

NEWSLETTER



LONG SERVICE AWARDS 14 NOVEMBER 2018

Our annual long service awards were held to celebrate our staff and thank them for the years of service rendered thus far.

30 years of service

- Lilly Hammond
- Elsa Boer
- Nokufika Zatu

25 years of service

- Malijanie Carelse
- Anna Sass

20 years of service

- Gail de Bruin
- Marilyn Haas

15 years of service

- Marie Adams
- Elsie Sinkfontein

10 years of service

- Nontsebenzo Gqwabaza
- Patrick Ngubentombi
- Jocelyn Pieterse
- Hendrik Gamane
- Dora Moses
- Elizabeth Khathali
- Annah Malepe

Exciting Project Updates on Facilities within the HSFA

VONKE & LA ROCHELLE LIFTS: Sigma Lifts and Escalators have been appointed as the provider to replace the lifts. The date of commencement has not yet been finalised.

During the year conditional assessments were conducted on various sites and the following projects have been approved as priority:

Roofs:

- Partial replacement of roofs at Robari & Silver Oaks
- An important repair at Support Centre

Structural:

- Spalling concrete repairs at Vonke House & Protea
- Replacement of balustrades at Protea

Suitable sub-contractors have been identified and invited to tender on these projects. A site visit was arranged for 11.12.2018.

SILVER OAKS LODGE: The coffee shop and lounge will be receiving curtains and a new coat of paint. The Water Project mentioned in our previous newsletter is complete.

ROBARI LODGE will be next in line for water tanks.

CHARITY SHOP AT VONKE: Exciting News!! A permanent Charity Shop is being set up at Vonke Park. We are in need of **volunteers** to assist run the shop, if you are interested please contact Eureka at eureka@hsfa.org.za.

WATER RESTRICTIONS NOW LIGHTER, BUT WE STILL NEED TO USE SPARINGLY & SAVE DAILY

Water restrictions have been moved over the quarter from a Level 6B to less stringent Level 3 restrictions. The daily allocation of water per person has also increased from 70 litres a day, to 105 litres.

We thank the HSFA community for all their initiatives and endeavours. We encourage our water ambassadors to continue saving water despite the change in restrictions and increase in daily water allocations.



Successful fundraising events raises over R25 000 for HSFA!

During the months of October and November, HSFA managed to raise R27, 982.00 through the following events:

WINE 2 WHALES: Staff assisted the Rotary Club in shuttling cars from Lourensford to Hermanus for the cyclists of the Wine 2 Whales race that takes place annually. A total of R9,170.00 was raised through this initiative.

HSFA HAS TALENT: Residents took part in a talent show at Vonke. The funds raised through this fun, entertaining and annual event amounted to R1,144.00.

BIG WALK: 2018 saw the Big Walk transformed with many more entrants, exciting new stalls, sponsors with more prizes and a lot of fun and jest! Well done to all involved as the total funds raised reached R17,668.00

"Great things are done by a series of small things being brought together." Vincent van Gogh



Welcome new staff...

Welcome to the following staff who have commenced employment in the last quarter. We wish you many happy and successful years with us:

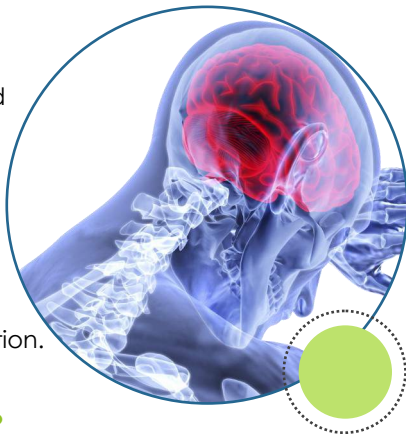
MISS C CUPIDO	CARE GIVER
MISS ME FLINK	CARE GIVER
MRS T MTHUKU	CARE GIVER
MRS Z NQEKETO	CARE GIVER
GE BEUKES	CARE GIVER
MRS B DIEDERICKS	CARE GIVER
MRS RP LOMBARD	GENERAL ASSISTANT
MISS VA HOLANA	CARE GIVER
MISS A NXUSANI	CARE GIVER
MR G ADAMS	HBC DRIVER
MISS T BERSMAN	HBC CARE GIVER
MISS L ARENDSE	HBC CLEANER
MISS E DE-WEE	HBC CARE GIVER
MRS D WILSON	GENERAL ASSISTANT
MR W KAMIES	ARTISAN—CARPENTRY

Changes in Senior Management...

MR FJ OLIVIER	FACILITIES MANAGER
MR AG REBELLO	FINANCE MANAGER

WHAT IS A STROKE?

A stroke occurs when blood flow to the brain is interrupted. When this happens, brain cells begin to die because they stop getting the oxygen and nutrients they need to function.



WHAT CAUSES A STROKE?

There are 2 types of strokes:

ISCHAEMIC STROKE:

When a blood vessel becomes blocked by a blood clot or other blockage and cuts off blood supply to the brain. Affects 9 out of every 10 people who have a stroke.

HAEMORRHAGIC STROKE:

When a blood vessel breaks and causes bleeding in and around the brain.

SIGNS OF A STROKE:

Spot a stroke FAST:

- F: Face. Ask the person to smile or show teeth. Is the face drooping on one side?
- A: Arm. Ask the person to lift both arms. Is there weakness in one arm? Does the arm drift down?
- S: Speech. Notice if speech is slurred or wrong.
- T: Time to go to the nearest hospital.

WHAT INCREASES YOUR RISK TO HAVE A STROKE?

- High blood pressure
- Diabetes
- Obesity
- Inactivity
- Excessive alcohol intake
- Eating unhealthy
- High cholesterol
- Heart problems

HOW CAN YOU PREVENT A STROKE?

80% of strokes are preventable:

- Manage your blood pressure, cholesterol and blood sugar levels regularly
- Maintain a healthy weight
- Limit salt and sugar intake
- Eat enough fruit and vegetables on a daily basis
- Aim for 30 minutes of exercise daily
- Quit smoking and limit alcohol intake

REFERENCES:

<https://www.newspress.me/american-heart-association-brochures/american-heart-association-brochures-stroke-prevention-resources-printable/>

<https://stroke.nih.gov/materials/brochure.htm>

Mother and Son

A POEM SENT IN BY VAL DU TOIT, 109 VONKE HOUSE

He carries her bag, eyes filled with his tears;
She bears the greater burden - the burden of her years.
Her eyes are clear, her load feels light.
In this tiny room, she brightens at the sight!
The windows frame a vista of mountains and the sky -
He only sees the walls close in
On a life wrung out and dry.
He leaves her then, with sorrow in his heart.
She waves goodbye, then turns around
To make a fresh new start.
She is old, that's true, with others even older.....
But there are smiles and laughter too,
And friendly arms enfold her.
With talking and joking and movies to see,
There's no-one who is saying "Oh, pity poor me!"
They strive to keep despair at bay -
And pray each night for one more day.



REMINDER:

**PAY/DONATE
WITH SNAPSCAN!**

You can now donate or pay your account via SnapScan.

NB: Please use your Name, Surname and Invoice Number as a reference when paying your account.

 SnapScan



Snap here to pay



Congratulations to Mrs Marge Constant
who turns 101 in December 2018!

forthcoming attractions

Tuesday 25 December: Christmas Day

Tuesday 1 January: New Years Day

Friday 11 January: International Thank You Day

Friday 25 January: First Vonke Market Day

Wednesday 6 February: Prestige Club Draw

Thursday 14 February: Valentine's Day

Sunday 17 February: Random Acts of Kindness Day

All the best to our residents and staff this festive season. May you travel safely and treasure the time you spend with your friends and family.

May 2019 be a prosperous year filled with love, happiness, health and wellbeing!



Seniors
Rendez-vous
Garden Village



“FROM THE COMMUNITY.
FOR THE COMMUNITY.”

Helderberg Society for the Aged runs a quarterly initiative for our community outreach project in **Garden Village**. Each quarter the service centre members are provided with a donated box of items that will enhance their lives and contribute to their happiness and physical wellbeing.

To contribute email shireen@hsfa.org.za



Friski, in support centre passed away in October. She will be missed by staff and residents alike.

REST IN PEACE

FRISKI



Don't forget to follow us on Facebook!

We post all the latest news, events and fundraising initiatives on a weekly basis. Please also leave us a review!

We also advertise our units we have available on an ongoing basis.



www.facebook.com/HelderbergSociety

VOLUNTEER AT HSFA AND GIVE BACK!

Volunteers can assist in the following departments: charity shop assistance, training programs, physical support to residents, accompanying residents on tea and coffee dates. The opportunities are endless. Training and orientation are provided.

To get involved email info@hsfa.org.za or call (021) 852 5130

Join Seniors Rendez-vous Service centre in 2019 and BENEFIT!

Our Service Centre is a community based care and support service where older persons are provided with organised programmes and activities which assist them to live independently in their communities. A service centre is a gateway to the ageing network—connecting older adults to vital community services that can help them stay healthy and independent.

WHAT ARE THE BENEFITS OF A SERVICE CENTRE?

- Increased feeling of belonging;
- Fulfilment from meaningful activities;
- Physical wellbeing and fitness;
- Emotional support from fellowship with your community;
- Social interaction with others your age and reduced feelings of loneliness;
- Mental stimulation;
- Affordable services;
- Healthy balanced meals.

DO YOU KNOW SOMEONE OVER 60 YEARS WHO WILL BENEFIT FROM A RANGE OF SERVICES AND ACTIVITIES THAT WILL IMPROVE THEIR MENTAL, EMOTIONAL AND PHYSICAL WELLBEING?

Contact Vonke Reception on 021 852 5130 or email info@hsfa.org.za for more information.

Seniors
Rendez-vous
Vonke House

