

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.



Big birthdays at Pattinson House: A big happy birthday to the wonderful residents at Pattinson House who recently celebrated their birthdays! **Pictured above, clockwise from top left:** Olive Barnett turned 100 on Sunday 23rd August. She celebrated with her daughter, Linda, a special cake and a glass of bubbly! She received many gifts and cards, including the traditional letter from the Queen and had a fantastic day! On Monday 24th August, Irene Vallance and Sheila Bursill, as well as MTHCS staff member Shaniah Nunn celebrated their birthdays. Irene enjoyed a cake and a window visit from family, complete with the waving of colourful streamers. Sheila celebrated with a visit from her son Daryl and some beautiful flowers and cards. Shaniah was surprised by her colleagues at Ouyen on her special birthday with an impromptu cake and treats during handover. The birthday celebrations continued with Laura Burns celebrating her 85th birthday on the 25th August, and Ruth Lynch celebrating her 89th birthday on the 28th August. Happy birthday from everyone at MTHCS!

Border communities: The South Australian Government has relaxed the border restrictions affecting communities such as Murrayville. A 40 kilometre buffer zone in Victoria and South Australia is now in place to allow cross-border travel. This is a relief for residents of Murrayville, Underbool and other cross-border communities, but it doesn't change MTHCS' commitment to supporting



our border communities to access health and community services. **Pictured is Mallee Border Health (MBH) staff member Dana, MTHCS Chief Executive Officer Lois O'Callaghan, MBH staff member Aoibheann and MBH Nurse Practitioner Di Thornton,** who met last week to strengthen the partnership for the delivery of primary health care to cross-border communities.

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.



Fleet fabulous: Keep an eye out for MTHCS vehicles – we've now got our logo 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.

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 & Community Service

Contact us

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