



## Maldon Hospital Matters

*Committed to care since 1859*

April, 2009

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

Hello everyone,

As I write for the April edition of Maldon Matters, we are half way through Aged Care Accreditation in Jessie Bowe House. As most of you would know, all aged care facilities must be accredited with the Aged Care Standards and Accreditation Agency in order to receive ongoing funding from the Commonwealth Government. So far with the work and commitment of the staff and the support and positive input from our residents and families, we have been successful in both our aged care units being fully accredited (and I do not plan on allowing that situation to change).

At the afternoon tea for the residents to meet members of the Board of Management, two issues were raised by residents: 1) the length of time we had taken to purchase an outside umbrella with money donated by a Mountview Home resident and 2) the heat in the rooms in Jessie Bowe House during the summer. Well I am happy to report the umbrella has been purchased and erected in the garden near the chooks enclosure and a request for a quote for external sunblinds on the balconies of Jessie Bowe House has been sent in via Engineering. I would like to thank the residents concerned for keeping me honest and on my toes.

You will have noticed the mess in the back yard of Mountview Home. This is due to the upgrade of the Fire Mains and the three day job stretching to nearly three weeks due to minor issues such as the pipes not quite being in the place the plan said they would. But the work is now complete and we just have to wait for the final testing and the garden and path can be replaced – the chooks will be happy to have their yard back I am sure!

I wish you all a happy and Holy Easter – good luck for everyone in the Easter Raffle and I will try to be more organised for next month's newsletter.

Be happy and keep smiling.



JanH

*Sincere Sympathy:*

Our sincere sympathy goes out to Norma Sims following the sudden and unexpected death of her daughter Faye last week. Faye had worked for some years at Mt Alexander Hospital in a number of different positions, but we will always remember her at Maldon Hospital for the fact that she was one of our *family* members. Our thoughts and prayers are also with Faye's children and other members of her family.

## **HACC SOCIAL SUPPORT AND PLANNED ACTIVITIES HAPPENINGS**

It is just past the end of the first quarter for the calendar year. That means today I've been checking the computer statistics for all HACC activities. At the end of each quarter we have to send a report to Melbourne to show that the money that is paid to the Hospital for HACC programs is being used properly. We have to reach certain numbers of 'hours of service' to individual program participants. I was a little surprised yesterday when the machine did the adding up that we are a little under target for the quarter, but then I remembered that we provided no programs for the first two weeks of this year. As well as that we had the very hot weather, there have also been some 'sickies', and there have been some brave adventurers going away on holidays.

Peter, one of the holidaymakers, returned to Strength Training today. He was beaming. I remember visiting him and his wife last year and they were talking about driving to Queensland for a holiday. That seemed to me to be almost too big a plan. Anyway at the start of the year they told us at Monday Club that they were going to fly to Western Australia for March. The plan was to reconnect with neighbours of years ago when they lived in Britain. In case I'm not telling the story well enough, these 'gutsy octogenarians' made big plans and saw them through. The friends of many years ago hosted them and showed them a great time travelling from Perth around to Albany and Esperance and I'm sure they did many other exciting things. As I write this, I also think of Lorna who has been away since early February. Lorna also had plans of a trip away, but unfortunately she had a fall at home and needed to be in hospital for several weeks. Yesterday she came to the Baringhup Social Group again. Not what you'd call 'a ball of muscle' but certainly pleased to be home and to come and meet with friends again.

Very inspiring people come to our programs.

There will be no Strength Training on Thursday, 23<sup>rd</sup> April, as staff will be attending a training day. The following Thursday there will be a visiting speaker from Commonwealth Care Link to let us know more about this important information service.

### **HEALTH PROMOTION HAPPENINGS**

#### **Pole Walking**

**There will be NO POLE WALKING GROUPS DURING THE SCHOOL HOLIDAYS.**

Back to statistics... There have been 33 HACC CLIENT attendances at pole walking and 33 attendances by people who aren't old enough or frail enough to benefit from HACC programs.

#### **Tai Chi**

Has been going along well. We still miss Jo coming to join us but understand that the time came for him to finish TAI CHI in a group, although I'm sure he still does a lot of the exercises under his own steam.

#### **Volunteer Happenings**

I'm looking ahead to National Volunteer Week in May. On the Tuesday the 12<sup>th</sup> of May between 1.00pm and 3.30pm the Day Activities room will be open. There will be a chance just to catch up, to discuss volunteer exploits, renew police checks and chat about any concerns, or just say "Giddyay!"

I must apologise for the mix up in regard to the bus roster, which some volunteers did not receive. Some were sent out and then there were a lot of changes and no-one knew what was happening. The roster will be sent out today.

Some of our very regular volunteers have had to give up their tasks due to illness. You know who you are and I trust you will soon be up and running again.

I'm looking forward to the next few months of exciting activities to enjoy in good health.

## **150<sup>th</sup> Anniversary**

Easter is almost here and that means the Easter Parade on Monday morning. For the first time in a few years, the Hospital is putting in a float which has been organised as part of the 150<sup>th</sup> Anniversary Committee. Steven Wright, one of our Board members as well as a member of the organising committee, has been the driving force behind the float, and from what *Maldon Hospital Matters* has seen and heard, it will be something to remember. Our thanks go to Steven for all his hard work. It may not be too late for any staff members who wish to be involved, so if you think you would like to be "on show", speak to Jan. It will be a lot of fun.

Things are progressing well for all the celebrations planned - research into the history of the hospital is well under way, plans are being made for you to be able to dance the night away at the ball, an open day and reunion of past and present staff, patients, board members will also take place - August will be a busy time.

We are still trying to find the oldest living person who was born at the Hospital. We think we have found the youngest, but if you know of someone born at the Hospital **AFTER** 23<sup>rd</sup> May 1977, please make contact with John Fitton on 5475 1358.

### ***In Memoriam (contributed by a staff member)***

Recently a bronze plaque was attached to one of the circular garden beds in the courtyard between the old and new buildings at the Hospital.

The plaque is in memory of a past CEO/DON, Jeremy Lord, who sadly died in 2005. After Jeremy died, staff thought it would be fitting to put something permanent in place as a tribute to him. Jeremy had done the fundraising ground work to enable us to have the lovely hostel we now occupy.

The inscription on the plaque reads:

*" In memory of  
Jeremy Foster Lord  
9/6/1955-27/6/2005  
Our CEO & DON who worked to secure the  
funding for the Hostel and the rebuilding of the  
acute and nursing home.  
  
From a grateful staff at Maldon Hospital "*

We would also like to thank Barb Harper for choosing the wording and having the plaque made.

Some photos of the plaque and garden area were sent to Jeremy's wife Jude and family, who now live interstate. Recently we received a lovely thank you card from Jude, which in part read:

*"Rachel, Rebecca, Gemma and myself were very moved by your kindness and thoughtfulness. The plaque was an inspired gesture and Jeremy would have been so proud. The wording and position are perfect. Thank you, Jude."*

### ***Next Edition***

Articles for the next edition of the Maldon Newsletter should reach me by 24<sup>th</sup> April. Please forward via email [mccann@kayecees.com](mailto:mccann@kayecees.com) or leave at the Hospital reception desk.

**HAVE A HAPPY AND SAFE EASTER**

MALDON HOSPITAL RESIDENT ACTIVITY CALENDER – APRIL 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1. 10am Tai Chi Day Club	2. 9:30am 1:1 Visit 10:30am Light Exercises and Book Club Mt View.  2pm Andre Ruie Mt View and Jessie Bowe	3. 9:30am 1:1 Visits 10:30am Bingo Hostel  2pm Happy Hour and TTimes and Music	4 FRIENDS AND FAMILY VISIT	5 FRIENDS AND FAMILY VISIT
6. 8:45am Strength Training Day Club  Library Visits	7 9:30am 1:1 Visits 10:30am "Who wants to be a Millionaire Game" Jessie Bowe  2pm Egg Dye Mt View	8 10am Tai Chi Day Club	9 9:30am 1:1 Visits <b>BRAIN GYM</b> 10:30am Manicures NH and Hostel  2pm Happy Hour Mt View	<b>10</b>  <b>GOOD FRIDAY</b>  <b>PUBLIC HOLIDAY</b>	11 FRIENDS AND FAMILY VISIT	12 FRIENDS AND FAMILY VISIT  EASTER SUNDAY
13 EASTER MONDAY  10AM EASTER PARADE IN THE STREETS OF MALDON	14 9:30am 1:1 Visit <b>BRAIN GYM</b> 10:30am Resident Meeting  <b>2PM TABLE GAMES</b> <b>JESSIE BOWE</b>	15 10am Tai Chi Day Club  <b>2pm Church Service</b> <b>Hostel Lounge All</b> <b>Welcome</b>	16 9:30am 1:1 Visits <b>BRAIN GYM</b> 10:30am Light Exercises and Quizzes  1:30pm <b>Bus Outing NH</b> <b>and Hostel</b>	17. 9:30am 1:1 Visits 10:30am Carpet Bowls Hostel  2PM Happy Hour and the TTimes	18 FRIENDS AND FAMILY VISIT	19 FRIENDS AND FAMILY VISIT
20 8:45am Strength Training Day club  Library Visits	21 9:30am 1:1 Visits 10:30am Coffee Shop Outing  2pm <b>Movies and</b> <b>Popcorn Hostel and NH</b>	22 10am Tai Chi Day Club	23 9:30am 1:1 Visits BRAIN GYM 10:30am Manicures NH and Hostel  2pm Table Games NH Walking Club	24 9:30am 1:1 Visits 10:30am Bingo Hostel  2pm Happy Hour and music and TTimes.	25 FRIENDS AND FAMILY VISIT  ANZAC DAY PUBLIC HOLIDAY	26 FRIENDS AND FAMILY VISIT
27 8:45am Strength Training Day Club  Library Visits	28 9:30am 1:1 Visits 10:30am Cooking Jessie Bowe.  2pm Music and Singing NH	29 10am Tai Chi Day Club	30 9:30am 1:1 Visits BRAIN GYM 10:30am Cooking Mt View  1:30pm <b>Bus Outing NH</b> <b>and Hostel</b>			