



Maldon Hospital Matters

Committed to care since 1859

November, 2009

As many of you would be aware, Jan Hutchinson has been on leave for the last couple of weeks and has therefore not been able to provide her usual contribution. There have not been any other articles submitted for inclusion this month, so we have a much shortened edition with a report of planned activities and volunteers activities from Yvette as well as Helen's monthly activities calendar.

Yvette has very ably filled in while Jenny has been on leave riding her bike from Land's End to John O'Groats and we are all in awe of Jenny's achievement . But as we all know, it is difficult to enjoy your leave unless you know you have left a capable person looking after things back home. Yvette has certainly done that and we thank her for her efforts (with assistance from Sandra), particularly her jottings for the last couple of newsletters. Well done both of you.

Annual General Meeting

The Hospital's AGM will be held in the Day Centre on Thursday, 19th November at 7.30 pm. The guest speaker will be Graham Allardice who will speak on medical education development in north west Victoria. Light refreshments will be served at the conclusion of the meeting and everyone is welcome to attend.

HACC Social Support Co-ordinator's Happenings (Yvette Newton)

JENNY MADE IT TO JOHN O'GROATS !!!

After keeping track of her progress from 30th August, and all the excitement and spills of her journey from Lands End, we received this message on Sunday 18th October

"Got here about 4.30pm. No bells and whistles or brass band but we did it !!! Have a cosy room to stay in with a good view of the sunset. "

Jenny, WE CONGRATULATE you - well done !!!

She has travelled 1665 kms in approx 8 weeks, a mighty effort. Currently they have travelled down to the south of England by train and are parking their bicycles before setting off to Vienna, Prague and Budapest. There they will enjoy a REAL holiday, prior to their return to Australia in the middle of November.

VERY GOOD, VERY GOOD, YAY !!!

During Jenny's absence our groups have soldiered on, enjoying the recent sunshine and warmer weather. Monday Club and Friday pole walkers had trips to Malmsbury's Bleak House. They have an amazing 15 acres of gardens, and the lunch supplied there was delicious. This is well worth a visit, especially during November when the roses are in bloom. Put it on your 'to do' list.

October started off with a special effort for Seniors Week and 62 people attended our 3rd "Friends and Neighbors Day" at the Maldon Hotel. Feedback has been positive, with great educational sessions, beautiful community singing with Neil Sheahan and a good feed.

At Monday Club we have visited the local nursery in Parkins Reef Road and driven in bush to see the wild flowers. We also have a proposed visit to the local primary school for a tour of their new renovations and to watch a class operate. Then it will be "GRAB YOUR FANCY HATS" for cup week .

As the weather warms up, Sandra and I hope to see all exercise and pole walking members and other PAGs back in the swing of group participation. For those who have been away or sick ...WE MISS YOU..... and hope to see you SOON.

Our Volunteers continue to devote their time to helping across the areas of involvement at the Hospital and in the community. Thank you. You are appreciated for your generosity and cheerfulness !!!

Reminder:

Thursday 29th October Combined Morning Tea for exercise groups at 9.30 am to celebrate 11 years of strength training at Maldon Hospital. YIPPEE

SEE YOU THERE FOR CAKE Yvette and Sandra

PLEASE NOTE there will be NO strength training group or hospital bus running on Tuesday 3rd November - Cup Day !!!







Next Edition

Any articles for inclusion in the next edition of Maldon Hospital *Matters* should be emailed (mccann@kaycees.au) to me or left at the Hospital reception by 20th November. The December edition will hopefully have some suggestions for Christmas gifts for residents.

Cheers until next time

Kaye

MALDON HOSPITAL ACTIVITY CALENDER - NOVEMBER 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30. 8:45AM Strength training Library Visits						1. FAMILY AND FRIENDS VISIT
2. 12 NOON CUP DAY BBQ ON PATIO HAT PARADE 	3. MELBOURNE CUP DAY 	4. 10am Tai Chi Day Club	5. 9:30am 1:1 Visits 10:30AM Manicures Mt View 2pm Table games Hostel OAKS DAY	6. 9:30am 1:1 Visits 10:30am BINGO Hostel 2pm Happy Hour and TTimes	7. FAMILY AND FRIENDS VISIT	8. FAMILY AND FRIENDS VISIT
9.. 8:45am Strength training Library Visits	10. 9:30am 1:1 Visits 10:30am Cooking Hostel 12 Noon Senior Citzs Luncheon 2pm Crafts and Music - Hostel	11. 10am Tai Chi Day Club 2PM CATHOLIC SERVICES HOSTEL LOUNGE	12. 9:30am 1:1 Visits 10:30am Exercise and Music Mt View 2pm Outdoor Walks and Bookclub Mt View	13. 9:30am 1:1 Visit 10:30am Carpet Bowls Hostel 2pm Happy Hour TTimes Mt View	14. FAMILY AND FRIENDS VISIT	15. FAMILY AND FRIENDS VISIT
16. 10:30AM NEIL SHEEHAN WILL BE HERE TO PLAY MUSIC 	17. 9:30am 1:1 visit Administration Day 2pm Movies Hostel and Mt View	18. 10am Tai Chi Day Club.	19. 9:30am 1:1 Visit 10:30am Manicures and Music Mt View 2pm Concentration Mt View Games	20. 10:30am BINGO Hostel 2pm Happy Hour and Tarrengower Times Mt View	21. FAMILY AND FRIENDS VISIT	22. FAMILY AND FRIENDS VISIT
23. 8:45am Strength training Library Visits	24. 9:30am am 1:1 Visits HOSTEL CHRISTMAS DECORATIONS TO BE PUT UP 	25. 10am Tai Chi Day Club 	26 9:30am 1:1 Visits MT VIEW CHRISTMAS DECORATIONS TO BE PUT UP	27. 9:30am 1:1 Visits 10:30am Carpet Bowls Hostel 2pm "MELODY MAKERS' CHRISTMAS SPECIAL. 	28. FAMILY AND FRIENDS VISIT	29. FAMILY AND FRIENDS VISIT