

# COMMUNITY UPDATE

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## Keep doing the things that keep us safe

A lot has changed since our last MTHCS update before Christmas - we have been directly impacted by the COVID-19, it is now present in our Mallee Track communities, and the Omicron variant is extremely infectious.

As you are no doubt aware, there is significant community transmission in the Sea Lake community, and our Residential Aged Care facility was listed as an exposure site in January. The fantastic diligence of our MTHCS team at Sea Lake, and the support and understanding of the Sea Lake community has allowed us to navigate through this challenge, and the exposure listing for Sea Lake is now lifted.

However we are continuing to allow visits to our Residential Aged Care only on compassionate grounds. This is regrettable, but with the level of community transmission happening, our priority has to be to reduce the chance of COVID-19 entering our facility.

Residents are settled and doing well, and we are always happy to arrange catch ups on the phone and with an I-Pad where that's a good option.

As Government restrictions change and evolve, the best protection for our families and communities is to go back to what we know works:

- **Wearing masks indoors - properly**
- **Maintaining safe social distance**
- **Handwashing and sanitising - often**
- **And, most importantly, get vaccinated**

## Vaccination Update

We are continuing to take bookings at the GP Clinic for booster shots and paediatric vaccinations.

Please register your interest, and we will get in touch to book you or your child in when spots are available. Our vaccination clinics are currently limited by supplies and staff availability, but we are doing vaccinations as quickly as possible.

If you are keen to obtain a booster or paediatric vaccination earlier, appointments are available at Sunraysia Community Health in Mildura, Swan Hill District Health and at pharmacies.



## 10 Years Of Service For Donna

Hotel Services staff member Donna Nuske recently received her 10 years of service badge from hotel services co-ordinator Louise Plozza. Congratulations and thank you Donna!

## Its Heating Up Out There

Hot summers are nothing new for Mallee Track residents, but did you know that heat can worsen heart disease or diabetes.

Most reported illness and death during heatwaves is due to the effect on those who are already ill. Heatstroke is fatal in up to 80% of cases.

Please keep an eye out for vulnerable relatives, friends and neighbors in this warmer weather.



*When it's too hot to do much, our aged care residents are happy to be indoors under the airconditioner, doing activities. Lorna Goldsworthy, Jim Dettmann, Ken Robinson, Betty Wight and Pat Prater are pictured enjoying a game in the cool of the living room.*



## Sea Lake Hosts Doctors In Training

We were please to host a Doctors in training session recently at MTHCS Sea Lake via Monash University and the GP program.

It was our pleasure to show off our lovely facility and encourage young doctors to consider the rural sector in their future plans.

Pet therapy was underway in the Sea Lake campus and did rather distract some of the Doctors!

We finished off with a delightful meal at The Juke - thanks to Ezra & Dylan.