

# NEWSLETTER YOUR HEALTH

ISSUE #2 | May 2020

*Health and social equality for our communities*

## SCHS and COVID-19 update

Wow, didn't April just fly by! As we venture into May we hope you are all well and actively practicing socially distancing behaviour.

Majority of SCHS staff continue to work from home providing services via phone or telehealth consults. We thank our clients for being patient during this time and open to learning new skills using technology. It's fantastic hearing people say, "Yes! I've got it!" (Referring to both clients and staff).

Looking forward, SCHS Management are planning staff return to on-site work, which will occur through a staged approach. As such, the delivery of services may differ between departments. 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.

Continue to share your smile with strangers and be kind to one another. We are here for you Sunraysia, be there for us. #StayHomeMildura



## Now to make you smile...

Why do we tell actors to 'Break a Leg?'  
... Because every play has a cast!



## A note from our Speech Therapists



### VOICE CARE

Most people use their voice every day. Whether it be singing in the shower, calling out for a cuppa, or phoning a friend. However, not all of us take the time to look after our voice.

So what influences our voice?

Hydration - drink plenty of water! Your vocal folds function best when they are slightly over-hydrated.

Background Noise and Yelling – raising your voice for prolonged periods may damage your voice, try to minimise speaking with loud background noises.

Stress – emotional and physical stress can worsen voice problems, look after your general health and make stress management activities a daily habit.

Pay Attention to How Your Voice Feels – know your own warning signs for when your voice is tired, if it feels effortful to speak try to speak softer.

Take advantage of being at home and explore new self-care practices. Care for your voice now so it is ready to talk later!

Here are simple strategies to try at home:

- Good posture; relax your head, neck and shoulders to help project your voice
- Warmup with lip and tongue trills or humming
- Breathe into your stomach to help with breath support
- A gentle yawn is extremely relaxing for the throat
- Gentle stretching of the neck and shoulders, especially if sitting in front of a laptop.

STAY HOME | SUPPORT LOCAL BUSINESS | BE KIND TO YOURSELF AND OTHERS | BE SAFE  
#StayHomeMildura #inthisogether

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

## Nutrition

### Healthy Baked Tomato

#### Rice

##### Ingredients

- 2 stock cubes
- 3 cups water
- 1 onion, chopped
- 400 g can no-added-salt diced tomatoes
- 1 ½ cups brown rice (uncooked)
- 440 g can reduced-salt corn kernels, drained
- ½ cup frozen peas
- 185 g can tuna in spring water, drained
- ½ tsp ground cumin or curry powder



##### Instructions

1. Preheat oven to 200°C (180°C fan forced).
2. Dissolve the stock cube in the water.
3. Mix all ingredients in a small baking dish.
4. Cover and bake for 50 minutes or until rice is tender and liquid has been absorbed.
5. Serve warm.



## Colour in



**Did you know:** Only 17.2% of older Australians meet the physical activity guidelines!  
#ExerciseRight

## Physical activity

Exercise is for everyone, irrespective of age. The trick is to find movements that you enjoy and can perform regularly.

Older adults should accumulate **at least 30 minutes** of moderate intensity physical activity on most, preferably all, days. For those just starting out, try 10 minutes once or twice a day.

Waiting for the kettle to boil is a great time to move!



The Department of Health suggest these *Kettle Exercises* and all you need is the kitchen bench!

### Side leg raise (8-15 repetitions)

Holding the bench, standing tall with feet facing forward. Slowly lift one leg out to the side, hold for a second, then slowly lower.

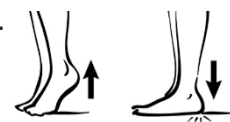
### Half squat (8-15 repetitions)



Feet shoulder width apart, hold on to the bench. Keeping your back straight, slowly push your bottom back while bending both knees. Squeeze your bottom as you return to standing.

### Calf raises (8-15 repetitions)

Hold on to the bench with one or both hands. Slowly rise up on to your toes hold for one second and lower again.



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



## Responding to family conflict

Conflict is a normal part of all relationships and it's something we all experience. During times of increased stress, like isolation due to COVID-19, family conflict can be more common and this can affect the whole family or individual members.

Communication is key when responding to conflict, useful tips for good communication are:

1. Acknowledge and summarise what the person has said – to show you care and are interested
2. Use 'I' statements - helps us own what we are saying rather than shifting blame.
3. Think about your non-verbal communication (facial expressions, nodding, body language)
4. Be prepared to negotiate - listen to the other person's perspective and try to find a way that works for everyone.

If you are not sure how to start the conversation, here are some ideas:

*I can hear that you are feeling really [hurt, sad, scared, worried] about ....*

*I am sorry I got angry with you. I was feeling ....*

*I really care about you and can see that this is impacting on us both. How about we take some time together to think about how we could do this differently?*

## 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](mailto:communityrelief@mildura.vic.gov.au)

Online: [www.mildura.vic.gov.au/coronavirus](http://www.mildura.vic.gov.au/coronavirus)



## Mildura Respiratory Clinic

We are extremely proud of our team! They're doing an outstanding job safeguarding our community with such a high standard of efficiency and care.

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.



# How to boost your mental health during isolation

HERE ARE 6 WAYS TO IMPROVE MENTAL HEALTH

## GET CREATIVE



Finding a creative outlet is incredibly helpful when it comes to relieving stress. Try painting, drawing, embroidery - anything you like

## STAY CONNECTED

Isolation can be lonely. Stay in contact with your friends and family through video chat and phone calls. Remember we are all in this together.



## BE ACTIVE



Staying active is great for the mind and body. Yoga, Pilates and weights are all great activities you can do inside.

## TAKE A BREAK

The constant stream of news can become very overwhelming. Try to take a break from social media and the news to reduce anxiety.



## STRUCTURE YOUR DAY



Keeping a routine and structure to your day can help you avoid slipping into unhealthy habits that can affect your mental health. Plan to achieve a few small goals a day.

## REMAIN CALM

It is okay to be stressed about this situation but it helps to remember that public health experts are working hard to contain the virus and that eventually things will get better.



[www.epicassist.org](http://www.epicassist.org)



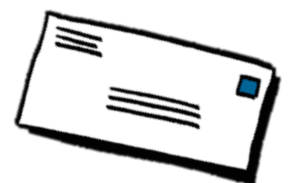
*When was the last time you sent a hand written message?*

*These days receiving mail is a rare treat.*

*Write to someone close to you or someone you haven't contacted in a while, or even pop a letter into your neighbour's mailbox.*

*Half of the surprise is that they just might write back!*

*Spread kindness and make someone's day.*



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