

COSH -ACTION -MAGAZINE

TOGETHER EVERYONE ACHIEVES MORE

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MAY 2005

COSH MOVE FOR YOUR HEALTH

COSH has already started activities for MOVE FOR YOUR HEALTH campaign. This is witnessed by the open day that was held on the 10th of May 2005 at COSH therapy department where staff were invited to participate in activities. According to Vanessa Potgieter, the Head of Therapy department "MOVE FOR HEALTH" is part of a global and national initiative promoting physical activity as part of a healthy lifestyle for all. The campaign is called "Vuka South Africa – Move for our Health". The International Move for Health Day is May 10th, but events and activities for this campaign will span from May 2005 to March 2006.

Physical activity has been shown time and time again to be of benefit in preventing many diseases, such as hypertension, diabetes and cardiovascular disease. It eases the symptoms of stress and depression and helps boost the immune system.



UNOMA Mpungose ngomunye wabalibamba iqhaza kulomcimbi.

It is a relatively cheap, safe and easy 'feel good' muti.

Staff members including management team like Mr Human who is the Hospital Manager and Ms Mbali Dlamini who our Finance & Systems Manager gathered at therapy department to support this campaign. Each staff

members was tested for high blood pressure, weight, height, sugar levels, exercise advice and home exercise programs.

There are many activities that are in line for the month of June and July including soccer and netball matches, aerobics, keep-fit classes and a fun run/walk in

June. Keep watching the notice boards for information about activities.



VANESSA is demonstrating some exercises.



From left: Cezzane, Nureshka, Tarryn and Vanessa

Ungaziphuthiseli ngalelithuba lingelakho.

VUKA COSH !!!!!!!!!!!!!!!

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GET TO KNOW YOU.....

MThulani Paxton Simon Khumalo, newly appointed Assistant Nursing Manager, is supervising Surgical, Medical and Mental Health Services at Church of Scotland Hospital.

Tell us, who are you and where do you come from?
I am Thulani Paxton Simon Khumalo. I am from Madadeni in Newcastle. I am a second born in the family of two brothers and two sisters. Unfortunately my two sisters have passed away.



Mr Thulani Khumalo

When were you born?
I was born, bred and even peanut buttered in Madadeni Township on 04 April 19.....

Where were you working before joining COSH ?
I was employed at Madadeni Provincial Hospital for the past 19 years and I worked there as a Zonal Matron for 4 years.

What do you think makes a good manager?

To be a good manager one has to be approachable and always wearing a smile. A manager should have an art of listening to a subordinate, never assume but verify and avoid exchanging words. A good manager doesn't take things emotionally and doesn't undermine the intelligence of other people and doesn't divulge izindaba zabantu. He or she should lead by example.

How do you feel about working at COSH?
I feel great and I take this a chance to learn and acquire new knowledge on how to render health services in rural areas because there are more challenges when coming to service delivery.

What is your advice COSH staff?
If you want to become a "champion" in your field of work, you have to run a schedule race and finish up a schedule distance. What matters comes on your way, face challenges and

stay focus on the race. While performing your race "believe in Almighty God".

What is your pledge to the community of Umsinga?

I pledge myself to the service of the community in which I find myself using all my competencies. I will reach out to those who need health care and treat them as equal partners. I will take responsibility for my own practice, updating my knowledge and skills regularly and appropriately. I will also strive for excellence and respect for all. Lastly I will not allow my commitment to comprehensive health care to be compromised by service boundaries and any other limiting factors.

What would you not leave without?
My car. I like him. He is like my baby. I can leave everything, but not my car.

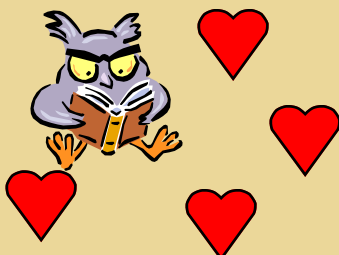
How do you spend your spare time?
On Sunday I go to church with my family. I enjoy reading newspapers, listening to gospel music, watch TV news and play soccer. I

I AM ALSO AN ORLANDO PIRATES FAN....

KWAKUHLE KWETHU.....



UMAKHISENI Sokhela osebenza eCOSH emaStores uzobe eshada noBoeoe wakhe uSlindile Mchunu waseMuden. Umshado uzoba seMuden Community Hall mhlaka 25 June 2005. Uphelile kubo kamkhwenyana mhlaka 26 June.



ULUNGILE Mchunu osebenza eFemale Medical eCOSH uzoba ebopha ifindo lomshado nosofasilahlane wakhe uVikokuzayo Zakwe wakwaNxamalala. Umshado uzoba mhlaka 18 June 2005 endaweni yaseKietsdrift.

Church of Scotland Hospital management and staff would like to convey condolences to Duze's family for loosing their beloved daughter Phumelele, Precious Duze. Phumelele was a Staff Nurse at Peads wards. She passed away on the 14th May 2005.

To the family and friends:

**May God grant you the strenght to carry on.
From:
Management & Staff .**

**COSH TRIP TO PHILADEPHIA HOSPITAL IN MPUMALANGA PROVINCE
KWANDEBELE**

ZIXOXWA NGEZITHOMBE.....



Kwesokudla uThobile, Phumza, Gci, S'bo, Nonhlanhla no.....babengeve bezimisele kanje .



2005/05/12

IQEMBU laseCOSH kanye neqembu lasePhiladelphia ngaphambi komdlalo



2005/05/12

Fortune lapho eDundee Hospital, COSH UMOJA club (entertainment group) will miss you PERTTY BOY....

This trip was organised by COSH UMOJA CLUB. The aim was to build a relationship with other hospitals outside the province. We departed on Friday 27th April at 18h00 and arrive at Mpumalanga at 03h00 in the morning. On Saturday 28th we played soccer and netball and in the afternoon we had a Bring Your Own Bottle (BOB) and braai. It wasn't just a braai because both hospitals were performing their Zulu and Ndebele traditional dances. We were also qgobhetsing. Our next trip will be on the to Umtata General in Eastern Cape and a date will be confirmed.

Isn't it COSHY????



2005/05/12

UCELANI Jobe wayegida aze aqethuke.



2005/05/12

Babengasala kanjani oThobisile, Mbali (Finance & Systems Manager) and Fortune.



2005/05/12

PHAMBILI uAron , Bheki, Bhayi, Ntombile, Sindi (PRO) noMlungisi

FROM THE EDITOR'S DESK

Greetings to all of you. I would like to share a speech delivered by Zimbini Zwane at Flavious Mareka College on the 14 May 2005. Due to limited space I have I will only give you half of its contents. I am sure that if you read this you will understand and keep it in your hearts.

"A young woman visited her mother to talk about how difficult her life is. She was really feeling down and had no interest in going on with life! Her Mom got up, walked with her to the kitchen and put three pots on the stove. She poured cold water in each pot and placed the pots on the stove. She placed a carrot, an egg and ground coffee beans, one in each pot. She

switched the stove on for the pots to cook. After 20 minutes she switched the stove off. She took the carrot and the egg in a bowl and the coffee in a cup. She said to the daughter, "Tell me what you see?"

She replied, "A Carrot, an egg and coffee."

She then asked the daughter to feel the carrot, it was soft.

The mother asked her to break the egg, and after peeling it, the egg was hard.

When the mother asked her to sip the coffee, the daughter smiled as she tasted the rich aroma.

The daughter asked, "What does this mean, Mother?"

The mother explained that each of these objects faced the same adversity, boiling water. Each reacted differently – the carrot went from hard to soft; the egg from soft to hard. The ground coffee beans, however, were unique. After they were in the boiling water, they had changed the water. "Which are you?"

When adversity knocks on your door, how do you respond? Are you a carrot, an egg or a ground coffee bean?

Will you become weak, resentful and want to give up like the carrot when life deals its adversities on you; or will you become like the egg where your shell looks the same but inside you are bitter and tough with a stiff spirit and a hardened heart full of unforgiveness?

Or will you be like a ground coffee bean? The bean actually changes the hot water, the very circumstance that brings the adversity or pain. When the

water gets hot, it releases the fragrance and flavour. If you are like a bean when things are at their worst, you get better and change the situation around you. When the hour is darkest and the trials are their

greatest, do you elevate yourself to another level?

May you have happiness to make you sweet, enough trials to make you strong, enough sorrow to keep you human and enough hope to make you happy!

The happiest people don't necessarily have the best of everything; they just make the most of everything that comes along their way.

The brightest future will always be based on a forgotten past, you can't go forward in life until you let go of your past failures and heartaches.

Strive to be a coffee bean, let life's lessons bring out the best you can be and make informed choices.

Extracted from a speech delivered by Ms Zimbini Zwane (Communications Director) SASOL

Submitted by Sindi Sibiyi – PRO

.....the happiest people don't necessarily have the best of everything.....

VANESSA'S KITCHEN

Carrot Cake

2 ½ cups (725ml) flour
2 tsp (10ml) baking powder
1 ½ tsp (7.5ml) bicarbonate of soda
1 T (15ml) mixed spice
1 tsp (5ml) salt
1 ½ cups (375ml) sugar
1 ¼ cups (312.5ml) oil
4 large eggs at room temperature
2 cups grated carrot/Granny Smith apples
1 cup grated fresh pineapple/ crushed drained pineapple from tin
¼ cup (62.5ml) smooth apricot jam

- Sift dry ingredients twice.
- In a separate bowl beat sugar, eggs and oil together until well blended (electric beater-3 minutes on high).
- Add carrots, pineapple and jam and mix well.
- Sift dry ingredients over the mixture and fold in with spatula until well blended.
- Butter 28cm spring form ring tin/2 loaf tins.
- Pour mixture into tins and bake at 180°C for 45 minutes.

Cream cheese icing

½ cup (125ml) butter
4 cups (500g) sifted icing
1 tsp (5ml) vanilla essence
250g cream cheese/smooth plain cottage cheese

- Cream butter gradually adding the icing sugar.
- Add vanilla essence and then the cream cheese.
- Do not beat cream cheese because the icing will become watery.
- Ice cake when it is totally cold.

Watch out for BOBOTIE recipe on our next issue.

NOTICE

If you have newsletter input please submit it to the PRO before the 20th of each month and write your name and number for us to be able to contact you. Confidentiality of your letters is guaranteed.

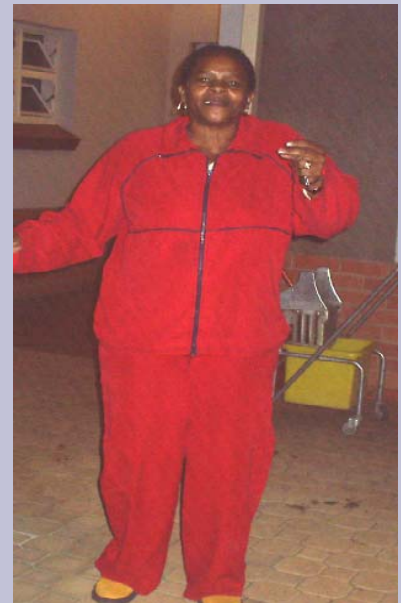
SENZENJE AFTER HOURS PARTY



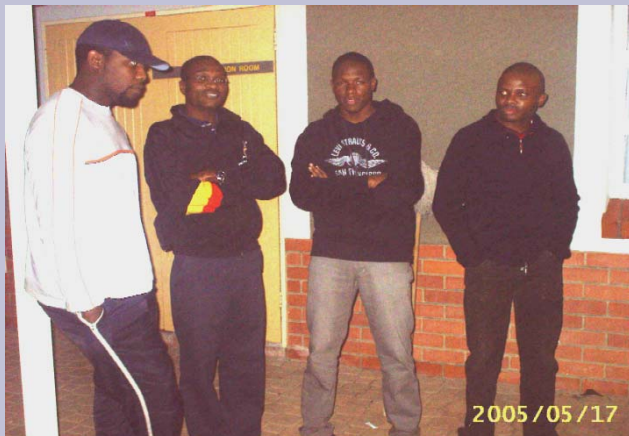
Ngangingazi ukuthi uGranny udansa kanje.



Ungafunga ukuthi kukhona into ayibonayo kanti cha uyazidansela nje uShezi



uVeronica wayengazibekile phansi.....



2005/05/17

Abadansi kanje odokotela baseCOSH!!!! Ungaboni sebe-mile nje.....Kusukela kwesonxele uDr Ngubane, Dr Mtshali, Dr Mbatha kanye noDr Ntshangase.



2005/05/17

Igenge engakwazi ukudanza ivele iqhamuke nezayo nje izitayela. Kazi weVusi, Celani noNokuthula (ongezansi) lom-danso noma isi-tayela nisifun-dephi?



2005/05/17

uThobile, Sindi, Ntokozi noMbali balungisa ukudla



ZAMISILE' CORNER

On our last issue we were talking about ATTITUDE. In this issue we will be discussing DENIAL.

DENIAL

The majority of South African population has experience denial at some stage in their lives.

Denial is very problematic and eventually lead to unnecessary death. This has made me to take "usiba" and spell some words about it.



Ms Zamisile Mabaso

What is denial?

Denial is defined as a state whereby an individual fail to accept or face the situation given at the particular moment (own definition). Denial can be seen a minor thing whereas it dominates the whole individual per se. It starts by isolating a person from him or herself as an individual; that is an person focuses on a particular situation until other aspects of life are neglected. This serial killer is mostly seen when a person has been diagnosed as having

HIV/AIDS. Knowing that a person has contracted a virus causes shock and disbelief that make a person say "no it cannot be me". Denial causes spiritual unrest. This is manifested through isolation of a person from his or her

friends, family, colleagues, neighbours, as well as peer group. It usually emerges when one is joyful and spoils all the joyous moment. It results to financial instability in a sense that a person will

seek different medical aids with an aim of fighting the reality. According to Vlok, M.E, 2001:234 when a patient has become aware of the nature of illness, she seeks different medical opinions.

The stressful situation caused by denial causes weakness in the very weakened body. Smelter B, and Bare, G maintains that stress is a state produced by a change in the environment that is

.....denial causes spiritual unrest....

perceived as challenging, threatening or damaging to the person's dynamic balance or equilibrium. There is an actual or perceived imbalance in the person's ability to meet the demands of the new situation. Again Santrock W and Halonen S. J. 1999:497 states that in trying to cope with the initial effects of stress, the body quickly releases hormones which; in a short time adversely affect the immune system functioning making a person to be very prone to any type of infection.

Please allow me to pronounce the resolution to this conflict. It is nothing but to look at the word positively.

D- Decide for
E- Excellent
N- Needs
I - In
A - All Your
L- Life

On our next issue we will talk more about excellent needs.

Till next time

HLEKA NO CAMZA

A father put his three year old daughter to bed, tells her a story and listens as she says her prayers which go: "God bless mommy, bless daddy, bless grandma and goodbye grandpa. The father asked: " why did you say goodbye grandpa?" "I don't know daddy it just seemed like the thing to do" said a little girl The next day grandpa dies. The father thinks this is a strange coincidence. But a few months later, as he puts the little girl to bed he hears her saying her prayers which go: "God bless mommy, bless daddy, and



goodbye grandpa. The next day grandpa dies. Oh my gosh thinks the father, this kid is in contact with the other side. Several weeks later when the girl is going to bed, the dad hears her say God bless mommy goodbye daddy. He practically goes to shock and cant sleep all night. At the crack of dawn he goes to his office. He is nervous as a cat all day. He has lunch sent in and watches the clock. He figures if he can get after midnight he will be okay. He feels safe in the office so instead of

going home at the end of the day, he stays there drinking coffee, looking at his watch jumping at every sound. Finally midnight arrives, he breathes a sigh of relief and goes home. When he gets home his wife say: "I've never seen you work so late before, what's the matter?" He says "I don't want to talk about it, I've just had the worst day of my life. She says: " You think you had a bad day you will never believe what happened to me. This morning the milkman dropped dead on our porch."

**Submitted by Veronica
Nzimande
X-Ray Department**

OLD MUTUAL MINI TOURNAMENTS

On the 21st May 2005, all government departments around Umsinga area gathered at Sibumba High School. This tournament organised by Old Mutual. Mr Sekhosana from Department of Health Head Office in Pietermaritzburg was there. Umsinga is a small town and *abantu bakhona* make things happen. COSH was representing Department of Health and played with Department of Education, Department of Agriculture and South African Police Services. In netball, Department of Education beat us but *sabayeka ngoba siyabazi*. We then beat Department of Agriculture. After the games all department had a braai and trophies were presented to winning teams.



Angikaze ngiwabone amaphoyisa adansa kanje.



Wayesekhathele uku-dansa njengoba eseme kanje. uLucky.



Uyawafuna ugogo ama morning shoes akhe njengoba udansa ngawo nje.



Mr Sekhosana from health Department in Pietermaritzburg presenting medals to players.



Department of Health, (COSH) yayitheleke ngezinkani



Wayithatha umyango wezempundo indebe. Kepha ngonyaka ozayo iza emnyangweni