

NEWSLETTER YOUR HEALTH



ISSUE #4 | June 2020

Health and social equality for our communities

SCHS and COVID-19 Update

Hello Sunraysia, can you believe we are already half way through 2020! It has been wonderful to see local businesses reopening and returning to usual service.

In regard to SCHS operations, our clinicians are continuing to utilise telehealth modes of service with face-to-face consults available on a needs basis. We appreciate the community's patience during this time. As we continue to plan and facilitate a staged approach to full return of services. Our utmost priority is ensuring the safety of our staff, clients and community.

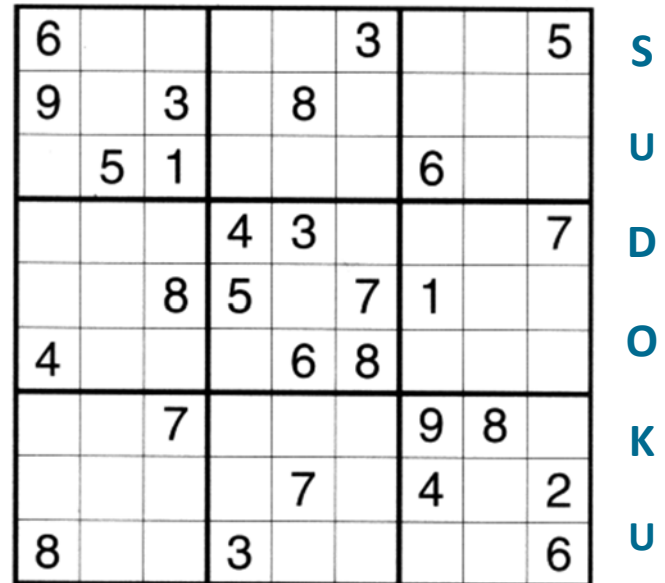
Service delivery may differ across departments. For further enquiries, please phone 5022 5444.

As a community, we support each other. Staying apart keeps us together. We are here for you Sunraysia, be there for us and #StayHomeMildura

Now, to make you smile...



What do you call a fake noodle?
...an *impasta!*



A Note from our Occupational Therapists

SOLUTIONS FOR MEMORY FRUSTRATIONS

Keep frequently used items (i.e. keys, wallet, phone, and glasses) in the same spot in the house. Consider using a tray or basket by the door.

Follow a routine to help reduce what you need to remember each day. Placing items in the same place, putting things away and doing tasks in the same order can help build your automatic memory.

Leave simple reminder notes around the house, i.e. "check door is locked at night."

Keep a shopping list in an easy-to-see place so you can write things down as you need them.

Set up alerts on your phone for important events, birthdays, or use a calendar or diary.



#StayHomeMildura

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

Nutrition

Healthy Apple Crumble

Ingredients

- 2 apples, chopped
- 50g margarine
- ¼ cup firmly packed brown sugar (or white sugar)
- 1 tsp ground cinnamon
- ¼ cup plain flour
- 1 cup rolled oats

Instructions

1. Preheat oven to 200°C (180°C fan forced).
2. Place the apple pieces in a small baking dish.
3. Cook apples on HIGH in microwave for 5 minutes or until soft.
4. In small bowl, combine the remaining ingredients.
5. Mix with fingertips until it has an even crumb texture.
6. Top the apple with the crumb mixture and bake in the oven for 20 minutes or until the crumble is golden brown.



Did you know: Keeping active as you age can reduce time spent in hospitals! #ExerciseRight

Physical Activity

This month we challenge you to start increasing your participation in 'incidental activity.'

Incidental activity refers to the activities we perform throughout the day that support our daily living. Typically, they are less structured than a planned singular bout of activity, and can occur in many forms. Examples include:

Walking to the shops



Parking further away from your destination

While at the shops, do a few extra laps



Short bursts of gardening

Standing up and moving each TV advert

Catching up with friends by going for a walk

Keeping the remote next to the TV screen

Cleaning around the house



The point is...

Every step and every movement is an active choice that counts!

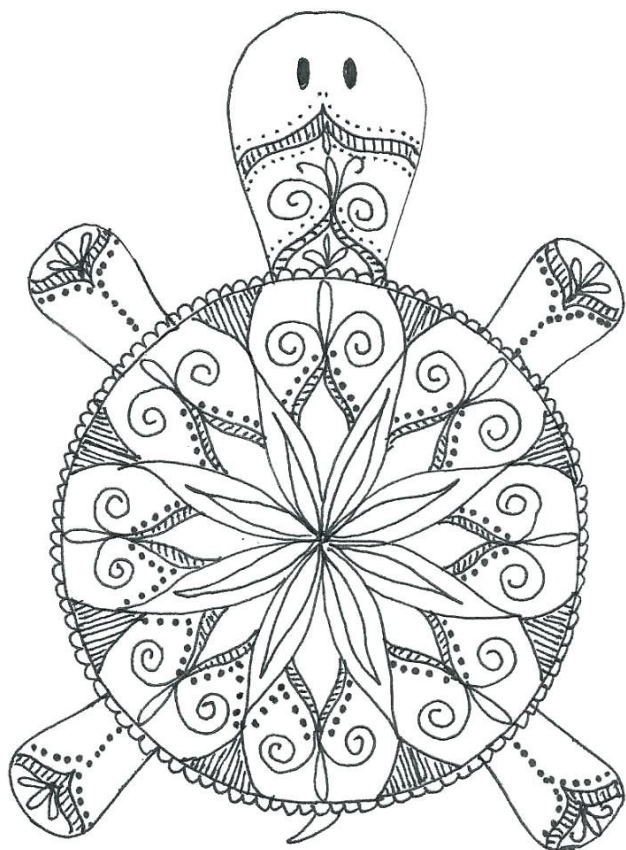
Support your strength, mobility and balance to remain independent and doing things you enjoy.

Think of movement as an opportunity, not an inconvenience



We would love to hear how you include incidental activity into your lifestyle! or how you have encouraged others to be more physically active this month.

Colour In



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A Local Initiative

Mildura Regional Development

has launched a new initiative encouraging locals to help support the return of business in the region by workplaces collectively eating in-house or takeaway at a local cafe, restaurant or bakery every Friday.

Anyone can be part of the movement! It is all about locals supporting locals.

Many have jumped onto social media sharing pictures from local eateries to promote our hospitality and tourism industry.

So there is only one question left... What local business will you support this Friday?
#forkitlocalfriday

COVID-19 Community Relief Service



The COVID-19 Relief Team aims to support anyone who may need extra assistance during this time, with things such as: meals, grocery shopping, collecting medicine or prescriptions, and links to other support services.

Connecting more than 100 people with existing community services to receive ongoing support.

Contact Details:

Monday - Friday, 8am - 5pm.

Phone: 5018 8588

Email: communityrelief@mildura.vic.gov.au

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



COVID Mental Wellbeing Support Service

These are challenging times but you don't have to struggle on your own. Beyond Blue's dedicated COVID-19 support service is free, available nationally and operates 24 hours, 7 days a week.



Call 1800 512 348

24 hours / 7 days a week

Survey participants wanted

Do you have 15 minutes to tell us about how you manage your health? In the last newsletter, we included a survey organized by La Trobe University and SCHS. If you are over 18, with a chronic health condition such as arthritis, diabetes, chronic pain, heart or lung disease, we would like to encourage you to complete the survey and return it back to us. All details remain anonymous.

SCHS Respiratory Assessment and Advice Clinic

We are astounded with the dedication and commitment our staff are providing in the fight against COVID-19. In addition to our onsite testing clinic, the team have facilitated multiple pop-up drive-through clinics. Their ability to rapidly respond to new information is to be commended.

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.

Please keep Triple Zero (000) for emergencies only.

Feeling unwell? Get tested. Stay home.

Even if you only have mild symptoms



5021 7653



loss of sense of smell



fever



chills or sweats



cough



sore throat



shortness of breath



runny nose

dhhs.vic.gov.au/coronavirus



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