

# COMMUNITY UPDATE ACROSS THE TRACK



Community Update #25 September 3, 2020

**Staying safe in the Mallee:** People right across the Mallee are doing an amazing thing – staying home and staying safe. It's your actions that are helping to slow the spread of COVID-19 and reducing the number of people and families that are suffering because of it. But even as the case numbers decline, we can't stop doing all the things we have been doing to keep our communities safe. So please keep observing the Stay at Home restrictions, practising good hand hygiene, social distancing and wearing a face mask/covering when you leave home.

**Getting creative at Sea Lake:** (clockwise from left) Ethel Prange and Myra Daniel; Bill Scown; Jim Prater; and a closer look at Jim's art work.



**Marvellous meals:** Beefy curry, chow mein, lemon chicken with fried rice, meat balls and savoury gravy with mashed potato. It's an impressive array of healthy meals and these are just some of the new items being served up by the MTHCS kitchens. The changes are the result of a review MTHCS is undertaking, looking at the food enjoyment experience, taste, texture, and nutritional value of the meals it provides to aged care residents and Meals on

Wheels recipients. All menu options are assessed by a dietician, who provides advice, nutritional values and portion sizes. Residents and people who have Meals on Wheels delivered also have direct input into the review, influencing new menu choices and making other suggestions. The next step of the review is to improve the soup menu and increase the number of non-diabetic sweet options for Meals on Wheels recipients; and get more input from aged care residents and their families about the food on offer, as well as mealtime experience.



**Keeping an eye on things:** Thanks to technology, **Ken and Chris Martin** were able to undertake important crop inspections, with the help of **Nadine Peters** (pictured far left). There's nothing like keeping up with everything on the farm!



**Fleet fabulous:** Keep an eye out for MTHCS vehicles – we've now got our logos on the doors so you know it's us (pictured left)! Give us a wave next time you see us out and about. A shout out to our staff member **Pennie Wisneske** who has worked hard to get the first lot of vehicles sporting our branding. There will be more to be done, but this is a great start.

**Masks on:** A reminder that our friendly MTHCS staff are still smiling from behind their masks, just like **MTHCS staff member Kim Coffey** (pictured above)! Wearing a face covering provides an additional physical barrier and helps to reduce community transmission of COVID-19.



**Sunny days are here again:** Some of our residents made the most of the warm sunshine recently, taking the chance to enjoy lunch outside (pictured left), with help from nurse **Kaye Street**.



**Staying connected:** The COVID-19 pandemic has highlighted the importance of community and social connections in improving our health and wellbeing. Staying in touch with friends and family at this time can reduce feelings of loneliness and isolation. Take the time to phone someone you know who lives alone and check in on your neighbours. If

you do need extra support please talk to a MTHCS staff member so we can point you in the right direction for support and assistance.

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

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