



# GLASSHOUSE COUNTRY CARE News

MARCH 2026

## Message from the GM

*This year we proudly celebrate 40 years of delivering meals to our local community. What began in 1986 as a small community initiative continues to help many of our participants remain independent in their own homes. Thank you to all the people whose dedication has made this possible over the years.*

*With Easter approaching, I wish everyone in our community a happy and safe Easter. It's a lovely time to reflect on the importance of community, connection and kindness.*

*I would also like to thank our Consumer Advisory Board members for their valuable input and guidance. If you are interested in helping shape our services and having your voice heard, we warmly invite you to consider joining the board.*

*Kindest regards,*

*Clare*

## Quality Time with Individual Support

At Glasshouse Country Care, individual social support is all about personalised attention - giving clients the chance to enjoy activities and outings, with the company of one of our caring, friendly carers.

Kaye is one of our clients who puts this service to good use, spending a few hours each fortnight out and about with our carers. Recently, Kaye and Julie enjoyed a relaxed morning at Bloomhill Café, sharing a coffee, a chat, and a few laughs. For Kaye, these outings are more than just a change of scenery - they are an opportunity to connect, stay engaged, and make everyday moments enjoyable.

These one-on-one sessions highlight the small but meaningful ways individual support can brighten a week, offering companionship, encouragement, and a chance to do the things clients love to do.

If you'd like to arrange support give us a call on 07 5494 6948.



*Your future. Your care. Your choice.*



# Understanding Kidney Disease

March 12 is World Kidney Day. Stay informed and check in with your doctor early - it can make a real difference to your long-term health.

Kidney disease can be difficult to detect, especially early on. Many people don't notice symptoms until much later, but the good news is that early detection can slow or even stop its progression.

## Signs to Look Out For

Early indicators often involve changes in your urine.

Other symptoms may include:

- High blood pressure
- Swelling in legs, ankles, or around the eyes
- Tiredness, loss of appetite or trouble sleeping
- Trouble sleeping or concentrating
- Headaches, itching, nausea
- Shortness of breath, muscle cramps or tingling .

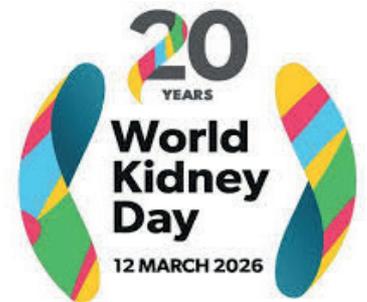
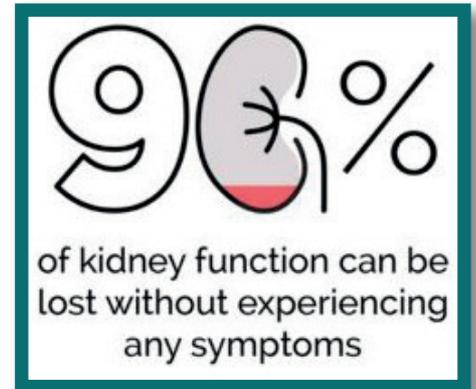
These symptoms are common to many conditions, not just kidney disease, so don't panic — just keep an eye on any changes.

## Why It Matters

Your kidneys help keep your bones strong, balance minerals, and support red blood cell production. Long-term kidney disease can increase the risk of high blood pressure, heart disease, anaemia, and bone weakness.

## What Should You Do?

Kidney disease affects about one in seven adults. If you have risk factors such as diabetes, high blood pressure, age, or weight concerns, ask your doctor about a Kidney Health Check.



## Social Group



# Celebrating 40 Years of Glasshouse Meals

This month we celebrate 40 years of meal deliveries from Glasshouse Country Care. Glasshouse Country Care's meal service began in 1986, when a group of locals came together with the goal of supporting people who were struggling to cook for themselves to stay living independently in their own homes. From this meeting Glasshouse Country Meals on Wheels was born.

The very first meal was delivered on 24 March 1986 to Mr Tom Collins of Beerwah by long-serving volunteer Mrs Ruth Bartlett (pictured).

In the early years, meals were sourced from the Caloundra Meals on Wheels kitchen, before Beerwah RSL stepped in later in 1986 to supply meals locally. A long partnership with Caboolture Meals on Wheels followed from 1989 to 2005, after which the service returned to Caloundra.

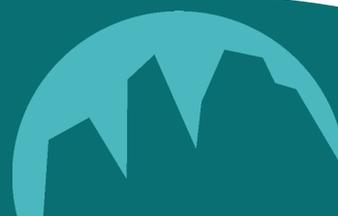
A major milestone came when Glasshouse Country Care established its own kitchen, allowing meals to be prepared locally for the first time. This paved the way for the 2025 launch of Glasshouse Country Meals, a fresh, expanded service built on the same community spirit that began in 1986.

Today, Glasshouse Country Care delivers more than 600 home-style meals each week from Mooloolah to Beerburrum and up to Maleny. Participants can choose from an extensive menu including main meals, salads, soups, sandwiches and desserts - all prepared here in the Glasshouse Country Care kitchen and delivered to their door three days a week.

From that very first delivery nearly 40 years ago, a small idea has grown into a thriving local service that now feeds hundreds every week and continues to make a big difference in our community.



To celebrate the 40th anniversary on 24 March, all deliveries of Glasshouse Country Meals during the week beginning Monday 23 March will receive a complimentary piece of cake.



# PUZZLE PAGE

## FOLLOW THE NUMBERS

Find the path from one flower to the other by following the numbers from 1 to 55.



3	1	2	4	10	13	12	17	23	5	29	51
3	2	9	5	9	10	11	21	19	16	9	50
4	3	6	7	8	26	12	13	14	15	26	49
5	4	5	6	9	4	13	19	41	42	24	48
24	23	22	21	10	15	14	39	40	43	14	47
6	24	4	20	11	16	20	38	9	44	45	46
12	25	5	19	18	17	6	37	20	45	21	3
45	26	27	28	20	12	10	36	37	46	47	11
14	27	4	31	32	33	34	35	10	3	48	22
38	28	29	30	15	8	23	52	51	50	49	33
8	29	30	31	27	30	54	53	7	51	16	28
17	30	31	32	18	22	55	9	13	52	53	25



### Solution

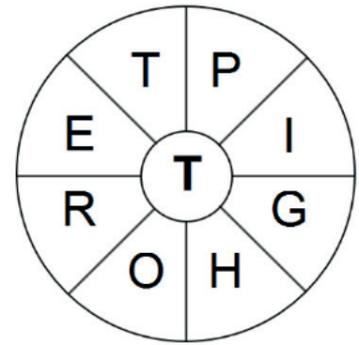
17	30	31	32	18	22	55	9	13	52	53	25
8	29	30	31	27	30	54	53	7	51	16	28
38	28	29	30	15	8	23	52	51	50	49	33
14	27	4	31	32	33	34	35	10	3	48	22
45	26	27	28	20	12	10	36	37	46	47	11
12	25	5	19	18	17	6	37	20	45	21	3
6	24	4	20	11	16	20	38	9	44	45	46
24	23	22	21	10	15	14	39	40	43	14	47
5	4	5	6	9	4	13	19	41	42	24	48
4	3	6	7	8	26	12	13	14	15	26	49
3	2	9	5	9	10	11	21	19	16	9	50
3	1	2	4	10	13	12	17	23	5	29	51

### Solution

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

## CIRCUS WORD WHEEL

This Circus themed word wheel is made from the letters in the word TIGHTROPE. Try and make as many words of any length as you can from these letters. You can only use each letter once, and each word must include the letter T.



## Sudoku

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

