



ADDINGTONIC

From the Desk of the Ed...



In this issue, the first for 2004, you can read about Addington's Garden of Remembrance, the nursing Graduation, Miss Addington and AFM Hospital Radio.

Having said this, please be so kind as to forward your departmental news to the Public Relations Department. If you would like to become a regular correspondent, give me a call. The more regular the correspondents the more regular the Addingtonic. This is your news—your way. Use it!

It has been sometime since the last edition of the Addingtonic found its way into your hands, and believe me, when I say work in the PR department has been 'plentiful' it is by no means an exaggeration.

In putting this issue together, the one thing we have noticed is the lack of news. Don't get me wrong—there is plenty of news in the hospital, but we need to hear the news so that we in turn can pass on that news to our readers.

All the very best to all our readers for the year that lies ahead. From dreams to reality... you make it happen!

Theresia Daghish

Remember: You can't shake a hand with a closed fist!

Accreditation—The Concept

"Health Service Accreditation is a certification indicating that a health service complies with nationally agreed standards for Health Services.

This indicates that a particular facility has volun-

tarily sought to be evaluated."

Addington Hospital has a long history with Accreditation. In fact, for those who don't already know, Addington Hospital was the first public sector hospital to receive ac-

creditation status. This proud moment took place on the 21st of November 1997. We re-entered the process and are currently in our final year and the COHSASA facilitators are pleased with the progress... pg2

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WE WANT YOUR NEWS!

Send your departmental news to
**THE EDITOR—ADDINGTONIC
PUBLIC RELATIONS DEPT.
1st Floor
Addington Hospital**

Garden of Remembrance



The Garden of Remembrance, established in memory of deceased hospital staff, has been resurrected by the Matron's Office.

This garden was opened in 1998 by Peter Gagiano in memory of the late Amanda Botha (ex-Medical Superintendent Secretary)

If you haven't been near the garden for a while, take some time to visit this special place. A special thanks to the gardeners who maintain the garden.

For information or to order plaques for the wall, please contact Charmaine Lancaster on ext. 2439.

To mean something to somebody is one of the greatest satisfactions in life.

Validivar

Donovan Goodall passed away on 21st September 2003. He was appointed on August 16, 1992 as a pupil nursing assistant and later as an enrolled nursing assistant. He applied for the post in the Human Resource department and was appointed on the first of October 1998. As a colleague who had shared an office for about a year, I can reflect on many happy occasions we shared together. He had a good interpersonal relationship with all his colleagues and staff. I admired him for his "Never Say No" attitude and for his accomplishments at such a young age.

Donovan, our karate champion, is sadly missed by all who knew him. His jokes, smile and laughter is sorely missed.

Graduation & Prize Giving

The Nursing Graduation was held on the 20th of September 2003 in the Centenary Hall at Addington, to recognize those graduating in the field of nursing.

Congratulations to all achievers. We wish you well in a career that is committed to compassion and we know that the reward of helping others in need, will be reward received.

Whilst the graduation honors nurses in training, the Prize Giving ceremony publicly recognizes members of staff who successfully completed upliftment and other courses during 2003 eg: ABET and Zulu

Members of Nursing, Ancillary and Maintenance departments all

received recognition for their efforts.

During 2004, members of staff from other departments, eg: HR and Admitting etc. will be invited to participate in upliftment courses. Watch this space for more details.

Behold the turtle! He makes progress only when he sticks his neck out.

James B Conant

Accreditation cont. from page 1

(cont. pg 1) of the service elements.

Addington appointed sub-committees that are responsible for ensuring the progress of each service element.

Feedback from the facilitators has revealed that some of these elements had reached more than 90%, all due to the commitment and dedication of the hospital staff.

Congratulations to all the staff for their pursuit of excellence. We encourage them to continue to strive for quality in the year ahead.

There are no passengers aboard 'Starship Addington', only crew!



Natural Remedies—Ode to Garlic

As a whole and in perfect cloves, your wreaths bask in the brilliant sunlight, all covered and protected you are undermined, yet when peeled, crushed, sliced or even left whole your powers are immense.

You lent healing to those in need, fighting against bacteria, viruses, fungi and the never ending parasite. Folk of long ago used you to help with minor ailments, influenza, TB, diphtheria, the whooping cough and the typhoid.

Your potent presence has been able to draw out the stings of insects and thorns. When mixed with honey or

maple syrup, your powers come alive to make the easiest elixir for the cough. 1/2 a teaspoon in some water is sure to rid the cough. This meager tribute is much endless, but forsooth it can all be spiraled into this humble proverb...

A spoon of GARLIC a day may keep your cardiologist away!

**You know you've
reached middle age
when all you exercise
is caution!**

Bitz

WANTED

Ward 9B would appreciate it if any interested parties could donate second hand newborn baby clothes for the adoption and abandoned babies. Contact Sr Grobler in Ward 9B on 327 2626/7

HIV AIDS COURSE

The next 10 day HIV AIDS counsellors course will begin in February 2004.



Twins wins Miss Addington 2003

The crowning of the new Miss Addington took place on the 23rd of November 2003. The glamorous event was held at Centenary Hall at Addington Hospital.

The victorious lady of the evening was a shy nursing student, Sibongile Mapalala. At the time, Mapalala was based in Ward 12A, female medical.

In her spare time Mapalala involves herself in charity work. As part of her

duty being crowned Miss Addington, Mapalala has already assisted with the World AIDS day function held in the hospital foyer. This enabled her to promote staff awareness as well as familiarise herself with staff and patients of Addington Hospital. In parting Mapalala mentioned she enjoys spending quality time with her family, especially her twin brother.



Sports Team News—Regional Tournaments

Addies F.C. played King George V Hospital and drew 1 - 1 in the first game. Their second game against King Edward saw Addies draw 0—0. In the game played against AEMS, Addies won 2—0 going on to play against Prince Mshiyeni and winning again, 3—1. In the semi-final, Addies played Clairwood and beat them 2—0. In the final against Inkosi Albert Luthuli, Addies FC won 6—3 on pen-

alties.

PROVINCIAL TOURNAMENT

Addies FC represented Region F against Region H. The score a draw 1-1. In the second game against Region B Addies drew 0—0. Region F vs Region D won 2—0. In the semi-finals, Region F vs Region G, Addies won 1—0. In the Provincial Finals Region F vs Region B, we won 2—1.



AFM Hospital Radio

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Your News Your Way

We Want Your News!

It's all about growth!

In November 2002, the management of Addington hospital radio was taken over (in a private capacity) by its' founder Peter Gagiano. Since then the station has grown from strength to strength. In October 2002 AFM had no more than 3 presenters and in studio staff. Today we boast a team of 8—only two of which are hospital staff.

Some believe that every road has bumps, some bigger than others, but if you drive slowly and carefully these bumps can be overcome. Our aim to take our service 'to the people' by becoming more accessible is still a priority at AFM. All we need now is to find the third possible location. ("Fingers crossed")

Not so long ago we began fundraising in order to move the studio to the hospital's main foyer. The initial location (adjacent to the lifts) was found to be unsuitable due to the high cost of computer and air-conditioning installations. The second location identified, at the bottom of the spiral staircase, was not suitable due to congestion problems.

Below is the AFM timetable. Don't forget you can call the studio anytime to make a request or send a dedication on (031) 327 2553 (internal ext. 2553). We appreciate all calls and will make every effort to play your request. Our library currently contains more than 7000 songs, all available in less than 30sec of making your request. Perhaps we'll talk to **you** soon?!

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
08h00 To 10h00	Late Breakfast with Peter Gagiano	Late Breakfast with Peter Gagiano	Late Breakfast with Peter Gagiano	Late Breakfast with Peter Gagiano	Late Breakfast with Peter Gagiano	ARNOLD
10h00 To 13h00	Midday Vibes with Joel Cool	Midday Vibes with Joel Cool	Midday Vibes with Joel Cool	Midday Vibes with Joel Cool	Midday Vibes with Joel Cool	ARNOLD
13h00 To 15h00	Into the after- noon with An- dre Audie	Into the after- noon with An- dre Audie	Into the after- noon with An- dre Audie	Into the after- noon with An- dre Audie	Into the after- noon with An- dre Audie	ARNOLD
15h00 To 16h00	DJ Mello D (all the club clas- sics)	DJ Mello D (all the club clas- sics)	DJ Mello D (all the club clas- sics)	DJ Mello D (all the club clas- sics)	DJ Mello D (all the club clas- sics)	ARNOLD
16h00 To 17h00	Vera Yon	Vera Yon	Vera Yon	Vera Yon	Vera Yon	ARNOLD
17h00 To 08h00	ARNOLD— Automatic Ra- dio throughout the night	ARNOLD— Automatic Ra- dio throughout the night	ARNOLD— Automatic Ra- dio throughout the night	ARNOLD— Automatic Ra- dio throughout the night	ARNOLD— Automatic Ra- dio throughout the night	ARNOLD— Automatic Ra- dio throughout the night

NEWS HEADLINES @ 08h30, 09h30, 10h30, 11h30, 12h30, 13h30 and 15h30. SPORT @ 09h20 and 13h30