



Maldon Hospital Matters

Committed to care since 1859

May, 2009

150th Celebration (Kaye)

As part of the 150th celebration, and to give it a very public focus, the organising committee decided to enter a float in this year's Easter Parade. What a lot of fun it was. We had a very well-endowed patient in the operating theatre with surgeons and an anaesthetist administering their loving attention and skills on her, a mothercraft nurse and baby, general nurses and others receiving and giving ancillary care such as massage and exercise. Following close behind the float was the balloon-festooned Hospital bus with driver Activities Co-ordinator, Helen Yates, and six residents. We understand the residents are still talking about the fun they had also. A small team of pole-walkers "poled" alongside the bus, ably led by Jenny Parker and it seemed they enjoyed themselves, too. The float was the brain-child of committee (and board) member Stephen Wright and our grateful thanks go to him and all who helped and participated, and especially to the Sartori family for providing the truck and driver.



In addition to all the fun, we were judged second in our section and winner of the Fitzpatrick Family Trophy for the best overall entry. Just like being paid to have fun!

This was just the beginning of the celebrations planned to mark this special anniversary for our Hospital and we hope you will enjoy and participate in as many of the activities as possible.

Don't forget the anniversary wine and glasses are still available for purchase - contact Hospital reception if you need more.

HACC Social Support and Planned Activities Happenings (Jenny Parker)

REMINDER: National Volunteer Week 2009 runs from 11th to 17th May to celebrate the invaluable contribution made to our community by volunteer workers. There are so many opportunities for people with a little spare time to give to help others, and in the process, receive great rewards such as making new friends and having fun. Services like Meals on Wheels and Easy Care Gardening provide tremendous practical assistance to frail, elderly people, people with a disability and their carers, as well as social contact.

On Tuesday, 12th of May between 1.00 pm and 3.30 pm, 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!"

SNIPPET: Last Thursday April 24th, HACC Planned Activity staff - Yvette, Sandra and Jenny - attended a training day with District Nurses - Fran, Karen and Sandra. It was about supporting and providing client Independence and the main facilitator for the day was Professor Rhonda Nay from La Trobe University, Director of Australian Centre for Evidence Based Aged Care (ACEBAC). Another speaker was John Toomey, leading presenter in the areas of Health, Wellbeing, Life Balance and Self Development.

What we gained from the day was the feeling that we already do support and provide client independence quite well from all services at Maldon Hospital. Hopefully we also gained some inspiration and insight to continue to develop strategies of personal goal setting, resilience and wellness, for ourselves and the people we work with.

APPLY FOR THE BP VOUCHERS FOR VOLUNTEERS PROGRAMME: If you're a not-for-profit volunteer and you use a vehicle to undertake your volunteering activities, you could be eligible to receive a free BP fuel voucher to help you in your volunteering work.

Who can apply?

Permanent Australian residents who volunteer for a registered not-for-profit organisation dedicated to:

- Education
- Health and human service
- Arts and culture
- Development and community
- Environment and conservation

PLEASE NOTE: Religious and political organizations are excluded. HOWEVER where the voluntary work undertaken has a non-denominational focus (such as emergency relief, community assistance) then volunteers with church or faith based organizations can still apply. These groups do extraordinary volunteer work so PLEASE DO NOT BE DISCOURAGED FROM APPLYING.

Applications can be made via BP's website www.talkstoppedlongago.com.au from 9:00am Monday 27/04/2009 and close at 5:00pm on Monday 11/05/2009.

Successful applicants will be notified by 1/06/2009 and will receive their BP Pre Pay fuel cards by 30/06/2009. A single volunteer cannot receive more than one BP Pre Pay fuel card. BP's intent is to spread the benefits across the Australian community to many different community groups.

Successful applicants can redeem their BP Pre Pay fuel card at any BP service station Australia-wide. The final decision is solely made at the discretion of the Vouchers for Volunteers selection panel and BP Australia Pty Ltd.

A Note from Activities Co-ordinator (Helen Yates)

What a busy few months we have had, and a hot few months. We are back into the swing of things and have enjoyed several visits from the Maldon Primary School. The students came along and read poetry they had written about special events in their lives. Afterwards they visited with the residents and the residents then shared special moments in their lives. The interaction between the different generations is always a special time. We have had several BBQs outside on our beautiful covered patio area and these always have a huge turnout! We were very blessed to have just the perfect weather on these days.

Several residents have moved closer to family which is sad for us, but happy for them and their families. So now we have had several new residents move in and we welcome them and their families and friends.

Easter: WOW what a wonderful weekend and the most beautiful weather to enjoy the festivities! A big thank you to Gavin and Julie Alexander for the Good Friday Service at the Hospital and the yummy Hot Cross Buns! This year the Hospital had a float in the parade that won Best Overall, and the Hospital Bus was in the parade! I had the pleasure of driving the bus with six residents on board and how they and I enjoyed it!!! This was a well talked about event, bringing back wonderful memories.

Anzac Day will be honored here at the Hospital and by those going to services locally.

As I close on this note we would like to say: "Happy Mothers Day" to all our mothers and grandmothers and aunties and that special lady who may have touched your life, - have a wonderful day.

ACTIVITIES PRESENTLY HAS A DISPLAY OF CLOTHING PROVIDED BY "PETAL BACK CLOTHING". THE CLOTHES ARE DESIGNED SO THAT THEY ASSIST THOSE WITH MOBILITY LIMITATIONS.

IF YOU WOULD LIKE TO VIEW THESE CLOTHES OR WOULD LIKE A BROCHURE ON PRICES PLEASE LET ME KNOW!

HELEN 5475 2000

Next Edition

Any articles or contributions for next month's edition should be forwarded to me by email at mccann@kaycees.com or left marked for my attention at the Hospital reception area by Friday 22nd May.

Cheers 'til next edition, Kaye

HAPPY MOTHERS'DAY

MALDON HOSPITAL RESIDENT ACTIVITY CALENDER – MAY 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1. 9am 1:1 Visits 10:30am BINGO HOSTEL 2pm Happy Hour TTimes	2 Family and Friends Visit	3. Family and Friends Visit
4. 8:45am Strength training Library Visits	5. 9am 1:1 Visit 10:30am "Who wants to be a Millionaire" Game Hostel 2pm Crafts Hostel Music	6.. Tai Chi Day Center	7. 9am 1:1 Visits 10:30am COOKING Mt View 2pm Music and Games Mt View	8. 9am 1:1 Visits BBQ LUNCHEON PATIO 2pm Music Mt View and Jessie Bowe	9. Family and Friends Visit	10. Family and friends Visit MOTHER'S DAY
11. 8:45am Strength training Library Visits	12. 9am 1:1 Visits 10:30am TRIVIA Senior Citzs Lunch 2pm Table Games Hostel Music	13. Tai Chi Day Center 2pm Uniting Church Service Hostel Everyone is invited to attend	14. 9am 1:1 Visits 10:30am Manicures Mt View 2pm Crafts Mt View and Memory time	15. 9am 1:1 Vists 10:30am BINGO HOSTEL 2pm "MELODY MAKERS" Mt View Dining Room	16. Family and Friends Visit	17. Family and Friends Visit
18. 8:45am Strength training Library Visits	19. 9am 1:1 Visits 10:30am "Around Australia Game" Hostel 2pm Movie "AUSTRALIA" Hostel and Mt View	20. Tai Chi Day Center	21. 9am 1:1 Visit 10:30am Manicures 1:30pm BUS OUTING	22. 9AM 1:1 Visits 10:30am CONCENTRATION HOSTEL GAME 2pm Happy Hour TTimes	23. Family and Friends Visit	24. Family and Friends Visit
25. 8:45am Strength training Day Center Library Visits	26. 9am 1:1 Visits 10:30am BRAIN GYM and Exercise Hostel 2pm Table Games and Music Hostel	27. Tai Chi Day Center	28. 9am 1:1 Visit 10:30am "AUSTRALIA BIGGEST MORNING TEA" Senior Citzs. 2pm Music and Memories Mt View	29. 9am 1:1 Visits 10:30am CARPET BOWLS HOSTEL 2pm Happy Hour and TTimes	30. Family and Friends Visit.	31. Friends and Family Visit