

# COMMUNITY UPDATE

September 15, 2022

WWW.MTHCS.COM.AU



## Asking RUOK? across the Mallee

RUOK Day (8 September) is special at MTHCS because we care about each other and our communities. RUOK Day is as a good reminder to start the conversation and ask "RUOK?". By starting a conversation and commenting on the changes you've noticed, you could help a family member, friend or workmate open up. Throughout last week, we gave out special RUOK boxes of biscuits (pictured above) as a way of showing we care and reminding people to ask "RUOK?". In addition to this, \$15 from each box was donated to suicide prevention. You can find our more about RUOK Day at [www.ruok.org.au](http://www.ruok.org.au)



## Appreciating our Ouyen nurses!

Ouyen nurses Phoebe and Jo recently received flowers from a resident's family who wanted to show their appreciation for the wonderful care and kindness shown to their loved one. The smiles on their faces say it all! Our nurses strive to deliver quality care and demonstrate the MTHCS values in everything they do! Our values are Accountability, Excellence, Compassion, Teamwork, Integrity, and Transparency.



## Junior swimming in Term Four

Expressions of Interest are now open for our fabulous junior swimming program in Term Four. Depending on numbers, sessions may be on Thursdays or Fridays for children from 6 months up to school age. If you are interested in your child being part of this, call or text Deanna from Allied Health on 0409 483 132.

## Safely visiting aged care

A reminder people are welcome to visit residents in our aged care communities, however visitors must:

- have a negative result from a rapid antigen test (RAT) on the day of the visit, or a PCR test within 24 hours prior to the visit; and
- wear a mask during the visit.

Please phone us ahead of your planned visit so appropriate arrangements can be put in place.  
**Canon TD Martin Nursing Home (03) 5092 1111**  
**Pattinson House Hostel (03) 5092 2559**  
**Sea Lake (03) 5070 2155**



## A volunteer's perspective on volunteering at MTHCS

This story is from Pete, one of our amazing volunteers at MTHCS.

*"I moved to Ouyen in 2017. I was sitting on my back porch one day when asked if I would be interested in volunteering at MTHCS, which I said yes. This was going well until COVID when most activities were put on hold. My father, who had been in care, had just passed away. I remember him talking about how he looked forward to visits from anyone (including myself). He often asked why I had travelled so far to see him. I said "You're my Dad."*

*"As restrictions relaxed I was asked if interested in visiting. This started with playing scrabble with Joe until the others were ready and then a group of us played dominos. As time went on my scrabble skills increased mainly due to watching Joe. When I finally had a win my comment to Joe was "You taught me to play."*

*"There are now four who can play cards. I team up with Joe and we have our fair share of wins and losses. During our games I listen to Joe talking about his life and appreciate him sharing this with me. We always have a laugh together. When I leave him I like to hope I have made his day a bit brighter."*

If you would like to volunteer at MTHCS, please contact us on 5092 1111.

## Osteoarthritis help available

Did you know our MTHCS physiotherapist delivers an education and exercise program for people with hip and knee osteoarthritis symptoms? Get in touch with us to find out if this is suitable for you and how you can get involved. Phone 5092 1111.

## EMPLOYMENT OPPORTUNITIES

### Endorsed Enrolled Nurses and Registered Nurses (Ouyen & Sea Lake)

MTHCS is currently recruiting Enrolled and Registered Nurses to join our team in Ouyen and Sea Lake. Using a problem solving approach in the delivery of nursing care, these nursing roles collaborate with all members of the multidisciplinary healthcare team to contribute to the delivery of quality care. If you are interested, talk to us today.

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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