

# Community Connect

May Issue / 2022



## MESSAGE FROM THE INTERIM CEO

Welcome to the May 2022 issue of MHS Community Connect.

I am pleased to be appointed as the Interim CEO after the resignation of Jackie Kelly after 4 years service to MHS. Recruitment is underway to appoint a new CEO and an announcement is expected in the coming months.

During February the Board of Directors met to discuss and revise our Master Plan to ensure that we have the facilities to support our Service Plan deliverables.

We currently provide a wide range of Community Health Services from our main campus in Villiers Street Port Fairy, two sites on Commercial Road in Koroit, and our Lighthouse Lounge in Barclay Street Port Fairy.

We encourage you to participate as we continue to engage with our local communities to understand expectations and to ensure the community is aware of the services they can access with, or through MHS. Our listening posts are being held in Port Fairy and Koroit each month to give you the opportunity to ask questions, raise concerns and provide suggestions.

As we adapt to our new "covid normal" environment, we continue to focus on the wellbeing, health and safety of our residents, staff and community.

It has been wonderful to see some normality return. Our residents have been entertained by



Residents of Moineyana House enjoyed a tour around Port Fairy during the Folk Festival thanks to Cycling Without Age Volunteers.

performers, going out for trips and participating in group activities.

Our staff and volunteers demonstrate our values on a daily basis by providing the best care to every person, every time and I am proud of the commitment and the spirit our people display.

Whether it is setting up impromptu outdoor dining, organising St Patrick's Day events, running exercise classes, or visiting clients at home, our team is always striving to improve our services.

If you have any feedback, we would love to hear from you. Fill out the feedback section on our website [www.moynehealth.vic.gov.au/contact/](http://www.moynehealth.vic.gov.au/contact/) or call 5568 0100 to ask for a "Have Your Say" form.

If you need any assistance, please reach out to us. If we can't help we will find out who can.

### Katharina Redford

Interim CEO



Residents in Belfast House prepare for Easter with group activities.



## Celebrating our staff & volunteers

MHS recently acknowledged long serving staff and retiring volunteers at an afternoon tea.

This was the first opportunity to give recognition to these deserving people after the COVID pandemic had resulted in the awards being postponed.

We recognise that our staff and volunteers are crucial in enabling us to deliver high quality services and we thank each and every one of them for their hard work and dedication.

## 2022 Flu Vaccination

Vaccination against influenza (flu) remains important this year and is a requirement for anyone entering our facility during flu season. We encourage everyone to get their vaccination. It's the best way to help protect you and your loved ones, so please contact your local GP, pharmacy or other immunisation provider to book your flu shot.



## Moyneyana House Refurbishment Official Opening

After delays caused by the pandemic, we were finally able to officially celebrate the opening of the refurbishment of Moyneyana House.

Chair of the Board of Directors, Mr Brian Densem and Mrs Margaret Whitehead (representing the Friends of Moyneyana Auxillary) took pleasure in cutting the ribbon. A huge thank you to the Friends of Moyneyana who donated \$100,000 for furniture, fixings and equipment in the refurbished area and to the State Government who contributed \$520,000 towards the project.



## Would you like to join our group of volunteers?

If you are interested in volunteering at Moyne Health Services please contact our Volunteer Co-ordinator  
Lisa De Kok on telephone 5568 0029



## Connect with MHS



[www.moynehealth.vic.gov.au](http://www.moynehealth.vic.gov.au)



[www.facebook.com/moynehealthservices](https://www.facebook.com/moynehealthservices)



5568 0100

## What are the services we provide?

Our Port Fairy and Koroit campuses provide the following services:

- Community Health Services
- Speech Pathology
- Physiotherapy
- Podiatry
- Occupational Therapy
- Dietitian
- Diabetes Education
- Social and Group Activity Programs
- Community Health Nurse & Health Promotion
- District Nursing
- Home Care Packages
- Short Term Restorative Care
- Meals on Wheels

For more information or to make an appointment please call 5568 0100.



## Winter Safety Tips

↑ As winter fast approaches, it is important we all do what we can to stay safe and warm. The following tips may help:

**Check appliances:** Heaters, electric blankets, smoke alarms should all be checked regularly to ensure that they are in good working condition. Gas heaters need to be serviced regularly by a qualified tradesperson to ensure that there are no carbon monoxide leaks.

**Maintain fireplaces:** This includes combustion heaters, flues and chimneys. Place a mesh screen in front of your fireplace to prevent sparks and wood falling out.

**Hot Water Bottles** are widely used but precautions need to be taken - **do not** overfill or use boiling water; **avoid** direct contact with your skin; and **never** use with an electric blanket.



**Wheat/heat packs:** always follow the heating instructions; **do not** place them on or in bedding; **always** allow the pack to completely cool before reheating.

**Wrap up warm:** Dress in layers. When indoors wear warm socks and slippers to keep your feet warm. When you go outside wear a coat, hat, gloves and scarf. Wool, cotton or fleecy fabrics are warmest.

**Maintain the temperature:** Heat your living area during the day to between 18 -21° and warm your bedroom just before you go to bed; Use draught stoppers around doors to keep the warmth in; and open curtains to let the sunshine in on sunny days whilst closing them at night.

**Have warming food and drinks:** Make sure you have regular hot drinks and food such as porridge, soups and stews.

**Keep active:** Stay as active as possible to boost your circulation. Avoid sitting for long periods. When you do sit, try to elevate your feet as it is coldest nearest the ground.

**Check in with your neighbours:** if your neighbours are elderly, live alone or vulnerable, please check in on them regularly. A quick hello can make their day and ensure that they are connected and comfortable to ask for help if they really need it.