

NEWSLETTER YOUR HEALTH



ISSUE #3 | June 2020

Health and social equality for our communities

SCHS and COVID-19 Update

Brrrr winter is well on its way, have you had your Flu vaccination yet? If you are a client of SCHS with a chronic disease or are over 65 and have not had your flu vaccination, please contact our GP clinic on 5022 5444.

Victoria's renewed State of Emergency and cautious easing of restrictions has had a limited impact on SCHS's current COVID-19 response. As we continue to monitor the current climate, adapt and take advice from Government, our management team are developing a plan to return staff to onsite work, occurring through a staged approach, to ensure the safety of our staff and clients.

Service delivery will differ across departments; however, clinicians will endeavour to keep clients updated should treatment options change and face-to-face appointments become available. For further enquiries, please phone 5022 5444.

FIVE REASONS TO
LEAVE HOME:

MEDICAL CARE & CAREGIVING

EXERCISE & OUTDOOR RECREATION

FOOD & SUPPLIES
THAT YOU NEED

WORK & EDUCATION
IF NECESSARY

VISIT YOUR FAMILY AND FRIENDS
IF YOU REALLY NEED TO

PHYSICAL DISTANCE RULES STILL APPLY

We are all doing an amazing job, don't stop now. We are here for you Sunraysia, be there for us and

#StayHomeMildura *Staying apart keeps us together.*

Now, to make you smile...



Singing in the shower is all fun and games until shampoo gets in your mouth... then it's a soap opera!

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A Note from our Occupational Therapists



WHAT IS MINDFULNESS?

It is a state of nonjudgmental awareness of what is happening in the present moment, it includes our thoughts, feelings, and senses.

Mindfulness Practice to try at home include;

Mindfulness Meditation

Sit in a comfortable place, and begin paying attention to your breathing. Notice the physical sensation of air filling your lungs, and then slowly leaving. When your mind wanders—which it will—simply notice your thoughts, and turn your attention back to breathing.

Five Senses

Make a conscious effort to notice the present moment through each of your senses.

- 5 things you see
- 4 things you feel
- 3 things you hear
- 1 thing you taste
- 1 thing you smell

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by staying home you are saving lives and protecting our health system and our front line workers thank you

Nutrition

Anytime Toasties

Ingredients

- 1 capsicum, thinly sliced
- 1 sweet potato, thinly sliced
- 1 cup baby spinach leaves
- 1 tomato, thinly sliced
- 1 cup low-fat cheese, grated
- spray olive or canola oil spray
- 6 wholemeal or wholegrain wraps stock cubes

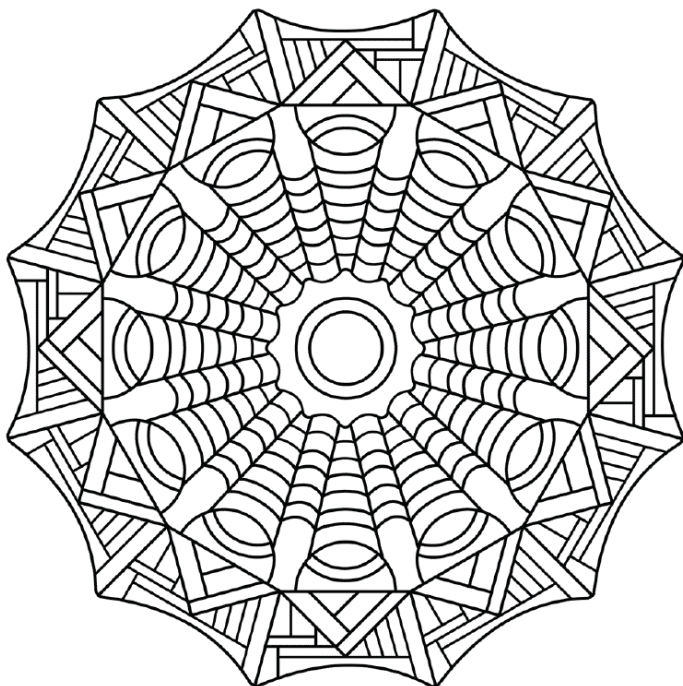


Instructions

1. Turn on sandwich press. Spray lightly with oil. Place capsicum and sweet potato on sandwich press, close lid and cook for 5 minutes or until soft.
2. For each wrap, place sweet potato, capsicum, tomato, spinach, cheese and pepper.
3. Fold each side to form an enclosed parcel.
4. Cook toasties in the sandwich press folded side down with the lid closed for 5 minutes until lightly browned.



Colour In



Did you know: Keeping active as you age can reduce the amount of time you spend in hospitals!
#ExerciseRight

Physical Activity

For many, social restrictions and having to stay at home has made sitting on the couch watching TV a frequent pastime. Home and Away may be your flavour or maybe the daily News bulletin.

It doesn't matter what you're watching, the Department of Health have developed four TV Exercises to perform right in your living room!



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

Start in a seated position. Try to keep back and shoulders straight. Slowly stand up, trying not to use your hands (or as little as possible). Then, slowly sit back down.

Shoulder Rolls (5-10 times in each direction)

Using a gentle circular motion, slowly hunch your shoulders upwards, backwards, down, and forward.



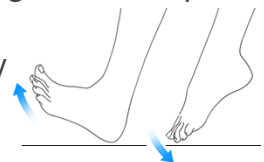
Seated Knee Raise (8-15 repetitions)



Sit back in your chair with your back straight. Bend your knee and lift your left leg towards your chest. Hold for a few seconds then lower slowly.

Heels up Toes up (30 seconds)

Start with feet flat on the floor. Then lift heels as high as you can, keeping the balls of your feet on the floor. Next, reverse the movement by lifting your toes. Repeat.



Ensure your environment is safe and without clutter.

Complete exercises within your own ability, with support from a fixed object (i.e. kitchen bench).

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COVID-19 Community Relief Service

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

The Respiratory Assessment and Advice Clinic operates between 9am - 12pm and 1 - 4pm Monday to Friday.

You will need to phone 5021 7653 before attending.

Our clinic is the first port of call.

Anyone with concerns or experiencing COVID-19 symptoms should phone the SCHS 'hotline' to receive advice, and if required, an appointment will be made at the SCHS Assessment and Advice Clinic.

Please keep Triple Zero (000) for emergencies only.

Coronavirus Mental Wellbeing Support Service

These are really challenging times and it is perfectly normal to feel concerned and worried but you don't have to struggle on your own.



Beyond Blue have launched a dedicated COVID-19 support service. The service is free, available nationally and operates 24 hours, 7 days a week.

No matter how the coronavirus pandemic is affecting you, there is a range of information, strategies and expert advice to help support your social and emotional wellbeing. This includes:

- How to talk to kids about COVID-19
- Small business owners and mental health
- Looking after your mental health while self-isolating
- Online discussion forums

Whatever you are feeling during this challenging time, talk it through with a Beyond Blue counsellor who can provide advice and support based on your specific needs.



Call 1800 512 348

24 hours / 7 days a week



Online forums

24 hours / 7 days a week

A large blue graphic with a white arrow pointing left. It contains the text "CORONAVIRUS (COVID-19) Respiratory Assessment and Advice Clinic" and the phone number "5021 7653". The SCHS logo is in the bottom right corner.

CORONAVIRUS (COVID-19)
**Respiratory
Assessment and
Advice Clinic**
5021 7653

The logo for SCHS (Shepparton Community Health Services), featuring a stylized human figure with arms raised and the text "SCHS Shepparton Community Health Services".

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