

COMMUNITY UPDATE

July 28, 2022

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Intergenerational fun!

Our residents love nothing better than having some youngsters in the house! So when Lara and Tyson (the children of our wonderful nurse Tamara Allan) dropped in this week, a socially-distanced game of balloon bashing eventuated. Tyson and Maureen (above) Lara and Lorna (below) dueled it out - but everyone was a winner! Thanks kids!



COVID-19 update

In the next few weeks, we expect to see COVID-19 case numbers rising. The COVID-19 BA.4/5 is now present in our region.

Anyone can get sick from any variant of COVID-19, but some people are more vulnerable to severe illness if they have existing health problems or are older.

We can all take steps to reduce the spread of COVID-19 to protect ourselves, our loved ones and the wider community.

- Everyone is now encouraged to wear a mask when indoors away from home and when you cannot physically distance
- All Victorians are encouraged to work from home if they can

Prevention is the best protection, so what can you do?

Vaccinate, ventilate, and mask up in public places.

A fourth dose (winter dose) of a COVID-19 vaccination is now recommended for adults aged 50 to 64 and is also available for adults aged 30 to 49 years.

The interval recommended between a recent COVID-19 infection or your third dose and a winter dose is now three months - reduced from four months.

Please call the Sea Lake clinic if you would like to book in for COVID-19 or flu vaccination.

Sea Lake Medical Centre: (03) 5070 2118

Think ahead on farm safety

We know that farms are the most dangerous workplaces in Australia - and while safe practices are the best prevention, accidents do happen. Paramedics are regularly called to accidents and injuries such as those caused by machinery and falls from height.

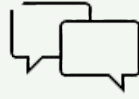
Ambulance Victoria advises when you are faced with a medical emergency on the farm, follow the approach below:



1. Keep yourself safe



2. Call triple zero



3. Help Paramedics by giving honest and accurate information



4. Look after yourself as you deal with witnessing trauma

Knowing your location is essential to ensure an Ambulance can find you. Download the Emergency Plus App to your phone - it's the best way for services to be able to pinpoint your location if needed.



Virtual Reality

We're loving the chance to introduce more of our residents to the experience of Virtual Reality. Our new NeuronsVR kit is a set of five virtual reality goggles - and they allow residents to take a virtual trip any time and anywhere they please. Last week, Ken (above) enjoyed watching the birds, while Doreen chose animals and others enjoyed a trip to the zoo...all from the comfort of their arm-chairs!

Capital works ideas into reality

We are always keen to hear staff and community members' ideas for things we can do to improve health and community outcomes.

And an amazing number suggestions for our capital works program are underway or completed at Sea Lake and there are more to come:

- Outdoor dining furniture
- Activity stations set up for residents in line with the introduction of the Montessori model of care
- Equipment for buffet style meals to be in place later this year with the introduction of the Montessori model of care.
- Massage chairs

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

