

### **Paying Our Way Forward**

#### **Overstrand Hospice's Commitment to our Community**

At the Overstrand Hospice, we are incredibly blessed by the generous support we receive from a diverse array of sources. Our funding comes from grants, bequests, trusts, corporations, the Hermanus Cancer Fund, family donations, and several contributions from the Lighthouse 2 Lighthouse Ladies non-profit organisation over the years. Additionally, our shop thrives thanks to generous donations from the wider community, which is bolstered by the dedication of volunteers who give their time and energy across our shop, office, and board.



#### **Unwavering Support for Over 14 Years**

For more than 14 years, Overstrand Hospice has been a cornerstone of providing palliative care to patients across the Overstrand sub-district. Our primary focus is on attending to the needs of patients diagnosed with a life-threatening illness with pain and symptom management. Comprehensive support is also offered to the families, which includes information - sharing and guidance through the progression of the illness of a loved one. Our bereavement support services are available to help families navigate their grief.

Collaboration with general practitioners and the provincial hospital help to ensure that prescriptions for pain and symptom control are received timeously for optimal care. Our support to patients also includes providing a range of aids, such as medicines, ripple mattresses, egg box mattresses, walkers, nappies, and wheelchairs, all free of charge.

#### **Extending Our Expertise**

Overstrand Hospice also plays a critical role in training. We provide accredited palliative care training to professional health care providers and carers for the Provincial Department of Health, both locally and in the Western Cape. This training ensures that patients receive the highest standards of care across our communities.

#### **Supporting Other non-profit organisations**

We are committed to paying it forward by supporting other non-profit organisations. Through donations from our shop, we continuously support organisations such as Siyama, Izibusiso, and SOFCA. Our assistance helps these organisations grow and extend their reach within the community.

#### **Our New Building: A Hub of Efficiency**

Our new building, located next to our shop, allows us to eliminate the need for multiple rented storage spaces. This move significantly reduces costs, minimizes fuel wastage, and prevents the soiling of goods due to dust and moisture. It streamlines our operations, ensuring that we can better utilize our resources for the benefit of our community.

#### **Gratitude to Our Supporters**

We extend our heartfelt thanks to all our donors. Through your generosity we are not only able to provide free palliative care to those who require it, but also to extend our support and assistance to other organisations as an expression of deep gratitude and appreciation for the blessings our organisation receives.

Thank you for being a part of our journey.

***Fran Tong, General Manager; Sharon Small-Smillie, Board member.***

## Hospice Shop Mid-winter News

At the Hospice shop you can tell that we are in the middle of winter by the demand for jerseys, warm jackets, winter sheets and raincoats. Whenever we receive new donations of these items they simply fly off the shelves. In addition to providing very reasonably priced clothing for our regular customers, our staff makes sure that we remember other groups and community organisations that also need support. Hospice keenly understands how blessed we are in Hermanus and we actively seek opportunities to pass on these blessings beyond our customer base to others who deal directly with those in need. In addition, the shop has regular 'Daily Specials' which provide further reductions for our customers needing to balance their very tight budgets. Also, clothing that is slightly damaged or stained ends up in the 'special' bags, which are bought, cleaned, repaired and then resold by various entrepreneurs.

As the heart of Hermanus, one of our core principles is to pass on the many blessings that we receive. We have an obligation to share as widely across the Overstrand as possible and we take this goal very seriously.

Phase one of our building project is almost complete. Petro, Ellenique and staff are getting ready to move the existing marking room to the building next door. The new facility will provide more space for our staff and volunteers. They will now be able to sort, research and price in an efficient and appropriate space. This means that an extra room will now be made available in the shop for display. We are sure that our loyal customers will enjoy the enhanced space in the near future.

We know that phase one of this Hospice project will add value to Hermanus in general, but to all the customers, donors, staff and volunteers in particular.

Stay warm and visit our shop when passing by. Let the blessings multiply! **Dave Shutte, Vice-chairman.**

## Our Hospice Online shop

**We invite you to visit our online shop and experience the following:**

- Find unique and one-of-a-kind items that you won't find anywhere else.
- Find great deals on high-quality items while supporting a good cause.
- Find the perfect gift for your loved ones while supporting a worthy cause.
- Shop with confidence knowing that your purchase is going towards a great cause.
- Support us no matter where you are 24hours a day.

**To access our online shop, visit our webpage at <https://overstrandhospice.org.za/> and click on the online shop.**

Contact Suzette on 028 312 4679 or email us at [onlineshop@overstrandhospice.org.za](mailto:onlineshop@overstrandhospice.org.za) should you require any additional information or assistance. Please note that online stock is not kept at our Hospice shop.



***Support this extension of our Hospice shop and help us to provide professional palliative care services, free of charge to those so desperately in need thereof.***

## Are you downsizing or de-cluttering?

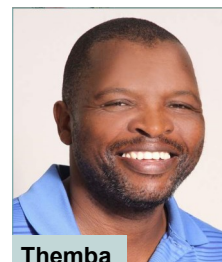
**Please contact Petro or Ellenique on 028 313 1884 to arrange pick-up.**

Pieter and Themba will  
you wish to donate to our

collect any unwanted goods  
Hospice Shop.



Pieter



Themba

**No item is too big or too small!**

No patient will ever be rejected on the basis of race, religion, age, sexual orientation, culture, gender or financial status.

## Patient Care

### A testimony from a patient...

#### Kidney failure survivor January 2023.

A few days after I was diagnosed with kidney failure Doctor said that I had just a few days left to live.

I remember he said: "you have to inform your family about this scenario."

My reply to him was: "Doctor won't you mind telling my family because I'm not fit and stable enough".

By that time my prayer was God give me the strength to pull through .I'm the only parent in my children's life. At that time I forgot about my life- threatening illness and death.

My biggest motivation was to fight more and plea to God for my 4year old daughter. I even pleaded to God even if He wanted to end my life, to spare me just for my kids. I remember the doctor asked me: "Now that we can't do anything for you anymore because you have only 2% life in your kidneys, do you want to go home or stay here at hospital?" " I said doctor just give me few days more just to build strength then I will go home. A few days later I told the doctor I'm ready to go home.

The only support system that I had at that time was Sr Ralie, a Sister from Hospice. She was checking on me and my kids once a week and that give me more power to continue fighting. Sister Ralie always was so positive and she even built a bond and relationship with my kids. Therefore I want to encourage someone today who goes through similar sickness. Put you focus on God and make peace with your current situation at that time.

After 9 months my kidney function improved from 2% to 26 % .Today I'm continue doing my carer work and I'm in an excellent spirits. I learnt a lot during that time. But the most that I did learn at that time was put you trust in God, and He will fight you battles for you.

Proudly a kidney survivor today and I still keep strong and use my medication. Today I see every day as a blessing and I'm grateful to God to give me strength that I can pull through.



### Why am I a Hospice nurse?

Life as a Hospice nurse is both challenging and rewarding. The work is physically and emotionally draining to the point that you sometimes feel almost depleted and yet at the same time, I find great satisfaction in knowing that I can make a significant difference to my patients' final days, ensuring they are as comfortable and dignified as possible.

One of the most important lessons you learn is that this is not about you, but the journey of your patient and their family. When you walk into a home of a patient who is facing the end of their life, they are the only ones that matter and from that moment you are fully present for someone at the most painful, most intimate and most delicate time of their life.

You might be the difference between painful and peaceful and that can be a huge responsibility. Every word you say to your patient and their loved ones is important and it is your job to relieve them of fear and assure them they can trust you. None of this is easy, but if you are successful in obtaining proper pain and symptom control, emotional and spiritual wellbeing, reduce the stress and manage to calm the family, it is one of the most fulfilling feelings you can have.

We often stand next to the bed of a dying patient, and it is such a privilege to be allowed in this sacred space. I am very thankful for the lessons this work teaches me and am constantly reminded of how fragile and precious life can be. Life should never be taken for granted and every single moment matters. **Sr Esme Potgoeter, Patient Care Manager, Overstrand Hospice.**

**Patient care Stats January 2024 –June 2024: 120 new admissions; total of 554 patients cared for; 1269 home visits done; Total of 572 Psychosocial interventions ( visits and telephonic follow up)**



### Lighthouse 2 Lighthouse Charity walk done and dusted!

Board members, staff and supporters all gathered at Grotto Beach to welcome the walkers.

There were lots of tears of pride for the 4 Hospice ladies who walked. Fran, Esme, Joey and Susan, you did us proud! Thank you to the Lighthouse Ladies for affording us this fantastic opportunity. Our community is extremely blessed to have you supporting our charitable organisations. We would like to take this opportunity to extend our heartfelt appreciation to our generous local sponsors. We wish to express our sincere gratitude to [#Benguela](#) Cove Wine Estate for their generous contribution of an exceptional wine tasting experience during our registration day. A special acknowledgment goes to [#dutchies](#) Restaurant for graciously sponsoring a unique "Welcome home" cocktail for each walker, which was hugely appreciated. A heartfelt thank you also extends to the exceptional students of Camp Hill. Their beautiful marimba performances entertained our supporters, family, and friends as they eagerly awaited the return of the walkers. Each of these organisations played a vital role in making this event truly memorable and extraordinary.



From Left: Fran Tong and Board member, Alan Toombs, Joey Gold, Srs Esme Potgieter and Susan van Sittert.

### Lighthouse2Lighthouse Award dinner

We are humbled by, and grateful to the Lighthouse Committee, the walkers, and all who have supported us through this journey to continue our care across the Overstrand Communities. An incredible evening ended on a high note! Well done incredible lighthouse ladies. R1,2 million raised for Overstrand Hospice!



Left: General Manager FranTong, Chairperson John Ross-Smith and Board member Sharon Small-Smillie accompanied by the L2L committee and our Hospice ladies who made us proud celebrate this memorable occasion.

### 60's 70's evening with Mike McGully & The Harmonics

A fun 60's 70's evening was held on Saturday 20th April at the Sandbaai hall in aid of Overstrand Hospice. Mike McGully & The Harmonics entertained all with music from this era, enticing everyone to venture onto the dance-floor! Guests made an effort to dress up adding to the great vibe of the evening. We thank all our supporters, sponsors and amazing team of volunteers and staff who made this event possible.





**Get Involved Today**

There are various ways to get involved and assist Overstrand Hospice  
**Join our 600club; Leave a legacy;**  
**Volunteer your time; Make a donation;**  
**Sign up for your My Village card; Support our Hospice shop.**



CONGRATULATIONS!  
**Winners!**

**Join the Overstrand Hospice 600Club and make a difference in the life of a Hospice patient**

<b>JANUARY</b>	<b>APRIL</b>
1st R Shutte	1st V Fenner
2nd A Georgala	2nd R De Vries
3rd G Cassidy	3rd R v Wheele
<b>FEBRUARY</b>	<b>MAY</b>
1st Drs Abel Muller	1st Y Martheze
2nd L Cameron	2nd A Pieterse
3rd G Peens	3rd S Romburgh
<b>MARCH</b>	<b>JUNE</b>
1st N Truter	1st E Struwig
2nd Patient	2nd H Gall
3rd M Laver	3rd G Kitley

All that is required is a small contribution of **R50 per month** or **R600 a year**.  
 The 600club also offers you the opportunity to win one of the following monthly cash prizes: **R5 000, R2 500 and R1 000**.  
 Buy tickets in your own name, in the name of a club or buy a voucher as a gift.  
**All monies raised go towards the care of our patients.**  
**To join please contact Suzette on 028 312 4679 or visit our offices at 10 Hope Street , Hermanus.**

**Leave a Legacy to Overstrand Hospice made in love and memory.**



*If you would like to leave a gift to our Hospice in your Will, the easiest way is by adding a codicil to your Will. Your gift will provide quality in life and dignity in death to patients diagnosed with a life-threatening illness, as well as support in bereavement to their families.*

**A gift in your Will can take on a number of different forms:**

- A specified sum of money;
- A percentage of the value of your Estate;
- Specific gift of property, art, shares or bonds, antiques etc.
- The residue of your estate after provision for family and other beneficiaries.

*Overstrand Hospice has been approved by the South African Revenue Service as a Public Benefit Organization. All Bequests are exempt from Estate Duty. Please contact us on 028 3124679 for additional information.*

**MAKE A DONATION!**

**Our Banking details:**  
**OVERSTRAND HOSPICE**  
**ABSA BANK, Hermanus**  
**Account Number:**  
**406 593 2088**



help raise funds for us with a **MySchool MyVillage MyPlanet** card

Get your free MySchool MyVillage MyPlanet card today and swipe it to **raise funds for Overstrand Hospice Hermanus.**

Get a card. Call 0860 100 445 or online [www.myschool.co.za](http://www.myschool.co.za) or at any Woolworths store.



**Hospice Myth and Misconception**

**Hospice means the patient no longer has a say in their care.**  
 Hospice care is the exact opposite of this myth! Care plans are individualised to what the patient wants and needs.

## We salute our volunteers!

Our Volunteers play a crucial role in supporting Overstrand Hospice. They contribute their time, skills, and passion to make a positive impact in our community, whether they volunteer in our shop or assist at our office.

Our volunteers have so well grasped the ethos of Overstrand Hospice "**No end to caring**" by being prepared to take on any task, however big or small. Being there at the right time for the right task at our Shop and in the Office. Always happy to take responsibility when required and generally being indispensable. This attitude has enabled Overstrand Hospice to play the role it does in this community more effectively. The world would be a lesser place without our valued team of volunteers. We remain immensely grateful for your support!

"  
VOLUNTEERING IS AT THE VERY  
CORE OF BEING A HUMAN. NO ONE  
HAS MADE IT THROUGH LIFE  
WITHOUT SOMEONE ELSE'S HELP.

– HEATHER FRENCH HENRY

***"Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around."*** – Leo Buscaglia

### From the pen of a volunteer...

Volunteering for Hospice is something that I have wanted to do since experiencing their services and endless kindness at the end of my Dad's life. I have been involved for only a couple of months and in this time have assisted in the shop as well as with the research for the online shop.

In the shop I assist the team with unpacking and pricing of goods. The shop is a hive of activity with wonderful people, where time passes quickly with lots of chatting and laughter.

The online research is a smaller and quieter team, who are whole-heartedly committed to the ultimate goal of raising funds. I find the research of often beautiful old, and new things fascinating and strangely exciting when something of high value is uncovered.

I am hopefully making a small contribution, in the complex chain, that allows Hospice to make the significant contribution that they do for those in need.

Overall, it is a pleasure spending time in the Hospice environment.

***Penny van Rensburg, volunteer, Overstrand Hospice.***

*"You matter because of who you are.*

*You matter to the last moment of your life, and we will do all we can, not only to help you die peacefully, but also to live until you die."*

*-Dame Cicely Saunders*  
**Founder of the Hospice movement**

**IMPORTANT  
NOTICE**

### Overstrand Hospice Communication Change

**Please be advised that as from 1st June 2024 All Overstrand Hospice Communication will be sent via a Whatsapp Group.**

All our supporters who have cell phones and Whatsapp installed, will receive a Whatsapp invite link to the specific communication groups. Please accept the applicable links and join the group when the link is received.

Contact us at [admin@overstrandhospice.org.za](mailto:admin@overstrandhospice.org.za) should you require additional information .

**We thank you for your support!**