



Heartbeat

NEWS UPDATE

1ST QUARTER NEWSLETTER 2022



Our 'normal normal' is back at the HSFA!

Dear HSFA Residents, families, community and staff.

What a wonderful start to 2022, with life almost feeling like it is back to normal and now the National Disaster Management Act has been suspended.

Our residents have been busy with activities and fun is being had! Love was in the air in February and March was full of 'drama' with acting workshops and theatre visits.



Life is meant to be enjoyed, and to live life to the fullest you must always look at the bright side - something the HSFA took to heart these past months.

Rika Rodd, CEO

Stay safe and be happy



Save the Date

GOLF DAY

7 OCT 2022



Join our golf day and support the HSFA!

To book a 4-ball or to be a sponsor please contact
Japie Olivier 021 8525130 japie@hsfa.org.za
Helen Lee 021 8525130 helen@hsfa.org.za

STAFF UPDATE

SKILLS TO A NEW LEVEL



Arauna Nel, HSFA's Occupational Therapist, continued her studies part time and completed her Postgraduate in Interdisciplinary Pain Management. What an asset to the HSFA. Congratulations Arauna!

STAR PERFORMERS



Our heartfelt appreciation goes to our very dedicated Donovan Petersen - our Star Performer in April 2022. We thank you for exceptional work done. You went over and above of what is expected so your hard work is valued and appreciated.

NEW TEAM MEMBERS

- | | |
|----------------------|----------------------|
| Mr Yophi Sontsele | Registered Nurse |
| Mrs Melissa Pullen | Caregiver |
| Mrs Nombeko Mqandula | Caregiver |
| Miss Joan Basson | Relief Administrator |

TEAMWORK PREVAILS

HSFA strives to provide continuous training to our staff. Staff receive induction and orientation training. 'Respect' and 'Teamwork' were the words highlighted by attendees which stood out as values we as staff should live up to in the HSFA.

"We are not a team because we work together, we are a team because we respect each other"



OASIS STUDENTS GRADUATE WITH HSFA



The HSFA and OASIS Training Centre - PTY Ltd have collaborated allowing their students an opportunity to complete their practical hours required for their course at HSFA. OASIS students were placed at the HSFA to job-shadow our carers, as part of their 6-week practical training, during their 3-month course. These students were allocated shifts, and job-shadowed and learnt practical caring with our HSFA carers. We were proud to attend the graduation of hard working students of the first program, and now welcome a new set of students in the second!



BOOSTED!

HSFA staff received their Covid-19 vaccination booster shots at Helderberg Hospital.

VALENTINE'S DAY 2022

Love is friendship that has caught fire. It is quiet understanding, mutual confidence, sharing and forgiving. It is loyalty through good and bad times. It settles for less than perfection and makes allowances for human weaknesses.

Ann Landers



To our HSFA residents: You deserved a lot of attention and care on this past Valentine's Day. The team at the HSFA wanted this day to be filled with messages of how much you are loved and to remind you of your own loves (past or present) throughout your lives. We are there to continue the good memories with friendships, happy parties and good wine. We are so glad you had a good Happy Valentine's Day! Thank you Geratec for the dainty and delicious Valentine's gifts and for the beautifully presented meal! Vonke and residents enjoyed live music and all the units played Valentine themed table games.



HSFA SUPPORTS HELDERBERG HOSPICE GOLFDAY



Golf Days that support a worthy cause is a win-win situation - a good way to support a charity and a great way to end a week! Some of the Exec team and Board of the HSFA played in a four-ball at the recent Helderberg Hospice Golf Day! Thank you Helderberg Hospice for a well-organised event and we were delighted to support with a water and drinks stand for the golfers. Watch this space for the next Golf Day in support of the HSFA on 7th Oct 2022. See advert on page 1 for details.



HARD OF HEARING?



The residents of Silver Oaks Lodge, (a HSFA Assisted Living unit) benefitted from an informative talk by Audiologist and Practice Manager Kelly Newman from Kind2Hearing as part of the World Hearing Month awareness programme.

VOLUNTEERS - THANK YOU



"The smallest act of kindness is worth more than the grandest intention."~ Oscar Wilde. Thank you to all our HSFA Volunteers who do amazing work. We held a 'Thank you' breakfast for our lovely volunteers. Thank you to Shireen and Nabilah who made the event such a success. Should you wish to be a HSFA Volunteer please call 021 8525130 or email volunteer@hsfa.org.za.



DRAMA DRAMA DRAMA

DRAMA WORKSHOPS

March was a month full of drama at the HSFA! So when our residents say "Break a Leg" this does not mean that the next step means a hip or knee replacement, but rather a moment of glory on stage!! All units were invited to join drama workshops as presented by two lovely ladies, Coleen van Staden and Celia Musikanth from Circle Productions Cape Town. Howls of laughter and impassioned shouting was heard in the halls of the units with our residents acting out Shakespeare's most torrid and rude lines (sometimes translated into Afrikaans!) Movement and mime were practiced, and character sketches as well as poems were rolled out. Thank you to the lovely drama teachers who showed us how many theatrical players, tuneful singers, and drama queens we actually have at the HSFA! Watch this space – HSFA HAS TALENT will be back with a vengeance!

THEATRE OUTING

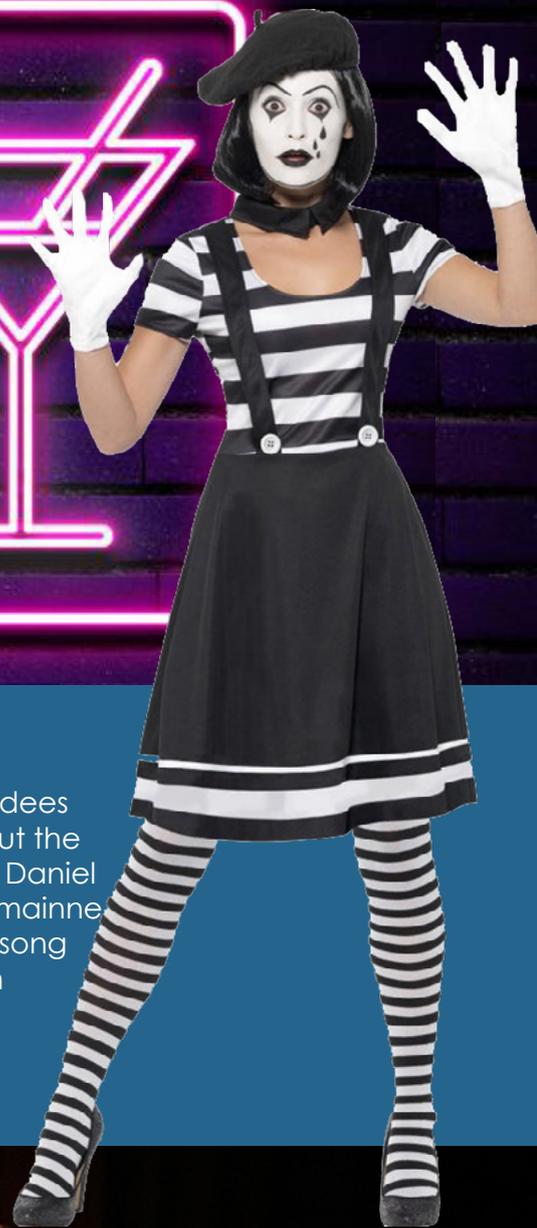
"Mad About The Boys" is an ode to the lives of 20th century entertainment giants, Ivor Novello, Noël Coward and Cole Porter. Think of a certain suave, urban style that reigned in theatre and the movies during the '20s and '30s. Think of cigarettes, smoking jackets and cocktails. Think of cynical epigrams, and sexy, witty, world-weary songs." Starring Daniel Anderson, accompanied by Germaine Gamiet, this witty cabaret entails a series of vignettes round each of the Boys and, of course, the songs that made them immortal. It is playing at the Drama Factory in Somerset West!



The residents of Camelot and Lancelot were delighted to receive 20 free tickets from Welakapela Productions for the show. Thank you very much!



HAPPY HOUR



DRAMA THEMED HAPPY HOURS!

The drama theme continued into 'Happy Hours', where residents from Independent Living enjoyed dressing up in fancy dress at Vonke where "Happy Hour" apparently extended beyond a few hours...

BELOW PHOTO: The attendees of the cabaret "Mad About the Boys" got up on stage with Daniel Anderson and pianist Germaine Gamiet and belted out a song they all remembered from their youth! So our HSFA Drama Club is born!



Upcoming Events

FOR YOUR DIARY:

- 11 April Dance for Parkinsons
- 17 April Easter Egg Hunts
- 28 April Memory Cafe
- 26 May Busamed Talk
- May Beach Outings
- 7 Oct HSFA Golf Day
- TBA HSFA has Talent

Keep checking Facebook for updates on many more events...

ADVERTISE IN THIS NEWSLETTER

Should you wish to advertise in the HSFA quarterly newsletters, please contact marketing@hsfa.org.za or call 021 852 5130 ext 159 for advert sizes and rates.

Promos



HOLIDAY CARE FOR THE OVER 60'S

Have a change of scene, meet new friends whilst getting the best care in temporary, furnished accommodation with all meals, tea times and activities taken care of.

HOLIDAY BREAK WITH HELPERS	RESPITE / HOLIDAY CARE WITH NURSING
ROBARI AND SILVER OAKS LODGE	MOUNTVIEW FRAILCARE

Contact Charlotte Smith 021 8515711
 Assisted Living Unit Manager
 Hanlie Theron 021 8525130
 Frail care Unit Manager



www.hsfa.org.za

COFFEE CRAVINGS?



The Coffee Shop at Silver Oaks Lodge on Reitz Street, Somerset West is delighted to be open to the public with a selection of delectable treats!




SHOP FOR US

Online donation shop



Our Community

Various Vonke residents took part in the KW Southern Africa Property Agents competition to see who the top knitter is. The resident with the most squares were crowned the queen of knitting! Our queen knitter was Esme Long, followed by Anna van der Westhuizen in second Place and Mari Botha won third place. The residents' contributions will be sewn together and the knee blankets will be donated to the less privileged. The HSFA is proud of their residents always reaching out to those in need. You go Team Vonke - thank you!



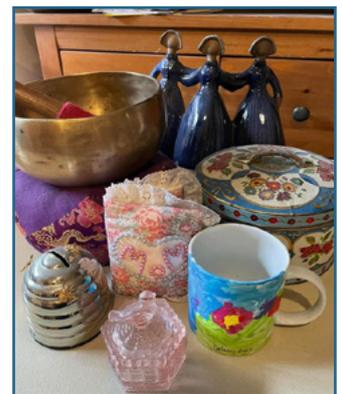
Storytime

When my mom was cleaning out her house over 23 years ago to sell it, I wasn't very sympathetic over her attachments to things. I would go over on weekends to help her and we would go through things, things for a yard sale, things to donate, things to throw away. I would usually get upset over how long

it was taking her to decide. For instance, we were going through kitchen cabinets and she spent 20 minutes looking at an iron kettle with a lid. Finally, I said, "Mom, at this rate it is going to take us another 2 years." She told me that her mother used to make meals in that kettle and leave them at doorsteps of neighbors during the depression, mom would deliver them, and then they would reappear back to her with an apron, or a wood carving, something in return for the meal. I realised that everything that my mom was going through was really a re-living of her life.

If you are reading this and are under the age of 60, you won't get it. You haven't lived long enough. Most of you have not had to move your parents into a nursing home or emptied their home. You haven't lived long enough to realize that the hours you spend picking out the right cabinets, or the perfect tile will not be what matters in the later years. It will be the handmade toothbrush holder, or a picture that you got on vacation. So, if your parents are downsizing, and moving to smaller places, or selling a home, give your mom and even your dad a break and give them a little time to make their decisions. They are saying goodbye to their past, and realising that they are getting ready for their end of life, while you are beginning your life. As I have been going through things, it's amazing just how hard it is to get rid of objects. But life goes on, and you realise they are just things, but sometimes things comfort us. So give your parents or grandparents a break. Listen to their stories, because in 40 years, when you are going through those boxes and the memories come back. As happy as they are for you, and as much as they love you, you just don't have a clue until it happens to you and then you will remember how you rushed them, and it will make you sad, especially if they are already gone and you can't say I'm sorry, I didn't get it.

~ Written by Melissa Vaughan



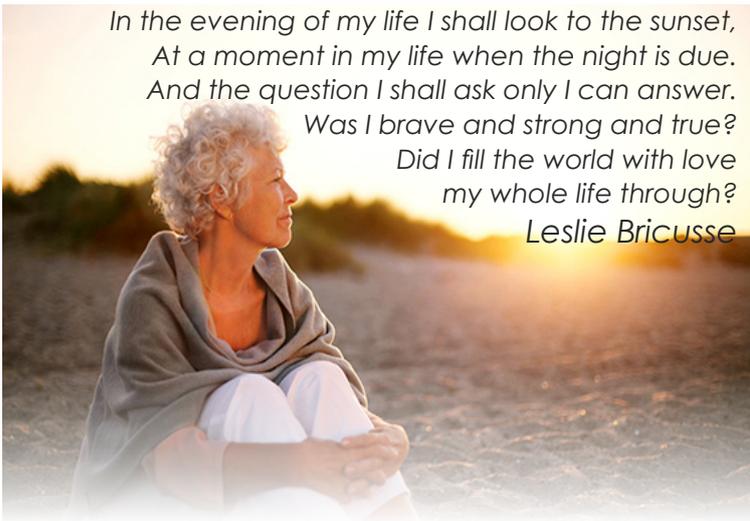
DAILY BRAIN GAMES TO ENJOY

SUDOKO: www.sudoku.com

WORDLE: www.nytimes.com/games/wordle

NERDLE: www.nerdlegame.com

WORLDLE: www.worldle.teuteuf.fr



*In the evening of my life I shall look to the sunset,
At a moment in my life when the night is due.
And the question I shall ask only I can answer.
Was I brave and strong and true?
Did I fill the world with love
my whole life through?
Leslie Bricusse*

LEAVE A BEQUEST LEAVE A LEGACY

Leaving a charitable bequest is a way of leaving a lasting legacy in the hearts and minds of others. A bequest is the act of leaving something by will, more specifically money or personal property and comes from the distribution of your deceased estate to a charitable organisation,

HSFA warmly welcomes anyone wishing to set up a bequest to our non-profit organisation and request you contact your lawyer. Leave a legacy and empower the HSFA to be able to continue to care for the elderly.

To become a HSFA Bequest Legend please contact your lawyer for guidance or to receive a booklet for further information email info@hsfa.org.za

HOW TO DONATE - HELP US FUNDRAISE



ONLINE DONATIONS

www.hsfa.org.za/shop



SNAP TO DONATE

Snapscan or bank deposit



VOLUNTEER

Share a skill, host a party, read, sing or guide a walk...



DONATE GOODS

To our Sunbird Project or charity shop



JOIN THE PRESTIGE CLUB

Monthly Donation, Quarterly Draw



EVERY SWIPE COUNTS

Woolworth MySchool MyVillage My Planet Programme



VISIT OUR CHARITY SHOP

Check Facebook for opening times



Prestige Club CONGRATULATIONS TO THE 1ST QUARTER WINNERS

CONGRATULATIONS TO THE 1ST QUARTER WINNERS!

1st Prize of R2000 goes to Sonia Zannoni

2nd Prize of R1000 goes to Steven & Sandy Gadd

3rd Prize of R500 goes to Elizabeth Zuidmeer

Become a member of the Prestige Club and help sponsor those residents who have limited support and you can also be in line to win!

NEXT DRAW 4 May 2022

Email prestigeclub@hsfa.org.za or call 021 8525130 for more information.

