



CHESHIRE HOME SUMMERSTRAND (like us on Facebook)

INSIDE THIS EDITION:

- **FROM THE MANAGER'S DESK**
- **IN MEMORY OF FLOSSIE STEWART**

FROM THE MANAGER'S DESK

As we move towards re-integration with friends and family, students and volunteers, we need to reiterate that Covid-19 protocols still apply. We ask that you respect our mask, sanitizer and 'no visitors in the bedrooms' rules.

That being said, we have so many new volunteers who are willing to lend a hand around the Home. We also welcome back our 'experienced and familiar' volunteers! Thanks to the Art, Golf, Arts & Crafts, Bible Study, Hairdressing, Shops, Gavel Club, Band and Student volunteers who are making sure that our residents get to enjoy some exciting and enjoyable activities. Some folks are reluctant to get involved, and often ask how they should interact with 'disabled people'? Well, its easy. Exactly the same as anyone else. Remember, we are all the same, our abilities are varied. But for those of you who are still nervous or anxious...

1. Ask first and follow their lead

Don't just assume people need help. Ask if they need anything to make the process more effective or easier for them. They are the experts on their needs and how to best meet them. If they do ask for help, ask for specific instructions on how you can help.

2. Speak clearly, listen well

If you are working with a person who has a developmental disability or other cognitive issues, use clear sentences, simple words and concrete concepts. Gauge the pace, complexity and vocabulary of your speech to match theirs. Unless you are informed otherwise, remember they can make their own decisions. Allow people with speech impairments to finish their own sentences. Don't talk for them or interrupt. Ask the person to repeat their sentence if you did not understand, don't pretend to understand.

3. Speak directly to people

Make eye contact and speak to people directly, even if their personal carer is with them. If you will be speaking for some time with a person in a wheelchair, sit down so they don't have to strain their neck to look up at you. Do not lean over a person in a wheelchair.

4. Be aware of personal space

Some people who use a mobility aid, such as a wheelchair, walker or cane, see these aids as part of their personal space. Similarly, never start to push someone's wheelchair without first asking the occupant's permission. Don't touch, move or lean on mobility aids. This is also important for safety. Make sure wheelchair brakes are on when they come to a standstill.

5. Be flexible to family members/carers of people with disabilities

Many people with disabilities have family members / carers who care for or provide companionship. The families are often working or have several boxes to tick in order to prepare for a meeting / appointment. Allow time for them to get there – taking into account transferring in and out of vehicles, making sure a person is comfortable before moving about. Being late can happen.

And remember - mistakes happen! The important thing to remember is to just ask questions and take a person's lead. Some of these tips can feel awkward the first time. Especially if you're asking someone you've just met or is new to your company.

We naturally try to avoid awkwardness and may unknowingly try to avoid interacting with persons with disability, creating a real feeling of exclusion in others. Asking someone about their disability gets more difficult and increasingly awkward every time you avoid them. Get that awkwardness out the way and enjoy the chat. So come and socialize and meet some new people, make lifelong friends at Cheshire. Saturday mornings at our Coffee Shop, is the perfect spot for a meet and greet. Smiles and love is all you'll find.

Love always,

DEIDRE BURGER

FUNDRAISING REPORT (JANUARY 2022)

FUNDRAISING:

WOT NOT SHOP	R 14 299
CLOTHES GALORE	R 15 720
BOOKS	R 3 853
COFFEE SHOP	R 1 730
BETSIE – HAMPER	R 1 000
LORENZO	R 250
SCRAPMETAL	R 98
VAL HAMPER SALES	R 729

DONATIONS:

K SUBRAMONY	R 100
KITTY DE ROER	R 500
D LONG	R 1 000
T RABE	R 500
MAXI JACHENS	R 300
MY SCHOOL CARD	R 586
ESTATE LATE B DE KORTE	R 30 000

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 (1 March) we have **82 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!

JANUARY WINNERS:

1. NIKKI ATWELL (54)
2. CHRIS VAN DER MESCHT (44)
3. CLAIRE SAUNDERS (39)



IN LOVING MEMORY OF FLORENCE MARY STEWART 19 DECEMBER 1952 – 20 FEBRUARY 2022

Our dear Flossie (70) sadly passed away peacefully and a Memorial Service was held at the Home on 25 February.

She was involved in a motor vehicle accident in her early 30's in Kempton Park, which left her a quadriplegic, and later moved to Kroonstad to be closer to her sister Tessie, who then lived in Bloemfontein. Her other sister, Francis, who still to this day, lives in PE, heard about Cheshire Homes for disabled people and the rest is history.

Flossie spent 35 years of her life at the Home...and in the same room! She was very set in her ways and would quickly make herself heard if something was not as it should be...staff and residents can recall many a time when she would get upset if her most favourite handbag (a gift from her sister Francis many years ago) was not by her side. Over the years the handbag had lost its "glamour" but Flossie was not at all interested in her family's attempts to upgrade it...that handbag was right by her side, even on the morning she gave her last breath!

She loved wearing colourful tops and comfortable slipper shoes, a bob cut hairstyle and a blow wave always brought a smile to her face, reading travel magazines and Reader's Digest was top of her list, National Geographic was her favourite TV channel, special ladies' pampering and dress up events brightened her days and visitors (family, friends and volunteers) were always greeted with a smile. She travelled the world as an air hostess for SAA before her accident (a glamorous world her sister Francis introduced us to at her memorial service) and would often recall some past memories when paging through magazines and watching shows on TV.

Flossie was a very colourful character, much-loved by all, and content with her disability and her life at Cheshire. She will be sorely missed and the wonderful memories of her will live on in the hearts and minds of all who loved and cared for her. RIP dear Flossie.

RESIDENTS' ACTIVITIES (JAN/FEB 2022):

- * **Rummikub** and **Dominoes** - a few residents regularly got together to challenge each other.
- * Weekly **Bible study** sessions on Wednesday mornings with Gill.
- * **Golf lessons** with **Graeme Whale Golf Academy** on Monday mornings.
- * **Hairdressing** with Pearl Lombard on Tuesday mornings (**volunteers to assist always needed**).
- * **Water colour painting lessons** with Ian Shaw and Liz Glass on Tuesday mornings.

THIS & THAT

- * **NEW RESIDENT:** We would like to welcome **Cyril Jagers** to our Home and wish him a long and happy stay as part of the Cheshire Family!
- * **GET WELL SOON:** Get well soon wishes goes to **Liz Bullock**. The **Cheshire Home Summerstrand Band** members are also wishing her a speedy recovery!
- * **CONGRATULATIONS:** **Britney Kriel** was the lucky winner of the Valentine's Grocery Hamper worth R1 300. The draw took place on 15 February and lucky number GG 17 was the winner. Thank you to everyone who supported the raffle which raised a whopping **R7 910** for the Home's coffers. A special thank you to **Summerbreezz Superspar** and **Summerstrand Village Shopping Centre** for allowing residents Jannie, Danny and Geoffrey to sell tickets from their premises. We also thank Betsie Grobbelaar and Tronel Rabe for sponsoring the hamper groceries.
- * The **Top Dogs Therapy Dogs** Noodle, Popcorn and Zac (and their special owners James, Nannette and Marelize) visited the Home on 17 February and we thank them for bringing smiles and puppy love to our residents!
- * **Arts & Crafts** sessions are back in full swing every Thursday morning. We would like to welcome back all the **regular volunteers (Mary-Ann, Dora and Lynne)** and also welcome some **new volunteer ladies (Debbie, Peggy and Antoinette)** to the group!
- * **Raggy Charters** visited the Home on **22 February** and shared their vast knowledge and facts about our **Bay's marine life** with the residents. Their presentation captured some breathtaking images of whales, dolphins, seals and bird life and we thank them for sharing it with our residents.

CHESHIRE HOME SUMMERSTRAND'S ANNUAL FETE

is scheduled for **Saturday 4 June at Cheshire Home Summerstrand, Gomery Avenue**

We firstly thank you for the generous support you have given Cheshire Home Summerstrand over a number of years through our Fete - you have been a wonderful friend to the Home. The importance of a **successful fete** is essential for the Home as fundraising continues to be difficult. We so plan to have a **bumper fete** for the direct benefit of our 54 profoundly disabled residents. We kindly ask for your support again and a **formal appeal to follow shortly!** As a registered PBO, we are able to provide an **18 A receipt for any donation** (financial or gift in kind) received and this allows for tax benefit for the donation. Please feel free to request such a receipt for your donation.

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** for **R80 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, 7 April 2022** at **12h30 for 13h00**. Please contact **Deidre, Glenda or Silest** on **041 – 583 2183** to make your booking!

*** LIMITED TO 50 GUESTS
(FIRST COME, FIRST SERVE)
* NO MASK, NO ENTRY**

EVENTS CALENDAR 2022

5 TH	MAR	BINGO
9 TH	APR	AMAZING RACE
17 TH	APR	TWO OCEANS (FUNDRAISING)
30 TH	APR	TROLLEY DASH (SPAR)
4 TH	JUN	ANNUAL FETE
23 RD	JUL	MUSIC TRIVIA
27 TH	JUL	CHESHIRE OLYMPICS (RESIDENTS)
6 TH	AUG	POISON DWARF GOLF DAY - HANKEY
25 TH	AUG	CHS AGM
3 RD	SEP	ANNUAL STREET COLLECTION
20 TH	OCT	ANNUAL GOLF DAY (HUMEWOOD)
5 TH	NOV	BINGO
12 TH	NOV	GREAT STRIDES FOR CHESHIRE
24 TH	NOV	300 CLUB ANNUAL DRAW

THOUGHT OF THE MONTH:

"A man is but the product of his thoughts what he thinks, he becomes."
~ **Mahatma Gandhi** ~

WELCOME TO OUR CHARITY SHOPS:

OUR CHARITY SHOPS ARE
OPEN TO THE PUBLIC ON

FRIDAYS 10 – 2PM SATURDAYS 8:30 – 12

* **CLOTHES GALORE** * **BOOK BARN** *
* **WOT NOT SHOP** * **COFFEE SHOP** *
(CASH OR CARD)

We gladly accept donations of unwanted items, pre-loved clothes,
linen & any household items and will collect!
CONTACT THE HOME on **041 583 2183** for more info!

**"WOKS FOR WHEELS"
A WELFIT ODDY PROJECT
MADE BY RESIDENTS OF
CHESHIRE HOME
SUMMERSTRAND
MADE FROM 316
STAINLESS STEEL
WITH 3 DETACHABLE
LEGS
R400 each
ORDERS:
041 583 2183 OR
managerchs@cheshirehomes.co.za**

DONATIONS (JANUARY/FEBRUARY 2022):

- * NUMEROUS DONATIONS OF "GIFTS IN KIND" FROM **VARIOUS DONORS** FOR THE RESIDENTS AND CHARITY SHOPS
- * **DIESEL** FROM **SASOL SUMMERSTRAND**
- * **PERISHABLE FOOD, MILK, MUSHROOMS AND BATH SOAP** FROM **COMMUNITY CHEST PE**
- * **BIRD SEED** FROM **CAMPBELL FEED & SEED**
- * **VARIOUS GOODS FOR WOT NOT SHOP** FROM **CHECKERS GREENACRES**
- * **FOOD VOUCHER** FROM **SOVEREIGNS FOOD**
- * **TUC BISCUITS** FROM **SERINGA ASSOCIATION FOR THE AGED**
- * **MUSHROOMS** FROM **SNOWCAP**

MARCH BIRTHDAYS

- 1st Nici Ashburner (Shop Volunteer)
- 3rd **Nadine Joubert**
- 5th Siya Nqobo (Care Worker)
- 9th **Pierre Vermaak**
- 10th **Armando Pretorius**
- 10th **Isabel Lorenzo-Starbuck**
- 13th Gloria Sonyabashe (Care Worker)
- 17th Julia Sergeant (Khaya Cheshire)
- 18th Siphso Sabiso (Gardener)
- 24th **Gerardus Wulffers**
- 26th Joy Angus (Shop Volunteer)
- 27th Allan Campbell (Board Member)
- 29th **Dylan Griffiths**

COVID-19 LOCKDOWN RESTRICTIONS AT CHESHIRE HOME SUMMERSTRAND

1. Visitations to Cheshire: You are welcome to visit your family / friend at Cheshire – **NO VISITORS IN THE BEDROOMS.**
2. Please make use of the braai area, outside areas in the Home, and if you would like to visit inside the quiet room, then you will need to make an appointment (just so that it does not become crowded).
3. Spar visits for residents: Carefully monitored – on Wednesdays only.
4. Outings to family and friends: Please be responsible and take residents out to venues which have good protocols in place. When returning the resident – they will be sanitized from head to toe and asked to strip outer garments of clothing and replace with clean clothing garments.
5. Outings: Residents may go home for day visits, or weekend visits. Please always adhere to Covid precautions. Should there be exposure, or a risk (contact with a positive person) – please notify us so that we can isolate the resident immediately to prevent an outbreak here.

CASH BINGO!!!

At Cheshire Home Summerstrand in
7 Gomery Avenue

on **SATURDAY, 5 MARCH** at
13H30 FOR 14H00

R20 a card, **R30** for two
SINGLE GAMES: WIN R100 PER GAME
SPECIAL PRIZE: R400 (FULL HOUSE)

LUCKY DRAWS!!!

Refreshments on sale/welcome to
bring your own snacks & drinks!

Contact 041 583 2183 or
082 708 6632 for BOOKINGS!

**IT PROMISES TO BE A FUN-FILLED
AFTERNOON!**