



The power of one...

There are surely times when we wonder whether our humble contribution really makes a difference... yet individual giving makes up more than 70% of the funds upon which a non-profit organisation such as NOAH depends.

"WE are blessed and humbled by the ongoing generosity, concern and care that individual donors show our elderly, especially during these tough economic times," says fundraiser Anne van Niekerk. "Your support has deeply impacted the lives of more than 450 elderly people who live on a social pension of R 1010 per month. Thank you for giving them the quality care, support and love that they deserve."

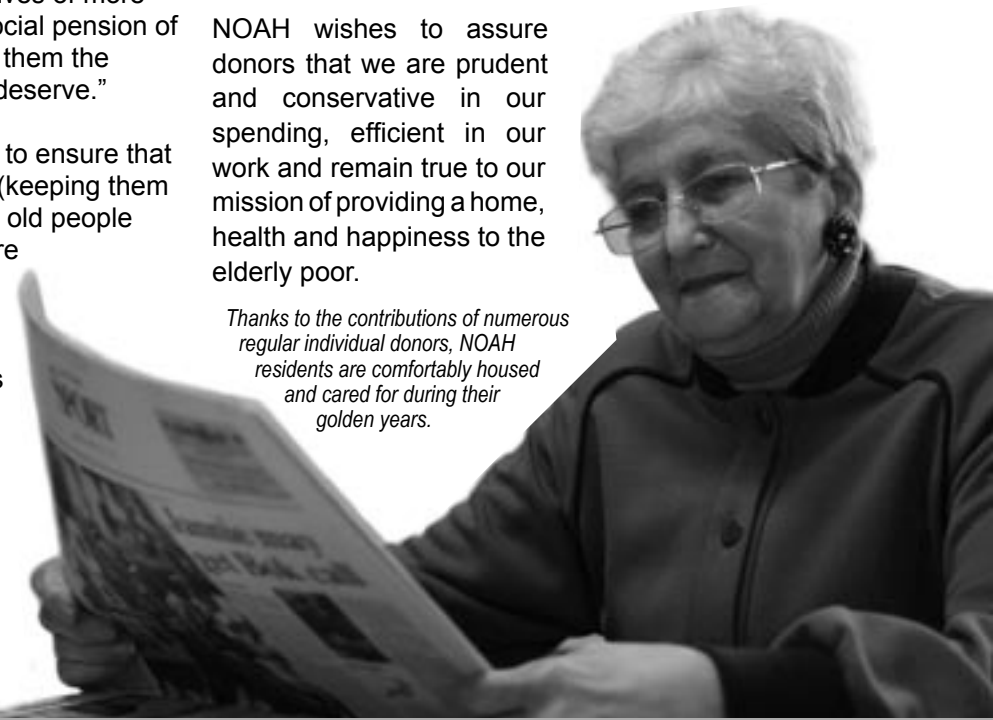
Individual donations directly help NOAH to ensure that 120 old people are comfortably housed (keeping them safe, secure and independent); that 200 old people are attended to at our primary health care clinic (keeping them healthier and fitter for longer); that 100 elderly receive information, peer group support, health monitoring and meals at our social clubs (keeping them healthier, happier, and involved at home) and that 45 not-so-fit elderly receive the round-the-clock care that they deserve in a cost-effective, happy and companionable environment.

"We would love you to visit us and actually meet the people your ongoing generosity supports," continues Anne.

"Please also remember that, as NOAH continues to grow and develop, your ongoing support is critical... Pass our name on to your friends and family, and consider leaving us a bequest – a living legacy!"

NOAH wishes to assure donors that we are prudent and conservative in our spending, efficient in our work and remain true to our mission of providing a home, health and happiness to the elderly poor.

Thanks to the contributions of numerous regular individual donors, NOAH residents are comfortably housed and cared for during their golden years.



Any donation to NOAH is tax deductible – simply ask for your Section 18A Tax Exemption Certificate.

Donor's comments

Anton Evans is the son of NOAH social club member Imelda. He has recently increased his monthly donation from R 50 to R 200. "It is my way of putting something back, even though I am currently unable to give of my time due to other commitments," he says.

John Dobson is another committed, long-term giver. He says: "It is tremendous to know that there is an NGO that does such good work in a necessary area, where I am absolutely convinced the money is being spent exactly where it should be. I wish more people knew about NOAH and would recommend a visit to this marvellous institution."

Certain employees of **Old Mutual** and **Ernst & Young** are dedicated payroll givers. NOAH salutes companies who make it easy for their employees to support the causes closest to their hearts by handling the administration of monthly deductions from salaries.

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Soap, glorious Soap!

AS the number of grandparent-headed households increases, a key factor is of course money. They all lament the lack thereof and need to find a viable avenue to augment their paltry pensions. After a great deal of trial and error (sewing aprons, knitting beanies, making *papier maché* bowls, etc), the Monwabisi social clubs in Khayelitsha have embarked on a new income generation project with volunteer Megan Lindow, who demonstrates, trains and helps market the product. She says the gogos are catching on fast!



A special gift that keeps on giving...
Why not order beautiful, hand-crafted natural NOAH soaps as gifts for the holiday season? - a luxurious, richly scented natural product that does your skin good, is not harmful to the environment and helps the elders of Khayelitsha. Photo: Megan Lindow

Nonkululeko news

NOAH Khayelitsha manager Sinah George reports that three elderly residents have recently had to be transferred to the CPOA as carers could no longer cope with the level of care they needed. As a result, screening has been tightened. "Most applicants are already too frail for us to help them – this is why we are working on developing a multi-purpose geriatric wellness facility close to the day hospital," says Sinah.

Fondly remembered...

"MCNULTY staff members are greatly saddened by the recent passing of three of our residents, but grateful that we had the opportunity to know and love them," says Sister Ada Kennedy.

Lydia Adams had been 5 years with NOAH. Although over 80 she was very vivacious and always in for a hug. "It was amazing how much happier she was at NOAH," said her sister Joan Layters, remembering her working life as a domestic at Groote Schuur.

Susan van der Schyff had been with NOAH for 10 years – 1 year in independent housing and 9 years in McNulty. She was a very quiet, dignified lady who never complained about anything.

Gladys Schwartz was with NOAH for 4 years – 3 years in independent housing and 1 year in McNulty. "She had the most infectious laugh which I could hear from my office," remembers Sister Ada. "Whenever I heard it I always chuckled to myself!"

McNulty comes of age

NOAH's programme is all about providing safe affordable accommodation for fit elderly social pensioners, who continue to cook and clean and lead independent lives. However, when the day inevitably comes that residents can no longer live independently, they are moved to McNulty House.

Established 21 years ago, it is a 25-bedded home made up of 3 conjoined old Woodstock cottages and which shuns the label "frail care". It can more accurately be termed "extra care" and, like the other NOAH homes, residents bring their own beds and personal bibs and bobs so there is a minimal level of anxiety and no great dislocation in their daily routine when they are moved.

A trained sister supervises the carers and is so accessible to the residents that they become greatly attached to one another. Love at McNulty is free and abundant - a visit there feeds one's soul.

There is another great value to McNulty House and one that has no price. NOAH residents are likely to die in their own beds at 'home' surrounded by friends and family. Who would ask for more?



Gladys Dreyer was the first resident of NOAH in 1981. At 97 years old, she is also our oldest resident.

Home

NOAH's Housing Co-ordinator, Vivienne Prince, says:
 The Woodstock houses have had a face lift – freshly painted houses inside and out including some stoeps are enough to lift residents' spirits! Pothier, Murray & Roberts, Fairview and Gill Houses have all undergone a renewal.

If someone wishes to visit, I now proudly refer to the smart new signage and impeccable exteriors as landmarks!

Health

NOAH's Health Manager, Sister Ada Kennedy, reports on the health front:

- A replacement for a sessional doctor to "man" the Woodstock clinic is being sought since the locum is on maternity leave.
- Dr Gio Perez has stepped in to ably assist NOAH's elderly Khayelitsha residents.
- Dr Roman Steyn from Vanguard Day Hospital is checking up monthly on NOAH Langa residents which has resulted in a great improvement.
- All NOAH residents, as well as members of the community that belong to the clinic, receive a complete health assessment every second month. Chronic conditions are thus well monitored and controlled; acute conditions are naturally promptly referred to the local day hospital.
- Flu vaccines were given free of charge this year and to date we have not been affected by swine flu.
- Well attended health talks on Elder Abuse and Diabetes were held.

From Dee's desk

2009 is proving to be a very challenging year for all South Africans with the global economic crisis showing no signs of abating. Among the worst hit are the elderly people we serve.

Not only do many of them have to keep themselves on their old age grant, but some are supporting entire families where unemployment is so high. We salute these courageous grandparents who continue to do their best through these tough times. Our organisation is greatly blessed in having funders who have stood by us this year, helping us to keep the boat afloat. Each funder, from the individual giver right through to the largest corporate donor, is deeply appreciated and honoured for their generosity.

Key partnerships

In these tough times we are finding it even more necessary to partner with other organisations to expand and strengthen our work. We have a long relationship with the Department of Social Development (DSD), which has recently resulted in the launch of a new outreach. In July this year, NOAH was asked by DSD to provide services to a group of neglected and very vulnerable elderly folk in Langa. This has proved an exciting and challenging opportunity and I am proud to say the NOAH team has not only managed to transform the facility but make the residents feel safe, secure and happy. In partnership with the CPOA (Cape provincial welfare organisation for the aged) and architects Nightingale Associates, we are also aggressively pursuing plans for a large multi-purpose facility for the elderly in Khayelitsha, which is so desperately needed. Another embryonic partnership has been formed with the new Foodbank to address malnutrition issues among geriatrics on a severely constrained budget.

We gratefully acknowledge all our partners for their commitment and willingness to work together for the elderly.

Dee Wills, Programme Manager

Happiness

Occupational therapist Jeane Coetzee shares the following:

- The revised Code of Conduct has been workshopped with each and every NOAH House. It is anticipated that this Code will be revisited and revised as necessary every year.
- We've held 6 Conflict Management courses with NOAH residents on how to differ constructively and mediated in several disputes where residents used strategies taught in this course. Residents are definitely better equipped for day to day living in a communal home.
- Social outings and aboutings are featured on Page 8.

Staff news



Vivienne Prince has taken over the key role of NOAH's Administrator (Shaundre Stewart having left). Vivienne's previous portfolio as Housing Co-ordinator will now be part of OT Jeane Coetzee's province.



Caring co-ordinator **Pumla Ndwai** has been transferred from Khayelitsha to run the day to day activities of the new NOAH Langa facility as house mother.

Atlantis rises

Named after the lost city of legend, Atlantis was originally created by the apartheid government to cater for an anticipated overflow of the Coloured population from Cape Town in the 1970s. Initially businesses in the area were heavily subsidised and people encouraged to move out there. However, the impetus behind this 'ideal city' swiftly crumbled, making it isolated, expensive and depressed - leaving people who had settled there virtually stranded. In the face of poverty, unemployment and despair they have had to forge a new identity and vision...

ATLANTIS is situated about 45km north of Cape Town along the West Coast, surrounded by a rich ecosystem featuring white sand dunes which form a natural aquifer. NOAH's Housing Co-ordinator,

Vivienne Prince, lived in the area for a number of years so it is close to her heart. "Spring was always my favourite time of year because there were so many different kinds of flora," she recalls. "Transport

was very expensive and shops were few, many travelled all the way to Tableview."

Many residents still travel to Cape Town and further afield to their place of employment on a daily basis. Happily, Atlantis itself has come a long way in terms of providing reasonable infrastructure to service its population of nearly 80 000 souls.

Amongst other more mundane amenities the town is proud to boast its own gas turbines, radio station, local newspaper and even movie makers in the dunes! A tourism office has recently been established and there is talk of a railway station.

NOAH's involvement with this community dates back to 1988 when a desperate need for accommodation and care of the elderly was identified. A first home was created in Saxonseas in 1990 with funds donated by the late John Strebel, a local factory owner and philanthropist. A second home, Avonskemer, was acquired in 1992 with I&J later providing funding for renovations and extension.

Initially a small group of CWD volunteers supervised the day to day running of Strebel house. However, this eventually proved too much and a steering committee composed of local community members was sought to support both houses. With an unemployment rate of more than 50% and the resulting high crime



Residents of Avonskemer - (back row) Kenneth & Francis Williams and Moses Arendse and (seated) Belinda Seherie, Sanna Solomons, Elizabeth Daniels, Mary Hendricks.



The NOAH Atlantis steering committee - May Borgches, Jenny Rodkin, Stephanus Baartman, Ilonka Rhode and Marilyn Davis (and Jenny Manuel, not pictured.)

"I'm really happy to have a good team working together for the residents in Atlantis, especially as they are so far away from the rest of NOAH's services."

rate, levels of family violence and the abject poverty of the area, it was quite a challenge to find people able to sacrifice their time and money in looking out for anyone but themselves.

As per the NOAH model, steering committee members assist with fundraising events and outings, not to mention sometimes fulfilling the role of advisor, mediator or even mother - not always easy!

"I'm really happy to have a good team working together for the residents in Atlantis, especially as they are so far away from the rest of NOAH's services," says Vivienne. Chairperson Jenny Rodkin lives next door to Strebel and regards the residents as an extension of her family; her involvement goes back some 11 years.

Together the NOAH houses in Atlantis now accommodate 16 residents, whose ages range from 62 to 80. They are fit elderly, happy

to be involved in fixing little things round the home and taking care of the garden. One of their biggest problems is getting to the hospital early for their check ups, which involves walking long distances past unsafe areas as taxis are usually driving contracts that time of the morning.

Residents had so much fun at a recent Bingo completion, organised by their steering committee to bring them together, that they are planning another for later this year. Other intended outings are a joint Spring lunch and a visit to Woodstock residents during the Week of the Elderly.

Strebel has been adopted by Grandslots and Avonskemer by Colas SA. Both companies have taken the time to visit the houses, meet the residents and even make recommendations to make their lives more comfortable and secure. "Words can hardly express how grateful we are," concludes Vivienne.



Sanah Solomons is a close relative of a well-known celebrity in Atlantis. She's been living independently in a NOAH home in Atlantis for the past 15 years.



Annie de Buys, a resident at Avonskemer, on her 80th birthday.



In March residents had a marvelous day at Silverstream Beach, a stone's throw from Atlantis - the weather was so splendid some actually frolicked in the cold Atlantic ocean!

Spreading the load

THE SMME (Small, Medium and Micro Enterprises) sector has emerged as one of the main drivers of our current economy. During this challenging global economic crisis SMMEs stand as a beacon of hope for NGOs. Their management structures, service and product offerings as well as their willingness to give fosters hope of possible relationships.

NOAH is currently appealing to various SMMEs to partner with an established NGO that is contributing significantly to a much neglected sector of our society. Harold R. McAlindon once said: "Do not follow where the path may lead. Go instead where there is no path and leave a trail." There is indeed now an opportunity for SMMEs to leave a trail for others to follow in supporting care of the elderly!

The renowned Mahatma Gandhi, put forth this challenging statement: "The future depends on what we do in the present." Some people will, in the future, look back and feel glad that they supported good causes while they could. Emulate these wise ones and don't let opportunities like these be future reminders of regret.

Please, may we count on your support for the sustainability of NOAH's services to the elderly community?

Mbuzeli Mrwetyana
NOAH Fundraising Manager



Fundraising team: Mbuzeli Mrwetyana and Anne van Niekerk put out proposals to keep NOAH financially afloat.

A buyer's market!



There are still houses seeking sponsors - please contact us to discuss how your company could become involved and how you stand to benefit!

ADOPT-a-House is a successful concept that the fundraising team has recently introduced. It gives companies the opportunity to "adopt" a NOAH house for an initial period of twelve months, renewable thereafter.

For either an upfront contribution or monthly installment payments, the company contributes to the professional services, daily costs as well as any capital costs required by the house. In return, the company can claim a portion of their contribution back by way of our Section 18A certificate, may qualify for additional BEE points, as well as "use" the house for their employee participation programme and for marketing purposes.

Almost half of NOAH's independent homes have been adopted since May 2009. It is truly wonderful to witness the personal interaction that takes place between company staff, the residents and their house committees. The elderly deeply value the support, and the fact that they have been made a priority.

Stellenbosch mourns

Retiring from her nursing job in 2005, Sister Nellie Heneke promptly began a new retirement career at NOAH's St Joseph's home in Ida's Valley, Stellenbosch. Obligated recently to retire once again due to sudden illness, she has sadly

passed away - deeply mourned by all who knew her. She mothered residents, flew the NOAH flag high in the community and was an integral part of the upgrade of the home last year - we salute her and thank her for her invaluable contribution.

Pictured here in happier times is Sr Nellie with her husband, Oom Pieter, at NOAH's Christmas Lunch.



As noted on the front page of this newsletter, NOAH is a public benefit organisation and is tax exempt under Section 18A of the Income Tax Act. Our donors may claim back up to 10% of income tax on their donations. Tax certificates are issued upon request.

My own space

Linda Joshua is 82 years young and has been a resident of NOAH Briggs House for the past eight years.

BORN in Claremont, she was brought up mostly by her grandparents - her father being an only child. The eldest of five, she recalls a happy childhood. Her husband fought in the Middle East during World War II and she married him when he was demobbed, three days before her 20th birthday.

Her family was forced out of Claremont by Group Areas to Bridgetown, which was a big shock and adaptation. Linda had 7 children (she now has 18 grandchildren - 13 of whom are boys! - and 8 great-grandchildren, a real family forest!). She says she had to keep the children very busy to steer them away from bad influences - so they partook in every community activity going. Her husband started a

soccer club in 1968 and the whole family became involved; today one daughter is doing something similar.

Linda's husband James worked for Leylandts in Epping; they were married for 51 years and in her words "grew together". Sadly he died suddenly of heart failure in 1997; Linda has also lost two sons to cancer and tearfully recalls burying her eldest daughter earlier this year.

Although they are a close-knit family, she felt very alone after the death of her husband. She heard a friend's mother describing how nice it was at NOAH and, after a visit, she was placed on the waiting list and soon thereafter offered a room. "NOAH is a good setup - I am free to come and go, but one must obey



All at NOAH love Linda for her positive attitude and cheerful presence.

the rules!" she says. "We are a very nice group of people together in Briggs House - thank the Lord our problems are small." Linda gets out a lot - her children say she's forever on the move - but she's always glad to come back to her own space.

Newlyweds at NOAH

by Mrs Frances Williams, resident at Avonskemer House in Atlantis



children and still counting... We might not have a lot of money but we are very rich in family and fortunate to have them all around us still.

When both our spouses passed on in their late sixties, we became very lonely. Our children put us on the Flirt Club just for fun (imagine!) which is where we came across each other.

I travelled from Gauteng to meet Kenneth in Cape Town and, bingo, we clicked from the start. We have so much in common and share a very good sense of humour. We courted for about two years and finally, inevitably, we got married. I believe the Lord gave us a new lease on life - our kids can't believe the change in us.

MY name is Frances Williams, aged 70. I am originally from Newlands, Cape Town; Kenneth (71) came from Port Elizabeth but has lived most of his life in Cape Town.

Between us, we have 14 children, 37 grand children, 13 great grand

We praise the Lord for His blessings on us; and furthermore, we are very fortunate that we were recommended to and accepted by NOAH. We are so happy here as we can be independent yet relax and be ourselves, knowing that we are in a safe harbour having weathered the storms of life.

"Being unwanted, unloved, uncared for, forgotten by everybody, I think that is a much greater hunger, a much greater poverty than the person who has nothing to eat."

Mother Theresa

Mothers and fathers honoured

MOTHERS' Day was celebrated with a mini-service and a poem read by Housing Co-ordinator Vivienne Prince. Fathers' Day was a little different with people sharing their memories of their fathers and a sing-a-long. As always, festivities were enhanced by nice things to eat!

Talking about TIK

NOAH's OT Jeane Coetzee gave a very informative talk designed for grandparents keeping a watchful eye on teenagers. This was part of an interesting presentation by Pat Lindgren of the Halt Elder Abuse Line (HEAL) on World Elder Abuse Day, attended by over 50 NOAH Woodstock residents as well as from neighbouring Eleanor Murray Home.

Fundraising fun

NOAH Stellenbosch held a very successful high tea in a local church hall. Organised entirely by St Joseph's steering committee, entertainment by the SAPS band (pictured below) attracted a large, enthusiastic audience and over R10 000 was raised.



ABOVE: The Exotic Dancers (the name of this dancing troupe from Mitchells Plein) volunteered their time to entertain the crowd at the Winter Warmer.

180 older people enjoyed a slap-up Winter Warmer lunch in the St Agnes church hall, organised by Vivienne Prince and the steering committees of the Woodstock houses. The project raised almost R 8 000.

Comings and goings

Welcome to:

Sophia Abrahams, Jean Kemp, Daisy Boltman, Belinda Seherie, Abraham Cyster and Minnie Hendricks.

Transfers:

Lily McCarthy to McNulty and Aubrey Josephs to Millicent Gunn.

Farewell to:

Mary Jacobs, Cynthia Martheze, Maria Breytenbach, Wilma February and Kenneth Kleinschmidt.

MILLICENT Gunn's choral afternoon was a huge success, featuring church choirs, soloists and duets; also dancers (mainly children from the Woodstock area), and a band of youths. Resident Jeanette Baaitjies was very proud to see both her son and grandson perform! The day ended with ever-popular karaoke.



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