



# Onder Ons



September 2009

· TYGERBERG ACADEMIC HOSPITAL NEWSLETTER

· NUUSBRIEF VAN TYGERBERG AKADEMIESE HOSPITAAL

## ANNUAL SPRING CONCERT

Our Annual Spring Concert was held on the 3<sup>rd</sup> September 2009. This cheerful event was well attended by the staff of TBH. The Spring Concert has been part of the TBH culture for the past 10 years.



Each year, staff members are given the opportunity to showcase their talents to the delight of their colleagues and this year was no different.



Some of the performers sang, some danced and some energetic ones sang and danced as well.



**Imizwilili Performers**



**Mr Albert Xipu impersonating the King of Pop, Michael Jackson**



**Mr Willem Fransman**



This year's concert raised the bar ... not only was the venue beautifully decorated but the performers were dressed to dazzle the audience.



**Impitombi Dancers**



**Ms Lizette Haynes**



**Mr Johan Lucas**

The Communications Department would like to take this opportunity to thank Mr Achmat from The Fruit Stall, who was the main sponsor of this event, and everyone else who contributed in any form to the success of the Concert.

# CELEBRATING



## FAREWELL NOMSA

**Our own "Mother Theresa" Nomsa Letompana – an angel in disguise Pastoral Worker, Carer, Interpreter**

Nomsa Letompana known as Nomsa to everyone (staff and patients) started working at Tygerberg Hospital after a need was discerned for someone to serve as a Pastoral support for Xhosa speaking patients in their hour of need whilst in hospital. During her time at Tygerberg Hospital she undertook further training and became so good at her work that she became widely known at the hospital, so much that she undertook the role of interpreter as well.

Over the years she has always been there for our patients and staff (Pastoral worker, comforter, confider, and mother figure), a wise person with a pleasant nature that had the ability to draw people with her warmth and love. She touched lives in many ways with her humility, kindness and willingness to go the extra mile.

However, her time at Tygerberg Hospital has come to an end in August 2009. Nomsa will surely be missed.

*Reverend A September*

## F2 CELEBRATIONS

**Ward F2 held a celebration in honour of its staff. Ms Jochra Thorne was chosen as the Nurse of the month.**



**From left to right: Ms Allereace Steer, Ms Fifi, Ms Zaida Davids, Ms Jochra Thorne, Ms Enith Snyders, Ms Neliswa Futshane and Ms Aurah Baloyi.**

## BIRTHDAYS IN THE MONTH OF JUNE



**In front from left: Ms Monica Williams, Ms Rietha Burke, Ms Jane Adams, Gledice Olifant, Christine Bull.**

**Back row from left: Ms Inge Titus, Ms Anna Beukes, Ms Berenice Gelandt, Chrissie Theron, Ms Theresa Oliviet, Ms Angeliqe Deysel, Ms Veronica Baaitjies, Eloise Lottering**

## A10 SKOONSTE SAAL

Gedurende Mei/Junie 2009 was die Interne en Psigiatrie sale geakkrediteer onderleiding van Mev D Jefferies van Gehalteversekering. Mev Jefferies noem dat die huishoudelike personeel dit baie positief ervaar het. A10 was aangewys as die skoonste saal. Die huishoudster (Mev Stellenberg en haar span) het 'n wissellende trofee en sertifikaat ontvang as 'n blyk van waardering. Mej S Henry bedank die personeel ook vir hulle harde werk.



**Mej Sylvia Henry, Area Bestuurderes van A10 oorhandig hier 'n trofee aan Me Maria Stellenberg**



**Van links na regs: Mej Sylvia Henry, Me Maria Stellenberg, Me Florie Jaers, Me Zelda Norman, Me Caroline Pieterse, Me Denise Jefferies**



# OUR STAFF

## NURSING CELEBRATIONS



The winners from left: Ms Kathleen van Vuuren (C3B), Ms Bert April (C2A), Ms Jochra Thorne (F2), Ms Anita Adams (J4), Ms Marille Pekeur (J5)

## JULY NURSE OF THE MONTH



The overall winner Ms Bert April from C2A!!!

## A TRIBUTE TO A PASSING FRIEND



A dear friend and comrade  
warm and kind-hearted  
Ever so suddenly she had departed.  
How could we express sadness and grief  
When the news of her passing was so  
hard to believe.  
Little we knew,  
God would proclaim His call,  
With deep sorrow we accepted, one and all.  
She shall be remembered by everyone,  
Not just for now, but long after she's gone.  
While we pray oh Lord,  
remove the hurt and the pain,  
We believe our prayers shall not be in vain.  
Forgive us dear Lord,  
we beseech you please,  
Let her dear departed soul rest in peace.

*Ismail & Nadeema Davids*

In Loving Memory of Wilieta Van Zyl  
Born: 6 November 1946  
Died: 1 July 2009

## Our Hero

Mr Koenie Coetzer (HRF General Manager) handing over an award certificate to Security Officer Mr Ezaie Nguouama who bravely caught a thief red-handed attempting to steal a car in the parking lot.



## Igorha lethu

UMnu Koenie Coetzer (uManejala-Jikelele we-HRF) unikezela ngembasa esisiqinisekiso kuMlindi onguMnu Ezaie Nguouama owalibamba isela ngelo xesha kanye lalisiba ngalo imoto kwindawo yokupaka iimoto.

## CEO BALL COMMITTEE MEMBERS HONOURED

**O**n 29 June Dr Carter awarded the CEO Ball Committee Members certificates for the high standard of excellence that was set in the organising of the very first TBH CEO Ball.

Back row from left:  
**Mr Philip Wofaardt, Mr Desmond van der Linde,  
Dr Terence Carter.**  
Front row from left: **Ms Denise Jefferies, Ms Laticia Pienaar,  
Ms Felicia Smith, Ms Roberta Gordon**  
Absent: *Dr Andre Muller*



# EVENTS

## BREASTFEEDING EDUCATION WEEK

### Theme 2009: A Vital Emergency Response

The Objectives Of World Breastfeeding Week This Year:

- To reinforce the vital role that breastfeeding plays in emergency response worldwide.
- To advocate for active protection and support of breastfeeding before and during emergencies.
- To inform mothers, breastfeeding advocates, communities, health professionals, governments, aid agencies, donors and the media about how they can actively support breastfeeding before and during an emergency.
- To mobilize action and promote networking and collaboration between those with breastfeeding management skills and those involved in emergency response

Obstetrics celebrated Breastfeeding week through daily health talks and by giving fruit to our patients at the Antenatal Clinic.

We want to thank the Dieticians, Physiotherapists, Anita Roberts from Johnson & Johnson and Mr Achmat (Fruit stall) who assisted us with the talks and provided gifts for the patients



Some of the pregnant moms who visited C3A were taken through some exercises

## ... CHRISTMAS IN JUNE

On the 13<sup>th</sup> June 2009, CHOC hosted their annual 'Christmas in June' function for all the cancer children in the Western Cape.

Children accompanied by parents or nursing personnel from Groote Schuur, Somerset, Red Cross and Tygerberg Children's Hospitals were treated with lots of entertainment, lunch and gifts.

*Pictured Below:* Bearemy, the mascot of Build-A-Bear Workshop who was one of the sponsors of the event, with some of the children who attended the event.



## CANCER DAY

On the 3<sup>rd</sup> August 2009 Ward G3 celebrated Cancer Day.



The children were entertained with face painting, story telling, a puppet show and lovely snacks.



Talented Nurse Evangelene Marang also entertained the children playing her guitar and singing to the children. Dell SA Development Fund made the day more special by donating colourful comforters and pillowcases to the Ward.



Special guest Mr J Ledwaba from the Health Department and Mr Stewart Van Graan were surprised with a small token of appreciation from the children. The day was a huge success.





# WOMEN'S DAY CELEBRATIONS

**"Men and Women United to end violence against Women and Girls"**



On 5 August 2009, the Communications Unit with the assistance of Mrs Andrea Jacobs hosted a Women's Day event in honour of National Women's month.

Lizette Haynes entertained the staff with songs.



Two Mosaic representatives spoke about domestic abuse and staff were given booklets about their rights as women. Old Mutual provided some sound financial advice and also sponsored the spot prizes. Lucky draws took place randomly throughout the programme. After the programme the staff were treated to light refreshments. This day was made possible by the generosity of various



sponsors. The Communications Team would like to thank all those who contributed to the success of this event.

## TBH CELEBRATES NELSON MANDELA DAY

Nelson Mandela turned 91 on the 18th July and to honour the anti-apartheid activist and Nobel Peace Prize winner, South Africa has renamed the day Nelson Mandela Day. The South African government has called on it's citizens to spend 67 minutes of their time on this day in service to the less fortunate and the marginalized.

The number 67 represents the number of years the former SA President has spent fighting for freedom including 27 years as a political prisoner of the former apartheid regime. The MEC of cultural affairs and sport, Mr Sakkie Jenner and his staff; Ms Patricia de Lille, staff from TBH as well as volunteers spent 67 minutes cleaning the grounds of TBH. The patients of Gene Louw Building were taken for a morning walk as part of their daily exercise.



# HOSPITAALSKOOL WORD 50

Tygerberg Hospitaalskool het in 1959 met een onderwyseres, Mej. Freda Haak, by Karl Bremer Hospitaal begin en in 1973 na die Tygerberg Hospitaal geskuif.



Tans is daar agt leerkragte met 'n satellietskool by Brooklynborshospitaal asook 'n psigiatriese eenheid, iThuba.



sang, musiek, slagorke, konsert, McDonalds se Hamburgers, skyfies, koeldrank en koek gevier.



**Van links na regs: Emeritus Aartbiskop Desmond Tutu; Kylan Fritelli met doedelsakspeler James McGowan by die funksie**

Die aand van 24 Junie 2009 het Juffrou Rosetta en tien baie, baie opgewonde pasiëntjies vir Emeritus Aartbiskop Desmond Tutu elkeen 'n groot selfgemaakte papierblom oorhandig en vir die gehoor "Happy Birthday to us" gesing. Tyd vir skaam of siek wees was vergete, dink net wat kan hulle weer alles by hulle tuisskole gaan vertel as hulle weer gesond is!

Donderdag 25 Junie 2009 het al die leerders Tygerberg Hospitaalskool se 50ste verjaardag met ballonne,



**Mev Schoeman waarnemende hoof van die skool ,met sommige van die leerlinge besig om die verjaarsdagkoek te sny.**

Die pasiënt-leerders van die hospitaalskool het vir een oggend totaal en al vergeet van siektes, pyn en huis-toe-verlang en een en almal het gevra wanneer verjaar ons weer? Dit was 'n dag vol prèt wat nie gou vergeet sal word nie.

*Me Sannie Jordaan*

## DANIEL PETERSEN'S VISIT TO OUR CHILDREN'S HOSPITAL

On Thursday 10 September, talented six year old Drummer, Daniel Petersen III visited Tygerberg Children's Hospital. Not only did Daniel perform for our Hospital Children, but he also handed out some educational books, toys and snack boxes. Community Chest and Lezulu were the sponsors of the toys and books to the Hospital School. Young Hip Hop dancers from Daniel's school entertained the children with some of their dances.





# Pink & Blue Child Awareness Campaign

Today you are all my children ...” These words spoken by Premier Helen Zille, echoed the sentiment of our Pink & Blue Child Awareness Campaign Celebration held on the 12th of August 2009. In spite of the heavy rains, hurricane winds and weather only to be expected in Cape Town, the first school eagerly arrived at Ratanga Junction and within minutes the Walled City was filled from side to side with the laughter of excited children.



The program kicked off on a magical note with a performance by the well known magician, Regardt Laubscher. Our MC, the warm and hearty TygerBear, soon introduced the Junior Drum Majorettes, aged 2-5, with their cute uniforms and pink & blue flags. Amidst the rain and thunder we were then entertained by the Drum Majorettes of Settlers High. The dancers of the CAFDA Dance School kept the feet tapping and the bodies moving throughout the morning.



The talented Nadia Louw performed her lively rendition of an old favorite “Gloria”. Mr Kevin Aron, well known Argus Cyclist and CEO of Medscheme Health, shared a few words with our children about keeping their bodies healthy. The beautiful Lize Beekman performed her well known song *Sonneblom uit Betlehem* as our enchanted garden awakened and our children turned their faces to the sun.



Mr Johan Maarman, editor of Kaap Rapport, our own Michelle Gildenhuys and well known Springbok Chester Williams each had an opportunity to speak to our children about fulfilling their dreams, believing in themselves and how special they are. Well-known singer, Garth Taylor, also shared some personal experiences and of course his hit songs which had the kids on their feet and moving to the beat!



During Jak de Priester’s “Verjaardag-song” our Tygerbear Ambassadors as well as the TygerBear Team joined in celebrating our Pink & Blue Campaign’s first birthday! Dr Ivan Meyer, Provincial Minister of Social Development, reminded our children that they are the future of this country, before handing over the stage to the Premier of the Western Cape, Mrs Helen Zille.



What a privilege and highlight it was for each of the schools to be welcomed and acknowledged by Premier Zille, and they responded with pride as their names were called. Our Grande Finale featured Jak de Priester and our signature song “I am your child”, followed by Emo Adams joining the Premier and performers on stage for “Blowing the Whistle Against Children’s Trauma” at 12pm. Once again Pink & Blue proved to be a very special day for each child ... and grown-up!



# SNIPPETS

## Donations

G3



Worshipful Brother, Charles Cartmill donated R7 000,00 on behalf of Metropolitan Lodge to Dr Stefan, Head Of Oncology Ward- G3

G7



Ms Marchelle Hendricks, Hope vounteer donated peanut butter; fruit and yoghurt to the Ithemba Ward(G7). Pictured with her is Ms Greer Hendricks

G3



Sister Bantam receiving a donation of blankets and toys from the Oncology Department of Panorama Hospital, who visited the ward on 27 August

## EXCELSIOR PRIMARY SCHOOL



Ms Ilse Abrahams, teacher at Excelsior primary school with some of the learners handing out gifts to our patients

## F A R E W E L L



Mr Alec Alexander, Chairperson of Transformation Committee, retired after 44 years of service.  
At the farewell party *from left to right*: Mr Raymond Japhtha, Ms Bernadette Arries, Mr Alec Alexander, Mr Phillip Wolfaardt, Dr Andre Muller

## Retirement



Ms Estelle Krieger went on early retirement after 33 years of service. Ms Krieger worked at H7 as a Receptionist.

## VOLUNTARY AID SERVICES'S AGM



*From left to right*: Chairperson Mrs F MacClune, Organizer Mrs M Matthee, Mrs M Arendse Committee Member at the organisation's 35th Annual General Meeting



*From left to right*: Dr P Ciapparelli- Director Clinical Services, Mrs A Jacobs-Chairperson Hospital Board, Mrs R Brink and Dr EA Le Roux enjoying themselves at the AGM



*From left to right*: Mrs M Matthee- Organizer, Mrs R Brink one of the founder members of the Voluntary Aid Services with Mrs Anna van Rensburg who has the longest service hours.