

COMMUNITY UPDATE

SEPTEMBER 09, 2021

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Stay COVID-safe

The COVID-19 pandemic isn't going away, so take every precaution to keep yourself safe.

- Always wash your hands before you leave, and when you return home.
- Keep at least 1.5 metres between yourself and others.
- Never, ever go out if you are unwell unless it is to get tested. After you get tested, you must go straight home.
- Remember that the most important thing you can do is get tested, even if you have the mildest of symptoms.
- Get vaccinated.

COVID-19 testing and vaccination

MTHCS medical clinics in Ouyen and Sea Lake continue to provide COVID-19 testing and vaccinations **by appointment**. Please note, due to the slow supply of the Pfizer vaccine, there is a waiting list for vaccination appointments. Please be patient, we are doing the best we can. To contact the Sea Lake medical clinic, phone 5070 2155.

Spring blooms

Sea Lake residents were very pleased to receive these beautiful orchids grown by Jenny Stewart. Jenny sent them to brighten their day and they didn't disappoint! Jenny said she was taught to grow orchids by Laurence and Sue, son and daughter-in-law to *Lorna Goldsworthy* (pictured). Lorna remembered Jenny and was elated to see the magnificent blooms, commenting on the striking colours.



Dietician in Sea Lake

Do you have diabetes, high cholesterol, heart disease or need help with weight control? Sea Lake now has the services of Karen Bulman, an accredited practising dietician, who can help you with these concerns and more. The service is free to residents of Sea Lake and surrounding areas and no referral is needed. Appointments will be a mix of face-to-face and telehealth, depending on restrictions and client needs. Face-to-face appointments will be conducted at the Sea Lake medical clinic. If you would like to make an appointment, please phone Lime Medical on 5023 5122.

Thank you

A big thank you to our aged care residents and their families for understanding the need for limited visiting arrangements during the COVID-19 pandemic. Not seeing family and friends often has been very hard on many of our residents, some of whom have had two birthdays in lockdown – it's tough and we are very aware of this. We will continue to do everything we can to make virtual visiting easy, and we look forward to welcoming families back to visit as soon as it's safe.

Pictured below, some of our Sea Lake residents celebrating Daffodil Day.



Kindergarten enrolments

Enrolments are now open for 3 and 4 year-old funded kindergarten places in Sea Lake during 2022. Session times for 2022 kindergarten: Monday, Tuesday, Wednesday 8.15am to 1.15pm. O3 Room (CCS - half-day rate) 1.15pm to 5.15pm is also available to families eligible for CCS funding. Thursday and Friday O3 Room (CCS) 8.15am to 5.15pm. For further information and to progress enrolment, please contact Bron Alday on 5070 1387.

Podiatry pause

During the current COVID-19 restrictions, our podiatry service is only seeing urgent and high-risk clients. All other appointments are being cancelled. All footcare clinics are also postponed at this point. Please be patient and understand that we will contact you for your next appointment when restrictions ease. If you do experience foot pain or any urgent concerns, please call us or your GP. We are all doing our best under the current restrictions, so if you do have your appointment cancelled, please be kind to our staff.

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Our "Swab & Jab" Team

Pictured below is our fabulous team from the Ouyen medical clinic who have been doing all the heavy lifting with COVID vaccinations and testing. They are amazing and are the heartbeat of our COVID-19 response. In addition, they have made sure all of our community also has co-ordinated access to medical and primary care. We are grateful for the hard working team of (L-R, back) Shirl Vallance, Tracey Eames, Rhonda Lockett and Rosie Cattanach; and (front) Jan Winkler and Carmel Vallance.



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Ouyen Service Centre 5092-1111

Sea Lake Service Centre 5070-2155

Murrayville Service Centre 5092-1111

Underbool Service Centre 5092-1111

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