



Maldon Hospital Matters

Committed to care since 1859

February, 2008

Nurse Manager's Musings

Welcome everyone to the first edition for 2008 of 'Maldon Matters'!

I hope everyone had a safe and enjoyable Christmas Season and is all geared up for an exciting and prosperous New Year. I have decided 2008 is going to be a good year, no doubt we will face some challenges that will test us, but with positive thinking and team work we will face what ever comes our way.

During the break, Mountview Home had an unannounced support visit from the Aged Care Standards and Accreditation Agency. They come at least once a year to ensure we are still providing good clinical care and a safe, comfortable living environment for our residents. The gentleman was quite pleased with what he saw and what was said to him by both residents and members of staff, so well done and thank you all.

At the end of last year, Merlyn Pritchard announced she was retiring from her position at Mt Alexander Hospital, therefore from her role here at Maldon Hospital, as CEO. The position of CEO at Mt Alexander has been filled by Graem Kelly, who has agreed to continue to provide CEO services to Maldon Hospital. I have had the opportunity to meet with Graem and other senior staff at Mt Alexander Hospital, and I am looking forward to working more closely with the team of Directors (Mt Alexander Hospital) to ensure Maldon Hospital continues to be such a great place to live and work.

I hope to arrange an afternoon tea for Graem once he has had time to settle in, so residents and staff can meet him and the newly appointed Director of Finance for Mt Alexander Hospital, Geoff Vendy. Geoff will also be managing Maldon Hospital's finance as a part of the contractual agreement we have with Mt Alexander Hospital. I will keep you informed as to date and time etc.

Well, unless I go into the boring details of my four week holiday (at sunny Broomfield) there is not much more for me to report. As I said earlier, I am looking forward to 2008 and honestly believe it is going to be a great year.

Be happy and keep smiling,

JanH
Nurse Manager.

Dementia Focus Group:

The Dementia Focus Group was established to identify special needs of residents living at Maldon Hospital with dementia. Our Mission Statement is:

"We aim to assist individuals living with dementia to continue their lives with dignity, usefulness and meaning. We will endeavour to provide practical and emotional support for individuals, families and carers through information sharing and education".

In 2007 we were successful in obtaining a grant to set up 'Memory Lane' and we joined both 'Alzheimer's Australia' and 'Dementia Care Australia'. These memberships allow us access to educational material, newsletters and practical support if we identify an issue we are having trouble finding solutions to.

For 2008, we plan on reviewing an information booklet on dementia put together for nursing staff, and make it suitable for family members of people who have dementia both here in the Hospital and in the

community. We also have some DVDs about dementia if anyone would like to view these either here in the Quiet Lounge or borrow them to watch at home.

If you are interested call Jan, 5479 8624.

Volunteer Co-ordinator's Happenings

Companion Walkers - See the Flyer attached

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.

General Community Health Promotion Activity

Don't let 'the oldies' be the only ones to benefit.

Pole Walking

Group Exercise ... Still going strong! For more details: Jenny Parker 5479 8622.

Monday	9.00am meet to walk at 9.15am from Maldon Primary School car park.
Tuesday	7.45am meet to walk at 8am: from Day Activities room, Adair Street, Maldon.
Wednesday	6.00pm from Day Activities room, Adair Street, Maldon.
Friday	8.30am at Newstead footy oval, Panmure Street, Newstead. (Seats available on bus).

The 2008 Hospital HACC (Home and Community Care) Programs have commenced and we look forward to a great year of 'being happy', 'keeping well' and 'enjoying ourselves'. We are very proud of the variety of programs we operate from Maldon Hospital.

Monday Club

	<u>Morning</u>	<u>Afternoon</u>
February		
4 th	Music Moments	Craft and Chat
11 th	DAY OUTING: TO CONFECTIONARY CAPERS (Entry: \$4) We will spend about an hour at this interesting tourist attraction at Junorton and then find a place to have some lunch before returning to Maldon. (Book a seat if you plan to attend.)	
18 th	Serious Frivolity Laughter / games/ video	Craft and Chat
25 th	Nutrition Am I what I eat?	Men in Focus on Men
March		
3 rd	Music Moments	Craft and Chat
10 th	PUBLIC HOLIDAY: <u>No Day Club</u>	

Strength Training

"Good for everybody!" Monday, Tuesday and Thursday mornings.

Progressive Resistance Training: 4 sessions each week catering to older adults.

Participants are asked to attend twice weekly.

Tai Chi

Wednesday at 9.30am at the Day Activities room.

Baringhup Social Group

Meets at Baringhup hall supper room at 1.30pm on Wednesdays. This small friendly group would welcome others to join in. It's just a short time, but we have a good yack, a few laughs, some differences of opinion and a few board game challenges at times. The bus leaves from Maldon about 1pm and there are some spare seats. Check it out.

This is a run-down of what's on at our Hospital; funded to assist older people in the community to adjust and adapt to the challenges and changes that ageing and illness or disease may bring at later life. We want

to thrive, not just survive! Group stuff isn't for everyone, and starting off in a new group can be difficult for some people at any age. If readers know they would like to join, but find it daunting, or if they know of someone else who might join the activities, please ask them to take the plunge.

Contact Jenny Parker on 5479 8622.

Our New CEO

As Jan mentioned in her column, Graeme Kelly began his appointment as CEO of Mount Alexander and Maldon Hospitals last month. Graeme and his family moved to Castlemaine from Robinvale where he was CEO of their local hospital and we all welcome their arrival. Hopefully we will be able to get Graeme to write a short column for our newsletter as way of introduction to those who will not be able to meet him at the function Jan is planning.

Staff Movements and News

Sandra Cook and Toni McGregor are sailing around New Zealand this month. We are not sure if the New Zealanders are ready for this onslaught, but we expect some great stories and photos when they return on the 24th!

Two staff members have been awarded special recognition from "Curves" of Castlemaine. Sandra Hoffrichter (Div 2 nurse/HACC) was their number one attendee for 2007 and Helen Yates (Activity Worker) achieved the greatest weight loss for the year and looks fabulous. We knew Sandra and Helen are totally dedicated to providing great care for our residents, and now we know they still have some in reserve for themselves too. Well done!

Just to Make You Smile

Just before the funeral service, the undertaker came up to the very elderly widow and asked "How old was your husband?" "98", she replied "Two years older than me." "So you're 96," the undertaker commented. She responded "Hardly worth going home, is it?"

"I've sure gotten old! I've had two bypass surgeries, a hip replacement, new knees, fought prostate cancer and diabetes; I'm half blind, can't hear anything quieter than a jet engine, take 40 different medications that make me dizzy, winded and subject to blackouts. Have bouts of dementia. Have poor circulation; hardly feel my hands and feet any more. Can't remember if I'm 85 or 92. Have lost all my friends but, thank God, I still have my driver's licence." (hmmmm - not sure if that is funny - editor)

Next Edition

Thank you to those who have provided me with their email addresses. To those who have forgotten and would like to receive Maldon Hospital Matters electronically and save some trees, please forward your details to: mccann@kayecees.com.

Any news or articles you wish to be included in the next edition should reach me at the above email or left at the Hospital reception marked to my attention by 22nd February.

Cheers til next time
Kaye

MALDON HOSPITAL, ACTIVITY CALENDAR FEBRUARY 2008

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 9:30am 1:1 Visits 10:30am Bingo Hostel 2pm Happy Hour TTimes	2 Friends and Family Visits
3 Friends and Family Visits	4 8:45am Strength training.	5 SHROVE TUESDAY Pancakes in Hostel and NHhome 2pm Trivia Hostel and Memory Time	6 8:45am Tai Chi Day Club	7 9am 1:1 Visits 9:30am Manicures NHhome 2pm Table Games NHhome	8 9am 1:1 Visits 10:30am Concentration Hostel	9 Friends and Family Visits
10 Friends and Family Visits	11 8:45am Strength training Day Club Library Visits	12 9am 1:1 Visits 10:30am Trivia Hostel 2pm Crafts Valentine Hostel and NHhome Walking Club	13 8:45am Tai Chi Day Club 2pm Church Service Hostel	14 9am 1:1 Visits 12 noon BBQ on Patio 2pm Valentines King and Queen crowning NHhome	15 9am 1:1 Visits 10:30am Bingo Hostel 2pm Happy Hour TTimes	16 Friends and Family Visits
17 Friends and family visits	18 8:45am Strength training Day Club Library Visits	19 9am 1:1 Visits 10:30am Light Exercises Hostel 12 noon Senior Cits Lunch 2pm Table Games Hostel	20 8:45am Tai Chi Day Club	21 9am 1:1 Visits 10:30am Light Exercises Memory Time 2pm Bus Outing Hostel and NHhome	22 9am 1:1 Visits 10:30am Carpet Bowls 2pm Happy Hour TTimes	23 Friends and Family Visits
24 Friends and Family Visits	25 Library Visits	26 9am 1:1 Visits 10:30am Mens Group Quiet Lounge	27 8:45am Tai Chi Day Club	28 9am 1:1 Visits 10:30 Cooking Nhhome 2pm Social afternoon	29 9am 1:1 Visits 10:30am Bingo Hostel 2pm Happy Hour TTimes	

BE A VOLUNTEER FOR

~ Companion Walkers ~

Who is it for?

COMPANION WALKERS is 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.

What would I be doing as a volunteer walker?

You would be supported by a service that offers the program. You could be:

Participating in a regular walking session with a frail older person/people.

Linking with local residents for a walk close to home.

Will I be given training to be a Companion Walker?

YES! You are invited to a FREE training session, including refreshments.

Venue: Maldon Hospital Day Activities Room

Date: THURSDAY, 21st FEBRUARY 10 am-12.00 midday.

The training will include the positive impact of physical activity.

You will learn practical safety skills to be able to confidently support people to walk.

To find out more or TO REGISTER FOR THE TRAINING CONTACT:

JENNY PARKER at MALDON HOSPITAL, PHONE 5479 8622

RSVP BY Thursday 14 February. Let us know if you have special dietary needs.

This initiative is supported by the
Department of Planning and Community Development
Mount Alexander Shire
Maldon Hospital
Mount Alexander Hospital