



Message For 2008

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Stanger Hospital management is grateful to work with such committed staff. We all know how challenging 2007 was however service delivery was not compromised. Some of these changes were national and others institutional. Through those challenges you never abandoned or disappointed our patients. Even during the public servants industrial action our patients were never neglected.

Stanger hospital has developed a lot and these developments were not going to be possible if it wasn't for the hard work and dedication you have put. I believe that through teamwork anything is possible.

We would like to congratulate all those who got promotion to senior positions and say to them "Every challenge you come across must be taken as learning curve and be able to grow" To the families of our late staff members/colleagues we would like to pass our sincere condolences.

For those who have joined this institution we welcome you with open arms; your skills and knowledge are not only going to improve the lives of people around Stanger but the entire South Africans. We hope and pray that 2008 comes with lots of prosperity especially in making sure that we go an

extra mile in providing services to South African Citizens.

It is up to us to put each and every bad thing that has happened during the previous year behind us, so that we can start this year with a clean slate and with lots of dedications and commitments. We need to look into this year (2008) as the year of new beginnings.

In the photo inserted below are new staff members who joined this institution in January 2008. Among them are Medical Officers (in different levels), Physiotherapists, Optometrist, Comm-serve Dentist, professional nurses etc. Being joined by these professionals will not solely benefit the Stanger Community however it will improve service delivery to all South Africans because teamwork within one institution put Department of Health on the map; as well as failure of one institution jeopardizes the name of the department. We also hope they will play a major role in bringing new ideas that will lift the standard of care.

January 2008 Group to Join Stanger Hospital Family



AMAZWI AVELA KUMHLELI



**Miss Nontobeko Ndlela:
Public Relations Officer**

**"Beginning today
I will no longer
worry about
yesterday. It is
in the past and
the past will
never change.
Only I can change
by choosing to do
so."**

*Penny Jacqueline
White*

Unyaka ka 2007 kube unyaka onezinselelo eziningi. Nakuba bekunezinselelo kodwa sikwazile ukusebenza ngokuzimisela nokungaphelwa ithemba. Ziningi izizathu ezenze siqhubeke nokusebenza ngokuzimisela, esinye sazo kungaba ukuqonda ukuthi ukumelana nezinselelo kungenye yezinto ezisiqiniso nezisinye ithemba lokuthi ikusasa lizoba ngcono kunayizolo. Okunye okubalulekile ukuthi kukho konke okusenzakalelayo empilweni kufanele kusishiye sifunde isifundo esithile ngempilo, futhi kuyasikhulisa ukuze sibe abantu abangcono nabanolwazi olungcono.

Lelihhovisi lithanda ukubonga bonke abasebenzi hhayi nje kuphela bakulesisibhedlela kodwa bonke abasebenzi bomnyango wezempilo uwonkana. Lokhu ngikusho ngoba izeluleko nemibono sizithola kubantu abaningi abahlu-kahlukene.

Kuyintokozo kimina ukuba yilunga lomnyango onabantu abanobuntu nabangicathulisayo;

ngenxa yokuthi abanye babo sebemnkantshubovu kulendima yokuqiniseka ukuthi izidingo ziyafinyelela emphakathini. Kubaluleke kakhulu ukululekana uma kubonakala ukuthi kukhona la uzakwenu engenzi kahle khona. Enye into okufanele siyiqonde ukuthi akekho umuntu owazi konke, noma ngabe uwufundele umsebenzi kodwa uyaludinga uvo lwabanye abantu. Kuyiqiniso elingephikwe ukuthi sinamathalente angafani ngakho-ke asikuvume lokho bese sizehlisa sicele usizo kwabanye abaphiwe kangcono kunathi.

Sengathi uMvelinqangi angasikhulisa kukho konke ikakhulukazi asiphe inkonzo yokuzehlisa, siphinde sisebenzisane kahle nangokuhloniphana, sakhane nalapho sibona khona ukuthi akwenzeki kahle khona ngonyaka ka 2008.



DIABETIC AWARENESS DAY

On the 29 November 2007, Stanger Hospital's premises was filled with the Community who came in numbers to attend the Diabetic Awareness Day that was organized by the Diabetic Clinic.

The main purpose of the event was to remind the community to always keep their Sugar Level at 5 MMOL/L.

The Day commenced with a prayer from Pastor M. Mthunzi. Mr Ntokozo Ngubane the programme director welcomed everyone present and also spelled out the purpose of the day. Mrs Mbatha introduced all our prominent guests.

Dr Issacs who was our guest speaker gave the fruitful speech on alerting the community of how the whole process of diabetic starts. He also emphasized on the point that people should do some exercises everyday, eat healthy balanced food, avoid eating food with



Above: Some of the Community Members

too much cooking oil. He enlightened that diseases like diabetic could be controlled when you normally take your medication and always check your sugar level. The Dietician Varsha Soni also indicated that people should have Green, Yellow, Starch, White meat, Fruits & Vegetables in their bodies.

A lot was learnt on this day even people who were not fully aware of this disease were fully informed and were given an opportunity to ask Diabetic related questions to Dr Isaacs.





Know your Status



Dr Mazibuko: Ungomunye bodokotela basekuphileni—wayeluleka umphakathi

M

hla ziwu 30 kuNhlangulela isibhedlela sakwadu-kuza siye saba nosuku olukhulu lokugubha ukuqwashiswa komphakathi nge HIV/AIDS. Amagece esibhedlela ayegcwele izinkumbi zezihambeli zalomcibi, Lomcimbi wawudidiyelwe ithimba lasekuphileni Clinic kanye nethimba le VCT ngokuhlanyela ndawonye.

Inhloso yalomcimbi kwakuwukuqwashisa umphakathi ngegciwane elingumashayabhuqe, ingculazi, nokuthi kumele baye kohlolwa igazi ukuze bazi ukuthi sebenalo noma abakabinalo yini leligciwane ukuze bakwazi ukuphila impilo enonakekela nenokuphepha. Phakathi kwezihambeli zethu kwakukhona abezophiko lwezokuvikela (SAPS) lwakwaDukuza. Izinandisi ezazikhona ama drum majorettes, iqembu lomculo, izikole ezazinandisa ngomculo kanye nezinkondlo njll-njll.

U Dkt Mazibuko owabe eyisikhulumi sosuku wagcizelela kakhulu ngokubaluleka kokuzithiba ocansini, ukwenza ucansi oluphephile, ukubaluleka kwelungelo lakho lokuzinqabela. Wagcizelela ekutheni obaba mabaphathe kahle omama bathembeke kubona nomama ngokunjalo futhi. Waphinda wagcizelela ukutheni abantu mabaqinisekise ukuthi asebethelelekile, imindenini yabo kanye nabahlengikazi bezempilo babanike uxhaso ngazo zonke izindlela abangazidinga, nokuthi ukuba negciwane lengculazi akusho ukuthi usuyafa ngaleso sikhathi ungaqhubeka uphile impilo ejwayelekile nengenankinga inqobo nje uma uqhubeka nokudla amaphilisi akho omshanguzo ngendlela oyalelwe ngayo.



Intokazi eyayishaya ingoma



Dr Duze: Udokotela owengamele umtholampilo wesandulela segciwane lengculazi—Ekuphileni

U Dkt Duze wagcizelela kakhulu emphakathini ukuthi abantu mabadle amaphilisi abo ngendlela okuyiyona abatshelwe ngayo, nokuthi mabangaxubani utshwala, imithi yesintu kanye namaphilisi omshanguzo ngoba lokho kwenza umsebenzi wabo bengodokotela ube nzinyana ngoba ngokuthi ithuba lamaphilisi alineliseki abese amasosha omzimba ekugcineni abe nokudideka ukuthi athathe kuphi ashiye kuphi phakathi kwakho

Waphinde wagcizelela ukuthi masidle ukudla okunempilo siphinde sinakekele imizimba yethu ngendlela efanelekile. Wathi masingakusabi ukuphumela obala ngalesisifo.

Siyaziqhenya futhi sinokuthokoza okukhulu njengoba siyisibhedlela esihamba phambili esifundazweni sakwa-Zulu Natali, ikakhulukazi isibalweni esikhulayo sabantu abangena ohlelweni lwemishanguzo, (ARV's).

Isibhedlela sithanda ukudlulisa ukubonga okukhulu kulabo abenza umcimbi waba yimpumelelo. Abophiko lwezokuphepha kwa-Dukuza, (SAPS), usosesheni wamatekisi kwa-Dukuza, (Kwa-Dukuza Taxi Association), izimbongi, qembu lendlamu, izikhulumi, umphakathi wesifunda seLembe wonkana. Sibonga asiphezi ngalokhu enakwenzela isibhedlela sakwa-Dukuza Nikwenze nakwabanye!!!!



Iqembu lama Drum Majorettes ngesikhathi sokukhanyiswa kwamakhandlela kukhunjulwa bonke asebasishiya

FAREWELL MOM MOLLY



of assisting people. Mr Thusi mentioned that Molly is the person whom you feel free to confide to and afterwards realize that there is really something about her. She is one of those people who are passionate about what they are doing. However Mr Thusi mentioned that in as much as Molly is no longer going to work in Stanger Hospital but we are happy that she is still going to be in ILembe District, which means we are still going to see her around.

“ The real contest is always between what you have done and what you are capable of doing. You measure yourself against yourself and nobody else.”

Geoffrey Gaberino



In the 19th of December 2007, our institution had farewell party for Molly Mdletshe who has been serving the hospital diligently for 30 years.

Mrs Mdletshe started working in Stanger Hospital in 1972, she has been in charge of Occupational Health Centre for five years. She started this department from scratch and brought it up to what it is today. She acted as an EAP for a long time, she is the type of person that everyone felt comfortable to confide to. Molly has been a mother to everyone whether young or old.

In Molly's speech the emphasis were on self development, that people should not be satisfied of what they have achieved but they should seek information at all times, be knowledgeable. When you are young you should strive to achieve more and seek green pastures because the sky is the limit and therefore keep looking up. You are also never too old to learn, everyday one should learn new things because knowledge is power.

There was a lot of entertainments including music, Speeches and exchange of gifts from the staff members appreciating Mum Mdletshe for being with them, she was not an employee but a great mother to all of us, a person that you felt comfortable to open up to.

Among the speakers there was Mr Thusi who worked with Molly for a long time. Mr Thusi also emphasized on Molly's hospitality, mentoring skills and interest of



Mum Mdletshe receiving a gift from our Deputy Nursing Manager Ms. L.D. Dlamini



Mum Mdletshe receiving a Gift Voucher





East Coast Radio Crew at pediatric ward



Some of the toys donated to the Children

Sike saba senhlanhleri enkulu kakhulu siyigumbi lezingane lasesibhedlela iStanger ngokuvakashelwa abasakazi besiteshi somsakazo iEast Coast Radio esizinze e Thekwini namaphethelo, ngenhloso yokuzopha abantwana izipho kulesisikhathi sikaKhisimusi.

Isikhathi sikaKhisimusi isikhathi senjabulo nokunikezana izipho, kanjalo-ke kwathi uma bengena nje ewodinini abasakazi be East Coast Radio kwabonakala injabulo ibhalwe ebusweni nobuso obunethemba kojahidada; ikakhulukazi ngoba lelithimba laliphethe amathoyizi anhlobonhlobo. Sona belu lesisikhathi sikaKhisimusi isikhathi sokuba nabathandiweyo nemindeni ngakho-ke kuyezwela uma usesibhedlela ngalezizinsuku, angiyikhulumi-ke eyojahidada

Abasuke bezifunela ukuya ekhaya bengazi nokuthi kubaluleke ngani ukuthi bahlale esibhedlela.

Kuyintokozo enkulu hhayi-nje kuphela kubasebenzi besibhedlela ukubona abantwana bechichima injabulo kodwa nakubazali babo imbala. Yize noma leliqembu lezokusakaza likwenza lokhu minyakayonke kodwa kuhlezi kubukekaka-busha ngaso sonke isikhathi.

Sibonga kakhulu kwithimba lakwa East Coast Radio ukuphindebaya ukuuzonika ithemba kubantwana bethu sengathi singabaxhasa ngaso sonke isikhathi ngokunikela ngamathoyizi, ukuze bakwazi ukufinyelele kuzo zonke izibhedlela.



"East Coast Radio Durban's Number 1"



Christmas Massage:

In this Festive Season we would like to wish all department employees and the Community Safe holidays , A Merry Christmas and Prosperous 2008

Merry Christmas

Archy Muscles from a bout of the flu?

Mix 1 tablespoon of horseradish in ½ cup of olive oil. Let the mixture sit for 30 minutes, then apply it as a massage oil, for instant relief for sching muscles.

• Sore throat?

Reach for the Heinz® apple-cider vinegar! Just mix 1/4 cup of viniger with 1/4 cup of honey—and take 1 tablespoon six times a day. The vinegar kills bacteria, and the honey soothes your throat.

