

COMMUNITY UPDATE

February 2, 2023

WWW.MTHCS.COM.AU



Pictured above: Residents and workers enjoy a break after a busy day in the garden.

Getting our hands dirty

Pattinson House residents and staff have made the most of the cooler weather and spent several hours in the garden this week – identifying the different varieties of flowers and plants.

There was repotting, rearranging and lots of watering, helping residents to achieve a sense of purpose.

As 100-year-old Win Smith said, "I am in my element, this means so much to me."

It was a productive week full of laughs and reminiscing on memories.



Pictured above: Win Smith tends to a plant at our Ouyen aged care hostel.



Allied Health Assistant

Do you have a passion to work in Allied Health? We are seeking an enthusiastic and team-orientated individual to join our team as an Allied Health Assistant.

For more information about the position, please visit our website. Applications close Friday February 10th, 2023.



For more information on what the job entails, please refer to our website <https://www.mthcs.com.au/careers/current-vacancies>

Mosquito virus update

Murray Valley encephalitis (MVE) virus and West Nile/Kunjin virus have been detected in mosquitoes trapped at multiple locations across northern Victoria. A high number of detections have been reported from the Mildura area. Please continue to cover up and use repellent to protect yourself from bites.

Chloe steps up at Mallee Minors

Congratulations to Carla (left) who will be commencing maternity leave this month. Early Years Services is delighted to have Chloe (right) fill in the Administration role while Carla is on leave.

Chloe will continue to work on the floor with the children one day a week and be in the office four days per week



Pictured above: Carla (left) is heading on maternity leave, Chloe (right) is moving roles.



Mobile Eye Care

The Optometrist is returning to
Ouyen
February 2023

Call now to make an appointment on
(03) 8412 0444

Our clinics will be located at

Mallee Track Health & Community Service

28 Britt St, Ouyen

Monday 20th February to Thursday 23rd February

- All appointments are bulk billed for Medicare Card holders
- Reduced cost glasses are available for:
 - Aboriginal and/or Torres Strait Islander people
 - Health Care or Concession Card holders
 - Dependents of Health Care or Concession Card holders
 - DVA Gold Card holders



Surviving the summer in style

The extreme heat that comes with summer can be a huge challenge for many people in our community. Here are some more great tips:

- Stock up on food, water and medicines so you don't have to go out in the heat. Visit your doctor to check if changes are needed to your medicines during extreme heat.
- Store medicines safely at the recommended temperature.
- Check that your fan or air-conditioner works well. Have your air-conditioner serviced if necessary.
- Look at the things you can do to make your home cooler such as installing window coverings, shade cloths or external blinds on the sides of the house facing the sun.
- Offer to help family, friends and neighbours who are aged over 65 or have an illness by doing shopping or other errands so they can avoid the heat.



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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