

COMMUNITY UPDATE

April 7, 2022

WWW.MTHCS.COM.AU

COVID-19 winter booster shot

As winter draws closer, an additional booster dose, or 'winter dose', is recommended for people at higher risk of severe illness from COVID-19 who have already had their first booster dose. This booster is available through GPs and pharmacists and can be administered four months after the last booster shot. People who have had COVID-19 should also wait at least 4 months before having an additional dose.

The winter booster shot is available to:

- People 65 years or older
- A resident of an aged care or disability care facility
- People who are severely immunocompromised
- Aboriginal or Torres Strait Islander people aged 50 years and older.

Visiting aged care

A reminder that all visitors to our aged care facilities must:

- **Phone ahead of their planned visit to ensure all safety measures are in place.**
- **Have a negative RAT result prior to visiting. This can be done at home or on-site, and we have both swab and saliva RATs available for residents' families.**
- **Wear N95 face masks during visits. We have these face masks available.**
- **Understand visitors can only visit once per day, in line with Victoria's pandemic health orders.**

Thanks to everyone who continues to be kind to our staff members at MTHCS. They are working hard to implement the pandemic health orders and keep our residents safe.

Have you visited our new, improved website yet?

Head to www.mthcs.com.au where you can find information on the many services and programs we deliver right across the Mallee Track catchment, from enrolling in child care and kinder to medical clinics, allied health and community services like men's sheds and Neighbourhood Houses. You can also access media releases, news and events and our weekly Community Updates.

You can also find out how to contact the new MTHCS Rural Outreach Workers. Two community-based workers are now available locally to help people access mental health supports. If you're stressed, depressed or just generally struggling, there is now a local friendly face to point you in the right direction and sit with you while you navigate the services you need.



Pictured above: The residents at Sea Lake were served up a treat when Pam from Leisure & Lifestyle made them Apple Rosettes. They all enjoyed the apple and pastry treats with whipped cream. Thanks Pam – a lovely afternoon tea enjoyed by all!



Pictured above: At the movies in Sea Lake! Residents in Sea Lake enjoyed an afternoon of watching some golden oldies. To make the treat even more special, they enjoyed a Drumstick ice-cream, potato chips and popcorn!



Pictured above: Planned Activity Group (PAG) is back! Pictured above are Speed PAG members Kath and Lyn; and (above right) Maureen with PAG worker Kerri freshening up the garden beds in the courtyard of the Sea Lake nursing home.

Join our social support groups!

Social Support Groups (also known as Planned Activity Groups or PAG) run weekly across the catchment. We would love to welcome new members! PAG Groups are held:

Tuesday at 10am:

- Ouyen Senior Citizen Rooms (Men's Group)
- Culgoa Community Hall
- MTHCS Murrayville Service Centre

Wednesday at 10am

- Woomelang Community Centre
- MTHCS Underbool Service Centre

Thursday at 10am

- Speed Golf Club
- Ouyen Senior Citizen Rooms
- MTHCS Sea Lake Service Centre

New members will need to register at My Aged Care by phoning 1800 200 422. If you need support to register please contact MTHCS on 5092 1111.

Employment opportunities

People and Culture Wellbeing Officer (Ouyen) Full Time/Part Time negotiable

The People and Culture Wellbeing Officer is responsible for supporting the People and Culture team to drive health and wellbeing initiatives within the workplace, including promoting the Gender Equality Act

Healthcare Workers (Pattinson House, Ouyen) Casual

MTHCS is always looking for enthusiastic healthcare workers to join the team. Compassion for our residents and team work is vital.

MTHCS is an equal opportunity employer. Visit www.mthcs.vic.gov.au/employment for further information about these and other exciting roles.

HOW TO APPLY: Provide your resume with cover letter to payroll@mthcs.vic.gov.au or People & Culture, PO Box 130, Ouyen 3490.