

HAPPENINGS ON THE HILL



HILLCREST HOSPITAL
50 HOSPITAL ROAD
HILLCREST
3650

DECEMBER 2008

THIRD ISSUE

A WORD FROM THE CEO

THIS TIME OF THE YEAR!

Hillcrest Hospital Staff,
Members Of The Hillcrest Hospital Board &
Friends Of Hillcrest Hospital.

May I take this opportunity to thank you all, staff for your good work and dedication, members of the Hospital Board for your support and assistance in delivering quality service and to the Friends of Hillcrest Hospital for your donations, I am short of words of expressing how grateful and thankful I am.

May God keep and protect you and your loved ones as we approach the Festive Season.



Mrs. B. Mtshali :CEO

**BEST WISHES FOR
THE NEW YEAR**

ISAIAH 41:10

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Special points of interest:

- 16 DAYS OF ACTIVISM AGAINST WOMEN AND CHILDREN ABUSE.
- THE T.B ISSUE.

16 DAYS OF ACTIVISM AGAINST WOMEN AND CHILD ABUSE.

STOP WOMEN ABUSE PLAY

The youth of Hillcrest did their part in commemorating the 16 days of activism by performing the play based on domestic violence. Thanks to sis Thandi and Mrs. Signh for directing the play. The cast did get the message across that if the neighbors or friends of the abused witness or hear a cry for help, they should help before things get out of hand. Gone are the days where people will say “eyomndeni ayingenwa”. The comedy side of the play had us all in stitches, thanks to S. Mdluli, M Vezi, M Mngonyama, A khwela, T. Ngubane and T guys you did a splendid job.

If you need help call the following numbers:

POWA (011) 642 4345

STOP WOMAN ABUSE: (011) 885 3332

LIFE LINE : 0861 322 322 (TOLL FREE)

CHILD LINE: 08000 55555

POLICE NO: 10111

Visit: www.powa.co.za

“SHOW THEM THAT WE CARE”

QUOTE:

*YOU CAN NEVER DEAL
WITH THE ARROGANCE
OF IGNORANCE*

MESSAGE FROM THE NURSING MANAGERS

We have just started year 2008 and we are about to end it. A lot has happened, one has to look back and say what is that I did not achieve and where did I go wrong. We might not achieve all, but as long as its one achievement that will be something.

We pride ourselves as a Nursing component for all the achievements. It has been very hectic, but

through teamwork and working towards one goal we have succeeded in spite of all the challenges. To the Hospital Management, all components and all categories, Thank you for your support. God bless each and everyone of you as well as your families and friends. Let us forget about the bad past experience and acknowledge each other . Remember to treat each day as if it were your last day on earth.

P.B. Mgobozi

Aids day celebration

We had our own AIDS commemoration day on the 03 December 2008, held at hospital chapel at 11H00. Mrs. Mgobozi was the program director.

we opened the program with a prayer , we took a minute of silence for all those who have passed. Mrs Mgobozi light the candle in support of those who are infected and affected by AIDS. The speaker of the day was miss Zandile from the Hillcrest AIDS center , she spoke about the importance of being tested and knowing your status early so that if you find out early that you are positive you will start taking care of yourself by the help of professionally trained counselors. What she said about school kids testing positive, kids as young as 15 years was very alarming, that means that if you are a parent it is time to have that talk about the risk of engaging in sexual activities, 'ugotswa usemanzi 'so the early you start the better the chances of your kids being safe. Then the staff went to the wards with light candles and singing gospel songs

STOP AIDS
KEEP THE
PROMISE



**TOGETHER
WE
CAN STOP TB**

DID YOU KNOW that more people die of TB in sub-Saharan Africa and according to the report of WHO, South Africa ranked 9th on the list of 22 countries hardest hit by TB and did not meet the international targets for TB control because of poor co-ordination between TB and HIV activities. What if it is because of us that S.A. faces these problems pertaining to TB?

Do YOU know your status?

At no time in history has Tuberculosis been as great a concern as it is today. Despite highly effective drugs morbidity and mortality due to Mycobacterium tuberculosis is increasing, a phenomenon that is being largely fuelled by the HIV epidemic. S.A. reports more than 100,000 TB cases yearly.

Did you ever ask yourself why? Whilst wondering, let me tell you this important message: TB although it is a major risk to health and development, it can be cured and treatment is free. It is curable even when an individual is HIV positive.

What you must know is this: know the symptoms of TB, get checked if you or someone else has the signs.

Do what it takes to ensure that the treatment is completed and do not allow people to be victimized for illness. Incorrect treatment or failure to complete treatment breeds TB 'super bugs' that are most resistant to drugs. Multi drug resistant TB (MDR-TB)

Is at best, enormously costly and difficult to treat. At worst it is impossible to treat and, therefore, fatal. Drug resistant bugs are a risk not only to the defaulting patients but to others he/she may infect.

Fight the stigma accompanying TB treatment, like keeping the treatment a secret because of fearing victimization and misconception that anyone who has TB must be HIV positive.

Last but not the least the TB, HIV/AIDS and STI (sexually transmitted infections) management is integrated because HIV infection is a potent risk factor for TB and increases the risk of reactivation of latent MTB. In S.A. TB/HIV co-infection represents more than 30% of the TB/HIV co-infected pool. STI facilitates transmission of HIV which occurs much easier in the presence of infected or damaged mucosa in the vagina and penis which in turn makes the individual to be more prone to TB.

On the 24th March 2006 the S.A. Health minister announced the S.A. TB Crisis Plan to deal with the country's escalating TB problems, the integrated approach twinning

HIV/TB and STI initiative at National, provincial, district and service level.

Let us work together to defeat the monster, together we can WIN.

But separated we lose.

Know your status, prevent being infected by HIV and STI's.

CONDOMISE. BE FAITHFUL.

BY: SISTER MABASO



Matomani / Mopani Worms

By: Sr. Mgiba

Life Cycle:

Matomani is a worm mostly found from Mopani trees. They are seasonal, between December and January, hatched from eggs. Fast growers feed on leaves.

Mid-December they climb off the trees, and at this time people mostly from Northern Limpopo will collect them in containers, cleaned, cooked and dried.

They are kept in bags and served with pap.

Towards the end of Jan. it is believed that they bury themselves in the ground.

Nutritional Value:

Very rich in protein and highly recommended in talks on nutrition. Even sold in local shops.



TREES FOR THE FUTURE

Trees are good, good enough to hug!

Trees have a nifty biochemical strategy that enables them to take carbon dioxide leaves, and swap that nasty gas for oxygen.



called photosynthesis through their

This is why it is good to plant trees—AND VERY BAD TO CUT THEM DOWN.

Trees fight global warming

We must look at the earth as an island in the black sea of space. Climate does not respect boundaries, and neither does pollution, carbon dioxide, nor the lack of trees to produce oxygen.

We only

Plant a
before
pear.

Speak



have one world, and we all share it.

tree today—help the earth to fight global warming—the planet becomes a desert and the islands disap-

pear. Speak out against the destruction of our trees!

INFECTION PREVENTION AND CONTROL PROGRAMME.

By Mrs. P.L. September ICP

Infection prevention and control is in your hands!

I CAT—(Infection control audit tool.)

- What is I CAT? It is a new infection control assessment tool.
- It is aimed at complementing the audit tool used for surveys,
- I CAT involves assessment of existing hospital infection con-

trol practices, applying self learning, and rapid cycle quality improvement methods.

- Helps to develop and implement appropriate low cost solutions to mitigate identified problems.

- I CAT has 21 modules and the one we are concentrating on for now is hand hygiene in KZN.

- The aim is to have all H.C.W. competent in

hand washing.

Where are we?

So far this has been introduced to management and OMN's have been trained in I CAT and they are supposed to train staff in their units.

We will have teams who will be monitoring and evaluating this.

Your co-operation will be highly appreciated.

Watch out! You will be performing hand washing in your sleep!



Better keep yourself clean and bright; you are the window through

which you must see the world.

-- George Bernard Shaw (1856-1950) Irish Playwright



CHRISTMAS RECIPE

Traditional trifle

Ingredients

80 g red jelly

80 g green jelly

1 SWISS ROLL

50 ml medium cream sherry (or more to taste)

100 g flaked almonds

410 g sliced peaches

500 ml basic vanilla custard, cooled

150 ml whipped cream to decorate

Method:

1. Prepare jellies according to instructions, set in refrigerator. Break up set jelly with a fork. 2. Cut Swiss roll into slices. Arrange a layer on the bottom of a glass dish. Sprinkle with half the sherry. 3. Layer the trifle alternately with sliced peaches, green jelly, custard and almonds. 4. Repeat the sequence starting with the jam roll slices. 5. Decorate trifle with red jelly, piped cream and flaked almonds. 6. Serve well chilled.



CHRISTMAS CHEER!

Have a laugh

Which Christmas Carol is a favorite of parents?

Silent night.

Why does Santa have 2 gardens?

So he can hoe, hoe, hoe.

What do you get if you cross a snowman with a vampire?

Frostbite.

Why was Santa's little helper depressed?

He had low elf esteem.

Why does Santa come down the chimney?

Because it soots him.

Who is the rudest reindeer?

Rude-olph





WELCOME TO HILLCREST

Khanyeza N.

Dlamini z

We hope you are going to enjoy your time with us, feel at home because you are at home.



FAREWELL TO:

Mbatha M.

Sithole D.

Ndlovu N.

Zwane N.

Mdunge B.



Mom Agy 's farewell pics



Receiving her gift from Mrs. Jansen



NO LOVARING AND NO DACKARING

mom Agnes that is what many called her



Mom agy and Mr. Ndawonde

We wish you all the best. May the joy that you made us feel while we were with you be felt by you
We love you.

Eze Diski

It is a pleasure to say that the sporting family of Hillcrest Hospital is not only feeling festive, it is also taking stock as the year falls.

Firstly I would like to thank the management of Hillcrest Hospital for its support and recognition of the soccer and netball activities throughout the year.

Secondly it is important to note that for the first time ever in this year, the sporting family of Hillcrest hospital has managed to elect and assign a sport committee to serve under the wellness programme. It is therefore deserving men-

tion that the sport committee's continued dedication and commitment in organizing and coordinating home and away encounters have resulted in a



Mr. S.C. Mkhize
Sport committee chair person

job well done.

To all soccer and netball players: you have shown how proud as you represented

Hillcrest Hospital and that has been revealed by your fighting spirit as we enjoyed the games we played "Keep It Up"

To all our supporters: Thank you for being there, whether rainy or sunny it never mattered to you "Thumbs Up"

As a token of appreciation to all who have made it all possible, we closed this year in style when we show cased:

The hillcrest Old timers in action against the Hillcrest Hospital soccer team on the 18th of December 2008, where they fell 4-3 down.

In closure, as we look forward to the new year, I would like to quote Kahlil Gibran: "The significance of man is not what he attains, but rather what he longs to attain"

By that, I wish every at Hillcrest Hospital a merry Christmas and a very happy new year.

OLD TIMERS



FROM L TO R: BACK ROW. MNYANDU, MDU, LUNGANI, RD, DLAMINI J, BACKS
FRONT ROW: STONE, JOSTERI, SUREBOY, ZUMA, VELO AND KHWELA

HILLCREST HOSPITAL SOCCER TEAM



FROM L TO R: BACK ROW. MONDLI, KHULEKANI, MZO, MJ, SIMPHIWE.
FRONT ROW. SPHA, DAVID, SBONGSENI, RASTA, NKOSINATHI.



ACTION ON THE FIELD



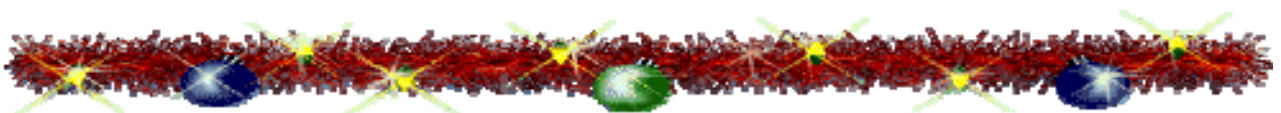
MGAZI SOCCER CAPTAIN. NO 1
SOCCER STAR.

People of the hill



MRS. MGOBOZI : OPENING THE AIDS DAY COMMEMORATION

Hospital choir on AIDS day
I joyous yakusasa





THE CAST OF THE PLAY FROM L TO R :
SIE, THANDEKA, MZO, SPHA, DUMI(NAARTJIE)AND THANDI

THEY WERE SAYING NO TO WOMEN AND CHILDERN ABUSE.



MAHOMED'S FAREWELL PARTY :
MAHOMED WITH MRS. MTSHALI AND MRS. MGOBOZI



Some of the guest at the party

Merry Christmas

From the editorial team:

Kathy

Mr. S. Majola

Sr. Mgiba

Mrs. R. Khuzwayo

We are pleased to welcome Mr. J. Gwala onto the editorial team

We regret the resignation of Mr. Majola.

We are pleased to welcome Miss. Jabu Zungu

As our new Editor.



Merry Christmas and farewell to Mahomed in Physio.

Thank you for your hard work this year and best wishes for the future. From the PHYSIO and OT STAFF.



Merry Christmas and a prosperous new year.

TO ALL THE WARDS



CONGRATS to the new Mrs. Mkhize formerly known as Thembi Phelago. ALL THE BEST



Lynda Van Zyl says thanks to everyone for their kindness when her mom passed on. Merry Christmas from Housekeeping and Security.



Sr. Taljaard and Dr. Du Pont wish to thank everyone in the hospital for their love and kindness. A very Merry Christmas to all.



Izilokotho zikakhisimuzi

Unkulunkula masimbonge ngokusigcina isikhathi esingaka.

Kubo bonke othixo akekho onjengaye

Sithi kubonke abasebenzi base Hillcrest Hospital ukhisimuzi omuhle onentokozo nezibusiso.

Okwenzayo ukwenze kahle. Uzinike isikhathi bese ubheka ubongozi. Uma "uphuza" zibheke zinakekele ungeqisi.

Ukhisimisi omuhle kini nonke.

Iphuma ku W. J. Gwala