



Maldon Hospital Matters *Committed to care since 1859*

November, 2008

DON'S Doings (Jan Hutcheson)

Hello all,

Another month has passed us by and we get closer and closer to that time of the year when we wonder, "where did the year go?" I cannot believe that I have already made a start on the Christmas roster for the nursing staff. A bit scary really!

Over the past couple of months, visitors to the hospital would have seen a few new faces among the staff. We have students from the Victorian Training Group doing practical placements for Certificate III in Aged Care, third year students of nursing from Latrobe University doing placement with the District Nurses and two third year students of nursing from Deakin University on clinical placement for the unit 'Care of the Hospitalised Patient with Complex Needs'. All the students seem to have fitted in with our team and I am pleased to say the team have accepted and supported them in their learnings.

Although we do not offer the experience of looking after exciting medical or surgical cases like a bigger hospital, we do offer the opportunity for the students to experience the level of care that is given in small rural hospitals where the patients and residents can be treated very much as individuals and not a number. We wish all the students well in their future careers and thank them for being so willing to work in with the team.

Until next month,
Keep smiling and be happy.
JanH

Board Talk (Clive McCann, President)



This month sees us starting to celebrate our Hospital's 150 years of service to the Maldon community. The hospital logo that will be used for the coming year is shown here, and it incorporates the Hospital logo, with a 150 rising over the Hospital and the words that reflect the Hospital's commitment during that period "Serving our community, 1859 to 2009".

The original section of the Hospital was declared open on the 15th of August 1859. This was a small weatherboard building, measuring 50 by 20 feet, built on the current site and had room for six hospital beds and a living area for the two staff. There have been many additions and changes since that time giving us an attractive and well maintained facility. A result of the work that has been done by the Maldon community.

The first function to celebrate the 150th year will be the Annual General Meeting which is to be held on Thursday, 20th November. The guest speaker will be Vic Gordon who is the Regional Director for the Loddon-Mallee Region of the Department of Human Services. Vic Gordon is the Hospital's first point of contact with the Department that oversees hospital operations in Victoria. All are welcome so please make the effort for this special function and, as we have come to expect, the supper to be provided will again be excellent.

The start of November sees a change in the composition of the Board. We say farewell and thank-you to the retiring members: Claire Bayliss, Julie Gittus and Marni Sheehan. Their places will be taken by our new

members: Sarah Ferguson, Helen McBurney and Alan Shepherd. Our other nearly new member is Cheryl Axell who earlier in the year took the place of Marj Taylor.

I will close with a thank-you to the Board who worked so well for the Hospital in the last year and a welcome to the new Board for what looks like being an exciting year for the Hospital.



Xmas is on the way and to help you celebrate this year we have 150th Anniversary white and red wines. The Welshman's Reef Chardonnay and Shiraz have been bottled for us and are available for purchase in carton lots at \$120 per dozen or \$12 a bottle.

As well, we have 150th Anniversary tasting glasses printed with the 150th Logo at \$4.00 each.

To purchase the wine or the glasses contact John Fitton – 5475 1358, but be quick.

Community Christmas Hampers

You may remember that for the past couple of years, a small band of Maldon community volunteers have co-ordinated the collection and distribution of hampers to needy families in the district to give them a little bit of festive cheer. This year, we are aiming to have twelve hampers and seek your help by asking for donations of non-perishable goods for the hampers. If you can possibly manage twelve of any items (canned soup, soft drink, flour, sugar etc etc), that would be wonderful, but just one or two items would be very much appreciated also. Donations should be delivered to the home of Joy Leneaux-Gale, corner Baxter and Gray Streets, Maldon. Any enquiries may be directed to Joy on 5475 1326 or Marj Taylor on 5475 2307.

Volunteer Co-ordinator's Happenings (Jenny Parker)

Well I'm writing this from the lobby of our accommodation. Yesterday, October 26th, a group of four clients and two staff, Yvette and I, left Maldon about 1pm to go on our Melbourne getaway.

We had a great trip down in the lovely hospital bus, and approached Melbourne over Bolte Bridge and then came along Queens Road towards where St Kilda junction 'used to be'. Eventually we found the best access to our apartment building and made our way in to what will be 'home' for two nights. A bit of Rest and Recovery and then we headed out into the balmy Melbourne afternoon. First along Fitzroy Street... 'lots of people just sitting and eating!' then the Esplanade and on to Elwood to see the changing silvery light across the bay.

Next we headed to Station Pier to see the Spirit of Tasmania and have BEAUTIFUL FISH AND CHIPS from Rex Hunts D'Lish Fish. Not tired yet... so a city lights tour which took in Southern Cross Station, Docklands, State Library and Swanston Street. Now home again in our apartment.

Still not tired, so we had a few games of skip bo and chatter then off to bed.

Now (the next morning) according to plan, we're having a leisurely morning, but it's 8.15am and I'm getting hungry, so this report won't be too long.

Today we'll go to Abbotsford Convent, Collingwood Children's Farm and IKEA,, then it will be a 'night in'... I hope!

OTHER PAG ACTIVITIES

Monday Club

Sandra is having Monday Club at Maldon and all other programs are as usual this week. Last Monday we went to Daylesford Lake. It was a lovely outing... with a south wind, but lovely sun, so we had to work hard to keep warm, but when we got home some of us discovered we also got a little sun colour.

STRENGTH TRAINING:

Tuesday morning is winning the stats competition at the moment. But all attendances are good with a few new participants joining us.

TAI CHI has welcomed a few newbies as well... fantastic.

VOLUNTEER NEWS:

A few new volunteers have registered this month. If any staff have ideas on some roles that would be good to have filled, please talk to me. We all need to put our thinking caps on.

LAUGHING:

Yep, I'm still on about it. It's not a program as such, but we do incorporate laughter yoga strategies into lots of activities, and I have to say I am delighted with how people join in and get the benefit.

NON HACC... HEALTH PROMOTION:

Pole walking groups are having lots of fun and improved levels of fitness are being achieved. It's great to walk around the town chattering and seeing the sights, and knowing it is good for you.

Karen's group has gone to Thursday morning at 9.45am and they are 'sprinting' in a pole walking sort of fashion. Whatever group, it is a very enjoyable activity, ask any participant.

Next Edition

Items for inclusion in the next edition of Maldon Hospital Matters should reach me by 20th November, either by email (mccann@kaycees.com) or hard copy left at the Hospital reception marked for my attention.

If you have an email address and would prefer to receive your copy of the newsletter electronically, please email your address to me. Every tree saved is important!

Cheers until next time.

Kaye

MALDON HOSPITAL ACTIVITY CALENDER - NOVEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1. Family and Friends Visit	2. Family and Friends Visit
3. 8:45am Strength training 12 NOON Cup Day BBQ on Patio and parade of hats.	4. MELBOURNE CUP PUBLIC HOLIDAY	5. Tai Chi Day Centre	6. 9am 1:1 Visits 10:30am Manicures BRAIN GYM 2pm Bus Outing Mt View and Hostel	7. 9am 1:1 Visits 10:30am Carpet Bowls 2pm Happy Hour and TTimes	8. Family and Friends Visit	9. Family and friends Visit
10. 8:45am Strength training Library Visits	11. 9am 1:1 Visits 10:30am Jewel Party and Christmas Shopping 2pm "Concentration" Hostel Games	12. Tai Chi Day Centre 2pm Anglican Church.	13. 9am 1:1 Visits 10:30am Christmas Crafts 2pm Music and Singing Mt View Outdoor Walks	14. 9am 1:1 Visits 10:30am Bingo Hostel 2pm Wine and Cheese Tasting Mt View	15. Family and Friends Visit	16. Family and Friends Visit
17. 8:45am Strength training Library Visits	18. Administration Day	19. Tai Chi Day Centre	20 9am 1:1 Visits 10:30am Christmas Crafts 2pm Table Games Outdoor Patio	21. 9am 1:1 visits 10:30am Concentration Hostel 2pm Happy Hour TTimes	22. Family and Friends Visit	23. Family and Friends Visit
24. 8:45am Strength training Library Visits	25. 9am 1:1 Visits 10:30am Putting Up the Hostel Christmas tree. 2pm Table games Hostel Reading Mt View	26. Tai Chi Day Centre	27. 9am 1:1 Visits 10:30am Putting up the Mt View Christmas tree 2pm Music and Singing Mt View. Outdoor Walks Weather permitting	28. 9am 1:1 Visits 10:30am Bingo Hostel 2pm Ice Cream Sundaes Mt View	29. Family and Friends Visit	30. Family and Friends Visit