

Coronavirus COVID-19

Community Update #17

July 8, 2020

Follow their lead: We haven't seen Marlo and Lomar a lot lately, but it turns out they have been busy keeping physically active over the last few weeks. **Marlo and Lomar (pictured right)** know how important exercise is to their mental and physical health, so they have been doing their home-based exercises and walking around Ouyen Lake when the weather is nice! Thanks to our Fitness Leader Tsharni Burns for keeping Marlo and Lomar busy!



Thank you for your support: Thank you to all local communities for being so supportive of Mallee Track Health and Community Service (MTHCS) during the COVID-19 response. Right across the catchment, people have been actively keeping our communities safe by putting into action important safety measures such as good hand hygiene, social distancing and getting tested. It is really important to recognize the effort everyone has put in. Unfortunately, the COVID-19 pandemic is not over. We still need you all to keep supporting MTHCS and keep doing all the things you have been doing to stay COVID-19 free, because we can't slow the spread without you. Everyone has a role to play in this and everyone's actions matter.



Stay vigilant: The COVID-19 outbreaks in Melbourne demonstrate just how important it is to keep yourself, your friends and your family safe. Take personal responsibility for your actions and ensure you continue to:

- Stay at home and get tested if you have symptoms of coronavirus (COVID-19), however mild.
- Practice good hygiene – wash your hands and cough and sneeze into a tissue or your elbow.
- Keep your distance – stay 1.5 metres away from anyone you don't live with.

Pictured (left) are MTHCS nurses Nadine Peters, Megan Noonan and Shania Nunn, working hard to help keep our communities safe.

The coronavirus situation changes rapidly.

To stay up to date visit <https://www.dhhs.vic.gov.au/coronavirus>



Kindness matters: As the COVID-19 response goes on, it's important to understand that fear and anxiety about the pandemic can cause strong emotions. Try to be aware of how you and your loved ones are feeling. Be kind to the people around you and, to be kind to yourself, try to spend some time outside, relax, and talk to those you trust. **MTHCS Social Support/PAG Worker Sue Gilchrist (pictured left)** knows all about kindness. Sue is currently working from home as part of the COVID-19 response, but each week she takes one box of "goodies" to Pattinson House and one to our Ouyen residential aged care facility. Each box includes a hand written letter from Sue, a newsletter, sometimes there's some old photographs to get everyone reminiscing, sometimes there's treats like Freddo Frogs or Anzac biscuits, and sometimes Sue leaves a bunch of fresh flowers from her garden on top of the box. What a beautiful way to be kind and brighten up the day for our residents!



Pictured above (left to right): It's great to see the happy faces of Bill Scown, Ken Robinson and Ken Martin; Happy Birthday to Myra Clohesy, who celebrated her birthday last week; and a big congratulations to MTHCS Early Years Educator Lisa Bursill, who has been with us 20 years this year!

When life gives you lemons: Thanks to the local community members who recently donated fresh lemons for use in the MTHCS kitchens. The juice is frozen for use in the off-season and quite a large quantity is needed.

Pictured (right) is Hotel Services Coordinator Louise Plozza with some of the lemons received, but more are needed so if you have lemons on your tree that you don't need, please get in touch with MTHCS staff members Louise Plozza or Natasha Lockett on 5092 1111.



Lois O'Callaghan
Chief Executive Officer