



More 'World Makers'

Another group of enthusiastic employees and Elders from Tafta started their journey as World Makers in Durban.

This should also strengthen the Path to Mastery Guide process started at Tafta earlier in the year.



Wintery Bloemfontein was warmed in May during the Eden Associate training by this group's enthusiasm, openness and authenticity! World Makers indeed! Vrystaat bo!

Next
Associate Training
 27 - 29 June in KZN
 1 - 3 August in Gauteng

Silwerkruin - Wat 'n dag om te onthou. 1 Maart 2017

Die betrokke dame is sedert 16 Maart 2015 'n inwoner van Silwerkruin. Sy is tans 62 jaar oud en is gediagnoseer met 'n neurologiese siekte wat haar totaal sorgafhanklik laat. Haar spraak en spierkoördinasie is ernstig aangetas. Sy het 'n besondere hegte verhouding met die versorger, Rochell, wat vir haar verantwoordelik is. Onderstaande skrywe deur die versorger toon duidelik die vrug van toewyding, individuele sorgplanne en die effek op inwoner sowel as versorger. Rochell vertel ...

Mnr. Lowe kom voor lunch vir my sê sy vrou het sopas vyf woorde wat sin gemaak het geuiter. Wat 'n belewenis om die vreugde op sy gesig te sien toe hy dit aan my oor vertel. Trane het geblink in sy oë. Met middagete het ek die bord kos voor haar in my hand gehou en haar gesê om die lepel te neem en self te eet. Wow wat 'n wonderwerk. Sy het al haar kos self opgeëet asook die nagereg waarvan sy die bakkie self in haar hand gehou het. Ek het sommer 'n knop in my keel gekry.

Die verwondering op haar man se gesig was "priceless". Dit gee jou rede om soggens op te staan en werk toe te kom, ongeag jou eie kwale en pyn. Die naweek het ek gevoel ek kan nie meer nie en het daaraan gedink om te bedank. Ek het weereens besef my werk hier is nog nie voltooi nie. Ek maak nog 'n verskil in sommige inwoners se lewens. Its not easy, but it is worth it. What a day to remember!

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RON SMITH CARE CENTRE

RESIDENTS AND STAFF ENJOY
'WHO AM I STORY SESSIONS'

We recently had a wonderful Who Am I session on River Lodge 2, featuring the stories of resident, Frank, and care worker, Tsepho Peta.

Frank has been having a rough time emotionally. He is convinced that he is married (he is actually divorced) and is feeling abandoned and neglected. When I first asked him if we could write a story about him, he responded, "Who would be interested in my story -- nobody, not even my family." Nevertheless, he agreed to be interviewed but his responses were very disjointed and he was unable to remember a lot of the details. We asked his ex-wife to supply the missing pieces.

I read Frank's story to him on a bench by the lake when he was having tea with the walking group. When I read it, he had tears in his eyes and he was overwhelmed with gratitude. He just kept thanking me over and over again for the story. After each sentence that was read to him, he nodded his head and affirmed its truth by saying, "yes—that's right". He was remembering aspects of his life, and he recognized "the truth" when he heard it, even though he was unable to speak that truth in words himself. He felt relief & gratitude, that

someone "saw" him and acknowledged his personhood.

Resident from River Lodge 1, Lorraine, was present at the walking group tea when I took Frank aside to read his story to him. She was very interested and announced that she would definitely attend Frank's Who Am I session on River Lodge 2. Frank was so pleased to have this support and interest from a new friend (he has always been a bit of a loner). Since the Who Am I, where he received additional support from River Lodge 2 staff and residents, he has been participating more and more in social events and in certain OT activities. When everyone applauded after his story was heard at the Who Am I, he cried tears of joy.

Debbie Christen, Manager: Recreational Programmes,
Ron Smith Care Centre

Read more about the Who am I sessions at
<https://edenalt.co.za/initiative-ron-smith-care-centre/>



Nuwe oë en 'n soeke na betekenis, bring lewe en kwaliteit van lewe.

[Tydens die drie dag Eden Associate opleiding in Bloemfontein het die volgende storie ons harte geraak.] Edith Martins was bekend met die geluide, gebeure en uitdagings van die begin van lewe in kraamkamers. As verpleegkundige was die skuif na geriatric en die verskil in ritme 'n reuse uitdaging toe sy as Verpleegdiens-bestuurder begin het by Residentia Bethulie.

'Ek was geskok en verwonderd dat soveel van die inwoners in 'n semi slapende, kwylende toestand was.' Sy het iewers 'n uitdaging gesoek en tipies aan verpleegsusters haar gewend tot die medisyne lêer en voorskrifte. Sy was verbaas en ontsteld met die hoë dosisse van anti-psigotiese middels asook slaapmiddels wat inwoners wat in die bed leef daaglik ontvang. *'Hul lê dan reeds!'*

Een inwoner spesifiek het haar diep geraak aangesien daar vertel word van hoe vrolik, meelewend, kreatief en intelligent sy was. Haar drie dinamiese dogters was bewys dat dit nie net stories was nie, maar inderdaad die waarheid. Met inligting uit die 'Living will' van die inwoner en haar drie dogters se samewerking, is daar 'n proses begin om van die anti-psigotiese middels drasties te verminder.

'n Week later het die inwoner begin regop sit in 'n stoel. Sy kon die kwylery onder beheer kry en sy het self begin om kos in haar mond te sit. Op hierdie stadium is Edith gewaarsku dat die inwoner gaan probeer loop en 'n been breek.

[Die vrees van risiko – maak dat alle inwoners ingeperk word, sodat ons, die personeel ‘veilig’ en sonder blaam kan wees. Die inwoners is lewendig, maar eintlik ‘living dead’]

‘Binne ‘n maand het die inwoner begin kommunikeer en het sy haar dogters herken en by name geroep. Hulle kon dit nie glo toe sy een Sondagoggend haar eie telefoon beantwoord nie! Sy het ‘n sinvolle gesprek gevoer.’

‘Ons het drie sinvolle jare vir haar en haar familie gewen. Ironies genoeg is sy oorlede een nag terwyl ek aan diens was. Ek kon met deernis kyk na haar gestorwe liggaam en dankbaar wees vir wat sy toegevoeg het tot my lewe en besluitneming oor waar ek myself vandag bevind.’

‘Aan die voorpunt van verandering. Blootstelling aan nuwe denkwyses soos die Eden Alternative. Ek soek nie meer my plek in geriatric nie. Dit het my passie geword.’

**Dankie Edith vir jou insig, waagmoed, omgee en passie om ‘n verskil te maak.
Jy is opreg ‘n ‘World Maker’!**

‘Medical treatment
should be the servant
of genuine human
caring, never its
master’
Eden Alternative
Principle 7

Lessons from Carol

*being in the presence of
greatness.*

Rayne Stroebel

Life lessons are best learnt from Elders - those who have walked the path, paid the school fees and have thrown the T-shirt away because it is so old and faded. In the unassuming presence of greatness one can often forget time and venture to new places in the mind - the real road less travelled.

The past four weeks I had the privilege of spending time with Carol Ende, walking the Tankwa at night at AfrikaBurn, the long stretch of Noordhoek beach, the Longkloof Reserve, sitting next to a few campfires and drinking enough red wine. Carol laughs easily, especially at herself. Known for "not giving a shit" according to one of her best friends, she is extraordinary perceptive for the needs of others.

Maybe it is the fact that she cares little for the trappings of clothes and jewels, is happy with cheese

on toast and sleeping outside under the stars that gives the perception that she doesn't really mind. Yet she does.

Carol has travelled the road to Elderhood working her way through transforming the way that the world sees Elders and those who work with them. And now, she can step away from formalities and niceties, teaching and guiding others to change their paradigm.

It is not really about training others to care. It is all about seeing Elders - a definition that is not age related. Elders are those from whom we learn. The way a bird watcher would tune their ears to the sound of birds in nature, we need to tune all our senses to seeing and hearing Elders and be open to learn, to accept the gifts of creating a life worth living for them and those close to them.

Like Haleigh and Hanna (the daughters of Bill and Jude Thomas who taught their parents and the world about living with different abilities.)

Talking about gifts. This is all about re-gifting. Creating a learning environment happens when we re-gift, when we pass on everything that we have learnt to those around us. Hanging on to the gifts of learning render them useless - like the precious teacups our grandmothers kept in a cupboard on display, they will gather dust and become mere ornaments. Tasting a cup of tea from fine porcelain with good friends, means that we use the gift, share it, enjoy the benefits of others using it.

The journey into Elderhood brings a new freedom. The freedom of really not giving a shit what others think. Calling people out. But it also brings a wonderful ability to see the wood for the trees. Rising above the mundane to see authentically. To hear the real message. Walking on Noordhoek beach we laugh at the wonder of being free from having to pretend. About being honest, having given up the need to impress.

Walking with Carol brings an affirmation - we are doing the right thing. We are on the right path. We are being authentic in our quest to make a difference.

Carol Ende is a former Executive Director of Eden Alternative USA, with 20+ years of experience of implementing The Eden Alternative.

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