



MHA CARE

Customer Newsletter

February/ March 2023

Summer is finally here... so take care of yourself



SUMMER SAFETY TIPS FOR SENIORS

- DRINK PLENTY OF WATER
- EAT FRESH FOOD
- AVOID ALCOHOL AND CAFFEINE
- AVOID USING STOVE AND OVEN
- STAY AWAY FROM DIRECT SUN EXPOSURE FROM ABOUT 10 AM TO 4 PM
- USE SUNSCREEN TO AVOID SUNBURN
- AVOID STRENUOUS ACTIVITIES, GET RESTED
- KEEP YOUR HOUSE COOL, OR SPEND TIME IN PLACES WITH AIR CONDITIONING
- TAKE COOL SHOWERS AND BATHS
- PLACE A COOL WASHCLOTH ON THE BACK OF YOUR NECK
- WEAR SUNGLASSES OUTDOOR
- WEAR LIGHT-COLORED LOOSE CLOTHING

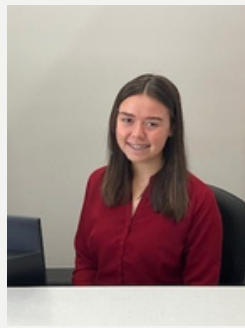
When is my Support Worker going to be here?

We aim to schedule your in-home services to be as consistent as we can, but unfortunately this is not always possible. If you aren't sure when your next service is and with whom, please feel free to give the office a call on 5742 1111 and a member of staff can discuss the arrangements with you.

Thank you once again for your patience as we continue to navigate our way through industry-wide staff shortages.



Meet Claire



Claire is MHA Care's new Receptionist. You may have already met Claire at the front desk in Yarrawonga or spoken to her over the phone. Claire recently finished her Year 12 studies and then came straight to us at MHA. Welcome Claire!



Don't forget

If you need to cancel your service for any reason, we appreciate you giving us a call 24 hours prior or as much notice as possible.

If the office is closed, leave a message and we will get to it the following morning.

Public Holiday Reminder

Does your care service fall due on a Public Holiday? The next one is:

- **Monday 13th March**

Please remember we don't automatically reschedule your Domestic Assistance service to another day. If we don't hear from you before the day, the service will resume from the next time due. Please call us if you would like to discuss rescheduling your missed service and we will do our best to assist you.

Personal hygiene, welfare checks, medication checks and meals on wheels are delivered on Public Holidays unless you tell us not too.



Situation Vacant

Do you know someone you think would make a great Community Care Worker? If so, ask them to give Amy a call at MHA Care to inquire about career pathways at MHA Care.