COMMUNITY UPDATE

February 23, 2023

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Pictured above: Residents at our Sea Lake hostel enjoy a performance from In the Mood.

Classic hits and memories

It was a delight to welcome In the Mood back to our Sea Lake hostel to entertain residents. Playing a mix of favourite tunes, the duo had the crowd tapping their toes and singing along throughout the show.



Pictured above: The performance had residents tapping their toes and singing along.

Growing our own meals

A recent chat about different salads prompted nurse Nadine Peters to bring in home-grown Roma tomatoes and apple cucumbers for resident Yvonne Amos to create a family favourite. The dressing was an unusual mix of salt, pepper, cream and brown vinegar with a sprinkle of sugar. The following taste test confirmed that it was delicious, and it was served with cold meat cuts. Thanks, Yvonne, for sharing your kitchen surprises.

Sea Lake residents are looking forward to growing vegetables in our pods so that fresh is available all the time. We are currently seeking support from the community to get our edible garden planted and growing. Any help will be very much appreciated, please give Leanne Adcock a call at the hospital.



Pictured above: Yvonne prepares her delicious dish for the Sea Lake residents.

MTHCS Mallee Track Health and Community Service

Second virus case confirmed

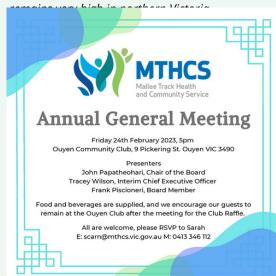
A second case of Japanese encephalitis (JE) virus infection has been confirmed in Victoria this mosquito season, the Health department has confirmed.

The person spent time in the Swan Hill and Buloke regions.

People spending time outdoors in northern Victoria are strongly recommended to take measures to prevent mosquito bites to reduce their risk of mosquito-borne disease.



Pictured above: The risk of mosquito-borne viruses



Remain on alert as heat persists

Heat can cause illnesses such as heat cramps and heat exhaustion which can lead to the lifethreatening condition, heatstroke. Heatstroke is fatal in up to 80 per cent of cases.

Heat can also worsen the condition of someone who already has a medical issue such as heart disease or diabetes. Most reported illness and death is due to the effect of heat on those who are already ill.

If you or someone you know is unwell call NURSE-ON-CALL on 1300 60 60 24 for 24-hour health advice or see your doctor.

In an emergency, always call Triple Zero 000.



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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