

# 2009 Events & Happenings

at Kareena Private Hospital



## August

Weekly Mon/Wed/Fri 12.30 – 1pm - WALKING GROUP

**7 > Jeans For Genes Day** ([www.jeansforgenes.org.au](http://www.jeansforgenes.org.au))

Kareena Private Hospital

Contact: Matson Ward ext. 2216/2214

**9 > Ramsay City to Surf**

Be part of the big Ramsay team. Food, drinks, massages at the end to help you recover. Families welcome.

Contact: ESU ext. 2225

**28 > Daffodil Day**

Buy a daffodil or 6 to fund cancer research – it touches all of us.

Kareena Private Hospital Foyer

Contact: Sandra Fryz ext. 2182

**26 > Pulse: Crush Injuries**

6.30pm Kareena Private Hospital Café

Contact: Mariela Chisari Ph: 9717 0225



## September

Weekly Mon/Wed/Fri 12.30 – 1pm - WALKING GROUP

**9 > Years of Service Celebration**

A special evening to recognise our people who have cared for our patients for 10 years and more

Kareena Private Hospital Café Courtyard

Contact: Christine Woodcock & ESU Team ext. 2322

**19 > GP Night: CPR Training**

6.30pm Kareena Private Hospital Café

Contact: Mariela Chisari Ph: 9717 0225

**23 > International 'Support Staff' Day**

here's a special day for nurses, so we needed a special day to recognise all the wonderful non-nursing people at our hospital. Everyone invited to celebrate!!

Venue: Matson Courtyard

Contact: Executive Team ext. 2101

**26 > Triathlon Pink**

Small triathlons for individuals and team – you can just do one leg and get two others to share the pain/fun. Join the Kareena contingent, get fit and support Breast Cancer.

Venue: Sydney Olympic Park

Contact: Employee Support Unit ext. 2225

**30 > Pulse: ECG Interpretation**

6.30pm Kareena Private Hospital Café

Contact: Mariela Chisari Ph: 9717 0225



TBA Community – Stroke Week

## October

Weekly Mon/Wed/Fri 12.30 – 1pm - WALKING GROUP

**19-21 > Well-Being & Safety Week**

A week of food, safety and food – but it's all good for you, so enjoy. Great recipe ideas, nutrition info, keeping you and your families safe and giveaways. Also featuring Jenny Chan (Dietician).

Kareena Private Hospital Foyer & Botany tearoom

Contact: ESU Team Ext 2225 & Vicki O'Connor ext. 2191

**26 > Pink Ribbon Day**

Wear the pink and support breast cancer research.

Kareena Private Hospital Foyer

Contact: Wendy Thompson & Helpers Mb: 0403 266 595

**28 > Pulse: Nuclear Emergencies**

6.30pm Kareena Private Hospital Café

Contact: Mariela Chisari Ph: 9717 0225



## November

Weekly Mon/Wed/Fri 12.30 – 1pm - WALKING GROUP

**3 > Melbourne Cup Lunch & Celebrations**

Catch all the action on the BIG screen

Venue: Day Surgery Admission Lounge

Contact: Ajith Subramaniam ext. 2144

**7 > Big Day Out for Cancer**

Board the shopping bus and do your Christmas shopping early and SAVE a bundle. Commission on sales goes to cancer research.

Kareena Private Hospital Foyer

Contact: Brenda Seaberg ext. 2135

**14 > Golf Day**

Will Allied Health win for a second year? Will Sean get nearest the pin again. Will Matson team do fruit or will it be salad this year? A really great afternoon and even rank beginners often play better than the 'experts', so grab your balls and join us.

Contact: Golf Committee ext. 2201

**9, 16 & 25 Men's Health Events**

**GP Night - Prostrate Conditions / Testicular Cancer/Men's Depression**

Lots of information and health advice the men & their other halves.

Venue: Kareena Private Hospital Foyer & Community Location

6.30pm Kareena Private Hospital Café

Contact: Mariela Chisari Ph: 9717 0225

CONTINUED...>

### **27 > Staff Christmas Party**

6.30pm 'Venue' TBA

**Contact: Joanne Parker & Party Committee ext. 2201**

### **30 > Pulse: Party Drugs**

6.30pm Kareena Private Hospital Café

**Contact: Mariela Chisari Ph: 9717 0225**



## **December**

**Weekly Mon/Wed/Fri 12.30 – 1pm - WALKING GROUP**

### **1-16> Adopt a Nursing Home for Christmas**

Share the joy by giving. Donations of small gifts will be collected under the Christmas tree to be distributed on 18th to people in a selected nursing home in the local area.

**Contact: Kim Boyd ext. 2200**

### **TBA > VMO Secretaries Afternoon**

Venue: Kareena Private Hospital

**Contact: Karen Williams ext. 2327**

### **25 > Christmas Day Celebrations**

Start at a lovely Christmas breakfast, then a super Christmas lunch and finish off with light Christmas dinner

Just about all day - Botany tea room

**Contact: Ajith Subramaniam & Catering Team ext. 2144**