

WESTERN CAPE NEWSLETTER

2024 MEMORIES *matter* - A CHRISTMAS EDITION

DECEMBER 2024

ISSUE #01



adasa



Rekindled & Renewed

In the Western Cape the ADASA activities had to be rekindled and renewed after Jill Robson, the previous regional manager's retirement in 2021. It was therefore a year filled with lots of appointments, learning, breaking new ground, fostering relationships and establishing new ones. We look back and are grateful for everything we could do for families of people living with dementia, the training we could do and support groups which could be formed.

There are so many people who supported us in the Western Cape and we would like to thank each and every one for their contribution. We look forward to 2025 to make an even bigger difference.

Top News

2024 Marks new beginnings for our ADASA team in the Western Cape.



Sr Madelein Duvenhage (ADASA Western Cape Regional Manager) & Martie de Lange (Western Cape Marketing & Fund Development)

Women's Day Event



Newsletter Highlights

- Women's Day for a good course.
- Knowledge is power.
- Dementia made easy for school kids.
- Southern Cape Training courses to new heights.

Women's Day for a Good Course

Management at Drosberg Wedding and Function Venue decided to host the event this year to support ADASA. The venue was decorated in purple and yellow and guests could dress accordingly. Sr Madelein Duvenhage, regional manager in the Western Cape, was the first speaker and addressed the guests on dementia. Not only was it a good day for networking and awareness, ADASA Western Cape also received a donation from the proceeds of the day. Together we can break down the stigma of dementia.



Knowledge is Power



ADASA Western Cape and Livewell Somerset West's seminar took place in the lovely, lush gardens of Livewell on Saturday, 14 September 2024. Guests from all over the Western Cape attended the event where four very knowledgeable professionals shared important information regarding different aspects of dementia. ADASA would like to thank Livewell for the venue and refreshments they provided.

We also gave all the guests a blue, crocheted Forget-me-not. The Forget-Me-Not is used worldwide to create awareness for Alzheimer's disease. In the Western Cape ladies in retirement villages and old age homes crochet the flowers which are used for awareness at all our events.



Left to right, Arya Rabbipal, Neuropsychologist, Sr Madelein Duvenhage, ADASA regional manager, Lou-Ann van Heerden, Occupational Therapist, Dr Deon Greyling, Geriatric physician, Martie de Lange, ADASA, Andries Havenga and Susan Swanepoel from Livewell and Andries Havenga, Attorney, Notary and Conveyancer.

Dementia made easy for School Kids

“Training of dementia must start in secondary school!”

Feedback from a training session – Anonymous



ADASA Western Cape was invited by Petronella Solomons of the Renish Elderly Empowerment Programme to do an awareness event at Elswood Primary School in Elsies River, Cape Town.

Thursday, 19 September Priscilla Abrahams, social worker and Alida Bosman, carer and owner of a home care business, volunteers and friends of ADASA, addressed 300+ primary school learners at the school. Priscilla made the concept of Dementia very practical by using an umbrella to illustrate it. In a community where more than 50% of the kids live with their grandparents, this event was very well received by the staff and learners alike. They could ask questions and received pamphlets to take home.

Southern Cape Training

Training is one of ADASA's main objectives. A one-day training took place at Hartenrus Retirement Home on 15 October for carers who have been working for many years with people living with dementia. The main focus of this training was on the value of person centered care and how to manage challenging behaviour. The feedback was very positive – indeed a learning opportunity for all.

By Hettie Theron (ADASA Southern Cape Senior Social Worker)



“I enjoyed the interactive, personal experiences of the attendees.”

“Carers get used to nursing people living with dementia their way, and it is good to be reminded of the correct do's and don'ts.”

More feedback from training sessions – Anonymous

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