



Maldon Hospital Matters

Committed to care since 1859

September, 2008

We're back...

It has been a while since the last newsletter, firstly because I was overseas, and more recently because it has taken me a while to "get back into harness"!

Lots happens around the Hospital and within the wider Hospital-community and we would all love to hear the various bits and pieces of news, information and gossip. But that won't happen unless you pass it on - please email (address at the end of the newsletter) or write a short piece telling us what is happening for inclusion in future editions. This is your chance to spread your message or share your thoughts!

Kaye

Board Talk (Clive McCann, President)

This is a first time for the Board to report on Hospital happenings in the newsletter - and we are pleased to say that we can only report good news. We can all be proud of our Hospital and the service it provides for the community and its residents. Our facilities are second to none, our staff provide a friendly and professionally run environment and financially we are doing very well.

Saying this, the Board has decided that we should recognise the support that the community has given to the Hospital over its 150 years of operation - you will be hearing a lot more about the 150th anniversary in the months ahead. Consequently, the Board has decided that a way of recognising the work of the community is to support the youth in the region by encouraging their efforts at a primary school level and at a tertiary level. Starting from this 150th year, the Board is providing an Awards and Scholarships Program to encourage our local students to recognise the importance of healthy living and the many aspects of health care.

For the younger students we will be providing awards annually for school children at the Baringhup and Maldon primary schools, with the awards recognising the students' work in a health related area and the relationship they have developed with the Maldon Hospital. The students will be working on projects that will be judged at the end of the year and awards will then be presented for the best projects.

For the older students we are providing a scholarship scheme, and each year we will offer a student who is taking a course at a tertiary level, in a health related area, a grant of \$2,000 per year, for a maximum of three years. Again, we are looking to support students from the Maldon region, and ones who have the intention of continuing to work in regional Victoria. With both the awards and scholarships we are encouraging students to be more conscious of the health of the community and to be committed to work in the smaller local communities.

These are only a some of the exciting things that are happening at the Hospital and later on we will be reporting on other activities planned for the coming year.

Volunteer Co-ordinator's Happenings (Jenny Parker)

What's Happening in HACCC?

Monday Club is zooming along. We had a great music day recently with 'The Three Tenors at Yankee stadium'. They are ever popular it would seem. The piano has been tuned recently so the next time someone tickles the ivories it will sound even better than before. We had a great visit from guest artist Peter Buckley who kindly allowed us to see his magnificent art. Thanks Peter it was fantastic.

What's coming at Monday Club over the next month.

September:

- 1st Spring in to Spring with some music
- 8th Outing to Newbridge
- 15th Fiona Fowler will present a talk on "Fibre in Our Food".
- 22nd Lunch with the Fellas... wonder what's cooking!
- 28th Anything Goes

October:

- 6th Maldon Hospital Friends and Neighbours Day (see separate information)

Sunday, 26th - Wednesday, 29th Melbourne holiday.

There will be lovely staff to help participants feel safe and adventurous. The first option to 'be in it' will go to Monday Club members. Others who are interested in a three-day break who may not be able to take themselves away for a holiday, are invited to speak to me, Jenny Parker.

Other PAGES (Planned Activity Groups)

- Baringhup Social group
Good weather. Brian lights the fire for us to warm up the supper room or we go for a drive - last week it was to DIG at Newstead for a drink and then a walk along the street.
- Strength Training and Tai Chi
Continue to be good for those who do it. This week Alison Hall finished as a staff member at the Thursday Strength Training. She has been fantastic to work with and much appreciated for her kindness and care to group members. We hope to see you back as a participant Alison to keep those joints moving and the muscles strong. Age and fitness level appropriate
- Pole Walking
Groups continue at Maldon and Newstead.
Volunteer Karen Smith has changed the day for the high impact pole walking group. They now leave from the Community Centre at 10.15am on Thursday mornings.
The Wednesday evening pole walking group has enjoyed the changes in the seasons. The group has been going for almost 12 months and have enjoyed warm to hot summer evenings transitioning to wintry misty nights. They've invested in head lights. The time was brought forward by half an hour for winter. It is a great way to enjoy good company and get to know our town a little better, and be working on our fitness at the same time.
- Health Promotion
Volunteers continue to assist others to participate in community programs, helping with transport to the community meal on Tuesdays for people over 55, and taking the community both to Bendigo and Castlemaine monthly for shopping. Several new volunteers have taken on various roles such as gardening and social support.

Early in August, the "Move it or Lose It" group from CHIRP visited Maldon to "Come and Try Pole Walking".

It was a nice sunny morning and the 12 visitors appreciated the opportunity to see the promotional DVD and learn "how to" Nordic pole walk.

The Day Centre room is being put to good use by various community groups. These include: CERT (The Community Emergency Retrieval Team), Maldon Landcare, Maldon Madrigals and a Qigong group.

Maldon Hospital
Friends and Neighbours Day
Monday 6th October at the "Maldon Hotel"
from 10.30 - 2.30
Cost \$10.00

A Seniors Festival event for Anyone from 55 to 105 - Juniors welcome
to participate...Come for lunch and a catch-up with old friends or meet
some new ones

RSVP Jenny: 5475 2000

Next Edition

Any items you wish included in the next edition should be emailed to me at mccann@kayecees.com or dropped off at the Hospital reception marked for my attention by **22nd September**.

Kaye

MALDON HOSPITAL RESIDENTS' ACTIVITY CALENDER -SEPTEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1. 8:45am Strength training Library Visits Scrabble	2. Administration Day 2pm Nurses Meeting Happy Birthday Daph	3. 10am Tai Chi Day Club Happy Birthday Mavis	4. 9:30am 1:1 Visits 10:30am Cooking Mt View 2pm Table Games Mt View	5. 9:30am 1:1 Visit 10:30am Carpet Bowls Hostel 2pm Happy Hour T Times and music	6. FAMILY AND FRIENDS VISIT	7. FAMILY AND FRIENDS VISIT FATHER,S DAY
8. 8:45am Strength training Library Visits Scrabble	9. 9:30am 1:1 visit 10:30am "Around Australia Game Hostel" 2pm Movie and Popcorn Hostel and Nursing Home.	10. 10am Tai Chi Day Club 2PM Uniting Church Visit Service	11. 9:30am 1:1 Visits 10:30am Manicures Mt View. 2pm Bus Ride Outing Mt View and hostel	12. 9:30am 1:1 Visit 10:30am Bingo Hostel 2pm Happy Hour T Times and music	13. FAMILY AND FRIENDS VISIT	14. FAMILY AND FRIENDS VISIT
15. 8:45am Strength training Library Visits Scrabble	16. 9:30am 1:1 Visit 10:30am Concentration Game Hostel 12 Noon Senior Citzs Luncheon. 2pm Dementia Focus Group Meeting.	17. 10am Tai Chi Day Club	18. 9:30am 1:1 Visits 10:30am Carpet Bowls Hostel Lounge 2pm Singing and Music Mt View	19. 9:30am 1:1 Visit 10:30am "Who wants to be a Millionaire" Hostel 2pm Happy Hour T Times and music	20. FAMILY AND FRIENDS VISIT Happy Birthday Eileen	21. FAMILY AND FRIENDS VISIT
22. 8:45am Strength training Library Visits Scrabble	23. 9:30am 1:1 visit 10:30 Brain Gym Hostel followed by Trivia and quizzes 2pm Table Games Hostel. Happy Birthday Win	24. 10am Tai Chi Day Club.	25. 9:30am 1:1 Visits 10:30am Brain Gym Manicures Mt View. 2pm Social Afternoon tea with guests. Hostel Lounge	26. No Activities Today	27. FAMILY AND FRIENDS VISIT	28. FAMILY AND FRIENDS VISIT
29	30. 9:30am 1:1 Visits 10am Pancakes Hostel and Mt View 2pm Table games Mt View Lounge					