



HAPPY HOLIDAYS

On behalf of the Tygerberg Hospital Facility Board, I would like to take this opportunity to thank the staff of Tygerberg Hospital for their hard work, determination and dedication – for maintaining their enthusiasm to make a difference in the lives of our patients! Be assured that each of you is a valuable asset to the Tygerberg Hospital team.

We hope this festive season you will manage to fit in some quality time with your family. Life is so busy and frenetic for most of us that it is imperative for our health and sanity to take some time out to simply breathe and to spend time with our loved ones.

Remember :

“While December brings the only Christmas

In the year let there be Christmas

In the things you do and say;

Wouldn't life be worth the living

Wouldn't dreams be coming true

If we kept the Christmas spirit

All the whole year through” (Quote : Unknown)



Have a blessed Christmas and New Year,
enjoy the time with your families and be safe!

*Manette de Jager,
Chairperson: Facility Board*

OUR LONG SERVICE AWARDS

On 28 November 2013, 218 staff members with 10, 20, 30 and 40 years' service were awarded with a certificate at the Long Service Awards ceremony. Of the 218 employees, 25 were honoured for 40 years' of dedicated service. They were called to the stage and their certificates were handed to them by Dr Dimitri Erasmus, Chief Executive Officer, Prof Craig Househam: Head of Health and Dr Beth Engelbrecht: Deputy Director General: Chief of Operations. The famous Alistair Izobell and his band entertained the cheering crowd with an extraordinary performance in song and dance.



Above: The beautiful ambiance set the tempo for a very successful long service awards



Above: Alistair Izobell and his band had the crowd shouting for more



Above: Mrs Heyns & her son received a post human award from Dr Erasmus. Dr Heyns was in service for over 30 years



Above: Dr Erasmus with some of the 40 years recipients



Above: Some of the 20 years recipients



Above: Some of the 30 years recipients



Far Left: Congratulations to Mr Raymond Visagie, who was awarded with a prestigious award for Best Assistant Manager (Theatres) of the three central hospitals. Well done, Mr Visagie!!!!

ACHIEVEMENTS



Congratulations to Profs Branislav Jeremic **-left** (Head: Division Radiation Oncology) and Wolfgang Preiser **-right** (Head: Division Medical Virology) who were both elected as members of the Academy of Science of South Africa (ASSAf).



AWARDS FOR CLEANING EXCELLENCE

The Outpatients Department has instituted an award for cleaning excellence in an attempt to boost the morale of the housekeeping staff.

The name of the award is derived from Greek and Roman mythology. The word hygiene is derived from the word Hygieia, meaning the goddess of health, cleanliness and sanitation. Hygieia was one of five daughters of Asclepius, the god of medicine and Epione. While Asclepius was more directly associated with healing, she was associated with the prevention of and the continuation of good health. Her name is the source of the word hygiene.

I took this meaning and decided we need to boost the morale of the cleaning staff and also make it meaningful. Have an origin and an anchor, and what better way than to begin with the god of cleanliness and the direct link between sanitation and health.

An ad hoc committee designed the criteria for the award. They came up with a list of criteria and informed the staff in April/May 2013.

The criteria were as follow:

- Knowledge and insight regarding cleaning methods, correct use of equipment and the promotion of health and safety standards.
- The nominee should also demonstrate a healthy attitude towards the department, have good interpersonal skills and be prepared to work in any area on short notice.
- Punctuality and team work were also part of the criteria.

The awards were presented on 9 November at the Parow Golf Club.

Ms B. Tshayisa from the diabetic clinic received the Hygieia award, with the runners-up Ms B. Vambo from the respiratory clinic and Ms S. Dawson from the ENT clinic.

The recipients each received a floating trophy and the gifts sponsored by Mrs Mara Majjedt.

Mrs Mara Majjedt

E V E N T S

PAP SMEAR CAMPAIGN



On 11 October 2013, Capitec Bank sponsored three bags to the value of R2500 towards a lucky draw for the 59 staff members who took part in the Pap Smear Campaign during the month of August.

Seen **Above** is the lucky draw winners: 3rd prize winner Ms Maria Erasmus (senior housekeeper), 1st prize winner Ms Elizabeth Jooste (Enrolled Nursing Assistant) & Ms Lucinda Barron (Administration Clerk) **back:** Mrs Mara Majiedt (Assistant Nurse Manager: Outpatients Department) & Mr Cobie Beukes (Capitec Bank)

BREAST CANCER AWARENESS



The Mammography Unit in the Radiology Department actively participated in the Breast Cancer Awareness Campaign during the month of October.

The patients were provided with tea, coffee and biscuits on a daily basis and also received gift bags containing a pamphlet, brooch, magazine, tissues, chocolate and bath salt. Seen **above** on the photo are some of the patients with the mammographers.

BANDANA DAY



Above:The staff of the Supply Chain Management Department bought bandanas in support of National Bandana Day that was celebrated on 12 October. All funds raised from the bandana sales goes towards assisting The Sunflower Fund in increasing the South African Bone Marrow Registry, which exists to find and match bone marrow stem cell donors for patients who need a transplant.

BOSS'S DAY



Above:Boss's Day was celebrated on 16 October 2013. Pictured are the Nursing Administration Clerks who treated their managers to a breakfast at the A-Ground tearoom in celebration of Boss's Day. Holding the flower is Mrs Rachel Basson, Director of Nursing.

WORLD AIDS DAY



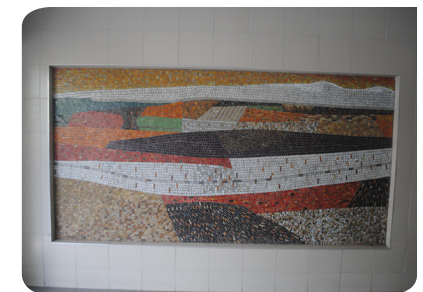
World AIDS Day, held on 1 December every year, is dedicated to raising awareness of the AIDS pandemic caused by the spread of HIV infection. The High Risk and Infectious Diseases Clinic raised awareness with information sessions and had a lucky draw after the session.

WORLD DIABETES DAY



World Diabetes Day was celebrated on 14 November 2013. Mrs Eunice Beukes and her team once again showcased their services to the staff and public, who had the opportunity to test themselves for free. **Above:** Ms Janet Madayizana is smiling anxiously for her fingerprick.

ACT OF KINDNESS



Two murals in front of the main entrance which were dirty, unattractive and damaged with many missing pieces were fixed by one of our specialists. She took it upon herself and spent weekends to scrub, prepare, cut and replace the missing pieces. As pictured, the result is nothing short of spectacular, and greatly enhances the image and initial impression one gains on entering the hospital. The management of Tygerberg Hospital would like to thank her for the wonderful act of kindness and charity that she has spontaneously and out of the goodness of her heart done to beautify Tygerberg Hospital.

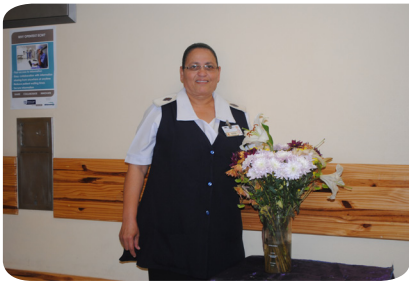
RETIREMENT



Above: After 42 years of dedicated service Ms J Solomons, also known as Vas, bid farewell to Tygerberg Hospital. At the speeches she was praised for her humble and committed manner that she served throughout the years. Many staff admired the lady who walked the corridors at night finding solutions for the problems that she had to face. The management and staff at Tygerberg Hospital will surely miss you.



Bo: Ná 38 jare van toegewyde diens sê mej. Lenie Arendse totsiens vir Tygerberg-hospitaal met haar aftrede. Sy bedank haar kollegas wat deur die loop van die jare gehelp het met haar groeiproses.



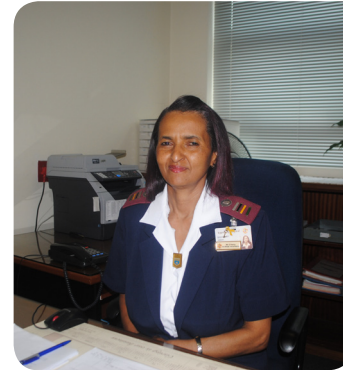
Above: Ms Wilma Robyn (Enrolled Nurse) retired after 31 years of service at Tygerberg Hospital. Enjoy your well-deserved retirement.



Mr Pieter Meyer (middle), who was enrolled as a Nursing Assistant in May 1986 and worked since the age of 16, retired the end of October. Best wishes on your retirement.

Pictured above with Mr Meyer is Mr Shudley Raubenheimer (Deputy Nursing Manager) and Mrs Rachel Basson (Head of Nursing).

PERSONEL MATTERS



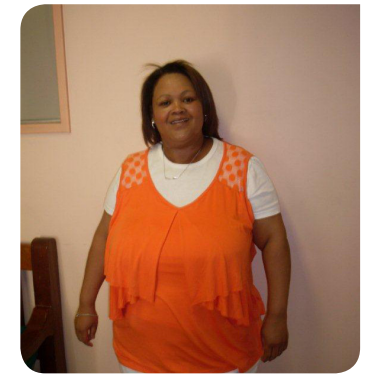
Above: Ms Sylvia Henry was appointed as Deputy Nurse Manager with effect from 1 November 2013.



Above: Mrs Ethel Linden-Mars transferred from Knysna Provincial Hospital to Tygerberg Hospital as Deputy Nurse Manager with effect from 1 December 2013.



Above: Mr Elvin Williams our newly appointed Assistant Director, Occupational Therapy Department commenced duty on the 14th of October 2013. Mr Williams worked in Saudi Arabia for 2 years prior to his appointment at Tygerberg Hospital.



Bo: Na 21 jaar van diens groet Mev. Alfrieda "Loukie" Cupido Tygerberg-hospitaal. Sy het 1 November 1992 as 'n klerk begin. Vriende en kollegas het in hul toesprake gesê dat hulle haar geweldig gaan mis, maar haar alle sukses en voorspoed toewens vir die pad vorentoe.