



**HEALTH**  
KwaZulu-Natal

# Umgeni NEWS

SEPTEMBER—NOVEMBER 2009

ISSUE: 3

## SPECIAL POINTS OF INTEREST:

- Rights for elderly people
- Special Olympics
- Staff development

## INSIDE THIS ISSUE:

International day for Older Persons	1
The rights of elderly people	2
Photos for the event: International Day for Older Persons	3
How to loose weight	4
Special Olympics	5
Wellness Day Event	6 - 7
Household Tips	8
Staff training and development	9
Be a good driver this festive season	10

## International Day for Older Persons

Umgeni Hospital Mental Health Care User's (patients) are admitted for the entire life, due to their length of stay some are old. The total number of Mental Health Care User's (MHCUs) that are 60 years and above are 74.

The Social Work Department together with the Special Events Committee organized an Elderly Day Event on the 14th of October 2009.

Invites were sent to other hospitals, Non Profit Organizations and Umgungundlovu Health District

This institution felt that there was a need to commemorate the Day for Elder Person due to the number of Mental Health Care User's which are 60 years and above. This also remind us of our duties which are to respect, honour, and care for older persons.

### OBJECTIVES OF THE EVENT WERE:

- Acknowledge older persons as senior citizens of Umgeni Hospital.
- To recognize them as custodians of wisdom irrespective of their mental status.
- To ensure that they are updated on issues affecting them.

**“Older persons Rights are Human Rights”**

Mrs. N. Buthelezi (Principal Social Worker) inform the people who attended the event about the purpose of having such an event at Umgeni Hospital. She mentioned on her speech that “The elderly in this country are not treated well. The process of growing old, although inevitable for us all, is

abhorred; even resented. It has been perceived as a problem rather than a natural process. Perhaps the lack of regard for senior citizens stems from our own deep-seated fear of and misconceptions about growing old. Their voice, even though is a voice of experience and wisdom is rarely taken into account. The majority of older persons in this country do not have the opportunity to go to school to be educated, which increases their vulnerability as they rely on others for information”.

She further said “elders of this country needs to be respected because they are raising the grandchildren and making valuable contributions about life issues to societal needs”.

In some instances the more the people grow older then their bodies do not function well. With the help from the District of Umgungundlovu Mrs. Zimu and the team were present on this day to provide the service of eye screening and they were provided with walking sticks

This day could not be a memorable one without the gifts to the older people of Umgeni Hospital.

All the Mental Health Care User's who attended received the gifts( emergency lights and wall clock) from the Gift Of the Givers Foundation. Then the Social Work Department arranged a present for the oldest MHCUs (both female and male). The best dressed male and the female also received the gifts.



Ageing is a privilege and a societal achievement

Thank you to all who made this day to be a memorable one for the elder citizens of Umgeni Hospital. Hopefully by celebrating the event , the staff of Umgeni Hospital and the dignitaries will always remember the importance of respecting , honouring and caring for elders of this country.

### THE RIGHTS OF THE ELDERLY PEOPLE

#### Independence

- Older people should have access to adequate food, water, shelter clothing and health care through the provision of income, family and community support and self help.
- They should be able to live in environments that are safe and adaptable to personal preferences and changing capacities.

#### Participation

- Older persons should remain integrated in society, participate actively in the formulation and implementation of policies that are directly affect their well-being and share their knowledge and skills with younger generation.

#### Care

- Older persons should have access to health care which will help them to maintain or regain the optimum level of physical, mental and emotional well-being and to prevent or delay the onset of illness.

#### Self fulfillment

- Older persons should have access to educational, cultural, spiritual and recreational resources of society.

#### Dignity

- Older persons should be able to live in dignity and security and be free of exploitation and physical or mental abuse.

*Photos on the next page*

# Photos For Elderly Day Event



Reverend Bhengu opening the event with a prayer



Acting CEO: Ms. K.J. Mngadi welcoming the guests



Mrs. N. Buthelezi (Principal Social Worker) giving a speech for the purpose of the elderly event



Sister Bruwer (Unit Manager: Saampstap Ward) acknowledging the older persons from the ward that she manages.



Mental Health Care User appreciates his picture as a gift being the oldest male in the hospital

Mr. Mazeka (staff member) receiving a gift for making portraits of old MHCUs



Management team & Mental Health Care User's holding the presents that they have received from the Gift of the Givers

## How to loose weight ?

**D**uring winter time we have been eating a lot to keep our bodies warm, some might have gained weight. The summer season is here again. Some will have to loose weight although it is not easy to do so.

### TIPS TO LOOSE WEIGHT

#### ELIMINATE OR SIGNIFICANTLY REDUCE RED MEAT

If foods like burgers are basic to your current diet, cutting out red meat can go a long way in helping you make healthier meal choices and losing weight. You can supplement red meat with chicken or fish.

#### CUT OUT FRIED FOODS

Keep your healthier choices truly healthy by grilling, baking, roasting and broiling your food. You can make your boiled chicken tangy by bursting it with barbecue sauce or chicken marinade of your choice. Lemon herb dressing can make your fish more tasty.

If you often eat fast food, forget that "value meals" and "combos" even exist; they seem like a better deal, but they're just not worth the extra calories! Stick to a grilled chicken sandwich or a hamburger and a side salad.

#### START WITH SOUP OR SALAD

Having a salad or cup of soup for starters can reduce hunger, prevent over-eating. This will make you to be in control of what you take. Self discipline is crucial when you want to loose weight. For the salad use the low fat salad dressing.

#### FINISH WITH FRUIT

Don't finish your meals with sweet deserts instead of that finish with naturally sweet fresh fruit. This will make you to have added benefit of extra vitamins, minerals and fiber.

#### Drinks

Drink enough water every day  
 Drink more diet sodas than regular soda.

#### GRILLED CHICKEN SALAD

- 2 to 3 chicken breast halves, grilled and sliced into narrow strips
- 1 head romaine lettuce or mixed greens
- 4 hard-cooked eggs
- 1 medium tomato, cut into 8 wedges
- 12 to 16 ripe or pimiento stuffed olives, sliced
- sliced purple onion or green onion
- 8 small new potatoes, boiled and halved, optional
- Mustard Vinaigrette
- 1 tablespoon Creole mustard
- 3 tablespoons white wine or sherry wine vinegar
- 1/2 teaspoon salt
- 1/8 teaspoon coarsely ground black pepper
- dash Tabasco sauce

- 2/3 cup extra-virgin olive oil

#### PREPARATION

Arrange chicken, lettuce, sliced hard cooked eggs and remaining salad ingredients on 4 plates. Combine vinaigrette ingredients in a blender or jar, sliced. Cover and blend or shake until smooth. Serve the dressing with the salad.

Serves 4

*Source: About .Com. Southern Food*

## Special Olympics

**N**gomhlaka 11 September 2009 isikole i- Newton Special School , okuyisikole okufunda kuso izingane ezikhubazekile ngokwengqondo samema iziguli zesibhedlela sethu ( Umgeni Hospital) ukuba sizozibandakanya kumncintisawano ( tournament) wama Olympics owawubanjelwe ezinkundleni zemidlalo khona e- Newton School. Lomncintiswano wawuhlelwe yikomiti ye-Special Olympics yase Mgungundlovu eholwa unkosazana uBrenda Saville.

Ikomidi elihlela imicimbi (Special Events Committee) lahlangana ngenhloso yokuhlanganisa iqembu leziguli zethu elalizomela isibhedlela kulomncintiswano.

Lakhethwa iqembu labesilisa nabesifazane ababezogijima amabanga ahluhahlukene i.e. 50m, 100m kanye no. 200m. Umcimbi wahamba kahle kakhulu kangangoba abagijimi bethu bakwazi ukuphumelela kweminye yemijaho.

Ababezophumelela kulomncintiswano babezokhethwa ukuba bayomela uMgungundlovu District kwi Special Olympics Kwazulu (ZULU-LAND) ngomhlaka 28 no 29 November 2009. Owakhethwa esibhedlela sethu kwaba ngu- **Sthembile Molo**i owakhethelwa ukugijima u-50m no 100m. Kulomncintiswano lomsubathi wethu ugile izimanga ngoba ukwazile ukuphumelela umjaho ka 50m wathola indondo yesiliva (silver medal) nendondo yethusi (bronx medal) kumjaho ka 200m. Sithi HALALA Thandi isibhedlela siyaziqhenya ngawe. Isizulu sithi "AYIHLABI NGAKUMISA;" Lomsubathi waziwa ngokuzithulela nje kodwa ufike wenza ezibukwayo, wasifundisa ukuthi noma ubani angaphumelela kulokho asuke ekuhlosile uma uzozimisela. Siyathemba ke ukuthi usazokhethwa futhi ukuyomela i-Kwazulu-Natal Province kuma Special Olympics kazwelonke.

### Donation from the Friends of Umgeni

The Friends of Umgeni Hospital is a registered non-profit organization which helps the Mental Health Care User's (MHCU's) at Umgeni Hospital. Their motto is "because somebody cared, somebody did something, a child smiled and was comforted".

The Friends of Umgeni has recently donated playing swings for the MHCU's. These swings are situated next to the ward in open spaces. The swings helps the MHCU'S for playing while they are not in the wards. Such games switches the focus from the ward environment .

Thank you to the Friends of Umgeni for their continues support for the wellbeing of the MHCU's at Umgeni Hospital.



Swings donated by the Friends of Umgeni for almost all the ward.

WEL  
LNESS  
S  
DAY

“Move  
for  
wellness”

Umgeni Hospital celebrated the wellness Day on 18 November 2009 to 19 November 2009. The theme was “move for wellness”. Moving for wellness needs one to be willing to be helped in any health related problem and change the lifestyle which can pose danger in his or her life. Part of this event was to identify the health risks that the staff may face in the near future. 152 staff members attended the event.

Staff with abnormalities were counseled and referred for further management.

Thank you to the organizers.

STRESSED  
OUT??

The following services were offered to all employees:

- ♥ Free eye screening
- ♥ Information on diet, healthy eating, nutrition, BMI screening
- ♥ Aid for AIDS/VCT
- ♥ Blood sugar, blood pressure, iron testing.
- ♥ Information about TB / H1N1 / Measles
- ♥ What is / not psychology, referral system for staff/inpatients and outpatients, what is good mental health?
- ♥ information on the Employee Assistance Programme and its services, wellness management, financial management
- ♥ Domestic violence, grants, resources for disabled people, children's & older persons rights
- ♥ Physical wellness (physiotherapy services)
- ♥ Infection Control

Pictures on page 7





**DIABETES  
SCREENING**



**BLOOD PRESSURE  
TESTING**

## **WELLNESS PROGRAMME 2009 SERVICES PROVIDED**



**DIETETICS**



**EYE SCREENING**



## **WELLNESS PROGRAMME 2009 SHARING INFORMATION**



# Household Tips

## Kitchen

### Oven

To clean up spills, sprinkle immediately with salt. When the oven cooled off, brush away the burnt on food with a damp sponge. Or sprinkle with automatic dishwashing powder, cover with wet paper towels, let it stand for few hours, then clean with a damp sponge.

### Refrigerator

To eliminate smelly odors keep an open packet of bicarbonate of soda or a piece of cotton dipped in vanilla extract in your fridge. To prevent mildew wipe down the sides occasionally with white vinegar.

### Blenders and such

Fill the container halfway with half hot water and a couple of drops of a detergent. Cover and blend, rinse and dry. Loosen dirt with a toothbrush and run a paper towel through the cutting assembly. Then spray with non-stick vegetable spray.

### Stainless steel sink

You can make them really shine with soda water and white vinegar. After normal use wipe with a damp cloth and dry with a soft cloth. To deep clean, wipe with a solution of Handy Andy and water or dish detergent and water. Dry thoroughly to avoid spots. Treat rust marks by rubbing with lighter fluid. Then wipe clean with liquid cleaner.

### Pots and pans

To clean copper pots fill a spray bottle with vinegar and 3 table spoon of salt. Spray on copper, let stand for a while, than rub clean. For burnt on stains, sprinkle pots liberally with baking soda and add enough water to moisten. Let stand for 3 hours, then lift the burnt food right out of the pan. Clean your thermos by adding a few tablespoon of bicarbonate of soda and fill with warm water. Let stand and rinse thoroughly.

## Stain Removal

### Ball point

Apply dettol until stain loosens. On wash-able material apply eucalyptus oil or surgical spirits. Methylated spirits can also be used but it tends to leave a water mark, so use only on washable garments.

### Curry

Soak garment in warm water, until water runs clear. Rub in a solution of glycerin and warm water. Soak for 10minutes, rinse, soak in biological detergent and wash as normal. Whites may need bleaching.

### Deodorant

Wash with warm, soapy water. Rinse if the stain remains, bleach then rinse. Colours are sometimes restored by sponging with water mixed with an equal amount of ammonia.

### Blood

Work on the stain as soon as possible. Soak a garment- if washable in cold and salt until the stain is almost gone. Then wash in warm soapy water. For an old or stubborn stain, try adding two teaspoons household ammonia or two cups.

### Rust

Apply a sprinkling of salt and lemon juice. Pour boiling water through fabric. Wash very thoroughly in warm water, soapy water to neutralize the salt and lemon juice.

**Always read garment care labels. Non-washable items man need special attention. Test all stain removal agents on a hidden part of the garment first. If a colour change occurs, do not use it. Consult a dry-cleaner if any doubt.**

**“Always read garment care labels”**



## Staff training and development

In every year internal staff at Umgeni Hospital are given an opportunity to upgrade themselves in different areas of nursing. The institution also benefits on this because when those candidates pass then the institution will have upgraded nurses to provide quality patient care.

Other institutions i.e. Greys Campus, Edendale Campus, Addington Campus, R.K. Khan Campus, Prince Mshiyeni Campus and Port Shepstone Campus also use Umgeni Hospital for training their 4 year students in Psychiatric Module (Mental Retardation).

Iris Marwick College also sends their 1 year psychiatric students for their practicals in Mental Retardation.

Training Facilitator- Student Co-ordinator (Sr. R.Senjaveraj) supervise the students on the training programme.

[List of students who went on training and passed in 2009](#)

### GREYS CAMPUS

#### Enrolled Nurse to Professional Nurse

1. M.Z. Mngadi
2. B.D. Lawrence

#### Enrolled Nursing Assistant to Enrolled Nurse

1. Y. Francis
2. M. Mzila

#### Pupil Nursing Assistant to Enrolled Nurse

1. F.F. Mthembu
2. N.C. Dladla

### EDENDALE CAMPUS

#### Enrolled Nurse to Professional Nurse

1. S.C. Zuma
2. J. Vankra

### IRIS MARWICK COLLEGE

#### Enrolled Nursing Assistant to Enrolled Nurse

1. J.J. Zuma
2. B. Cebekhulu
3. S. Davids
4. D.M. Gwamanda
5. P.C. Hlongwana

13 staff were upgraded and passed .

It was with sadness that we lost 3 of our staff members whilst on training:

A.D. Shezi, F.S. Ndabezitha and P, Taylor.

MAY THEIR SOUL REST IN PEACE



### Christmas party for Mental Health Care

A group of ladies from the Howick Community Church organized a Christmas Party on the 4th of November 2009 for 150 Mental Health Care User's, they do these parties annually.

They spent their time singing, playing games and sharing Christian stories with MHCU's.

For refreshments (cake, muffins, biscuit and tea) were served. To rap up the day all MHCU's received snack packs. MHCU's were well entertained on this event. We thank Howick Community Church for always remembering the MHCU's at this time. The joy that the church provides is truly and will always be appreciated.



Howick Community Church Members who organized a Christmas Party for MHCU's at Umgeni Hospital

# BE A SAFE DRIVER THIS FESTIVE SEASON

**F**estive season is the time when people visit their loved ones and travel for holidays. It is crucial to plan the journey in advance. Due to the lack of planning there can be things leading to frustration and anxiety. "DRIVER fatigue can be attributed to a number of causes but the most common and important is a lack of sleep and there is no replacement for sleep" Dr Vilash Boodhoo (Durban Chiropractor),

## FATIGUE SIGNS

- Drowsiness or yawning
- A lack of concentration
- A failure to notice things on the side of the road
- Inability to drive in a straight line
- Irritability

Don't force yourself to continue driving when drowsiness or fatigue sets in. This will only endanger your life and of those with you. Remember, you are on holiday. don't ruin it by taking uncalled for risks.

Source: Kwa-Zulu Natal Department of Transport (articles for general interest)

## EZISUKA KUMHLELI WEPHEPHANDABA

Ngithanda ukudlulisa amazwi okubonga bonke abathe banosizo kule newsletter yesi thathu yase Mngeni Hospital. Izihloko engizisebenzisile ukubhala nokuhlela leliphaphandaba zibe nohlonzo futhi zaba lusizo olukhulu kimina.

Ukusebenza ngokubambisana kwethu kube nomthelela omuhle ekuphumeleleni kwephephandaba lethu.

**Feel free to contact the Public Relations Officer (Miss. A. Mazwana) for any enquiries.**

### How to contact us:

Tel: 033 330 6146

Fax: 033 330 5564

Email: [ayanda.mazwana@kznhealth.gov.za](mailto:ayanda.mazwana@kznhealth.gov.za)

*Fighting Disease, Fighting Poverty, Giving Hope  
Silwa Nezifo, Silwa Nobubha, Sinika Ithemba*

## TIPS THAT ONE CAN DO TO AVOID OR REDUCE DRIVER FATIGUE

- Make sure that you rest well before you embark on your journey.
- Avoid alcohol consumption the night before embarking on a journey.
- Avoid driving when feeling sleepy.
- Be comfortable. Adjust your seat and make sure your back is properly supported. Use a pillow if necessary.
- Sit upright to maintain your spine in an erect position.
- Take a break at least every two hours.
- Take each stop, get out of your car to stretch and exercise your limbs.
- If there is another driver, take turns driving
- Avoid driving for more than eight hours a day.