

# COMMUNITY UPDATE ACROSS THE TRACK



Community Update #49 March 18, 2021

**Staying COVID-Safe:** There are some key things we all need to continue to do to stay COVID-Safe. Remember to:

- Practise good hygiene and regularly and thoroughly wash your hands.
- Maintain physical distancing, keep at least 1.5 metres away from others.
- Carry a face mask when you leave home unless you have a lawful reason not to. It is strongly recommended you wear one whenever you cannot keep 1.5 metres distance from others.
- Wear a face mask when required, unless a lawful exception applies.
- If you feel unwell do not go to work and get tested.

**COVID-19 vaccination:** The rollout of Australia's vaccine program is underway; however, there is no set date as to when vaccinations will be available in the MTHCS catchment. The vaccination program in our region is being managed by Bendigo Health, which will advise us when the vaccine will be available locally. We will then confirm when and where people can go to be vaccinated. If you are unsure about getting the COVID-19 vaccine, remember it will help protect you from getting sick from COVID-19. The vaccines being used in Australia are very effective at preventing serious illness and loss of life due to COVID-19. Even as the vaccine rollout continues, it remains very important to stay safe by washing your hands regularly, carrying a face mask with you and wearing it when required, coughing and sneezing into your elbow, and keeping at least 1.5 metres from others. If you have any symptoms of COVID-19, you must get tested and stay home.



make an appointment to see **MTHCS Community Health Nurse Glennis Barnes** (pictured above). Glennis can help you understand your condition, better manage it, and get access to other services that can help you. The service is free and Glennis can see you in the medical clinic or at home. You can phone Glennis on 50921111 to find out more or to make an appointment.

**Easter preparations:** Easter is almost here and we know it's a great time to catch up with family and friends. Don't forget to get your Easter cards ready, just like **Luke from Murrayville, who has all his Easter cards ready to go!**

If you are planning a big gathering, please check the COVID-Safe rules for how many people you are allowed to have in one space and make sure you have all the right COVID-safe measures in place to keep you all safe. To keep up to date, visit <https://www.coronavirus.vic.gov.au/social-gatherings>

**COVID-19 vaccination for aged care residents:** We are continuing to talk to the families of our aged care residents to ensure they are also informed about the COVID-19 vaccination program and have the opportunity to ask questions. We have had teleconferences with residents' families, which have been and involved lots of informative discussion. It is very important we all keep learning about and understanding COVID-19 vaccination, so if you have questions, please discuss these with your GP or contact MTHCS and we will try to connect you with the right information.

**Chronic disease/condition support is available:** Chronic diseases include heart conditions, diabetes, and lung conditions. All chronic diseases have to be managed carefully to ensure you get the most out of life. If you have a chronic health condition and need some help to better understand how to manage it,



## Infant & junior swimming

**Starts Thursday 22 April 2021**

**Venue:** MTHCS Hydrotherapy Pool-Ouyen

**Cost:** \$75 per participant for the full 6 week program.

**The aim of this program is to introduce water familiarization, water safety education and basic swimming skills.**

To register your child go to:

<https://malleetrackswimmingprogram.eventbrite.com.au>  
and follow the prompts.

For any questions regarding the program please contact our friendly Allied Health Team on 5092 1111.



Lois O'Callaghan, Chief Executive Officer, Mallee Track Health & Community Service

Contact us

Ouyen Service Centre 5092-1111

Sea Lake Service Centre 5070-2155

Murrayville Service Centre 5092-1111 Underbool Service Centre 5092-1111

Visit our website

[www.mthcs.com.au](http://www.mthcs.com.au)

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## Big birthday celebrations:

Sea Lake resident Marge Watson celebrated her 99th birthday last week – what a wonderful milestone!

Happy birthday Marge, from all the MTHCS staff members and volunteers! Marge celebrated with a morning tea with residents, and her family joined her for afternoon tea.



**More fun at Sea Lake:** Pictured below (clockwise from main image) the Sea Lake PAG back in action at its recent COVID-Safe meeting, along with MTHCS staff member Liz Newick; and Sea Lake residents Ethel (bottom right) and Bill (bottom left) working on their aiming skills by trying to get the bean bags through the target (a lolly was the prize each time they got it!).



## Happy snap of the week:

This week's outstanding happy snap was taken by **MTHCS staff member Liz Newick** showing resident Ken what a "selfie" is!



Lois O'Callaghan, Chief Executive Officer, Mallee Track Health & Community Service

## Contact us

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