

# MPUMALANGA NEWSLETTER

2024 MEMORIES *matter* - A CHRISTMAS EDITION

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## New Beginnings

**Introducing Kiki Mswane our new ADASA Mpumalanga Regional Manager.**

We are excited to introduce Kiki Mswane, a dedicated social worker and passionate advocate for the vulnerable individuals and communities.

Kiki joined ADASA Mpumalanga as a Regional Manager and Social Worker on the 2nd of September 2024. With over 8 years in the field of social work, including 3 years of management experience, Kiki brings a wealth of knowledge and deep commitment to supporting those in need. Currently in her final year of a law degree. She has a particular passion for working with elderly and their families and her journey is driven by a desire to improve lives and create lasting change.

## Top News

2024 Marks new beginnings for our ADASA team in Mpumalanga with a new vibrant team.



Kiki Mswane  
(ADASA Mpumalanga Regional Manager)



# Swing for a Cause Golf Day Event

The ADASA Golf Day fundraising event held on the 31 October was the highlight of the year!

Thanks to our amazing sponsors and generous donors, the event was a huge success. Your support helps us bring hope and care to those affected by dementia.



## Support Group Testimony

*"Dear ADASA family, I would like to take this opportunity to thank each and every one for the opportunity to be part of the monthly meeting and WhatsApp group at Bateleur Estate. I had no to little information on what is happening with my mom when I noted signs of forgetfulness etc. Through all the sharing of personal experience and information that was shared by this group, I gained valuable knowledge to deal with my fear and questions and the possible road ahead. My mom unfortunately passed away on 11 November 2024, and I am still trying to get to terms with this huge loss, but again the group supported me with messages. A big thanks to Kiki who I could reached out to in the time when my mom was in hospital for advice and just an ear to hear."*

**Regards Marlene Neethling (Intermoz Logistics (Pty) Ltd)**

# Dementia Caregiver Training

ADASA Mpumalanga provided professional caregiver training to caregivers, nurses, social worker in old age homes, equipping them with the skills to better care for individuals with dementia. These sessions are vital in creating a more supportive environment for residents and ensuring quality care. A special thank you to the facilities that approached us for our services and recognized the importance of training in dementia care.



## Support Group Testimony

*"Although I am not a carer I enjoy to attend the support group meetings. The group provides an opportunity to share personal experiences and feelings. It is a safe place where we can share our problems and experiences. We also receive first hand information that is practical and helpful.*

*We can connect with others and relate to their situation and challenges. I wish all in the group a Happy Festive Season with family and friends."*

**Ingrid Seipel**

# Radio Laeveld supporting ADASA



The Mpumalanga Region had the privilege to present “What is Dementia, its Symptoms and How to Care for Someone with Dementia” at Radio Laeveld on 21st October 2024. A huge thank you to Amanda Botha and Radio Laeveld for giving us the platform, and we look forward to future programs that we will collaborate on together!

## Vision for 2025

**As we look towards 2025**, Kiki and the ADASA Mpumalanga team are focused on expanding their impact across the region with the following key priorities:

- Reaching more rural communities in Mpumalanga to provide vital education and raise awareness about dementia care.
- Establish more support groups in various towns throughout the province, offering families and caregivers a safe space to share their experiences and access to support.
- Continuing to offer training programs for caregivers, nurses and social workers in retirement facilities, empowering them to provide exceptional care for those living with dementia.
- Encouraging more families of individuals with dementia to attend support groups and participate in training, fostering a network of informed and compassionate caregivers.
- Securing more funding through fundraising events and donations to ensure the long-term sustainability of our programs and services.

Through these initiatives, the ADASA Mpumalanga team, is committed in making a meaningful impact in the lives of families affected by dementia, while fostering a supportive, well-informed community throughout the province.

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## TOGETHER WE CAN MAKE A DIFFERENCE

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