Broken Hill Hospital Kiosk Auxiliary

Christmas Celebrations and Congratulations

The Kiosk volunteers enjoyed their Christmas celebration on 25 November at the Musicians Club. The Kiosk Executive, volunteers and invited guests celebrated another successful year. Presentations of 10 and 20 year service badges were made by President Betty Sammut and Broken Hill Hospital General Manager, Mr Ken Barnett. Mr Barnett thanked the Kiosk volunteers for their outstanding achievement over the past year and also thanked Mary Leehane, Volunteer Manager, for her work throughout the year with the volunteers.

The Kiosk volunteers were back at work the following week abuzz with talk of their lovely Christmas function. They received another surprised with the news from the United Hospital Auxiliaries of NSW, advising them that they had again won, for the second year in a row, the Dame Marie Bashir AD CVO Trophy. The Trophy is awarded for the most money raised, gross, for a Rural Facility with less than 100 beds. Congratulations and well done everyone — you are amazing!

Betty Sammut, President Broken Hill Hospital Kiosk Auxiliary with the back-to-back Awards.

Christmas Function celebration photos on Page 4:
A Timely Reminder

With summer upon us the following information is important and will assist you in staying healthy in the heat:

BEAT THE HEAT
Health tips for a safe season

- Drink plenty of water
- Plan your day around the heat — avoid being outdoors between 11am and 3pm
- Minimise physical activity
- Avoid alcoholic, hot or sugary drinks
- Check on elderly friends, neighbours and relatives, especially if they live alone
- Wear light coloured, loose fitting clothes made from natural fibres like cotton
- Take cool showers or baths
- Cool your house by shading windows, shutting curtains and, if it’s safe to do so, opening windows at night to let in cool air
- If you have an air-conditioner, make sure it is working before you need it
- If you don’t have air-conditioning, spend time in a cool place like a library, shopping centre or cinema. Try to go early, so you’re not outside in the middle of the day

For more information about staying healthy in the heat go to www.health.nsw.gov.au
What are the symptoms of heat stroke?

- Dizziness
- Intense thirst
- Confusion and poor coordination
- Headache
- Dry skin
- Nausea or vomiting
- Collapse
- Loss of consciousness

If a person develops these symptoms:

- Move them to a cool place
- Cool them down by sponging with cold water
- If they’re conscious, encourage them to drink water
- Call triple zero (000) and ask for an ambulance

For more information about staying healthy in the heat go to www.health.nsw.gov.au

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Cheryl Meuret, Anne Bennetts and Stephen Bennetts receive their 10 Year Service Badges and Charmaine Collins received her 20 Year Service Badge from Betty Sammut and Ken Barnett.
Thanks to fellow volunteers and staff

The Broken Hill Hospital Dementia/Delirium & Palliative Care Volunteers continued their education with a session on self care. The session on Breathing Techniques was carried out in September by Volunteer Tai Chi Leader, Christine Simons, MHIP and PC Massage Volunteer, also in attendance showed the volunteers the benefit of using essential oils in conjunction with the breathing techniques. Christine plans to attend a future meeting to show the volunteers the most effective method for achieving a gentle hand massage, so that they may continue offering this service to the patients referred to the DDPC Program.

But it was not all fun and games as Ray Slater also plans to take the volunteers through the Fire and Security Training Session on 7 December. The Team are looking forward to the opportunity using the new ‘fire simulator’ and presentation by Ray.

Lesley Sumsion, Pat Peter, Sue Tonkin, Faye Weinert, Claire Bright, Marilyn Johns, Christine Simons and Gail Turner.

December was not all hard work for the volunteers as some of the DDPC Team, MHIP/PC volunteer and two of the Fundraising volunteers caught up for an early Christmas lunch on 4 December.

L-R: Debbie Higgs; Sue Tonkin; Faye Weinert; Mary Leehane; Christine Simons; Claire Bright, Diane Whetters. Seated: Catherine Hyde and Margaret Tonkin.
The Pace family continue their tradition of donating to the Broken Hill Hospital Kiosk Auxiliary in loving memory of Felix Pace.

Margaret Pace visited the Kiosk and presented a donation of $1,150 to the volunteers of the Kiosk. The donation is given to the Kiosk volunteers to be used to purchase equipment that they need in the kitchen to continue their work. A plaque and photo (below) was erected in the Kitchen above where Felix volunteered. Felix volunteered with the Kiosk for over 10 years and is remembered fondly by many of the Kiosk volunteers for his cooking skills, especially his scones, his kindness and good humour.
Broken Hill Women’s Auxiliary RFDS

It was an honour to be present at the September meeting of the Broken Hill Women’s Auxiliary RFDS when President, Coral Ford, presented a Lifetime membership to Marie Coombs. Marie has independently raised over $100,000 for the RFDS in her own unique way. Marie has over the years collected and recycled bottles with the money raised from her efforts going to the RFDS. The Auxiliary Members present at the September meeting felt privileged to be in attendance to congratulate and celebrate with a very surprised Marie.

A surprised Marie receives congratulations from President, Coral, and the Members of the Auxiliary.
Congratulations to Regional Finalists in the
2017 NSW Volunteer of the Year

Far West LHD congratulates the finalists in the 2017 Regional Award of the NSW Volunteer of the Year Awards: Mrs Barbara Bone, Dareton/Wentworth Tai Chi Leader; Mr Albert Lansdown, Balranald Volunteer; Mrs Sandra Miller, Broken Hill Hospital Kiosk Auxiliary; Mr Timothy O’Neill, Patient Family Support Staff Volunteer; and Ms Christine Simons, MHIP Unit & Palliative Care Massage Volunteer. Team Nomination: Fundraising Team of Volunteers Mrs Margaret Tonkin, Mrs Eileen Crowhurst and Mrs Catherine Hyde.

Our LHD is extremely proud of all of the volunteers who generously donate their time to our organisation across the District. We thank each and everyone of them for their continued efforts and dedication and acknowledge their contribution to our organisation.

We would also like to take this opportunity to wish Mr Timothy O’Neill good luck in the State Finals of the Award which will be held on 8 December 2017 in Sydney.
Can you tell me a little about your job with the Health Service?

My role is to ensure that the facilities in the Far West are compliant with infection control practices. This is governed by policies, procedures and guidelines that the Ministry of Health, the Clinical Excellence Commission and the Australian Commission on Safety & Quality in Health Care develop. I make sure that the staff have the most current policies, that all the equipment, for example, personal protective equipment, gloves, masks, cleaning and laundry meets Australian standards.

I also conduct surveillance on the microbiology results for all the inpatients to determine if the infection they have has not been transmitted to them within the hospital. I conduct a full investigation on all the positive results. I am pleased to say that hospital acquired infections are very rare.

What do you like about your job?

I like the diversity as this means each day is very different and far from boring.

Can you tell me a about your life and family, hobbies etc?

I have 2 adult children and 3 grandchildren. Two of them are twins who have just recently turned 16 and the youngest is 11. I am happiest when I am spending time with them, at the moment we are planning a family cruise for 11 nights in the south pacific in April next year. We have a caravan at the Menindee Lakes caravan park that is my getaway from home.

Have you ever/or are you volunteering currently – if so what’s your role and where do you volunteer?

Since 1996 I have been volunteering with the American Field Service (AFS) student exchange program. It involves 60 countries worldwide. I have hosted more than 20 students ranging from 6 weeks to one year. Through the wonders of social media I am in contact with almost all of them on a regular basis.

I also volunteer with the Patient Family Support group. We support families after hours whose loved ones have been admitted under traumatic situations by assisting them to make phone calls as well as supporting them emotionally by just being there with them. I can also be seen in the Kiosk on Saturday mornings.
New Segment

Volunteers send me your selfie. They can be you on your own, with a volunteering colleague, with a staff member or even with your pet. For this issue I ran around with my phone and took a few selfies with staff or got them to take some to start the new segment.

I was fortunate to be invited to the RFDS Base for the naming of an aircraft in honour of Rev Fred McKay AC. The Governor of NSW, His Excellency General The Honourable David Hurley AC DSC, was there conducting the unveiling. I mentioned our newsletter’s segment and cheekily asked for a selfie with him. Of course I knew it was not strictly protocol, but to my amazement our charismatic Governor agreed and happily posed for our selfie. What a privilege and an excellent way to launch this segment.

His Excellency the Governor of NSW and Mary Leehane, Volunteer Manager

Tina McLaren, Mail Clerk and Graeme Hurley HITC, Technical Services
Our Volunteers

Across the District

SELFIE PAGE

Karen Winter, Salary Packaging
and Sonia McCully, Payroll

Lianne McManus, HR Coordinator
Things to make you smile — think...

“I will honor Christmas in my heart, and try to keep it all the year”.

- Ebenezer Scrooge, from A Christmas Carol by Charles Dickens

Volunteers are unpaid not because they are worthless, but because they are priceless

Response Form

We would appreciate any comments or suggestions on this newsletter. If you have requests or ideas for publication feel free to get in contact.

Fill out your comments/suggestions below and send to Mary or email Mary.Leehane@health.nsw.gov.au

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Thank you