



# CASA NEWS

No 109, February 2023

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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[www.casacaritas.org.za](http://www.casacaritas.org.za)

Chief Executive Officer: Adri Kruger 072 107 1989

Parent Representative: Claus Coetzee 079 506 9089

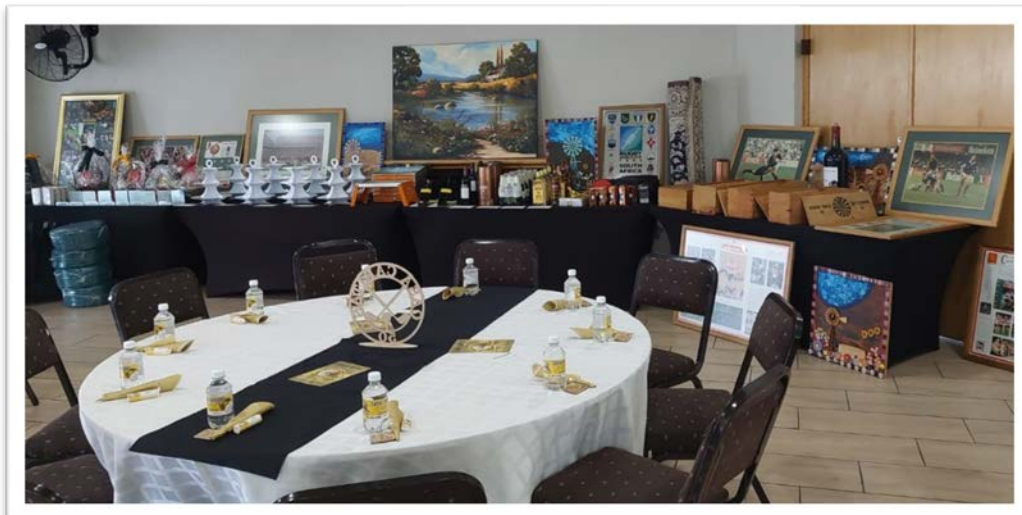
Newsletter Editor: Olga Coetzee 082 454 2140

## Golf day – a huge success!

We would like to thank everyone who attended and contributed to making our golf day such a success. Our sponsors were amazing, thank you! The winners were (below) Louwrens de Jager, Deon Visser, Marius Vermeulen & Mark Ferreira from Phakamani Impact Services. On the left are Chantell Kriel from Casa Caritas and Bronwyn Barnard who have helped with the organisation of the golf day for the past 14 years.



Casa Caritas is 50 years old this year, which was incorporated in the centre pieces on the tables.

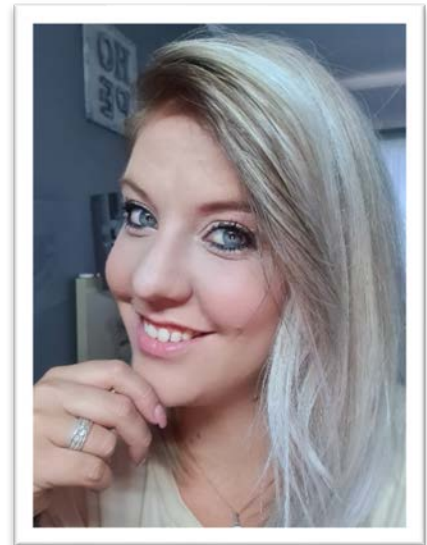


## Farewell

Operations Manager **Rochelle van Dyk** will be leaving Casa Caritas on 28 February 2023 after 7 years of service. We wish her all the best with her new endeavour and hope that she will still make time to visit us all. Rochelle wrote,

“It was an unforgettable experience for me, full of highlights, beautiful memories, and hysterical good laughs. I grew up at Casa Caritas and I would like to say a big thank you to everyone who has been part of my journey. As I now start my new, exciting chapter, I will miss the morning meetings. Casa Caritas will forever have a special place in my heart.

Good luck, Natanya, may you have many blessed years at Casa Caritas!”



## Welcome

Natanya Holtzhausen has been appointed as our new Operations Assistant from 1 February 2023.

She is a devoted mother of 2 beautiful girls aged 15 and 10 and is involved in all her daughters' activities. She left a technical career in diesel distribution after 20 years for a soul-fulfilling job that allows her to spend time living her passion of being surrounded by people. She hopes to be a part of the Casa Caritas family for many years to come and looks forward to getting to know each child in the Casa home.

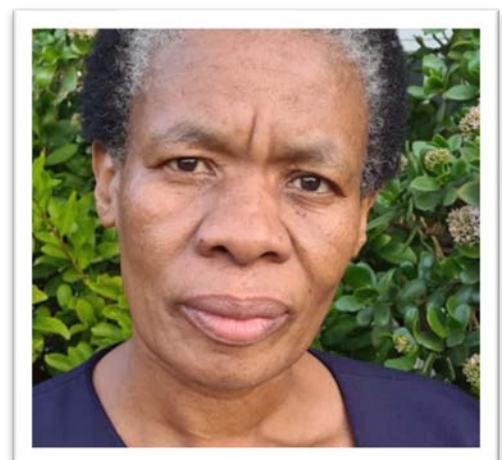
Welcome Natanya, may you be blessed in this position!



## Farewell

Johanna Sehlare had to retire early at the end of September 2022 because of health challenges. Johanna was a Careworker at Casa Caritas for 16 years. She poured a lot of love into Casa Caritas and is missed by colleagues and residents. We pray that she is happy and surrounded by loved ones.

God be with you, Johanna!



## Thank you



Applied Sterilization Technologies

We would like to thank the Steris team for visiting Casa Caritas again earlier this month. When they have new employees, they bring them for a visit to Casa Caritas to see where their donations go.

From left to right are Vusi Musi, Adrian van Niekerk, Ayanda Msiza, Simphiwe Malinga, Tshina Ramanyimi from Steris, and Natanya Holtzhausen from Casa Caritas. Thank you very much!



Albert and Alisna Basson from Struts Africa donated 5000 masks to Casa Caritas. We are truly appreciative of this donation, thank you!

## Life at Casa Caritas

Last week resident Cheressa Cummings marched into sister Bongi Ndlovu's office asking for coffee. True to her fun self, the sister went and made a cup for both of them and invited Cheressa to sit down and they took a coffee break together.

**Coffee with Sister Bongi** may become a ritual if other residents catch on...



# Valentine's day

As always our staff dressed up in red for Valentine's day. The management team surprised them with Sweetie Pies (below) and Kendal and Debbie Thacker from the Kip Mc Grath Education Centre in van Riebeeck Park treated them to heart-shaped cookies and a sling bag (far below).

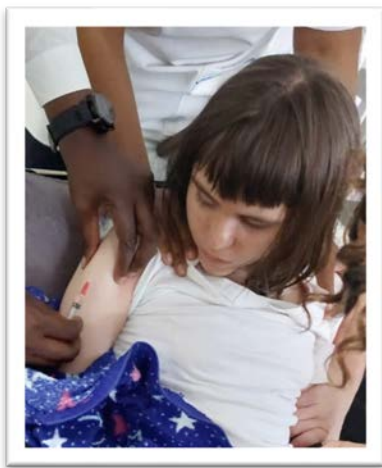


## Measles vaccinations

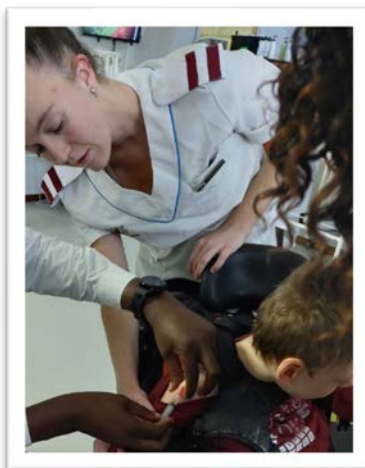
Measles is a highly contagious viral disease. Patients with measles present with fever, spotty rash, cough, eye infection, and running nose. Complications of measles can include diarrhoea, dehydration, encephalitis, blindness, and death. Complications are more serious in those who catch measles as young infants (under 2 years of age) and in children who are malnourished.

Although measles vaccinations are part of standard infant medical routine, there has been an outbreak in South Africa, limited to a few provinces with 586 cases reported since October 2022. To be on the safe side the Gauteng Department of Health recently went on a drive to boost-vaccinate at-risk children against measles. Parents' consent was obtained, and the Department visited Casa Caritas to administer the vaccinations.

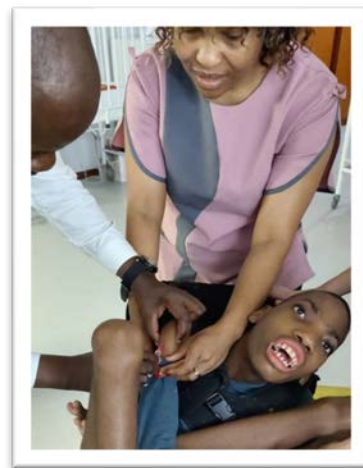
Alma Swanepoel



Jaydee Holtzhausen



Lizizi Ndima



## Mental health

The Mental Health Board met with us to discuss their Occupational Therapy and stimulation programmes for Mental Health NGO's. Their drive is for health care users to receive care, treatment and rehabilitation in environments which are safe, therapeutic, and unrestrictive. The programmes provided must promote the physical, spiritual, emotional, and social wellbeing of mental health care users, and a multi-disciplinary approach must be followed to provide care, treatment, and rehabilitation programmes. They require informed consent from parents to assess and implement their programmes. More detailed generic information follows on the next page and information about the specific implementation at Casa Caritas will follow in due course. Casa Caritas will send consent forms to parents. Representatives of the Board appear below with Leon Grobbelaar (Casa Caritas Board) on the left, and Adri Kruger and Chantell Kriel.



# Occupational Therapy

A health profession that is client-centred and its primary focus is on promoting health and well-being through activities also known as occupations. The primary goal of occupational therapy is to enable people to participate in the activities of everyday life. Occupational therapists achieve this outcome by working with people to enhance their ability to engage in the occupations they want to, need to, or are expected to do, or by modifying the occupation or the environment to better support their occupational participation.

## Supportive

Supports you to do every day meaningful activities

## Practical

Helps you problem solve and learn new skills

## Essential

Focuses on your independence & quality of life

### Goals

*Promotive* – Enabling people to increase control over and to improve their health.

*Preventative* – Prevention of secondary complications following disease or injury. Aimed to protect, promote or maintain health & at the same time helping prevent disease, death or disability.

*Remedial* – Improving client factors and performance skills.

*Rehabilitative* – Compensating for lost or deficient client factors and performance skills.

Issuing of assistive devices.

## Diagnoses

- Schizophrenia
- Intellectual Disability
- Cerebral Palsy
- Developmental Delay
- Down Syndrome
- Bipolar Mood Disorder
- Major Depressive Disorder
- Autism Spectrum Disorder
- Conduct Disorder
- Dementia
- Anxiety
- Hydrocephalus



## What OT aims to improve in MHCUs

### Client Factors & Performance Skills

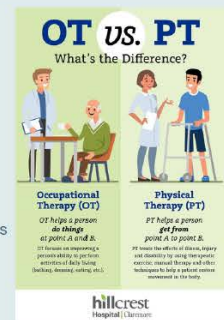
Reality Orientation  
Insight  
Attention & Concentration  
Task Concept  
Memory  
Judgement  
Executive Function  
Social Skills

## Occupational Therapy

Work with people to improve functional skills of daily life and use a holistic lens that connects the physical, developmental, mental and emotional skills.

## Physiotherapy

Assist with physical mobility as it relates to activities of daily living. Physiotherapy focuses largely on prevention, intervention and rehabilitation of the musculoskeletal system so that the body may function properly.



## OT in NGOs

- Part of the Non-governmental Organisation Compliance Team (NGCT)
- Part of a solution to strengthen mental health services in the district
- Wholistic screening and assessment of Mental Health Care User (MHCU). Refer to other health professionals if need be e.g. Audiologists if MHCU has a hearing impairment.
- Assess for & procure assistive devices e.g. wheelchairs and buggies
- Devison & implementation of stimulation programs to combat institutionalisation
- Case management
- Diagnosis specific caregiver training & education
- Support to caregivers, families and management of NGOs
- Increase awareness of mental health diagnoses and disabilities
- Advocate for MHCUs



## What OT aims to improve in MHCUs

### Function

Self-care & personal management  
Social Participation  
Community Integration  
Leisure  
Education  
Life Skills  
Work – Income generation projects, protective workshops or sheltered employment



Ekurhuleni Health District – Mental Health Services  
Occupational Therapy  
mhoccupationaltherapy@gmail.com



**GAUTENG PROVINCE**  
HEALTH  
REPUBLIC OF SOUTH AFRICA

# Happy Birthday!

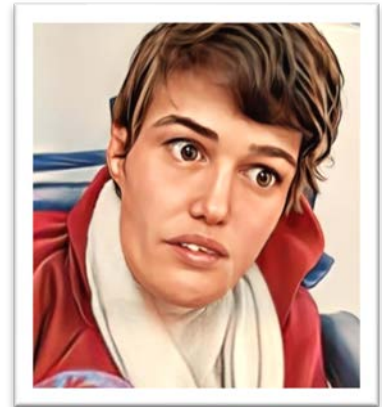
Johan van der Merwe (36)  
11 February 2023



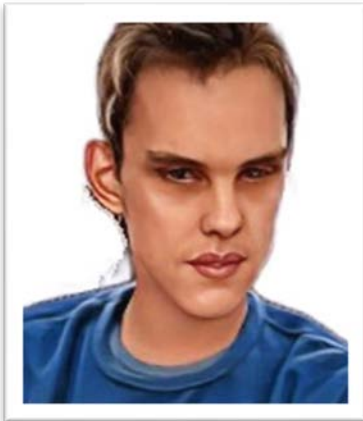
Marzanne Grobbelaar (35)  
11 February 2023



San-Mari van Heerden (31)  
26 February 2023





Aubrey Green (22)  
16 February 2023

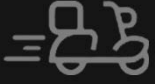



Cheressa Cummings (42)  
16 February 2023



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Please make sure you have selected Casa Caritas as the beneficiary of your Woolies give-back.

## Classified advertisements

Place your advertisement in Casa News for only R50,00 for the size of the advertisement below left. Full page advertisements can be placed at R200,00. Payment to Casa Caritas: Absa Bank, Current account no 260231812, Universal branch 632005. Send the advert with proof of payment to [olga@olgacoetzee.com](mailto:olga@olgacoetzee.com).



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Casa Carita has vacant rooms for residents as well as space for day visitors. Applications for individuals 14 years and younger who are both physically and mentally handicapped, are welcome.

Each applicant is evaluated on merit.

Apply to [ceo@casacaritas.org.za](mailto:ceo@casacaritas.org.za).



Even though I walk through the darkest valley,  
I will fear no evil, for you are with me;  
your rod and your staff, they comfort me.

**Psalm 23:4**

