



GLASSHOUSE COUNTRY CARE News

🌸 MARCH 2024 🌸

Message from the GM

The start of 2024 has been very busy for Glasshouse Country Care. In February we were audited by the Department of Health to ensure we are meeting expected Aged Care quality standards in the way our organisation works and provides care, how we recruit and train staff and how we partner with people in the development of our services.

For three days, the assessment team scrutinised our processes and spoke with staff, managers and clients. I am very pleased and proud to advise that Glasshouse Country Care is compliant and meets the expected quality standards in all areas of the care and support we provide. I would like to thank all the staff and clients that were engaged in the audit.

We received the following feedback:

“The organisation is well run and is accountable for the delivery of safe and quality care and services.”

“Consumers can partner in improving the delivery of care and services.”

“Consumers and representatives consistently described staff as kind and caring and said staff knew what they were doing.”

“Consumers are treated with dignity and respect.”

The next few months will see the further development of our Consumer Advisory Body which aims to give consumers a voice and provide feedback to the Glasshouse Country Care Board. The first formal meeting will be in April and there are one or two spaces available. If you are interested, please phone our office.

Warmest regards and Happy Easter.

Clare Mullins

The Importance of Exercise

Maintaining physical health becomes increasingly important for overall well-being as we age. Exercise offers numerous benefits for older people including increased mobility, strength, and mental wellness which is why we have partnered with Adaptive Bodies Beerwah to offer a free Exercise & Balance class to our clients each month.



Regular exercise can help decrease muscle loss, improve cardiovascular health and reduce the risk of heart disease and stroke. Additionally, exercise enhances flexibility and range of motion, which can prevent falls and injuries commonly associated with ageing. Our classes specifically target stability and coordination, vital for older adults to maintain independence and reduce the risk of falls.

Exercise can also have beneficial effects on mental health, alleviating symptoms of depression and anxiety while promoting cognitive function. Participating in group classes fosters social connections, reduces isolation and enhances overall quality of life.



Our Exercise & Balance class is held once a month here at Glasshouse Country Care and is free for all CHSP clients. For more information, give us a call on 07 5494 6948.

Your future. Your care. Your choice.

Why you shouldn't mow wet grass.



All the lovely rain we have had over the last few months has led to lots of overgrown gardens and wet, soggy yards. Unfortunately, mowing your lawn when wet is never ideal, for your lawn or for mowing equipment. Here are 7 reasons why:

1. Uneven cut

Wet blades of grass are not standing upright ready to be mowed. They're hunched over and that means the mower will pass right over them. When the grass dries, they'll pop up and your lawn will look patchy and need another mow.

2. Ripped grass blades

Damp grass rips when it is cut instead of cutting clean. This can make it vulnerable to fungus.

3. Diseases & weeds

Mowing when wet can spread fungus across your lawn, along with any weed seeds that are germinating happily in the moist conditions.

Additionally, it's very difficult to gather grass clippings after mowing a wet lawn. The clippings left behind restrict sunlight, airflow and nutrients which can also lead to disease.

4. Ruts & lawn damage

When your lawn is dry, it's firm. But when the ground is wet, the wheels of the mower are likely to sink in. This can cause ruts, damage your lawn, and compact the soil which can cause further problems.

5. Damage to the mower

Wet grass is terrible for mowers. Moisture can corrode a mower's parts and ruin fuel. And clumps of moist clippings stuck on blades will cause your mower to work harder than it should.

6. Mowing a wet lawn is a hazard

Safety always comes first and mowing the lawn when wet carries far more risk than when it's dry, particularly on slopes.

7. It takes longer - which means we get fewer yards done in a day.

We are aware that some of our clients have missed out on scheduled lawn mowing due to the weather and understand that your yard may not be looking its best. Please be assured that our maintenance team and garden contractors are working hard to catch up and get the work done. We appreciate your patience and understanding.



Melanoma March

Recent studies have highlighted a rise in the prevalence of skin cancer among older generations. Men aged 65 and above, as well as those with a history of skin cancer, are particularly at risk.

Exposure to UV radiation from the sun is responsible for about 86% of skin cancer cases. Age is another crucial factor, as it affects the immune system and leads to reduced protection against UV rays. The increased risk among older individuals can be due to a lack of awareness about sun protection in their youth, leading to prolonged exposure to harmful UV rays. Skin cancer often manifests decades after sun exposure, making older individuals more vulnerable to its effects.

Despite past sun exposure, it's never too late for older individuals to prioritise sun protection. Avoiding direct sun exposure during peak hours, wearing protective clothing and accessories, regular use of sunscreen, and conducting self-examinations for skin irregularities, can significantly reduce the risk of skin cancer. Early detection through regular skin checks with a skin care professional is vital for successful treatment and recovery. For more information go to www.melanoma.org.au



GHCC Social Group



Easter Word Search

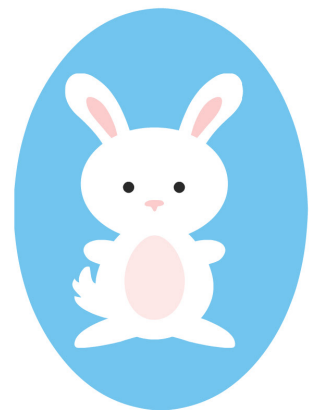
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Basket
 Bonnet
 Bunny
 Candy
 Chicks
 Chocolate
 Daffodil
 Decorate
 Ducks



Dye
 Easter
 Egg Hunt
 Eggs
 Family
 Flowers
 Grass
 Happy
 Jellybeans

Lily
 Parade
 Peeps
 Rabbit
 Spring
 Sunday
 Tradition
 Tulips



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Providing care and support since 1996.