



GLASSHOUSE COUNTRY

CARE

News

NOVEMBER 2024

Message from the GM

Welcome to Spring. While we are all hoping for a warm, mild summer with enough rain to keep our gardens happy, the forecast is for temperatures to be hotter than usual. Please take care and follow some of our tips for staying safe in hot weather.

Our cyber safety session with Martin from the Bank of Queensland and Michael from Network office was very informative. If you missed it, we have included some of the advice on how to stay safe online.

It has been a busy year, and we have a lot of events planned in the lead up to Christmas including our client Christmas party on December 12. Contact us if you'd like to join our social group to enjoy the trips and events we have planned.

It's a great time to try our meals with the launch of our new summer menu. There's lots of new meals and some great light options for summer.

To keep up to date with what we are doing you can follow us on Facebook or through our website at www.ghcare.org.au.

Warmest regards,

Clare

Staying safe in hot weather

As we enter the warmer months, it's important to pay attention to how your body feels in the heat. Here are some key tips to help you take care of yourself during hot weather:

Stay Hydrated Drinking enough water is essential in hot weather. Keep a water bottle nearby and sip throughout the day, even if you don't feel thirsty.

Dress for the Heat Wear light-coloured, loose-fitting clothing made of natural fibres, which allows your skin to breathe. A wide-brimmed hat and sunglasses can help protect you when going outside.

Keep Your Home Cool Use fans, air-conditioning and close curtains or blinds during the hottest part of the day, and if possible, spend time in air-conditioned rooms. Keep a fan or misting spray handy to cool down quickly.

Watch for Signs of Heat-Related Illness Symptoms of heat stroke include dizziness, nausea, headache, confusion, or excessive sweating. If you feel unwell, move to a cool place, drink water, and seek medical help immediately if symptoms worsen.

Eat Light, Cooling Meals Choose lighter, refreshing foods like salads, fruits, and vegetables. Enjoy some cold treats like frozen yogurt or fruit sorbet for a cooling snack.

Listen to Your Body If you're feeling tired, dizzy, or overly warm, take a break, find a cool space, and hydrate. It's always better to be cautious and rest when needed.

Keep an eye on your friends and neighbours too, especially if they live alone. Stay cool, stay hydrated, and take good care of yourself!

Your future. Your care. Your choice.



Tips for Safe Online Banking

We recently hosted an online safety session run by Michael from Network Office and Martin, the Owner-Manager of Bank of Queensland Beerwah. Online banking is convenient but it's important to take extra precautions to keep your information secure. Here are some essential tips for safe online banking:



1. Use Strong, Unique Passwords

Create a strong password for your online banking account. Use a mix of upper and lower-case letters, numbers, and special symbols. Avoid using easily guessed information like your birthdate or name, and consider changing your password regularly.

2. Enable Two-Factor Authentication

Most banks offer two-factor authentication, which adds an extra layer of security. After entering your password, you'll receive a code on your phone or email, which you'll need to enter to access your account.

3. Avoid Public Wi-Fi

Never log into your bank account on public Wi-Fi, as these networks can be less secure. If you need to access your account while out, use your phone's data connection or wait until you're on a secure, private network at home.

4. Monitor Your Accounts Regularly

Check your account frequently for any suspicious activity. If you notice any unfamiliar transactions, report them to your bank immediately.

5. Log Out After Each Session

Always log out of your online banking session when you're done. Simply closing your browser window doesn't log you out completely, so it's best to manually sign out to prevent unauthorized access.

6. Watch for Phishing Scams

Be cautious of emails, text messages, or phone calls claiming to be from your bank that ask for your account information. Banks never ask for sensitive details this way. If you're unsure, contact your bank directly using official contact information.

7. Keep Your Devices Secure

Ensure your computer, tablet, or smartphone has the latest software updates and antivirus protection. These updates help protect against security threats and keep your devices safe.

By following these tips, you can enjoy the convenience of online banking with peace of mind, knowing your financial information is secure. Always stay alert, and reach out to your bank if you have any concerns.



New Summer Menu now available

From freshly made sandwiches and salads, through to main meals and tempting desserts, there is something for everyone on our new summer menu.

Our meals are delicious, nutritious and affordable with up to 70% of the cost covered by your Home Care Package.

All meals are prepared here in our kitchen with sizing options to suit any appetite.

Call us for more information

on how to have our home cooked meals delivered to your door.



Glasshouse Country Meals
NEW MENU
NOW AVAILABLE

Delicious new options and old favourites.
Call us on 07 5494 6948 to find out more.

GLASSHOUSE
COUNTRY MEALS
OUR KITCHEN TO YOURS

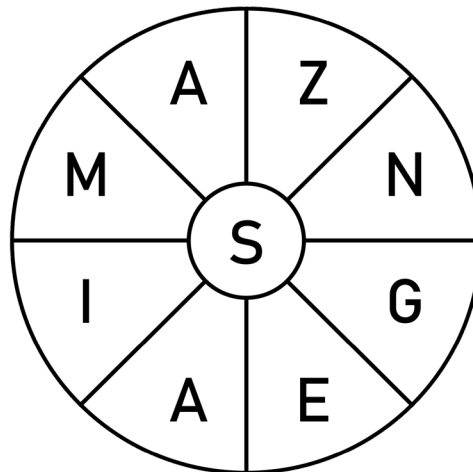




Sudoku

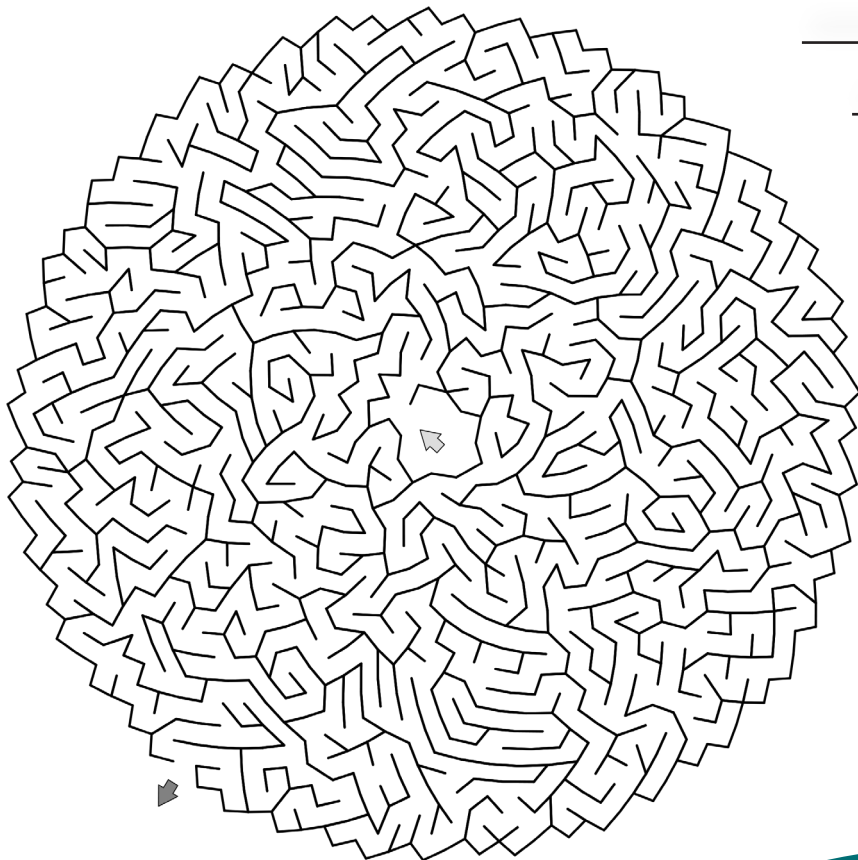
	9	8	1					
			8	3			6	1
6	1					4	8	
9				5	7			
5								
1	3	6				7	5	9
8		1	7			5		2
			5				4	
	5			9		3	1	

WORD WHEEL PUZZLE



HOW MANY WORDS CAN YOU MAKE WITH THESE LETTERS?
ALL WORDS MUST CONTAIN THE LETTER IN THE CENTRE CIRCLE

Maze



Sudoku solution

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