

eNewsletter



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BGM & Conference 2013

If you are passionate about caring for older persons, do not miss this conference which will draw social workers [earning CPD points], students, government officials, managers of old age homes, service centre coordinators, nurses, volunteers, home based carers, and older persons from every province in South Africa. It opens with the Zerilda Droskie lecture, followed by presentations and interactive workshops on latest ageing trends by carefully selected experts in their fields.

Information on the different accommodation packages and registration forms are available on-line, from your local office or give Charlotte Fairbridge a call at telephone number:

021 426 4249 or
visit our website :

www.age-in-action.co.za

The Gogo Dlungwane story

Gogo Nosisa Dlungwane lived in utter squalor with her sister-in-law in Pietermaritzburg. Their house was not conducive for human habitat.

She was extremely weak and when the social worker, Lindeni Zungu tried to intervene, she was chased away by her sister-in-law. The matter was reported to the ward councillor who advised Age-in-Action staff that their attempts to provide services to the gogo was also met with hostility.

Sheer perseverance by the social worker led to the eventual removal of gogo—this not without its fair share of hurdles! The car was parked on a very bad patch and seen in the picture on the right, the social worker carried gogo on her back to the vehicle!

With the assistance of a distant relative of gogo, staff were able to get her identity number for emergency admission to Emuseni Old Age Home.

Gogo was weak, dirty and malnourished. She shared her life story, that of absolute misery, with the social worker.

As intervention, her sister-in-law was referred to Mental Health for services as it transpired that she was mentally unstable.

Gogo shared horror accounts of “living in hell” and how she would sometimes go for days without food. She confirmed suffering abuse at the hands of her sister-in-law. She mentioned that even her right to medical attention had been denied.

In conversation gogo told the social worker that her sister-in-law tried to feed her rat poison. Fortunately for gogo, the rats ate the poison!

It was clear that she needed care and protection. The social worker took her to Home Affairs to apply for a temporary ID and pension card to facilitate her admission to an old age home.



Picture top: Social Worker carrying gogo on her back

Middle: in the back of the bakkie, happy to be removed from her circumstances

Bottom: Utter squalor!

Age is but a number

Siyabonelela Luncheon Club, Eshowe, KZN, is managed by Miss Buyi Mpanza. She is 97 years old and the oldest member at the Club!

She walks 3.5km to and from the Club daily, does her washing, shopping and cleaning. When walking long distances she uses her walking stick, but hates every minute of it, as it is a constant reminder that she enjoyed many years here on earth and that the journey home (to heaven) is not too far off.

Gogo Mpanza enjoys good health and her positive attitude is quite infectious.

She attributes her longevity to her active lifestyle and her tips to enjoying a fruitful life are as follows:

- Loving yourself enough to realize that your body is God's temple.
- Eating right and not to be lazy as the body "wears off quickly, whilst a busy body has a lot to do and has no time for getting old."
- Respecting, loving your elders and everybody around you and your days will be multiplied tenfold.

Pictured below, Age-in-Action Community Developer, Lungi Lwandle who facilitates the club and Gogo Mpanza.



Making every day a Mandela Day!

The plight of an unemployed single mother and her two children of Ganspan in the Northern Cape touched the hearts of Age-in-Action home based care givers.

Emily Pholoholo's shack burned down and she had nowhere to go and no means to support her children. With the assistance of

the Department of Education, the home based care givers were able to provide the family with food parcels and clothing.

The home based care givers were asked to identify an additional 5 households who did not have income and needed help. Food and clothing were distributed to them as well!



Celebrating Centenarians in Gauteng

On 21 June, Age-in-Action and the Department of Social Development celebrated older persons who had reached the ripe age of 100 and older!

The centenarians were treated to lunch and gifts as acknowledgement of their great milestone!



Outreach at Pay Points

Reddersburg, Free State

The groups of older persons and disabled welcomed the sandwiches and warm coffee/tea which Age-in-Action staff and three volunteers of Reddersburg Luncheon Club handed out on a bitterly cold winter's morning in July.

Resources from the Reddersrus Residential Facility, Kopanang Luncheon Club and President Kruger Children's Home enabled the staff and volunteers to prepare the refreshments.

A generous donation of bread by Sasko contributed tremendously to a very successful outreach



Waterval Boven, Mpumalanga SAVF Silverdays and Kyalami Service Centre supported Age-in-Action with their pension pay point outreach at Emgweny, Waterval Boven.

The social workers, auxiliary workers and students (volunteers) were able to provide a nutritious meal to 176 older persons as well as mothers with children at the pay point.

The oldest person at the pay point was a gogo of 102 years old. She is still active and lives independently. Her comment after enjoying her meal was: "Dankie dat julle ons so mooi help. Ek is nou lekker vol van die sop!"



The generosity of Grandslots will enable Age-in-Action to roll out outreach programmes at pension pay points, nationally for a period of 12 months.

Help us to care for those who cared for us!

Account Name : Age-in-Action NPO : 002-842
Bank : Absa Bank VAT : 482 012 8322
Branch : Adderley Street PBO : 930014308
Cape Town
Branch Code : 632005
Account No. : 013 6319 0011



Providing warmth in winter

A generous donation of blankets will go a long way in ensuring that needy older persons snuggle up warmly this winter.

Staff of ABB South Africa donated blankets as part of their CSI (Corporate Social Investment) drive and the donation was handed over by Ms Miquette Solomons to Mrs Ingrid Cupido, Chief Executive officer, on 14 August.



UPCOMING EVENTS

21 September	World Alzheimer's Day
30 September – 6 October	Week of Older Persons
1 October	International Day of Older Persons
6 October	Grandparents Day®
8 – 10 October	National Conference & BGM
12 October	International Arthritis Day
14 November	World Diabetes Day
1 December	World Aids Day

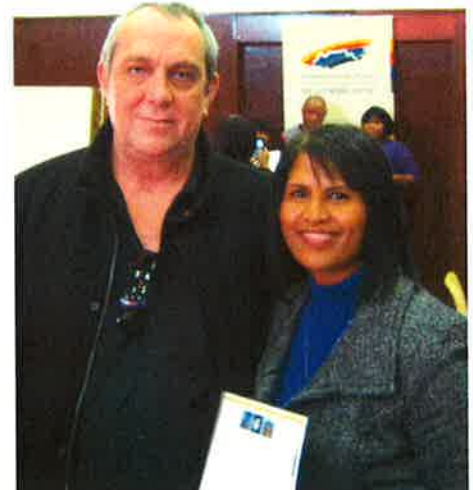
Together we can do better!

On 29 June Age-in-Action, Western Cape was awarded a certificate of appreciation by Dr. Ivan Bromfield, Executive Director of the Social Development and Early Childhood Development Directorate of the City of Cape Town.

The City acknowledged the office for their invaluable contribution towards community development. Councilor Suzette Little (Mayoral Committee Member), in her speech alluded to the fact that communities should take care, respect and treat older persons with dignity. She also emphasized the role which older persons played in the development of the City.

The City of Cape Town and Age-in-Action have developed a good partnership and their slogan is: "Together we can do better"!

The City will partner the office during the Week of Older Persons with their Active Ageing/Choir Festival programme.



Dr Ivan Bromfield and Mrs Irene Snell-Caroll