

ABBEYFIELD VOLUNTEER DAY

On Saturday, 12th May we organised an Abbeyfield SA Volunteer Day on Goedgedacht Farm in the Riebeeeksrivier Valley, an hour out of Cape Town. We started with tea and scones, we then facilitated a discussion workshop on a number of important Abbeyfield themes. This exercise proved to be particularly useful with various Local Societies given the opportunity to learn from each other, share stories and offer advice. We finished off with a lovely lunch shared

together in the garden in front of the old farm house. It was a chance for Head Office to say a very big thank-you again to all our volunteers for their time and energy and dedicated work towards improving the quality of life of elderly people in their community. Such a super day. Thank you to all of you who were able to attend.



Spending Quality Time Together



On the 24th May our Local Society of Rondebosch hosted a soup evening at their Abbeyfield house with all the residents. Pearl and Vicky brought the soup, lovely potato and leek and pea and ham. Pat brought lovely breads and Bridget baked delicious brownies for tea afterwards. A most enjoyable social evening shared between committee members and residents. This was also a good opportunity to officially welcome the two new residents, Geraldine and Jill. Welcome to you both and WELL DONE to Sutherland House, what a wonderful idea!

Green Fingers

Mrs Lawrence from Ons Huisie in Ocean View and Miriam Dyala from Ethembeni in Gugulethu both love to spend time in their gardens. Mrs Lawrence has done a brilliant job of beautifying the house by planting lovely flowers in the garden. Miriam on the other hand enjoys planting veggies and watching them grow. She says that eating veggies from her garden saves her a lot of money each month by not having to buy groceries.

Well done to you both.



Mrs Lawrence's garden



Miriam in her garden

COMING SOON...

Abbeyfield Walkerville is having a fundraiser on the 29th September 2012 - 'Music in the Park'. Anyone and everyone is invited. There will be live music so bring your own chair or blanket to sit on and buy a picnic basket filled with yummy

food. Proceeds from the sale of the picnic baskets will go to the two Abbeyfield houses, Stoneacres and Khutsong. No doubt a day not to be missed.

E-NEWSLETTERS

If you would like to receive our newsletter via email and help to keep our costs down, please fill-in your email address on the reply slip and return it to us in the reply envelope or email us at: abbeyfld@netactive.co.za

The Abbeyfield Circle of friends



No. 56 - July 2012

Dear Friends...

Newsletter 56 spells the end of a short but sweet journey for me as Director of Abbeyfield SA. For circumstances beyond my control come end of June I depart for the wilds of Scotland.

I wanted to thank you all, readers, supporters, donors, you are all friends of Abbeyfield and have single-handedly carried this organisation through 25 years. This year will mark the 25th anniversary of the opening of our first Abbeyfield home in Claremont, Wyndover Manor.

As sad as I am to say goodbye, I am also delighted to hand over directorship of Abbeyfield to Ms Wendy Lessing. Wendy brings a wonderful new array of skills to the role. She has vast experience in the private, public and NPO sector but most importantly she loves the work of Abbeyfield and wants to see it grow. I hand over the incredible and very special responsibility of looking after the organisation, our donors/supporters, our volunteers and most importantly the well-being of all of our elderly residents.

THANK YOU for continuing to read our newsletter, for those of you who have in the past donated and those who continue to do so, no matter how small, a heartfelt thank you from all of us at Head Office. We have such generous and loyal friends at Abbeyfield and I hope that continues to grow as the organisation does.

It has been a joy and a delight working for Abbeyfield, an organisation that highlights the value, dignity and rights of ALL older persons.

It is our responsibility to improve the quality of life of older persons through providing the necessary protection care and support. I have no doubt Abbeyfield will continue to address the challenges in a sustainable way by creating the right kind of environment for a positive approach to ageing.

Goodbye and God Bless,

Zoë



Wendy and Zoë



Farewell Andy

On the 5th April 2012, Andy van Niekerk, Chairman of Burchell House and the gentleman who our Abbeyfield Bothasig house was named after, sadly passed away at age 85. Andy epitomised active ageing, working extremely hard to make sure that the three Masonic Abbeyfield houses were looked after well. We thoroughly enjoyed working with him. Our deepest sympathies go out to Doreen, his devoted wife, and three children.

The newsletter of Abbeyfield South Africa is issued by the national office

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Could You Help Us?

Every year we ask our Local Societies to write a Wish List of items that their house(s) may need and we work hard to make these come true. These items could be anything from contributing towards easing the burden of getting older to improving the standard of living or promoting active ageing. If you could help us by donating any of the following items, you'd be making a significant contribution to enhancing the quality of life of our elderly residents. This year some of the items on our houses Wish Lists include...

- Wool and knitting needles or any craft materials
- 10 x plastic chairs
- Fridge
- Stove
- Washing machine



Lindiwe Supports Abbeyfield in Gugs

We have a new member on our Abbeyfield team, her name is Lindiwe Mzo, and she's the next best thing to hit Gugulethu! Lindiwe has been assisting us with our Ethembeni home. She's got our residents up and moving and has been able to maintain the highest standard of accommodation. Lindiwe is determined to start more Abbeyfield homes in the urban poor communities. She feels that the Abbeyfield model is exactly what is needed in the community to raise awareness of the plight of older persons, to promote their independence, keep them safe, secure and active and out of the hands of abusive people.



Raising Funds Selling Steak And Veg



Well done to Paarl for always coming up with creative fundraising ideas. Committee members together with residents will be raising funds for their house by hosting a Food Evening. Those of you who are interested in a warm plate of steak

and veggies and you happen to be in Paarl area over the 20th July, pop on down and buy a plate to support the Abbeyfield house.

Good luck!

REMINDER...

This year's Abbeyfield SA AGM will be held on Wednesday, 3rd of October @ 6:30pm at the River Club in Mowbray. David Coe the Abbeyfield International director will be the keynote speaker.

You are valuable to Abbeyfield and your presence is essential to us. I do hope to see you there.

STTOP
SECTOR TASK TEAM FOR OLDER PERSONS
EVERY AGE DESERVES A FUTURE

NOAH and Abbeyfield SA had a meeting in March with the Provincial Minister of Social Development, Mr Albert Fritz, to talk about our collaborative work around community-based housing for independent social pensioners, especially in our rural

communities. Abbeyfield SA is very excited about the opportunity to extend our footprint of work into rural communities and this was fervently supported by the MEC. We look forward to keeping you updated on our rural partners and our negotiations around acquiring land for another Abbeyfield house in a rural community up the West Coast.

Look out for the new STTOP website coming soon! We'll keep you posted.

500 Club Winners!

In February this year our 500 Club first prize winner was Miss F Foster winning R5 000. The second prize of R500 went to Mrs E M Jakobsen.

Our June 2012 500 Club first prize went to none other than one of our very own Abbeyfield residents, Mrs Edna Amies, from Stein House in Hout Bay. She's been a 500 Club member since 1997 and thrilled to have hung in long enough to have won the prize. Second prize in our June 2012 draw went to Ms Suzanne Nel.

Congratulations to all of you!



Miss Foster with Henriette and Mrs Edna Amies of Stein House

Mother's Day In Bothasig

Mother's Day this year saw one of our residents Lorraine Latty's son Tyrone come over to Andy's House and braaied for all the residents. That wasn't all; he handed out Mother's Day gifts to each of the ladies too. What a kind and generous gesture. No doubt he'll be invited back next year 😊

Great Turnout For Braai In Wellington

Our Local Society of Wellington together with the Wellington Seniors Centre hosted a fundraiser braai on the 25th May. Tickets for the braai, which included chicken, 3 salads and a roll, were sold for R60 each. Approx 200 people attended. What a turnout! Most of the funds raised went to the Seniors Centre but what an easy and fun way for our other Local Societies and residents to get involved and raise some money for their own homes.

German Study Tour Visit Cape Town

On the 13th March a group of 5 Germans from different organisations all working in the older persons sector in Germany, arrived for a week in Cape Town, lead by a man called Alfred T Hoffman, the current Chairman of the Abbeyfield Society in Germany. This study group were in Cape Town to learn more about the kinds of care and services offered to older persons living in SA. We set them up on a number of visits and meetings with various organisations and they were thrilled to have had the chance to visit some of our lovely Abbeyfield homes. They were most impressed.



A Milestone for Margaret!

On the 27th March our Sank House resident Margaret Owen turned 90. To celebrate, the Committee organised a tea party for her with lovely flowers and cake shared

by all. Still looking great and going strong! Wishing you ongoing health and happiness Margaret.