

# GLASSHOUSE COUNTRY **CARE** *News*

~ OCTOBER 2021 ~

## Welcome to the first edition of the new Glasshouse Country Care Newsletter.

The last 18 months have been challenging for us all and shown how important it is to stay connected to our friends, family and community.

We would like to use this newsletter to keep you up to date with what's going on at Glasshouse Country Care and to share interesting information about our organisation.

Your suggestions, comments, requests and contributions are always welcome. Please email us at [admin@ghcare.org.au](mailto:admin@ghcare.org.au)

We hope you enjoy the October issue of Glasshouse Country Care News.



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## From the General Manager



Welcome to our first newsletter of 2021, and our first newsletter in its new full colour format. We 'retired' the old-style newsletter early last year, and then got waylaid by COVID-19 lockdowns and other priorities, so it is a genuine pleasure to welcome you to this newsletter and our promise of more to come next year.

I have been General Manager at Glasshouse Country Care for two years now, and what a two years it's been. However, I am optimistic that moving forward the impact of COVID will reduce and we can move forward with far more certainty. Whilst COVID has, intermittently, impacted the delivery of our services, the hard work of all the staff and volunteers at Glasshouse Country Care and the commitment of all the people we

support has ensured that we have been able to continue the activities and services with minimum disruption.

If you are not already aware, we have launched our new summer menu from our meal delivery service. We have listened to the feedback from existing customers and now provide a bigger range of meals in various sizes for you to enjoy. Get in touch with our team if you are interested in seeing a menu or having them delivered.

I hope you enjoy the newsletter. Please let us know if there is anything you would like to see in future editions.

Warm regards,  
*Clare Mullins*

*Your future. Your care. Your choice.*





**Glasshouse Country Care provide a door-to-door transport service for your medical appointments, shopping trips and social activities.**

**Get in touch with us for more information.**

## Everyone has a story

### *Les Deller*



A childhood spent chasing rabbits and running on the beach was the beginning of a life of athletic accomplishment.

Les was born in Geelong in 1935. Christmas holidays were spent at Barwon Heads where the children would compete in sporting events to win lollies.

Les soon began competing in athletics and by 1953 was training for pole vaulting and hurdles. The rabbit chasing continued and often didn't end well for the rabbits providing a tasty meal for the Deller family.

Les carried the Olympic torch in 1956 and has represented Australia in pole vaulting and hurdles. He won gold medals at the Singapore Pan Pacific Games in triple jump and 110 metre hurdle, and at the 1977 World Masters Athletic Championships in Gastenburg, Sweden. He competed in many athletic events over the years with a swag of medals to show for it, along with meticulously kept notebooks of newspaper clippings and results.

Les also competed in canoe marathons and performed in live theatre productions - his credits include Les Miserables and Oklahoma.

Ahead of all these accomplishments, Les says the best thing that happened in his life was his marriage of nearly 60 years to his wife Felicia and their 5 children. Living without her has been hard but joining the Glasshouse Country Care social group has helped him a lot. Les particularly enjoyed coming along to our Sunset Social recently and is looking forward to more outings and activities with us.





# Home cooked meals delivered to your door.

If you are no longer able or just don't want to cook for yourself, let us do it for you.

Glasshouse Country Care delivers delicious and nutritious home cooked meals to clients across the local area from Beerburrum to Mooloolah Valley. Our service is available to older people, people with a disability and their carers on a short or long-term basis.

All our meals are prepared right here in our kitchen using the freshest local ingredients wherever possible. We even grow some of our own produce right next to the kitchen. Menus are updated seasonally and options range from soups, salads and sandwiches through to main meals and desserts.



Meals are delivered by our friendly drivers 3 days a week or they can be picked up from our office on Peachester Road.

Our summer menu has just launched with old favourites plus several fresh new choices including chicken parmigiana, spinach, pumpkin and feta quiche and a yummy summer berry crumble.

New clients are always welcome. Call us on 07 5494 6948 to find out how to start receiving meals. Our menu is also available on our website at [www.ghcare.org.au](http://www.ghcare.org.au)



All our main meals are now available in small or large sizes to cater for every appetite and are supplied frozen so clients can eat whenever they choose. Our frozen meal packaging is recyclable, sealed to maintain freshness and can be reheated in your oven or microwave.

## GHCC Social Group



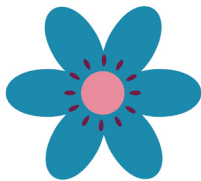
# Brain Workouts



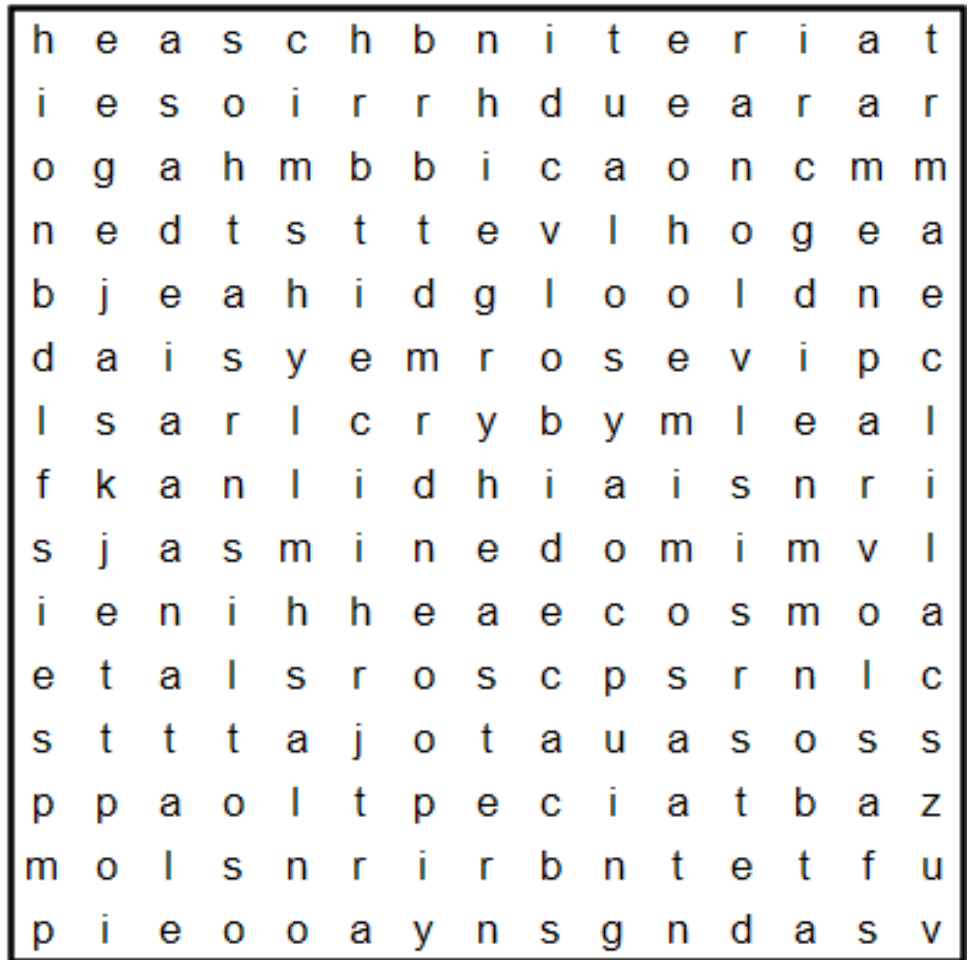
## Word List

See if you can find the flowers in our word search.

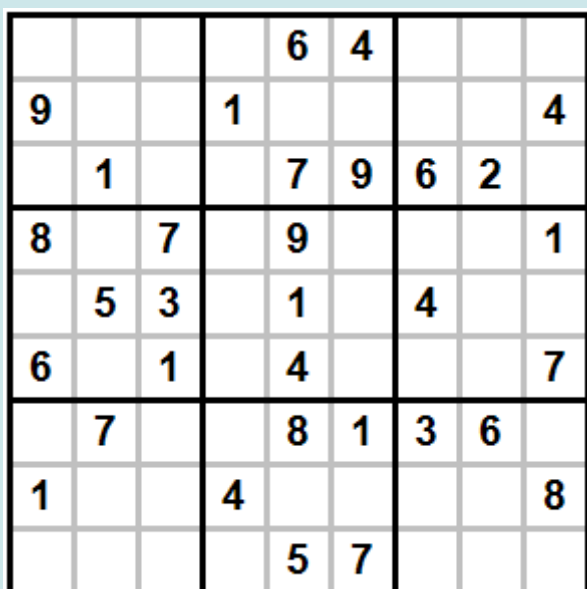
Aster  
Clover  
Cosmo  
Dahlia  
Daisy  
Heather  
Jasmine  
Lilac  
Mimosa  
Rose



## Word Finder



## Sudoku



Providing care and support since 1996.