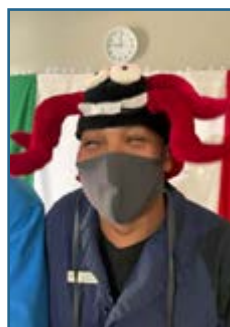


Heartbeat

NEWS UPDATE

3RD QUARTER NEWSLETTER 2021



A Spring in our Step and happiness in our hearts!

Dear HSFA Residents, families, community and staff.

As we are feeling upbeat, we want to share our joy and successes with you. Although we remain cautious and the management and staff maintain every measure to keep our residents safe and protected, we are encouraging a sense of well-being and happiness. We are reconnecting with life, friends and keeping busy with positive activities and events.



Rika Rodd, CEO

Walt Disney said, "Growing old is mandatory, but growing up is optional!"

Our residents are participating in various activities, games and themed events making the gardens and halls of the HSFA units echoing laughter and music.

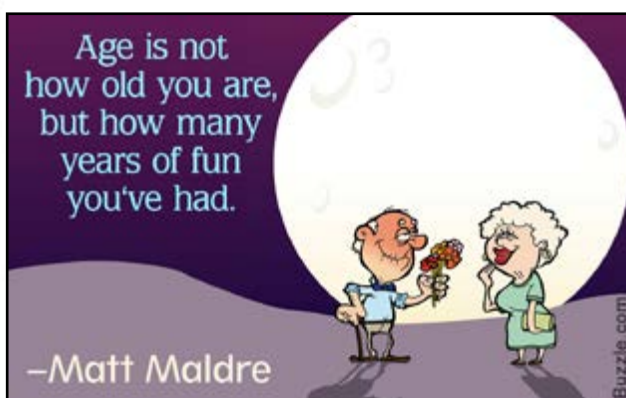
Rika Rodd, CEO

Stay safe and be happy



The most important thing is to enjoy your life – to be happy – its all that matters. – Audrey Hepburn

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STAFF UPDATE

CEO'S APPRECIATION AWARD



In the last quarter the following staff members each earned a "CEO Appreciation Award", a voucher for Col'Cacchio:

Louisa Henning
Jo-ann Jonker
Charlotte Smith
Nolene Prinsloo
Sharon Ridler
Eureka Haefele and
Carin von Molendorff

Each staff member went above and beyond their duties. Thank you.

TRAINING

HSFA provided continuous training to our staff. Some of the training attended by our staff over the last 3 months are:

- Introduction to POPIA - in-house training
- One Drive training
- Managing conflict and assertiveness
- Supervisory skills and managing teams
- Risk & Safety Management in Care Facilities
- Geriatric Medicine
- WorkPool
- Basic PC Training
- Microsoft Word Intermediate
- Microsoft Excel Advanced

WELCOME HANLIE THERON

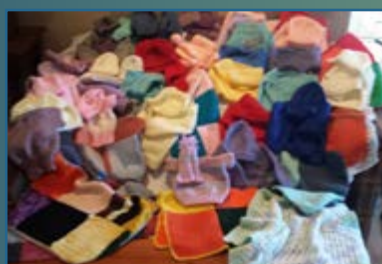
Hanlie Theron has joined the HSFA family as the Frail Care Manager. Hanlie is married and lives in Bellville. She comes to the HSFA with a wealth of experience. She was a Client Service Manager for 12 years at Louis Leipoldt Medi-Clinic, then worked at SA Radiology Services in Blouberg Netcare Hospital for 6 years as the Operations Manager. Thereafter she made a career move to Intercare Tyger Valley, Medical and Dental Facility, where she worked as the Business Unit Manager for 3 years. In 2016 she took up the position as Clinic Manager at Medicross Table View – Medical and Dental Centre. In Hanlie's words, "My last career-stop: HSFA! I feel so blessed being part of this organisation. What a privilege!"

NEW HSFA TEAM MEMBERS

Miss Sylvia Juries	Administrative Officer
Mrs Dawn Van Zyl	Registered Nurse
Mrs Hanlie Theron	Unit Manager
Miss Eleanor Meyer	Enrolled Nurse
Mr Lance Thiele	Property and Lease Administrator
Miss Lee-Ann Bagley	Assistant Nursing Care Manager
Miss Lolubabalo Ndinisa	General Assistant
Mr Greame Eiman	Painter - Handyman 2
Miss Felicitous Gombela	Staff Nurse



WHEN THE GOING GETS TOUGH, THE STAFF GET KNITTING

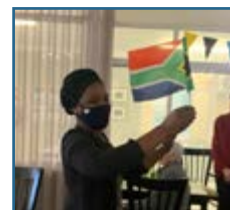


The HSFA staff and of our many residents had a 'Knitathon' this winter and hundreds of handcrafted jerseys, beanies, mittens, teddybears and blankets were lovingly made. They were gratefully received by Little Lambs and then distributed to many appreciative new mothers of premature babies. Thank you to all the knitters, as well as the community, for the donations of wool.

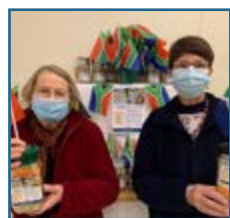
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Three grand essentials to happiness in this life are something to do, something to love, and something to hope for. – James Addison

POTJIES AND ANTHEMS



Residents from Assisted Living (Silver Oaks Lodge and Robari Lodge), Frailcare (Mountview and Support Centre) and some Independent Units (Vonke House and Swannack Gardens), enjoyed a South African heartwarming Welcome - Welkom - Wamkelekile at our SA themed luncheons in July. We were reminded, despite our country's recent troubles in KZN, how South Africans do stand together and give back to their communities ... as well as enjoy a bietjie potjie, sherry and dans!! Thank you GERATEC for serving South African favourites - potjies, melktert, samp and beans, vetkoek and more....



JARS OF HOPE



In July, the HSFA had a "Mandela-thon" where residents and staff were invited to fill hundreds of jars with healthy soup ingredients, which were then distributed to three charities: 'Together Against Covid', Masincedane and the HSFA's Garden Village. Thanks goes to Baps Keller and Joey Coetzee for packing over 100 of the Jars of Hope!



MEMORY CAFE - DEMENTIA TALKS

HSFA and GERATEC, (our partners in food health and wellbeing), hosted a second 'Memory Café' at the HSFA's Vonke Coffee shop. The Memory Café provides a community resource for people with neuro-cognitive impairment, their families, carers and friends. Rayne Stroebel (PhD Candidate in Dementia Studies) gave an informative follow-on talk on living with dementia. The presentation "Dementia beyond drugs - considering a path of wellbeing" was enjoyed by the audience whilst enjoying mouth-watering snacks served by Geratec's team. The forthcoming talks and support groups will be announced on social media.



ITALIAN

HAT FASHION SHOW LUNCH

There is never a dull moment at the HSFA. The lovely ladies and gents of Assisted Living, Frail care and some of the Independent living units showed off their style and fashion on a catwalk for a fashion show!

Italian fashion was the theme of the day and Gucci bags, Prada shoes and many a 'magnifico' hat were paraded by the enthusiastic residents! Our resident's creativity was evident when Pavarotti, the Italian Mafia and Luigi the Italian pizza chef all came to the party!!

GERATEC chefs once again outdid themselves with a menu of Minestrone Soup with Ciabatta Bread, Arrabbiata Meatballs & Penne Pasta, served with Caprese Salad ending with Tiramisu.

The judges had a difficult time selecting the winners. It was a close race! The prizes for the best model and hat designer were superb. Restaurant vouchers, pasta, aprons etc were sponsored by a local Somerset Italian restaurant Al Dente Italian Deli and Restaurant, and Italian wine was discounted from Sunrise Blue Bottle Liquor Somerset West. Thanks too to Simply Sparkles Lights and Tailormade Adventures for entertaining at various units.

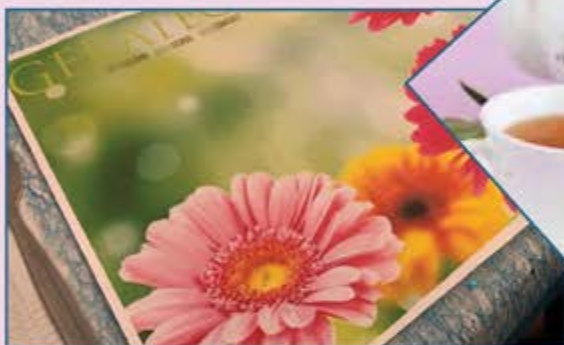
Thank you everyone!



Spring

HIGH

TEA



Who needs the Mount Nelson, when we can bring a high tea to you at the HSFA! Both Assisted Living Units, Frail care Units and some Independent Living units enjoyed a very elegant high tea surrounded by flowers. There were prizes for the best flower table arrangements. Thanks to the residents for the beautiful decorations and to Fade and Sadie from Croydon Flower sellers for the donations of flowers to light up our dining rooms and bring smiles to our faces.

Promotions

OCTOBER - DECEMBER 2021



REFER a FRIEND

**INTRODUCE A FRIEND
GET 20% OFF YOUR RENT**

Refer a friend and receive 20% discount on your next monthly rental upon each approved application!



**VONKE & SWANNACK GARDENS
FIRST MONTH IS RENT FREE!**

Vonke House and Swannack Gardens are Independent Living retirement units in Somerset West
1st month's rent is FREE for new successful applications
Promotion runs from period 1 Oct - 31 Dec 2021



**ROBARI LODGE
FIRST MONTH IS RENT FREE!**

Robari Lodge is an Assisted Living retirement unit in Somerset West
1st month's rent is FREE for new successful applications
Promotion runs from period 1 Oct - 31 Dec 2021
No rental increase will be levied until April 2023!

Health



GERATEC continuously strives to provide nutritional meals to support health and quality of life. They have listened to your requests of an healthier variation and additional vegetarian options*. Geratec have thus implemented the following two additional options available to HSFA residents. *Selected units only.

Health menu - Lower in fat (especially saturated fat), fewer carbohydrates, and no added sugar with a healthier dessert.

Vegetarian menu - This meat free option is now also available.



GERATEC FROZEN FOOD RANGE:

Resident's of Independent Living units, if you have not done so already, you can buy Geratec's delicious frozen food range! Perfect for those lazy evenings when you don't feel like cooking. Place your orders with Dawn on 021 8523433.

Our Community

Joshua Buchweitz, a Grade 7 scholar from Beaumont Primary School, showed how a simple act of kindness can go a long way. Joshua used his own savings and raised money from friends, neighbours and family to purchase a generous hamper of toiletries and treats for the residents (those who do not have family support) of the Support Center of the HSFA. When asked why he chose the HSFA as his beneficiary, he explained that his lovely granny Elana Kriedemann (a previous employee of the HSFA), told him that the HSFA is "a special place", and she also explained that some residents needed some extra support and that they depend on the community for help. Thank you Joshua for your thoughtfulness, kindness and leadership - you are a true gentlemen. Your lovely granny would certainly have been proud of you. The HSFA's fund is called the Sunbird Project.

Click here for further information should you also wish to donate. <https://hsfa.org.za/get-involved/donate/>



A big thank you goes to Baps Keller and her team from Vonke who knitted dolls, jerseys, beanies, blankets and hats. They were distributed to the Kingdom Kids creche in Sir Lowries Pass Village. Thanks to Together Against Covid for coordinating the distribution along with HSFA's Jars of Hope.



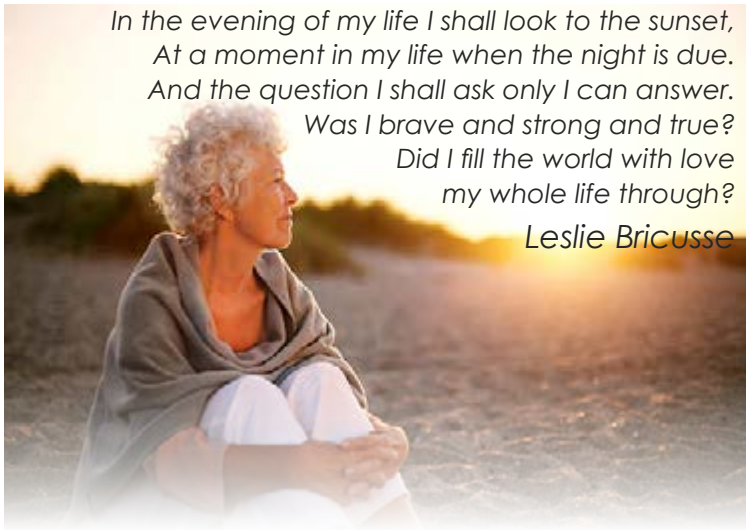
Talented musicians kindly came to play for the residents of Vonke, Silver Oaks and Robari Lodge. Thanks to Yolande Botha and Antoinette Erasmus from the Helderberg Church for your beautiful sounds. These ladies, amongst other musicians, have been volunteering their time playing at hospitals for the hardworking nurses and doctors during shift changes. Thanks again goes to Dr Bryony May, Together Against Covid for coordinating!



What a tremendous effort has been made over the past few months by Ellie Barrett who has very kindly donated her time and money to making the Vonke House entrance gardens look spectacular. Thank you!



Somerset Mall kindly arranged a food drive for retirement villages and the HSFA was delighted to be one of their beneficiaries as part of their "Fork Up" food drive. Thank you Somerset Mall. The food and toiletry donations were distributed at our HSFA Support Centre and HSFA Garden Village Service Centre.



*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, such as the Helderberg Society for the Aged.

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



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



CONGRATULATIONS TO THE 3RD QUARTER WINNERS!

1st Prize of R2000 goes to Alna Van Der Merwe

2nd Prize of R1000 goes to Hilton Schultze

3rd Prize of R500 goes to Rika Rodd

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 NOVEMBER 2021

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



Helderberg Society For The Aged

021 852 5130

info@hsfa.org.za

www.hsfa.org.za



THE HSFA IS SECTION 18A APPROVED.
ANY CASH DONATION CAN BE
USED AS A TAX DEDUCTION.