock's sleep-wake rhythm.

Exposure to sunlight during the morning and late afternoon also help your body clock.

Exercise during the day will help you to feel sleepier at night.

Take care with naps. An afternoon nap may help your energy levels but may also interfere with sleeping at night. Keep naps under 20 minutes.

Where and when should you seek help?

Remember that good sleep is vital for good health so talk to your local doctor if you have persistent problems with your sleep that affect your daytime wellbeing or if you are always feeling sleepy. Treatments are available.

Source: <https://www.sleephealthfoundation.org.au/>

Your future. Your care. Your choice.

Tips to stay warm and healthy this winter.

As we get older we may feel the cold more than we used to. Here are some tips to help you stay comfortable and maintain good health this winter:

1. Dress in layers: Layering your clothing helps trap heat and provides better insulation. Start with basic thermals such as a singlet and wear warm socks, gloves, and a hat if needed to protect your extremities.
2. Warm your bed by layering blankets rather than using just one heavy blanket or doona. If you are using an electric blanket, always remember to turn it off before you go to sleep.
3. Keep your home warm: Make sure your home is properly insulated, and seal any drafts or leaks around windows and doors. Use thick curtains or thermal blinds to minimise heat loss.
4. Stay active: Regular physical activity helps improve circulation and keeps your body warm. Engage in indoor exercises or activities that are suitable for your fitness level, such as yoga, walking, or dancing.
5. Stay hydrated: Although you may not feel as thirsty during winter, it's important to stay hydrated. Drink plenty of water and warm fluids like herbal teas, soups, and broths. Avoid excessive caffeine or alcohol, as they can cause dehydration.
6. Eat a balanced diet: Consume a nutritious diet rich in fruits, vegetables, whole grains and lean proteins. Include foods high in vitamin C, such as citrus fruits, to boost your immune system. Additionally, incorporate warm foods and beverages to help maintain body temperature.
7. Keep your feet warm: Cold feet can make you feel uncomfortable and potentially lead to health issues. Warm socks, insulated footwear and lined slippers can help to keep your feet cosy. Use heating pads or warm water foot baths if necessary.
8. Maintain good hand hygiene: Frequent handwashing is essential to prevent the spread of germs and infections. Use warm water and soap, or an alcohol-based hand sanitiser when soap and water are not available. Moisturize your hands to prevent dryness and cracking.
9. Get a flu shot: Influenza can be particularly dangerous for seniors, so it's important to get an annual flu vaccine. Consult with your doctor to ensure you receive all recommended vaccinations to protect your health during winter including a COVID-19 booster.
10. Stay socially connected: Loneliness and isolation can have negative impacts on your overall well-being. Stay connected with friends, family, and your community.
11. Be prepared for emergencies: Have a plan in place for winter emergencies, such as power outages or extreme weather conditions. Ensure you have a stock of necessary medications, non-perishable food items, and blankets. Keep emergency contact numbers easily accessible.

Remember to consult with your healthcare provider for personalised advice based on your specific health needs. And don't forget that products like heaters, electric blankets, hot water bottles and heat packs may need safety checks.

Stay warm, stay healthy, and enjoy the winter season!



Come and join in the fun - New low price!!!



If you have been thinking about coming along to our social group, now is a great time to take the plunge. From July we are slashing the cost of all our outings and activities and even offering some free options.

Social interaction is vital for our mental, physical and emotional health and here at GHCC we see the benefits of an active social life every day. Our clients have lots of fun, form new friendships and gain a real sense of belonging within the community. Many of our clients live on their own or have mobility issues, but our group can be

picked up from their homes and taken home again which makes it easy for everyone to come along and enjoy themselves.

We offer a range of activities and outings around the Sunshine Coast and everyone is welcome. And now it's even more affordable with activities starting at just \$7.50 including transport.

To find out more about our pricing and the activities we offer, visit our website at www.ghcare.org.au/socialsupport or call 07 5494 6948.

We are delighted to announce the return of a familiar face to the Glasshouse Country Care team. Please join us in extending a warm welcome back to Kylie Warren who will be working with our Dynamix team and Senior's Social Group.

As many of you know, Kylie was a jack of all trades working with us as a personal carer, domestic assistant, kitchen assistant as well as in the day centre and as a driver. She is enjoying catching up with familiar faces and looking forward to making new connections.

We are so happy that Kylie has chosen to return and bring her expertise back to GHCC.



GHCC Social Group





Brain Workouts

Cross Math

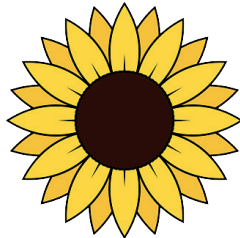
The Cross Math boxes must contain all the digits 1 to 9, so that all the equations are true.

Place the digits 1-9 in the empty white squares so that the 3 horizontal and 3 vertical equations are true. Each digit will be used exactly once.

Calculations are done from left to right and from top to bottom.

Solution:

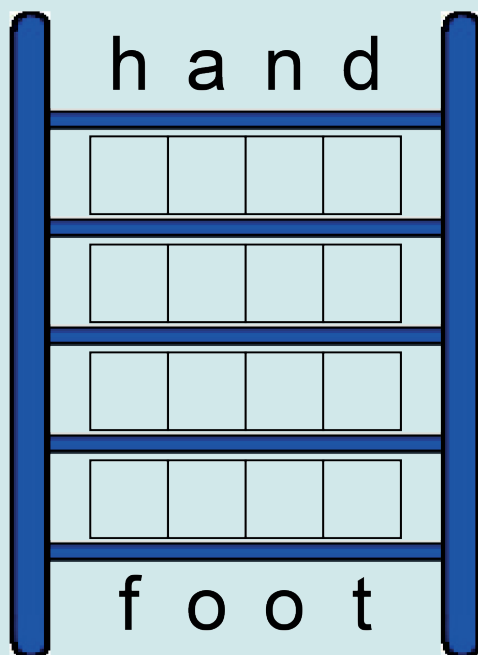
		4		12		3
		=		=		=
14	=	1	-	6	+	9
		÷		-		-
24	=	2	×	7	+	5
		÷		×		+
15	=	8	+	3	+	4



	+		+		=	15
+		×		÷		
	+		×		=	24
-		-		÷		
	+		-		=	14
=		=		=		
3		12		4		

Word Ladder

On every step of the ladder you must place a new word that only differs one letter than the previous word.



Solution:

t	o	o	t
t	o	n	t
p	o	n	d
p	o	u	d
b	a	n	d
h	a	n	d



"I think we're named after computer passwords."