

NEWSLETTER YOUR HEALTH

ISSUE #1 | April 2020

Health and social equality for our communities

Welcome

Welcome to the first edition of our adult newsletter titled *Your Health*. Each fortnight a new edition will be released featuring articles from our various health clinicians, with activities to try at home, and resources to support your health and wellbeing.

The COVID-19 pandemic has forced a lot of change within our community. SCHS has temporarily ceased face-to-face contact and majority of our staff now work from home.

However, the good news is that we have created alternative ways to deliver services! Such as phone or telehealth consultations. We agree that technology can be daunting and overwhelming. Luckily, our IT department are working extremely hard to make it as easy as possible for you... and us!

Please contact your clinician to discuss an appropriate treatment option that is right for you and that will help to achieve your goals! Phone 5022 5444 for further enquires.

Let's continue to support each other. We are here for you Sunraysia, be there for us and #StayHomeMildura.

The rules are clear - Stay home. Protect the health system. Save lives.

Reasons to go out

 Buying food and supplies

 Medical care

 Exercising in your local vicinity

 Work and education - if necessary



Now to make you smile...

Due to recent social distancing restrictions, I will only be telling 'inside' jokes



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A Note from our Occupational Therapists

ROUTINE - Why is it important?



Routines provide the pattern for our daily lives and generally support us in being able to do the things we need to do, when we need to do them. Having a predictable routine can give us a sense of stability.

For many people, usual routines may be seriously disrupted by extreme social distancing measures and industry closures. It is important to try to maintain as usual a routine as possible or to create a routine that can become the 'new normal' for you and your household during this period.

Try to maintain a similar daily routine, although the location of activities may change.

- If working from home, work during the same hours that you would in your usual workplace,
- Structure your day to clearly differentiate between 'home' tasks and 'work' tasks, to avoid distraction.
- Try to get up and go to bed at your usual times.

#StayHomeMildura
we go to work for you, please stay home for us

Nutrition

Vegetable Fitter Recipe

Ingredients

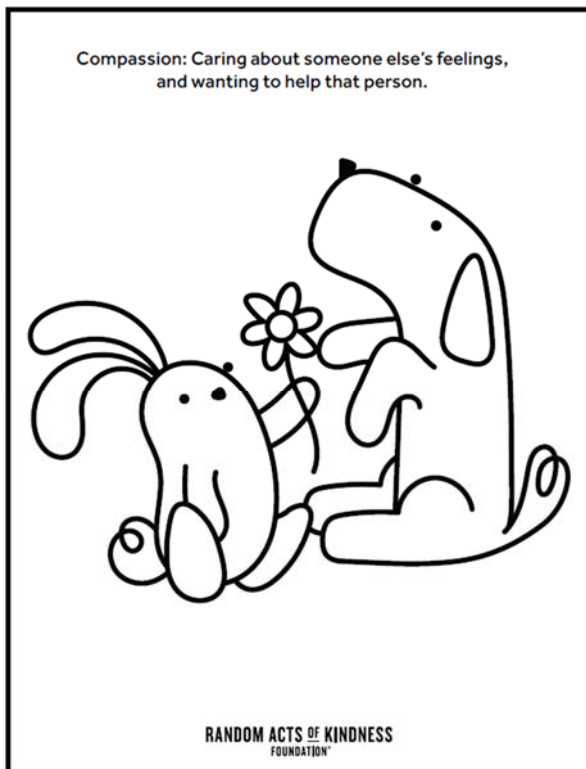
- 1 Carrot (grated)
- 1 Potato (grated)
- 2 Zucchini (grated)
- 2 Eggs (beaten)
- 1 TBS Self-raising flour
- 1 TBS Parsley (chopped)
- 1 TBS Chives (chopped)
- ½ tsp Nutmeg (ground)
- Pepper (to taste)
- 2 tsp Olive oil



Instructions

1. Combine ingredients (except oil) in a bowl.
2. Heat oil in a non-stick frypan and add spoonful's of mixture to the pan.
3. Flatten mixture slightly and cook for 4-5 minutes on each side or until golden brown.
4. Drain on absorbent paper, set aside and keep warm. Repeat with remaining mixture.

Colour In



Did you know: Older people who are active have brains that are 4 years younger than their inactive peers! #ExerciseRight

Physical Activity

Now more than ever, regular physical activity plays an important role in supporting the immune system and mental health.

Below are movements that you can perform at home at least 3 times a week.



Marching (4 x 20-60 seconds)

Seated or standing, alternate lifting one knee at a time toward the ceiling.

Sit-to-Stand (3 x 5-10 repetitions)

Sitting in a chair, shift your weight forward and raise to standing. If appropriate, try standing without using your arms. Keep movement slow and controlled.



Arm Curls (3 x 5-10 repetitions)

Seated or standing with arms by your side. Slowly bend at the elbow and move your hand toward your shoulder. You may use hand weights if appropriate (i.e. 400g can of tomatoes). Keep movement slow and controlled.



Ensure your environment is safe and without clutter. Complete exercises within your own ability, with a chair behind or support from a fixed object (i.e. kitchen bench).

**Did you hear about
Mildura's NEW
Community Relief
Service?!**

COVID-19 Community Relief Service

Mildura Rural City Council understand this is a challenging time for many people in our community.

The COVID-19 Relief Team aims to support anyone who may need extra assistance at this time, with things such as:

- Meals
- Grocery Shopping
- Collecting prescriptions or medicine
- Links to other support services

Applicants must complete a **request form** prior to receiving community relief.

Once your request is received, a team member will be in contact to help take away some of the stress and link you with services that will support your health and wellbeing during this challenging time.

Where possible an Aboriginal team member or interpreter service will be made available.

Contact Details:

Monday - Friday, 8am - 5pm

Phone: (03) 5018 8588

Email: communityrelief@mildura.vic.gov.au

Online: www.mildura.vic.gov.au/coronavirus



Mildura Rural City Council

SCHS Respiratory Assessment and Advice Clinic

Our Respiratory Assessment and Advice Clinic commenced Tuesday 24th of March 2020. We are extremely proud of all staff involved, they are doing an amazing job keeping our community safe and controlling the spread of COVID-19.

The clinic is a coordinated response to reduce pressure on hospital emergency departments and general practice clinics. **It is the first port of call.**



Sunraysia residents with concerns about COVID-19 symptoms should phone the Respiratory Assessment and Advice Clinic.

Symptoms of COVID-19 are:

- Fever
- Dry cough
- Shortness of breath

People infected with the virus may experience no symptoms, mild symptoms, or symptoms related to severe viral pneumonia.

Anyone experiencing symptoms as described above should call the SCHS 'hotline' to receive advice, and if required, an appointment will be made at the SCHS Assessment and Advice Clinic.

For local information and advice on COVID-19 testing the clinic operates 9am - 12pm and 1 - 4pm Monday to Friday.

You will need to phone 5021 7653 before attending.

Please keep Triple Zero (000) for emergencies only.

#StayHomeMildura
we go to work for you, please stay home for us



KEEP MOVING IN YOUR BUBBLE!

KEEPING ACTIVE:

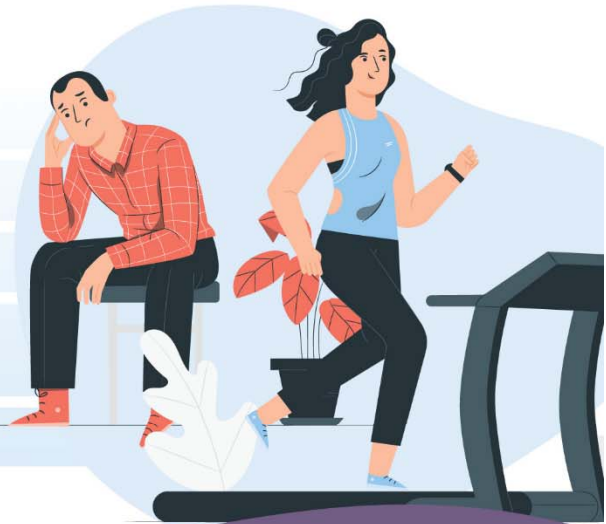
Gives you more energy

Improves your mood

Helps your immune system

Prevents chronic diseases like diabetes, heart disease, cancer and dementia

Keeps you busy



MOVE MORE, SIT LESS

SCHEDULE ACTIVE BREAKS IF YOU ARE WORKING FROM HOME OR ADAPT YOUR OLD EXERCISE ROUTINE

GO OUTSIDE if you can



AUSTRALASIAN COLLEGE OF
SPORT AND EXERCISE PHYSICIANS



#StayHomeMildura

we go to work for you, please stay home for us