

WORKING 9 TO 3, WHAT A WAY TO MAKE A LIVING!

The kitchen team at Mallee Track Health and Community Service (MTHCS) is proving that good food and good balance go hand in hand. With shifts running from 9am to 3pm, the service is offering family-friendly hours that make it easier for staff to combine work with school drop-offs, pick-ups, and family life.

MTHCS Hotel Services Coordinator, Louise Plozza, said the team plays a vital role in supporting both aged care residents and the wider community.

“The Domestic Services team is a dynamic group of individuals who are really dedicated to providing the best care to our residents and community,” she said. “We prepare meals for our aged care residents and community members with meals on wheels with care and attention.”

MTHCS Manager of People and Culture, Casey Crothers, said the organisation is committed to being a workplace that supports flexibility and balance.

“At MTHCS, we pride ourselves on being an employer of choice by supporting the diverse needs of our community including offering flexible working arrangements,” she said. “Our family-friendly 9–3 shifts promote a healthier work-life balance, ideal for parents, students, and anyone looking for flexible, meaningful work hours.”

Each day, the kitchen prepares nutritious, home-style meals that not only nourish but also bring comfort and connection to those who receive them.

The flexible working hours have also been a drawcard for new staff, providing the opportunity to contribute meaningfully to community care while still having time for family commitments.

MTHCS is always on the lookout for caring, community-minded individuals to join the team. For those with a passion for food and supporting others, the kitchen provides a rewarding workplace with a supportive culture.

For more information about current vacancies at MTHCS visit www.mthcs.com.au/careers.

A PERFECT SMILE STARTS WITH GREAT DENTAL CARE!

Tankard Dental Ouyen is made up of mostly local staff with some travelling from Mildura and Swan Hill. We are open four days per week Monday – Thursday looking after our local community and surrounds.

Our clinic offers a range of services including restorative, preventative, crown/bridge and dentures. We are also part of the Smiles 4 Miles program visiting our local kindergartens and Smile Squad dental van in our local schools providing free dental treatment to all school aged children enrolled in a government school.

Our clinic is both a private and a public clinic, which means that we can treat patients using Pension or Health Care concession cards, Vet affairs, Child Dental Benefit Scheme (CDBS) and private with or without health insurance.



Pictured: Tankard Dental team on Jeans for Genes Day outside the Ouyen Dental Clinic



Pictured: Members of the Kitchen Team preparing meals for delivery to the community as part of our Community Meals program.



ACKNOWLEDGEMENT TO TRADITIONAL OWNERS

“We would like to acknowledge and extend our appreciation for the Wotjobaluk, Jaadwa, Jadawadjali, Wergaia and Jupagulk peoples of the Wotjobaluk Nations, the traditional owners of the land that we live, play and work on and all other lands represented. We recognise that these lands have always been places of healing, learning and caring for elders. We pay our respects to leaders and Elders past, present and emerging for they hold the memories, the traditions, the culture and the hopes of all Indigenous Peoples. We express our gratitude in sharing of this land, our sorrow for the personal, spiritual and cultural costs of that sharing and our hope that we may walk forward together in harmony and in the spirit of healing.”



TRACK Talk



DEMENTIA ACTION WEEK

In September, MTHCS is holding a Dementia Action Week event and we need your help!

Would your social group or sporting clubs, schools, childcare, businesses and any other organisation within the Mallee catchment to decorate a pellet tree?

The pellet tree will be kindly made by the Ouyen P12 community group. The tree can be as simple or as detailed as you like. It will hang on the Roxy wall to create a Dementia friendly forest and raise awareness and understanding of dementia within our community from September 15 -21.

If this is something you may be interested in, please contact the Social Support team at Mallee Track by calling 5092 1111 and we will make arrangements for you to collect your tree to decorate.



(R to L) MTHCS Vannessa Morrish and Bertilla Campbell from Dementia Australia at the Dementia Action week event last year at Ouyen Lake.



HEALTHCARE RIGHTS

ACCESS Healthcare services and treatment that meets my needs

URGENT CARE CENTRE

Mallee Track can be the first port of call for advice and navigation.



ACUTE AND SUB-ACUTE HOSPITAL CARE

Safe and appropriate care can be provided locally.



COMMUNITY SERVICES

Talk to any Mallee Track staff member about the assistance you might need. Community services.



MALLEE TRACK AT HOME

Receive help with personal care or daily tasks at home.



VIRTUAL CARE

Have your appointment with your GP or specialist over the phone or via the internet.



RESIDENTIAL AGED CARE

Enjoy support living in our Mallee Track facilities either for respite or permanently.

