

HACC Social Support Co-ordinator's Happenings (Jenny Parker)

It's great to be back and at the start of the program year for 2010.

While we were travelling in Britain last year, I 'kept an eye out' and 'ear to the ground' to see what I could find out about health service community programs for older people. I've got to say I was really proud to be able to speak to people about the types of HACC programs that we have in this region and particularly about the HACC programs we run from Maldon Hospital.

These activities resumed on January 11th. Before that, we were able to spend some time reviewing records and statistics. The store room and all cupboards had a clean-up. We've made plans for the coming year and have been able to consider client involvement and review what their participation may mean for their health and well-being. PARTICIPANTS ARE ENCOURAGED TO SET PERSONAL GOALS FOR THE YEAR AHEAD.

HEALTH PROMOTION ACTIVITIES:

Pole Walking on Fridays at Newstead resumes on Friday 5th. The hospital bus leaves from the Day Activities Room in Adair Street at 8.10am if you'd like a ride, or meet at the footy oval at Newstead at 8.30am

Pole Walking on Wednesdays at Maldon resumes on Wednesday February 3rd, at 6.00pm.

Tai Chi on Wednesdays at Maldon in the Day Activities room resumes on February 3rd.

New participants are most welcome to these groups. Contact 5479 8622 for further details...

VOLUNTEERS:

Two new volunteers have registered in January. The people who staff the kiosk trolley at the Hospital have met together to catch up and discuss the smooth running of the trolley service.

The Tuesday community bus has been running. It needed to be cancelled one day because the fire risk was declared extreme.

I would like to meet with the volunteer drivers and jockeys on February 17th in the Day Activities Room at 11.00 am. Please advise if you are able to attend.

Volunteer Badges: Please arrange to have an official hospital badge with you when you are on duty. If you haven't been issued with one, please make arrangements to get one through Sharon at Reception. There may be some that need updating also.

School Project Awards (Kaye)

We are hoping to include copies of some of the entries in last year's School Project Award to illustrate the work the children have put into their submissions. The scanner should be up and running in the Hospital's office by the time the next edition of Maldon Hospital Matters is produced, so March's edition should include several examples of the children's work.

In the meantime, one of the poems is reproduced to give you a sample of what is to come.

MALDON HOSPITAL

MALDON HOSPITAL

UP ON THE HILL

IS A GREAT PLACE TO GO WHEN YOU ARE ILL

LOTS OF PATIENTS IN THE WARDS

DOCTOR & NURSES RUN BACK AND FORWARD

TO MAKE THEIR STAY

GREAT EVERY DAY

CHILDREN FROM THE SCHOOL

WALK PAST THE POOL

TO GET TO THE HOSPITAL




UP ON THE HILL.

BY SIMON COX AGE 11

Next Edition

As usual, articles or contributions are welcome and should be submitted by Monday, 22nd February. They may be emailed directly to me at mccann@kaycees.com.au or left at the Hospital reception.

MALDON HOSPITAL RESIDENT ACTIVITY CALENDER – FEBRUARY 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1. Library Visits 	2. 9am 1:1 Visits 10:30am Trivia and Memory time Hostel 2pm Ice Cream Sundaes Mount View	3. Tai Chi Day Center CHINESE NEW YEAR (Rabbit)	4. 9am 1:1 Visits 10:30am Manicures and Music Mount View 2pm Table Games Mt View	5. 9am 1:1 Visits 10:30am Bingo Hostel 2pm Happy Hour TTimes and Music	6. Family and Friends Visit	7. Family and Friends Visit
8. 8:45am Strength training Library Visits	9. 9am 1:1 Visit 9:30am Residents and Relatives meeting Hostel 2pm "Merry Memories" On the Patio weather permitting	10. Tai Chi Day Center 2pm Church Service Hostel lounge Everyone is invited to attend.	11. 9am 1:1 Visits 10:30am Exercise to Music and Games Mt View 2pm Bus Outing Facility Wide	12. 9am 1:1 Visits 12 Noon BBQ on Patio and Valentines Celebrations  2pm Happy Hour Mt View TTimes and Music	13. Family and Friends Visit	14. Family and friends Visit VALENTINES DAY 
15. 8:45am Strength training Library Visits	16. 9am 1:1 Visits 10:30am Pancakes (Cooking) 2pm Movies Hostel Music Mt View SHROVE TUESDAY	17. Tai Chi Day Center	18. 9am 1:1 Visits 10:30am Manicures and Music Mt View 2pm Crafts and Art Hostel	19. 9am 1:1 Vists 10:30am Bingo Hostel lounge 2pm Happy Hour TTimes and Music	20. Family and Friends Visit	21. Family and Friends Visit
22. 8:45am Strength training Library Visits	23. 9am 1:1 Visits 10:30am Brain Gym and Exercise Hostel 11:30am Senior Citzs Luncheon 2pm Outdoor Walks Weather permitting	24. Tai Chi Day Center	25. 9am 1:1 Visit 10:30am Exercise and Music Mt View 2pm Ice Cream Sundaes and Music Mt View and Hostel	26. 9AM 1:1 Visits 10:30am "Who wants to be a Millionaire" Game Hostel 2pm Happy Hour TTimes and Music	27. Family and Friends Visit	28. Family and Friends Visit