

COMMUNITY UPDATE

July 14, 2022

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Winter booster for COVID-19

The Australian Technical Advisory Group on Immunisation (ATAGI) has updated its recommendations for winter dose COVID-19 vaccinations. The updated recommendations are:

- Adults aged 50 to 64 years are now recommended to receive a winter booster dose of a COVID-19 vaccine.
- Adults aged 30 to 49 years can receive a winter booster dose of a COVID-19 vaccine, however the benefit for people in this age group is less certain.
- The interval recommended between a recent COVID infection or the first booster dose and a winter booster dose is now 3 months (reduced from 4 months).

COVID-19 vaccines (including booster shots) are available through our medical clinics. Please phone to discuss your appointment.

Ouyen Medical Centre: (03) 5092 1168

Sea Lake Medical Centre: (03) 5070 2118



Pictured above: (top) Betty Wight celebrated her birthday on Friday July 1 and enjoyed a lovely pavlova made by Pam from Leisure & Lifestyle. She is pictured here with a beautiful card made for her by her fellow residents; and (above) John Legin all spruced up after a haircut.

Keep Urgent Care centres for emergencies

Our Urgent Care Centres in Ouyen and Sea Lake are not GP clinics and are not for use by people with non-urgent medical needs. If you need to see a doctor for non-urgent care, but are unable to get an appointment, consider using the following options:

- **Nurse on Call:** Phone **1300 60 60 24** for immediate health advice from a registered nurse — available 24/7.
- **Health Direct:** Phone **1800 022 222** for medical advice after hours.
- **Instant Consult:** Health consultations with Australian registered, fully qualified and experienced doctors via video call, anywhere in Australia. Medical certificates, prescription and repeat prescriptions can be provided. Find out more online at www.instantconsult.com.au or download the Instant Consult app.



Pictured: Staff member Pam Hannig and resident Maureen Wright enjoyed a trip to the zoo together.

Taking on new adventures!

Sea Lake is beyond excited at the latest purchase to share across MTHCS services: we are now the proud owners of the very special NeuronsVR kit – a set of 5 virtual reality goggles. This will allow our residents to have many experiences from the comfort of their own chairs. The experiences are plentiful; travel destinations, animals, relaxation and such things as a visit to a shearing shed! Our first trial run saw us go to Venice, visit the zoo and swim with dolphins. The experiences will never get old as they are updated and added to over time.

No limits on visitors to aged care

A reminder that there is no longer a restriction on the number of people who can visit a resident in our aged care communities. All visitors must have a negative RAT result from the same day they visit and all visitors must wear a face mask during their visit.

Have you heard about Dry July?

Dry July is a fundraiser that encourages you to go alcohol-free in July to raise funds for people affected by cancer. The funds you raise as part of your Dry July will provide invaluable services for cancer patients, their families and carers – whether it's a lift to a life-saving appointment, guidance from a specialist nurse, connection to an informative voice, access to therapy programs or a bed close to treatment. Having a month off alcohol also has great health benefits, such as sleeping better, having more energy and of course, no hangovers! So you're not only helping others, you're helping yourself.



Pictured above: Sea Lake nurse Tamara with residents Maureen and Betty sorting buttons by colour. Thanks ladies, many hands make light work! Everyone commented on how satisfying it was to group like-for-like colours. Meaningful activities such as this are an important part of the Montessori model of care at our aged care communities.

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



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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