

# COMMUNITY UPDATE

[www.mthcs.com.au](http://www.mthcs.com.au)

February 24, 2022



## SEA LAKE

## EXERCISE GROUP



Physical activity or exercise can improve your health and reduce the risk of conditions like Type 2 Diabetes and cardiovascular disease.

Getting moving has immediate and long-term health benefits and is a great way to forget about your worries for a bit and connect with others.

MTHCS is starting a nine-week exercise group for all abilities every Wednesday at the Rotunda (near the public toilets on the highway). To beat the heat, we are starting at 9.30am.

Fitness staff will lead the groups. The cost is \$5 a session. Bring a water bottle and sun protection. Check with your doctor or health professionals before starting any exercise program.

To register, please call us on 5092-1111, choose Option 1 and ask to speak to staff from the Exercises Program.

### Not Feeling So Great?

A reminder that COVID-19 symptoms extend beyond the common sore throat, runny nose, fever. This is why we have worked really hard to get a vaccinated community – so we can be open and honest on this virus.

There is no stigma around a positive test result now – so please test whenever you feel unwell, regardless of your particular symptoms.

A reminder of the expanded range of COVID-19 symptoms (from the Chief Health Officer) is: Fever, chills, cough, sore throat, shortness of breath, runny nose, or loss or changes in sense of smell or taste, headache, myalgia, stuffy nose, nausea, vomiting or diarrhoea.

### Visits to Aged Care

If you are visiting a resident in Aged Care, you may be asked to take a RAT test before you enter. We are ramping up testing for visitors as a precautionary measure.

We are doing all we can to reduce the risk of COVID-19 exposures to our vulnerable residents, such as wearing N95 masks and having visits outdoors wherever possible.

This is an additional protection, so please understand that if you or members of your family are asked to undertake a RAT test before your visit, this for the protection of our residents.

### Rapid Antigen Tests Available

If community members are having difficulty accessing RAT tests for any reason you are welcome to contact MTHCS to discuss your needs. Anyone requiring access to RAT tests after hours, who are symptomatic or who need support to access a RAT test can contact our MTHCS urgent care (24 hours, 7 days a week) or our medical clinics (during business hours).

### Walk-in Boosters at Mildura

If you are due for your Booster shot, or your kids are eligible for their vaccination, SCHS are currently running a Booster Blitz Program.

Kids clinics are available for ages 5-11.

Booster clinics are available for ages 16+, at least three months after your 2nd dose.

**THURSDAY 24 FEB** 12pm - 7pm walk in (kids and boosters)

**FRIDAY 25 FEB** 9am - 4pm by appt 4pm -8pm walk in (kids and boosters)

**SATURDAY 26 FEB** 9am - 3:15pm walk in (kids and boosters)

**SUNDAY 27 FEB** 9am - 3:15pm walk in (kids and boosters)



### Paper Craft Fun

Sea Lake MTHCS Aged Care resident Betty Wight is very proud of the flowerpot creation she made. Thanks Betty – it brightened the day for everyone!

### Employment opportunities

#### Registered Nurse

We are seeking driven Registered Nurses to assist in providing the best resident outcomes with warmth and compassion. As a Registered Nurse you will be a member of a multidisciplinary health care team providing leadership to staff, patients, residents and their families.

#### Positions available:

**0.9 EFT to commence immediately (ongoing).**

**1.0 EFT fixed term until 15th May, 2022.**

**Casual Bank.**

#### Endorsed Enrolled Nurse

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

#### Positions available:

**0.7 EFT to commence immediately (ongoing).**

**Casual bank.**

**HOW TO APPLY: provide your resume with cover letter to [payroll@mthcs.vic.gov.au](mailto:payroll@mthcs.vic.gov.au) or People & Culture, PO Box 130, Ouyen 3490.**

**MTHCS is an equal opportunity employer. Visit [www.mthcs.vic.gov.au/employment](http://www.mthcs.vic.gov.au/employment) for all other casual positions, position description or for further information about these exciting roles.**



Ouyen Service Centre: 5092 1111

Sea Lake Service Centre: 5070 2155

Murrayville Service Centre: 5092 1111

Underbool Service Centre: 5092 1111

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