

NEWSLETTER



WELCOME TO OUR NEW QUARTERLY NEWSLETTER

Helderberg Society for the Aged aims to improve communication with our residents and enhance the feeling of community amongst residents and staff alike. This newsletter will be distributed quarterly in the months of March, June, September and December annually. We will take this opportunity to inform you of important news, forthcoming events, health education as well as humour and resident stories. **We would like to publish articles of interest to you. You are most welcome to send your articles, poems, stories, letters and any suggestions or comments to:**

marketing@hsfa.org.za

CARING THROUGH SHARING AWARD 2018

Elizabeth Boiskin wins the annual Caring for Sharing award at the AGM held on 28 August 2018. At age 62 Elizabeth got involved with the Garden Village Seniors service centre teaching art, every Wednesday morning. She has been doing this as a completely voluntary service for the past 13 years and Elizabeth uses her own art materials that she shares with the group. Now at age 75, she is still committed to the group and teaches art to a group of 15 seniors, some of who were there when she started. The art helps the members with fine motor skills, hand-eye co-ordination, cognitive abilities and concentration. Elizabeth is all about building into their lives and helping them find creative ways in which to express themselves. Elizabeth is an incredible example of what giving to others is all about. She has done this without expecting anything in return. A truly remarkable blessing to the seniors group in Garden Village and the HSFA.

Thank you to GERATEC for catering for the AGM—the refreshments were delicious and were enjoyed by all residents, society members and staff that attended!



Spring is nature's way of saying "Lets Party!" Robin Williams

HSFA, WATER RESTRICTIONS AND THE IMPACT ON OUR MONTHLY WATER BILL

Level 6B water restrictions were introduced from 1 February 2018, as day zero made its inevitable approach on the Mother City. Below is the effect that these restrictions have had on the water expenses of the HSFA. As a community, HSFA has become a water warrior, with various initiatives in place. HSFA has done this proudly and Waterless Wednesday is a weekly routine for staff and residents alike. The City of Cape Town announced that it would lower water restrictions and tariffs, from Level 6B to Level 5, from October 2018, due to the encouraging dam levels' recovery. We thank all staff and residents for the water saving initiatives and for joining us in our endeavours.



LIFT PROJECTS UNDERWAY!

HSFA is excited to announce that the replacement of the Vonke & La Rochelle lifts was approved for the 2019 financial year. The process is well underway to appoint a suitable provider. It is a long and onerous task to replace these lifts, and once the provider is approved, the project will run for many months.



*scenes from
the AGM...*

Welcome new staff...

Welcome to the following staff who have commenced employment in the last quarter:

MRS DR Richardson	Professional Nurse
MRS BN Tusi	Professional Nurse
MISS M Swarts	Care Giver
MISS KS Dlamini	Enrolled Nurse
MS M Roberg	Marketing Representative
MISS NF Siletile	Enrolled Nurse
MRS PF Khoza	Home Based Care Giver
MRS P Bangi	General Assistant
MRS JSD Strydom	Care Giver
MISS AC Mc Clune	Care Giver
MISS N Goliath	General Assistant
MRS C Jackson	Home Based Cleaner
MS RD Marais	Facilities Co-Ordinator
MR N Hendricks	Handyman
MISS K Haefele	Activities Organiser
MRS MT Crouse	Registered Nurse
MISS HK Coetsee	Home Based Care Manager
MR Japie Olivier	Facilities Manager

Changes in Senior Management...

MR Japie Olivier	Facilities Manager
MRS Rika Rodd	CEO

NUWE OPWINDENDE AKTIWITEIT

Kom geniet 'n koppie tee en gefasiliteerde gesprek oor relevante onderwerpe. Die groep kan 12 inwoners akkommodeer Slegs vir Akrikaans sprekende persone. Tafel Gesprek vind plaas in die Vonke Sitkamer.

Let op die komende datums op die kennisgewingbord.



WATER PROJECT AT SILVER OAKS

HSFA has purchased water tanks for various units during the course of the year, as day zero loomed closer. During the month of September, a project commenced to harvest rain water from the huge expanse of roofing at Silver Oaks. The water, which is stored in these tanks, will be utilised in the laundry. The water is filtered and treated for bacteria and any other germs.

This will save the Society thousands of litres of water per year at Silver Oaks, which should result in much lower expenditure.



IT'S TIME FOR OUR ANNUAL BIG WALK

Join us on 10 November 2018 as we celebrate the 60th Anniversary of HSFA at the Big Walk. Our theme is "The 60's" —so dress up in your hippiest, most colourful tie-dyed creation!

There will be plenty of prizes, entertainment and delicious food on sale!

Registration opens at 8:00 and the walk starts at 09:30

ENTRANCE FEES ARE AS FOLLOWS:

Residents and Staff: R10

Adults: R30 | Children: R10

Pets on leashes are welcome!



We are looking for sponsorships and donations for this event—if you are interested in supporting our annual fundraiser and help us reach our fundraising goals for this year, please contact Erica on (021) 852 5130 or email ericadw@hsfa.org.za

SPONSOR A WATER POINT. HOST A STALL

ADVERTISE IN OUR 60TH YEARBOOK

DONATE PRIZES FOR OUR WINNERS & RAFFLE



Wear your best 60's outfit and stand a chance to win a prize!

PAY WITH SNAPSCAN!

You can now make donate or pay your account via SnapScan.

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



Snap here to pay



VOLUNTEER AT HSFA AND GIVE BACK!

"A person who freely offers to take part in an enterprise or undertake a task." Volunteers can contribute their time, skills, talents or expertise.

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

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

WELCOME TO OUR NEW
BOARD MEMBERS
APPOINTED AT THE AGM
ON 28 AUGUST 2018:

Ms. BARBARA SEGALLA

Mr. MONTE JORDAAN



WHAT IS DEMENTIA?

Dementia is a general term used to describe a group of symptoms associated with a decline in cognitive functions. This can be caused by brain disease or injury and is marked by memory disorders, personality changes and impaired reasoning. There are different types of dementia, of which Alzheimer's disease is the most common type.

WHAT ARE THE EARLY WARNING SIGNS OF DEMENTIA?

- Memory loss
- Difficulty performing daily, familiar tasks
- Problems with language
- Disorientated in terms of time and place
- Decreased judgement
- Difficulty with abstract thinking
- Changes in mood, behavior and personality
- Loss of initiative or interest

WHAT ARE THE RISK FACTORS OF DEMENTIA?

- Age: Dementia may occur at a younger age, but is more common over the age of 60. The risk to be diagnosed with dementia increases with age.
- Family history and genes: Having Alzheimer's disease in your family does slightly increase your risk to develop the disease, but the majority of dementias are not inherited.
- Education: Studies show that dementia are less common in people with higher education
- History of stroke and vascular disease
- Alcohol abuse over a long period of time
- History of a head injury

IS THERE TREATMENT FOR DEMENTIA?

Treatment of dementia depends on the cause. There is no cure for dementia, but there are ways to manage symptoms:

- Medication can temporarily improve symptoms.
- Occupational Therapy can help to prevent accidents, manage behavior and teach coping strategies.
- Modifying the environment: Remove clutter, noise and safety hazards. This can help someone with dementia to cope and function optimally within their environment.
- Modifying tasks: Break tasks into smaller and easier steps, provide structure and have a set routine to reduce confusion in the person with dementia.



Prestige Club

The objective of the Prestige Club is to create a fund for the welfare and medical care of the financially disadvantaged aged.

We believe...

older people are an important and valuable part of any community. To maintain a positive self image, folk need to remain active in, and respected by, their community. Unfortunately, many older people are not afforded the opportunity to share the insights they have gained over many years, nor do they receive the necessary care and security essential to live a dignified life. We are here to provide just that and more, by taking their care to heart!

THE PRESTIGE CLUB OPERATES AS FOLLOWS:

1. Membership is R50 per month per ticket. Monies are for charity—no administration fees are levied.
2. Syndicates of up to a maximum of 4 persons welcomed.
3. Membership allows for place in a quarterly lucky draw culminating in three cash prizes of:

First prize: R2000

Second Prize: R1000

Third Prize: R500

To join the next draw on Wednesday 7 November please contact Erica De Winnaar on (021) 852 5130 or email prestigeclub@hsfa.org.za

FORTHCOMING ATTRACTIONS:

Friday 21 September: World Alzheimer's Day

Monday 1 October: International Day for Older Persons

Sunday 7 October: Grandparents Day

Wednesday 10 October: HSFA has Talent

Saturday 10 November: Big Walk 2018 & 60th Celebration

Wednesday 14 November: World Diabetes Day

Wednesday 5 December: International Volunteers Day

Don't forget to follow us on Facebook to see all the latest news and event updates! Please leave us a review! www.facebook.com/HelderbergSociety

