



GLASSHOUSE COUNTRY

# CARE

# News

SEPTEMBER 2022

## From the General Manager

The past few months have seen very high levels of staff and volunteer sickness with a bad flu season compounding the ongoing challenges of COVID-19. It appears that we are now over the peak and are settling into some much-needed business as usual.

We have some exciting activities and events coming up over spring and summer. Our summer Meals on Wheels menu will be launched in October so keep an eye out for some delicious new meal options.

We are holding a client feedback session for our youth and senior groups on 21 September. If you are interested in being involved in the development of the senior's social group, contact the office during office hours for more details or to book into the session.

Our youth group are using their feedback session to find a new name for the group and are going to the 'Polls' to decide, so expect the launch of the new name early October.

Many thanks for your continued support over the past few months.

Warm regards,  
*Clare Mullins*



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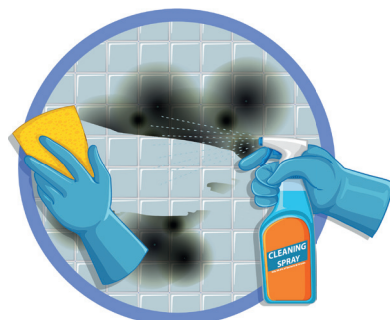
Email: [admin@ghcare.org.au](mailto:admin@ghcare.org.au)

## Treating mould in your home

As many of us are aware, the frequent rain over the past few months has created the perfect environment for the growth of mould. Exposure to mould can cause health problems, especially in people with reduced immune function and chronic disease, so it is important to remove any mould in your home as soon as possible.

If you have a severe mould problem it's best to bring in the professionals, but for minor issues here are some tips to keep mould under control:

1. Protect yourself. Wear good quality rubber gloves while cleaning mouldy items. Protect your eyes with safety goggles, and a mask is recommended to help avoid breathing in the microscopic spores.
2. Do not scrub or brush mould from a surface as this will spread mould spores.
3. Vacuuming mould will also send mould spores into the air and spread it to other areas.
4. Non-porous items such as glassware and some plastics can be washed in hot water with a bleach solution or with a good quality disinfectant and air dried.
5. Bleach will make the mould disappear but it does not kill all of it and it will come back. Do not mix bleach and vinegar or use at the same time as it creates a dangerous chlorine gas.
6. Vinegar will help kill the mould including spores. Try this DIY mould cleaner. Add 1 part vinegar, 1 part water and a little dishwashing detergent to a spray bottle. Vinegar can also be used undiluted. Leave for an hour and wipe off.
7. Tea tree oil or clove oil and water. Add 15 drops into a spray bottle, spray onto mouldy areas and leave for a couple of hours before wiping away.
8. Vinegar can also be used to remove mould stains on fabric. Soak in a bucket of water with 1-2 cups of vinegar and then wash in the washing machine with detergent as usual.



To reduce the chance of mould regrowth, the affected area must be dried out. The easiest way to dry a room is to let the sunshine in – mould hates the sun. Once the rain stops, open the windows and doors to increase ventilation.

If large areas of mould keep occurring, please consult a professional mould remover.

Source: <https://www.health.qld.gov.au/disaster>

*Your future. Your care. Your choice.*



## Meals on Wheels

Our new season menu combines our most popular meals with new options including Roast Pork, Lamb Shanks and Apple Crumble.

Glasshouse Country Care deliver delicious and nutritious home cooked meals to clients across the local area 3 days a week. If you're interested in receiving meals call us on 07 5494 6948 to find out how.

Our menu is also available on our website at [www.ghcare.org.au](http://www.ghcare.org.au)

## The importance of eating well

Poor nutrition in older people is a major health concern. It is estimated that 30% of people aged 60 years or older, who live independently, are at risk of malnutrition. There are many reasons for this including chronic medical conditions, decreased appetite, lack of interest in cooking, chewing problems, loss of taste and smell, and loneliness.

Not eating enough not only means poor nutrition and undesirable weight loss, it can also lead to loss of muscle which can affect a person's ability to carry out everyday activities. Importantly, the weakness and frailty that come with muscle loss increases the risk of falling. People with poor nutrition also tend to become sick more often and take longer to recover.

Good nutrition:

- is important to optimise health, independence and quality of life
- improves wound healing
- helps to preserve bone mass, muscle mass and strength
- improves well being.

What is a 'nutritious diet'?

Eating a variety of food is a good start as this means there is a greater chance of getting the protein, vitamins and minerals that the body needs.

Choose food from the following groups each day for variety and nutrition:

- Milk, yoghurt, cheese, custard and ice-cream
- Bread, cereals, rice, pasta and noodles
- Vegetables & fruits
- Meat, fish and other seafood, poultry, eggs, nuts and legumes (e.g. chick peas, baked beans and butter beans)
- Fats and oils are also important. These foods provide energy (calories) as well as important fat soluble vitamins such as A and D and essential fatty acids such as omega-6 and omega-3.



Enough food needs to be eaten in order to get the nutrients the body needs and to prevent unnecessary muscle loss and weight loss. Choose foods that will be enjoyed and, don't go hungry. Eating enough means being able to maintain a healthy weight and even having a little extra weight in reserve for times of illness or stress. Older people should not be on a low fat diet and when appetite is poor, the food that is eaten should be nutrient and protein rich and calorie-dense.

If you are not able to shop for and/or cook your own nutritious meals, Glasshouse Country Care can help. Our carers can assist you with shopping and meal preparation, or you can have delicious meals delivered directly to your home with our meals on wheels service.

Awareness of any nutrition-related health problems and timely intervention can be a big help in preventing the downward slide towards frailty that leads to loss of independence and reduced quality of life.

Source: <https://www.cclhd.health.nsw.gov.au/wp-content/uploads/EatingWellANutritionResourceforOlderPeople.pdf>



# Everyone has a story

## *Bilha Smith*

Bilha Smith has forged her own path following her heart and feeding her soul through a very long list of adventurous choices. Born in British Palestine in 1942, Bilha has been a beekeeper, soldier, Israeli folk dance instructor, companion to an English countess, an entomologist's assistant, textile teacher, performance artist, actor, dancer, poet and sculptor. She has danced with Zulus and got her first tattoo in her 60's.

Bilha grew up on an Israeli kibbutz, travelled to Europe and the UK before following a young man to Papua New Guinea on a one way ticket. Unfortunately, the young man already had a girlfriend and Bilha was left with no way to get home and a determination to make it work in PNG. She fell in love with the country, the music, dancing and beautiful sense of community and stayed in PNG for 12 years, meeting and marrying her husband Stuart and having their son.

The family travelled around Australia before landing at the CSIRO research station in Kununurra, and eventually moving to Darwin where they lived for 32 years. Bilha happily



immersed herself in the Top End arts community becoming well known as a poet, dancer, sculptor and performance artist.

Bilha and Stuart moved to south east Queensland 6 years ago to be closer to their son and chose Landsborough due to the sense of community. Bilha practices yoga every week and is enjoying pottery, and is always looking for outlets for her creativity, particularly in the performing arts where she is happiest.

Bilha Smith seems bemused that her life has been featured on several radio programs and in magazines. She doesn't see herself as particularly successful – but she has succeeded in the best way of all – a life well lived.

## *GHCC Social Group*





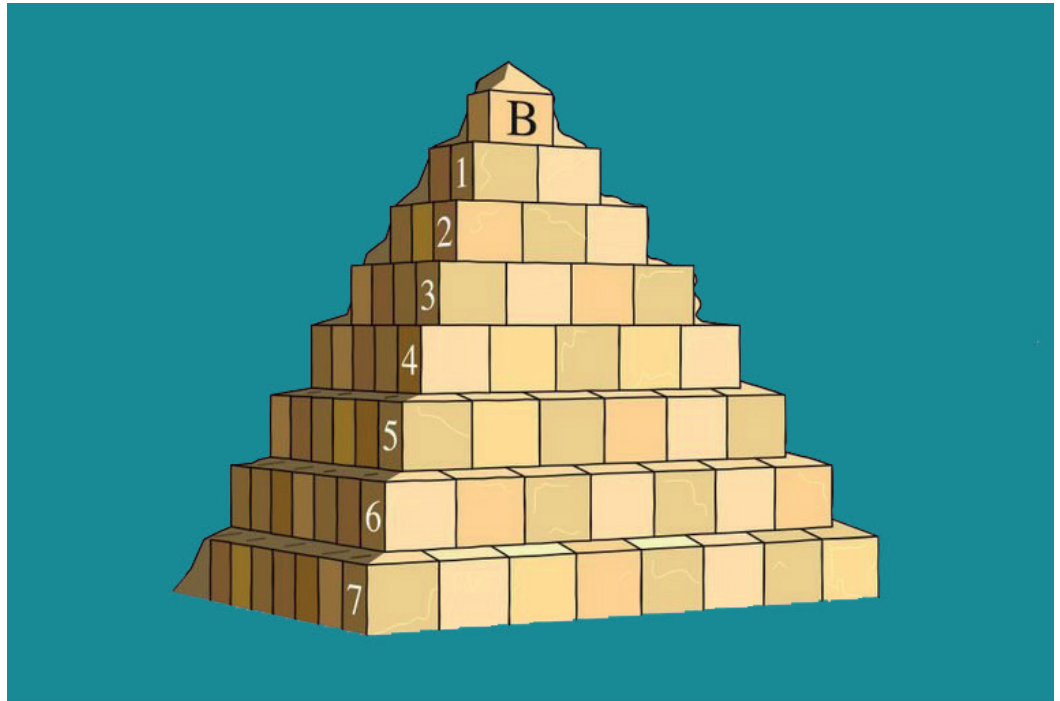
# Brain Workouts

## Word Pyramid

Each word in the pyramid has the letters of the word above it, plus a new letter.

1. exist
2. place to sleep
3. liability
4. introduction
5. broken
6. slowest
7. tripped

Answers below.



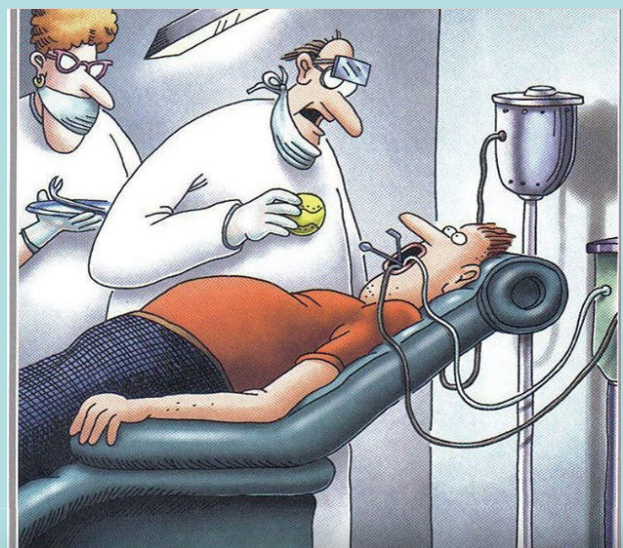
*Never* regret anything that made you *smile*. – Mark Twain

## Sudoku

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

Word Pyramid Answers:

1. be 2. bed 3. debt 4. debut 5. busted 6. dumbest 7. stumbled



"Now open even wider Mr Stevens....  
Just out of curiosity, we're going to see if we  
can also cram in this tennis ball."

*Providing care and support since 1996.*