



# Happenings on the hill

MARCH 2009

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## Taking Nursing to a Higher level

The Nursing management was fortunate to be involved in workshop that was conducted by Ms Jabu Makhanya which was on Management of professional misconduct in nursing profession.

HOD for DUT Nursing Department and also a member of SANC. The discussion led to all other interesting issues about nursing and it was indeed a very eye opening discussion, opportunity was used to get more information on nursing as a profession as well as

The hot issue at the moment is about the ICN (International Congress for nurses) which will be held from 27th June to 4th July 2009 at the ICC in Durban. The congress will be attended by thousands of participants from all over the world. The congress will be of massive international significance and influence.

It is the first time that such function takes place in Africa. We encourage that Nurses that can afford to attend do so. Ideas as how to funds can be raised are warmly welcomed so that we can send a representative who will give us feedback.

Lastly it is the time of the year where we are wrapping and unfolding for the new Financial year. With the financial state that we find ourselves in, we Will have to work harder to achieve whatever that is achievable with limited resources we will put our hands together like we did and confirming the nursing vision " United we are committed to dedicate quality chronic long term care.



OMN Thusi, Mrs. Mgobozi & J. Makhanya



Mrs.Mngomezulu & Mrs. Ramiah



Omns—Deonarian, Gumede & logan



OMN Oldfield, OMN Thusi, Mrs. Mgobozi & J. Makhanya

By Mrs. PB Mgobozi  
Manager Nursing

# Together we can stop TB

*To fight the TB from spreading.*

*- Take your medication*

*- apply an open window policy*

*- eat health food*

TB can be cured yet it continues to kill many people because they do not complete their treatment. It is one of the top infections killers of young people and adults in our country. TB treatment is available at clinics and it is free of charge. Take treatment correctly and be cured.

By Sister Gumede.  
TB awareness coordinator.

**T  
B  
D  
A  
Y**



## On the fun side—valentines day highlights

The month of February is well known as the month to express, share, show, give and take love through gifts, cards. Letters etc. We do these to our loved ones, not only to our intimate partners as well as our families, relatives, friends and colleagues.

Hillcrest Hospital was no exception in celebrating this controversial month. On Friday the 13<sup>th</sup> of February we gathered to celebrate Valentines Day. It has become our tradition to do HIV/AIDS awareness in our Valentines celebration and our theme of the day was "KNOW YOUR STATUS".

Our guest speaker was Ms. Zandile Shange from the AIDS Centre, she delivered a very encouraging speech that there is life after HIV. Her emphasis was on knowing your status, relief of disclosing ( her own experience) as well as positive living.

Best dressed Mr. and Ms Valentine 2009 were chosen by our former Mr. (Mr. Sthebe) and Ms(Ms T Ngubane) Valentines 2008. Winners were Ms. A Khwela and Mr. S Ntshangase, they were well congratulated and were given to them. Sr Gwen Gumede, our new HIV/AIDS coordinator closed the event by doing the vote of thanks.

The wellness programme would like to thank the following for making this day possible and enjoyable:

Mrs. Mtshali. OT department, Sr. Oldfield, Sr. Deonarain, Sr. Taljaard, Mrs. Mgiba, Mrs. September, Mrs. Khuzwayo, Mrs. Van Zyl & Mrs. Botterills, for bringing the refreshments for the day! We all know that celebrationis not complete without refreshments. We appreciate the support especially when one expects nothing in return. Sithi uNkulunkulu anibusise kwande lapho nithathe khona!

All staff members that donated R5.00 towards the wellness programme.

Our entertainers " abafana Bengoma". Nize ningadinwa nangelinye ilanga!

All people featured in the programme.

Housekeeping team, for the set up & cleaning.

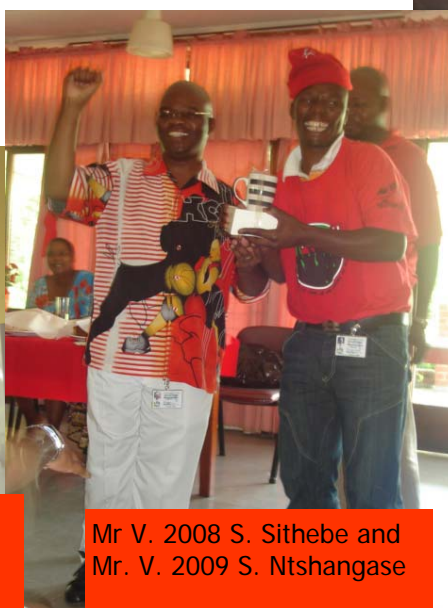
Last, but not least, our management, we thank you for your support!!!

I quote, kawbasegalathiya chapter 6 vs 9 " kepha masingathali ekwenzeni okuhle, ngokuba siyakuvuna ngesikhathi esifaneleyo, uma singadangali".

By: Ms. S Mphande



MISS V. 2008 T. Ngubane  
AND MISS V 2009  
D. Khwela (naartjie)



Mr V. 2008 S. Sithebe and  
Mr. V. 2009 S. Ntshangase



Lwazi Shozi - MC and  
Mr. Valentine 2006

“Move on up no matter what “

2008/2009 Financial year was a trying period for all of us as we were faced with financial constraints. One positive thing is that we were able to render optimal service to our clients.

Your positive attitude has kept us floating above. No matter what circumstances we find ourselves in, let us move on and do what we are good at – QUALITY PATIENT CARE.

We must aim at using the available resources effectively and efficiently.

In ones life there are so many battles to fight. Why fighting a battle that you are not going to win? There is one SOLDIER that can fight all the battles, even yours . the big question is how do you communicate with Him!

EXODUS 14:14

II CHRONICLES 20:17

Mrs. B. Mtshali

CEO.

## Words of wisdom

Our deepest fear is not that we are not adequate,

Our deepest fear is that we are powerful

Beyond measure, we ask ourselves.

Who am I to be brilliant, Gorgeous, Talented and fabulous.

Actually who are you not to be, We were born to make manifest the glory of God that is within us and As We let our own light shine, We unconsciously give other people permission to do the same.

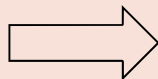
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**Farewell to Dumisani Khumalo ( Mashobane), Lungile Memela and Busi Khumalo  
We wish you all of the best. May the Good God bless you abundantly**

### Notice board

- ⇒ The biggest loser competition is running until November 2009 for more information contact Renu on ext 210.
- ⇒ join the walking team.

Ayilaba, bazama kabili bahluleka



- ⇒ Employee of the month: see who has been elected in the notice board by the boardroom.
- ⇒ Watch the space, soon there will be a launch of the new uniform.



The cake sale was a success because of you 'izindla ziyagezana' **Thank you**

- ⇒ This is the whole Institution's news letter so we urge that you participate in it, send us anything news worthy that you want us to include in the next issue.
- ⇒ on the next issue: sports news, cleaning of the wards etc
- ⇒ Thanks to those who participated on this issue, if you did give us an article and it is not in this issue be sure to catch it in the next one
- ⇒ For any queries on handing in articles contact.  
Mrs. Mgiba, Mrs Khuzwayo, Mr. Gwala(Mjay), Cathy Strapp and Ms. Zungu.