

Coronavirus COVID-19

Community Update #9

May 13th, 2020

Mother's Day at our aged care facilities: It was wonderful to see Mother's Day celebrated at our aged care facilities – even though celebrations were slightly different to previous years due to the current restrictions to visitors. MTHCS brought in a beautiful bouquet of flowers from Mays on Oke for Ouyen residents and from Farmyard Flowers for our facility in Sea Lake. The residents loved telling us the names of the flowers. One of our valued volunteers, Sue Gilchrist (or Suzy G, or Mrs Gillie as she is also known), also worked tirelessly in the lead up to Mother's Day, preparing posies of flowers for our Aged Care and Pattinson House residents in Ouyen. According to Suzy, everyone should have flowers for Mother's Day. "No matter if you are not a mother yourself, we all came from mothers. It's a very special day," she said.



Pictured above: Valued MTHCS volunteer Sue Gilchrist, with posies of flowers she prepared for aged care and Pattinson House residents in Ouyen.



Pictured (clockwise from top left): MTHCS Sea Lake staff member Melody and resident Marj Watson admire the arrangement; as did residents Myra Daniels, Myra Clohesy and Grace Ferguson.



COVID-19 testing blitz: Thank you everyone who took up the opportunity to get tested for COVID-19 as part of Victoria's testing blitz last week. Approximately 200 tests were completed across our community. An important reminder to those who were tested: results can take up to five days to be received and only those who test positive will be contacted. If you do not receive a phone call, assume your test has been negative. If you do have concerns, please contact your local medical clinic. Also, please remember that a negative result is only current at one point in time. It does not change anything about the precautions and practices we all still need to take every day. We still need to practice good hand hygiene and social distancing, for as long as it takes.

It is also important to note the testing undertaken in our region helps contribute to the bigger picture at a state-wide level, giving Victoria's Chief Health Officer an understanding of how the virus is behaving and helping to inform future response measures.

The coronavirus situation changes rapidly.

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

Residential Aged Care Consultations: Consultations with families of our aged care residents in Ouyen and Seal Lake has been valuable in informing the way we continue to keep our aged care residents safe from COVID-19. Discussions have been held with 25 families of residents, who reiterated their support for the early decision to lock down/restrict visitors to each facility, and for facilities to be reopened to visitors only when it is safe to do so. This consultation has also given us the chance to reassure families that residents' leisure and lifestyle programs have been maintained, re-configured or increased to meet their needs. A number of suggestions were put forward regarding how visits may be conducted in the future, when COVID-19 restrictions allow (e.g: in a single dedicated room; outside in garden; longer visits). All options will be considered and more discussions will be held with families over the next seven to 10 days as we establish what the revised COVID-19 response measures mean for our service and communities.



Much-loved furry friends: While the COVID-19 restrictions have been tough on everyone, a couple of furry friends made guest appearances in Ouyen recently. Aged care respite resident Barb was delighted when her cherished cat, Issy, made a surprise visit for a much-needed snuggle with her owner (**pictured above left**), while Ouyen-based maintenance worker Rick Boyd brought his dog, Bailey, to work for a little visit. Bailey visited the residents and staff. Here he is with Di Monaghan (**pictured above right**).

Are you keeping active? It's a challenge to keep motivated for exercise at this time – but it's well worth the effort for your mental and physical health. Shout-out to Jennifer Stewart (**pictured right**) for sending in this photo of her morning ritual – a farmyard walk with a half-way stop in the machinery shed for a tai chi session. Jennifer was attending tai chi at Sea Lake (until COVID-19 put that on hold) but she's improvising with her own workout. With instructions on the chalk-board, and her two trusty dogs, Jennifer wanted to let allied health staff know that all those hours learning tai chi in Sea Lake haven't been wasted!



Lois O'Callaghan
Chief Executive Officer