



## Maldon Hospital Matters

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December, 2008

### ***DON's Doings (Jan Hutchinson)***

Hello Everyone,

Another month has passed us by and the team at Maldon Hospital has been working hard to keep up with everything that is going on around us. The hospital Annual General Meeting was held on the 20<sup>th</sup> of November, but I am going to leave that to someone else to report on, the one thing I have to say is THANK YOU to the members of staff that helped to set up the hall and clean up after, and the ladies who once again excelled in the lovely supper that was provided.

I also need to acknowledge the amount of work that went into preparing the Annual Report. This year it was put together by Sharon (Admin support), who managed to pull it all together in addition to her already full workload without losing her grip on everything else going on. I cannot thank her enough for the way she juggled her work to ensure everything was done on time and always with a smile. THANK YOU Sharon.

At the moment I am preparing the application kit for Jessie Bowe House Accreditation due to the Agency by 20<sup>th</sup> December to prepare for a visit from them in March 2009. We also have a visit from the Australian Council of Healthcare Standards on December 16<sup>th</sup>. This is to review work required in A&E that was recommended during the visit in September this year. It seems to be never ending!

As you all know the world out there is quickly moving to a paperless workplace – and it is no different for the health industry. Maldon Hospital will be joining the rest of the world by introducing electronic data bases for client information, risk management and human resource management. A system called 'Management Advantage' is currently being prepared for use in Mountview Home and Jessie Bowe House. Assessments, care plans and progress notes will all be entered into a computer program by staff. This system is already being used in a number of aged care facilities and once the hard work of entering all the resident information into the system (Trish and I will eventually get this done) it has resulted in less time being spent on documentation by staff allowing for more time with the residents.

Another program is 'Riskman', this program is for reporting incidents, comments and complaints and for maintaining the Risk Management Plan that every hospital and aged care facility is required to have in place to meet accreditation standards. I have had the opportunity of using Riskman in a previous workplace and once staff have used it a few times they will see the benefits of completing a form on the computer rather than having to hand write them.

We have been enjoying the company of third year students of nursing both in District Nursing and in the hospital over the last month. I would like to thank and congratulate the girls on their work ethic and professionalism while they have been with us and wish them all the very best in the future.

I think that better be all for now or there won't be enough room for anyone else to have their say. Until next month, be happy, keep smiling **and have a very happy Christmas and New Year.**

JanH



### ***News from the Dementia Focus Group:***

Some of you may have noticed the chicken coup in the back yard of Mountview Home, well we have progressed further and the fence is slowly taking shape. This will create a small yard for the chickens, probably two Silkies, to keep them safe. Watch this space – or the space in the back yard!

### ***Christmas Decorations:***

Once again this year, we would like to invite families to feel free to add a bit of Christmas cheer to their loved one's room in Jessie Bowe House or Mountview Home. If you have any special memorabilia that might spark special memories of Christmas bring them in to make the house a happy place.

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

I was told that as one gets older the years get shorter and that certainly seems to be the case. It is only a short time ago that we were welcoming in the new year and looking forward to the events for 2008. Well here we are looking forward to 2009 and thinking of what that year will bring for us.

In the case of the Hospital it will be its 150<sup>th</sup> anniversary and there will be quite a few events for us to celebrate this auspicious year. We have already started to recognise this anniversary with our 150<sup>th</sup> Annual General Meeting. The meeting was well attended and we had Vic Gordon, the Director of the Department of Human Services, talk about the directions health care can be expected to take in the future. The supper was its usual high standard and was enjoyed by all who attended. The AGM is the time when the Hospital's Board of Management reports to the community on its achievements of the last financial year. An important aspect of this report is that the Hospital has been accredited in all its areas of operation. This is not only a necessity for its continuing operation, but it is also reassuring to know that the Hospital is performing to a high standard. This year we were also pleased to report an excellent financial result for the Hospital, with the Hospital making a comfortable nett profit in its operations. This satisfying result will allow the Hospital to go ahead with the new directions that are planned and this will include the alterations that are to be made to increase the comfort of visiting families with the new "Quiet Lounge". The new Lounge will be equipped with a kitchenette, comfortable furniture and facilities for family members to stay the night. We will also be providing an "After-hours Entry" for the security of the residents and the staff. Providing this After-hours Entry will require some changes to the front of the building but there will be little disruption to the operations and to the front area.

Another event that is starting the year of celebration is the presentation of awards to the primary school children in the area. These awards are for projects that have been produced by the students with the projects showing the relationship the students have with the Hospital and how they view Maldon's Hospital. The first lot of projects that have been completed by the students of Maldon's primary school are outstanding and the judges can expect to have a difficult task deciding on the award winners.

I would now like to wish all and everyone, "Compliments of the Season and a New Year that sees you, your family and friends keeping healthy and happy".

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

#### ***INTERNATIONAL VOLUNTEER DAY December 5<sup>th</sup>***

Maldon Hospital volunteers are invited to celebrate this day. A public reception and free screening of the epic new blockbuster film, "AUSTRALIA", at the Theatre Royal, Castlemaine will commence at 9.30 am next Friday. This is a special thank-you celebration to volunteers. Tickets are required for admission and are available through the Volunteer Co-ordinator Jenny Parker. Please ring, 5479 8622, to book and arrange transport/car pooling. The event is funded by the State Government's Volunteer Support Grants which funds the Strengthening Volunteerism Project. Don't miss out if you are one of our very special volunteers and would like to attend.

Sincere appreciation and thanks is expressed to every one who has contributed to the Maldon community

as a hospital volunteer during this past year. Celebrate the day!

A New Bus Parking Shelter has been constructed for the hospital bus. It is a drive through shelter. When parking the bus, please enter the park straight from Adair Street. When leaving the parking bay, drive down the hill to the cottage area and turn the vehicle around on the lower driveway. The previous arrangement of driving around the shed and then parking is no longer suitable. Drivers of the bus are asked to take care of negotiating the footings in relation to the long wheel-base of the vehicle when entering and leaving the bus park.

### ***PAG (Planned Activity Group) and VOLUNTEER SOCIAL SUPPORT MATTERS***

Train Whistle Blowin' End of Year 'Hacc Programs' Event

All PAG participants as well as any community clients who may have used the community bus or enjoyed other volunteer facilitated activities are invited to join in the fun on December 17th. Meet at Maldon Station from 10am. The train is scheduled to depart at 10.30. Enjoy a ride to Castlemaine. Lunch will be served on the train during the return journey.

Cost is \$15 for regular group participants and \$25 for any other guests. Please bring a small gift, valued \$5 - \$7 to be distributed on the day. The staff love to play Santa J J J. Leave a message on 5479 8622 to book your seat.

### ***Friday Introduction to Pole Walking***

Just for a few weeks before the weather gets "too hot" and the Christmas season "too hectic", a group has been going to Castlemaine Botanical Gardens to try pole walking. The bus leaves Maldon around 10am. The group is intended for people who have some mobility issues and can take advantage of the level wide walking track. Two volunteers assist, so that we can walk in smaller groups to accommodate the varying 'comfortable walking pace' of participants. It is a very enjoyable outing. Sometimes we go out for coffee afterwards. There are 10 seats on the bus. With the driver and two volunteers that means there is scope for 7 walkers to come along. Please talk to Jenny if you are interested in knowing more about this group. The safety of every walker is a major factor in considering the suitability of any participant to be a part of the group.

2009 Pags Resume from Monday, January 19th.

### ***"PLEASE KEEP IN TOUCH"***

Jenny will be on leave for 3 weeks until January 10th. Yvette and Sandra will be checking phone messages and doing some program planning and preparation before then. Any client who finds the break from program 'too long' is invited to ring the Day Activity Centre. Staff will be available for a chat or even a home visit. This 'down time' in January is a very important part of the year for setting direction for programs, and evaluating what we've been doing and what can be done better. It's a time for assessing and goal setting. Clients are invited to participate in this process by:

- participating in setting group goals
- setting personal goals
- planning for activities in consultation with staff
- helping with assessing what has been achieved throughout the previous year
- suggesting ideas for improving programs

Overall, a major objective is to tailor involvements to best use hospital programs so that people can live well at home. Don't just do this at home by yourself. Ring us, chat with friends, or make an appointment for further discussion with HACC staff.

### ***OTHER HEALTH PROMOTION MATTERS***

Pole walking groups resume February 2<sup>nd</sup>, 2009.

### ***Community Christmas Hampers Reminder***

In last month's edition, I mentioned the hampers for local needy families. The organisers have advised me that although supplies are building, donations of non-perishable goods are still needed. If you have one

or two spare cans or jars in your cupboard , or can manage a couple of extras in your shopping trolley, please contact Joy Leneaux-Gale on 5475 1326.

### ***School Project Awards (Kaye)***

A couple of issues ago, in Board Talk, Clive McCann told of the Board's decision to award students from Maldon and Baringhup Primary Schools for projects they have undertaken to illustrate their involvement in the Hospital. These projects could be painted, written, sculpted, filmed, modelled or in any other media the student wished to use. Well, I can happily say I have been asked to join the panel of judges and on my initial viewing of the entries from Maldon PS, I am overwhelmed by the work the students have put in to the projects. We have illustrated written work, a sculpture, models of patients (one with his leg in traction!), work on cd, framed sketches plus more. We will be collecting the Baringhup work next week and I am sure the entries from those students will be just as varied. We judges are going to have an extremely difficult job in selecting the overall winners, but truly all the students are winners in their own right. I feel privileged to be involved.

The next issue will have the results which will be announced to the schools prior to the end of year breakup.

### ***Activities Co-ordinator (Helen Yates)***

#### ***Christmas Ideas***

With Christmas just around the corner, quite often I get asked what can I give as a gift for a friend or loved one at the Hospital?? With the helpful advice from staff and suggestions, some ideas are:

Scarves (cheerful colors), Combs, Brushes, Impulse spray, a pretty brooch,

Hats for outdoor walks (Summer),

Family photos or a photo of a beautiful scene.

Scrap booking is a wonderful idea and an album with photos and history of a family member is a great gift.

Perhaps a jewellery box with some beads or necklace is a wonderful accessory.

Jigsaw puzzles are appreciated with 250 pcs or calendars for rooms.

These are just a few ideas and you probably have great ideas planned, but most of all the greatest gift is the times we share together and the smiles and hugs we give each other!

#### ***Merry Christmas and Happy New Year from Activities.***

I would like to take this time to say Merry Christmas and happy New Year from myself to you all. As we seem to say "Where has the Year gone"? Well as I reflect back on the year I am thankful for the Residents and Staff of Maldon Hospital and especially the volunteers who give so much of themselves each week and throughout the seasons of the year. Whether it is a BBQ, an Outing, a function to go to, or reading to a resident or writing a letter, there is always someone who says, "Do you need a hand? Or can I help"? This is one of the many special qualities of Maldon Hospital.

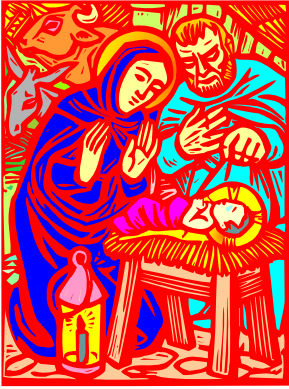
So from our house to yours - Merry Christmas and a very safe and healthy 2009!!

#### ***Next Edition***

Because of the Christmas/New Year break, we won't have a January issue, the first for 2009 will be in February. Any items/articles you would like to be included should be forwarded to me by 23<sup>rd</sup> January either by email ([mccann@kayecees.com](mailto:mccann@kayecees.com)) or dropped off at the Hospital Reception.

PLEASE LET ME HAVE YOUR EMAIL ADDRESS - ELECTRONIC MAILING IS EQUIVALENT TO YOU GIVING A \$20 DONATION TO THE HOSPITAL!

I hope everyone has a very happy and safe holiday period and are refreshed and ready for 2009 which promises to be very special as we celebrate our 150<sup>th</sup> anniversary. Cheers until 2009, Kaye



## **INVITATION**

***The combined Christmas Church service will be held on Wednesday, 10<sup>th</sup> Decmber at 2.00 p.m. in Jessie Bowe.***

***Everyone is welcome***

**MERRY CHRISTMAS**

***HAVE YOU PLACED YOUR ORDER FOR THE 150TH ANNIVERSARY WINE AND/OR GLASSES YET? A PACK OF WINE AND GLASSES WOULD MAKE A GREAT GIFT. JOHN FITTON WOULD LOVE TO HEAR FROM YOU - RING HIM ON 5475 1358***



### MALDON HOSPITAL ACTIVITY CALENDER - DECEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1. 8:45am Strength training  Library Visits	2. 9am 1:1 Visits  10:30am Christmas trivia and Games  2pm Christmas Cards Jessie Bowe	3 Tai Chi Day Center	4. 9am 1:1 Visits  10:30am Manicures and Music Mt View  2pm Ice Cream Sundaes and Games on patio.	5 9am 1:1 Visits  10:30am Bingo Jessie Bowe  2pm Christmas Carols Happy Hour	6. Family and friends visit	7. Family and Friends Visit
8. 8:45am Strength training  Library Visits	9. 9am 1:1 Visits.  10:30am Resident Meeting Hostel  12 Noon Senior Citzs Luncheon  2pm Christmas Movies Hostel and Mt View	10. Tai Chi Day Center  2pm Combined Christmas Church Service Jessie Bowe	11. 9am 1:1 Visits  10:30am Christmas Cooking Hostel  2pm Table Games Mt View on Patio	12. 9am 1:1 Visits  10:30am Carpet Bowls Hostel  2pm Christmas Carols and Happy Hour	13. Family and Friends Visit  2pm Christmas Carols Salvation Army	14. Family and friends Visit
15. 8:45am Strength training Library Visits  10:00am Baringhup PS Concert. Mt View  2pm Christmas Shopping in Maldon	16. 9am 1:1 Visits  8pm Christmas Lights Tour of Castlemaine and Maldon Bus Outting	17. Tai Chi Day Center	18. 9am 1:1 Visits  10:30am Manicures Mt View  2pm Christmas Stories and memories on Patio	19. 9am 1:1 VISITS  Set up for resident Christmas party  2pm Resident Christmas Party Day Center	20. Family and Friends Visit	21. Family and Friends Visit
22. Library Visits	23. 10:30am Last minute Christmas to do list!  2pm Christmas Happy Hour and Cheer!!!!	24. No Tai Chi till 2009	25 <b>MERRY CHRISTMAS</b>  <b>CHRISTMAS DAY</b>	26. <b>BOXING DAY</b>  <b>PUBLIC HOLIDAY</b>	27. Family and Friends Visit	28. Family and Friends Visit
29	30. Helen away till the 5 <sup>th</sup> January.	31. <b>NEW YEARS EVE</b>	<b>HAPPY NEW YEAR 2009</b>	Please note Calendar subject to Change as updated with Christmas Entertainment as notified!		