

COMMUNITY UPDATE ACROSS THE TRACK



Community Update #38 December 3, 2020

Doughnut day: We celebrated Victoria reaching the milestone of 28 days without a new COVID-19 case with a Doughnut Day at MTHCS. Reaching 28 days is an important achievement as health experts say 28 days without a case indicates COVID-19 is effectively eliminated in Victoria. The COVID-19 response has been long and challenging for all Victorians, so it was wonderful to be able to celebrate with doughnuts and smiles! *Pictured is MTHCS Outreach Worker Lara Wakefield and Social Support Worker Vanessa Morrish enjoying their doughnuts!*



Visitors to aged care: There are now no limits on the number, reason or duration of visits to residents in our aged care facilities. However, please note that visitors must continue to wear face masks and room density limits will still apply, so please contact the facility ahead of time to book your visit. The single entry and exit points for our aged care facilities will also continue to be used to assist with screening and declaration requirements, etc.

Taking a tiered approach: Aged care residents are now able to leave the facility for a short time (e.g. day leave), subject to the completion of a risk assessment.

The advice from the Australian Government is to take a tiered approach to managing this, which allows for different actions to be undertaken depending on the COVID-19 situation within the community. If you would like to take a resident out, please discuss this with the manager in charge of the facility.

Returning volunteers to aged care: As restrictions ease on visitors to residential aged care facilities, it is now possible to take a phased approach to volunteers returning to our aged care facilities. We will be talking to our volunteers and putting plans into place over the coming weeks. We look forward to seeing our wonderful volunteers back working in the gardens, talking and doing activities with the residents and having them back on site and around the place.

Services returning: We are taking a phased approach to reopening services and reinstating volunteer programs. Our Neighbourhood Houses at Ouyen, Sea Lake and Murrayville have re-opened, with COVID-Safe Plans in place. Transport services in Ouyen and Underbool are also up and running, in line with COVID-Safe measures. We will keep you updated as additional programs and services return in a safe and sustainable way.

Great work recognised: A speech therapy program for Mallee children has been recognised at the prestigious HESTA 2020 Excellence Awards. The program provides children from Ouyen, Robinvale, Sea Lake, Murrayville and Underbool with access to speech therapy via telehealth, overcoming the need for local families to have to travel to major regional centres for this service. The speech therapy program is delivered by MTHCS, the Royal Flying Doctor Service (RFDS) and Robinvale District Health Service. Congratulations to the MTHCS Allied Health team and our partnering allied health professionals at RFDS and RDHS! *Pictured is Sadie, with Allied Health Assistant Briony, talking to Speech Therapist Estelle (on screen).*



Cool spaces: MTHCS will continue to supply cool spaces for members of our community during days of extreme heat. The Activity Rooms in both Ouyen and Sea Lake will be available for this purpose, from 11am to 5pm on days declared Heat Health Alerts by DHHS. Please phone ahead to book in (this is important to help manage COVID-19 safety measures). Remember, extreme heat can affect anybody and cause illnesses such as heat cramps and heat exhaustion, which can lead to the life-threatening condition, heatstroke. Heatstroke is fatal in up to 80% of cases. Those most at risk are older people, young children and people with a medical condition.

What's cooking? Here's an insight into what's on the menu at our aged care facilities in Ouyen. *Fresh bread baked weekly (pictured below left), and don't forget the array of biscuits, slices and cakes available for morning tea (pictured below right)!*



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

Contact us

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

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Happy Birthday to Deb Watson (left) who last week celebrated her birthday with another superb celebration cake made by Chevaun Wight. Happy Birthday Deb, we hope you had a great day!

Sea Lake Pre-school last week bid farewell to the wonderful Carol Blundy, who has worked in the Sea Lake kindergarten program for some time. *Carol is pictured (below left) reading a story to kindergarten children and (below right) with her farewell gifts.* We wish you all the very best for the future Carol!



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

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