

COMMUNITY UPDATE ACROSS THE TRACK



Community Update #46 February 25, 2021

Thank you! Thank you to all of our wonderful staff members and community members for supporting MTHCS as we continue to respond to the COVID-19 pandemic. As we have seen in recent weeks, the situation – and the restrictions – can change rapidly. We really appreciate your support. By continuing to work together, we can help keep our communities safe from COVID-19.

COVID-Safe Summer: Victoria has returned to COVIDSafe Summer restrictions with some revised conditions. In summary, this means:

- There are no restrictions on reasons to leave home.
- You must carry a face mask with you when you leave home.
- Face masks must be worn indoors.
- Face masks must be worn outdoors when you can't keep 1.5 metres distance from other people (except with people from your own home).

To fully understand the current restrictions, please continue to treat the DHHS website as your single point of truth: www.coronavirus.vic.gov.au/coronavirus-covidsafe-summer

COVID-19 vaccine: Understandably, there is a lot of interest in the COVID-19 vaccine and how a vaccination program will be rolled out. Remember to read reliable information on this to make sure you get the facts. A good reference point is the Health Direct website at: www.healthdirect.gov.au/covid-19-vaccination

This site has easy to understand information and a range of Frequently Asked Questions that you may find helpful.

Visitors to aged care: Please note the restrictions on visitors to aged care facilities have changed again. Under the current rules, up to five visitors from one household may visit a resident, once per day for up to an hour. To provide essential care/support (assistance with meals, showering, etc.), only one person can visit at any one time, once per day, without any time limit. Please continue to phone our aged care facilities to book visiting times. Due to the limit on the number of people from different households who can visit residents, we are also asking families to coordinate among themselves who is planning to visit and when. Residents who can leave are able to leave their residential aged care facility for any reason, provided they comply with current restrictions in Victoria. Residents will be screened again on their return to the facility.



Pattinson House happenings: (Clockwise from top left) On 4 February the residents at Pattinson House supplied an afternoon tea to farewell Leisure and Lifestyle worker Julie Jardine (left). Joan Stacey (right) made a heartfelt speech and presented Julie with a gift of framed pictures of all Julie's time at Pattinson House; (top right) Happy Birthday to Val Holland who celebrated her 88th birthday on 6 February; (bottom right) Residents have been enjoying a wide range of activities, such as exercising their arms by throwing bean bags onto the Twister mat, as Arnold Franklin is pictured doing; (bottom left) Happy Birthday to Pat Healy who celebrated her 83rd Birthday on 13 February, with her Pattinson House family. Everyone enjoyed her lovely birthday cake made by her daughter Louise.

Volunteers look to the future: Earlier this month, a number of volunteers from the Mallee region were invited to join an exciting workshop to explore the "Future of Health Volunteering" across the Loddon Mallee region (pictured right). The workshop aimed to stimulate thinking and included detailed design and preparation of ideas to pilot new models, initiatives and structures to sustain and grow volunteering. Volunteers and facilitators representing education, health, emergency services, sporting clubs and community groups were involved in the workshop. The ideas will be included in the Loddon Mallee Health Network Volunteer Strategy to allow them to be further developed over coming years, so the future is bright for volunteering in our region!



Staff recognition: MTHCS Hostel Manager Lynne Coates recently had the pleasure of presenting MTHCS Health Care Worker Joanne Grayling with her 25 years of service badge. Congratulations Joanne!

Caring for children across our catchment: The MTHCS Early Years team works across our region to provide early childhood education and care for the youngest members of our communities. We make sure that we have enough staff members to ensure every child receives a high quality service that focuses on their development. We do this by meeting the ratios set by the Children's Services Regulations of one staff member to four children, or one staff member to 11 children (depending on the children's ages and the staff members' qualifications). These ratios must be maintained while staff members take breaks for study, meals and lesson planning, so it's important we have enough staff rostered on each day. We are lucky to have a number of trainees working with us and while they are not counted in the ratios until a certain point in their training, they are going to be great assets for our community in the future. Due to the high demand for childcare in our catchment, we currently have a waiting list for places. The community can help us expand the services we can offer – if you know anyone with a qualification in early childhood, encourage them to forward their resume to us. Please be patient with us as we work to try to offer more days to families as workforce and building size allows.

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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Pictured below is Sea Lake Op Shop volunteer Carmel Wilson, who made sure the shop was open and COVID-19 safety measures were in place after the restrictions eased. Well done Carmel, thanks for helping to keep our community safe!



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Pictured (below left) is Ethel Prange and (below right) Ian McClelland getting their eyes checked by the visiting optometrist.



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