



DONORS

Jurie Adendorf
 J A Basson
 Joos Barnard
 Bokkie Blaauw
 Mike & Jackie Blundell
 Antoinette Botha
 Ray Bowes
 Barbara Braime
 Rey Bridgman
 Vicky Couvaras
 Greg Delponte
 Danie Digue
 Fokko Dijkhuis
 Jurgen Geldenhuys
 Jean Gordon
 Barney Gottlieb
 Annegret Gruner
 G C Hare-Bowers
 Jeremy Isaacs
 Peggy Impson
 Sharon Innes
 Christiaan le Roux
 Pat Lester
 Mr & Mrs McPherson
 Ria Marsh
 Bill McKay
 Issy Miller
 Maureen Mills
 Nik Moroff
 Clare Nixon
 Graham Power
 Ria & Ken Render
 Sharon Ridler
 Boytjie & Christa Rohloff
 S Rossiter
 Hilton Schultze
 Barbara Segalla
 Joyce Stanbridge
 Shamein Trezires
 Alna van der Merwe

Jan van Lingen
 Jack van Eeden
 Jessie Vermeulen
 Susan Vlok
 Ursula von St Ange
 Penny Wieffering
 Gloria Woodland
 H Albetyn
 Rena Bourne
 Camaham Trust
 Colin John Campbell Trust
 Susan Carstens
 Community Chest
 E M H Coetzee
 D G Murray Trust
 A Dooley
 Enviroglass
 A B E Friedman
 N Fordyce-Harvey
 Hebrew Congregation
 Methodist Church
 Issy Miller
 E/L B W Maskew Miller Trust
 Minette Minnaar
 G J Mitchell
 N G Church H-Holland
 E/L J E Payne
 Charles Spindler
 Est Late W Starr
 G J Lindbergh Trust
 Golf Day
 Lou Orr Trust
 M E Lombardi
 Ruth Townsend
 United Church
 Vonke Estate

VISION

The Helderberg Society for the Aged will be recognized by the community and medical profession as leaders in providing professional and specialized long-term care for the elderly, enhancing their quality of life with dignity and security within a culture characterized by integrity, commitment, compassion and respect for the individual.

VISIE

Die Helderberg Vereniging vir Bejaardes sal deur die gemeenskap en mediese beroep erken word as leiers in die voorsiening van professionele en gespesialiseerde langtermyn versorging van bejaardes, die verbetering van hul lewenskwaliteit met waardigheid asook veiligheid, binne 'n stelsel gekenmerk deur integriteit, toewyding, menslikheid en respek vir die individu.



BOARD OF MANAGEMENT

 Prof Harold Herman	 Gisela Jespersen	 Albert Brink	 Paul du Plessis	 Peter Blaine
 Barbara Braime	 Van Heerden Heunis	 Gloria Woodland Vice Chairman	 Alna van der Merwe Chairman	

IN MEMORIAM

Rodney Calvert, who joined the Board in August 2006, passed away very suddenly on 21 October 2007. Rodney will long be remembered by the Board and Management for his insight and positive contributions to the Society and to the community at large. He is sadly missed.



CHAIRMAN'S MESSAGE

The end of the 2007/2008 financial year was also the start of the Society's 50th birthday. We look forward to the rest of 2008 and are hoping that the community of the Basin will support us all the way! Robari Lodge, our oldest home, also celebrated its 40th birthday on 7 March 2008.

It is with gratitude that we can look back and realise that over the last 50 years we have continued our dedicated care of the elderly. I would like to thank the past and present board members, management and staff for their continued effort in rendering their very best services to the Society at large.

Board member Rodney Calvert died suddenly in October 2007 and his presence on the board is sorely missed. 'n Vriendelike woord van welkom aan Van Heerden Heunis wat by ons raad aangesluit het gedurende 2007. Hy is, en sal, in die toekoms steeds 'n groot aanwinst wees.

We had a wonderful 50 years celebratory lunch during March 2008. At that time, we saw this as an opportunity to do some fundraising. Advertising was sold and we had such wonderful support from the community and businesses – thank you! During the lunch, we were presented with our “Celebration - 50 years of care of the aged” magazine. What a success story this is. We would like to thank everybody involved in this lovely publication, for his or her, hard work.

We would also like to thank the communities of the Helderberg basin for their continued support. In die besonder wil ons die NG Kerk, Hottentots-Holland bedank vir hulle waardevolle bydraes deur die jare. Julle is vir ons 'n ware steunpilaar! Baie dankie! We would like to thank the Cape Community Chest, the DG Murry Trust, Rotary, Round Table, Lions Club, members of the Prestige Club and all our other generous donors. At the same time, we would like to thank all our volunteers, service organisations, NPO's, donors and funders, all the church leaders and the friends and families of all of us. To Radio Helderberg, District Mail and HelderPos, thank you SO very much for broadcasting and publishing matters of interest regarding the Society.

Looking at our financial statements, we can see that we are doing much better than the last couple of years. At the same time, we must realise that the financial position of the Society will also be taking some “strain” with the increased petrol price, as well as the escalation in food prices. We only now see the real result of the losses we used to occur, before the successful transfer of Zandvliet, to the Rhema Good Hope Christian Church, under the guidance of Pastor Alan Smith, and we thank him and his staff for the excellent manner in which Zandvliet is being managed.

We must not lose sight of the fact that we need to build-up a trust fund in order to look after the elderly who are “outliving” their life savings and cannot afford the accommodation available. We must not, at any stage in the existence of the Society, lose sight of our Vision and Mission: “Care for the elderly!”

One aspect of the Society, which always excites me, is the Training Centre, its Principal, together with the tutors. The enthusiasm, dedication, support, inspiration and eagerness amongst the team, towards the learners, is just too wonderful. Their support to the learners and their guidance is quite remarkable. I want to appeal to all the communities in the Helderberg basin, to open your hearts and assist the Society with funding, in order to grant bursaries, scholarships and incentives to the aspiring caregivers and nurses. They deliver a much needed service to the hospitals, clinics and caring facilities in the basin. With the shortage in nursing staff, these learners and caregivers render a valuable service.

Lynette Erwee het by ons aangesluit as die nuwe Dienssentriebestuurder. Ons wil haar alles van die beste toewens. Sterkte met hierdie reuse taak. Met Garden Village se onlangse funksie, het ons alreeds jou potensiaal gesien. Baie dankie en ons wens jou alles van die beste toe!

Aan die einde van die jaar die het Marleen van Rooyen, bestuurder by Robari Lodge ons verlaat om na haar groeiende familie om te sien. Ons beste wense vergesel haar.

Geoff Woodland went on well-deserved retirement, after many years of being the Maintenance Manager. We wish you many happy hours of gardening! We will surely miss you! Terselfdertyd wil ons vir Rudi Pentz welkom heet waar hy by Geoff oorneem. Sterkte, ons wens jou net die beste toe.

In conclusion, a sincere word of thanks to the staff of the Society for the dedicated and loving care of the residents, and for looking after the interests of the Society. We thank you for a job well done.



Alna Van Der Merwe
Chairman/Voorsitter

FINANCIAL REPORT

NOTES TO THE ANNUAL FINANCIAL STATEMENTS - 31 MARCH 2008

1 ACCOUNTING POLICIES

The financial statements are prepared on the historical cost basis and incorporate the following accounting policies that are consistent with those in the previous year.

1.1 INCOME

Income is brought into account on the accrual basis.

1 FIXED ASSETS

Depreciation is written off over the expected useful life of the assets, except buildings which are not depreciated

	2008 R	2007 R
2 PROPERTY, PLANT AND EQUIPMENT		
Land and buildings, plant & equipment	27,676,531	30,376,012
Motor vehicles	154,992	167,248
Furniture and fittings	443,449	363,491
Computer equipment	315,383	234,957
	<u>28,590,355</u>	<u>31,141,708</u>
3 RETAINED SURPLUS		
Balance at beginning of year	16,210,621	12,894,380
Surplus for the year	3,459,245	3,316,241
Balance at end of year	<u>19,669,866</u>	<u>16,210,621</u>
4 OTHER FINANCIAL LIABILITIES		
Life Right Creditors	23,070,146	19,448,196
This amount represents net payments received for Life-right title		
The Helderberg Trust	1,416,996	1,354,963
Liabilities under instalment sale agreements	130,915	170,268
Payable in monthly instalment over 4 years at prime interest rate		
	<u>24,618,057</u>	<u>20,973,427</u>
5 Taxation		
The Society is exempt from Income Tax in terms of Section 10(1)(cN) of the Income Tax Act.		

6 These financial statements have been extracted from the audited annual financial statements, a copy of which is available at the Society's offices at 121 Lourensford Road, Somerset West.

Die finansiële state is 'n uitreksel van die geouditeerde jaarstate, 'n afskrif waarvan beskikbaar is by die Vereniging se kantore te Lourensfordweg 121, Somerset-Wes.



FINANSIËLE VERSLAG

AANTEKENINGE BY DIE FINANSIËLE JAARSTATE - 31 MAART 2008

1 REKENKUNDIGE BELEID

Die finansiële jaarstate word op die historiese kostebasis aangebied en inkorporeer die volgende belangrikste rekeningkundige beleid wat ooreenstem met die vorige jaar.

1.1 INKOMSTE

Inkomste word op die toevallingsgrondslag te boek gestel.

1.2 VASTE BATES

Waardevermindering word afgeskryf oor die verwagte lewensduur van die bates, behalwe geboue waarvan geen waardevermindering afgeskryf word nie.

2 EIENDOM, AANLEG EN TOERUSTING

Grond en geboue
Motorvoertuie
Meubels en toerusting
Rekenaartoeusting

3 OPGEHOOPTE FONDSE

Balans aan die begin van die jaar
Inkomste (tekort) vir die jaar
Balans aan die einde van die jaar

4 ANDER FINANSIËLE LASTE

Lewensreg Krediteure
Hierdie bedrag bestaan uit betalings ontvang t.o.v Lewensregtitel
Die Helderberg Trust
Huurkoop Krediteure
Betaalbaar in maandelikse paaiemente oor 4 jaar teen prima rentekoers

5 Belasting

Die Vereniging is vrygestel van Inkomstebelasting onder artikel 10(1)(cN) van die Inkomstebelasting wet

FINANCIAL REPORT



INCOME STATEMENT FOR THE YEAR ENDED 31 MARCH 2008

	2008 R	2007 R
INCOME		
Rent, meals and service centre fees	25,191,905	22,752,841
Subsidies	1,510,010	1,370,716
Interest on investments	1,221,639	668,782
Dividend revenue	56,804	17,799
Fair value adjustments	195,211	303,340
Augmentation	1,071,352	1,004,844
Grants from the National Lotteries Trust Fund	30,000	440,000
Grants from Community Chest	94,900	79,200
Other grants and donations	227,997	500,797
Other income	380,091	241,005
	29,979,909	27,379,324

EXPENSES

Staff costs	15,309,646	13,821,121
Fundraising, public relations and advertising	55,700	21,064
Household expenses	5,558,511	5,162,598
Lease and hire of equipment	413,985	407,704
Printing and stationery	172,580	179,914
Repairs to equipment	41,239	57,516
Professional services	51,800	57,626
Property expenses	3,374,586	3,275,678
Depreciation	227,368	166,144
Other running expenses	1,145,029	756,227
Finance charges	170,220	157,491
	26,520,664	24,063,083

NET INCOME for the year

	3,459,245	3,316,241
--	------------------	------------------

FINANSIËLE VERSLAG

INKOMSTESTAAT VIR DIE JAAR GEËINDIG 31 MAART 2008

INKOMSTE

Huur, maaltye en dienssentrum foie.
Subsidies
Rente op beleggings
Inkomste uit dividende
Markwaarde aanpassings
Bybetalings
Toekennings van die Nasionale Lotery Trust Fonds
Toekennings vanaf die Gemeenskap Kas
Ander toekennings en donasies
Diverse inkomste

UITGAWES

Personeel koste
Fondsinsameling, openbare skakeling en reklame
Huishoudelike uitgawes
Huur van toerusting
Drukwerk en skryfbehoeftes
Herstel van toerusting
Professionele dienste
Eiendomsuitgawes
Waardevermindering
Ander lopende uitgawes
Finansierings koste

NETTO INKOMSTE vir die jaar

GENERAL MANAGER'S REPORT

General

The Society has experienced a good year and I am happy to report that, while many things have remained the same, others have changed for the better. These positive changes have been made mainly due to the hard work put in by the staff of the Society to whom go my thanks for their co-operation in what, in many instances, were trying times.

I wish, also, to thank the many volunteers who so generously give of their time and expertise to the many facets of the Society. Know always that you are much appreciated, both by the residents to whom you render services as well as by the staff whose burden of tasks is, in many instances, lightened by your help.

My thanks go also to the service clubs of the Helderberg and the many donors whose contributions have assisted in the capital projects undertaken during the year as well as the ongoing support received for the Helderberg Trust for the Aged and for the funding of services to the indigent aged in all the areas served by the Society.



Barbara Segalla
General Manager

FRAIL CARE AND ASSISTED LIVING

Primrose & Silver Oaks Lodge

At **Silver Oaks Lodge** we always find a reason to celebrate, to recognise special people and to "just enjoy being alive"!

Primrose, our assisted living wing, was born during the previous financial year, began crawling, then walking and is now running along nicely. This environment has been created by a team of people who have vision and insight. We celebrated the opening of Primrose with a cocktail party in the garden that was decorated with colourful umbrellas and the beautiful residents and team of maintenance workers who had been instrumental in bringing about the changes.

During the year a number of employees were acknowledged for long service in the care of the older persons – 15, 20 and 25 years of service – what an achievement and what special people they must be! We salute them and humbly thank them for their commitment.

Amongst our 126 residents at Silver Oaks Lodge, we have many who are actively helping others, teaching, encouraging and organising functions. One of the highlights is the annual Ros Magill Concert at the end of the year. Ros, 92, is organising her third concert for us. The highlight of the function, which takes place at the end of November, is the orchestra which she is putting together; anyone who can shake, beat or play an instrument, will be roped in to create the most



amazing entertaining event of the year. Ros' aim is that everyone participating, or listening, will be celebrating life and the joy of being a vibrant part of a very, very happy family.

Robari Lodge

"A funny thing has happened --- this is home!"

I was living alone in my lovely flat. My children wanted me to move into a care facility. They were of the opinion that I was no longer able to care for myself..... I was adamant that I was still able to cook, shop and look after myself. How could they want to take my "independence" from me? Nothing would happen to me, I was safe (or so I thought). I wouldn't fall..... I could cope!
But then the day came when I (against my better judgment) moved into Robari Lodge.

Now three months later I hear myself saying: "A funny thing has happened --- this is my home!"

At Robari Lodge we live in a very lovely "home to home" lodge, where we can participate in activities that are arranged for us, sit in the beautiful garden, enclosed verandah or lounges and enjoy the quiet of our spacious rooms. I furnished and decorated my room the way I wanted to and now it is "my" own.

I am no longer lonely (I admit now that I was, while I was living alone) and there is always some wonderful staff member on hand to assist me when I need it. I can only wish that any other older person who thinks that he or she must "lose her independence" will experience this transition as I did, that Robari is my HOME.

Helderberg Lodge & Batavia Place

The fun never stops at **Helderberg Lodge** ! Our monthly theme meals are a hit with more and more residents getting involved. Our volunteers have spoilt us with teas, cakes, fruit and parties filled with lots of NICE things to eat. The kiosk is becoming a success and we are stocking more and more items requested by Batavia residents. Thank you to the volunteers running the kiosk.

This year the focus has been on activities in Flamingo, our dementia unit. The residents have been painting, playing games and enjoyed socializing in structured groups run by Susan Mudge, our occupational therapist. We have continued to socialize with the residents from other units of the Helderberg Society and these outings are keenly anticipated.

Congratulations to all the staff members who passed their examinations during the year, those who had babies, got married (not necessarily in that order) and saw their dreams come true. Thank you all for the teamwork and for making Helderberg Lodge the great home it is.



FINANCIAL REPORT

BALANCE SHEET AT 31 MARCH 2008

	NOTES/ NOTAS	2008 R	2007 R
ASSETS			
Non-current assets		28,590,355	31,141,708
Property, plant and equipment	2	28,590,355	31,141,708
Current assets		21,877,112	13,861,097
Trade and other receivables		1,355,482	1,479,076
Cash and cash equivalents		20,521,630	12,382,021
Total assets		50,467,467	45,002,805
EQUITY AND LIABILITIES			
Capital and reserves		19,669,866	19,028,324
Retained surplus	3	19,669,866	16,210,621
Dedicated reserves		-	2,817,703
Non-current liabilities		24,574,369	20,934,074
Other financial liabilities	4	24,574,369	20,934,074
Current liabilities		6,223,232	5,040,407
Other financial liabilities		43,688	39,353
Trade and other payables		6,104,992	4,948,894
Bank overdraft		74,552	52,160
Total equity and liabilities		50,467,467	45,002,805

FINANSIËLE VERSLAG

BALANSSTAAT OP 31 MAART 2008

	2008 R	2007 R
Nie-bedryfsbates		
Eiendom, aanleg en toerusting	31,141,708	31,141,708
Bedryfsbates		
Handels- en ander debiteure	1,479,076	1,479,076
Kontant en kontant ekwivalente	12,382,021	12,382,021
Totale bates	45,002,805	45,002,805
EKWITEIT EN AANSPREEKLIKHEDE		
Kapitaal en reserwes		
Opgehoopte fondse	16,210,621	16,210,621
Reserwes	2,817,703	2,817,703
Nie-bedryfslaste		
Ander finansiële laste	20,934,074	20,934,074
Bedryfslaste		
Ander finansiële laste	39,353	39,353
Handels- en ander krediteure	4,948,894	4,948,894
Oortrokke bank	52,160	52,160
Totale ekwiteit en laste	45,002,805	45,002,805



FINANCIAL REPORT

HELDERBERG SOCIETY FOR THE AGED

REGISTRATION NUMBER 002-846 NPO



Danie Digue
Financial Manager

**ANNUAL FINANCIAL STATEMENTS
31 MARCH 2008**

CONTENTS	Page/Bladsy
Report of the independent Auditors	12
Balance Sheet	13
Income Statement	14
Notes to the financial statements	15

The financial statements set out on page 13 to 15 were approved by the board on 15 July 2008 and are signed on it's behalf by:

Die Finansiële jaarstate uiteengesit op bladsye 13 tot 15 is op 15 July 2008 deur die raad goedgekeur en namens hulle onderteken deur:

CHAIRMAN/VOORSITTER
15 July 2008

GENERAL MANAGER / HOOFBESTUURDER
15 July 2008

REPORT OF THE INDEPENDENT AUDITORS FOR THE YEAR ENDED 31 MARCH 2008

TO THE MEMBER OF THE HELDERBERG SOCIETY FOR THE AGED

We have audited the annual financial statements of the Helderberg Society for the Aged which comprise the balance sheet at 31 March 2008, and the income statement and the cash flow statements for the year then ended, and the notes to the financial statements, which include a summary of significant accounting policies and other explanatory notes, from which the accompanying summarised financial statements contained in the entity's summarised report were derived, in accordance with International Standards of Auditing. In our report dated 29 July 2008 we expressed an unmodified opinion on the annual financial statements were derived.

In our opinion, the accompanying summarised financial statements are consistent, in all material respects, with the annual financial statements from which they were derived

For better understanding of the entity's financial position and financial performance and cash flows for te year and the scope of our financial audit , the summarised financial statements should be read in conjunction with the annual financial statements from which the summarised statements were derived and our audit report thereon

GINSBERG KASSEL NEL

Chartered Accountants (SA)

Somerset West
29 July 2008

The **Batavia Place** Social Club has been resurrected under the driving force of Mrs Venske and her team. The Club members organize braais, outings and fundraisers to sponsor other events. "Happy Hour" lunches are well attended and we have had some amazing snacks, thanks to Carlon and the Geratec staff. Residents continue to play games and a big thank you to those who are volunteers, helping out in Helderberg Lodge and Batavia.

Mountview

Mountview het die afgelope jaar 'n baie besige tyd beleef, in dat inwoners baie verswak is en nuwe inwoners wat opgeneem word, is ook meer verswak as vroëre jare. Die rede hiervoor is dat mense langer onafhanklik wil wees in hul eie huise en natuurlik word mense baie ouer as in vroëre jare.

Gedurende hierdie boekjaar het Mountview 18 permanente inwoners opgeneem in vergelyke met die vorige jaar se 6 permanente opnames. Verder was daar 15 sterfgevalle hierdie jaar in vergelyke met verlede jaar se 4 sterfgevalle.

In die 4 noodkamers was daar die afgelope jaar 47 inwoners opgeneem, wat afkomstig was van Vonke Huis, Swannack Gardens, Bowden Park, die Helderberg Kom en so ver as Stellenbosch. Sommige van die inwoners het tot so lank as 6 weke verpleegsorg benodig, dus was hierdie afdeling van Mountview ook baie bedrywig. Na ure en nooduitroepe na Vonke Huis, Swannack Gardens en Bowden Park is gemiddeld tussen 45 tot 50 per maand.

Die personeel by Mountview glo aan kwaliteit van lewe en behou dit so lank as moontlik, daarom bied ons spesiale etes aan, asook aktiwiteite om inwoners geestelik en liggaamlik te stimuleer en gelukkig te maak.

Spesiale etes wat gedurende die jaar aangebied en gevier is was Moedersdag, Mountview se Verjaardag, Lente Dag, Groot Ouer Dag, Kersfees, Valentine Dag en Paas ete. Tydens hierdie spesiale etes was die tafels pragtig gedek om by die tema van die verskillende etes te pas. Hierdie etes is baie spesiaal vir die inwoners en hulle geniet elke oomblik daarvan.

Aktiwiteite vind elke oggend plaas en behels, onder andere, Skittles, Oefeninge, Matrolbal en Bingo. Die matrolbal is baie gewild en Mountview het al teen Silver Oaks Lodge gespeel in 'n kompetisie. Mountview het gewen en die spelers was in die wolke.

Mnr Hannes Verwey kom elke tweede maand vir die inwoners sing en hulle geniet dit terdeë. Die personeel dans met die inwoners, selfs die inwoners in rystoele neem deel. Die personeel hou hulle hande vas en beweeg ritmes op maat van die musiek.

Gedurende die Kersgety het Beaumont Skool se kindertjies, asook die "Cubs", Mountview inwoners baie spesiaal laat voel, deur vir hulle Kerskaartjies te bring en hulle te vermaak met hul sang en dans.



Antoinette Botha



'n Jaarlikse instelling is natuurlik die "Easter Bonnet Parade" waaraan die inwoners baie geesdriftig deelneem. Die personeel help die inwoners om die hoede te versier. Hierdie jaar se wenner was Mev Kleingeld met eerste prys, Mev Low met tweede prys en Mev Makay met derde prys.

Die tuin in die vierkant is ook gedurende die jaar verander, die hele oppervlakte is met baksteen plaveisel vervang. Pavilion kwekery het ons gehelp om die tuin te versier met potplante. Die inwoners geniet dit om buite te sit as dit 'n lekker dag is.

Gedurende die jaar is die Eetkamer en Sitkamer se mure geverf en beide vertrekke het nuwe gordyne gekry en dit lyk pragtig.

Assistant verpleegster S Lintnaar het haarself as 'n Senior Assistant Verpleegster bekwaam en ons is baie trots op haar. Sy het ook hierdie jaar haar 20 jaar langdiens toekenning ontvang.

Independent Living

The blocks of flats, viz. **Camelot** in Pienaar Street, **Lancelot** in Oatlands Road, **La Rochelle** in Andries Pretorius Street, **Libertas** in Dirkie Uys Street, Protea in Lourens Road, **Butler Court** in Reitz Street and **Vonke House** in Lourensford Road accommodate some 350 residents at any one time, while the 38 cottages in **Swannack Gardens** and the 47 houses in **Bowden Park** accommodate some 75 residents. During the course of the past year these flats and cottages have, again, been much in demand and always full, with a waiting list that is growing daily.

This demand for accommodation with the Society can be attributed almost directly to the complete service given to our residents by the Society's infrastructure and personnel from all departments. Our residents know that, even though they live independently, the Society's "care package" is always available. This reassures not only our residents, but also their families, many of whom live overseas and have contact only through e-mail and telephones.

Hoogtepunte gedurende die jaar was die vergroting van die aktiwiteitskamers by Libertas en La Rochelle. Die eerste Kersfunksie by La Rochelle wat gereël is deur die inwoners het 'n waarskuwing gerig aan alle ander persone op die gebied van onthaal en spyseniering. Camelot inwoners het hulle eerste Mini Fete gereël wat, ten spyte van die slegte weer, sowaar 'n poging was waarop elkeen betrokke baie trots kan wees. Die betrokkenheid van diensorganisasies en individue in die gemeenskap het daarop gedui dat die gemeenskap van Somerset-Wes werklik omgee vir die senior burgers. Dankie aan die Lions vir die maandelikse kospakkies aan die inwoners van Libertas en die Kersbraai vir die inwoners van Camelot en Libertas. Die Helderberg Rotary Anns het deur verskeie donasies en die aanbied van 'n Kersfunksie aan 50 bejaardes daarin geslaag om 'n positiewe verskil te maak in hul lewens. Die Hottentots Holland NG Gemeente het soos in die verlede soveel gedoen om die lewenskwaliteit van ons bejaardes te verbeter en sonder hul hulp en bystand sou dit nie vir ons moontlik gewees het om die missie en visie van die Vereniging vir Bejaardes so suksesvol uit te leef nie.

'n Spesiale woord van dank aan al die vrywilligers en in besonder die Inwoners-in-Beheer en hulle assistente. Julle is goud werd.

Die laagtepunte van die jaar was definitief die verskeie kragonderbrekings wat die lewe van veral die Vonke inwoners ontwig het. Daar is egter daarin geslaag om oplossings te vind vir al die uitdagings in die "donker ure".

Training School

The year passed in a flash, many smiles, joy and sad tears, producing 290 learners, who contributed a total of 224,240 practical hours to the units. To date, 2486 learners were registered at the Training Centre.

Sponsors were obtained from the Lou Orr Trust and the King Edward V11 Trust and the Training Centre staff, with the help of the learners, collected for our bursary fund. Although this is a drop in the ocean, it makes a difference in the lives of the elected learners. The Society nominated 2 staff members for the PNA course, which enabled them to progress in their careers.

We still eagerly await the SA Nursing Council site visit to obtain our full accreditation as a section 21 company training facility and permission to use the extended clinical facilities as practical sites, viz. Stellenbosch, Tableview, Atlantis, Grabouw and Strand.

The personnel spent many hours marketing the Training Centre at schools, communities, hospitals, clinics and business sectors and our banners are visible and attract many interested parties.

Highlights for the year included :

- Placements and employment of the learners after completion of their courses
- Interviews with Radio Helderberg in English, Xhosa and Twana.
- Commencement of a Part time and Correspondence Caregiver course
- Study loans now available from Post Office, ABSA, Edu-loan and Studentfin.
- Presentation of skills programme/short courses/workshops, viz. interview, letter writing, personal budget planning, opening a banking account, events co-ordination, conflict management, communication, grievance and disciplinary processes etc
- Laboratory workshop on an innovative, positive change to the PNA practical demonstrations
- Our dance at Zandvliet frail care facility was a GREAT success and to be repeated
- A week voluntary community service by the PNA attracted new recruits
- Orientation and practical demonstration DVD's were produced by the personnel
- Two Nursing Education post graduate students used the TC as their practical site.

We said farewell, and welcome, to :

- Dianne Swart, who left for the Free State and whose post was filled by Tessia August
- Adelaide Muller, who left to work closer to home at the Macassar Library, and whose post was filled by Tess van Straaten
- Tess' post filled by Yvonne Qwayi (a previous learner now acting as a trainee/translator)
- Naomi Rudman, who left to become the Principal of Healthnikon, and whose post was filled by Constance Mutlane
- Yvone Tonsie, who left after maternity leave, and whose post was filled by Ntombi Macingwane

Our motto is "Holistic education, development and training to impart skills in the health care industry as a scientific ART yet HUMAN manner"
"DARE YOU TO CARE"



- Robari Lodge : creation of cleaners' rooms on all floors and the conversion of two rooms in Morton Wing into a flat
- Vonke House : complete refurbishment of five flats, including new kitchens; creation of a laundry on the 3rd floor; conversion of old storerooms into cleaners' rooms and new storerooms
- Vonke Park : replacement of fire line from Helderberg Lodge to fire hydrant

We extend our grateful thanks to all the hard-working members of the Maintenance team.

Human Resources

During the past year we have had some turnover at managerial level within the Society. We have said farewell to Geoff Woodland (Maintenance Manager) who has retired, as well as to Marleen van Rooyen (Robari Manager) who has left us to take on new challenges. We wish both of them well for the future.

We, in turn, welcome Rudi Pentz as our new Maintenance Manager and wish him every success in his new position. On the industrial relations front, NEHAWU and DENOSA no longer represent the majority of our staff and we have had to suspend our recognition agreement with these two unions. Following the suspension of the recognition agreement, we have established a democratically elected employee representative committee comprising of 9 members with which we will consult on any relevant employment related issues. I would like to congratulate the 9 representatives elected and I look forward to working with them during the next year. I am also pleased to confirm that we have once again had a minimal number of CCMA referrals with which to deal and I believe that this points to a healthy industrial relations climate currently.

In terms of training and development, the Helderberg Society Training Centre has continued its marvellous work in terms of training qualified Care Givers, Enrolled Nursing Auxiliaries and Senior Nursing Auxiliaries. However for me personally, the highlight of the year has unquestionably been that all of 259 staff members completed a two day Diversity Training Course, with the feedback from the majority of participants being incredibly positive.

In closing, I would like to thank and acknowledge all management and staff for their hard work and commitment towards a very successful past year.

Well deserved congratulations are also due to last year's long service award recipients:

<p>10 years Sharon Burchell-Burger Christine Dawson Christina Albertyn Lionel McDonald Natasha Herman Wayne Koopman</p>	<p>15 years Gladys Julies Sharon Innes</p>	<p>20 years Sarah Lintnaar Libby Miller</p>	<p>25 years Georgina Arone Sophia Hendricks</p>
--	---	--	--



The Charity Shop

The Charity shop is situated at Protea Court, Lourens Road and serves the community in many different ways. Firstly, by taking unwanted clothing, *bric a brac* and furniture from the community and helping to clear up that garage and home. Secondly, by supplying clothing to residents in the different homes when needed and, thirdly, generating funds which are put towards the operating costs of Helderberg Lodge, Silver Oaks Lodge and the Training Centre.

Articles that are not used or sold in the shop are sent to the next organization. Nothing is wasted. A home is found for everything donated to the shop. We also help the needy in our community by giving them clothes.

A very big thank you goes to Sharon Innes and her wonderful team of volunteers whose help at the shop is invaluable.

Service Centres & Community Outreach Centres

The Society's service centres catered to the needs of some 700 older persons, both from the Society as well as from the greater community, during the past year.

Senior's Rendezvous

Various services, viz. meals, library services, kiosk, exercises, games, clinic and social work visits are available to our residents.

Our residents have been extremely busy during the past year with activities like puzzle building, rummy cup, darts and, especially, carpet bowls which is fast becoming a competition sport !

The Helderberg's service clubs have, once again, been very generous to our residents and we would like to thank the Lions for the wonderful Christmas lunch they prepared for the residents of Lancelot and Camelot; Tommy Dell for his involvement with Radio Helderberg in entertaining our residents at Vonke Park and presenting each one with a Christmas gift and the Helderberg Rotary Anns who organised a sumptuous Christmas tea.

Another highlight was the performance given by the "Grafsteensangers", a group from Gauteng, whose music was a delight to all who attended. The Week of the Aged was celebrated with a Grandparents' Tea, during which the children from Somerset House Primary School entertained the residents. Other memorable events were the "soup & sherry" evening, the spring brunch and, of course, the rugby world cup win celebration, which was held BEFORE the final game and which, we are convinced, contributed greatly to South Africa bringing home the trophy !



Gemeenskapsuitreikingsaksie : Garden Village, Zandvliet Rendezvous en Ncedu Lwethu Senta in Lwandle

Die doel van ons buite-dienssentrums, is om die bejaardes bo 60 jaar en gestremde persone bo 18 jaar in staat te stel om so lank as moontlik onafhanklik, aktief en selfgeldend in die gemeenskap te funksioneer. Om dit moontlik te maak, voorsien ons in hul fisiese, emosionele, psigiese en intellektuele behoeftes.

Fisiese behoeftes : Gebalanseerde etes word aan die lede voorsien. Die Vonke-klinieksister besoek die Dienssentrums gereeld om die lede se bloeddruk te neem en hul suiker te toets. Sy lewer ook positiewe insette d.m.v. gesondheidspraatjies. Ons wil haar spesiaal bedank vir haar besondere bydrae.

Mancinedane bied voetversorging aan en die Beroerte Ondersteuningsgroep bied nie net fisiese maar ook emosionele ondersteuning. Hulle neem spreekwoordelik die krukke by ons gestremdes weg deur hul lewenskwaliteit te verbeter. Gebalanseerde etes word voorsien en oefeninge word deur vrywilligers aangebied.

Psigiese en geestelike behoeftes : Die Dienssentrum-lede begin elke dag met Skriflesing en gebed. Interaksie met die United Kerk dra by tot geestelike groei by die lede waardeur hul dan weer in staat gestel word om hul eie probleme meer positief te hanteer.

Intellektueel : "Free to Grow" opleiding konsentreer op verhoudings, kommunikasie, konflikthantering ens. Dit bevorder selfkennis en gevolglike selfontwikkeling. Dit stel hul weer in staat om hul situasies beter te hanteer. 'n Afgetrede kundsonderwyseres deel haar krewiteit met ons bejaardes. Hierdie blootstelling het besondere groei in terme van selfvertroue help ontwikkel.

Emosioneel : Emosionele ondersteuning, d.m.v. tuisbesoeke, word aan lede met gesinsprobleme gebied. Hulle word gemotiveer om oor hul probleme te praat, wat weer aanleiding gee tot 'n meer ontspanne atmosfeer by die Dienssentrums.

Sosiaal : Verskeie sosiale aktiwiteite is aangebied, o.a.

- "Somerset House" se kleuterskool het ons bejaardes besoek
- Rotary Ann's het Kerspakkies by Zandvliet uitgedeel
- Week van bejaardes is in samewerking met ACVV, Strand Care en Meals on Wheels aangebied.
Op hierdie wyse kon ons geld en tyd bepsaar
- Jaarlikse kuns en naaldwerkuitstalling is gereel deur die ACVV Strand Ria Render, 'n vrywilliger van die United Kerk, het in samewerking met Tommie Dell, 'n Kersgeleentheid vir die Garden Village-bejaardes aangebied
- 'n Prettdag deur Kamwalabantu in Kayalitshia
- Ete aangebied deur Beroerte Ondersteuningsgroep, aan beroerte pasiente van die Dienssentrums
- Ete vir bejaardes, aangebied deur Rotariers
- Jaarlikse Kersafsluiting van Dienssentrums

Fondsinsamelingsaksies

- 'n Lootjietrekking met 'n deken, gemaak deur Zandvliet Dienssentrum, as prysgeld
- Verkiesing van mej. Lente-Koningin.
- Mini Kermis

Netwerking : Kontak met die United Kerk en Helderberg Gemeente dra by tot positiewe groei.

Aan al ons lede, "CARPE DIEM" gryp die dag. Gister is verby, more is onbekend maar leef vandag voluit.

Care compliance & ancillary services

We remain committed to meeting the challenges of providing quality care and support services to all residents in the facilities of the Society. To achieve this objective, team work and engaging with all role players in the industry is critical.

Ensuring a healthy, safe and secure environment for all is an on-going process. The implementation of the Occupational Health and Safety Act a few years ago and recent OHS audit by an independent person demonstrates commitment to service excellence.

This past year saw the continuation of our **occupational therapy** and **social work** services, both to the vast benefit of our own residents and, very often, persons from the greater community. One of the most difficult decisions that face an older person is the realisation that he or she is no longer capable of caring for him or her self. Our social worker, a valued member of a multi-disciplinary team, gives input, builds bridges between independent living and frail care and guides and assists residents and their families with decision-making for the future. Decisions wisely taken ensure the continued well-being and happiness of the resident.

We have continued the **physiotherapy** services for our frail residents without medical aid which is still being funded by the trustees of the Joan St Leger Lindbergh Charitable Trust, to whom go our grateful thanks, once again.

Our clinic sister, who is based at Vonke Park, is another valued member of our multi-disciplinary ancillary services team and she is kept extremely busy looking after the residents in our independent living units, as well as the members of our service centres and community outreach programmes.

Maintenance

Geoff Woodland, after many years of service to the Society, retired to a well-deserved rest at the end of the financial year. At the same time we welcome Rudi Pentz who joined the team in March 2008. Apart from the ongoing maintenance required in our, mostly, aging buildings, the maintenance team undertook the following :

- La Rochelle : creation of new activities room
- Butler Court, Protea & Camelot : conversion of baths into showers
- Libertas : extension of the residents' activities room



Margaret De Deuck



Geoff Woodland

