

COMMUNITY UPDATE

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Staying healthy in the heat

Summer has arrived and with it an important message about heat health from our friends at Ambulance Victoria.

Each year your local health services care for many people with heat-related concerns. This year we anticipate outdoor activities will increase, which means preparing and knowing what to do in an emergency.

Heat stroke and stress is generally tolerated in fit, active and healthy people, but it can be detrimental and make people extremely ill if signs and symptoms go unnoticed or ignored.

What to look out for: fatigue; cramps; nausea; dizziness; cool, pale skin; and muscle twitching.

What to do: move to a cool place and apply ice packs to muscles; remove any tight clothing; increase water intake; and monitor for trends.

Some of the more sinister and emergency presentations of heat-related illness include rapid weak pulse, confusion, headache, thirst, lack of co-ordination, seizures and unconsciousness (this is an emergency and requires a 000 call for an ambulance).

Please take care this summer and remember to take frequent rest breaks in cool environments and drink plenty of water.



Above: MTHCS CEO Lois O'Callaghan and board chair Joy Lynch last week met with Member for Mildura Ali Cupper. Ali was keen to hear our ideas on the future of aged care, childcare and primary health care for our communities. It was the first time in many months we were able to meet with Ali and her team in person!

Is your heart healthy?

People who have heart conditions usually get some warnings before being officially diagnosed.

Did you know that the following symptoms can be a sign of a failing heart? Getting puffed easily, fatigue, a night-time cough, wheezing, abdominal bloating, depression, dizziness, swelling of the ankles and lower back, and sudden weight loss or weight gain.

The best advice is to see your GP if you suspect something is wrong and be honest with them.

A free dietician service is also now available at MTHCS Medical Clinic in Sea Lake to discuss ways you can minimise risk and improve your heart health. Call the clinic for details.



Above: In the Mood giving a performance for lucky Sea Lake residents.

Employment opportunities

MTHCS has a number of non-gender specific roles available. At MTHCS we define our expectations and are accountable for our actions.

Payroll Officer (12-month maternity leave)

Do you have an excellent eye for detail, are driven by timeframes and enjoy working collaboratively?

MTHCS is searching for an enthusiastic individual to join their People and Culture team and be responsible for all payroll duties.

The position is required to provide accurate and timely processing of the organisation's payroll as well as assisting with planning, organisation and co-ordination of all payroll and HR functions.

Endorsed Enrolled Nurse (0.6 EFT Ouyen)

MTHCS is looking for an Enrolled Nurse with passion, energy and enthusiasm for aged care to join our dedicated team at the Ouyen campus.

Children's Services Educators

We are seeking enthusiastic, self-motivated individuals who would like to join our Mallee Minors Childcare team at Ouyen or Sea Lake, with the flexibility to work at other Early Years centres within the cluster.

We are currently offering positions to applicants who are Certificate III and Diploma qualified, as well as the opportunity to complete traineeships.

Full time/part time and casual positions are available.

Food & Domestic Services Assistant (Casual – Ouyen)

We are seeking enthusiastic, approachable and well-organised individuals who would like to join our Hotel Services team.

Duties will include (but are not limited to) menu collation, food preparation and cleaning.

MTHCS is an equal opportunity employer. Visit www.mthcs.vic.gov.au/employment for casual positions, position description or for further information about these exciting roles.

To apply: provide your resume with cover letter to payroll@mthcs.vic.gov.au or People & Culture, PO Box 130, Ouyen 3490.