



CASA NEWS

No 91, June 2021

Casa Caritas is a Home that provides loving care and stimulation, either full-time or part-time, to people with severe intellectual and physical disabilities within our care protocol.



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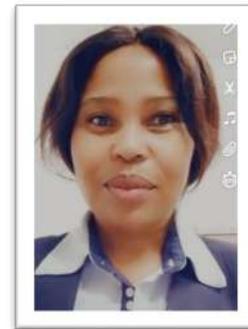
Chief Executive Officer: Adri Kruger 072 107 1989

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Welcome

We are happy to announce that we have appointed a qualified nursing sister for Casa Caritas. **Sister Bongzi Ndlovu** (right) will start on 1 July 2021. She lives close to the Home. We are looking forward to knowing her better. A full article will be placed soon.



Thank you

The third wave of COVID-19 infections necessitated total lockdown and for staff to live in as far as possible, resulting in a shortage of food and products. Adri Kruger sent a message to parents, guardians, and contacts and the response was overwhelming. Every item that arrived was deeply appreciated and there are no words to describe the love and gratitude we have for the generous extended family of Casa Caritas!

Many parents made financial donations and also donated sanitising products. We even received a donation from David and Mercia Pete (parents of late resident Koekoets). We appreciate your continued support. With these donations we bought two sanitising mats that scrape and sanitise shoes in one go. They are submerged in beds of water with sanitiser with dry mats to follow. Care worker **Vicky Mabuela** is demonstrating it on the right. She is wearing a KN95 mask – we acquired these masks on the recommendation of hospitals.



grateful

Zelda and Morné kindly donated cleaning chemicals and toilet paper. Thank you very much.



Co-owners of **CrossFit RaG** in van Riebeeck Park, **Jacques and Thinus**, inspired a whole group of people to make donations to Casa Caritas that took our breaths away. Thank you from the bottom of our hearts! **Strubenvale Primary School** collected a mountain of groceries which Jacques and Thinus handed over to Adri Kruger:



Marnus & Chrisme, also from the CrossFit RaG team, donated more than 90 packets of meat (235 Kg). Thank you very much!



Esmerelda van Wyk from **Jacor Spring Manufacturers** (right) joined the CrossFit RaG effort with a delivery of 25 Kg of e'Pap, a nutritious porridge that helps our residents who need it, with weight gain.



Resident **Danny Coetzee's** grandmother and father from Australia surprised us with a delivery of 25kg e'PaP (left), which will go a long way in sustaining our residents' weights during the winter months ahead. Thank you very much!

Goscor Power Products donated two backpack spraying cans which was presented to Adri Kruger by David Bester, Sales Executive of Plant Hire and OEMs.



POWER PRODUCTS



These sprayers make it easy to disinfect the Home on a daily basis...



PURE HYGIENE CLEANING

...using the special disinfectant liquid donated by Pure Hygiene Cleaning. A big thank you to Johan Potgieter and Carel Bezuidenhout for that!

Monique Jacobs made a delivery of groceries (below) which was donated by Marina Brandt. Thanks very much!



Marcel from PerfectAire SA donated 400 x 120 ml sanitiser bottles for the staff to carry on their person. Thank you so much!



COVID-19 Update

The protocol followed at Casa Caritas is strict to keep the coronavirus at bay. Through the generosity of our community, we are becoming increasingly sophisticated with our sanitizing methods. Careful planning allows us minimum contact with the outside world. A few staff members have had the virus (individual cases) but through careful management of the situation it did not spread any further. The residents and staff are doing well, and we are determined to keep it that way.

Our thoughts are with parents who miss their loved ones in Casa Caritas. Let us just breathe, pray and be patient, the third wave will hopefully be over soon!

Take care!



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Coping with COVID-19

We asked three staff members to share with us how they are getting along during the pandemic.

Margaret Sebelebele, Care Worker, has been coping with the pandemic by following all the rules and instructions from medical schemes which are to wash hands well and sanitise all the time, to wear a mask and to keep a distance from others. It has been most difficult to keep a distance from relatives and friends, to not feel free to go to the shops and to not attend funerals and other functions. She learned that no matter how much time we think we have, we are not the ones to decide on what will happen tomorrow. She sees her biggest blessing as still being alive and not having faced infection in her immediate family.



Nancy Mamabolo, Staff Nurse, has also been coping by maintaining good hygiene at home and at work. For her the most difficult part has been the fear of being exposed or exposing others to the COVID-19 virus. She finds it difficult to work during the pandemic because she is so scared for her health and for the people she supports. She has learnt to make every moment count because life is short, and we never know what tomorrow brings. She sees her biggest blessings as being healthy and employed in a time where so many people have become ill or lost their jobs. She sees herself as incredibly fortunate and she is grateful that so far, her family has been spared those hardships.



Chantell Kriel, Administrator, has been coping well. She has begun to rely on on-line shopping for groceries, pharmacy products, etc. If it is extremely necessary to go into a shop, she makes sure that she is there when they open so that she will not be exposed to crowds of people. At work she has had to adapt to greeting people in a different way. She is not using the elbow greet anymore and she just hopes that people are able to see her smile through her eyes. She has had to come to terms with the impersonal touch. It has been most difficult to limit physical contact with her family and those she interacts with. She loves hugging her kids and their better halves, and hugging people in general, and she has had to fight the urge to hug someone when they need it. She has learnt to never take her health for granted, and to be grateful for those little aches and pains, and for small, joyous moments. She feels that focusing on the negativity around us may make us forget that the small moments can become our biggest memories. Her biggest blessing is her recovery from the Covid-19 infection.



June birthdays

Marihona Steenkamp (45)
8 June 2021



Ronele Pubalakan (26)
14 June 2021



Kyle Sutton (20)
20 June 2021



Touchdown of a different kind

Adri and Johan Kruger welcomed their children Werner and Andrea with their two young sons (right) back in South Africa on Thursday. They lived in Whales where Werner played club rugby for five years after a successful career with the Blue Bulls and the Springboks in South Africa. Werner has hung up his rugby toks for now. We are happy for the family that they can be united again.

Adri and Johan's other son, Adrihan, is a businessman and a regular donor of fresh produce to Casa Caritas. And husband Johan, of course, is always involved because Casa Caritas is not just a job for CEO Adri. It is a way of life.

What a family! We are blessed to have them in the Casa Caritas family.

