



# eNewsletter

DECEMBER 2023

## SPECIAL DAYS 2024

- 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
- 30 Sept – 06 Oct ▪ Week of Older Persons
- 06 October ▪ Grandparents Day
- 01 October ▪ International Day of Older Persons
- 12 October ▪ International Arthritis Day
- 14 November ▪ World Diabetes Day
- 01 December ▪ World AIDS Day



## Festive Greetings



It is that time of the year, when we are all looking forward to a well deserved break and connecting with family and friends. The end of the year also signals a time for reflection, and in this regard, it is evident that 2023 has brought its fair share of challenges, not only for our organization, but also for our older persons. The Age-in-Action family persevered despite these hurdles!

I would like to thank the management and staff for their input throughout 2023, for your dedication in the provinces to the benefit of older beneficiaries. The support of our office bearers proved invaluable and enabled the organization to move in a new direction and their support throughout is much appreciated.

Thank you to all the donors who unstintingly supported our work during the year, who believed in our objectives. Your contributions have enabled us to impact the lives of many older persons. Donations were not only financially, but also in kind, enabling the organization to assist those in need in meaningful ways.

While we are excited about all the festivities, let us pause and take time to think of the prophetic message of *"Hope, Faith, Love and Peace"*, predicted in Isaiah 9:6-7

*"A Child will be born for us, A Son will be given to us, The government will rest on his shoulder: and his name shall be called Wonderful, Counsellor, The mighty God, The everlasting Father, The Prince of Peace."*

Wishing you a joy filled, blessed Festive Season.

*Cheronica du Preez—Chairperson*



Please note, our office will close on  
22 December and re-open on 08 January 2024.

# Awareness

Staff embarked on various campaigns to create awareness on amongst others, Alzheimer's disease, elder abuse, consumer awareness, the benefits of remaining active and following a healthy lifestyle, etc.

Busisiwe Khoza, Mtubatuba, KwaZulu Natal walked the extra mile and held a session on Alzheimer's disease with members of the SA National Defense force. This in a bid to educate the broader public on the signs, symptoms and support available.

Ignorance in respect of the disease often leads to loss of life, as older persons displaying symptoms are branded as being witches, unfortunately this year has seen some fatalities.

World elder abuse awareness drives were held nationally on World Elder Abuse Awareness Day, 15 June.

The impact of abuse cannot be over-emphasized and cases in the media highlighted the fact that we cannot ignore the plight of older persons — a

death as a result of abuse or crime is one death too many.



*“A society that does not value its older people denies its roots and endangers its future.....”*  
**Nelson Mandela**

# Outreach

If there are older persons going to bed hungry at night, we have failed as a nation!

Donor support enabled Age-in-Action to provide indigent families with basic food parcels and care packs to augment their income.

There are grannies who are primary care givers to their grandchildren without any additional financial support, their old age grant must sup-

port these households.

There are cases where multiple generations— with their adult children unemployed who rely on this monthly grant to tide them over.

Their own needs are not being met as they have the responsibility providing for their families.

Right—staff handing over food hampers . top: Western Cape; middle: KwaZulu Natal; bottom: Gauteng



# Taking action!



In addition to radio interviews, staff and board members of Age-in-Action embarked on various actions— these included marches against the scourge of abuse and collaborations with stakeholders during the 16 Days of Activism against Gender Based Violence.

Pictured left, Western Cape staff doing a radio interview in office.

# Lending a hand

Support in kind enabled us to lend a helping hand to frail older persons in need of hygiene products.

Countrywide we could assist families with adult diapers. This not only ensured that the dignity of the older persons were restored, it made caring in the home easier for those rendering care.

Their support did not end there!

They assisted many organisations [some of our member organisations as well] in various provinces by providing much needed material assistance to residential care facilities. These included fold up tables, waterproofing for leaking roofs, gutter pipes with all its fittings, sewing machines, paint and all accessories, chairs, board games, foodstuff/groceries, care packs, kitchen equipment, crockery, cutlery, lunch boxes, cleaning supplies, blankets, assistive devices, amongst others.



Above: Recipients of donations in the Free State—Bloemfontein, as far as Harrismith

**“Your face is  
marked with lines  
of life, put there  
by love and  
laughter,  
suffering and  
tears. It’s  
beautiful.”**  
- **Lynsay Sands**

It was an emotional day when social workers visited the home of a 72 year old granny who lives with her three grandchildren and their unemployed parents.

Upon arrival, staff found that granny had just been to the local spaza shop to purchase food on credit for the holidays. She was not able to get the groceries and had to wait until the 15th of December.

It meant that the family did not have any form of sustenance for that night and until such time that she could collect from the shop.

On receiving a food hamper, a very emotional granny immediately prepared water to cook pap and opened a tin of fish for the children!

**Another case of hardship** is that of a 78 year old granny living with her two grandchildren, aged 9 and years, both in primary school. Their mother passed on after a short illness.

She tried to apply for a SASSA grant, but was told to find their father—she does not know his whereabouts. Gogo’s health took a turn for the worse, to the extent where she could not speak and was completely immobile.

Her gratitude for the *hand up* cannot be expressed in words.

*There are countless cases similar to those of the grannies mentioned. Staff countrywide are trying their level best to assist where they can, with what they have available.*

## 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 ?

- You secure your wishes for the future of a favourite cause; and
- 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, blankets, stationery [for school going children].**

**National** Tel : 021 426 4249 eMail: info@age-in-action.co.za | **Eastern Cape** Tel: 041 457 1466 e-Mail: ecape@age-in-action.co.za **Free State** Tel: 051 726 9193 e-Mail: freestate@age-in-action.co.za **Gauteng** Tel: 011 354 0136 e-Mail: gauteng@age-in-action.co.za **KwaZulu-Natal** Tel: 082 626 8134 e-Mail: info@age-in-action.co.za **Limpopo** Tel: 015 291 1647 e-Mail: limpopo@age-in-action.co.za **Mpumalanga** Tel: 013 243 1186 e-Mail: mpumalanga@age-in-action.co.za **Northern Cape** Tel: 053 831 1830 e-Mail: ncape@age-in-action.co.za **North West** e-Mail: nwest@age-in-action.co.za **Western Cape** Tel: 021 423 0204 e-Mail : wcape@age-in-action.co.za  
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