



# eNewsletter

December 2022



National Office: Unit 304, Boland Bank Building, 18 Lower Burg Street, Cape Town 8001 / PO Box 2335 Cape Town 8000 / Tel. 021 426 4249 / Fax 021 418 1962 / Toll-free Careline [from Landline] 0800 333 231 / Website : [www.age-in-action.co.za](http://www.age-in-action.co.za) / eMail : [info@age-in-action.co.za](mailto:info@age-in-action.co.za)



2022 brought its own challenges, especially considering the past eleven months of loadshedding! However, we are resilient as a nation and we are preparing to celebrate the Christmas holidays, with our focus shifting towards the food, presents, parties and everything we usually do during the holidays!

Whilst we are excited about all the festivities, let us also remember to pause and take time to think of the prophetic message of *Hope, Faith, Love, Joy and Peace*, predicted in Isaiah 9:6-7, when the prophet Isaiah said :

*“A child will be born for us.*

*A Son will be given to us.*

*The government will be rest on His shoulders.*

*He will be named : Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace!*

*His government and peace will have unlimited growth.*

*He will establish David’s Throne and Kingdom.*

*He will uphold it with justice and righteousness now and forever. The Lord of armies is determined to do this!”*

What a comforting assurance to cherish in our hearts, that we are guided by a light, the Son of our living God. The light that came to destroy the evil of darkness, by showing us the way, the truth and the life.

Dear members, donors, stakeholders and staff—let us rejoice and sing with a joyful heart that our King is coming as we celebrate Christmas 2022. The management and staff would like to thank you for your invaluable support throughout the year and wish you and yours a blessed Christmas and a Prosperous 2023. May you enjoy His peace, love and joy during the festive season and truly have your hope and faith in God renewed.

God bless all our mothers and fathers of Age-in-Action!

**Mrs Cheronica du Preez, Chairperson**

## Good Byes are never easy!



When I walked into the typing pool at Age-in-Action [previously known as The SA Council for the Aged], on 1

April 1984, I had no idea that I would be spending the next 38 years of my life at the organisation.

What an incredible experience it was, starting with the very first director, Mrs Zerilda Droskie, then working with every one of her successors, as well as the many Chairpersons and National Executive Committee members, who all added tremendous value to my journey. I am indeed thankful for the opportunities I had to engage with interesting people; caring people; people who understood the plight of vulnerable older persons and even sustained the organisation financially to ensure it remained operational. Meeting our members and staff at national or provincial levels, was always a highlight, joy

and an education. It was inspiring to see the dedication of our volunteers and staff, doing remarkable things to uplift the lives of older persons with the most basic resources. A heart-felt ‘thank you’ to each and every person who were a part of my growth path.

A special word of thanks to Team National Office – it was great working with you for many, many years. May God continue to bless the collective efforts of everyone involved with Age-in-Action, and may the organisation go from strength to strength.

I acknowledge the support of my husband, children and grandchildren as well, for their patience and understanding when work challenges were extremely tough at times.

A blessed festive season to you and your families, and may the new year bring us all much joy, peace and prosperity!

*Ingrid Cupido*



Ltr : Ingrid Cupido; Cheronica du Preez [National Chairperson]; Charlotte Fairbridge [Acting CEO]; Janine Mentoor [Administrator]; Sharon Martin [Finance and HR Officer] - at the farewell function of Ingrid Cupido.

### Office closure December 2022 / January 2023

Our office will close on 21 December 2022 and reopen on 04 January 2023.

See provincial office contact information on back page, in case of emergencies.



# WEAAD

On 15 June every year Age-in-Action joins the world in commemorating World Elder Abuse Awareness Day. Our offices countrywide literally ‘take to the streets’ to voice their disdain with the scourge and to sensitize communities on the invaluable role of older persons in society. Despite the efforts of national and international NGOs and governments to create awareness on the value of older persons and their human rights, all too often they are mistreated and forgotten, in many instances not seen as contributors in society.

Age-in-Action embraced the World Elder Abuse Awareness Day campaign many years ago when INPEA launched the day. Many stakeholders felt that this launch was long overdue as many older persons were not being treated with the dignity and respect they deserved.

Older persons fought the fight for liberation, yet they are still bound by the shackles of poverty, abuse and neglect. Instead of enjoying their twilight years, thousands are living in fear of

victimization, abuse and neglect, often at the hands of unscrupulous family members.

This year the world once again celebrated World Elder Abuse Awareness Day on 15 June and we hope that we have reached as many South Africans as possible with the message *that it is not OK to abuse older persons.*

Since we started our awareness campaigns years ago, more than 30 000 older persons, scholars and toddlers participated in peaceful marches on World Elder Abuse Awareness Days to highlight the plight of older persons.

The key to supporting the numerous challenges older people face as a result of the HIV/AIDS pandemic, the knock-on effect of Covid-19, drug abuse by grandchildren in their care, abuse and financial hardships lies in interventions at community level. We can only create awareness effectively if we collaborate at all levels of society to fight the scourge of abuse and find interventions that will aid grandparents to shoulder their quadruple burden of care.

As South African society we cannot remain silent on the abuse of older persons.

Are you **aware** or **suspect** abuse of an older person ?

We are legally obliged and have a collective responsibility to speak out against the scourge of abuse of older persons

Silence is **NOT** Golden

Contact the Care-Line on **0800 333 231**  
visit our website at [www.age-in-action.co.za](http://www.age-in-action.co.za)

**“The key to supporting the numerous challenges older people face as a result of the HIV/AIDS pandemic, the knock-on effect of Covid-19, drug abuse by grandchildren in their care, abuse and financial hardships, lies in interventions at community level”**



## Jars of Hope

**Botle Uyangaphi**  
Provincial Director, Free State

A partnership between social work students of the University of Free State and our local Age-in-Action office in the province warmed the hearts of many older persons in need.

Jars with soup mix to ward off the winter cold were distributed to emerging organisations, service centres, clubs and older persons in need of social relief. ►







# The Dangers of Diabetes & High Blood Pressure

**People with diabetes are much more likely to also have high blood pressure or hypertension.**

High blood pressure can increase the risk of diabetes complications such as diabetic eye- and kidney problems.

Managing blood pressure should be a part of a person’s overall diabetes care plan.



## Diabetic high blood pressure complications

Diabetes affects the arteries, making it more likely to develop atherosclerosis, which is a narrowing of the arteries. Atherosclerosis can cause high blood pressure, which if not treated, can lead to blood vessel damage, stroke, heart failure, heart attack or kidney failure.

## The risk of high blood pressure during diabetes

Having diabetes increases your risk of developing high blood pressure and other cardiovascular problems, because diabetes adversely affects the arteries, predisposing them to atherosclerosis (narrowing of the arteries). Atherosclerosis can cause high blood pressure, which if not treated, can lead to blood vessel damage, stroke, heart failure, heart attack, or kidney failure.

Compared with people with normal blood pressure readings, men and women with hypertension have an increased risk of:

- \* Coronary artery disease ( heart disease)
- \* Strokes
- \* Peripheral vascular disease (narrowing of the arteries in the legs and feet)
- \* Heart failure

Even high yet normal blood pressure or pre-hypertension (defined as 120-139/ 80-89 millimetres of mercury or mmHg) has an impact on your health. Studies show that people with normal yet high range blood pressure readings, over a 10 year period of follow-up time, had a two to three-fold increased risk of heart disease.

## What should blood pressure be if you have diabetes?

Blood pressure readings vary, but in general, your blood pressure should be less than 130/80 mmHg. The first number is the “systolic pressure” or the pressure in the arteries when your heart beats and fills the arteries with blood. The second number is the “diastolic pressure” or the pressure in the arteries when your heart rests between beats, filling itself with blood for the next contraction.

Having normal blood pressure is as important in managing diabetes as having good control of your blood sugar when it comes to preventing diabetes complications.



## What are the symptoms of high blood pressure?

Usually, high blood pressure causes no symptoms. That’s why it’s so important to have your blood pressure checked on a regular basis (during all visits to your doctor or diabetes nurse) and to follow your doctor’s recommendations on home blood pressure monitoring.

## How is high blood pressure treated?

If you already have high blood pressure, or you want to prevent it, here are six simple tips:

### *If you smoke – quit.*

Smoking is very bad for both diabetes and high blood pressure. During diabetes, it increases the risk of developing high blood pressure, as well as heart complications. And if you already have high blood pressure, it can worsen it severely.

### *Eat healthily*

One of the best ways to tackle both diabetes and high blood pressure is by following a healthy diet.

### *Exercise*

Getting enough physical exercise is always important. But this is especially true when the goal is to manage diabetes and high blood pressure.

Try to get at least 30 – 45 minutes of moderate to high-intensity exercise, 3 – 5 times per week.

### *Maintain a healthy body weight*

Eating healthily and exercising will definitely go a long way in reaching this goal. But actively working towards reaching and maintaining a healthy body weight can also go a long way in fighting high blood pressure.

### *Limit salt intake in the diet*

Although salt in moderation is needed for your body to function properly, too much of it can have negative effects. This is even more valid in for people who suffer from high blood pressure.

**“Diabetes affects the arteries, making it more likely to develop atherosclerosis...”**

Article sponsored by :  
Manna Health Products [info@mannaplus.co.za](mailto:info@mannaplus.co.za)  
[www.mannaplus.co.za](http://www.mannaplus.co.za)





# The next step : How to downsize Nazareth Care

Moving into assisted living or frail care usually requires downsizing. This means you'll need to be selective about the furniture and personal possessions you bring along. After gathering a lifetime of belongings with sentimental memories, deciding what to bring can be a difficult and emotional journey for many.

The size of your current home versus your new home is the first factor for consideration. For some, the transition will be into an apartment or studio similar to a bachelor flat. For others, it will be a room or even a shared room where you are more limited for space.

### Furniture



The furniture you take is dependent on the size of the room you are moving to. Most homes allow for a bed, bedside table, chair, and a chest of draws. For apartments, this may include a dedicated living area, so you can include a couch, compact dining table, and other relevant furniture.

It is important, however, to remember that you are downsizing, which means you will need to reduce the amount of furniture you keep. While space is a limiting factor, so is mobility in your new living space. Whether it's for your own needs, such as using a walking aid or wheelchair, or the care staff that need to freely move around the room to take care of you. You could pass those items that hold sentimental value on to family members. If they are not quite ready to receive them, it's a good idea to

consider renting a storage unit to store them. This allows you to keep them safe and still access the items should you want to move something into your new home at a later stage.

### The kitchen

As most homes handle all your catering needs, there is no need to hang on to your kitchen appliances, crockery, and cutlery. Included in your monthly rental, at many care homes, will be three meals a day plus snacks. It's one of the many benefits of moving into an aged care home and aids in the stress-free style of living.

The meals can be catered to your dietary requirements, and at Nazareth House all meals are prepared by an external catering service who reviews the nutritional needs of the different patients regularly to deliver balanced meal plans. Most rooms and apartments allow space to take the essentials with you, such as a kettle or toaster, and some allow a microwave or fridge. Please note most homes only allow a bar fridge. Hanging on to these essentials helps maintain your sense of independence.

### Personal items

When moving to a smaller living space, there will likely be personal items that you'll no longer have room for. It's essential to go through all of your possessions as early as possible into the moving process and decide what you're going to throw away and what you're going to keep.

This includes family heirlooms, decorations, clothing, hobby items, and collectables. Try to bring just a few favourite items, photos, and prized mementoes with emotional value. It's also a good idea to bring some plants into the room. This livens up the space and creates a sense of purpose in caring for them. While it might be tempting to buy new and exciting furnishings, remember that familiarity is more

likely to make you feel at home. So try to limit the number of new things you introduce into your new home.

### Living bigger doesn't always mean living better.

Downsizing is an inevitable step of ageing, and recent information shows that seniors are starting the process younger and younger. The idea of less maintenance, increased security, and financial savings are enticing.

### Some factors that may lead you into this process could be:

- Your house is too big to maintain.
- You'd like to have less responsibility.
- You have a spare bedroom or bedrooms that aren't being used.
- Your garden is too large to manage.
- You'd like to save money.
- You have mobility issues and are struggling to continue living independently.
- You live alone and would like to move somewhere that offers companionship.
- You want to live closer to family.
- Your health has started to decline.
- Your partner has passed, or their health has taken a dip.

Planning and making sure you have all the information you need can help make a move into a new home easier and worry-free. It's never too soon to begin.

Contact the Nazareth Care team for more information on living options and planning for your future.





# How can we help you?

Research conducted in 2004 by The Medical Research Council (MRC) and Age-in-Action (formerly the South African Council for the Aged) : *The Elderly as HIV and AIDS Care Givers: An Assessment of the Burden of HIV and AIDS Care Giving on the Elderly in the Eastern Cape Province of South Africa* - “Parents a second time around”, was key in rolling out intervention strategies targeting the concerns raised by grandparents raising their grandchildren/minors in their care. This expressed need was the catalyst to a training programme geared at equipping grandparents with the necessary coping mechanisms to make caring for their charges easier.

Providing older persons with the necessary tools to effectively cope with their charges became a focal point hence the introduction of the *Parental Skills Training* in 2008. The national programme was rolled out in the form of a *train the trainer* model.

Parenting is always a challenge and for grandparents, it can be more so – being “parents a second time around”. They have raised their own children in a different era and more than often, are not up to date with the *modern child*.

A generous donation by First National Bank enabled Age-in-Action to once again train staff on *Positive Parenting and Leadership*, a certificate course presented by The Parent Centre in Cape Town. The course was conducted virtually, a first for the service provider and Age-in-Action!

Training commenced with 19 participants in September and concluded in November 2022 . The last session was great fun, with all trainees doing mock presentations! Anxiety, doubt, a bit of stage fright, coupled with nerves, saw the participants doing their presentations and getting feedback from the facilitators and their colleagues.

The benefits grandparents will derive from this training :

- Understand the child’s behavior, including their development.

- Understand how to listen to the child’s feeling and become aware of their own feelings (older persons).
- Provide grandparents an opportunity to discuss their everyday struggles within a group setting with the necessary support, as it is not easy to speak in a group about issues affecting their lives in terms of those in their care.
- How to express their feelings to the child clearly.
- To delegate tasks to the child in an effective manner.
- Why children misbehave and how to enforce discipline effectively and respectfully.

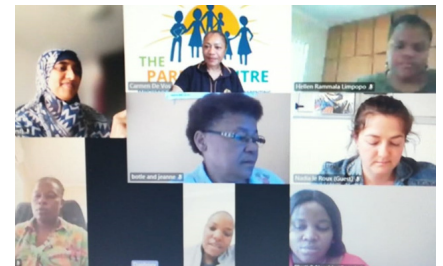
Training will be rolled out in the provinces in 2023 and it is our goal to reach as many older persons in need of this training.

***Should you wish to enroll to be part of the training, contact your local Age-in-Action office.***



“The elderly feel detached and aloof from the youth, as it is a generation that differs so vastly from their own. The elderly are extremely proud of their values, rituals and beliefs that they grew up with and wish that the youth would take their advice or listen to what they have to say. “

Extract, Research Report



“The elderly have expressed confusion and a sense of hopelessness with matters regarding the youth as expressed in this statement, “:

“We are trying as parents to show them the right way.”

“Oh that is a problem. We are really struggling with these children. You are raising them, but they come and go as much as we are trying as parents, they are just out of control.”

Extract from research report.





# Provincial offices

## Eastern Cape

Tel: 041 457 1466 e-Mail: [ecape@age-in-action.co.za](mailto:ecape@age-in-action.co.za)

## Free State

Tel: 051 726 9193 e-Mail: [freestate@age-in-action.co.za](mailto:freestate@age-in-action.co.za)

## Gauteng

Tel: 011 354 0136 e-Mail: [gauteng@age-in-action.co.za](mailto:gauteng@age-in-action.co.za)

## KwaZulu-Natal

Tel: 082 626 8134 e-Mail: [info@age-in-action.co.za](mailto:info@age-in-action.co.za)

## Limpopo

Tel: 015 291 1647 e-Mail: [limpopo@age-in-action.co.za](mailto:limpopo@age-in-action.co.za)

## Mpumalanga

Tel: 013 243 1186 e-Mail: [mpumalanga@age-in-action.co.za](mailto:mpumalanga@age-in-action.co.za)

## Northern Cape

Tel: 053 831 1830 e-Mail: [ncape@age-in-action.co.za](mailto:ncape@age-in-action.co.za)

## North West

Tel: 018 001 0104 e-Mail: [nwest@age-in-action.co.za](mailto:nwest@age-in-action.co.za)

## Western Cape

Tel: 021 423 0204 e-Mail: [wcape@age-in-action.co.za](mailto:wcape@age-in-action.co.za)

# Special Days 2023

07 April	World Health Day
11 April	World Parkinson's Day
15 May	International Family Day
17 May	World Hypertension Day
15 June	World Elder Abuse Awareness Day
18 July	International Mandela Day
21 September	World Alzheimer's Day
25 September	Week of Older Persons
– 01 October	
01 October	International Day of Older Persons
01 October	Grandparents Day
12 October	International Arthritis Day
14 November	World Diabetes Day
01 December	World AIDS Day

See our A4 printable calendar attached.



## 60+ Counts

**Do you wish to leave a bequest for Age-in-Action and would like to know how to go about it?**

When you draft your Will, ask your lawyer or notary to add a **Charitable Bequest** clause.

If you already have a will, you may wish to **add a codicil** to it - the codicil may be drafted by your lawyer/notary or yourself with 2 witnesses signing it in addition to yourself.

Everyone who remembers Age-in-Action in their Will is making sure that an older person – sometime, somewhere – will get the helping hand they need.

**FAQ:** What are the benefits of leaving a *bequest* ?

(a) You secure your wishes for the future of a favourite cause; and (b) your estate can benefit from tax exemptions.

## Donate

Account: Age-in-Action  
 Bank: ABSA  
 Branch : Adderley Street, Cape Town  
 Account No: 013 6319 0011  
 Branch Code : 632 005

VAT No : 4820 128 322

PBO : No.: 930 014 308

NPO : 002-842

**Donations in kind most welcome, especially non-perishable foodstuffs, face masks and sanitizer.**

