



health

Department:
Health
PROVINCE OF KWAZULU-NATAL



GJ Crookes Hospital, 1 Hospital Road,
Scottburgh, 4180

Private Bag X 5501, Scottburgh, 4180

Tel.: 039 978 7000, Fax: 039 978 1295



CARING FOR THE ELDERS CARING FOR OUR ROOTS—SENIOR CITIZENS EVENT

CARING FOR THE ELDERLY CARING FOR OUR ROOTS



GJ Crookes Hospital, management team, Crisis Centre and social services held an event "Caring for the Elderly" at Scottburgh Town hall on the 16th of May 2014. The purpose of the event was to go back to our roots and appreciate the senior citizens. All this was done by giving them gift bags containing goodies inside

Mrs. Nyawo, GJ Crookes CEO said this is a big day for our senior citizens as we want to show how much we care and love them by making them feel appreciated at all times

On the day of the event we had physiotherapy department. They shared some benefits of exercising which they mentioned as follows.

By exercising you can reduce arthritis

It makes you fit and your heart even more stronger and that should decrease the chances of heart failure

Helps you lose weight (unwanted fat)

Increases balance (reduces the risk of falling)

It was also said that falling can be prevented by: carrying walking stick (it should have a rubber at the bottom) at all times, Gogos must Make sure that their vision is good and be aware of hazards, they should also always be careful if walking on uneven ground.

We wish to extend our sincere gratitude to our Sponsors and organizations that took part in this event



Organization/companies which were present

Jes Foord Foundation, a non-profit organization from Hillcrest and a sponsor of GJ Crookes Hospital Crisis Centre. They presented a poem for senior citizens to show appreciation to them. They also gave the senior citizens coffee mugs with goodies inside.

FNB Scottburgh Branch they advised senior citizens (Pensioners) to open their own bank accounts as it's not safe to carry cash when they get paid on the pension day. They informed the audience about different types of accounts available which are affordable for pensioners and also include a life cover.

Miss Chithwayo (Dietitian) from GJ Crookes stated healthy ways of eating to the community. A balanced meal with half cooked vegetables is important and also proteins which build body muscles in a body. She also advised the community not to eat too much starch as it increases sugar levels which can cause diabetes, when transformed to fat it can cause weight gain, increase risk of heart disease, brain degeneration which will cause dementia. So basically too much starch like white bread, Maize meal, Banana and other white food elements are not to be excessively consumed.

Mrs Sikhosana, a Professional Nurse from GJ Crookes advised the Senior Citizens to report immediately to the police if they have been sexually abused. She said, It's important to rush to the hospital immediately within 72 hours as it will decrease the chances of getting HIV by taking a pill that will prevent the victim from getting HIV. She also mentioned that the victims must not take a bath after the incident so as to assist the police and the doctors to have sufficient evidence.

Miss Thobekile Langa from the Department of health Ugu District spoke about amnesia (loss of memory) especially to senior citizens, that it's important for Gogo's to do their vital signs more often as these are the main causes of amnesia. She encouraged the senior citizens to form their own –

support groups with the help of nurses in clinics where they will do exercises (Golden Games) with the slogan "Siguge sibahle, siguge sijabulile"

