

Coronavirus COVID-19

Community Update #14

June 17, 2020

A reminder to stay home: If you are feeling unwell, please stay at home. Community transmissions of COVID-19 are still occurring in Victoria and may increase as restrictions ease. It remains important to continue to social distance (keep 1.5m apart); wash your hands often (and don't touch your face); if you are not feeling well, stay home. COVID-19 is highly contagious, so please do what you can to keep our communities safe.

Celebrating our nurses and midwives: The Australian College of Nursing has officially recognised MTHCS' participation in the 2020 Year of the Nurse and Midwife campaign. **Acting Nurse Unit Manager Nicole Magnisalis and Executive Director of Nursing Pam Vallance (pictured top right)** were delighted to accept a package in the mail with confetti and a Platinum Affiliate certificate on behalf of our local nursing team.

A beautiful reunion: This is the moment **Jan and Jack (pictured right)** were reunited, after being apart for some time due to the COVID-19 restrictions. As Jack's daughter, Norma, said: "You can't underestimate love". Jack has since passed away.

Pause on podiatry: Unfortunately, podiatry services are not available through MTHCS for two weeks, with services to recommence from the week starting 29 June 2020. If you need podiatry care urgently during this time, please contact MTHCS.

Saying thank you in a special way: Early on in the COVID-19 lockdown, students at Sea Lake's two primary schools and the kindergarten made some beautiful cards and artworks for residents at our aged care facility. The residents loved it and really appreciated the students' creativity and generosity. To thank them, residents recently completed their own artworks and creative pieces for local students. What a beautiful way to say thank you! **Pictured (right) are residents' artworks and (bottom right) the school captains at St Mary's Primary School with the artworks they received from residents. Looking on is school principal Kate Nunn (left) and MTHCS leisure and lifestyle worker Liz Newick.**



The coronavirus situation changes rapidly.

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

Visitors to aged care: We have been discussing the return of visitors to our aged care facilities with residents and their families to get their thoughts on how the reintroduction of visiting has been managed to date, and how we can continue to safely extend visiting durations. We are working on planning a staged and safe return of visiting. We will not be making any major changes to visiting arrangements until 22 June, when Victoria's State of Emergency is reviewed. Minor changes will occur as advice from health authorities is received and implemented. The health of our residents, staff and community members is our top priority and we will keep you updated with any changes to current visiting arrangements. A reminder, it remains essential to book visits with the facility manager/Registered Nurse in charge (For Ouyen, phone 5092 1111 and follow the prompts to the ward; for Sea Lake phone 5070 2155 and your call will be put through) and you must have had a flu vaccination to visit.



Smiling across the Mallee: Around 120 children across the MTHCS catchment are participating in Smiles 4 Miles program – so you can expect some amazing smiles in the future! In Ouyen, Underbool, Murrayville, Manangatang and Sea Lake, our early childhood services are participating in Smiles 4 Miles. Smiles 4 Miles is an initiative of Dental Health Services Victoria and is implemented locally by MTHCS. The aim of the program is to improve the oral health of preschool-aged children and their families by encouraging healthy eating, healthy drinking and good oral hygiene. ***Pictured (top left) at Mallee Minors Ouyen is staff member Danielle Kirk with Sadie, working together to cut up vegetables to make an Irish stew in the slow cooker (with zucchinis and herbs grown in the garden at Mallee Minors!); and (middle left) one of the activities the Sea Lake children completed, which involved experimenting with tasting milk, water, juice, soft drink and cordial and discussing which drink would be good for their teeth.***



Catching some rays: New solar panels have been installed at the Sea Lake campus (***pictured bottom left***) as part of MTHCS' commitment to environmental sustainability. Solar panels are also to be installed at the Ouyen campus in the near future.

Lois O'Callaghan
Chief Executive Officer