

Happenings



On The Hill



HILLCREST HOSPITAL

JUNE 2003—ISSUE 2



OUR EDITOR

Run! Kathy run!
Have you received a lashing
from her tongue?

Kathy, the Editor,
The hospital staff must
all credit her.

Need help anyone?
Give her a task and it
will be done.

Hurry! Kathy hurry!
But there's ample time
don't you worry.

Passionate she gets
About her writing, AIDS
and all pets.

Always loyal and true
Whenever she is devoted and
cares about you.

Go! Kathy Go!
Always see her running
to and fro.

By: Maggie Wight



OLD ANTHROPOLOGISTS never
die, they just become history.

OLD ARCHERS never die, they just
bow and quiver.

OLD ARCHITECTS never die, they
just lose their structures.

OLD ASSETS never die, they just
depreciate.

NOTE FROM THE EDITOR

Please, we need articles, recipes, quotes and nominations for staff member of the quarter. Please hand articles to Kathy in Pharmacy.

We wish Maggie and Terry Wight a safe and successful trip to the U.K.

Lastly, we welcome Dusti to the editorial team:

There was a young lady called Dusti
Who proved herself ever so trusty.
Then her enthusiasm got the better of her
And now she is on the committee of the newsletter.

Thank you to Tony Hardy for assistance with this issue

CONGRATULATIONS!

Births:

Mr. E.M. Khumalo and his wife Mrs. R.B. Khumalo on the birth of their son Aphiwe – 1/3/2003
Mrs. Thobile Hlongwa gave birth to a baby boy.
Congratulations Sister September and Sr. Oldfield on completing the AIDS counselling course at ATIC. We welcome you as valued qualified AIDS counsellors.
Mr. M. Mabaso—Pharmacist's Assistant course.

Promotions:

Sr. Ramiah and Sr. Oldfield.

Courses:

2 upgrading courses—Mr. Protas Shezi and Mr. Agrippa Mshengu.
M. Nzama and D. Majoji
1 bridging course—E.N.A N. Ndlovu
2nd bridging course—E.N. R. Dlomo

Hail

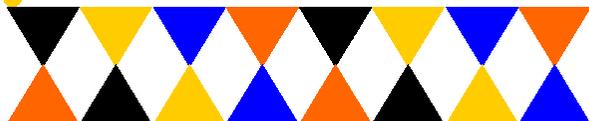
Sr.W. Groenewald
V. Mbili
T. Dladla
L. Dlamini
E. Nene
J. Mtotshwa

Farewell

B. Mbantwa
Mis B. Du Toit
B. Msomi



Condolences to the family of J. Ndwandwe



Learn to speak Zulu
By: Mr. E.M. Khumalo

What is the time?
Isikhathi sini?

Tomorrow – kusasa
Yesterday – izolo
Today - namuhla

It is cold— Kuyabanda
It is hot— Kuyashisa

What does that item cost?
Lento ibiza malini?



For the first time in many years, a an old man traveled from his rural town to the city to attend a movie.

After buying his ticket, he stopped at the concession stand to purchase some popcorn. Handing the attendant \$1.50, he couldn't help but comment, "The last time I came to the movies, popcorn was only 15 cents." "Well, sir," the attendant replied with a grin, "You're really going to enjoy yourself. We have sound now.."

2004—Diamond Jubilee by: Mr Rakesh Gayanchand
OUR HOSPITAL IS TURNING 75 YEARS OLD

Our hospital should be our pride and joy . Not only do we work and earn our living here, we provide an essential service to the public. A huge portion of our lives is spent at this hospital. Let us, the staff, own this project of raising funds to celebrate this momentous occasion.-

Suggestions: A fun run; money collection boxes, flea market, a horse race, a music evening, a darts evening and a ball.

OBSTACLES ARE WHAT WE SEE WHEN WE TAKE OUR EYES OFF THE GOAL!

Don't count the days—make the days count.
Jump aboard this important venture and submit your suggestions and ideas to management. The best ideas to be published in the newsletter.

If you blame others for your failures, do you credit them with your successes?
Your attitude toward others will determine their attitude towards you.



A very interesting fact

Doctor: Did you know that there are more than 1,000 bones in the human body?

Larry: Shhh, doctor! There are three dogs outside in the waiting room!

SARS – AND OTHER PANDEMICS

By Dr. V. Hickman

The present epidemic of Severe Acute Respiratory Syndrome (SARS) has vividly brought to mind previous epidemics which decimated populations across the world in previous years. In the 14th century, the plague or black death killed one quarter (or 25,000,000) of the population of Europe.

The great plague of London in 1664-5 resulted in more than 70,000 deaths out of a population of 460,000.

The outbreak in China and Hong Kong in 1894 caused between 80,000 – 100,000 dead, and within 20 years had spread from the Southern Chinese ports around the world and resulted in 10,000,000 deaths.

Ranked alongside this, is the long history of influenza epidemics, first documented in 1610. The most severe outbreaks in modern times have been those of 1889-90 and 1918. The 1918 epidemic was the most destructive influenza outbreak in history and is estimated to have killed 20,000,000 persons, with 50 times more people sick. In India alone, 12,500,000 persons are believed to have perished. Again in 1957-58 Asian flu caused a world wide epidemic as did the Hong Kong flu in 1968-69. Fortunately subsequent outbreaks have been less severe, largely due to preventative vaccines, and control of secondary infections with antibiotics.

Poliomyelitis was the next scourge to cause world wide epidemics between the years 1942-53. In 1952 severe epidemics occurred in Europe, Asia and Africa. In America alone 33,344 cases were reported in 1950. Since 1960 however, poliomyelitis has been more or less under control due to the widespread use of Sabin (oral) vaccine.

In 1981 three young men fell ill in Los Angeles with the same symptoms. They were all homosexual and were found to have a deficient immune system – the cause, a virus, which was given the name human immune deficiency virus. This was the birth of AIDS and we all know how devastating this epidemic has been around the world and particularly in Sub-Saharan Africa.

In the Southern Guangdong province of China a snake and bird trader died in January 2003 at the Peoples Hospital near Foshan, 20 km south of the provincial capital Guangzhon (formerly Canton).

He is believed to be the first recorded case of fatal SARS, and his death was kept a closely guarded secret by the Chinese authorities.

Guandong's appetite for wild animals is legendary and restaurants scramble to buy exotic table fare such as cobras, leopard cats, civets, monkeys, bats and guinea pigs. At the market in Guangzhun tens of thousands of living and dying animals trapped in the pools of their own waste are crammed up against each other. It is a perfect breeding ground for deadly viruses.

Alongside the wild animals live domestic poultry, pigs and people – the ideal phase for transmission of the species-jumping corona virus. This virus has been found to cause severe acute respiratory syndrome and resulting in the death of 500 persons at the time of writing, rising each day.

Microbiologists believe that at least three global pandemics have sprang out of the mire of Guangdong province in the last century alone, including the Asian flu of 1957, the Hong Kong variant in 1958 and probably the "Spanish" flu of 1918.

Are we doing enough in South Africa to protect citizens from this latest deadly virus?



Singabesifazane bakulelizwe
Siqhwaga ukunikezwa
Indawo yethu, emakhaya,
Emisebenzini, em'phakathini

Singabesifazane bakulelizwe
Sesinamulungelo afanayo
Nabantu besilisa
Siqhwaga ukuphathwa ngokufanayo
Emakhaya, emisebenzini, em'phakathini

Singabesifazane bakulelizwe
Sesiyakwazi ukuqhwakela
Ezikhundleni eziphezulu
Sibala bani –sibala omama Manto Shabalala
Msimang kweZempilo kuHulumeni kaZwelonke
Sibala Omama Nkosozana Dlamini Zuma kuHulumeni kaZwelonke kweZangaphandle

Sibala bani – sibala onkosikazi Didiza kweZindlu
Sibala onkosikazi Ella Ghandi, Margaret Thatcher nabanye abaningi
Kungaphela usuku lonke ngibalisa ngeqhaza elithathwe
Ngabesifazane ezikhundleni eziphezulu

Siyabonga kuHulumeni kaZwelonke ngokusicabengela njengabantu besifazane.

Mrs. Nonhlanhla Sibiya



INTERNATIONAL WOMAN'S DAY

7/3/03

By: Kathy Strapp

"It was good to hear the passages echo with the sound of women's voices!"

Wathinta abafazi, wathinta imbokodo bhasopha!

Mrs. Sibiya led the proceedings with her ideas about what a woman is:

W – Worker, a woman's work is never done.
O – Organiser, we spend our life organizing for others.

M – Manager, mediator, mentor, that's us.
A – Adviser, achiever, it is incredible what a woman can do.

N – Nurse, nurturing mother, tireless giving of our time.

There were so many good things said that there is not enough space to print it all. Patrick Ngubane spoke sincerely about the role of a woman in life, and of the respect that they deserve, for without us many would not be here today.

Dusti, Roszalina and Lee-anne gave a humorous version of what a woman is – watch out for the long sigh, guys.

The Hillcrest Hospital dancers, with Mary Molefe as their leader, gave a brilliant performance that was loudly applauded.

I would like to mention a volunteer worker named Catherine Khwela, who has a golden voice. She sings beautifully!

Mrs.Rebecca Khuzwayo was the star of the show as she spoke about women and AIDS with conviction.

Thank you, Mrs. Sibiya, for a wonderful morning.

NGENXA YAKHO

By Mrs. Rebecca Khuzwayo

Ngivuka ekuseni ngovivi, ngilungisele abantwana besikole
Ngigijimele izimoto ezizongisheshisa
Ukuze ngikwazi ukufinyelela emsebenzini
Ngenxa yakho.

Noma ngizizwa ngingemnandi egazini
Ngizwa ngehluleka ukuvuka ekuseni
Ngiyaphikelela ngitotobe
Ngenxa yakho.

Ngizithola ngibhekene nenselelo
Ngenxa yobuningi bomsebenzi
Ngicele amandla kuMdali
Ngenxa yakho.

Ngiphelelwa amandla, ngiphoxeke
Ngiphelelwe ithemba ngidikibale
Kodwa uma ngike ngacabanga ngawe
Amandla nethemba kuyabuya

Uma ngiyeka ukuza kuwe
Uzodlani? uzonakekelwa ngani?
Konke ngikwenza ngenxa yakho.

This is to the patients at Hillcrest Hospital. If I do not provide my services, how will the patients survive?
That is why I come to work even if I am sick, stressed or disappointed, discouraged and humiliated.
Only for the sake of the patients.

Happiness will never come to those who cannot appreciate what they already have, happy people count their blessings instead of airing their complaints.

AN ODE TO SR.NACHENIUS



It was alone, cold and abandoned.
It lay in the dark night, while traffic passed by.
The wind blew and autumn leaves covered it.
Then a saviour arrived.
The angel in white gently lifted it from its forgotten place.
It was found! It was saved!
Well done, Sr. Nachenius, for rescuing the poor little hearing aid.



Theresa's money tip:

It is very important to read through ANY contract before signing. The small print is part of the contract, be sure that you are aware of what you are signing!

A smile is special it costs nothing, but it has the power to enrich all who receive it.

A smile brings inspiration to the discouraged,

Cheer to the sad and warmth to the troubled.

Share your smile,
Give someone a beautiful day!



CROSSWORD 2

ACROSS

1. Quarrel among nations (3)
3. Albert (short) (2)
5. Previous partner (2)
6. Atmosphere around a person (4)
8. Left (Abbr) (2)
9. Meaningless words / ideas (8)
13. .. light .. a feather (2)
14. Term of affection (5)
16. Fragrance (5)
19. Roman ten (1)
20. To wed (5)
21. .. be, or not .. be (2)
23. Regarding (Abbr) (2)
25. Morning (Abbr) (2)
27. Painting, drawing etc. (3)
29. Negative (2)
30. A,E, ___ U (Vowels) (2)
32. To leave (2)
33. Not inanimate (7)
37. Edmund (short) (2)
38. Not Mrs. (2)
40. Port Elizabeth (Abbr) (2)
41. Identity Document (2)
44. United states (2)
45. It's not inside, it's on ___ (3)
46. Managing director (Abbr) (2)
48. Donkey (3)
50. Thank you (2)
51. 5th note of scale (2)

Crossword kindly DOWN

compiled by
Lee-anne.

A small prize will be awarded to the writer of the best article in the next issue.
Please hand articles to the ed-team.



1. Past tense of win (3)
2. Secure release of person by paying (6)
2. How ... you? (3)
3. Solid part of earth's surface (4)
4. Extra terrestrial (2)
7. I squared (2)
8. Piece of meadow / Pasture (3)
8. Row a boat with this (3)
9. Adjective for a sexually appealing person (4)
10. Mother(..) figure (2)
15. Decay (3)
16. Put in order (7)
17. Wedlocks (9)
18. Bew(...) of the dog (3)
22. Single unit (3)
24. Occupational therapist (2)
26. Frame of mind (4)
28. Rapid eye movement (Abbr) (3)
31. It's not inside, it's on ... (3)
34. Ignorant person (5)
35. Morning (Abbr) (2)
36. To clip the edges of (5)
39. Outer edges of a wheel (4)
40. Matter secreted from festering wound (3)
42. Human blueprint (3)
43. Not applicable (Abbr) (2)
47. To perform (2)

Crossword 1—Solution

Across: 1. Lighthouse 6. At Ease 7. Fired
9. Stirrer 10. Art 11. Rues 14. Mess 15.
Cat 16. Edited 17. Stack 18. Damned 19.
Sky 20. Pruned
Down: 1. Let 2. Giants 3. Theory 4. Offers
5. Streaked 6. Attracts 8. Detested 9. Sent
back 12. Deck 13. Binder 14. Merman 19.
End

Editorial Team

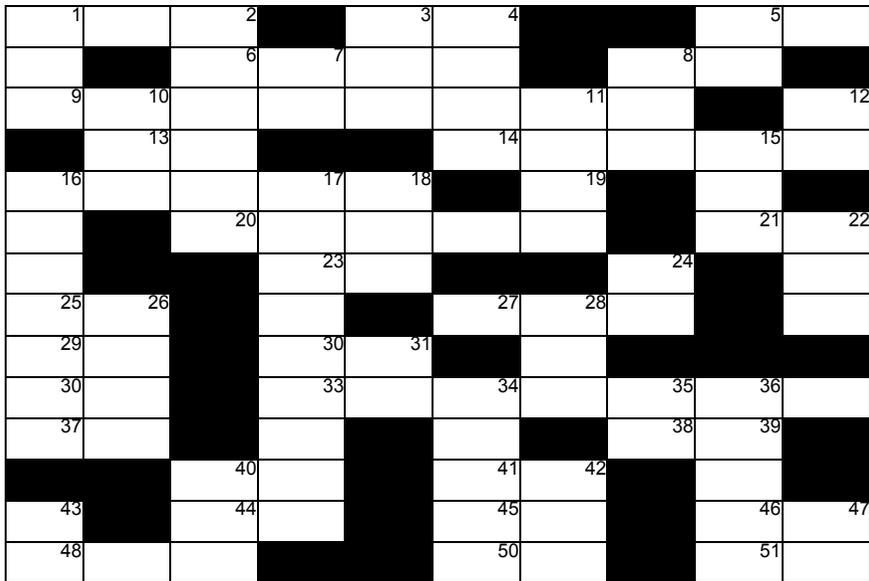
Kathy Strapp
Dusti Booyen
Clive Naidoo
Michelle Oldfield

Maggie Wight
Joel Chiliza
Thobile Hlongwa

The Editorial team reserves the right to shorten articles if necessary.



CROSSWORD TIME



CELEBRATING WOMAN'S DAY



ALL ABOUT OCCUPATIONAL THERAPY

Definition:

“Occupational therapy entails the use of self-care, work and play activities to increase independent function, enhance development and prevent disability. It may include adaptation of a task or environment to achieve maximum independence and enhance

The quality of life...”

What does an O.T. do?

The Occupational Therapist is concerned with people who are treated through active participation in purposeful activities in order to enable them to regain their health, return to the community and to enjoy quality of life. The therapist uses a problem solving approach by first assessing the patient’s physical and mental abilities. In this way, problems are identified which may effect the way in which patients are able to care for themselves, hold down a job, as well as participate in leisure time activities. A treatment plan is then designed specifically for the patient taking into account their individual needs and background. Activities are chosen for the set objectives to help the patients to reach their potential. Successful treatment relies on a sound therapeutic relationship between therapist and patient – the therapist giving support and encouragement to the patient. Thus the patient contributes to his or her own recovery by becoming actively involved.

The Occupational Therapist may need to make suggestions with regard to adaptations to the patient’s living and working environment, or provide them with adaptive devices to enable them to function more independently.

Occupational therapy is an exciting and challenging profession because each patient has specific requirements, and treatment needs are constantly changing.

By: Dusti Booyen



What doctors say vs. What they are thinking:

“That’s quite a nasty looking wound”

(I think I may throw up)

“This may hurt a little”

(Last week 2 patients bit off their tongues)



INFECTION CONTROL TIPS BY: Sr. H. Arbuckle

Staff please be vigilant: Clean hands, aprons and gloves in wards.

If you have a cold, wear a mask to protect patients.

When doing backs, notice and report skin problems that could lead to pressure sores.

Linen must be kept spotless and changed frequently.

PET THERAPY

The benefits we experience when pets are beside us.

- We develop more **empathy**.
- We develop an **outward focus**: rather than thinking and talking about ourselves and our problems, animals help us to focus on their environment.
- **Nurturing**: Psychologically, when a person nurtures, his/her need to be nurtured is being fulfilled.
- **Rapport**: Animals can open a channel of emotionally safe, non-threatening communication between client and therapist.
- **Acceptance**: An animal's acceptance is non-judgmental, forgiving and uncomplicated by the psychological games people often play. They accept us the way we are.
- **Entertainment and socialization**: The presence of animals encourages socialization, laughter and interaction in an inpatient setting.
- **Mental stimulation**: This occurs because of increased communication with others. In situations which are depressing or institutional, the presence of animals serves to brighten the atmosphere, increasing amusement and laughter. These positive distractions may help to decrease people's feelings of isolation or alienation.
- **Physical contact**: In hospitals where most touch is painful or invasive, the touch of an animal is safe, non-threatening and pleasant. Touch is very important for the nourishment of our mind and spirit.
- **Physiological Benefits**: Many people relax when animals are present. Tests have shown that the decrease in heart rate and blood pressure can be dramatic.



By: Dusti Booysen



The one important thing I have learned over the years is the difference between taking one's work seriously and taking one's self seriously. The first is imperative, the second is foolish.
Dame Margot Fonteyn.

Staff Interview:

Mr. James Ndawonde is in charge of cleaning the hostel. He has been employed at our Hospital for 14 years. James is married and he has 3 children. In 1978 James began preaching and he is still a preacher. His message for his colleagues is: "Be good to your family and communicate well at work." Thank you James.

AIDS by Mr. Joel Chiliza

Fellow South Africans, colleagues and friends, allow me to create an awareness with regards to AIDS.

AIDS is killing our neighbors and members of our families. I would like to highlight some factors that contribute to the increase in death of our loved ones.

1. Stigma attached to AIDS: the perception is created that a person who is sick or has died of Aids or AIDS related diseases, was engaged in polygamy or prostitution.
2. Myths associated with AIDS : eg.: You will get AIDS if you use a spoon used by an AIDS patient. Such information is misleading and not supportive to an AIDS sufferer.

It is encouraged that people who are diagnosed with AIDS should break the silence and educate others rather than deviating the focus by saying that they are sick of witchcraft or the ancestors wanting them to become Sangomas

People should be open enough to talk about sex to their children. It is sad that after a person has gone through the process of being a Sangoma or traditional healer, they end up dying and few are brave enough to disclose their status to the immediate family.

Please take a proactive approach ABC:
A for Abstain
B for Be faithful
C for Condomise.

AIDS knows no colour, gender or religion. We should support our fellow South Africans unconditionally and love them as we love ourselves. AIDS is a worldwide problem not only applicable to South Africa. The unfortunate part is that the people dying are at a youthful age, those who contribute to our gross national income and those who are candidates for key positions.

The unanswered questions are:
Who will survive the AIDS axe?
Who will be the future of our country?

AIDS KILLS!

Interesting Hobbies:

Mr. Raphael Blose is a general stores assistant in the pharmacy. He spends his free time singing in a choir. Mr. Blose formed a choir in 1983. The choir consists of his friends and it is named The Botha's Hill Travellers. The group sings at weddings and funerals and at any party where their services are necessary. The music is especially for quartets. They also sing spiritual music. Mr. Blose says he has had a talent for music since he was born. The music makes his family and other people happy. Raphael Blose composes his own music and songs, sometimes using bible verses or church books. Last year the choir performed at the playhouse in Durban, competing against many other choirs.



Impossible is a word found only in the dictionary of fools— some of the things you take for granted today seemed so impossible yesterday.