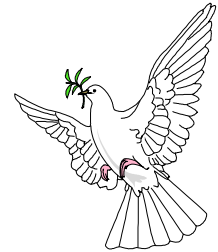


DON's Doings

Hello Everyone,

I am thinking it is too hot to get enthusiastic about anything at the moment, I am sure I am not the only one dragging myself around, not sleeping due to the heat and praying for a few 'cold' days to recover. But, as usual we just have to keep on going and if possible, keep on smiling.



I have just finished reading a really good book by Patricia Cameron-Hill and Dr Shayne Yates – "You won't die laughing". It strongly recommends seeing the funny side of life and having more fun in general. I know sometimes working as a nurse it is very difficult to maintain a sense of humour, not everything can be laughed off. I think the secret is not letting the *pressure* of the job override the *pleasures* of the job.

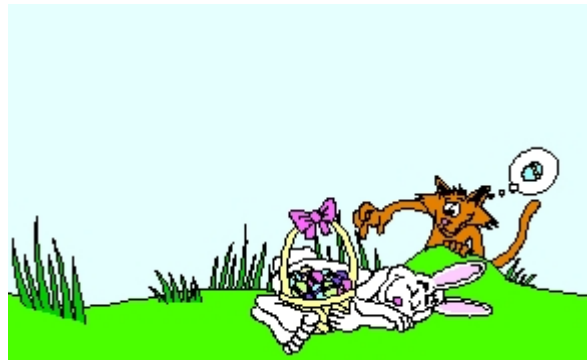
Which brings me to our wonderful Helen Yates and the effort she puts into creating some fun in the house! Monday 17th March we were all able to enjoy a celebration for St Patrick and the Irish (my ancestry), with a music performance, green jelly (thanks to the ladies in the kitchen), staff in green and no doubt a few Irish jokes. I am sure that Helen would agree with me here when I thank everyone who helped out with the day, musicians, staff, residents and family. Thank you all for your participation.

I hope you had a happy and safe Easter.
I wonder if the Easter Bunny came??

Be happy and keep smiling.

JanH

DON / Manager



Volunteer Co-ordinator's Happenings

Monday Club

Morning program commences at 10.00am
Afternoon program commences at 12.45pm

April	7 th	Music Moments (Morning)	Joint Walk for Arthritis Awareness Week (Afternoon)
	14 th	Outing to Kyneton	
	21 st	Laugh and Stretch Down the Street	

	28 th	Happy Healthy Feet (Morning)	Focus on Men (Afternoon)
May	5 th	Music Moments (Morning)	Craft and Chat (Afternoon)
	12 th	Outing Day	

The morning of April 28th we will emphasise foot health. Rachel Fry (Chief Podiatrist) from Mount Alexander Hospital will be our guest. Our feet do a rather mammoth task and we need to care well for them. Often people have arthritis in the feet and this can contribute a lot to reduced activity. It will be good to get some information from the specialists. Visitors are welcome to attend, just ring the Day Activities room to book in: (5479 8622).

Speaking of arthritis... 6 Apr 2008 - 12 Apr 2008 is Arthritis Awareness Week

This year Arthritis Victoria has a range of events planned to give you a taste of the activities and skills you can use to manage your arthritis better.

Look what's on:

Free come and try Tai Chi

Date: Sunday, 6 April
Time: 11am to 1pm
Enquiries: Sandra Barry on (03) 8531 8008

Come and try Tai Chi for Arthritis at this free session in the Great Hall at the National Gallery of Victoria on St Kilda Road on Sunday, 6 April. Guest of honour, Dr Paul Lam, internationally acclaimed Tai Chi expert and family doctor, will lead us through gentle Tai Chi movements that are suitable for all ages and abilities. Please bring a friend to share this unique, relaxing experience.

So, what is pole walking.

Date: Tuesday, 8 April
Session One - St Kilda Beach
11am - 1pm

Session Two - Millbank Drive Trail
2.30pm – 4pm
Enquiries: Helen McLauchlan on (03) 8531 8033

Pole walking – or walking holding specially designed poles – engages your whole body and works all your major muscles from head to toe. Come and try this easy and fun exercise that can be enjoyed by almost everyone. We're still finalising the details of this exciting event so register your interest now by calling (03) 8531 8033.

Help yourself to better health

Better Health Self Management Course
Date: Starts Tuesday, 8 April. Continues each week until 13 May
Time: 10am to 12:30pm
Enquiries: Sandra Barry on (03) 8531 8008

A Better Health Self Management Course might be just what you need to get more out of life and better manage your musculoskeletal or other chronic condition. This six-week group program is designed to empower people just like you to take control, manage symptoms and fight fatigue.

Arthritis Seminar and Self Management Workshop

Date: Wednesday, 9 April
Time: 8:45am to 4:45pm
Enquiries: Vanessa Raskin on (03) 8531 8017 or (03) 8531 8008

These events are designed for health professionals and others working with people with musculoskeletal conditions. The Arthritis Seminar is designed to update nurses and allied health professionals in the current management of osteoarthritis and rheumatoid arthritis. The Self Management Workshop is designed for health professionals or peer leaders who utilise self management strategies in group programs.

You can enroll in either event or both. Download the registration flyer

Just diagnosed?

Early Arthritis Seminar
Date: Thursday, 10 April
Time: 5:45 to 8:30pm
Enquiries: Liz Bongetti on (03) 8531 8018 or (03) 8531 8008

Do you have inflammatory arthritis, such as rheumatoid arthritis, psoriatic arthritis or ankylosing spondylitis? If you have been diagnosed during the past two years and want to find out more about what you can do, come to our latest Early Arthritis Seminar.

Ready, set, go! Walk for arthritis!

Date: All week
Time: Any time
Enquiries: Sarah Quick on (03) 8531 8024

Join Arthritis Victoria to raise awareness of arthritis and the impact it can have on people's lives by holding a Joint Walk. Regular physical activity, such as walking, is vital in preventing and managing arthritis. Get a group together and go for a walk to show your support for Arthritis Victoria and the 1 in 6 Victorians with arthritis; people of all ages, backgrounds and lifestyles, including children, who live with chronic pain.

So you could go to Melbourne for these special events OR, except for the seminars, you could access similar events in Maldon.

Come and Try Tai Chi

Each Wednesday in April at 9.30am.

During April we will be meeting at the 'old' croquet lawn near the entrance to the museum, just so that the regular participants can enjoy an outdoor stint and/or visitors can come to participate or just watch.

Come and Try Polewalking

Wednesday April 9th at 6pm at the Shire gardens, meet near the under construction rotunda. There are several groups meeting during the week, ring to see if there is a time slot that will suit you.

Strength Training

Ask about how this can help with living with arthritis! When those joints are wearing out, there's nothing better than to give them as much support as you can by strengthening the structures that surround and support the joint.

The hospital has sessions for older people... and commencing in April the Maldon Neighbourhood Centre is also offering Strength Training sessions, for younger older people.

Our Birthday

Did you know that August, 2009 marks the 150th anniversary of the Maldon Hospital?

To mark the occasion, the Hospital Board has established a committee to organise a programme of celebration to involve the whole community. If you or someone you know has information about or personal history involving the Hospital (were you born there, did you train or work at the Hospital, were you a member of the Board or a volunteer? etc etc), we would love to hear from you. Write or leave a message at Reception or send an email to the address below.

Just to Make You Smile

- An elderly woman decided to prepare her will and told her preacher she had two final requests. First, she wanted to be cremated, and second, she wanted her ashes scattered over Coles.

"Coles?" the preacher exclaimed. "Why Coles?"

"Then I'll be sure my daughters visit me twice a week "

- I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising. I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. By the time I got my leotards on, the class was over.

Next Edition

The number of trees we are destroying for Maldon Hospital Matters is slowly decreasing, but I am sure there are still a few email addresses not on our list as yet. To add your contact details to the list, please email me.

Any contributions for the next edition should reach me either by email or dropped off at Reception by 24th April.

Cheers til next time, Kaye
mccann@kayecees.com

MALDON HOSPITAL ACTIVITY CALENDER APRIL 2008

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1. 10:30am Around Australia Game. Hostel 2pm Table games and Music Mt View	2. 8:45am Tai Chi Day Club	3. 9:30am 1:1 Visit 10:30am Manicures Mt View 2pm Nurses Meeting	4. 9:30am 1:1 Visit 10:30am Bingo Hostel 2pm Happy Hour TT times NH	5. Friends and Family Visits
6. Friends and Family Visits	7. 8:45am Strength training Day Club Library Visits.	8. 9am 1:1 Visits 10:30am Resident Meeting 2pm Table games Hostel Happy Birthday Gordon	9. 8:45am Tai Chi Day Club 2pm Anglican Church service Hostel	10. 9am 1:1 Visits 10:30am Light Exercise and Memory Time Mt View. 2pm Table games Mt View Happy Birthday Helen	11. 9:30am 1:1 Visit 10:30am Carpet Bowls Hostel 2pm Happy Hour TTimes NH Happy Birthday Jean	12. Friends and Family Visits
13. Friends and Family Visits	14. 8:45am Strength training Day Club Library Visits	15. Administration Day Happy Birthday Enid	16. 8:45am Tai Chi Day Club	17. 9am 1:1 Visits 10:30am Manicures Mt View 2pm Bus Outing Mt View and Hostel	18. 9am 1:1 Visits 10:30am Bingo Hostel 2pm Happy Hour TTimes NH	19. Friends and Family Visits
20. Friends and Family Visits	21. 8:45am Strength training Day Club	22. 9am 1:1 Visits 10:30am School Visits Hostel Senior Citzs Luncheon 2pm Movie and Popcorn Outdoor Walks	23. 8:45am Tai Chi Day Club	24. 9am 1:1 Visits 10:30am Cooking 2pm Social Afternoon Tea Hostel	25. ANZAC DAY PUBLIC HOLIDAY	26. Family and Friends Visits
27. Friends and Family Visits	28. 8:45am Strength training Day Club Library Visits	29. 9am 1:1 Visits 10:30am Crafts NH 2pm Crafts Hostel				