

Silver "Okes" Newsletter

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Activities for January 2012

- 11th Happy Hour with "The Ou Manne"
17th Residents Forum Meeting

For all the **daily activities**, please refer to the notice boards in the **dining rooms** (updated daily). For **weekly activities**, please refer to the notice boards in all the wards. A copy has been posted at the right bottom corner of each notice board.



Residents (Mrs. Radlett) busy with biscuit-baking

From the office

Eden Alternative: Part 1.

In 2012 we are looking to introduce some of the concepts embodied in the Eden Alternative.

What is the Eden Alternative?

The Eden Alternative grew from what Dr. William Thomas observed in a frail care facility in the UK and his wanting to make a difference in the lives of the older person. He identified 3 problems or what he termed "plagues" affecting the older person. These were: the Plague of Loneliness, the Plague of Helplessness, and the Plague of Boredom. From this Dr. Thomas and his wife, Judy, developed the 10 Principles of the Eden Alternative Philosophy.

The 10 Principles of the Eden Alternative Philosophy.

The Problem

1. Loneliness, Helplessness & Boredom

The Solution

2. Create a human habitat

The Antidotes

3. Loving Companionship
4. Opportunities to give as well as receive
5. Variety and spontaneity

Things we have to change

6. Putting meaning back into life
7. Medical treatment=the servant of caring, never the master
8. Decision-making closer to the resident

Driving the process forward

9. Creating a community centered around the older persons is a never-ending process
10. Wise leadership: the life blood of the struggle against the 3 plagues.

The aim for the month of January 2012:

- To introduce the staff to the concept of the Eden Alternative.

Next newsletter: Vision, Mission, Eden Golden Rule and the Philosophy of Cultural Change. Also "What is an 'Elder'?"

White elephant and fundraising

Every month we have a sale of unwanted items. As the saying goes: "One man's junk is another's treasure." We thus encourage residents, family and friends to clean out their cupboards and garages and donate any unwanted items to Silver Oaks Lodge.

Funds raised are used for our residents' special functions e.g. outings and happy hours as well as for occupational therapy needs.

Remember, it does not matter how insignificant the item is to you, someone else can use it.

Birthdays



4th Mrs. R Magill 6th Mrs. O Brettney
17th Mrs. M Wills 25th Mrs. E O'Connor
25th Ms. K de la Cour 27th Mrs. A Grobler
29th Mrs. C Walford 30th Mr. M Galant

May you enjoy a lovely day!

New residents



Mrs J Faulkner – Lavender
Mr D Burgess – Primrose
Mrs JC Barradough – Arum
WELCOME!!

What's happening?

Congratulations to all the family members who passed the grade 12 (matric) exams!

To Mrs. Gruner, who retires at the end of January, may she have many mornings of sleeping in and fun filled times.

Remember: Health rolls can be bought from the kitchen and DVDs of our functions from reception

Time for a laugh

A senior citizen said to his eighty year old buddy: "So I hear you're getting married?"

"Yep!"

"Do I know her?"

"Nope"

"This woman, is she good looking?"

"Not really"

"Is she a good cook?"

"Naw, she can hardly boil an egg"

"Does she have lots of money?"

"Nope, as poor as a church mouse"

"Well then, is she good in bed?"

"I don't know"

"Why in the world do you want to marry her then?"

"Because, she can still drive!"

Darling Update

We have now moved into a new phase with our worm farming. As of 9th January we will be selling worm leachate (worm tea) from the worm bins. This is the liquid that drains off from the worm bins, and is then captured and diluted to a ratio of 1:10.

This tea can be used as a plant fertilizer. Simply water your plants every week with the tea. You can also place the tea in a spray bottle, add a small amount of dishwashing liquid (this will ensure that the liquid sticks to the leaves) and spray your plants for infections and attacks by pathogenic organisms.

"Darling Tea" can be bought at receipting for R15 per 2ℓ bottle.

Happy gardening!

Gladys and her vegetable garden

During last winter we started a vegetable garden next to the hedge in Reitz Street. We, unfortunately, discovered that this area was too wet and the drainage very poor. The shrubs in the Lavender courtyard had grown so big that they were obscuring the light to many of the resident's rooms.

It was decided to move the scrubs elsewhere and to start a vegetable garden in this area. The soil was prepared and compost was worked into the garden.

We are now glad to report that Gladys has been able to provide the kitchen with some lovely spinach, potatoes and beetroot. We are currently waiting for the mielies, sweet corn, squash, more potato and spinach to be harvested. Well done Gladys and your team...



From the Manager:

Empathy: Ability to understand and share the feelings of another person (Compact Oxford English Dictionary.)

All our new residents have undergone the traumatic experience of having to move out of their home and into our facility, where they have had to downsize in order to fit into their new room. I would like to think that the staff has some understanding of the sacrifices made and how difficult this must be for them.

In the last couple of weeks, I have had two “aha” moments, or putting it bluntly ‘slaps in the face,’ where the feelings around leaving your home was highlighted for me. First was at the Eden Alternative workshop in November. We were asked to write down 3 things that we could not do without. We were then told we were moving into a care facility and would have to give up one of the items as there is no space in our room. This was fairly easy to do. We then had to give up a second as the room was smaller than we expected. Not so easy to do. Finally the third item had to go. By now I was in a cold sweat. I certainly did NOT want to move into a room in a facility that could not accommodate what was important to me – my books. This may seem trivial to you but they are a BIG deal for me. So this is what the resident must go through when deciding what goes and what stays.

The second ‘aha’ occurred at the same time. I need to find alternative accommodation as the house where I am staying is being sold. I am trying very hard to see this as an adventure but it is not working. It just seems to be such a big mountain to deal with. I now understand the anxiety and inertia that takes over.

I am starting to understand a little of what each resident goes through to get to us and I wish to say:

I EMPATHATIZE with you.

Resident's contribution

Do all the good you can
By all the mans you can
In all the ways you can
In all the places you can
At all the times you can
To all the people you can
As long as ever you can

- John Wesley

Contributed by Mr. R. Bellamy – Primrose

Various residents thanked management for the lovely Christmas lunch that was served on the 14th December.

Appreciation was also given from family members for the decorations in the different wards during the Festive Season.

PHOTO GALLERY



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3



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Photo 1: Residents participating in the Fire and Emergency training and Evacuation.

Photo 2: Eleanor from Geratec during the "Hobo" Lunch

Photo 3: Residents and staff decorating the Christmas trees

Photo 4: "Mother Christmas" just before lunch was served

If you want to order any photos, please come to Eureka's office to do so. Photos cost R3,50 each. DVD also available.