



Nurse Manager's Musings

December is upon us, the Christmas decorations are up and the Christmas songs are being played already. For those of us who have children or grandchildren completing their final year at school the exams are over and it is now a case of waiting for results to see what they will be doing next year.

I have to be honest, Christmas is not my favourite time of year. I do not like the commercialism, the push and shove that begins to happen in the shops, and the fact that so much happens at this time of the year that I can not think straight, not to mention the fact that I do not like the hot weather. What I do love about Christmas is Christmas day itself, having the family together and relaxing, no rush, no pretence and no pressure. I am not particularly 'religious' but I do believe there is a greater power that is watching over us and to me Christmas is a time to give thanks – thanks for our families, our friends, our health, our world, our being alive. So as Christmas draws near I want to thank all of you who are reading this newsletter for being a part of the Maldon Hospital community. All of you have a special part to play to make it what it is and I feel privileged and proud to be a part of this special organisation. Whether you are a resident, a family member, volunteer, staff member, client of District Nursing or Day Centre, without you all we would not be what we are today.

Which brings me to another issue – on the 7th of December Merlyn Pritchard retires from the role of CEO. The two years I have worked with/for Merlyn have been most enjoyable. I appreciate what I have learnt from her and I am grateful for the support given and the opportunities offered. I for one will miss her and am sorry to see her go, but I also wish her a wonderful retirement and I know I will catch up with her when she gets back from her trip abroad during December and January.



Be happy and keep smiling,

Jan H

Christmas Decoration Invitation:

With Christmas fast approaching, the decorations have come out of storage and a couple of very enthusiastic "Santa's Helpers" have made the hospital a bright and happy 'celebration' of the season. But, because "Santa's Helpers" have limited time and resources, the decorations have been focussed on communal/public areas.

We would like to extend an invitation to the families of residents of Jessie Bowe House and Mountview Home to place decorations in their loved one's room if you would like to. This could be a shared time when you reminisce about Christmases gone by when decorating the tree was a family occasion. You might even have some of those precious baubles still that would bring back memories of Christmas morning, kids and wrapping paper.

Christmas means different things to different people – you are the ones who know best what Christmas means to your loved one – please feel free to make Christmas special for your special family member in the way that is personal and enjoyable.



A Big Thank You From Merlyn

This is my final opportunity to say how much I have enjoyed working with the Board and staff at Maldon Hospital. It has been a great pleasure to have been part of the successful redevelopment of the physical facilities.

My admiration for the staff who worked in very difficult circumstances before the redevelopment was the inspiration for me to ensure that we obtained the best facilities possible.

The community can be firstly proud of not only the physical facilities, but also the programs offered through the Home & Community Care Services and the caring commitment of you all.

I wish you all continued good health and personal happiness and invite you to come and share a cuppa with me at 100 Lyttleton Street and join me on your beautiful garden seat gift.

With kind regards

Merlyn

Volunteer Co-ordinator's Happenings

Volunteers - For Your Diary:

On February 21st there will be a volunteer 'Companion Walker' training workshop. The hot weather is perhaps not the time for much walking, but we will be able to do the training then, so that throughout the year there will be lots of people involved with assisting people to get out and about.

Companion Walkers are for residents who are not confident to walk alone or who have a disability. Many people living in the community or residential aged care facilities would love to get out for a walk at their own pace for a distance that suits them. They need support and encouragement from other community members.

Please think about whether you would like to train as a companion walker, or whether you yourself would like to be linked with someone who has done the training to walk with you.

Contact Jenny for more information.

Program Finale Date For Your Diary

HACC programs' combined Christmas celebration will be held on December 17th, at DIG Cafe in Newstead, commencing at 11.00am.

All participants in HACC Planned Activity and Social Support Programs are invited. These include: Monday Club, Strength Training, Baringhup Social Group, Tai Chi, Friday Pole Walking, and anyone who has been a traveller on the Tuesday Community Bus.

Regular participants are asked to pay \$15, partners are welcome to attend at the full price of \$25. Please bring a small gift (Value \$5 - \$10) to exchange.

Please RSVP to Jenny by December 13th. Phone: 5479 8622

Home & Community Care Programs for 2008 will commence from Monday January 14th.

I will be trying to catch up with a few people at home in the first part of January. Monday Club has changed a little during the year and I would be interested in feedback from people on how this program day should develop. We are funded to staff a program to assist people who are starting to

find life at home a bit difficult, with social involvements, physical condition and function declining. That doesn't mean we don't have a lot of fun, or that you have to have 'one foot in the grave' to be a Monday Club member. There is opportunity for twelve people to participate. The staff are fantastic, especially the volunteers! If you can't do all the things you used to, but you would enjoy good company for a few hours on a Monday, contact Jenny or Yvette.

Stuck for Gift Ideas?

First of all I would like to wish everyone a very merry Christmas and a Happy New Year. We have been very busy at the Hospital putting up decorations and the Christmas trees. The Hospital looks very festive and this is also by the wonderful work of Elaine Lakey who has been very busy decorating the Hallways and Entryway. The residents are looking forward to Christmas with much conversation about past Christmas's.

You may be wondering what would be an idea for a gift for your loved one? Here are some ideas and suggestions but it is entirely up to you:

- Pictures or Scrapbooking album or Photos.
- Decorative Mobiles
- Music tapes or CDs
- Family DVDs (we have a DVD Player)
- Favourite Movie DVD
- Clothing
- Books
- Bed Covers or Decorative Pillows.
- Toiletries - comb, brushes, perfumes or cologne.
- Brooches
- Colourful Calenders
- Bold Large Clocks
- A decoupage of family photos.

These are as I have written, just a few ideas but please feel free to call me if I can be of help or if you have some other ideas that could be used.

Wishing you all a very Merry Christmas and a Happy New Year.

Helen Yates

Next Edition

Because we are all trying to be environmentally responsible, I would like to send future editions of Maldon Hospital Matters by email where possible. I already have email details for many of you who are on the mailing list but if you still received this edition by mail and you have an email address, please forward it to me at mccann@kayecees.com .

The deadline for contributions to the next edition will be 23rd January, 2008. Articles may be left at the Hospital or emailed.

I wish you all a very happy and joyous festive season not to mention a great 2008!

Kaye.

MALDON HOSPITAL ACTIVITY CALENDAR DECEMBER 2007

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30 Friends and family visits	31 NEW YEARS EVE	HAPPY NEW YEAR 2008				1 Friends and family visits
2 Friends and family visits	3 8:45am Strength training Library visits.	4 9am 1:1 visit 10:30am Christmas decorations Mt View 11:30am Senior Citzs Luncheon 2pm Movies and Popcorn Mt View and Hostel.	5 8:45am Tai Chi Day Club 11AM Volunteer appreciation tea on patio.	6	7 10:30am Bingo Hostel 2pm Happy Hour and Christmas Music and TT Paper	8 Friends and family visits 2pm Salvation Army to sing Christmas Carols in Mt View Home Lounge
9 Friends and family visits Happy Birthday Norma S.	10 8:45am Strength training Day Club Library visits	11 9am 1:1 visits 10:30am Residents' Meeting Hostel Lounge 8pm Christmas Lights Tour in Castlemaine and Maldon.	12 8:45am Tai Chi Day Club 2pm Combined Church Christmas Service. Hostel Lounge.	13 9am 1:1 visits 10:30am Christmas card writing and wrapping 2pm Table games Hostel lounge Outdoor walks Mt View	14 Set up for Party 2pm Residents' Christmas Party Day Club Happy Birthday Johanna	15 Friends and family visits
16 Friends and family visits	17 8:45am Strength training Day Club Library visits 10AM Baringhup Primary School to sing and perform in the Mt View Dining Area 2pm Christmas Trivia Hostel Lounge	18 9am 1:1 visits	19 8:45am Tai Chi Day Club	20 9am 1:1 visits 10:30am Manicures in Mt View Lounge 2pm Melody Makers to sing Christmas Carols.	21 9am 1:1 visits 10:30am Bingo Hostel 2pm Happy Hour and Christmas Music and TT Paper	22 Friends and family visits
23 Friends and family visits	24 Friends and family visits	25 CHRISTMAS DAY MERRY CHRISTMAS	26 BOXING DAY	27 Admin Day	28 Admin Day	29 Friends and family visits

Please note Calendar subject to change due to Christmas.