

COMMUNITY UPDATE

April 28, 2022

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Foundation an exciting step forward for Mallee communities

Thank you to everyone who joined us on 19 April for the official launch of the Foundation of Mallee Track – a new, independent, registered charity, established to raise funds for MTHCS. This is an exciting step forward for our local communities! While Government funding provides the essentials, the funds raised by the Foundation will help fill in the funding gaps. This means the Foundation will make it possible for MTHCS to do more to provide the best care for our communities. To find out more about the Foundation, and how to support it, visit our website at www.mthcs.com.au or email foundation@mthcs.vic.gov.au



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Celebrating the launch of the Foundation of Mallee Track were (Image 1): Mark Eckle (MRCC Councillor), Jodie Reynolds (MRCC Councillor), Howard Crothers (MTHCS Foundation Board Chair), Mary Rydberg (MTHCS Board Director), Bob Cameron (Guest speaker and Chair of Bendigo Health); (Image 2) Phillip Down (MTHCS Foundation Board Director), Damian Torpey (Sea Lake Lions Club President), Danny Conlan (community member - Nandaly/Sea Lake).

COVID-19 and flu vaccinations

The COVID-19 winter booster vaccination is now available through our Sea Lake and Ouyen medical clinics for:

- adults aged 65 years and older
- residents of aged or disability care facilities
- people aged 16 years and older who are severely immunocompromised
- Aboriginal and Torres Strait Islander people aged 50 years and older.

Eligible people can receive their winter dose 4 months after receiving their third dose, or from four months after a confirmed COVID-19 infection, if infection has occurred since the person's third dose. Pfizer and Moderna are the preferred vaccines for the winter dose.

COVID-19 vaccines for adults and children are also available, as well as influenza (flu) vaccinations.



Pictured above: Sea Lake PAG members helping our residents play bingo. It's wonderful to see our PAGs back in action and meeting regularly!

Update to visiting aged care

Visiting restrictions may change at short notice, as we respond to COVID-19 exposures in our aged care facilities. It remains essential for anyone planning to visit our aged care residents to phone ahead, prior to their visit. This will ensure you know who can visit and under what conditions. If you are planning a visit, please expect that you will need to:

- **Have a negative RAT result prior to visiting.** A negative result is required before you can visit. The test can be done at home or on-site. If you need tests, we have both swab and saliva RATs available.
- **Wear an N95 face masks during your visit.** We have these face masks available.



Pictured above: Sea Lake residents creating art works in preparation for ANZAC Day.



Pictured above: Deanna Beer (MTHCS Allied Health Assistant), Lucy Joyce (RDHS Speech Therapist) and Fabiola Hamadian (RDHS Dietician) undertaking a regular meal audit.

Getting nutrition and safety right

Did you know speech pathologists and dieticians regularly order a meal from our kitchens? It's not because they forget to bring their own lunch, it's all part of regular meal audits to ensure residents are enjoying meals with adequate nutrition and hydration, and that these meals are safe to consume. The speech pathologist and dietician request a meal from the kitchen and conduct tests to ensure standards for nutrition and safety are met. Feedback is then provided and, if necessary, Food Services staff will adjust procedures to ensure standards are met for each meal a resident receives. Regular meal audits along with staff training ultimately ensures our residents are provided with meals that are healthy, nutritious and safe to swallow.

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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