



Happenings On The Hill

Inside this issue:

CONTRIBUTIONS FROM:

- Mrs. MTSHALI**
- Mrs. Mgiba**
- Mrs. Singh**
- Miss anonymous**
- Mr. Knowledge**
- Ms. Mphande**
- Ms Ngwane**

September 2008
 View from the Hills 3rd edition; imibono esuka
 ezintabeni isi hloko sesithathu kulonyaka.

Thandaza u-sebenze,
 Pray and work,
 Ora et labora,



Views from Hillcrest

HILLCREST HOSPITAL

September 2008—Issue 03

This very cover 1
page.

Words of 2
wisdom
from the top.

Get well 3
soon....

Ukhona nje? 4
Noma udla
amzani-

Ebum- 5
*nadini\ *
SPORTS EDI-
TION

NATIONAL 6
WOMENS

Protect your- 7
self be fit
mentally and
physically.
Obtain a

EDITED BY: CATHY STRAPP
NTOKOZO SALIM MAJOLA



**WORDS FROM OUR HOSPITAL MANAGER
MRS A.B MTSHALI**



2007/2008 financial year.

Colleagues, I am sure that you are all aware of the financial status of the department of health. This situation compels us i.e. each and every employee has to exercise some degree of cost saving measures in the workplace. In short let us "tighten our belts." We have to use the available resources effec-

tively and efficiently in order to render quality care to our clients. If we work collectively as a team, our efforts can and will yield positive results. Let us be a winning team despite the financial constraints ahead of us.

Positive minds yield positive results.
CEO.

"Ears are a powerful weapon"

Four men went out hunting and saw a buck with its calf. On seeing human beings the "mother buck ran for her life but the calf did not. The hunters killed it. One of the hunters had to return home urgently and he asked his friends to leave only ears for him. But the friends ate everything. On his return when

he enquired about the ears, his friends said the calf did not have ears. He then hunted the mother buck and found her. He asked her whether her calf did have ears or not. The buck replied "I think he did not have

ears because I told him that when he sees human beings he must run for his life." if you do not listen you will be ...

By: Mrs. Mtshali



Representatives in their different gar-



National heritage day

Our heritage day celebration really was a spectacular event.

The staff, representing their respective cultures, looked beautiful and glamorous in their traditional outfits. The vibrant colours and intricate designs and bead work looked amazing.

Representatives from the Zulu, Shangaan, Xhosa, Indian, and European cultures prepared and presented an array of mouth-watering traditional food. Those of us involved in the preparation of foods, setting up of the tables with a display of traditional décor and the sharing of information with regard to our specific cultures, did so with obvious pride and joy and everyone presented at the function also experienced a heightened sense of pride and love for their heritage.

The room vibrant with the rhythm and the beat of our male and female singing and dancing groups. Their rendition of traditional songs and dances uplifted the audience who showed their appreciation by joining in and clapping and dancing to the beat. We are really blessed to have such talented men and women on our staff. They were really awesome!

Although South Africa has such a rich cultural diversity this function highlighted the pride that we have in our own heritage and that through sharing we can understand, appreciate and embrace the different cultures and traditions.

I personally would like to thank the team who assisted in the planning and preparation, our dancers as well as the staff who helped to make this function a success. The team spirit was heartwarming and your support, contributions and enthusiasm resulted in a wonderful, enjoyable and educational experience.

Remember to love, care and respect each other. Have pride in who you are and never forget your roots.

QUALITY IMPROVEMENT TEAM APPROACH.

Hillcrest hospital is amongst the hospitals that encourages team work in their daily activities.

Here is a group of employees consisting of Q.A coordinator, infection

control practitioner; systems manager; housekeeping supervisor; general orderlies team leaders of all wards, reviewing and revising the

work schedule of G.O's.

The outcome of this staff involvement is ownership of work schedule by G.O's. It is also appreciated that Hillcrest hospital is compliant in wearing of name tags. Standard is being maintained.

Thank you.

Mrs. X.J Mgiba



Get well soon, we miss you already...

Blessings and get well wishes from all.

Mrs. K Strapp is our pharmacy assistant she has worked at Hillcrest Hospital since 1986 ;22 years and still counting. She has also been the editor of this



newsletter since its inception in March 2003. She owns a beautiful cat called BENNY. She has been off sick for a while currently recuperating from surgery. We and the patients miss you and all look forward to having you back on the job. Words from "FLO" your loving, caring, and energetic nature is well missed.

Personally from the news letter committee members we are subtitle explanatory.

How many of us can will- ingly claim to know the national anthem completely well?..... Here are the correct words.

NKOSI SIKEL' I-AFRIKA
MALUPHAKANY-
ISW'UPHONDO LWAYO
YIZWA IMITHANDAZO
YETHU NKOSI SIKELELA
THINA LUSAPHO LWAYO

MORENA BOLOKA SECHABA
SA HESO
O FEDISE DINTWA LE
MATSHWENYE HO
O SEBOLOHE, O SEBOLOKE
SECHABA SA HESO SACHABA
SA SOUTH AFRIKA

SOUTH AFRIKA
UIT DIE BLOU VAN ONS SE
HEMEL UIT DIE DIEPTE VAN
ONS SEE OOR ONS EWIGE
GEBERTERS WAAR DIE
KRANSE ANTWOORD GEE

SOUNDS THE CALL TO
COME TOGETHER AND
UNITED WE SHALL STAND
LET US LIVE AND STRIVE FOR
FREEDOM INSOUTH AFRIKA
OUR LAND.

Cancer awareness

Rules for a healthy life.

Smoking– causes 30% of cancer in-
cluding lung cancer, cancer of the
throat, pancreas, kidney, bladder, cer-
vix, prostate and colon.

don't allow yourself to be over
weight– colon cancer.

Protect yourself from the sun– skin
cancer.

HUGGING

Hugging feels good, dispels loneliness,
overcomes fears, builds self– esteem,
(wow, they actually want to hug me!)
slows down ageing, huggers stay younger
longer, eases tension fights insomnia
keeps arm and shoulder muscle in good
condition, is ecologically sound, does not
upset the environment, is democratic,
anyone is eligible for a hug, is portable,
affirms physical well being, is energy effi-
cient, saves heat makes impossible days
possible, makes happy days happier.
Keep this in mind Kathy and get well
soon.



In our workplaces there might be hazards / risks that might result to an injury to you / your colleague or damage your property. These hazards / risks need to be identified so as to eliminate them in order to prevent accidents.

In most departments except for H.R Transport, Registry, & O.T, there are health and safety reps of which their primary function is to identify hazards. You as a staff member use these health and safety reps and let them know if there are any hazards / risks and they will know the right channels to report so that they are eliminated. The other departments that do not have health and safety reps may report hazards / risks directly to either Sr. A Mabaso or Ms. S Mphande.

A sincere thanks to sister S Thusi of C ward and my colleagues in Hillcrest Hospital especially C ward staff during July to September '08 for the support they gave me while I was not well. Keep it up and remember that “do unto others as you would like it unto you.”

May god bless you all...

T. Ngwane



Thought to share

Different people have different perceptions.

One man's meat could be another man's poison.

A couple bought a donkey from the market. On the way home, a boy commented, “ very stupid. Why neither of them rides the donkey?” upon hearing that, the husband let the wife ride on the donkey. He walked beside them.

Later, an old man saw it and commented, “ the husband is the head of the family. How can the wife ride on the donkey while the husband is on foot?” hearing this, the wife quickly got down and let the husband ride the donkey.

Further on their way home, they met an old lady. She commented “how can a man ride on the donkey but let the wife walk. He is no gentleman.”

The husband thus quickly asked the wife to join him on the donkey. Then, they met a young man. He commented, “Poor donkey, how can you hold up the weight of two persons. They are cruel to you.” Hearing that, the husband and wife immediately climbed down from the donkey and carried it on their shoulders.

It seems to be the only choice left. Later, on a narrow bridge, the donkey was frightened and struggled. They lost their balance and fell into a river.

Moral of the story:

You can never have anyone praise you, nor will everyone condemn you. Never in the past, not at present , and never will be in the future. Thus, do not be too bothered by other people's words if your conscience is clear and you know what you are doing.....!!!!!!

Safety in your workplace.

Section 8 of the occupational health and safety act 85 of 1993

- ◆ Provide and maintain, as far as possible practicable, a working environment that is safe and without risk to the health of our employees.
- ◆ Provide & maintain systems of work,, machinery that is safe & without risk to health
- ◆ Establish precautionary measures to be taken with respect to work
- ◆ Provide information, instructions, training, and supervision to ensure health and safety at work

Section 14 of the same act.

- ◆ Take reasonable care for the health & safety of himself and of other person who may be affected his acts or omissions
- ◆ Carry out any lawful order given, & obey the health and safety rules and procedures laid down by the employer or anyone authorised by the employer in the interest of heath and safety
- ◆ Report any unsafe or unhealthy situation to the employer
- ◆ Report any incident to the employer as soon as possible

What is injury on duty (IOD)?

- ♣ When an accident occurs during the execution of duties in your workplace
- ♣ When an accident occurs due to the act or omission of the other person
- ♣ When an accident occurs in a state vehicle/ ambulance while executing your duties(either driving/ being a passenger)
- ♣ When in another institution / department due to the execution of your duties

Reporting IOD

- ♣ Report immediately to the supervisor (even minor injuries) and health & safety rep.
- ♣ Report to the OHS or OPD
- ♣ After nursing care measures you will be referred to the doctor
- ♣ If we don't have the required service, you will be referred to other institutions.



Miss S Mphande.

A LESSON TO BE LEARNT

One day a turkey was looking up the tree, the cow said what is wrong and the turkey said I want to climb this tree and be on the highest branch, then the cow said. If you eat my dung you will be lighter and you will be able to climb the tree, Then the turkey did so and was able to climb the first branch. The following day he ate more and was able to climb up the tree more braches until he reached the top and he was very happy. A man went passing by and saw him and shot him dead....

Moral of the story is, careful what you do on your way up coz you might not last.

Anonymous



...or you'll be like this

Kwelika bujuzwayo, omayi fihliza no mayi fohloza.

The sports tournament for 2008 review

Soccer team, played against Kwa Dabeka Clinic, the scores were 01-01. our goal was scored by Sibongiseni Ngiba. The first game gave each team one point to proceed to the next level. The second game was against Wentworth Hospital, we were defeated by 5-0 nil (iqanda) for Hillcrest forgive us.

The girls. Net ball went like this– first game against Kwa Dabeka our **girls won** 7– 0 (NOTO) for them baba. Second game was against Wentworth we lost and third against DonMcKenzie we lost and again, and again, and again.

The writers opinion. Since I'm patriotic, I feel like we are the National teams.

Bafana Bafana and, banyana, banyana.

(bashawa kwafana) (bashawa bakhala)

Due to technical problems occurred on the tournament. Games might be re-scheduled. Siphindise induku kwaba sishaya. Hola Patriotism...

NATIONAL
WOMAN'S
month
AUGUST

The birds sing,
the crickets rings,
all of this happens the first day of spring.

The sun shines
what a beautiful day to fly a kite.

The weather is warm from the morning to the night,
everything is colourful OH, what a sight winter has passed

The trees are green, everything is good and the air is so
clean.

HILLCREST PRIMARY SCHOOL GRACED AND CELEBRATED
THIER SPRING DAY WITH HILLCREST COMMUNITY HOSPI-
TAL.

THEY SHOWERED US WITH FLOWERS AND GAVE OUR
BIRHTDAY GIRL
(PATIENT)

A BASKET FILLED WITH FRIUTS AND ALL THE STAFF AT
HILLCREST HOSPITAL GREATLY APPRECIATED THEIR GEN-
EROSITY.

OH, spring day we will always remember you...

Did you hear about the blonde that shot an arrow through the air?... She missed

Metro police service... if you spot them on the road, they are probably not working... because when they are,

...(hiding away) flash they got you.

A tribute to our women

On the 13th August we commemorated National Women's Day/ Month by hosting a high tea for our female staff.

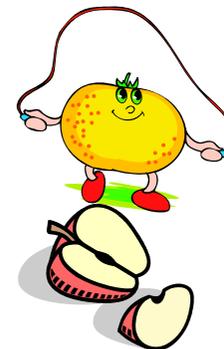
The programme director Thandeka Ngubane did a fantastic job of managing the programme. Both Thandeka and Jabu read out messages of goodwill, appreciating and acknowledgement to the women and paid tribute to their strength and courage. We focused on the women and the invaluable contribution to their families, our hospital and their communities.

The choir members, Angel, Promise, Jabu and Thandeka honoured the function with their melodious voices as they sang their hearts out and invoked gods blessing to our women.

To all our female staff, remember, " you are too busy to be sad, too positive to be doubtful, too optimistic to be fearful, and too strong to be defeated. You are just great!!"

We salute the women of Hillcrest Hospital for their LOVE, Courage, Dedication and Commitment.

Article by: Mrs. R Singh- EAP



Lemon good for skin



An apple a day keeps the doctor away



Staff of Hillcrest Hospital. Let us not allow overweight be a problem in our lives, and lets use available resources given to us, EAP OHS Exercising Active People obtain a Healthy Lifestyle.