

GREEN PASTURES REST HOME

Newsletter - December 2024



As we approach the end of the year 2024, I want to take a moment to express my heartfelt gratitude for your unwavering support and partnership with Green Pastures Rest Home (GPRH).

The season of giving is upon us! During this time of Advent and as we prepare to celebrate the greatest gift of all – the birth of Jesus Christ, we would like you as GPRH Family to enjoy a safe, healthy and joyous festive season with your loved ones outside.

We certainly had some challenges in many ways, but through HIS Grace and Support, we rose above the challenges of 2024! This also showed us how strong we are as a Team (GPRH) – even through

the toughest of times. It was no easy task managing the wellbeing of our residents, staff and employees of our external contractors who are rendering services at GPRH. The reliability and quality of the service provided by the staff for our residents – defines Green Pastures.

While we are already well into this year's festive season, many of our frail and vulnerable elderly residents suffer from loneliness and missing their loved ones who are staying far and even abroad.

The most important thing the family can do for our residents, is to make them feel loved – and this can be achieved simply by spending "genuine" quality time with them.



Keep an eye out in the new year as Green Pastures Rest Home unveils its exciting new branding!

NEWS AND EVENTS

SPRING WALK

GPRH had a SPRING WALK on Monday 2/9/'24. On this beautiful Spring day we had 62 energized and excited elderly residents who congregated at the Start Point. The Nurses helped those in walkers and wheelchairs who wanted to participate in our walk. We had 3 x stations on route where they were treated with juice, fruit kebabs, etc and it ended off with a cup of tea and cake in the Lounge. We were very proud of our elderly because they walked the trail twice around our premises. We awarded the elderly with 1st (gold), 2nd (silver) and 3rd prizes (bronze) and Mrs Yvonne Spinks won the prize with the most colourful spring hat!



INSERVICE TRAINING SESSION

Our 2024 final training session of our Professional Nursing staff to end of the year on a successful note. The highlight of 2024 is that all Professional Staff are permanent employed for GPRH. Training engagement with motivation, fun & laughter.



GPRH's Professional Nurses Staff are here to serve our elderly residents with smile to ensure they are well cared for and to render an excellent service to them.

GAMES EVENING

GPRH reached out to Pastor Keith Westberg (Youth Minister of Baptist Church in Durbanville) regarding a Games Evening for our residents. A group of 21 x young Adults came to visit us and to play games with our elderly. The Games started at 6pm (after Dinner) and the FUN started! We served coffee and pancakes to all. The young adults didn't just played Games with our elderly, but they took the opportunity also to chat, socialise and to start building friendships with the interesting elderly folk. Our elderly residents asked if they could continue after 8pm and didn't wanted to go to bed so early!



QUATRO VOCCI

The Singing Group – Quatro Voci (The Four Voices in Italian) are a Cape Town-based group with a beautiful blend of voices that entertain the elderly on a quarterly basis. Each show has a tailored theme which transport the listener into a magical world, even if it is for just 45 x minutes. The Group is very popular with our residents and they like to dance with the elderly.



HAPPY BIRTHDAY

Ms Barbara MacDonald. Barbara stays in Cottage 5 and she celebrated her birthday on 17/12/'24 and we are so thankful for all her voluntary services she is doing for our residents. She is running our knitting group, she makes Birthday-and Christmas Cards for all residents and staff; Pastoral Care (visitation of residents, hospital visits, giving Holy Communion) and do shopping for those who have no family. Blessings on your Birthday.



GPRH'S FIRST BRAAI DAY!

We celebrated Braai day in style – all of us had Springbok Rugby Jerseys on and it was such a lot of FUN! The Maintenance Team & Kitchen staff braai for all of us and we had a good sociable afternoon together.



BINGO

Our residents enjoyed the Games Evening so much, that we decided to arrange Bingo for them. It was hot, so we provided them with ice-lollies and popcorn. They thoroughly enjoyed the Bingo.



LINE DANCING

Our residents enjoyed the music and Line Dancing like real Cowboys. They said the dancing keep them in shape and fit!



MUSIC THERAPY

Music is a powerful force that evoke strong emotions, brings back heartwarming memories, and provide a way to express yourself. Older persons can especially benefit from listening to music, as it gives them an outlet for creativity, socialization and mental stimulation and it is an effective treatment plan for older adults with Alzheimer's disease. It can also improve mental health, by reducing symptoms of stress, anxiety and depression. Dementia and Alzheimer's residents can use music to access their past experience and memories. GPRH have 2 x Volunteers – Denise van der Berg (Fridays) and Caleb Caetano (Tuesdays) come on a weekly basis to uplift the spirit our elderly residents. Although Mrs Francis Carew suffers with dementia, she sang a solo and remembered all the words when Denise played "Falling in Love with You"!



CHRISTMAS END-OF YEAR STAFF FUNCTION

GPRH split their Xmas Staff Function and arranged it on 2 x Fridays for those who were off. Each shift/ward had their own "theme" and dressed accordingly. We observed a lot of FUN, Laughter and Joy amongst the staff. We arranged a Braai for them and our own GPRH residents served the braai lunch for our staff.

This Xmas End-of Year function reignited our staff's

enthusiasm for the work they did over the year and motivated them to ensure next year will be just as successful. This function rewarded and recognised outstanding performance & fostered personal connection within their Teams. It also helped to cultivate positivity and TEAM-Building and formed stronger bonding among the nurses. Thank You GPRH Staff – we appreciate your hard work!!



CHRISTMAS LUNCHEON FOR ALL RESIDENTS

GPRH arranged a formal xmas luncheon for all residents (main building; flats & cottages) on Thursday 12/12/'24. They enjoyed the 3 x course meal and our residents feel included and joyous during Christmas – is not just a kind gesture, but it's a vital part of celebrating the true spirit of the season.

GPRH take every opportunity to spend quality time together and celebrate special events with our elderly loved ones. We make sure that Socialising is essential to our residents' happiness and to have close relationships throughout their lives while being in our care.

It also promote a sense of belonging, safety, love and support. These special occasions encourage our seniors to reflect on the many experiences and milestones in their interesting lives. From the time they saw the poster on the noticeboard, it give them something to look forward to, dressing up, it improve their mood and give them a sense of purpose and involvement.

Our Board of Management members also attended the Luncheon and our Chair Person (Mrs Hannl Cronje) delivered a short Christmas Message to our residents. It was indeed a lovey function!



VISITING HOURS

Just a friendly reminder to all Families who would like to visit your loved one at GPRH. Please visit ONLY during our visiting times, which are :- 10H00 – 12H00 ; 14H00 – 16H00; 18H00 – 19H00. If your loved one is sick, please discuss it with the Sr-in-Charge so that she can arrange it with the Security.

