



Maldon Hospital Matters

Committed to care since 1859

January, 2010

DON's Doings (Jan Hutchinson)

Hello everyone,

I cannot believe we are already facing Christmas, it only seems like weeks ago that I was going through the 2008 paper work and filing it all away to start a new year. A lot has happened over the past twelve months with building works, 150th Celebrations, Strategic Planning, and some staff changes that saw some very familiar faces move on to greener pastures and new challenges. But, with all the changes and progress I would like to think one thing remains the same, the dedication and care provided by the staff at Maldon Hospital. Even though we are small and we don't have the excitement of a large Emergency Department and/or Intensive Care Unit, I believe we have something special and that is respect for people as individuals, not just a number or diagnosis.

My goal as the Director of Nursing is to ensure that Maldon Hospital can continue to have a reputation for being a professional, caring place for patients and residents and a friendly, welcoming place for new staff. As always I welcome feedback from anyone on how you think we serve the Maldon community and if there is any way we can improve our service.

To all of you I wish a happy and safe Christmas and New Year. I look forward to working with you all again in 2010 on making Maldon Hospital the best 'little' hospital in Victoria, no – Australia!

Be happy and keep smiling.



JanH
December 2009

Building works up-date:

We are nearly there! The bedroom in Jessie Bowe still needs the bathroom completed and the new Quiet Lounge just needs the sink and plumbing done, then we can move in. We are arranging for some extra cleaning time to prepare the rooms for use and we should be in by Christmas, which isn't very far away. I think it would be fair to say that during the building works, the running of the Hospital was not greatly disadvantaged. We had a couple of noisy days when the jack-hammer was removing the concrete slab, and I apologise to the residents in Jessie Bowe House for that disturbance, but on the whole things went pretty smoothly.

So I would like to thank the workmen involved for their consideration of the residents, their visitors and the staff. THANK YOU J

Bushfire Preparedness:

Anyone visiting the Hospital will notice that the preparations for bushfire safety have commenced with the non-native trees being removed from the block behind / beside the hospital and a couple of the large native trees having limbs trimmed. As a 'Greeny' I am sorry to see the trees go, but with the safety of our residents, patients, staff and buildings at risk I can see the necessity for the clearing of timber and shrubbery from around us to provide a fire break.

Introduction of Uniforms:

You will notice that some of the hospital staff are now wearing uniforms. They are being delivered to the Hospital in dribs and drabs and we do have a couple of people who still need to be measured and have their uniforms ordered (me included in that small group). It is anticipated that we will all be wearing our new outfits early in the new year and we will all be looking as smart as those who are wearing them already.

Board Talk (Stephen Wright)

On behalf of the Board of Management, I would like to thank all the staff and volunteers for their hard work over the year, the 150th anniversary year of the Maldon Hospital. We certainly celebrated the year with enthusiasm and style.

I would also like to wish everyone, fellow Board members, staff, volunteers, residents and their families all the best for Christmas and the New year. The Board of management and I look forward to working with you all to provide another year of quality care in 2010.

Merry Christmas and Happy new Year.

Riddles for Thinkers (the answers are on the next page, but don't cheat!)

1. What is black when you buy it, red when you use it, and grey when you throw it away?
2. Can you name three consecutive days without using the words Wednesday, Friday or Sunday?
3. This is an unusual paragraph. I'm curious as to just how quickly you can find out what is so unusual about it. It looks so ordinary and plain that you would think nothing was wrong with it. In fact, nothing is wrong with it. It is highly unusual though. Study it and think about it, but you still may not find anything odd. But if you work at it a bit, you might find out. Try to do so without any coaching!

Executive Expression (Graem Kelly)

We are living in a world where change seems to be endless and technology seems to be moving us further away from each other. At Christmas, there is much debate on this time being overrun with commercialism and religion, and with our televisions being full of violence, sex and so on, it is no wonder one can become confused. Even worse, you could let yourself fill up with overwhelming despair.

It is times like this that you need to take stock and look within one's self. When I reflect on a few simple things that occur in a hospital for example, I gain some grounding. Grounding from the understanding of what it is like for someone to have a kind word offered without prompting, when care given beyond that of what is asked for, and respect is freely given without judgement. All this allows me to take heart and see the strength of what is good in humanity. The good still burns brightly and if we all take the time to reflect on it, it will dispel the negativity that seems to want to engulf us.

Just like the lighthouse in the storm, we all can take comfort from the joy of Christmas because this is a time to reflect on what it is that is good about mankind. What it is that makes each and every one of us a good person, a loving couple, and or a close knit family and not least what makes a community?

There still will be brief moments when we do experience some level of sadness on recognising there are those who are not able to share this Christmas joy with others. And yet I ask you all not to let this overshadow you with despair, because it is this awareness and knowledge that we care and feel that goes to the heart of us understanding the richness of the Christmas spirit. It shows our enlightenment and the courage of the human spirit. It defines the parts of our humanity which seeks to invite all others to be part of our community and enjoy a Merry Christmas.

So I say for my message "Give yourself permission "to sing carols loudly." Take the freedom to have the sun shine brightly and enjoy the life. And if it suits you, have a drink, enjoy good food and good company. Let all that is Christmas give you comfort in all that is good in our humanity. And please, you have permission to take pleasure in Christmas and fill your world with joy throughout the holiday season. I can assure you I do not seek to sit in judgement of your god, your social status or of who you are! Rather, I ask us all to celebrate and make ready for the coming of the New Year and may it be a better one than your last."

School Project Awards (Kaye)

Last year, the Board decided to sponsor awards to the students of the Primary School for projects they undertook, which illustrated what the Hospital means to them. The work could be written, painted, sculpted, filmed, modelled or any other media they wished to use, and last year students from throughout the school participated. This year, the project was limited to grade six.

The judges have told me they had a very difficult time in choosing between the various entries, so much so that the Maldon Newsagency has decided to give a special prize. It was finally decided that the Hospital awards should go to Cadel Watson and Lily Fraser with the Maldon Newsagency award to Jon Shanks. Congratulations and thank you to all the students for your efforts.

Answers To The Riddles

1. Charcoal, as it is used in barbecuing.
2. Sure you can name three consecutive days: yesterday, today and tomorrow!
3. The letter **e**, which is the most common letter used in the English language, does not appear even once in the paragraph.

Next Edition

Any contributions you wish to make for the February edition, should be emailed to me (mccann@kayecees.com) or left at Reception by 22nd January.

I hope that you all have a safe and happy Christmas with your family and friends, and may 2010 be rewarding and healthy. Cheers until next time.

Kaye