

COMMUNITY UPDATE

September 22, 2022

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Changes to isolation times

Required isolation periods for COVID-19 positive cases have been reduced under recent changes to health orders. The required isolation period has reduced from 7 to 5 days following a positive test if you have no symptoms on Day 5. People who work in high risk settings such as aged care can leave isolation after Day 5 but cannot return to work until after Day 7. This requirement is to minimise the spread of COVID-19 in aged care settings. Find out more at www.coronavirus.vic.gov.au



Pictured above: Vanessa and Anne enjoying PAG in Underbool. Underbool PAG meets every Wednesday from 10am.

Get social with our PAGs

Have you thought about joining our social support groups to stay connected and meet new people in the community? Do you enjoy a yarn, craft activity, bus trip, puzzle or quiz? Social support groups meet weekly across the catchment and welcome new members. If you would like to join a social support group (also called Planned Activity Group or PAG) in your area, please contact MTHCS on 5092 1111.



Pictured above: Residents from our aged care community and children from Mallee Minors got to enjoy music, dancing and lots of fun during a recent visit from Catherine from Sunraysia Arts and Learning. The residents and the children danced, played the drums, sang songs and all had lots of fun.



Catch up for local Men's Shed

Being connected to people in your community is so important and it's one of the reasons Men's Sheds are valuable organisations. As part of recent RUOK? Day activities, members of the Murrayville men's group attended the Ouyen Men's Shed, with support from MTHCS. A great day was had by all, with lots of knowledge shared!

Share your experience

At MTHCS, we care about your experience with the care we provide at our residential aged care facilities in Ouyen in Sea Lake. We care because we want to do the best we can when it comes to looking after your family member. Share the story of your experience with us on Care Opinion. You can say what happened, what was good, and what could have been better. Share your story at careopinion.org.au



Sepsis awareness a big hit

Did you know sepsis is the number one preventable cause of death worldwide? Despite this, not everyone is aware of what sepsis is and how to best manage it. MTHCS recently held a range of activities and events to increase people's awareness of sepsis, as part of World Sepsis Day. We had everything from pop quizzes and cake to posters and cookies! Well done to everyone who was involved, especially our Infection Control Lead Nicola Jardine. And just so you know, sepsis arises when the body's response to an infection injures its own tissues and organs. It may lead to shock, multi-organ failure, and death – especially if not recognized early and treated promptly.

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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