

COMMUNITY UPDATE

August 18, 2022

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Five tips to get through winter

It's important to use all the tools available to help you stay safe from COVID-19 and the flu. Here are 5 tools to take you through this winter:

- Get all the vaccinations recommended for you
- Test early and talk to a health professional about COVID-19 treatments if you're eligible
- Wear a mask in indoor crowded places
- Practise good hygiene
- Maintain physical distancing



Cover up to beat the bite

Japanese encephalitis virus (JE virus) is in northern Victoria, and that means our Mallee communities need to keep covered up and aware. JE is a rare but potentially serious infection of the brain caused by a virus spread through mosquito bites. If you have JE, you most likely won't have symptoms. But if you have been around mosquitoes and develop a sudden high fever and headache in the following days and weeks, see your doctor. If you have more serious symptoms like disorientation or a seizure you need urgent medical attention. Children under 5 and older people have a higher risk of developing more severe illness, like encephalitis. Take precautions to avoid mosquito bites around your home and yard, when you're on holidays and spending time outdoors.

Learn about simple steps to beat the bite:

www.betterhealth.vic.gov.au/campaigns/beat-the-bite



Pictured above: MTHCS team members Lynda and Cindy organising activities for social support groups.

Join our social support groups!

Would you like to join our weekly social support groups? We would love to welcome new members! Groups are offered:

- Tuesday from 10am in Ouyen, Culgoa and Murrayville.
- Wednesday from 10am in Woomelang and Underbool
- Thursday from 10am in Speed, Ouyen and Sea Lake

There is a choice of activities, such as games, cards, puzzles and craft creations. MTHCS staff can help you register. If you are Over 65 you will need to go through My Aged Care 1800 200 422. If you are under 65 you will need to be assessed by MTHCS staff for eligibility. Give us a call on 5092 1111 for more information.



Come and volunteer with MTHCS

How happy do our meals on wheels volunteers look? Carolyn (pictured above with Rod) says she loves it because she loves helping others. Our team of volunteers are simply amazing. Their smiles bring smiles to others. We would love to welcome more volunteers to enjoy moments like these! Please contact 5092 1111 if you would like to become a volunteer.



Pictured above: Children at kindergarten enjoy a wide range of experiences and learning opportunities.

Enrolments open for 3 and 4 year old kindergarten

It is never too early to enrol your child into 3 and 4 year old kindergarten for 2023. Please call our administration staff on 50910292 to register your interest. If you are unsure whether your child is eligible, click on the link below for more information (this link also includes a Kindergarten Age Calculator, which can be really useful!) www.vic.gov.au/give-your-child-the-best-start-in-life



Pictured above: MTHCS team members Leanne and Lauren in the Ouyen kitchen.

MKR (MTHCS Kitchen Rules!)

The MTHCS kitchen is certainly a very busy place to be! Each day we dish up meals for our aged care residents, the hostel, meals on wheels here in Ouyen, meals on wheels for people living in Murrayville and Underbool, and all the places in between. We also do a lot of meals for staff. We're pretty proud of the amazing and delicious food we provide!



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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