



## **Maldon Hospital Matters**

*Committed to care since 1859*

October 2007

### ***Nurse Manager's Musings***

*Under new management!*

I would like to welcome Kaye to her new role of Newsletter co-ordinator here at the Maldon Hospital - I hope she will be able to keep some of the 'stragglers' in line!!

Over the last couple of months you have been receiving information about the visiting dentist coming to the hospital on 17<sup>th</sup> October, I really think this opportunity should not be missed and encourage people to think about getting your forms completed and returned to me as soon as possible, as the deadline is October 8<sup>th</sup> to have the information back to 'Alpha Dental'.

Thanks go to the gardeners who had the front gardens looking lovely for the unveiling of the dedication plaque on 20<sup>th</sup> September. I am aware there are many mixed feelings about the completed gardens with the sculpture by Daryl, but you would have to agree the area is 100% on the dried up patch of grass that was there before. It has certainly improved the view from my office window, now when I am caught staring out to space, I can say I am appreciating the growth in the new garden.

I would also like to thank Peter and Helen for hanging the photos in Memory Lane, it was lovely to return home from a workshop in Bendigo and to see them already up and stimulating conversation and reminiscence in the home. We still have a couple more photos to be added and then the project will be complete. A real success I think.

I suppose the next newsletter we will be wishing each other a happy Christmas, so enjoy the next couple of months before the 'silly season' hits and take care until then.

Keep healthy and be happy

Jan Hutchinson

### ***Retirements***

Over the next couple of months, we will be saying farewell to two long serving Hospital identities.

At the end of this month, former Board President, Marj Taylor, will be retiring both from the Hospital Board and Maldon community fund raising in general (so she says but we are not too sure about the latter). Marj worked tirelessly to ensure the extension and renovation to the Hospital took place. To enable the whole community to say thanks to Marj for all her work for Maldon, a dinner is to be held in her honour at the Maldon Hotel on Friday, 19<sup>th</sup> October commencing at 6.30 pm. Cost is \$20 per person and bookings are essential. Please contact Board President, Clive McCann 5475 1492 by 15<sup>th</sup> October if you wish to attend.

Further changes to the Hospital scene will be caused by the retirement in early December of our CEO, Merlyn Pritchard. Merlyn has been the driving force behind the Hospital remaining a viable and vital part of our community, and she will be very much missed. The Board will be holding a dinner for Merlyn on 15<sup>th</sup> November at Welshman's Reef Winery and any staff member who wishes to attend is welcome. Jan Hutchinson or Clive McCann will be pleased to give you details.

We hope both ladies enjoy their well earned retirement and look forward to seeing them around the Hospital from time to time.

## ***Opening of Native Garden***

The official opening of the new indigenous garden occurred on Thursday, 20<sup>th</sup> September when the commemorative plaque was unveiled. The garden is a reflection of the welcoming friendliness of the care given at the Hospital and its development occurred partly by the generous donation made by Rob and Narelle Waller of Waller Realty. Thanks also to the generosity of Alan and Kaye Searle, a very attractive cast bench seat was purchased and placed in the garden which was designed by Robin Haylett. The whole effect complements our garden sculpture, Raphael and is the finishing touch to our beautiful Hospital. Our grateful thanks also go to Alliance Mining and Alan Lang for the donation and placement of the rocks. Of course, the garden would n't look as good as it does without the continued work carried out by our gardeners, George, Julia and John, so a big thank you goes to them also.

## ***Memory Lane***

A grant from the Rusden Foundation has enabled the Maldon Dementia Focus Group to frame and hang a collection of old photos of Maldon. These were copied and enlarged from Kinga Roy's collection and it is hoped they will prompt some memories and encourage reminiscences amongst our residents. They are also a very attractive addition to the walls of Mountview Home.

## ***Volunteer Co-ordinator's Happenings***

### **Maldon Hospital Friends and Neighbours Day**

Where? Maldon Hotel  
When? Monday, October 8th, 2007 10.30am to 2.30pm  
Why? To kick -off Victorian Seniors Festival in Maldon!

Come for lunch, catch-up with old friends, meet new friends, celebrate older/elder life in Maldon, connect with others and enjoy!

Cost \$10. Meet and Greet from 10.30am. Be seated for a punctual start of proceedings at 11.00am

Presentations:

- Being healthy and happy in Maldon
- Maldon: What's on, what's available, services, clubs and community
- groups, hospital services, community activities. A snapshot view of our town
- Older persons legal Program... free & confidential legal assistance

So who is it for? ... Seniors! That's anyone from 55 to 95...

Juniors who want to participate are welcome. To book phone 5479 8622.

### **Health Promotion Activity: Active October...**

***Pole walking for women and men*** - workers with time flexibility and early retirees.

October 10th - 31st, just 7 sessions, Wednesday and Sunday evenings at 5.30pm.

Yes it does look a little odd, but try it for this short time and discover that it can be fun, and challenging, and fantastic. Or, conclusively prove that it is/is not a worthwhile activity! Come for a fifty-minute brisk walk in good company! Cost is a gold coin donation. To book phone 5479 8622

### ***Bushwalk at Gough's Range October 27th at 11.30am***

Bring your own: scroggin (bushwalker's snack food mix of nuts and dried fruit etc.), lunch snack, drink, hat and sunscreen. Meet on the corner of Gough's Range Road and Maldon/Newstead Road, 5km south of

Maldon. This walk is off-track so be prepared for a bit of 'scrub'. Walking boots and gaiters would be good if you have them. Distance is approximately 6km.

### **Happenings:**

Pole Walking Groups have been in a lull for the post wintertime, but it's time to be out and about again soon. Regular groups recess over school holidays and resume on Oct 9th.

### **PLANNED ACTIVITY GROUPS:**

#### **Monday Club:**

We are really enjoying the new bus and being able to travel in a lot more comfort on our outings. We know that there isn't much there in those green paddocks, but it has been a relief to visually appreciate the green again, after such a long time of brown.

There are some client places available at Monday Club. It would be good if more attended to join in the fun.

Last month on a Sunday, a group went to see a community theatre production of *Singing in the Rain*. It was FANTASTIC. Lots of singing in the Bus on the way home too!

#### **Strength Training and Tai Chi:**

These activities continue to maintain and maximize health for the participants. Lots of research has been done to prove the benefits, but we know from experience that it is a great thing to do!

### ***Hospital's AGM***

The Hospital's Annual General Meeting will be held on Thursday, 18<sup>th</sup> October at 7.30 pm in the Day Centre, Adair Street. The guest speaker will be Spencer Bock and a light supper will be served. You are most welcome to attend.

### ***Wedding Bells***

All is in readiness for the social event of the year! Judy Allen will marry John Bari on Saturday, 20<sup>th</sup> October and we all wish them every happiness, not to mention a memorable day. We look forward to the photos.

### ***Next Edition***

Our very busy Volunteer Co-ordinator, Jenny Parker, has reluctantly handed over the job of co-ordinator of Maldon Hospital Matters to me, Kaye McCann, and I hope to produce monthly issues. Contributions or comments for future editions may be left at the hospital office marked for my attention or you may contact me by phone on 5475 1492 or email at [mccann@kayeeees.com](mailto:mccann@kayeeees.com). Deadline for the next issue is 22<sup>nd</sup> October.