

NORTHERN CAPE NEWSLETTER

2024 MEMORIES *matter* - A CHRISTMAS EDITION

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Top News

2024 a year like no other.
ADASA Northern Cape reached
new heights.

Madiba Day Celebrations

ADASA NC annually do community outreach and dedicate 67 minutes of our time to community service. On 19 July the personnel of ADASA NC and volunteers in the community visited Seochoareng Assisted Living Centre and spoiled 35 residents and 7 Caregivers with soup and sandwiches; knitted beanies, scarfs and socks.



From left: Ernie Brümmer (Chairperson); Emsie Malan (ADASA Northern Cape Regional Manager); Chevonne de Wet; Craig Xaba and Charleen Kruger (Social Auxiliary Workers) Xaba is from Upington- and Charleen Barkley from Upington West.



“It is very reassuring to be able to phone Emsie and ask advice about our elderly parents who have dementia. Emsie has a wealth of experience and is always willing to share her insight and knowledge.”

Testimony - Linda Dugmore

Above: More photos from Nelson Mandela Day on 19 July 2024

Purple Parkrun Fun

More than 100 participants wore purple and took part in the Run for Dementia Purple Parkrun at Rooifontein Kimberley. All the participants enjoyed a piece of cake which was provided by ADASA NC. The cake represented the theme of WAM – *Time to Act on Dementia*.





A Cake like no other
Purple Parkrun Treats



Ondersteuningsgroep terugvoer

"Elke Byeenkoms van 2024 was baie besonders!

Ons kon emosioneel deel met mekaar, Emsie met haar kennis het almal gehelp om meer vrede te ervaar! Emsie het insiggewende inligting deur gegee elke keer bv rondom Stigma rakende Alzheimer's en Demensie meer ingelig te wees!

"Validation Theraphy" was so leersaam! Wonderlike praktiese raad oor aktiwiteite, hoe goed dit is en hoeveel waarde dit het! Elke byeenkoms van die ondersteuningsgroep het ons almal bemoedig, ook meer verryk! Dankie Emsie"

Groete Selma Slabbert

Golden Oldies Championship

ADASA NC hosted the 3rd Golden Oldies Championship at Acacia Retirement Village on 18 October. 20 Teams (6 members per team) registered to participate. The day included Exercises, Sing a long, participation in 6 games and a light lunch. The older persons enjoyed the games and to socialise with another. Teams from Bloemfontein, Kimberley, Douglas, Griekwastad and Modderrivier participated. Winners on the photo.





Golden Oldie Participants doing exercises

ADASA Northern Cape Training

Emsie Malan, our ADASA Northern Cape Regional Manager presented various 3-day training courses on Caring for the person living with Dementia.

During 2024 training took place at Huis Oranjehof Upington; Kokerboom Retirement Village Kakamas; BoKaroo College Orania; Huis Frieda Kempen Victoria West; Stillerwee Old age Home Kimberley; Acacia Retirement Village Kimberley and Huis Goedversorg Boshof.



Testimonies

"The intervention made by ADASA at GAASCA has had a positive impact on the staff and older persons. We learned about the different forms of Alzheimer's and the effect on older persons. In addition, we as caregivers learnt how to manage older persons. We welcome the information shared in the workshops and hope more people will have an opportunity to get this information."

-GAASCA

"Op 15, 16 en 17 Julie 2024 het Mev. Emsie Malan 'n baie geslaagde 3 dag Alzheimer's kursus vir 8 van ons personeellede aangebied. Die kursus was 'n belewenis vir elkeen wat dit bygewoon het. Almal kyk nou anders na Dementia. Mev. Malan het ook 'n kort inligting sessie met die Kokerboom Oord Trust gehad. Dit was 'n "eye opener" vir almal van ons. Nadat ons gestreef het daarna om 'n Alzheimer afdeling te vestig in ons tehuis, wat reeds voltooi is, en die opleiding wat ons mense gekry het, kan ons net soveel meer bied aan die gemeenskap. Voorwaar 'n baie groot voordeel vir ons tehuis."

-Hannes Papenfus (Bestuurder Kokerboom Oord)

"We at Seochwareng Assisted Living Centre will like to take this opportunity to thank the team that Represented ADASA which was led by one of their Social Worker Mrs Omphile Magau to come and celebrate our National Icon "Nelson Mandela".

The Old People at the centre enjoyed the warm soup and Bread which was prepared by the ADASA team and the beautiful gifts they also brought for them on that day. The Board will like to send also it's Gratitude and hope that the event will open more doors for future purposes and that our relationship will be a long term one from here onwards."

-S.A.L.C BOARD

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