

Garden Village Service Centre Valentine's Lunch sponsored by Rotary Club



Gordan's Bay Beach Outing for Garden Village



Motor Skills presented by our OT at Garden Village



Follow us on Facebook!

All available units are advertised on our Facebook page. We post all the latest news, events and fundraising initiatives on a weekly basis. Please also leave us a review of the excellent service you have received!

Let's use this tool to build and increase our wonderful community here at HSFA!

www.facebook.com/HelderbergSociety



VOLUNTEER AT OUR CHARITY SHOP!

Our charity shop will be opening in May and we require volunteers to assist with sorting and stocking the store, managing sales, opening and closing the store. Volunteers will work on a rotational basis. The operating hours of the store will be confirmed.

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



Fidget Mats donated by The Helderberg Quilters Guild

DEMENTIA SHARE GROUP

This group is run by the members who are encouraged to share information about their struggles and their triumphs in having a family member with dementia. We give each other tips and advice on how to live with a family member or friend that has dementia. The group is facilitated by the HSFA Social Worker and is attended by the Flamingo sister. The group is open to all HSFA residents, their family and friends.

Date: Every last Wednesday of the Month

Place: Support Centre Board Room

Time: 10H00 - 11H00

No charge. Tea is served



The Sunbird Project consists of four pillars & is a fundraising project to support residents who have no family to support them or are financially disadvantaged. You can assist them with their daily needs through means of sponsoring a resident, donating library goods or hosting a birthday party. The Sunbird project also keeps the memory of loved ones alive through the means of adopting a room.

Contact our Frail Care Unit to become involved on (021) 852 5130 ext 127

FACILITIES UPDATES AND PROJECTS HAPPENING WITHIN THE HSFA

We are eagerly awaiting the arrival of the new Vonke & La Rochelle lifts. The processes are scheduled to commence in April 2019. More information regarding the roll out of the project will be communicated as soon as dates have been finalised.

The following major projects are also commencing in the next quarter:

VONKE HOUSE: Concrete spalling repairs, replacing rainwater outlets on Balconies

PROTEA: Concrete spalling repairs, demolishing and removal of breeze block balustrades and replacing of galvanised steel balustrades

Silver Oaks: Taking off and removal of existing roof sheeting and replacing with new galvanised steel Victorian profile sheets and performing remedial work to existing roof lights.

ROBARI: Taking off and removal of existing roof sheeting and replacing with new galvanised steel Victorian profile sheets, including new gutters and a fire rated ceiling

SUPPORT CENTRE: Taking off and re-installing roof tiles with new wire tie downs, including new roof underlay and repainting of existing ramp

OTHER NEWS:

The Facilities Department receives +/- 700 – 800 work request per month. The Department continue to attend and to follow up on these requests.

The Clinic has moved to the Support Centre and a successful grand opening was held on the Friday 8 March.

HSFA UNITS REFURBISHED		
REFURBISHMENTS	Jan-19	Feb-19
BOWDEN PARK	1	
BUTLER	1	
CAMELOT		1
EBENEZER		
LA ROCHELLE		2
LANCELOT		1
LIBERTAS		
MOUNTVIEW	1	1
PROTEA	2	1
ROBARI	1	2
SILVER OAKS	3	3
SUPPORT CENTRE	1	1
SWANNACK		
VONKE	7	2
TOTAL UNITS	17	14

WATER RESTRICTIONS STILL ON STAGE 3, MEANING WATER SAVING EFFORTS TO CONTINUE

Level 3 water restrictions are still in place and dam levels are at approximately 52% capacity. Water allocation per person on level 3 is 105 litres per day.

In order to maintain and increase current dam levels, water saving efforts should continue.

Thank you to the entire HSFA community who endeavour to continue in saving water during the rainy season that approaches. This should assist in the province's aim to increase dam levels.



HSFA approved as beneficiary on MyVillage Programme!

HOW DOES MYVILLAGE WORK?

Supporters apply for a free MySchool MyVillage MyPlanet card and select up to 3 schools and/or charities as their beneficiary/ies. When they purchase items from participating retailers they swipe the card with the purchase. A percentage of their transaction is then allocated to their beneficiary. The partner stores pay the contribution on behalf of the cardholder. All these transactions are recorded and a statement is sent to individual supporters on a monthly basis. The supporter card is not a credit or debit card but simply tracks transactions and funds raised.

WHERE CAN I SWIPE MYVILLAGE CARD?

Some of the national partners include:

- Woolworths
- Engen Convenience Centres
- Loot.co.za
- Bidvest Waltons
- Flight Centre Red Label Holidays and many more!



BENEFITS OF BEING A CARDHOLDER:

- Raise funds for your favourite school or charity without costing you a cent
- Use one card at many different stores, not just one
- Exclusive discounts and special offers for cardholders
- Receive a monthly email statement showing exactly how much your beneficiary has raised



WANT TO GET INVOLVED?

Contact Reception to collect your Application Form call (021) 852 5130 or email info@hsfa.org.za

forthcoming attractions

- Thursday 11 April:** World Parkinson's Day
- Saturday 13 April:** Song and Cello High Tea
- Friday 19 April:** Good Friday
- Monday 22 April:** Family Day
- Friday 26 April:** Vonke Market Day
- Sunday 12 May:** Nurses and Mothers Day
- Wednesday 22 May:** HSFA Turquoise Day

Come support our residents selling their hand-crafted items.

WHEN: Last Friday of every month

WHERE: Vonke Hall at Vonke Park

TIME: 9:00 to 12:00

To support or book your own stall email eureka@hsfa.org.za or call reception.



WHAT IS BLOOD PRESSURE?

Blood pressure (BP) refers to the force at which blood flow through your blood vessels in your body.

WHAT IS HIGH BLOOD PRESSURE?

Also known as hypertension. When the force of the blood flow is too high in your blood vessels. This puts your blood vessel under too much strain.

WHAT ARE THE SYMPTOMS OF HIGH BLOOD PRESSURE?

High blood pressure does not usually have noticeable symptoms, so it is very important to have your blood pressure checked regularly.

CLASSIFICATION OF BLOOD PRESSURE FOR ADULTS

CATEGORY	systolic, mm Hg	Diastolic, mm Hg
Hypotension	<90	<60
Desired	90-119	60-79
Prehypertension	120-139	80-89
Stage 1 hypertension	140-159	90-99
Stage 2 hypertension	160-179	100-103
Hypertensive emergency	≥180	≥110

WHAT DO THE NUMBERS (120/80) ON MY BLOOD PRESSURE READING MEAN?

Your Blood Pressure reading has two numbers. The top number is the force of blood when your heart beats (systolic pressure). The bottom numbers refers to the force of blood in between heart beats, when your heart gets filled with blood (diastolic pressure).

WHAT ARE THE RISK FACTORS OF HIGH BLOOD PRESSURE?

- Age: The risk increases with age. Hypertension is more common in older persons above the age of 40
- Family history of high blood pressure
- Overweight
- Alcohol abuse
- Stress
- Smoking
- Bad eating habits
- Chronic conditions

WHAT ARE THE COMPLICATIONS OF HIGH BLOOD PRESSURE?

- Stroke
- Aneurysm
- Heart attack or Heart failure

WAYS TO CONTROL YOUR BLOOD PRESSURE:

- Be more active—aim for 30 minutes of exercise daily
- Eat less salt and fat and more fruit and vegetables
- Stop smoking
- Limit alcohol and caffeine intake
- Maintain a healthy weight
- Reduce stress levels

REFERENCES:

- <https://www.heart.org/en/health-topics/consumer-healthcare/order-american-heart-association-educational-brochures/high-blood-pressure-brochure>
- https://www.cdc.gov/bloodpressure/docs/ConsumerEd_HBP.pdf
- https://www.exccemed.org/sites/default/files/hypertension_printout.pdf

WELCOME TO 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 A NXUSANI
MR G ADAMS
MISS T BERSMAN
MISS L ARENDSE
MRS VM REDDY
MRS M WILSKUT
MR W KAMIES
MISS N SAMUELS
MRS G COLBERG
MR R JOYI
MRS E WENTZEL

CARE GIVER
DRIVERS
CARE GIVER
GENERAL ASST
EXECUTIVE SECRETARY
GENERAL ASST
ARTISAN—CARPENTRY
CARE GIVER
CARE GIVER
CARE GIVER
REGISTERED NURSE



REMINDER:
PAY/DONATE
WITH SNAPSCAN!

SnapScan



Snap here to pay

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.



Happy Easter to all our Christian residents, staff and suppliers.

We hope that you will enjoy this time spent with your family.