



Ezase Usher Memorial

EGUM HERITAGE DAY CELEBRATION

Preservation and conservation are words that have positive connotations in the sense that when you practice practically the meaning of both words, it shows and proves that what you are preserving is something dear to ones heart, thus you embrace and try by all means to keep and protect it.

On September the 23rd, EG & Usher Memorial Hospital hosted their annual Heritage Day commemoration which has an objective of cultural restoration. This event is an initiative to; boost staff morale because everyone part-takes in the preparation of such a diversified event and there is a hype around this event because staff members get to embrace their cultures in any manner possible, because they get to dress in their cultural attires, sing their lungs out and also get to know more about other cultures and religions. Another reason for this day is to celebrate our country's heritage because there are a number of heritage sites in South Africa and they serve as mementos for our heritage of all the conundrums that were faced by South Africans in previous years.

There were a number of activities scheduled for the day and all were from different cultures, namely, Griquas, English, Zulu's, Xhosa's and the Sotho's. Performances were from Highschool Sotho dancers, Girls from Emhlangeni (virgins), Hospital and Griqua choir and there was a session for Zulu dancers and singers and a session of Xhosa praise songs.

Her highness, the Mayor of Greater Kokstad, the hospital board, councilors and His worship, Chief Makoba graced us with their presence. Together with the staff of EG & Usher Memorial, our guests assisted with the donations that played a massive role in making the spectacle an auspicious one. That is how it was possible for everyone present to indulge many different delicious dishes after the event.

The management and planning committee of EG & Usher Memorial Hospital is thankful to everyone who assisted and also to all who were present on the day.

HERITAGE DAY COLLAGE



HERITAGE DAY



REWARDING EXCELLENCE IN STYLE

It is always sad to see people, whom you love and cherish, leave, but the sadness is not always connoted to that of a painful event but to that of a joyous occurrence. EGUM staff members held two farewells within the month of September 2011. The first being of Mr. Mdiya (Chief Professional Nurse) and the second for Mrs. Lugayeni (Clinical Orderly).

The Usher Memorial Family (each and every employee) stand firm on the Batho Pele Principles not only towards patients but also towards each other, after all one of the principles is “ **Rewarding Excellence and Encouraging Innovation**”. Such initiatives are therefore the thrust towards unity in the workplace, resulting to a strong and unbreakable workforce.



Mr. Mdiya

Mr. Mdiya started working at EG & Usher Memorial Hospital in June 1999. He has been working in this institution for the passed 12 years and was a professional

nurse. He was also active when it came to union matters as he was the chairperson of NEHAWU and the Institutional Labour Committee. Comrade Mdiya has seen greener pastures and has moved to East London where he will be an OPD Operational Manager.

His work and experience will be missed and remembered by all who got to know him.

From the management of Usher Memorial Hospital, “farewell Bawo.”



Mrs. Lugayeni

Mrs. A Lugayeni has been a pillar of strength to all the physiotherapists who have worked at E.G and Usher Memorial Hospital for the past 32

years. She started working at this institution in 1979.

She has now decided to go on retirement and feels that this is the right time to do so, she has indeed played her role within the institution. Her farewell was planned by her two “Kids” Miss. C. Valaitham (Physiotherapist) and Miss. L. Clothier (Occupational therapist), who took the liberty to show their gratitude to Mrs. Lugayeni. Farewell Mama...

“ People come and go in other peoples lives but through all life's ups and downs, ins and outs and conundrums, people leave memories that shall never be forgotten nor erased. From the management and staff of EG & Usher Memorial, we wish you all the best in whatever you shall endeavor or tackle, may He grant you strength and the will to go on, your presence in our institution has been appreciated and will be remembered, God bless.”



The Late Mrs. B. Mqokozo

Death is unpredictable and is a thief, it steals our loved ones, friends and colleagues. It has once again stolen the life of our fellow colleague, sister and friend; **Mrs. Bongeka Mqokozo (finance department)** who was taken away from us on Thursday, 23 September 2011.

Her contribution to this institution will be remembered dearly. She was the pillar of strength to the hospital choir and her harmonic, melodious, tranquil and powerful voice is instilled deep in our minds, always. You will be missed by all.

LALA NGOXOLO MATSHEZI!!!!

FAREWELLS IN PICTURES



Description of pictures (from top to bottom): Mr Mdiya, Mr. Mdiya & Mrs. Thekiso (CEO), Mrs. Miya (Nursing Manager), Sr. Boo (OPD OM) & Mr. Mdiya, Matron Mazwana & Mrs. Lugayeni, Miss Clothier (O.T), Mrs. Lugayeni & Miss Valaitham, Mrs. Madlala (HR Manager), Mrs. Miya, Mr. Mdiya & Sr. Boo, the rest are photo's of staff members who were at these farewells.

OCCUPATIONAL THERAPY WEEK

OCCUPATIONAL THERAPY WEEK: 10-14TH October 2011

Occupational therapists are health professionals who are trained to assist people to overcome limitations caused by injury or illness, psychological or emotional difficulties, developmental delay or the effects of ageing. Occupational therapists assist individuals to reach and maintain their highest level of functioning and maximize their level of independence in all areas of daily living including self care, domestic tasks, work, recreation, social interaction, community access and mobility. Occupational Therapy is a service which views an individual holistically i.e. the person, their environment and occupation. The goal of OT is to assist each individual to move from dependence to independence, maximizing personal productivity, well being and quality of life.

An OT may specialise in a particular field of activity such as:

Paediatrics

Mental health

Physical rehabilitation

Geriatrics

Community Practice



Occupational therapy week celebrations at EG & Usher Memorial 2011;

OT for Physical rehabilitation: OT week kicked off at the Adult Neuro Clinic. Here, patients experienced a different treatment session, where the promotion of quality of life and self esteem were the order of the day. Patients experienced hand therapy session focusing on providing; sensory stimulation, hand rehabilitation and grooming of hands

OT for the staff: Here the importance of leisure and mental fitness was emphasised through the game of table tennis. Staff member had the opportunity to compete against their colleagues and release tension, anxiety or frustration. It also provided a team building opportunity for staff members, where they got to trust and form relationships with other staffers from different departments. Much fun was had by all!!

OT for the community: A local school in the Kokstad area was visited during OT week, where teachers and children were educated about OT. The sessions were interactive and practical.

OT WEEK IN PICTURES



Pictures By: **Hesmari Wiljnmaalen (dietician)** and **Sam Sunduzwayo (Junior Physio)**

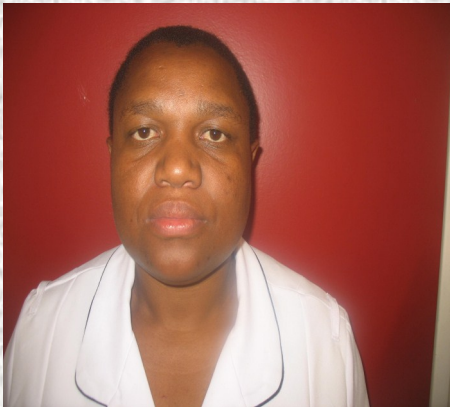
NEW APPOINTMENTS



Miss. N. Nxonsa (Nursing Assistant)



Miss. S. Nene (Nursing Assistant)



Miss Mzelemu (Nursing Assistant)



Miss. S. Mdledle (Lay Councilor)



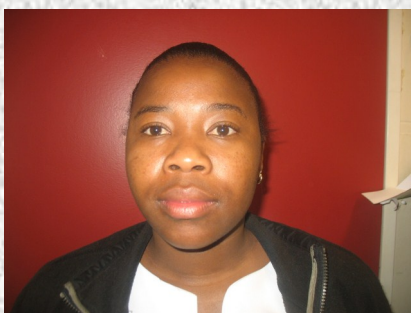
Miss. Z. Lamani (Nursing Assistant)



Mrs. Ncayiyane (Nursing Assis-



Miss. T. Khanyile (Nursing Assis-



Miss. Z. Ngcobo (Enrolled Nurse)

NEW APPOINTMENTS



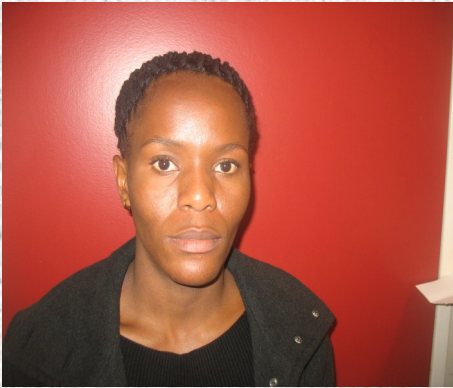
Mrs. Sibulawa (Lay Councilor)



Miss Mduna (Nursing Assistant)



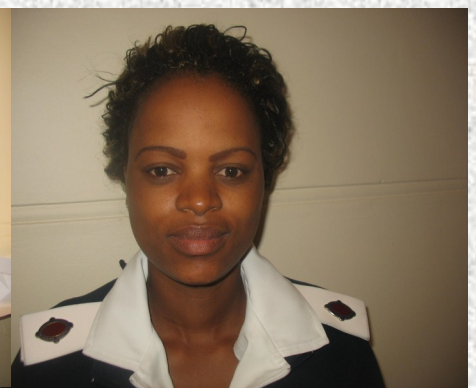
Mrs. Ngesi (Lay Councilor)



Miss. Q. Dweba (Data Capturer)



Miss. S Mfeka (Lay Councilor)



Miss. S. Mapanga (Staff Nurse)



Miss. N. Ndaba (Sewing Orderly)



Miss. P. Mtsweni (Nutrition Advisor)



Miss Simelane (Nursing Assistant)

We Welcome You All!!!

LAUGHING CORNER

A lady went to a psychiatrist complaining of a terrible phobia. “Every time I lay down on my bed I get this terrible fear that there is something underneath. “Wow” responded the psychiatrist “I’ve never heard of such a phobia, but like all phobias it can be treated, but it will likely take around 20 sessions.” “OK” responded the lady “how much is each session?” “Oh it’s just R180 a session, but trust me it’s well worth it.” When the lady didn’t come back to the psychiatrist he gave the lady a call. “How come I didn’t hear from you? He asked.” “Well” responded the lady “when I came home and told my husband about the cost he thought he would save some money, he just cut the legs off the bed!”

Two men were digging a ditch on a very hot day. One said to the other, “Why are we down in this hole digging a ditch when our boss is up there in the shade of a tree?” “I don’t know,” replied the other, “I’ll go ask him.”

So he climbed out of the hole and went to his boss. “Why are we digging in the hot sun and you’re standing in the shade?” “Intelligence,” the boss said. “What’s intelligence?” asked the digger.

The boss said, “I’ll show you. I’ll put my hand on this tree and I want you to hit it with your fist as hard as you can.” The ditch digger took a mighty swing and tried to hit the boss’ hand. The boss removed his hand and the ditch digger hit the tree. The boss said, “That’s intelligence!”

The ditch digger went back to his hole. His friend asked, “What’d he say?” “He said we are down here because of intelligence. “What’s intelligence?” his friend asked. The ditch digger put his hand on his face and said, “Take your shovel and hit my hand.”

EDITORIAL MOTIVATIONAL PHRASES

In life we all experience, encounter and endeavor different situations and people, thus we classify people in accordance to our experiences, that is not always the right way of doing things because prejudice starts like this. “A single thought or word can start a revolution”

“If you want something, go for it as the world meets nobody halfway”, besides they do also say that “life is too short to be small.”



Well that’s it . A journey from 01 April 2011 has come to an end to Athi Dube(PR Trainee). He has contributed a lot to the PR department. He has been one of those trainees who excel in all duties assigned to him. He has contributed immensely to the publication of this edition. I say farewell Ntwana. It was good to work with you and all the best for the future. Use the skills you obtained here fruitfully and be the good ambassador of the institution. By Sabelo Ncwane (PRO)



“WHEN LIFE HANDS YOU LEMONS, ASK FOR TEQUILA AND SALT.”

Compiled by: Sabelo Ncwane(PRO) and Athi Dube (P.R intern)

Greater Kokstad Chamber of commerce gave life to the ARV patients

“When people are supporting your business you must give back to them including making difference to their lives” Those were the words from councilor Bheki Mtolo, the Deputy Mayor of Greater Kokstad addressing the delegates from Greater Kokstad Chamber of Commerce during their handover of the shelter to the hospital. The GKCC has donated a building of the shelter following the outcry by the ARV patients who had to sit outside even in rainy days because the space constraints. The handover was done on the 25th of November 2011. The event was graced by the presence of the Deputy Mayor of the Greater Kokstad Cllr Bheki Mtolo, The Speaker Cllr Zolani Mhlongo who is also ward 3 councilor where the hospital is situated, Cllr Mqikela, Cllr Motlokoane, Cllr Kotting and Cllr Mavuka, Sisonke Health District Manager Mrs Gcina Radebe, the hospital board member Mrs Swaartbooi.

When handing over the project Mr Francois Rodgers thanked the hospital for being patient about the project. He expressed that its not about the amount of money used to build the shelter but the difference it will make to the community. “People are supporting us in terms of human resources and as customers, so for us to do justice to them, we must give back to the community” he said. Mrs Radebe the Sisonke Health District Manager was delighted about the shelter. She outlined the initial idea of the donation and further thanked the Greater Kokstad Chamber of commerce for the contribution they made to the hospital. Cllr Mhlongo was also grateful to see such an effort of service delivery in his ward. He said “In such cases we need to put politics aside and work together with business people to give service delivery.”



Cutting the ribbon are Mrs Radebe, Cllr Mtolo, F Rodgers and the CEO Mrs Thekiso



CHRISTMAS MESSAGE TO ALL STAFF MEMBERS

We have come to the end of the year 2011, and this calls for a note of thank you to those who gave themselves selflessly in making sure that the health of our customers is taken care of in a good way. We say “ hats off” you have done your bit and now it is time to look back and reflect what one has done for the Spirit Man inside you.

Recently a good friend of mine sent me this piece, and the title is **“STRANGE”**

“It is strange how 2hours seem to be too long when you’re at church and how short they seem when you are watching a good movie”.

‘It is strange how difficult it is to learn a fact about God and to share it with others, but how easy it is to learn, understand, extend and repeat gossip”

“It is strange how everyone wants a place in heaven, but they do not want to believe, do, or say anything to get there”

And finally “It is strange how we believe everything that magazines and newspapers say, but we question the Words in the Bible”.

This is the time of enjoying ourselves and spending a lot of money in entertaining friends ,families and ourselves, lets us do this wisely, spend less, drive only when you are sober and do not forget the magic word ”condomise”.

A precious time that was and is a gift of life to mankind. Enjoy it, but ask yourself this question”-why did God care so much for human beings “that He gave His only Son as a Gift to them?”

HAVE A BLESSED FESTIVE SEASON.

GOD BLESS

Mrs N.C. Thekiso(CEO)



THE 16 DAYS OF ACTIVISM OF VIOLENCE AGAINST WOMEN AND CHILDREN WAS A HUGE SUCCESS

The Office of EAP in E.G. and Usher Memorial hospital commemorated the 16 Days Activism of Violence Against Women and Children in style by ensuring healthy lifestyle. The event took place on the 13th of December 2011. It started by the walk from the hospital down to Elliot Street. The staff was excited by the walk and shared jokes along the way. Mrs Pitoyi (EAP) was amongst the walkers and she expressed that exercising is part of stress reliever. The winners of the walk were as follows :- Mr Cele (Workshop) got the 1st price that was gold medal, second was Miss Lungiswa Dingane from Stores, third price went to Mr Zanovuyo Shushu also from stores and the fourth went to Miss Colleen Booth from Finance Department and the fifth went to Miss Bongeka Xhaya(PR Trainee).

Second part was the talks that were provided in all departments and clinics. Those talks were led by Mrs Thekiso(CEO) and the Nursing Manager , Matron Miya. The community was very pro-active in ensuring that messages of support get across all the people. The talk went hand in hand with the march demonstrating messages about domestic violence. The most exciting part was the sports of the day where soccer 5 a side, netball, casino, draft, rope pulling and mlabalaba were played. In soccer 5 a side the team that was led by Zamo from HR defeated the team that was led by Andile of pharmacy. In netball Red Lions defeated Green Buffalos. Both winners went away with trophies and medals. The match of the day was the El Classico like game where Mrs Thekiso (CEO) log horns with Zuko Vimbela with umlabalaba. Although Zuko won the game but he was given the run for his money. The CEO was not a pushover at all and she declared another challenge to Zuko on the next sports day. The CEO thanked everyone present including our sponsors Old Mutual. She urged the EAP's office plan the games of this nature in future.

16 days ngezithombe.....



**Team taking and walk
and after the walk. Be-
low staff during the
march.**





Mrs Thekiso giving the message to patients. Maureen from Social Work Services leads the march. Red Lions and Green Buffalos netball teams.



16 Days isaqhubeka.....



**NETBALL IN ACTION AND THE CEO MRS THEKISO TAKING
ON ZUKO FROM LAUNDRY. ROPE PULLERS IN ACTION**



WADLA ANKEL : MR CELE WAS THE WINNER FOR THE WALKERS. SOCCER AND NET-BALL WINNERS

