

Community Update #53 April 22, 2021

Sea Lake

COVID-19 vaccination program: The COVID-19 vaccination program is continuing to be rolled out across Australia, but it is going to take time and everyone has to be patient. Similar to the pandemic, the vaccine program will be a marathon, not a race. Vaccinations are being delivered in phases, to ensure those who need it most receive it first. To find out if you are eligible to be vaccinated at the moment, check online at www.covid-vaccine.healthdirect.gov.au/eligibility

If you are eligible, you will be able to view vaccination clinics and book an appointment online or over the phone. People can also call the National COVID-19 Vaccination Helpline on 1800 020 080.

Flu vaccinations: Our Sea Lake medical clinic now has influenza (flu) vaccinations available. Vaccination is our best defence against the flu. Even fit and healthy people should get the flu vaccine to protect themselves and help to stop the spread. An annual flu vaccination is recommended for people aged six months and over to reduce their chance of getting influenza. Please contact the medical clinic to book an appointment for your vaccination. **Please note that you must allow two weeks between your flu vaccination and your COVID-19 vaccination.**

Visitors to aged care: A reminder that there are no longer restrictions on who can visit residents in our aged care facilities. The only requirement is that all visitors must complete the COVID-19 check-in and attestation when entering, and all visitors must wear a face mask. If you need to check any further details, visit: <https://www.coronavirus.vic.gov.au/visiting-care-facilities> or give us a ring to ask and check.

Liz had a little lamb: Residents at our Sea Lake aged care facility recently had a visit from Liz McInerney's gorgeous little "rescue" lamb – and it was hard to tell who loved it more! The lamb was very popular and got lots of cuddles and special attention from the residents. The lamb might have to become a regular visitor!



Our healthcare workers matter: Healthcare workers want to help others when they're at their most vulnerable. But unfortunately, healthcare workers at MTHCS are sometimes confronted with violence, aggression or sometimes harsh words and language – from patients and residents, visiting friends and family, even bystanders. The people who behave this way are not just those under the

influence of alcohol or drugs, or those who are not of full capacity of mind. Sometimes it's everyday people who find themselves in a stressful situation and who might feel frustrated with their personal situation where we are trying to help. No matter what the situation, violence and aggression against healthcare workers is never OK. Let's keep working together to prevent and reduce violence and aggression in the healthcare sector.



How's your ticker? Do you have a chronic heart condition? Does your heartbeat irregularly? Have you had a heart attack or do you suffer angina? Perhaps you have been told your heart health is not as good as it should be? What does it all mean? Where can you get help to deal with this? Your chronic disease nurse, Glennis Barnes, can help you to learn more about your condition, what support is available, and how you can and prevent future worsening

and or complications from your condition. Call 5092 1168 to make an appointment to see Glennis.

Aged care help: If you are looking to find out more about aged care support available in our community, check out My Aged Care at www.myagedcare.gov.au or phone 1800 200 422. It can be a really helpful place to start when it comes to accessing Australian Government-funded aged care services. Once you have been assessed by My Aged Care you are then referred to the MTHCS services that can help you.

My Aged Care provides: information on the different types of aged care services available; an assessment of needs to identify eligibility and the right type of care; referrals and support to find service providers that can meet your needs; and information on what you might need to pay towards the cost of your care. If you have questions, don't hesitate to use the phone number as the My Aged Care team can answer most of your questions over the phone.

**MTHCS SEA LAKE
MEDICAL CLINIC WILL BE
CLOSED MONDAY APRIL
26TH FOR THE ANZAC
DAY PUBLIC HOLIDAY.**



Please plan ahead for prescriptions or appointments.
Call 5070 2118

Reminder: A reminder the Sea Lake medical clinic will be closed on Monday April 26, 2021, so please plan ahead for your appointments and ensure you have the prescriptions you need. The clinic will reopen again on Tuesday 27 April, 2021.