

MALDON HOSPITAL MATTERS

SEPTEMBER 2023

Message from the Director of Nursing / General Manager

Hello everyone,
As we enjoy the beautifully abundant wattles in bloom across the shire, we are reminded that winter will soon come to an end and spring will be upon us. This past week, we've had some heavy frosts but have enjoyed some beautifully sunny days which has been lovely, a taste of things to come!

On August 7th we celebrated Aged Care Workers Day which involved many of our staff dressing up in some amazing costumes. We had morning and afternoon teas and a lovely supper provided to all staff working on the day as a small thank you for their ongoing commitment to providing the best care to our residents and ensuring that their home is clean, warm and welcoming each and every day.

Our ongoing work to recruit more permanent staff is bearing fruit and we're delighted to welcome Martin, Renny and Loretta to the happy Maldon team. Whilst we remain dependent on some Agency staff to keep our care staff levels up, we are gratified to see that our permanent numbers are increasing and hoping that our newest team members enjoy their time at Maldon.

On another note, whilst the scaffolding has yet to come down from the façade of the main building, we continue to work behind the scenes to put in place all of the bushfire mitigation works that have been recom-

Dhelkaya Health would like to acknowledge and extend our appreciation for the Dja Dja Wurrung People, the Traditional Owners of the land that we are standing on today.

Dhelkaya Health would like to acknowledge traditional owners Uncle Rick Nelson & Aunty Kerri Douglas and thank them for their continued guidance to Dhelkaya Health.



Image courtesy of Djaara (Dja Dja Wurrung Clans Aboriginal Corporation)
<https://djadjawurrung.com.au>

INSIDE THIS ISSUE

Message from the DON/GM
Resident & Relative meeting
New Staff

Message from the DDON
Photo competition
Health & Wellbeing
Happy Birthday
Residential Calendar

mended to enable us to return to a safe and "defendable" site. In future editions I will keep you up to date on where we are at with these works so that everyone is clear on where we stand as the next bushfire season arrives. With the promised "El Nino" weather event coming, this coming season looks to be a very challenging one so I take this opportunity to remind you all to review and update your Bushfire Action plans. Summer will arrive sooner than we think!

*Take care and stay safe
Shannon*

Upcoming Resident & Relatives meetings— all welcome!

- Oct 10th
- Dec 12th

New Staff

Martin RN

I was born in the Philippines, moved in Australia in 2019. I am currently living in Bendigo with my younger sister. We have four dogs and two cats in the Philippines.



Loretta Hotel Services

I live in Campbells Creek on 8 acres off the grid. I am building my own tiny house. I have a five month old puppy and my last position was as a cook at Royal Freemasons Aged Care for six plus years



Renny RN

Myself and my family migrated to Australia from India. My wife works in Bendigo Health as a mental health nurse. We have two kids whom we adore. I worked as a nurse in United Arab Emirates and India before immigration. I worked at Inglewood District Health as an ANUM before joining Maldon.



Teena PCW

I grew up in Melbourne, moved to the country 30 years ago, I have 4 sons, several grandchildren, lovely husband, 3 dogs, miniature horse & a goat. I have worked at Castlemaine Health for approx. 8/9 years and I was a beauty therapist for 30 years.

Dee Hotel Services

I grew up in the Yarra Valley and Melbourne, moving to the West when I got married. I love bush walking and gardening and making Arts & Crafts.



Message from the Deputy Director of Nursing

Hello to all,

Welcome to Spring! The warmer weather is a fantastic time to get our bathers out of the cupboard and start to enjoy Cairn Curran.

It was wonderful to be involved in Nalderun Aboriginal Cultural Training recently in Yapeen. We spent time out on country looking at rock wells and scar trees. This gave us all grounding and appreciation of our natural environment and the land on which we play and work. It is lovely to feel this connection to land especially when looking out at the view from the Jessie Bowe Garden Room.

Regards, Peta

Sylvia's early childhood photo competition

Bring in your childhood photos for the staff and residents to try guessing who you are. Please hand your photos into Reception for copying by Tuesday 12th

Final day to match names and photos is Wednesday 20th. There will be a small prize for the winners from the resident and staff groups



Health and Wellbeing

"He who has a why to live can bear almost any how." Nietzsche



Platform Souls delighted everyone recently with their gentle and evocative tunes. We celebrated Sylvia's 90th Birthday as well which was wonderful timing!



Jen enjoying some gardening in the Jessie Bowe garden. Spring is on the way!



Margie very kindly took us all to Scotland and Ireland in Armchair travel. She showed us her photos and shared soda bread and Scottish tablet with us all. Thanks Margie!



Morrie, Marijke and Mertle the Turtle enjoying each other's company and some welcome sun.



Residents and Maldon primary School children enjoyed catching up and hearing about the athletics day



Danni Moore ran a beautiful service for our annual Memorial recently with families, residents and staff attending. Jill Findlay played Harp which was a lovely addition. We shared afternoon tea together afterwards at the end of the service.





Don't forget that Morrie is open for business cleaning shoes to raise money for the hospital. Leave bagged and named in Reception. Gold coin donation. Thanks!



Happy 90th Sylvia

Happy Birthday



Daphne



Isobel








Tony & Paul's *hot tips*

Park View Bakery, Maryborough
 Chunky Beef Pie—it has real beef!
 Pyrenees Pies, Avoca
 Steak pie & Green Thai curry
 crocodile pie—good pastry
 Johnny Bakers, Castlemaine—
 Beef & Burgundy— a little dearer
 but well worth it—NO SOGGY
 BOTTOM!



Senior Citizens Day



SEPTEMBER 2023 RESIDENTIAL CALENDAR						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 4. 9.30 Exercises GR 10.00 Support visits 1.30 1:1 Harp M.V 2.30 Exercises G.R	 5. 11.00 Gentle Exercises J.B Pet Therapy 2.30 G.R Sensory stimulation	 6. 11.00 Bocce J.B 2.30 1:1 visits	 7. 11.00 Gentle exercise J.B Pet Therapy 2.30 Men's Group Sylvia's Trivia GR	1. 9.30 Exercises GR 9.30 Lolly trolley 11.00 Bingo J.B 2.30 Exercises GR	2. Family /friends visit Saturday Movie	3. FATHERS DAY! Personal interests 
11. 9.30 Exercises GR 10.00 Support visits 2.30 Pet therapy 2.30 Exercises G.R	12. 11.00 Maldon Kinder visit Pet Therapy 2.30 Manicures	13. 11.00 Uniting Church Service J.B 2.30 Drive J.B	14. 11.00 Gentle exercise J.B Pet Therapy 2.30 Harp Recital GR	15. 9.30 Exercises GR 9.30 Lolly trolley 11.00 Bingo J.B 2.30 Exercises GR	16. Family /friends visit Saturday Movie	17. Family /friends visit Personal interests
18. 9.30 Exercises GR 10.00 Support visits 2.30 Pet therapy 2.30 Exercises G.R	19. 11.00 Gentle Exercises J.B Pet Therapy 2.30 Craft J.B	20. 11.00 Bocce J.B 2.30 Referendum discussion Q&A G.R	21. 11.00 Gentle exercise J.B Pet Therapy 2.30 Sing a long J.B	22. 9.30 Exercises GR 9.30 Lolly trolley 11.00 Bingo J.B 2.30 Exercises GR	23. Family /friends visit Saturday Movie	24. Family /friends visit Personal interests
25. 9.30 Exercises GR 10.00 Support visits 2.30 Pet therapy 2.30 Exercises G.R	26. 11.00 Gentle Exercises J.B Pet Therapy 2.30 Gardening M.V	27. 11.30 Lunch at Maldon Hotel	28. 11.00 Gentle exercise J.B Pet Therapy 2.30 1:1 visits	29. Public holiday!	30. Family /friends visit 2.30 AFL Footy finals Celebration J.B	