



## Maldon Hospital Matters

Committed to care since 1859

November 2007

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

Welcome to the November edition of 'Maldon Hospital Matters'. The Annual General Meeting has come and gone for another year, with the Annual Report proudly displaying our sculpture of Raphael. It might be hard to come up with a cover photo next year to compete with this one. Spare copies of the report are available at Reception at the Hospital. I would like to thank the residents and staff who agreed to be interviewed by Julie for profiles in the report. It is not always easy talking about yourself to a total stranger knowing your photo is going to be included, for all the world to see ... or at least all of Maldon!

The weather is becoming warmer and the days are drawing out, it won't be long before day light savings begin and we will have all that extra day light to go pole walking. Jenny has been doing a great job recruiting people to join her. Unfortunately I have not been able to take on the challenge as yet, but Jenny is working on it.

During September – October all members of staff attended a full day of Mandatory Training to ensure the hospital meets regulatory requirements for OH&S and fire safety. The staff undertook Basic Life Support & CPR, Manual Handling, Equal Opportunity & Preventing Bullying & Harassment, Fire & Emergency Procedures and the Principles of OH&S. So that we could make sure we had adequate cover for the hospital, three days were put aside with 12 – 15 people attending each day. Not only did the staff receive the required training, but the social interaction was really good to see – the perfect opportunity for some team building.

Keep healthy and be happy,  
Jan Hutchinson  
Nurse Manager

### **Staff News:**

On the 3<sup>rd</sup> September 2007, Ronda James RN Div 2, resigned due to ill health after 29 years and 8 months of service at Maldon Hospital. An exert from her letter of resignation says a lot in relation to how Ronda felt about her time working here, and I am sure she would not mind sharing her sentiments with you all.

*I have worked with 5 Nurse Managers at Maldon. I joined the Hospital family as a newly wed of 21 years and now leave as a 50 year old Grandmother. The hard times, were hard, the happy times, just wonderful! The staff, ..... the staff have been my friends, my teachers and my sisters. I will miss each and everyone of them.*

*Thank you & Good Bye.*

I would like to take the opportunity to thank Ronda on behalf of the residents, staff and management for her years of service. I am sure she will take many good memories with her and we all wish her well in her retirement – more time to spend with her new Grandchild.

### **Wedding Bells:**

On Sunday 21<sup>st</sup> October Judy Allan took the big step and married John Barry in a ceremony at the Castlemaine gardens. Along with friends and family, a representation of residents from Jessie Bowe House and Mountview Home were there to wish both Judy and John well. Judy looked lovely in a long crimson,

strapless gown with matching wrap and John scrubbed up pretty well too!!

When they return from their honeymoon in Tasmania, Judy and John will be able to plan another little trip with a Travel Voucher given to them as a gift from the residents and staff at Maldon Hospital. Perhaps a holiday to get over the honeymoon!

### **The Day the Dental Van Came!**

On Tuesday 16<sup>th</sup> October, 18 people took the opportunity to attend the visiting Alpha Dental Van. This service originated to provide a service to people living in residential aged care facilities who are unable to access a dentist due to their physical or cognitive limitations. The van is fitted out with a ramp/hoist so that people in wheelchairs can be taken into the van and then a ceiling hoist can lift them into the dentist chair. When the van visited Maldon, the invitation was extended to staff, families of residents and staff and members of the community who accessed District Nursing and the Day Centre. The Alpha Dental Van will return to the hospital on 7<sup>th</sup> November to do the follow-up treatments recommended for individuals.

### **Welcomes and Farewells**

This month we welcome three new residents to Mountview : Mr Harry Gleeson, Mrs Vera Saunders and Mrs Thora Stevens. All are settling in well.

Unfortunately this means we have farewelled Sally Ford, Joan Dyall and Mary Woodlock. All have been long term residents and are sadly missed by the staff with whom they had formed strong friendships.

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

#### **Volunteers:**

Volunteers and friends are invited to 'Elevenses' on International Volunteers Day, Wednesday, December 5<sup>th</sup>, 2007.

Come and enjoy a sweet, light morning tea to celebrate our hospital volunteers. Elevenses, similar to afternoon tea but eaten in the morning, is generally less savoury than brunch, and could consist of some cake or bread and a cup of tea. Winnie the Pooh preferred honey on bread and a little condensed milk. What will we serve? The name refers to the time of day that it is taken, around eleven o'clock am.

Attendees are asked to present themselves in the courtyard between 10.45 and 11.15am.

RSVP 5475 2000 by Friday, November 30<sup>th</sup>.

#### **Planned Activity Groups (PAGs):**

Arch Martin has been away from Monday Club and Strength Training for more than a month. We have missed him. He has had a spell in hospital and would like to be home for Christmas. Hurry back Arch!

Ann and Eric Moorhouse spent some months in the UK earlier in the year but have now returned home to Maldon and resumed Strength Training. Welcome back!

We will soon be saying goodbye to Fred and Pat Cox. Pat has participated in Strength Training almost since it commenced at Maldon. Fred in more recent times has been a volunteer jockey on the community bus. Best wishes to you both as you start the next chapter of your life story.

#### **Program Finale Date for your Diary:**

HACC programs combined Christmas celebration will be held on December 17<sup>th</sup>. Further details in next

newsletter, but mark it in your diary now.

## ***A word about Carers from Jenny Parker***

On November 17th, I was invited to present a 'laughter session' as part of a Carers' Day arranged by Carer Support Services. It was a special challenge and privilege for me to prepare and present there. The week following on from Senior's Festival was CARER's WEEK. There were about 20 participants from around Mount Alexander Shire and we did get those endorphins moving, and yes, "laughter was good medicine"!

Some CARERS live in very difficult circumstances at times. It is good to acknowledge and support them and provide some relief to what are often isolated and exhausting situations.

I also acknowledge those friends and relatives who continue to care for residents following on from their loved one's admission to residential care. The transition and settling in time and then continuation of caring can at times still be very painful and stressful.

Just such experiences are described in the book 'Remember Me, Mrs V?' authored by Tom Valenta. In the book he recounts many of his own experiences in caring for his wife Marie who was diagnosed with dementia in her early fifties and now resides in a nursing home. He also includes experiences of other carers that he has interviewed. Tom was the guest speaker in Castlemaine for the launch of the Seniors' Festival this year. The book is available from the Alzheimer's Association.

In my own experience I have participated in the journey of my mother's dementia disease over the past 15 years. She resides in a dementia specific residential care facility. Along with the staff there, my father continues to 'CARE' for her daily. Our extended family continues to love, care for, and miss our mum and grandma.

For those people in our community who are carers we cannot stand in their place but at times we may be able to stand with them and encourage and support them.

## ***Our Dedicated Staff and Board Members***

You may be interested to know of the extra miles that our staff and board members put in to ensure that our hospital and its community receive the best possible care.

In Nurse Manager's Musings, Jan has given an overview of recent staff training, but over the past months, staff have undertaken a massive 264 attendances totalling 1,759.5 hours of training covering such topics as Infection Control Practices, OH&S training, Ethics in Aged Care, Laughter Yoga Leader Training, Managing Risk in the Community. Whilst some of these courses are mandatory, the enthusiasm staff show in attending highlights their dedication to increase their ability to provide the best care to our residents.

Similarly, board members have attended Victorian Governance Program Workshops and Ministerial Forums covering Rural Directions, Challenge for Future Strategies, Rural Health Priorities, Contemporary Governance Issues and Boards of Rural Health Services. Additionally, inhouse education sessions covering healthcare, risk management and financial management have been held.

Board education has totalled 104 hours over the past twelve months and members have clocked up 300 hours at board and committee meetings.

We thank the board and staff members for their ongoing commitment to the well being of our hospital and residents.

## ***Recent Happenings***

The AGM was held in the Day Centre on 18<sup>th</sup> October and was well attended. A member of the Mount Alexander Hospital Board, Spencer Bock, was the guest speaker and he gave a very informative talk

about the need for us all to consider powers of attorney and guardianship. Recognition was also made to staff, volunteers and members of the community for their service to the hospital over the past twelve months. Marj Taylor was made Life Governor of the hospital in recognition of all the time and effort she has given the hospital in her role as board member, president and fund raiser extraordinaire! A big thank you to them all. Merlyn Pritchard's retirement as CEO was acknowledged and she and Marj Taylor were each presented with flowers by the President.



The following night, 68 friends and family attended a special retirement dinner for Marj at the Maldon Hotel. Past and present board presidents and others spoke of the enormous contribution Marj has made to the hospital over many years and a gift of appreciation was presented to her.

### ***Reminder***

As mentioned in last month's newsletter, our CEO Merlyn Pritchard is retiring at the end of the year and a farewell dinner is planned for her on Thursday, 15<sup>th</sup> November. It will be held at Welshman's Reef Winery at a cost of \$25 per head and if you would like to attend, please contact Clive McCann on 5475 1492 by 12<sup>th</sup> November. A donation towards Merlyn's gift would also be appreciated.

### ***Have you ever wondered why***

- doctors call what they do "practice"?
- lemon juice is made with artificial flavour, while dishwashing liquid is made with *real* lemons?
- sheep don't shrink when it rains?

### ***Next Edition***

The next edition will be the last for this year, and will include some great ideas if you are wondering what to buy as Christmas gifts for your loved ones this year.

As always, if you have any ideas or contributions for Maldon Hospital *Matters*, please leave them at the front desk marked for my attention, or, preferably, phone (5475 1492) or email (mccann@kayecees.com). Deadline for the next edition is 23<sup>rd</sup> November.

Kaye