

From the General Manager

Glasshouse Country Care will continue to work and listen to the needs of individuals, carers and family members. We aim to ensure our clients' can remain in their own home for as long as possible by addressing their needs in timely and innovative ways. You can access this newsletter and our Day Program timetable on our website link <https://www.ghcare.org.au/news/>

Some of our activities that happened earlier in the year 2019



**A great day was had
by all**

**Parrots in Paradise day
program outing**



**Senior Social Support Group
Outings for July will be on
Wednesday & Fridays.**

HOY will be held on Tuesdays

Charter of Aged Care Rights

Your rights in aged care - Understanding the new Charter of Aged Care Rights and how it will empower and protect you...

From the 1 July 2019, the Australian Government is introducing a new and simpler Charter of Aged Care Rights (the Charter). The Charter will make it easier for you, as an aged care consumer (an older person receiving aged care services), your families and carers to understand what you can expect from an aged care provider, regardless of the type of aged care you receive. The Charter places you, as the consumer, at the centre of care by giving you choice and recognising your right to be treated with respect. It acknowledges that identity, culture and diversity are to be valued and supported.

Glasshouse Country Care like all providers have a responsibility to sign the Charter, assist you to understand the Charter and give you the option of signing it too. Consumers can play an important role in the delivery of high quality care and services. Meeting your consumer responsibilities helps the provider to work with you to get the care and services that best meet your needs.

THOUGHT OF THE MONTH

"Know that you are the perfect age. Each year is special and precious, for you shall only live it once. Be comfortable with growing older."

WINTER TIPS

Hypothermia

Seniors tend to have lower immune systems, therefore they are at a higher risk of catching colds, influenza or even developing hypothermia. To ensure you remain safe and healthy during the winter, you should:

- . Maintain a healthy diet & get daily exercise
- . Wear warm clothing
- . Stay warm and dry
- . Have emergency contacts easily available

Fight Winter Depression

Ever heard of the condition Seasonal Affective Disorder (SAD), a type of depression that occurs during the cooler months? Seniors are particularly prone to SAD due for many reasons, so it's important to lessen the risk of winter depression with:

- . Regular social visits to avoid isolation
- . Staying active
- . Eating a healthy diet
- . Sticking to usual routines and getting out of the house

Staying Warm

Seniors are less efficient at regulating their ideal body temperature than those of a younger generation, therefore it is important to be aware of environmental changes. Particularly during the winter months, make sure you:

- . Stay mindful of the room temperature
- . Check indoor thermostats regularly
- . Keep the home well insulated
- . Ensure you are dressed weather appropriate

Avoid Winter Hazards

Falls, avoiding medical appointments and fires or burns from heat appliances are just a few dangers that are more likely to occur throughout winter. Since the cooler months pose increased risks to older people, it's a good idea to put some preventative in place:

- . Repair or remove any broken heat appliances
- . Ensure appropriate footwear is worn outside
- . Regularly check in with your family and friends
- . Have emergency contacts easily available



**Life is more than just breathing.
Real living is made up of moments
that take your breath away.**

MAINTAIN YOUR BALANCE

Ask for Help if you need it - Learn to trust others, be open to assistance from others and ask for help. By doing so you demonstrate your trust and respect for that person

Have Fun - Inside each of us is a little child that just wants to play. Laugh and have fun. The benefits to your health are truly enormous!

Express Yourself - It is the key to maintaining good relations with others. Be warm and be kind and honest.

Listen - Always listen and be aware. Listen to your body, listen to your instincts, and listen to others. By listening, we become aware.

Be Kind - Always be kind. Once you start operating from a loving place of the heart, this will occur naturally.

Show Your Appreciation - When people help you, or show some kindness; remember to say thank-you. Your kind word will give them joy too!

Maintain Your Mental Health - Take time to relax and unwind. Find something relaxing to do that you really enjoy and spoil yourself... you're worth it!

Look After Your Body - Eat a good diet, Exercise Regularly, Get Plenty of Sleep, Drink lots of water

Any enquiries please phone the office on 5494 6948

**Glasshouse Country Care Website
Information about all of our services
<https://www.ghcare.org.au/>**