



# MHA CARE

Customer Newsletter- April/ May 2021

## MHA Care Office Hours

*Monday – Friday*

8.30am – 4.30pm

*Saturday and Sunday*

Closed

*Public Holidays*

Closed

Friday 2<sup>nd</sup> April 2021

Monday 5<sup>th</sup> April 2021

## MHA Care Contacts

- 22 Orr St Yarrawonga

VIC, 3730

- P. O Box 376

Yarrawonga

VIC 3730

(03) 5742 1111.

- [www.mhacare.org.au](http://www.mhacare.org.au)

Welcome to the latest edition of the MHA Care Customer Newsletter.

The newsletter is our way of staying in touch with our customers and keeping you informed of the supports available to assist you to remain living actively and independently in your homes and community.

We would love to hear any ideas or suggestions on what information you, the customer would like to see included in future editions, you can let us know your thoughts by contacting our main office on 03 5742 1111



The MHA Care Facebook site posts a lot of useful information about our organisation.

We welcome all clients and family members (where possible) to follow our Facebook page

To receive regular updates and be able to see what our wonderful staff/clients are up to, search for MHA Care and then hit the follow link.

## COVID – 19 Update

Due to the easing of restrictions, MHA Care have been able to recommence all services.

While requirements around wearing masks have further eased, MHA staff are still required to wear masks during services where the appropriate social distancing cannot occur, eg. personal care and transport.

### COVID - 19 VACCINATIONS

Phase 1 b of the vaccination program commenced in the Moira Shire on March 22<sup>nd</sup>, there will be a steady rollout of the vaccination over the coming weeks.

All community members are asked to stay up to date and continue to be COVIDSafe. The Australian Government will provide further information about how vaccines will roll out over the coming months.

Your local GP may also be able to advise you on how to access one the vaccination programs.

## COROWA AQUATIC CENTRE

Corowa's new 10.2 million dollar Aquatic Centre officially opens on the 26<sup>th</sup> April 2021

The Aquatic Centre has a 50m outdoor pool, 25m indoor pool, indoor program pool, kids splash park and café.

What a great opportunity to promote and encourage active lives and community engagement.

Please note that the MHA Care Planned Activity Groups also hold fantastic water-based programs in Yarrawonga, Cobram and Nathalia. If you are interested in attending one of these groups, please contact MHA Care.

## COMPLIMENT

*“All the staff who attend my home are wonderful, they are all lovely in manner and do a great job”.*

### CANCELLATION OF SERVICES

Just a friendly reminder that a *minimum* of 24 hours' notice is required for the cancellation of services. Not providing adequate notice may result in the service fee being charged.



### TELL US WHAT YOU THINK

At MHA Care we constantly strive to improve the services we deliver.

As a valued customer we would like your feedback on the services we deliver to you.

Your feedback will be used to assist us to identify what we are doing well and what aspects of our services we need to improve. If you would like to

*“Tell us what you think”*

Please contact MHA Care on  
**(03) 5742 1111.**

### Payment Reminder

If you are paying your MHA Care accounts through the bank or via internet can you, please provide the invoice number and your surname. This assists our finance team to identify the person who has made the payment.



## STAYING WELL THROUGH WINTER

As we move towards winter and the colder days set in, we would like to share a few tips on how to stay healthy through winter.

### Wash – Wipe - Cover

In winter, colds, flu and gastroenteritis can cause disruption to your home, social and work life. Many of these common infectious diseases are spread by germs on our hands. You can reduce the risk of getting sick or passing infections on to others by washing your hands, wiping down frequently touched surfaces, and covering your coughs and sneezes with a tissue.

### Healthy Eating

Eating nutritious foods such as fruits and vegetables can help keep your immune system strong. It is also important to keep hydrated in winter, so ensure you drink plenty of water.

### Be Active

Being active for 30 minutes every day can help you feel more energetic, healthier and can even make your world look better and brighter.

### Sleep Well

A good night's sleep is essential for your health and wellbeing. Lack of sleep can have a serious effect on your immune system, making you more vulnerable to catching colds.

### Get a Health Check

It's a good idea to see your doctor for a regular health check even if you are currently feeling fit and healthy. Regular health checks and screening tests can help you to stay healthy by finding health problems at an early stage and help to prevent and detect serious illness.

### Flu Vaccination

Influenza, commonly known as the flu, is a highly contagious infection that is more serious than the common cold. Annual vaccination against seasonal flu can reduce your chances of getting the flu and can also reduce the severity of flu symptoms if you do catch the flu.

## PHONE SCAM ALERT

Many people are reporting an increase in Phone Scams, we remind everyone to remain vigilant and never share personal information to people you don't know.

If you think you've been scammed, don't feel embarrassed or helpless, protect yourself from further harm, report the scam, or seek assistance.

### How to Spot a Scam

- You are contacted out of the blue.
- You are required to send money upfront in order to receive a prize.
- You are asked to send money via a wire transfer or “reload pack.”
- You are asked to provide personal or financial information. .
- You are asked to keep it a secret.