

Coronavirus COVID-19

Community Update #10

May 20, 2020

A special thank you: This week is National Volunteers Week and we would like to say a big thank you to everyone who volunteers their time at Mallee Track Health and Community Service. We really appreciate everything you do! We will be celebrating National Volunteers week during the week, so please keep an eye on our Facebook and Instagram pages to see how we will be saying thank you to all our wonderful volunteers.



Celebrating our mums and nurses:

Mother's Day was celebrated differently this year due to COVID-19 restrictions, but our lovely mums in residential aged care were honored and celebrated.

Pictured left (clockwise from top left) is Sea Lake's Myra Clohesy enjoying her Mother's Day gifts; Myra's son, Bernie, saying hello through the window; Myra Daniel with beautiful Mother's Day roses; and Margaret Watson with chocolates she received.

In both Ouyen and Sea Lake, a special afternoon tea was held to celebrate International Nurses' Day on May 12, and we also took the opportunity to participate in a candlelit vigil to remember health workers across the world who have lost their lives through the COVID-19 Pandemic.

Pictured at the afternoon tea/vigil are Sea Lake staff members (from left) Laura Poyner, Jess Cleary, Nadine Peters, and Tiarnee Hall.



Pictured above (clockwise from top left) is Joan Stacey enjoying the Mother's Day afternoon tea at Pattinson House; Olive Barnett celebrating Mother's Day; and Ouyen nursing home residents Irene Vallance and Len Hannig celebrating International Nurses' Day.

COVID-19 testing blitz: A total of 190 tests for COVID-19 were completed in Mallee Track catchment as part of Victoria's recent testing blitz, including 43 residents at Mallee Track facilities, 83 staff and 64 community members. To date, all results received were negative. A lot of hard work went into this, so well done to everyone involved. Please keep in mind the test is a 'point in time' – and is not a predictor of whether or not you might have COVID 19.

The coronavirus situation changes rapidly.

To stay up to date visit [#COVID19](https://www.dhhs.vic.gov.au/coronavirus)

Visitors to aged care: There is no immediate change to our restrictions to visitors at our aged care facilities; however, we are working on a plan for a return of visitation. Over the coming weeks we will consult residents and families again about how we can implement a staged return of visitation. There is a lot to consider because we must do everything we can to ensure our residents, staff and community members are kept safe. More information will be available in coming weeks.



Reminding us that "Staying Apart Keeps Us Together" in Ouyen are (front left) Sue White, Jeffrey Saville and Maddy Morrish; and (back left) Olivia Cheema and (back right) John Cresp; and in Sea Lake, staff members Sophie Noonan (left) and Jess Cleary.

Activity Groups: We have had some queries about local groups resuming their regular gatherings, meetings and activities. But it is important to understand this is not a decision for Mallee Track Health and Community Service to make. The State of Emergency remains in place in Victoria and the advice of the Chief Health Officer is that there are still only five reasons to leave your home, if it is essential.



Keep looking after yourself: This is a tough time for all of us and it is important to look after your physical and mental health. Our residents at Pattinson House in Ouyen are a great example! Some of our residents are **pictured above** keeping up with their exercises, even though the usual exercise instructors are currently unable to visit. Please remember that if you are struggling in any way, reach out for support. There are online mental health resources on:

<https://www.dhhs.vic.gov.au/mental-health-resources-coronavirus-covid-19> and also at <https://coronavirus.beyondblue.org.au/>

Lois O'Callaghan
Chief Executive Officer

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