



## **Maldon Hospital Matters**

*Committed to care since 1859*

October, 2008

### ***DON's Doings***

The last couple of months have been very busy with preparing the Annual Report, ACHS accreditation for the Hospital and the HACC services, especially District Nursing, and a bit of a bad run with sickness for some of the staff and/or their families. (That is my excuse for not having a report in the last Newsletter, sorry for that! J)

I am very proud to say the surveyor looking at the District Nursing Services was very impressed with what she saw and the three district nurses deserve congratulations for the work they put in and the service they provide. With the hospital accreditation we have a couple of jobs to do in order to be allegeable for full accreditation, but as we have already completed two thirds of the recommendations, I feel fairly confident that we will receive another four years.

We have been very fortunate in receiving a \$500 donation from the Maldon Lions Club which has been used to purchase the long awaited house for the Dementia Focus Group's "Chook Project". The 'A Frame' has been put together and now all we need to do is get a fence erected to keep the anticipated chickens safe and in a restricted part of the garden. You might have also noticed that two budgies have arrived in Mountview Home; these are for the enjoyment of everyone. The beautiful cage was purchased out of donations and the birds were kindly donated by Ken Deveraux, Mary's son-in-law. A competition was run to decide the names and we now have Mal & Don (bet you can't guess where those names came from!?)

A few projects are currently happening. Approval for the shelter for the bus has been granted so it should be erected within the next couple of months. The Hospital has made a submission for funding for security cameras and additional door alarms for the area of the Hospital that Dr Fowler has his rooms and we are installing a couple more water tanks for the gardens (we will be asking for a few prayers for rain once they are in place).

Keep well and be happy,  
'Till next time,  
Jan J

### ***Board Talk (Clive McCann, President)***

In the last newsletter it was mentioned that the Hospital was introducing awards for projects that would be created by Maldon and Baringhup Primary School students. Well we can report that both schools have now started work on how their students can be involved with the Hospital. The students will be visiting the Hospital, talking to residents and staff, and participating in some of the Hospital's activities. Towards the end of the year they will prepare projects based on their experiences at the Hospital and these projects could take any form preferred by the individual student - they could be written, drawn, painted, sculpted, filmed, or any other format. A panel, selected from members of the community, will then have the difficult task of assessing the projects. Awards will be presented for the best projects as judged by the panel. Three awards are to be presented, an award for the best project from each school and then one award for the best project from the combined remaining projects. The awards will be presented towards the end of the year at an appropriate school function, with a presentation to each of the schools to acknowledge their assistance. Both schools are enthusiastic about the idea and there is an element of competition entering into the scheme with each school wanting to show off their projects. Also, all the projects will be displayed either in Maldon shop windows, or at a display at the Hospital's Open Day in August of next year. This will enable Maldon to share in the creative results of our young students.

You may have seen people walking around with measuring tapes and marking areas around the Hospital. You may have heard some rumours as to what it was about. It is still early days in the planning as yet, but we are looking at making some alterations for the benefit of the staff. Maldon Hospital provides such excellent facilities for residents and patients, the envy of many other hospitals, but facilities for the staff are sadly lacking. When the plans are finalised, we will then be able to detail what are to be the improvements. But the two main items that we are planning is a staff work room with more computers and enough space to write and to meet; and a secure entry area for admitting patients whose problems have not been identified, or who are seeking treatment late at night.

Whatever the planners suggest, and when we have a number of alternatives to consider, we will be asking for staff and residents to comment, make constructive criticism of the options and make suggestions to improve the final result. The priorities will be to improve staff facilities and make the Hospital safer, with as little disruption as possible and for the work to be done as quickly as possible. The schedule will also be set so that the changes will be ready for the Hospital's 150<sup>th</sup> year celebration next year, as we can expect the Minister for Health to attend the Hospital's Open Day in August to open the new facilities.

### ***Maldon Hospital - 150 Years - A Goldmine of Health (John Fitton, Committee Chairman)***

This is the slogan to remind us all that next year, 2009, the Hospital will be 150 years old. In order to recognise the importance of this anniversary, the Hospital's Board of Management has established a committee to organise a programme of events that will take the Hospital out into the community and let all of Maldon know just how much our Hospital has given to the district over all those years. The Committee has been meeting since April this year and has already made some exciting decisions including:

- participation in the Easter Parade with a 150<sup>th</sup> theme
- a "Back to Maldon" day for past staff, board members and patients, and an Open Day when everyone can come and see how the Hospital works. The Minister for Health, Daniel Andrews, has indicated that he will be in attendance on that day to officially recognise the 150<sup>th</sup> anniversary. We're all hoping that he'll make it. That will be followed by a Ball in the Community Centre. These events will all be held in August as near to the anniversary of the original opening of the Hospital as possible
- a feature in the Tarrangower Times will also mark the 150 years that weekend.
- a history of the Hospital is being compiled and the Open Day will feature a display of historical photographs and memorabilia.
- as previously indicated, the Board is offering a Tertiary Scholarship and a competition for the Maldon & Baringhup Primary Schools and these two events will be included in the 150<sup>th</sup> celebrations this year.

Other events and promotions not yet finalised include:

- a Family, Fun & Fitness day at Muckleford train station with the Goldfields Railway involved and possibly including a Pole Walking relay.
- Maldon Hospital anniversary wine and tasting glasses with the 150 year logo available for purchase
- the Hospital hopes to be involved in the "Taste of Gold" street event during Maldon in Winter.

Offers of assistance, services and information would be welcome. Please contact John Fitton on 5475 1358.

## ***Volunteer Co-ordinator's Happenings (Jenny Parker)***

TAI CHI: for October will be held in the Maldon Gardens.  
Meet at the rotunda at 9.30am. Don't forget to rug up if it is cold weather.

Personal Note from Jenny Parker:

Thank you to all my friends and associates at Maldon Hospital who have expressed support and sympathy to me since my mum died. Her journey of dementia extending over 16 years has been difficult at times for our family. It has been a different journey for each member of the family, but we have shared many rich times throughout the process. Judy and I were with her when she died, and I am thankful for that. She had five years in residential care and we are indebted to each person who participated in that care.

### ***Next Edition***

Please forward any articles you wish included in the next edition of Maldon Hospital *Matters* to me via email at [mccann@kayecees.com](mailto:mccann@kayecees.com) or leave at reception at the Hospital by 20<sup>th</sup> October.

Kaye

## MALDON HOSPITAL ACTIVITY CALENDER -OCTOBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1. 10am Tai Chi Day Club	2. 9:30am 1:1 Visits 10:30am Manicures Mt View <b>Nurses Meeting</b> 2pm Table Games Mt View	3. 9:30am 1:1 Visit 10:30am Bingo Hostel 2pm Happy Hour, Times and music	4. FAMILY AND FRIENDS VISIT	5. FAMILY AND FRIENDS VISIT
6. 8:45am Strength training  Library Visits  Scrabble  <b>SENIORS WEEK</b>	7. 9:30am 1:1 visit 10:30am Cooking Hostel 2pm <b>Lets Celebrate Seniors Week!!</b> Afternoon Tea Hostel	8. 10am Tai Chi Day Club 2pm <b>Salvation Army Church service</b>	9. 9:30am 1:1 Visits 10:30AM Trivia Hostel 12:20pm <b>"Darryl Cotton Concert"</b> Castlemaine Town Hall Bus outing	10. 9:30am 1:1 Visit 10:30am Carpet Bowls Hostel 2pm No Happy Hour.  <b>IMAGES OF MALDON PHOTO DISPLAY</b>	11. FAMILY AND FRIENDS VISIT	12. FAMILY AND FRIENDS VISIT
13. 8:45am Strength training  Library Visits  Scrabble	14. 9:30am 1:1 Visit 10:30am <b>Resident meeting</b> 12 Noon <b>Senior Citzs Luncheon.</b> 2pm Movies and Popcorn	15. 10am Tai Chi Day Club	16. <b>ACTIVITIES CONFERENCE</b>	17	18. FAMILY AND FRIENDS VISIT	19. FAMILY AND FRIENDS VISIT
20. 8:45am Strength training  Library Visits  Scrabble	21. 9:30am 1:1 visit 11:30am <b>BBQ on Patio</b> weather permitting 2pm Singing Mt View and outdoor walks	22. 10am Tai Chi Day Club.	23. 9:30am 1:1 Visit 10:30am Brain Gym Manicures Mt View. 2pm <b>Social Afternoon tea with guests.</b> Hostel Lounge	24. 10:30am Bingo Hostel 2pm Happy Hour and Tarrangower Times Mt View	25. FAMILY AND FRIENDS VISIT	26. FAMILY AND FRIENDS VISIT
27	28. 9:30am am 1:1 Visits 10:30am Outdoor Games and Light Exercise Hostel 2pm Table games Mt View Lounge	29. 10am Tai Chi Day Club	30 9:30am 1:1 Visits 10:30am Brain Gym Manicures Mt View 2pm Bus Outing	31. 9:30am 1:1 Visits 10:30am Carpet Bowls Hostel 2pm Happy Hour and Tarrangower Times		

You're invited to... Maldon Hospital  
Friends and Neighbours Day 2008  
Monday 6<sup>th</sup> October at the  
"Maldon Hotel" Cost \$10.00  
from 10.30 - 2.30

**Morning... Fay Thomas from Bendigo Alzheimer's Association will speak on dementia awareness, give an overview of the disease and explain services that can be available.**



# Yummy Lunch

**Afternoon... Norah Stubbs will present RACV's**

*Years Ahead*  
*Road Safety for Seniors*

- Driving and road safety tips for drivers, passengers and pedestrians
- The importance of choosing a safe vehicle
- The importance of being fit to drive
- The impact of health and medications on driving
- How to assess your own driving ability
- Information about alternative transport options
- How to plan for future mobility



**Physiotherapist Charlotte Bathurst will present:  
'Carry the bucket, don't kick it!'**

*For anyone from 55 to 105 - welcome to participate...  
Come for lunch and catch-up with old friends or meet new ones*

**RSVP to Jenny**  
**5479 8622**  
**LEAVE MESSAGE**