This year has been a time to look back with deep appreciation for the many donors, volunteers and staff who have shaped the growth and developed the service of special care that Helderberg Hospice has become known for throughout the community. We have touched the lives of many thousands of individuals and families over the past 25 years and are grateful for the privilege of being able to have made a difference to them in their time of need.

An anniversary such as this is also an opportunity to look to the future. We need to rise to the challenge of ensuring the availability of our care in the years ahead. In order to do this, Helderberg Hospice has launched a special campaign to raise awareness and funds for our service. In these tough economic times we need, more than ever before, the ongoing support of the Helderberg community at large. For 25 months, from October 2011 to November 2013, our focus will be on building on the foundation of the past to create a sustainable future for our special kind of care.

The 25 Year Fund received a generous kick-start at our AGM in August this year with a donation of R5000 from Boetie Rietoff of Somerset Beverages. He is pictured above with Gill Wasserfall, manager of Helderberg Hospice, and Keith Davies, Hospice treasurer and Financial Director. If you would like to contribute to the 25 Year Fund the details are as follows: ABSA Somerset West, Savings Account 9049291699, Branch Code 334712.

This issue of our newsletter includes a variety of ways that you can support Helderberg Hospice, many of them very small and simple. Every gift from every person makes a difference to sustaining our care. We realize that in these difficult times giving requires considerable sacrifice and we deeply appreciate all those who have continued to support our service financially.

We take pride in being able to ensure that as much as possible of the money donated goes directly to patient care. Currently 86 cents of every Rand donated is used to care for our patients and their families. Tight controls and efficient record-keeping are integral to maintaining this level.

Thank you for 25 years of support. We have only been able to grow as a service because you have made it possible. It is your faithfulness that has sustained our vision.

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What is Palliative Care?

- Affirms life and regards dying as normal process
- Neither hastens nor postpones death
- Provides relief from pain and other distressing symptoms
- Offers a support system to help patients live as actively as possible until death.
- Integrates the psychological and spiritual aspects of patient care
25 ways you can (easily) support Helderberg Hospice...

1. Pledge to donate R25 a month for 25 months.
2. Share a subscription for Club 1000 membership with a friend. You each pay R25 per month.
3. Through your business, make a tax-deductible donation: R2 500 or R25 000.
4. Bake a batch of cakes or biscuits, sell them and donate the proceeds to Hospice.
5. If you’ve got green fingers, propagate plants for sale.
6. Organize an event in aid of Hospice: a sponsored walk, a bridge drive, a Golf Day or a bowls competition.
7. 25 Years is celebrated in silver. Donate the silver you’re tired of polishing to the Hospice shops!
8. Take 25 books off your shelf and donate them to our book shop.
9. Haven’t listened to some of your CDs for years? They can be sold for R10 each at our shops.
10. Clear out your wardrobe. Unwanted clothes = cash at the Hospice shops!
11. Enjoy knitting? Knit or crochet something to sell and donate the proceeds to Hospice.
12. Turn your hobby into a fundraiser.
13. Empty your purse of small change regularly and collect the coins in a tin specially marked for Hospice.
14. Add a codicil to your will, leaving a gift to Helderberg Hospice.
15. Celebrating a birthday? How about a donation of R1 for each year if you’re over 50, and R2.50 a year if younger!
16. In lieu of birthday presents, ask your party guests to donate money to Helderberg Hospice.
17. Lucky at cards? Arrange an evening of games and donate the poker winnings to Hospice...
18. Host a Trivial Pursuits evening and charge an entrance fee.
19. R25 a head for Soup Supper? Can’t go wrong?
20. Arrange an afternoon tea circle where everyone pays R25 for a delicious tea and then hosts their own tea for a further circle of friends. And so on and so on...
21. Hold a garage or car boot sale and donate the proceeds to Hospice.
22. Recycle your waste paper at Helderberg Hospice—there are two big bins at the back of the Admin building.
23. How about hosting a garden party and ask guests to donate something to Hospice.
24. If your garden is as pretty as a picture, hold an Open Day and charge an entrance fee.
25. Cash a bit tight but you’ve got time to spare? Volunteer your skills for Hospice and give of yourself!

25 years, 25 ways

...and this is how it’s done!

Pam Pelteret from Villiersdorp has emptied the loose coins out of her purse and into a special Hospice collection tin since Hospice cared for her husband 10 years ago. Once a month she makes the trip over the mountains to deliver a surprisingly heavy tin to us. That small change makes a big difference to our care!

Pam Pelteret

Patricia Colvin’s green fingers help to raise funds for Hospice. She propagates an unusual variety of African Violet, sells the plants and gives the proceeds of the sale to support our care.

It seems that green fingers go with a generous heart… Alannah Peters’ beautiful garden recently won her R5000 worth of water feature and pots and in a local gardening competition. She kindly donated these for resale in our shops.

When Jenny O’Driscoll celebrated a special birthday not long ago, she asked all her guests to bring a donation to Hospice in lieu of a present. Thank you to Jenny and her generous guests for this gift to Helderberg Hospice.

Patricia Colvin

Shopping for a good cause

Our three shops provide a significant source of income for Hospice. Supporting our shops, either through donating good quality clothing or household items for resale or by shopping at them, means that we can continue to provide our service of specialized care to all in the community.

Donations can either be brought to Helderberg Hospice or taken directly to our depot at 11 Langenegger St, Gant’s Centre, which also houses our top-of-the-range clothing, home ware, books and art—well worth a visit! Call the Depot for queries or directions on 021-854 5341.

Bargain hunters and lovers of vintage clothing or music will enjoy shopping at our stores in Drama St, Somerset West (021-852 6848) or Panorama Building, Strand (021-854 3121).
CLUB 1000—your R50 makes a big difference!

In 1998 stalwart Hospice supporters, Linda and Jaco van Zyl, initiated a Club 1000 to raise funds and develop a group of committed regular donors with the incentive of a monthly prize for one of the members. This has developed into the present Club 1000 with a monthly subscription of R50 for a period of 12 months and the opportunity to win 7 prizes ranging from R250 to R10 000.

Becoming a member of Club 1000 is one of the easiest and most effective ways of supporting Helderberg Hospice. All profits raised by Club 1000 go directly to funding our Home Care service, the core of our very special care and the service which we first started in the Helderberg basin 25 years ago. The full complement of 1000 members would enable us to cover half the budgeted costs of the service for the next financial year, providing some measure of guarantee in these tough economic times that we would be able to sustain our care. But we currently only have 658 members of the Club and fall short of maximising the financial support needed.

This is where we really need you to help Hospice—if you have never been a member of Club 1000, we need you to join up now! And if you are already a member, please will you make it your mission, particularly as we remember the impact Helderberg Hospice has had over the last 25 years, to either recruit one more member or to take out another subscription for yourself. This would be a wonderful way to show your support for our 25 years of care. Application forms are available from Hospice and there are various no-fuss payment options available. Call Soozie or Leigh (pictured here) for details.

Leaving a legacy—more than just a memory

Leaving a gift in your will to benefit Helderberg Hospice is a lasting way to keep your ideals and compassion alive without having to actually spend money on them now. It means you can provide for your own and your family’s present needs and still leave a legacy of sustainable service and care to the community. Your contribution, whether large or small, will make a difference to the ability of Hospice to care for the needs of others in the Helderberg.

If you feel that you would like to recognize the work done by Helderberg Hospice by remembering us in your will, the following advice from Julian Weil and Ansonette Viljoen of Morkel and De Villiers Attorneys may be useful.

By remembering Helderberg Hospice you will also be benefitting your heirs as we have been approved as a Public Benefit Organization, meaning that any bequests to Helderberg Hospice are exempt from Estate Duty and will in turn minimise the value of your estate when Estate Duty is calculated. It is evident then that a bequest, of whatever size, benefits all concerned—your family and the community.

The most important thing is to discuss your wishes with your family and relatives and then to make these simple changes to your Will or have a Codicil drafted to incorporate them. Your gift today will make it possible for the special care of Helderberg Hospice to be sustained in the future.

The bequest can either be in the form of money or assets. Assets can be anything from books, clothing, furniture, a car or even a piece of land or a house.

The most common way to do this is to make a special provision in your Will whereby you leave either a specific amount or asset to Hospice. The wording could be as follows: “I bequeath an amount of R5 000.00 (Five Thousand Rand) to Helderberg Hospice, Somerset West” or “I leave all my books, furniture and effects to Helderberg Hospice, Somerset West.”

Another option is to leave the whole or a part of the residue of your estate to Helderberg Hospice; the residue of your estate being that part that is available to distribute to your heirs once all the normal estate administration expenses have been paid. An example of this is: “I give or bequeath the residue of my estate to Helderberg Hospice, Somerset West” or “I give and bequeath 25% (any percentage of your choice) of the residue of my estate to Helderberg Hospice, Somerset West.”

If you do not want to make a whole new will you can also make your bequest in a Codicil to your current Will which will refer to your Will and be read together. The wording can be the same as suggested above.
HELDERBERG HOSPICE LOGO 2011

Helderberg Hospice—founded on solid principles, moving with the times, in touch with the present, looking to the future.

This statement is what our new logo seeks to portray. The special care we provide is the centre of our purpose and we retained the well-known and familiar caring figures from our previous logo, placing them within the holistic and comforting context of a circle, a shape which also alludes to the circle of life.

The logo also conveys our outward and forward reach, seeking to meet the needs of the community and working proactively to deal with the issues that confront us in our ever-changing society. The shape around the figures is also compass-like, providing direction and knowledge for the journey each one must make as they face a life-threatening illness. Our specialized knowledge and expertise in palliative care, built up over the last 25 years, enables Helderberg Hospice to provide this guidance to our patients and their families. The shape is also based on the sunflower symbol, synonymous with organizations associated with cancer care.

Finally we simplified the font for the wording, making it easier to read and more relevant for today. As an organization we need to stay in touch with current trends and changing needs, but we remain rooted in the purpose which brought about our beginnings in 1986—to provide our special care.

GOODBYE AND THANK YOU TO CILA

Cila Nel is probably one of the best-known staff members at Helderberg Hospice. Her position as Manager of Volunteer Services has brought her into daily contact with the ever-growing band of volunteer workers at Hospice, as well as into regular contact with our patients, particularly those who attend Day Hospice. Her social work background has equipped her well for the challenging role she has played at Hospice since 1998, matching the needs not only of individual patients but also of Hospice itself, with the talents and skills of volunteer helpers. Some of the areas in which volunteers provide invaluable support include reception, transport, administration, garden design and upkeep, practical patient support and helping at our three charity shops.

The task of co-ordinating and managing volunteers sometimes requires more flair than managing salaried staff and Cila has approached her work with creativity, commitment and a deep concern for our patients. She is able to make each person feel that they are special and important, making time for individual needs and concerns. Her attention to detail is legendary, whether it be related to therapy, facilitating a training course, colour schemes on an invitation or catering for a meeting. It is always the little things that make the difference and Cila’s personal touches, sometimes in the form of a beautiful thank you letter or perhaps a small hand-crafted gift, have been greatly appreciated by many volunteers and patients over the years. She will be missed here at Helderberg Hospice and we wish her well for her retirement years.

WHAT IS CHRISTMAS?

It is tenderness for the past

It is courage for the present

It is hope for the future

It is a fervent wish that every cup may overflow with blessings rich and eternal, and that every path may lead to peace.

Agnes M Pahro

Christmas may be a day of feasting or of prayer but it will always be a day of remembrance—a day when we think of everything we have ever loved.

Augusta E. Rundel