



Maldon Hospital Matters

Committed to care since 1859

May, 2008

DON's Doings

Hello Everyone,

By now most people will have heard that Barb Harper has resigned from Maldon Hospital after working here for nine years, seven years in the position of Charge Nurse. Staff held a morning tea for Barb on Thursday 24th and then in the afternoon, the residents had a special afternoon tea to wish her well. The staff again got together on Friday 2nd May for dinner to celebrate the time Barb gave to Maldon Hospital and her commitment to the residents and patients that she has cared for over the past nine years.

On behalf of the Board of Management, management, staff and clients I wish Barb well in her future endeavours wherever they may take her.

On Wednesday Jessie Bowe House had an unannounced support visit from the Aged Care Standards & Accreditation Agency. I am happy to say that the assessor found us compliant in the standards she was required to examine and was very impressed with the cleanliness of the unit and the friendliness of both residents and the staff. WELL DONE EVERYONE.

Be happy and keep smiling.

JanH

News from the Dementia Focus Group:

After a short hibernation, the DFG is back and moving. We have a couple of projects planned for the coming months to assist residents in improving nutrition and encouraging appetites. We hope to include family members who might be interested in assisting their loved one at meal times if they are unable to manage on their own. I am presuming that everyone realises that they are welcome to take part in providing care for their family member even though they are now in one of the residential aged care facilities!

Helen has also attended a training day on 'Brain Gym for older people', and this includes some very simple exercises to stimulate the brain function (not just for the residents either!). Helen has included two sessions of this on the monthly activities plan – have a chat to her if you want more information on Brain Gym.

The other issue we discussed at DFG, and thought some of you might like to assist with – we are trying to build up our music and film collection for the residents. If you have music CDs or movies on DVD or video that you no longer listen to or watch, but think they could add diversity to the collection available for the residents you are more than welcome to donate them to the Hospital for use by the residents.

HACC Co-ordinator's Happenings (Jenny Parker)

SOCIAL ACTIVITIES

Monday Club

May	5th	Music Moments (Morning)	Craft and Chat (Afternoon)
-----	-----	----------------------------	-------------------------------

	12th	* * * * * OUTING DAY * * * * *	
	19th	Table Games (Morning)	What's Cooking? (Afternoon)
	26th	Nutrition/Health (Morning)	Focus On Men (Afternoon)
June	2nd	Music Moments (Morning)	Craft and Chat (Afternoon)
	9th	NO CLUB DAY - QUEENS BIRTHDAY HOLIDAY	

Morning program commences at 10.00am. Afternoon program commences at 12.45pm. Book in for lunch at 12.00 o'clock if you wish (5479 8622).

During the past month we enjoyed a trip to Kyneton. This happened to be the day after the new section of freeway opened, so we got to see it brand new from the elevated height of the bus seats. We had lunch at a cafe and then walked along the street to the town hall to see an exhibition focussing on the life and work of Caroline Chisholm.

Daphne Rooms has provided us with some great afternoon craft challenges. Thanks Daph!

The podiatry morning was most informative and several club members took advantage of having the podiatrist look at their feet and give an assessment.

Looking for older men ...

Our "focus on men" segments on the fourth Monday afternoon of the month have not yet attracted many participants. Men are welcome to attend any activity at any time, but we are trying to attract more male club members and so we are giving them a special time slot. A male staff member is in attendance and the program is directed to male participation during these sessions.

This week we had a try at petanque, at the Penny School. Barry Veith, our host, gave some "how to" assistance. It was a very cold afternoon but there were four who had a throw, and a few others even stood outside to watch despite the weather. Some others just stayed inside where it was warmer by the fire.

So, if you're reading this and would enjoy being one of the special guests, plan to be there and book in, and even ring Jenny with ideas for "what to do and where to go etc, etc", on the fourth afternoon of the month.

Tai Chi

For the month of April we practiced our Tai Chi in the Shire Gardens. It was very pleasant to be outdoors. We will go outdoors again in the warmer months later in the year.

HACC to HEALTH PROMOTION

Nordic Pole Walking

Pole walking is good for nearly everyone! Participation by people who are part of the HACC TARGET POPULATION is funded under HACC. Other participation is funded as a "Health Promotion" initiative of the Hospital. There are several groups working well, although we are not seeing many new faces. So here is a list of the various times that Nordic pole walking groups meet:

Monday morning Leader: Karen Smith's group meets at the school car park just after school starts. They do a fairly demanding walk, often up and around the mountain. Karen kindly leads this group as a hospital volunteer. For the rest of the week she runs fitness classes under her own company "Fitness on the Ball".

Tuesday morning Leader, Yvette Newton has a group that meets at the Day Activities room at 7.45am for a prompt start at 8.00am. They walk for about an hour at a pretty good pace.

Wednesday evening Leader Jenny Parker takes a group from 5.30pm. We usually walk quite briskly for about an hour. This group loves seeing the sights of Maldon and getting to know some of the houses and history of the town. We used to meet at 6pm but it got too dark, too quickly. If you come to this group it is a good idea to bring a torch at this time of the year.

Friday morning a group meets at Newstead. They also walk for about an hour but the pace is a little slower. Maldon residents are invited to take a ride to Newstead on the hospital bus and join in if the time and day suits you best

There is capacity for more participants in each of these groups. We have a supply of poles for up to 20 people. It's a lot of fun and is very good for you. As well as the groups listed, there are some individuals who have bought their own poles and go under their own "steam", and also some one-on-one walkers. If you would like to know more, contact Jenny on 5479 8622.

Hospital Bike Ride (Health Promotion Activity)

Put the date in your diary now for a recreational bike ride on June 15th. It's a little later in the year than last year's ride, but we'll hope for a fine day that's not too cold. The ride will be along Bendigo Creek, from Creek Street South to Crusoe Reservoir at Kangaroo Flat. More details will be given in the next newsletter, so note the date in your diary and plan to attend. Time: midday 'til 3.30pm.

NATIONAL VOLUNTEERS WEEK May 12th - 18th, 2008

ALL MALDON HOSPITAL registered volunteers are invited to "gather" at the Boardroom at 2.00pm on Wednesday, May 14th to "CONSULT and CELEBRATE". You are invited to bring new ideas and suggestions for volunteer activities in this organisation. There will be some "natter and nibbles" to start, followed by a facilitated "brainstorm".

There is always a lot of information on the media during this week. We would like this to be an event that will acknowledge the work of volunteers in the organisation and provide a forum for their ideas and feedback.

Please plan to attend. R.S.V.P. 5479 8622 by Friday, May 9th to Jenny (Volunteer co-ordinator).

Just to Make You Smile

- Know how to prevent sagging? Just eat till the wrinkles fill out!
- Remember: You don't stop laughing because you grow old, you grow old because you stop laughing.

Next Edition

We are going overseas for a few weeks and so Jenny Parker will be doing the next edition of Maldon Hospital Matters. Please send anything you wish included to her by 28th May.

Cheers til my return in July.

Kaye

MALDON HOSPITAL ACTIVITY CALENDER - MAY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			<p>1 9am 1:1 visits</p> <p>10:30 Light Ex and music NH</p> <p>2pm Table games NH and music</p>	<p>2 9am 1:1 Visits</p> <p>10:30 Bingo Hostel Dining Room</p> <p>2pm Happy Hour and Tarrangower Times.</p>	<p>3 Friends and family visit</p> <p>Happy Birthday Hazel</p>	<p>4 Friends and family visit</p>
<p>5 8:45 Strength training Day Club</p> <p>Library Visits</p> <p>10am Scrabble</p>	<p>6 9am 1:1 Visit</p> <p>10:30 Around Australia trivia</p> <p>2pm Nurses Meeting NH Music Walking Club</p>	7	<p>8 9am 1:1 Visits</p> <p>10:30 Manicures NH and Music</p> <p>2pm "Melody Makers" NH Dining Room</p>	<p>9 9am 1:1 Visits</p> <p>12 Noon "MOTHERS DAY BBQ" on Patio weather permitting</p> <p>2pm Happy Hour</p>	<p>10 Friends and Family Visit</p>	<p>11 Friends and family visit</p> <p>MOTHERS DAY</p>
<p>12 8:45 Strength training day Club</p> <p>Library Visit</p> <p>10am Scrabble</p>	<p>13 9am 1:1 Visit</p> <p>10:30 Pancakes NH and Hostel</p> <p>2pm Table games Hostel Walking Club</p>	<p>14</p> <p>2pm Salvation Army Service Hostel Lounge Everyone is invited.</p>	<p>15 9am 1:1 Visits</p> <p>10:30 Cooking Hostel kitchen</p> <p>2pm "Social Afternoon" Hostel lounge</p> <p>Bus travel</p>	<p>16 9am 1:1 Visits</p> <p>10:30am Bingo Hostel Dining Room</p> <p>2pm Happy Hour and Tarrangower Times</p> <p>Fish and Chip Night</p>	<p>17 Friends and family visit</p>	<p>18 Friends and family visit</p>
<p>19 8:45 Strength training Day Club</p> <p>Library Visit</p> <p>10am Scrabble</p> <p>Happy Birthday Joe</p>	<p>20 9am 1:1 Visits</p> <p>10:30 Mens Group Quiet Lounge</p> <p>12 Noon Senior Citzs Luncheon.</p> <p>2pm "Andre Ruie" Concert in Hostel and NH Lounge</p>	21	<p>22 9am 1:1 Visits</p> <p>10:30 Manicures and Music NH</p> <p>2pm Bus Outing Hostel and NH</p>	<p>23 9am 1:1 Visits 10:30am Carpet Bowls Hostel Lounge</p> <p>2pm Happy Hour and Tarrangower Times.</p>	<p>24 Friends and family visit</p>	<p>25 Friends and family visit</p>
<p>26 8:45 Strength training Day Club</p> <p>Library Visits</p> <p>10am Scrabble</p>	<p>27 9am 1:1 Visit</p> <p>10:30 Spelling Bee Hostel</p> <p>2pm Table Games Hostel and Walking Club</p>	<p>28 9am 1:1 Visit</p> <p>10:30am Concentration Game NH</p> <p>2pm Crafts Placemats</p>	<p>29 9am 1:1 Visits</p> <p>10:30 Bingo Hostel</p> <p>2pm Happy Hour and Music</p>	<p>30 Helen away today</p>	<p>31 Friends and family visit</p>	