

# Coronavirus COVID-19

## Community Update #30

October 7, 2020

**COVID-19 testing blitz:** MTHCS is supporting the latest COVID-19 asymptomatic testing blitz, which focuses on commercial passenger vehicle drivers and food delivery drivers (including those who deliver groceries, takeaway food, meals on wheels etc). This is part of the Department of Health and Human Services' state-wide focus on this sector and will help limit the spread of COVID-19 and keep everyone safe. To make it easier for people to access testing, 'pop-up' testing sites will be set up across the catchment over the coming weeks. Keep an eye on our Facebook page for more information. Asymptomatic testing for commercial passenger vehicle drivers and food delivery drivers is also available at our campuses in Ouyen and Sea Lake, but please remember bookings are essential by contacting your local MTHCS medical clinic.

**Visitors to Aged Care:** The Chief Health Officer has announced changes to restrictions on visiting people in residential aged care facilities. One visitor is now permitted, once per day, for a maximum of two hours. All other visitors, such as doctors and allied health professionals, need book their visit with the nurse in charge to assist us with managing the number of visitors to the facility. Thank you to everyone who has been patient and understanding about the restrictions to visiting aged care facilities throughout the COVID-19 pandemic. Please remember that if you are visiting one of our aged care facilities, please book ahead by contacting the facility. When visiting, you must wear a face covering, unless you have a lawful reason not to, and you must comply with all screening and infection control measures put in place by the facility.

**Safely returning community services:** As the COVID-19 restrictions are beginning to ease, we are continuing to plan a safe, sustainable return of our community services. This week, we are commencing 'veranda visits' to carers, social support and exercise group clients, which gives community members the chance to reconnect with people in the safety of their own home. Visits will be one on one only (no group visits). In addition to this, MTHCS volunteers who are not in the 'at risk' category for COVID-19 will be able to return to their volunteer roles, if they want to. At this point, volunteer transport services remain limited and are only available for essential health appointments and supermarket visits in the local area. We are closely monitoring the changing COVID-19 restrictions and we are looking forward to further reinstating our community services when we are able to safely do so.

**Get moving this month with a marathon:** The Heart Foundation's MyMarathon is a fitness and fundraising challenge that drives you to run, jog or walk 42.2 kilometres at your own pace during October, while helping to raise vital funds for lifesaving heart disease research. You can do it on your own, or as part of the MTHCS team. Sign up online at [www.mymarathon.com.au](http://www.mymarathon.com.au) and join the Mallee Track team at [www.mymarathon.com.au/fundraisers/malleetrack](http://www.mymarathon.com.au/fundraisers/malleetrack)

If you need any more information, get in touch with MTHCS Fitness Leader Tsharni Burns (pictured below with her dog) on 5092 1111.



### RUNNING TIPS

-  **Stretch for 8-10 minutes every day!**
-  **Make sleep a higher priority**
-  **Stay hydrated!**
-  **Wear supportive shoes**



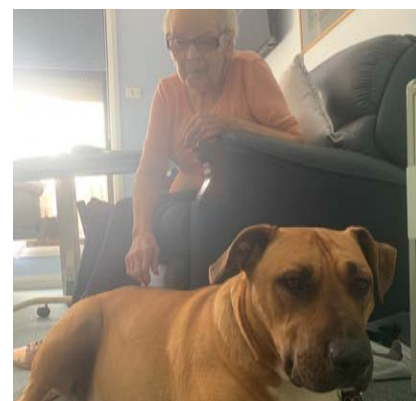
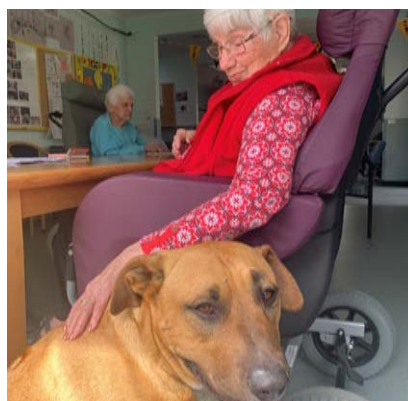
**New menu items a hit:** Check out some of the new meals being served up by MTHCS in Sea Lake! These are just some of the new items being served up by the MTHCS kitchens as part of a review of the meals it provides to aged care residents and Meals on Wheels recipients. ***Pictured above (left to right) is Maureen Wright enjoying pickled lamb for lunch; Ethel Prange with an omelette for breakfast; individual chocolate self-saucing puddings; silverside with mustard sauce and vegetables; and Marge Watson enjoying her lunch.***

**Mask up under face-shields:** The latest advice from Victoria's Chief Health Officer is that face shields are no longer considered an adequate face covering in the community. If you choose to wear a face shield, you must also wear a face mask that adequately covers your nose and mouth. If you, or someone you know, needs a reusable, cloth face mask, please contact MTHCS as we have a limited number available.

**Podiatry service:** During the Covid-19 Stage 3 restrictions, our podiatry department continued to see and treat all clients deemed at high risk of developing serious foot issues. Emergency appointments were available during this time for anyone who developed a foot complaint or were unable to manage their own needs. Now, as COVID-19 restrictions are easing, the podiatry department is returning to full operation. Clinics at Murrayville have re-commenced and at this point, these will be held monthly. Clinics will return to Underbool from 19 October, also on a monthly basis. To make an appointment please call 0427 946 272. Please note that there will be some changes to podiatry appointments from this point onward: only high-risk clients will be offered follow up appointments; however, routine appointments will still be available on a week-to-week basis for clients who are not classified as high risk. Contact our podiatry department on 0427 946 272 to discuss your needs.

**New face on podiatry team:** MTHCS Registered Nurse Caitlin Vine has joined our podiatry team. Caitlin will perform basic foot care for clients deemed suitable at their initial assessment. Caitlin will run foot care clinics from all of the Mallee Track sites. If you would like more information about this, please have a chat with the podiatry department on 0427 946 272.

**It's a dog's life:** Meet the very charming Bruce, who loved every minute of his recent Pet Therapy visit to our aged care residents in Ouyen! Bruce belongs to MTHCS nurse Caitlin Vine. If the look on his face is anything to go by, he is very, very happy visiting our residents!



**Lois O'Callaghan, Chief Executive Officer**

**Stay up to date with the COVID-19 situation at [www.dhhs.vic.gov.au/coronavirus](http://www.dhhs.vic.gov.au/coronavirus)**