

SERVICE DIVISIONS

COMMUNITY SERVICES

By René Adams : Project Manager

SERVICE CENTRES

Our Service Centres aim to develop and implement activities that meet the physical, emotional, spiritual and social needs of older persons. Thanks to our organizers, Zaren and Wendy and their dedicated staff as well as to our volunteer organizers Vuyo Siziba (Zizamele), Ellen Lindoor (Busy Hands) and Aloma Sajoe (Sameach) for their continued support and commitment to the elderly.

The schedule of services provided by the centres

Annual Figures	Cuylerholme Centre	Eleanor Murray Centre	Silver Stars Centre
Attendance	19 004	16 993	4 076
Free meals	2 985	3 263	12
Sold meals	23 761	11 822	2 405
Meals served	26 746	15 085	0

Total meals prepared = 41 831. 52% of meals were provided to sub-economic members.

INTERNATIONAL WORLD ELDER ABUSE AWARENESS DAY

According to the 2001 census the Eastern Cape has the second largest percentage of older persons at 18% of the total population. In the past few years we have seen an increase in media reports about the elderly being murdered, raped and mistreated. On 12 June 2008 ABCA elderly were part of 500 senior citizens who took to the streets of Langa in Uitenhage to commemorate World Elder Abuse Awareness Day. The event was organized by the Honor the Aged Committee in collaboration with local government structures to raise awareness and encourage older persons to speak out against abuse.



GOLDEN GAMES

The first inter-provincial Golden Games took place in Cape Town from 1 to 4 October 2008 between Western and Eastern Province. I was a member of the Local Organizing Committee. The LOC consisted of the Department of Social Development, the Department of Sport Recreation Arts & Culture, the Department of Health, Algoa Bay Council for the Aged, the ACVV, and Age-In-Action.

Agret Philips, supervisor at Cuylerholme and I accompanied the team to Cape Town as part of the support team. Tryphina Mxadi, 68 years old, from ABCA's Zizamele represented our Province in the 100m event.

The Department of Social Development, Western Cape made provision for 150 people from our Province and funded air tickets, catering, hotel accommodation and sports equipment. Our Provincial Dept of Social Development sponsored tracksuits, sports shoes and t-shirts.

Practising for the Golden Games



Agret and Tryphina arriving at the hotel after the flight to Cape Town. Some older persons flew for the first time in their lives.

Older persons participated in 16 different sports items which included running as well as recreational games such as the duck walk and passing the ball. Although our Province didn't win, each older person who participated was considered a winner. They were thoroughly spoilt and were treated with the dignity and respect that they deserve. Prior to this event most of them have never slept in a hotel or travelled by air! It is envisaged that the healthy aging activities that they were exposed to will be mainstreamed into their service centre's daily activities.

SKILLS DEVELOPMENT

Our beloved and much loved volunteer co-ordinator Norma Norsworthy will be sadly missed.

She assisted the Zizamele group to finish off their quilt squares, taught them to make large shopping bags, toilet roll holders, covers for air freshener containers and even played quiz with them!

We urgently need more volunteers who can impart their arts and craft skills to our older persons. A couple at Buffelfontein Village, Mr & Mrs Tansley also showed the group how to make newspaper and plastic sleeping bags.



Vuyo and Tryphina proudly holding up one of their completed patchwork quilts

PRETTY THINGS FOR LITTLE THINGS

Our members once again entered the most stunning and creative soft toys and clothing in the national Shoprite/Checkers Pretty Things for Little Things competition. Mrs. Dora Le Roux (96) from Busy Hands received a prize because she was the oldest person who entered the competition. The competition is an inter-generational project that benefits needy children.

ST JOHNS ANGLICAN CHURCH CENTRE OF CONCERN

The church has expanded its services to the elderly by opening The Ruth Centre, a day care centre for older persons in Walmer Gqebera in June 2008. Since its opening membership has increased weekly as more elderly become aware of the benefits of belonging to a service centre. I work closely with the project staff members and have screened and assessed 17 clients for inclusion in their Home Care Project. I also rendered Social Work and consultative services where necessary.

CUYLERHOLME SERVICE CENTRE

René Adams : Project Manager

by Wendy Reid : Organizer

Cuylerholme Rooms Service centre has 105 registered members, most of whom enjoy nutritious midday meals at the centre 6 days a week. Bingo every Friday remains a favourite for many of our members.

We were all saddened to hear of the passing of Mrs Paddy Perks, an absolute superstar volunteer. She was always ready to help wherever she could. She had a special place in her heart for all at Cuylerholme Rooms but especially for all our Friday Bingo players. Mr and Mrs Perks ran the Bingo sessions for many, many years. She spoiled everyone with her lovely baked goods. She will be sadly missed.

We have been fortunate this last year to have gained the support of some lovely members in our service centre who are very keen to go on outings. What a pleasure to arrange outings for our group when they show so much support. We had teas at many different places, as well as an outing to the oceanarium – which we all thoroughly enjoyed. Our members make use of the trip to Greenacres once a month and often enjoy the Boardwalk – some go for breakfast, some to the beach and others, well we all know where they go!

Our annual trip to Nanaga is always a firm favourite, thanks to Mrs Wentzel for always arranging this wonderful outing and thanks to all the farmer's wives for their hospitality and tasty meals.

Our kitchen staff continue to provide meals for Cuylerholme Rooms, Silver Stars, Sameach and Busy Hands Service Centres. Over the festive Season they prepare meals for Buffelsfontein Village. This is no easy task but a job well done year after year. A special thank you to everyone in the kitchen for the lovely meals and for always being willing to help wherever you can.



Having lunch at a farmhouse in Nanaga

Lastly we must not forget to say a gigantic BIG Thank You to the Lotto for providing funding for us to have some really special meals. Our members especially enjoyed the schnitzel, Chinese food, roasts, lamb and pork chops.

ELEANOR MURRAY & ZIZAMELE SERVICE CENTRE by Zaren Drennan : Organizer
René Adams : Project Manager

This has been an extremely busy and productive year for us. One that was filled with change and development. Our "as new" shop which opened in February last year is thriving and is very well patronized by residents and visitors to the village. Good quality clothing and household goods at competitive prices are snapped up soon after they arrive in the shop. This really contributes greatly to our annual fundraising target and provides a steady income for the centre. Without my loyal volunteers, who assist in so many ways, this viable project would be impossible. A very big thank you to you all! **We welcome any donations of household goods and clothing and we will gladly collect if necessary.**

A fun filled retirement party was held at the end of August for Paulina, our cook of many years. We wish her a well deserved retirement. Eunice her assistant was promoted to her position and we welcomed Florence to the kitchen team. Both are doing a great job providing tasty, nutritious meals to ± 75 persons daily. Thank you ladies!

We have enjoyed a year of fun and friendship and special dates on the calendar were celebrated in style. These included special theme teas, gifts and entertainers....we even had a Noot vir Noot morning! Thanks to all the entertainers and gospel groups who so willingly give of their time to make these events such a success and the volunteers who assist with the décor and food. Thanks to Jonathan and his team for assisting with preparing the hall for our functions.



Outings, bingo, health talks and presentations by Clicks and Pfizers have been enjoyed by club members. Xmas lunch was celebrated at "The Bushcamp" in a lovely outdoor setting with a delicious spitbraai.

We were saddened by the passing of Norma Norsworthy, our invaluable volunteer, who assisted me in the co-ordinating of the daily meals and with functions. She is truly missed.

Thank You Louis for another year of safely transporting us all we really appreciate your patience, sense of humour and great smile!