

COMMUNITY UPDATE ACROSS THE TRACK



Community Update #43 February 4, 2021

Staying COVID-safe: COVID-19 remains a threat, so we must continue to be vigilant and do what we can to be safe. To protect yourself and others, remember to always:

- Wash your hands – cough and sneeze into a tissue or your elbow
- Keep your distance – a full arms span (1.5 metres) away
- Stay home if you are feeling unwell – if you have symptoms, get tested.

More coronavirus (COVID-19) testing helps track the spread of the virus. Get tested today, even if you have mild symptoms. Testing remains available at both the Sea Lake and Ouyen medical clinics. Phone ahead to let them know you are coming in to be tested and, after you have been tested, go directly home and wait for your result.

QR codes for better contact tracing: Local businesses are encouraged to take advantage of the Victorian Government QR Code Service, which is free for all Victorian businesses, organisations, clubs and events. A QR code looks like this image (pictured right) and is a digital check-in method. By encouraging everyone who enters your business to scan and register via the QR code, you will be helping contact tracers in the event a positive case of COVID-19 is identified. The data collected is stored by the government and automatically deleted after 28 days. It's simple, easy and will make a real difference if we have to fight COVID-19 in our communities. MTHCS is now phasing in the use of a QR code when people enter our facilities, so you will notice this next time you visit one of our medical clinics. Paper-based check in systems will remain available for those who don't have a smart phone, or we will assist people to check-in with one of our iPads. The QR Code service is available at <https://www.coronavirus.vic.gov.au/victorian-government-qr-code-service>



Happenings at Pattinson House in January: Pictured clockwise from top left: *Doris Reitzel celebrated her 91st birthday on January 3 – happy birthday! Cynthia Renkin celebrated her 86th birthday on January 20 – happy birthday!; Karen Wisneske got into the Australia Day spirit and made up little gift bags of Australian treats for all residents; MTHCS staff cooked all the residents a typical Australian breakfast of bacon and eggs for Australia Day, which was thoroughly enjoyed by all; and our staff getting into the spirit for Australia Day!*

Volunteers: You may have noticed volunteers have returned to the gardens at our aged care facilities. These are the only volunteers

currently permitted on MTHCS campuses as they are undertaking mostly outdoor work, which has lower COVID-19 risks associated with it. We are continuing to follow the advice of the peak organisation for volunteers, Volunteers Victoria, which is to proceed cautiously with the reinstatement of volunteers and avoid putting volunteers and others in the community at risk. We are constantly monitoring this advice and will keep you, and our volunteers, updated with any changes.

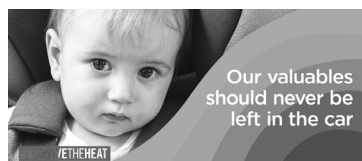


Pictured (left) is Luke, who spends time with MTHCS social support worker Michelle each week in Murrayville. When Luke and Michelle catch up, they map out walking tracks, create gifts for Luke's family and friends, and cook up treats for everyone. When this photo was taken, Luke was being smart about the hot weather and staying out of the heat by doing a jigsaw puzzle. Great to see you having a good time Luke!

Please consider others: No matter the situation, aggression and violence against healthcare workers is never OK. MTHCS healthcare workers have been working for a long time to respond appropriately to the COVID-19 pandemic – and they have done a wonderful job. When you are accessing one of our facilities or services, please remember your actions have an impact. We have appreciated the care and compassion shown by all members of the community towards our staff – keeping this up is important to ensure our staff continue to be safe in the workplace. If you witness an act of aggression or violence, do not get involved; report it immediately to someone at the healthcare facility.

Screening for safety: February is Ovarian Cancer Awareness Month in Australia to help raise awareness of the signs and symptoms of ovarian cancer, to share the stories of real women affected by the disease, to highlight the risk factors for ovarian cancer and educate Australians on ovarian cancer diagnosis and treatment. You can find out more at www.ovariancancer.net.au or speak to your doctor. Cervical screening is available at MTHCS and although it does not detect ovarian cancer, it is still a vital screening test for all women to have done regularly. Ring your local MTHCS medical clinic to schedule your next test with your preferred practitioner (e.g. nurse, nurse practitioner or G.P.).

Never leave kids in cars: It's hot across the Mallee this time of year, so it is vital children are never left in cars. The temperature inside a parked car can reach up to 20-30 degrees hotter than outside, with most of the temperature rise occurring in the first five minutes. When it comes to collecting children from kinder or childcare, if you have other children in the car and can't leave the vehicle, please phone us and we will bring your child to the gate so you don't have to leave their sibling/s or other children in the car.

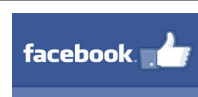


Lois O'Callaghan, Chief Executive Officer,
Mallee Track Health & Community Service

Contact us

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Optometrist in Sea Lake: The Optometrist is returning to Sea Lake this month, so it's time to book your appointment. The optometrist will be based at MTHCS clinic at 33-43 McClelland Ave, Sea Lake, from 10-12 February, 2021. All appointments are bulk billed for Medicare Card holders and reduced cost glasses are available for Aboriginal and/or Torres Strait Islander people; Health Care or Concession Card holders; dependents of Health Care or Concession Card holders; DVA Gold Card holders. To make an appointment, phone (03) 8412 0444.

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Sea Lake happenings: Pictured (left) are some of our wonderful residents doing exercises with MTHCS staff member Sandra, and (main photo) Marge Watson face timing with her daughter.

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to be safe in the workplace. If you witness an act of aggression or violence, do not get involved; report it immediately to someone at the healthcare facility.

Big win for Sea Lake: Congratulations to the Sea Lake Neighbourhood House and Sea Lake Youth Group for being recognised for their fabulous efforts for R U OK Day in September 2020! The Sea Lake Neighbourhood House and MTHCS staff member Liz Newick organised the R U OK activities within Sea Lake and the youth group members assisted by volunteering their time to deliver cupcakes to community members on the day, as well as developing social media videos with the R U OK messages (the social media videos were very popular, with one attracting more than 4500 views!). The Sea Lake Neighbourhood House, which is auspiced by MTHCS and part of the Buloke Neighbourhood House Network, was among five neighbourhood houses in the Buloke Neighbourhood House Network to be recognised at the Buloke Shire Council's recent Australia Day Awards when RUOK Day 2020 was named the Event of the Year for the shire. Congratulations to all involved!



Pictured at the awards (left to right) were Phoebe Paley (Birchip), Kayleen Cossar (Charlton), Hannah Cox (Sea Lake), Cr David Vis, Charmaine Delaney (Donald); Karlia Hickey (Sea Lake) and Sandy Pollington (Wycheproof Community Resource Centre).

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