# altasorg NUUS

we care

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ʼn Omgee-gemeenskap vir Alta du Toit Nasorg

## Altasorg Kermis - Groter en Beter

Melany Holland (Engen CSI koordineerder) and Mnr Faizel Hattia (mede-eienaar Engen Welgemoed) oorhandig ʻn tjek aan die voorsitter van die Alta du Toit Nasorg beheerraad, Dr Christo van der Walt.

Saterdag, 26 Maart was ʻn dag van groot opwinding toe die Altasorg Kermis by Boston Laerskool se sportveld gehou is. Die Altasorg vriende en omgee-gemeenskap het hul spiere behoorlik gebult met al die hulp en ondersteuning wat die sentrum van hulle ontvang het. Die Pampoenkraal orkes en die Kookwater dansorkes het gesorg vir groot vermaak en die kliënte van die sentrum het omtrent lekker gedans. Lollos se besoek was ʻn hoogtepunt vir die jongspan. Dankie aan al die mammas en pappas wat hulle kinders gebring het. Die Kermis het hierdie jaar ook gesorg vir ʻn hele paar nuutjies met die heerlike hoenderbraai wegneem-ete wat ʻn feesmaal was, sowel as Orange in Blue photography se *photo booth*. Marina van der Meulen, fondswerwer sê: "Die Kermis was ʻn groot sukses en ek glo dat dit in die toekoms nog sal uitbrei. Dis fantasties om te sien hoe die gemeenskap saamspan vir ʻn goeie saak". Engen se borgskap was ook ʻn reuse hulp. Nie net het Engen Welgemoed die markiestent geborg nie, maar Engen Hoofkantoor het ook ʻn donasie gemaak. Me Melany Holland, CSI koördineerder van Engen het op die dag ʻn tjek van R10500.00 aan Altasorg oorhandig. Mnr Faizel Hattia, bestuurder van Engen Welgemoed het tydens die oorhandiging gesê sy besoek aan die Alta du Toit Nasorgsentrum was ʻn wonderlike ervaring en dat die sentrum altyd op hom en sy span kan staatmaak.

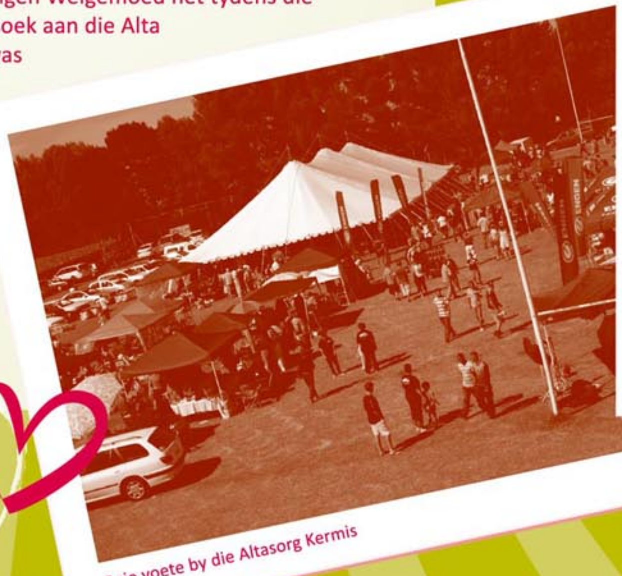
***Dankie aan elke een wat bygedra het tot die sukses van hierdie geleentheid. Ons***

Cycling legend Malcolm Lange, second from left, with Alta du Toit Aftercare residents Ashley Boberg, Theo Marais (Lange's brother-in-law), Cheslin Neethling and Jaques Lochner, in front.

## Malcolm Lange raises R50 000 for Altasorg

Malcolm Lange, retired from professional racing and dedicated his last race to his brother-in-law, Theo Marais, a resident at the Alta du Toit Aftercare centre. Malcolm is the former winner and this year's runner up of the 2011 Pick 'n Pay Cape Argus cycle tour. The jersey in which Malcolm raced was auctioned and R50 000 was donated to the centre. The funds raised will be allocated for equipment and materials used in the therapeutic groups as well as camps and outings for residents.

***A big thank you to Malcolm and the donors for this generous contribution to Altasorg.***



Baie voete by die Altasorg Kermis

Lollos, Alta en Mienkie het groot vermaak verskaf by kermis

## Knap gedaan

- Tinus Avenant en Ashley Boberg het saam met die AFS-student, Till Tönjes, deelgeneem aan die Two Oceans 21km wedloop. Ons is baie trots op hierdie twee atlete wat so toegewyd oefen!
- 6 Kliënte het saam met personeellid, Deidrè Geyer, Alta du Toit se naam hoog gehou by die Safari-wedloop se 10km stap op Wellington. Die werkswinkel het ook al 10 000 die geskenkpakke vir hierdie geleentheid gepak.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## 'n Omgee-gemeenskap vir Alta du Toit Nasorg

Almal wag in spanning vir Lollos by die Kermis

# Medical care:
## not a nice-to-have, but a necessity

A parent of an Alta du Toit Aftercare client remarked to another parent saying "as long as Sister Horn and Nurse Cathy is there you don't have to worry". This sums up the level of medical service that is provided to residents of the Alta du Toit Aftercare centre; thorough and with love.

Medical care at the centre is an absolute necessity, but one that often has to function under enormous pressure due to financial constraints. One also has to keep in mind that the clients live at the centre for most of their adult life, bringing about the challenge of an ageing group.

The nursing staff at the centre (consisting of a nursing sister, a qualified nurse and four nursing assistants) monitors all 186 residents with help from the carers.

According to Antoinette Horn, Nursing Sister at the centre, the biggest challenge is to uphold the standard of service required despite the demanding workload and having to operate with basic equipment. "Our clients are very special and we want to give them the best care possible. With an aging group of residents the pressure and need for a more equipped special care unit is becoming an urgent reality," says Horn.

The centre is currently in need of donations towards upgrading the special care unit and requires equipment such as blood pressure apparatus, hospital beds, a sitting scale, cot sides, bed wash basins, a linen trolley and files for the steel cabinet to help with the organising of medical files.

Every Tuesday a doctor visits the centre. After a diagnosis is made the administration of getting and dispatching medication is put in motion. Schedule medication is currently dispatched to a 112 clients – a highly responsible task due to the seriousness surrounding handling these drugs. The nursing staff also makes all bookings for doctor visits at surrounding hospitals and is responsible for the taking of blood pressure, temperature, pulse, sugar levels, monitoring diabetes, monitoring clients with psychiatric problems, daily reporting of instances and seeing to dental hygiene.

A client at the centre with Down Syndrome recently made a remark to one of the staff members saying, "I was very sick. I had lung infection in my ear, but sister Horn helped me". How wonderful to know that clients are in the care of staff whom are not only qualified but in touch with these special clients' limited abilities to express themselves.

***If you would like to donate towards upgrading the medical facilities at the centre contact Elsa Theron on 021 913 2106 or bemarking@altasorg.co.za.***

# 'n Geskoffel, 'n gesing en Klomp liefde!

Op 17 Februarie het die kliënte hulle Valentynsdans gehad en dit was 'n geleentheid om saam in liefde te sing en dans op die klanke van die platejoggie, Bruce. Almal was uitgevat in hul beste klere. Die haarsalon-span het gesorg dat almal se kapsels op hulle beste lyk. Die dans gee vir die kliënte 'n geleentheid om meer sosiaal te verkeer en saam met vriende te ontspan. Mej en Mnr Valentyn was die pragtige Angela Coetzee en Jeandré Thiart. Charlotte Skein, ontwikkelingshoof het Lynette Theron geprys vir haar hulp as fotograaf. "Lynette was baie geduldig en het gesorg dat almal breed glimlag vir die kamera!" sê Skein.
***Dankie vir almal wat bygedra het om hierdie viering van liefde by Alta du Toit spesiaal te maak.***

Japie & Sanet by Valentynsdans

# Breëbors oor 12 medaljes

Elf van Alta du Toit Nasorg se kliënte het op 10 Maart in Kimberley deelgeneem aan 'n Intersentrum atletiektoernooi. Die span, onder leiding van ontwikkelingshoof Charlotte Skein, Deirdre Geyer en Till Tönjes het 12 medaljes huis toe gebring. 11 Sentrums het aan die byeenkoms deelgeneem en Alta du Toit Nasorg het 'n algehele 5de plek behaal. Die span het aan die 100m, 200m, 1500m, 3000m, verspring, gewigstoot en aflos deelgeneem. Dit was darem nie net swoeg en sweet vir die deelnemers nie. Die kliënte het heerlik gebly by die Yonder sentrum en het ook Kimberley se beroemde Groot Gat besoek.

***Ons is baie trots op ons fikse atlete!***

# Jan Tuisbly se karretjie? Nog nooit nie!

Die afgelope paar maande is Altasorg gereeld genooi vir besoeke aan selgroepe, vrouegroepe, gemeentes en ouetehuise. Ons is ook gereeld by die sentrum besoek. Tydens hierdie besoeke vertel ons van ons projekte en gee mense 'n kykie in die lewe van die persone in ons sorg. Ons spog ook met hulle handwerk en Robert speel klavier terwyl ons sanggroep sing. Baie dankie vir elke uitnodiging en elke lekker kuier. Dankie aan almal wat reageer op ons uitnodigings en ons besoek. ***Ons kuier HEERLIK saam met die VRIENDE VAN ALTASORG! Kontak die Altasorg-kantoor om 'n besoek te reël.***

Francois Swart and Stefan Human with Elsa Theron, marketing manager, and two of the Alta du Toit Aftercare clients, Sandra Pool and Johan Fiet.

# Alta "rock" by U2

Die U2-konsert van 18 Februarie was een van die grootste gebeurtenisse wat nog in die Moederstad gehou is. 'n Paar van Alta du Toit Nasorg se kliënte het ook na maande se afwagting hierdie geleentheid bygewoon en was omtrent beïndruk – dalk vir ander redes as sommige van die ander aanhangers. Hiermee 'n paar opmerkings wat deur van die kliënte gemaak is na die konsert...

***"Daar was sestigduisend tienhonderd speakers"***
***"Dit was normaal lekker"***
***"Van alles was die COKE die heel lekkerste"***
***"Hy staan SO in sing...(wydsbeen en gebukkend)... ek is mal oor hulle liedere"***

Ons wonder wie al kaartjies het vir Kylie Minogue en Kings of Leon later die jaar?

# 8 days of cycling endurance for Altasorg

Team Ecotech Converge (Francios Swart and Stephan Human), cycled the ABSA Cape Epic Cycle tour for Altasorg. The aim was to raise R50000 for the centre by getting sponsors onboard. There was also a website where the public could donate directly. The 800km race began on 27 March in Cape Town and ended at Lourensford on 3 April. Swart, team leader, completed the race. Unfortunately Human fell ill in the 2nd stage of the race. The team wanted to take part for a good cause and chose to raise funds for people with intellectual disabilities.

***Thank you Francois and Stefan for cycling for Altasorg and helping us raise awareness about the special people in our care.***

# Blankets across borders

Members of the Las Vegas Rotary Community recently joined forces with the Bellville Rotaract Club to donate blankets to Alta du Toit Aftercare. The project was so successful that a total of 88 blankets were handed over to the centre during a visit.

Past President of the Rotaract Club Las Vegas, Amanda Hurst visited Alta du Toit with members of the Bellville Rotaract Club. According to Dominique Yon, President of the Bellville Rotaract, joining forces with the Las Vegas Rotary community was very exciting. "It just goes to show that we can really work across borders to make a difference and address the needs of organisations doing great work such as the Alta du Toit Aftercare centre" says Yon.

Members of the Las Vegas Rotary community as well as members of the Bellville Rotaract Club together with staff members of the Alta du Toit Aftercare centre.

# Nota:

**Finansiële donasies aan ons sentrum is belastingaftrekbaar. Indien u 'n debietorder wil teken of 'n eenmalige donasie wil maak, kontak Elsa Theron by**

**bemarking@altasorg.co.za**

# Are you a Guardian Angel?

Some of the adults with intellectual disabilities in our care no longer have family and cannot afford to pay their fees. You can be a financial guardian! At R1200 per month you can sponsor a person in our care and help secure a safe and loving home where this person can live and work.

***Contact Elsa on 021 913 2106 or bemarking@altasorg.co.za for more information.***

Dowwe Dolla vanjaar by Altasorg vroue-oggend

# Sielkunde, skaterlag en sjampanje by vroue-oggend

Dis tyd vir ons jaarlikse vroue-oggend. Kom kuier saam met ons op Saterdag 30 Julie by die pragtige Bloemendal buite Durbanville. Skaterlag saam met Dowwe Dolla, ontdek interessante feite saam met sielkundige Dr ST Potgieter, geniet 'n sjampanje-proe, stalletjies, gelukkige trekkings en sommer net vrouwees. Bring jou vriendinne en maak met 'n heerlike kuier 'n verskil vir persone met intellektuele gestremdhede. Om te bespreek kontak ***Marina van der Meulen by 021 913 2106.***

***Daar is ook nog stalletjies beskikbaar. Belangstellende uitstallers kan met Marina skakel.***

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