

# 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.*

## 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 remains very high in northern Victoria.*

**MTHCS**  
Mallee Track Health  
and Community Service

### Annual General Meeting

Friday 24th February 2023, 5pm  
Ouyen Community Club, 9 Pickering St. Ouyen VIC 3490

Presenters  
John Papatheohari, Chair of the Board  
Tracey Wilson, Interim Chief Executive Officer  
Frank Piscioneri, Board Member

Food and beverages are supplied, and we encourage our guests to remain at the Ouyen Club after the meeting for the Club Raffle.

All are welcome, please RSVP to Sarah  
E: scarn@mthcs.vic.gov.au M: 0413 346 112

## Remain on alert as heat persists

Heat can cause illnesses such as heat cramps and heat exhaustion which can lead to the life-threatening 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.

