

# COMMUNITY UPDATE

July 28, 2022

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## Busy hands and minds!

Our Leisure and Lifestyle workers are constantly coming up with new ideas for interesting and fun leisure activities that suit our residents' interests. With the cold weather the indoors activities have been popular - this week Doris (above) and Win (below) were enjoying some coloring activities and puzzles.



## COVID-19 update

In the next few weeks, we expect to see COVID-19 case numbers rising. The COVID-19 BA.4/5 is now present in our region.

Anyone can get sick from any variant of COVID-19, but some people are more vulnerable to severe illness if they have existing health problems or are older.

We can all take steps to reduce the spread of COVID-19 to protect ourselves, our loved ones and the wider community.

- Everyone is now encouraged to wear a mask when indoors away from home and when you cannot physically distance
- All Victorians are encouraged to work from home if they can

Prevention is the best protection, so what can you do?

Vaccinate, ventilate, and mask up in public places.

A fourth dose (winter dose) of a COVID-19 vaccination is now recommended for adults aged 50 to 64 and is also available for adults aged 30 to 49 years.

The interval recommended between a recent COVID-19 infection or your third dose and a winter dose is now three months – reduced from four months.

Please call the Sea Lake clinic if you would like to book in for COVID-19 or flu vaccination.

**Ouyen Medical Centre: (03) 5092 1168**

## Think ahead on farm safety

We know that farms are the most dangerous workplaces in Australia - and while safe practices are the best prevention, accidents do happen. Paramedics are regularly called to farm accidents and injuries such as those caused by machinery and falls from height.

Ambulance Victoria advises when you are faced with a medical emergency on the farm, follow the approach below:



**1. Keep yourself safe**



**2. Call triple zero**



**3. Help Paramedics by giving honest and accurate information**



**4. Look after yourself as you deal with witnessing trauma**

Knowing your location is essential to ensure an Ambulance can find you. Download the **Emergency Plus App** to your phone - it's the best way for services to be able to pinpoint your location if needed.



## Loving the wet winter!

It's not just the farmers who are loving the wet winter! Staff and residents recently spotted frogs enjoying the beautiful Ouyen Nursing Home gardens.

## Capital works ideas into reality

We are always keen to hear staff and community members' ideas for things we can do to improve health and community outcomes.

And an amazing number suggestions for our capital works program are underway or completed at Ouyen and there are more to come:

- Staff accommodation upgrades
- New air conditioning in the kitchen
- Coffee machine for hostel residents
- Renovated outdoor space for staff
- Podiatry chair at Murrayville
- Activity stations for aged care residents
- Capacity for buffet style meals for aged care
- Defibrillator
- Massage chairs
- Beverage trolley
- Urgent care computer (quick access to patient files)
- Portable ECG machine
- Clinical urinalysis testing machine

## Employment opportunities

### Registered Nurses and Enrolled Nurses

**(full time and part time positions available):**

- Supportive and friendly workplace
- Flexible work arrangements
- Competitive employee benefits

**Speak to us today to find out more or visit [www.mthcs.vic.gov.au/employment](http://www.mthcs.vic.gov.au/employment)**