

CHESHIRE HOME SUMMERSTRAND

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CHESHIRE HOME SUMMERSTRAND (like us on Facebook)



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FROM THE MANAGER'S DESK

**"Focus on what you have got, rather than what you are being denied.
Try to stay off the topic of what happens next. You can only control what you can control"**
~ Ryan Ramsey ~

The choice is between things that are **in our control** and those that are **not in our control**. What other people do, what other people say or think, what the weather is doing, how the dice rolls are not in our control. But, our actions, our thoughts, our feelings - these are up to us. But here's the thing: our responses to other people, the weather, external events **are** in our control. How we treat others, is in our control. Be kind always.

99 percent of the things that you spend time on don't matter. It's not that they're not important. It's that we focus on things that are not up to us.

Epictetus said, "The chief task in life is simply this: to identify and separate matters so that I can say clearly to myself which are externals not under my control, and which have to do with the choices I actually control..."

Such interesting reads. Real food for thought. In responding to a difficult situation with calmness sometimes requires that we either count to ten, bite the tongue, or simply breathe and relax. Not always easy, but there are many techniques which have proven to be successful. Responding with anxiety or anger does not help a situation. Create a habit that helps you remain calm in situations which you cannot control.

Today I have not managed to stay calm. Instead, I have jumped with joy and revelled with excitement. After 6 years of begging and pleading we are celebrating a victory. The Municipality has approved the budget for the repairs of the sidewalks of Summerstrand around our Home so that our residents can move around safely, swiftly and without fear of tipping. Thank you to Ward Councillor Dries van der Westhuizen for the perseverance and understanding.

We have not been able to control the budget and the approval over many years, but patience and determination have triumphed. Thank you to all concerned for respecting the needs and rights of our residents.

Wishing you a happy month of September...may Spring bring you love and sunshine!

Love always,
DEIDRE BURGER



CHAIRMAN'S ANNUAL REPORT 2021 - 2022
TABLED AT THE CHSA AGM ON 23 AUGUST 2022

My tenure of Chairperson has been mostly virtual, and only since the beginning of 2022 have we provided members with an option to attend in person – and I am sure many people agree that a face-to-face meeting is by far more interactive than Zoom / Teams. I prefer engaging with people face to face and have missed the close interactions with family and friends at Cheshire and at work.

We have navigated rough seas for the past 2 years and I am sure that the next few years we can safely assume will be the post-Covid recovery era for a strained and unsteady economy, higher unemployment figures, the impact of global politics and the spikes in the cost of living. That being said, the high cost of living puts extreme pressure on employers with regards to wages. Fuel hikes affect staff pockets, and financial demand has been met with higher retrenchment and business liquidations. Much the same is in the NPO sector. The increased expenses that you and I face in our homes is a huge challenge also faced by our Non-profit organisations. Nobody is exempt from 'feeling the pinch'. However, we at home know what we need to do – and we can pinch a bit off here and there to make slight changes.

At Cheshire we have had a multitude of 'lemons' thrown at Management. Firstly, changes in the management structure placed pressure on the remaining members to absorb a greater work-load. Although there were a few changes in the care department, we can now proudly say we have found a strong leader – a very suitable, experienced and capable Head of Care for our Home. Our finance department was also rocked by the departure of Glenda Cloete who moved to Cape Town to be with her family. After a lengthy search, we also found a very dynamic replacement who took over on 1 June. Welcome to Sister Delene (Head of Care) and Maxine Ferreira (Finance Manager).

The strategy for the Board of Management for the new year was to fundraise as much as possible and to re-connect with partners and potential partners in the Community. Residents are re-integrating with society and enjoying their independence and 'freedom' again. Activities are picking up and so are the events.

It would be remiss of me to forget to thank the loyal volunteers who, throughout the year, contributed their time and service to Cheshire. The shops continued to trade and the volunteers picked up on several activities and duties. Thank you.

We have planned to address the water crisis in the coming few months so that we can provide potable water to our residents should 'Day Zero' befall us. This is going to be a costly exercise but honouring human rights is a priority.

As the current Board of Management reaches the end of our 2 year term, I would like to thank all the Board members for their unwavering support. We have 'weathered the storm' as a team and, as we gather our bearings and tread water, we optimistically plan for a positive future. We have to be frugal and we have to possibly make changes to the 'previous normal'. I encourage you to partner with us at Cheshire. Our residents are grateful for all the blessings, big and small, which are so generously donated whether it be a volunteer in the shops and gardens or a donor of goodies for the shops. Leaving a bequest to Cheshire will have a lasting impact on the lives of the residents.

Wishing you all a blessed and peaceful year ahead. I ask that you spare a thought for our residents, our carers and our volunteers and we hope that blessings of success are bestowed upon the Home. There is a great need for funding and support for the Home so that the dreams can be realized and objectives met.

DR ANTOINE MAASDORP
CHAIRPERSON – CHS BOARD OF MANAGEMENT & FINANCE COMMITTEE

300 CLUB 2022

Our 300 Club fees for 2022 are a once-off payment of **R120 per year**. This is such an easy fundraiser for our home, and you benefit as well. Subscription forms are available from our office and we aim to reach our target of 300 members this year!

To date (26 August) we have **117 members!** There are monthly draws of R300 (1st), R150 (2nd), and R75 (3rd) for members and at the end of each year one lucky member stand the chance of winning

R1 000!

Please support this worthy cause – see **attached 300 Club form!**

JULY WINNERS:

1. MARGARET ZOETMULDER (111)
2. MIKE FOWLER (51)
3. MIKE CLINGHAN (109)

DONATIONS (JULY/AUGUST 2022):

- * NUMEROUS DONATIONS OF "GIFTS IN KIND" FROM **VARIOUS DONORS** FOR THE RESIDENTS AND CHARITY SHOPS
- * **DIESEL** FROM **SASOL SUMMERSTRAND**
- * **PERISHABLE FOOD, MILK, MARGARINE AND FACIAL SOAP** FROM **COMMUNITY CHEST PE**
- * **BIRD SEED** FROM **CAMPBELL FEED & SEED**
- * **VARIOUS GOODS FOR WOT NOT SHOP** FROM **CHECKERS GREENACRES**
- * **TOILETRIES** FROM **ROTARY CLUB OF ALGOA BAY**
- * **BISCUITS** FROM **SERINGA ASSOCIATION FOR THE AGED**
- * **YOGHURT** FROM **SAINT LAWRENCE TRADING**

MONTHLY LUNCHEON

Every **first Thursday** of **each month** at Cheshire Home Summerstrand, we serve a tasty **2-course meal** prepared by the Home's caterers, **EP Caterers**, which includes **ONE glass of wine, cold drink, tea or coffee** for **R100 per person**.

Guests are welcome to bring their own drinks! This is a great way of making new friends and while there, you can also take a walk through our Home and meet our residents.

Our next luncheon will be held on **Thursday, 6 October 2022** at **12h30 for 13h00**.

Please contact **041 – 583 2183** to make your booking!

THOUGHT OF THE MONTH

"You were born to win, but to be a winner, you must plan to win, prepare to win, and expect to win."

~ **Zig Ziglar** ~

RESIDENTS' ACTIVITIES (JULY/AUGUST 2022) INCLUDED:

- * **Golf lessons** with **Graeme Whale Golf Academy** on Tuesday mornings.
- * **Cheshire Band** practise on Monday mornings.
- * **Water colour painting lessons** with Ian Shaw and Liz Glass on Tuesday mornings.
- * **Hairdressing** with Pearl Lombard and Gina on Tuesday mornings (**volunteers to assist always needed**).
- * **Bible study** with Gill on Wednesday mornings.
- * **Arts & Crafts** sessions on **Thursday mornings**.
- * **Gavel Club** meeting held on 25 August.

VOLUNTEERS NEEDED!!! STREET COLLECTION

Saturday **3 SEPTEMBER** from **9-1 PM**

**WALMER PARK SHOPPING CENTRE
GARDENS PICK N PAY (LORRAINE)
CHECKERS (LORRAINE)
SUNRIDGE VILLAGE (SUNRIDGE PARK)**

To collect (shake-a-tin) for either a **1 or 2-hour** shift!
Please call **Deidre** or **Silest** on **041 583 2183**
if you can assist!

SEPTEMBER BIRTHDAYS

1st Colleen Britton (Volunteer)
5th **Danny Sullivan**
6th **Marius Olivier**
15th Asanda Ningi (Cleaner)
19th **Johan Steyn**
26th **Sivuyile Manqina**
28th Sr Delene Janse van Rensburg (Head of Care)

CHESHIRE HOME SUMMERSTRAND ANNUAL GENERAL MEETING 2022

We wish to thank everyone who attended our **AGM** on **23 August** at the Home. The AGM focused on the very **challenging 2021/2022 financial year** and was an opportunity for the Home's Management to showcase its commitment and implementation of sound business principles that include **good governance, transparency, compliancy** and a **clean audit of financial statements** (through Mazars).

We used the AGM platform to reinforce that we stand for quality care and support for disabled persons, and highlighted the valued partnerships with our many friends and supporters.

We would like to thank each and every friend of Cheshire Home Summerstrand and Khaya Cheshire for being our partner and making a difference!

Cheshire Home Summerstrand Board of Management members for 2022-2024:

Dr Antoine Maasdorp	Mr Anthony Bullock
Mr Robert Niemand	Mr Stanford Slabbert
Mr Craig Serfontein	Mr Rob Godlonton
Ms Rose Zeelie	Ms Liz Bullock
Mr Alan Campbell (Honorary member)	
Ms Hilary Bolton (CH EP Branch member)	

THIS & THAT

- * The Home is currently providing **experiential nursing training** to students from **Nightingale Trust** and **Oasis Health Services**.
- * Staff members on **leave** this month are: **Kelvin Zhuwawo** (Care Worker), **Constance Kati** (Care Worker) and **Sr. Delene Janse van Rensburg**.
- * Our thanks to **Lesel Kleyn** and **The God Chaser Charity** supporters for the wonderful entertainment, activities, clothing donation and delicious treats on 6 August! It was as a fun entertaining morning and their initiative and support is greatly appreciated!
- * **CONGRATULATIONS: Waldo Pienaar** is the **winner** of the **4 700 litre JoJo Tank raffle** (sheet J no 18). The draw was held on 2 August! We thank **Warren Auld** from JoJo for the generous tank donation which raised a whopping **R6 960** through raffle ticket sales!
- * Members of **SAPS Humewood** visited the Home on 24 August and presented a **Fraud & Safety Awareness Tips** program to all the residents and staff. We would like to thank Sergeant Ramarou and her team for the very important initiative and for the special cupcake treat afterwards.
- * We would like to thank the **students** from the **Amy Bell Foundation** for visiting residents on a weekly basis during August. We thank them for their wonderful support through interacting, delicious cupcake treats and ladies manicure sessions!
- * The **EP Caterers staff** treated residents to a special **Women's Day** lunch on 8 August...we thank them for the beautifully decorated dining room and delicious menu!
- * The **Coffee Shop** is **OPEN** Wednesdays – Fridays 10 – 2pm, so be sure to get a cuppa from **Barista Ethan Will!!!**

FUNDRAISING REPORT (JUNE 2022)

FUNDRAISING:	
WOT NOT SHOP	R 4 398
CLOTHES GALORE	R 2 975
BOOKS	R 105
RAFFLES	R 3 767
POISON DWARF GOLF DAY	R 850
FETE AND FETE DONATIONS	R 218 832
DONATIONS:	
UNITY CUP - KHAYA	R 4 500
GFM STUDIOS	R 2 500
ANONYMOUS	R 10 000
IMO OF SUSAN HENNING	R 3 000
MY SCHOOL CARD	R 819
K SUBRAMONY	R 100
AMY BELL CHARITIES	R 10 000

FUNDRAISING REPORT (JULY 2022)

FUNDRAISING:	
WOT NOT SHOP	R 31 158
CLOTHES GALORE	R 20 730
BOOKS	R 3 936
COFFEE SHOP	R 2 642
LUNCHEON	R 5 260
RAFFLES	R 3 626
FETE AND FETE DONATIONS	R 23 463
DONATIONS:	
K SUBRAMONY	R 100
KITTY DE ROER	R 500
WHEELCHAIR DONATION	R 78
NANETTE PEROLD	R 100
QPCTSA	R 7 500
MANDELA DAY DONATIONS	R 807
EDGE FINANCIAL GROUP	R 3 000
GFM STUDIOS	R 2 500
MY SCHOOL CARD	R 603
MAXI JACHENS	R 300
MIKE	R 396
CARL FITCHETT	R 6 700