



THE NIEMAILER

NEWS

JULY-SEPTEMBER 2021

IF IT MATTER TO YOU IT MATTERS TO US



**NIEMEYER
MEMORIAL HOSPITAL
HERITAGE DAY**

HERITAGE DAY COMMEMORATION 2021

Why do we celebrate Heritage Day in South Africa? Heritage Day on 24 September recognizes and celebrates the cultural wealth of our nation. South Africans celebrate the day by remembering the cultural heritage of the many

cultures that make up the population of South Africa. This year we hosted a music themed heritage day in the facility, stalls were pitched with mouth watering dishes to try and raise funds for sanitary towels for some

schools girls that still suffer from the economic imbalances of our Country. We appreciate everyone who showed up to celebrate our heritage and who contributed to the success that this day still boasts.

THE NIE-MAILER NEWS



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KWAZULU-NATAL PROVINCE
HEALTH
REPUBLIC OF SOUTH AFRICA



KwaZulu-Natal Department of Health



KZN Department of Health



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**GROWING
KWAZULU-NATAL
TOGETHER**

NATIONAL WOMEN'S DAY

Hey Queen!!!

Look at how far you've come, you should be proud.

You're a woman of full circle, within you is a power to create and nurture, nurture and transform

When the whole world is silent, even your voice becomes powerful.

Nobody cares if you can't dance well. Just get up and dance. Great dancers are not great because of their technique; they are great because of their passion.

You are GREAT because of your passion.

UNkulunkulu uphakathi kwawo, awuyikuzanyazanyiswa; uNkulunkulu uyakuwusiza ngovivi lokusa...God is in the midst of her; she shall not be moved; God will help her when morning dawns.

You may not be perfect, but parts of you are pretty awesome absolutely **amazing!!!**

"You learn something out of everything, and you come to realize more than ever that we're all here for a certain space of time, and, and then it's going to be over, and you better make this count."

Sometimes you may feel misvalued, and underappreciated we all have been there, just extend yourself a little grace.

The path you are on was designed for you alone please don't forget that.

remember! You can never go wrong by doing right by yourself.

You are special and worthy of praise.

So the next time you want to second guess yourself don't do it!

Girl you make me so proud! Happy Women's month.

This is what the heart felt video for women by women pronounced.



That was not the end, every female staff member and sometimes patient, received a personalized candy bar with an inspiring message. The idea was once you're in position of the personalized candy bar we all had the responsibility to re-gift it. The gesture was intended to uplift each other as women and it worked! everyone was cheerful and even to this day some messages stand tall in individuals work spaces.

Women's Day celebrations did not end there, the COVID Ward staff had their own celebrations planned, but don't take our word for it have a look for yourself on the next page.





HAPPY



women's



month





01-30 SEPTEMBER 2021

Pharmacy Month

"THINK PHARMACY"




1-30 SEPTEMBER PHARMACY MONTH
2021- "THINK PHARMACY"

- Is an important part of the team that looks after your health and well-being
- Is an important part of the health care chain team that looks after your health and well-being
- Ensures that your medicine is produced and stored safely
- Ensures that you receive the correct medication for the correct condition
- Can provide information about your medicine and medical condition



THE RIGHT TO HAVE ACCESS TO HEALTH CARE SERVICES IS A BASIC HUMAN RIGHT GUARANTEED BY THE CONSTITUTION. SECTION 27 OF THE CONSTITUTION PROVIDES THAT EVERYONE HAS THE RIGHT TO HAVE ACCESS TO HEALTH CARE SERVICES

Niemeyer Memorial Hospital Pharmacy- 034 331 3011

- 01 Your Pharmacy can provide advice on immunisation and family planning
 - 02 Your Pharmacy can provide advice on healthy living
 - 03 Your Pharmacy facilitates supervision of the medicines supply chain and ensures that the process meets legal standards
 - 04 Your Pharmacy can advise you about your medicines, including how, when and for how long you should take them as well as what reactions may occur
 - 05 your pharmacy advises other healthcare professionals about safe and effective use of medicines
 - 06 Your Pharmacy can help you get screened and tested
 - 07 Your Pharmacy supervises the production and preparation of medicines and assesses quality of medicines before they are supplied to patients from pharmaceutical manufacturers
- 

Pharmacy Month is a unique opportunity to market the pharmacy profession, bringing together pharmacists from all sectors to communicate to the public the value that the profession brings in providing quality healthcare.

This years theme for Pharmacy Month was **"Think Pharmacy"** To celebrate Pharmacy month we decided to give talks every Wednesday about the importance of Pharmacy Month after every talk we gave gifts to Patients that

cooperated and inter-acted with us (Pictured on the left is a flyer used to aid these talks)

On Thursdays the Pharmacist gave talks to Patients on the importance of vaccination. Myth buster flyers were designed and distributed to assist patients better in understanding.

To close off the month, we visited Nhlazadolo Combined School, to speak about Pharmacy as a career to learners in the senior phase.

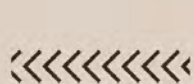
NATIONAL ORAL HEALTH MONTH

September is National Oral Health Month, a time to pay extra attention to your dental routine, particularly as two of the world's most common health problems affect the mouth – cavities and gum disease

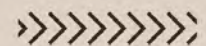
The Dentist Department visited Waaihoek Primary School Learners, Grade 5&6 as part of observing pharmacy month. They taught the learners about the importance of Oral health and conducted screenings on all the learners

present. The talks wouldn't have been complete without some free toothbrushes to practice good oral hygiene on their own.

SEPTEMBER 2021 NATIONAL ORAL HEALTH MONTH



NO HEALTH WITHOUT
ORAL HEALTH



Alzheimer's Day 2021

21 SEPTEMBER 2021

ALZHEIMER'S DAY

'Know dementia, know Alzheimer's'



World Alzheimer's Day is observed on 21st September every year to raise the awareness about Alzheimer's and Dementia. This day is celebrated for generating awareness and due to seriousness of this disease

Purple is our signature color, combining the calm stability of blue and the passionate energy of red. Purple makes a statement about our Association and our supporters: we are strong and unrelenting in the fight against Alzheimer's disease Alzheimer's is the most common cause of dementia, a general term for memory loss and other cognitive abilities serious enough to interfere with daily life. Alzheimer's disease accounts for 60-80% of dementia cases.

Alzheimer's has no cure, but treatment is available.

This year we took the morning to educate the patients at Gateway Clinic about what Alzheimer's is. The session was very interactive patients had questions and comments and some of them came to our stand for more information or simply to just get their hair sprayed.

Appreciation also goes out to some of our colleagues who wanted to assist in raising awareness by taking ribbon or spraying their hair purple.

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WORLD CONTRACEPTION DAY

World Contraception Day is marked on September 26. The day is observed to recognize the importance of family planning in the lives of people all over the world, because the actual day fell on a Sunday the Outreach Team, Social Worker and Mental Health visited Inzimana Combined School to address the children about all the complex issues that surround teenage pregnancy and assistance available to them.



WORLD CONTRACEPTION



26 SEPTEMBER 2021

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HUIS JOANNA OLD AGE HOME FOOD DRIVE



About 4 months ago we received a communique from the local old age home, they were under immense strain and needed help in any form, we decided to kick off the food drive in our own small way to try and assist. We have collected food successfully for a couple of months and we are grateful to everyone who gave selflessly and tirelessly.



Cheers!! Its a wrap

HOSPITAL BOARD MEMBERS FAREWELL

HOSPITAL BOARD
TERM COMES TO AN
END



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VOOMA VACCINATION WEEKEND



Vooma Vaccination Weekend is the first in a series of outreaches under this banner in which leadership from across the political spectrum, civil society, traditional leaders, labour and business will mobilize communities to stay safe by being vaccinated.

Vaccines are safe and easy to receive. They protect people against serious illness, hospitalization and death. And when the majority of people in the country are vaccinated, the nation will experience a greater sense of freedom and safety in social interactions and economic activity.

Vooma Vaccination Week-

ends aim to mobilize citizens and people living in South Africa to get vaccinated as a means to fight the COVID-19 pandemic. The Vooma campaign is aimed at helping South Africa ensure that 70 percent of the population is vaccinated by the end of December. The Niemeyer Memorial Hospital vaccination team kicked off the Vooma weekend on Friday and Saturday at the Utrecht Town hall and later moved to Mxhakeni Community hall and Magadla Store on Sunday to encourage our community members to vaccinate.



STAFF RECOGNITION



STAFF RECOGNITION DAY

In a recent executive meeting it was decided that the time has come to recognize certain Departments and Employees for their hard work and dedication. On the 27th of September 2021, Executive

Management took to various departments, namely Block B & D, OPD, The Finance Department, various individuals at Systems and the PRO. Although each component was recognized for unique reasons

the main idea behind the awarding was to help employees see that their values and their contributions to the success of their team and the overall Hospital.

FOETAL ALCOHOL SYNDROME AWARENESS DAY

Foetal Alcohol Syndrome
Awareness Day

Compiled by Zané Garber OTCSO

!! SAY NO !!



TO ALCOHOL AND DRUGS WHEN YOU ARE PREGNANT

WHAT IS FOETAL ALCOHOL SYNDROME?

Foetal Alcohol Syndrome is a condition in children that occurs when the mother consumes alcohol and drugs whilst pregnant with the child.

Foetal Alcohol Syndrome is the leading cause of preventable birth defects in children and developmental disabilities around the world.

**"THE DAMAGE YOU CAUSE YOUR BABY IS 100% PREVENTABLE,
ALL YOU NEED TO DO IS SAY NO TO ALCOHOL AND DRUGS"**

WHAT CAN HAPPEN TO MY BABY IF I DRINK OR USE DRUGS?

The baby can have the following problems:

- Delayed development or physical disabilities
- Behaviour problems
- Vision and hearing problems

These educational pamphlets are currently being distributed to expectant moms at PHC and posters can be found in and around the Facility.

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COMPLIMENTS

"Ngcicela ukudlulisa ukubonga ngosizo engilunikw uML Howard, ave enothando loya sister uyanakeleela futhi bengiqala ukusizakala ngingaphki umoya"

"She's good, she know how to treat people and she also take time for your problem and guide you how to deal with it by helping you"

Egameni leziguli bengithanda ukufaka isincomo ngomunye wabo sister bethu indlela asiphatha ngayo cha siyabonga"

"I want to state that I get good help and i am staying healthy all the time. Nurse Howard she is always smile all the time she is a good nurse"

"Ngincoma uML Howard ngendlela ophathana ngayo unothando lokusebenzisana nesineke wenza konke okudingayo unenhlonipho usizo lwakhe lukhulu kakhulu lapha uma ungazwakahle uyakuchazela ngesi zotha nangothando uneziyalo ezinhle God Bless You"



Other Information and Examples

"I am very proud and satisfied of the service I received at this Hospital! Keep it up and show those who looked down on businesses or companies or even organizations run by an African, ukuthi we can make it and we are more than capable... keep on making us proud it shows that the CEO Dr. SB Nkosi is a true leader, committed and keeps everyone accountable to umsebenzi wakhe Phambili our future keepers of uMzansi blood was shed, people died to make sure that you are where you are, as young people of this Country I cant close my mouth about this Hospital Keep up the good work May God keep blessing you"

"Ngincoma onesi bonke nje kaze saphatheka kabi, basiphatha kahle uma kukhona enginga kuboni kahle bakusiza ngokukhululkea abanakinga ngakho, kwangathi bangahlala benza kahle njalo SIYABONGA"

"My husband tested positive, somebody was phoning every second day to see how he is...

1 day he was sick & the lady phoned again and said go to the flue clinic

I was so glad because my husband is generally a stubborn person and because he visited the flue clinic he was improving everyday

So thankful to all the staff and the lady who kept phoning, the support and the whole hospital"

+ THE LAUGH CORNER.



1

"I felt super exhausted after giving blood. It's such a draining procedure."

2

Doctor: What's the condition of the boy who swallowed the quarter?
Nurse: No change yet

3

"A man speaks frantically into the phone, 'My wife is pregnant, and her contractions are only two minutes apart!'
'Is this her first child?' the doctor queries.
'No, you idiot!' the man shouts. 'This is her husband!'"

**Knock, knock!
Who's there?
Colin who?
Colin the doctor... I'm sick!**

Why did the grasshopper go to the doctor?
He kept feeling jumpy.

GALLERY



Sr Mathe and Sthe Ndebele exchanging candy on Women's Day.



Nurses reciting the nurses pledge outside PHC.



Matron Moloi awarding Sr ML Howard with a recognition certificate.



Legislature's SN Nkosi and Sr Smit at the Legislature Functionality visit briefing.



The honourable Legislature MPL (A Napena) and Sr Mkhize during the Legislature functionality visit.



Legislature functionality visit.



GALLERY.



Mam' Ngcobo posing for a picture before a productive day.



Siyabona kubheka posing for a picture outside OPD .



A Patient at PHC poses for a picture.



COVID 19 OM's handing over Patients wallet after she had lost it.



Mr Khanyile at the Utrecht Town Hall handing Hygiene Packs to some community members.



Baba uMilase with a Patient that requested a picture with him.



NEW APPOINTMENTS



GP NKOSI Professional Nurse: 01 July 2021 " Noma kunzima bambelela"



NTLOYA N Data Capturer: 01 July 2021



SULO Y Professional Nurse: 01 July 2021 "See the beauty in everything and dream in colors that don't exist"



SHANGE SNB Professional Nurse: 01 September 2021 "God is good"



NKABINDE HI Professional Nurse: 01 September 2021



THUSI SI Pharmacist: 01 October 2021 " Working together we can do more"



ACKNOWLEDGEMENTS

EDITORIAL TEAM / DETAILS



Dr SB Nkosi (Hospital CEO)
Editor



Ms B Khumalo(PRO)
Writer

HOSPITAL DETAILS

Niemeyer Memorial Hospital.

Physical Address: Kantoor St, Utrecht, 2980

Postal Address: PO Box X1004, Utrecht, 2980

Tel: 034 331 3011 Fax: 034 331 4498

Website: www.kznhealth.gov.za.

