

COMMUNITY UPDATE

February 23, 2023

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Pictured above: A perfect day of sunshine for our Agile Angels.

A bloomin' great day

Simply magnificent! Sunshine was obviously the theme of the day when the social group Agile Angels visited the Monak sunflower farm. The ladies enjoyed the beautiful blooms under a perfect blue sky with a leisurely lunch topping off a great day.



Pictured above: Lunch and sunflowers - what more could you ask for?

Remain on alert as heat persists

Heat can cause illnesses such as heat cramps and heat exhaustion which can lead to the life-threatening condition, heatstroke. Heatstroke is fatal in up to 80 per cent of cases.

Heat can also worsen the condition of someone who already has a medical issue such as heart disease or diabetes. Most reported illness and death is due to the effect of heat on those who are already ill.

If you or someone you know is unwell call NURSE-ON-CALL on 1300 60 60 24 for 24-hour health advice or see your doctor.

In an emergency, always call Triple Zero 000.



What a fabulous catch!

Whilst our physical abilities do decrease over time, it's appropriate to do exercises that maintain as much dexterity as possible. One of our activities is participating in a game of catch and throw. This exercise aims to maintain dexterity of limbs that have reduced capacity. A wool ball is used to reduce the risk of a potential injury and allows all participants of all abilities to have a go. This exercise was very much enjoyed by the ladies.



Pictured above: A game of catch and throw is fun, but also helps residents maintain their dexterity.



Growing our own meals

A recent chat about different salads prompted nurse Nadine to bring in home-grown Roma tomatoes and apple cucumbers for resident Yvonne to create a family favourite. The dressing was an unusual mix of salt, pepper, cream and brown vinegar with a sprinkle of sugar. The following taste test confirmed that it was delicious, and it was served with cold meat cuts.



Pictured above: Yvonne prepares her delicious dish for MTHCS residents.



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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