



## What's happening at OC September 2020

Dear friends,

I am so grateful, as I write to you, to the families, staff, management committee and various donors of The Open Circle. Despite the Covid 19 pandemic, Open Circle has stood strong over the past three months and continues to practise service excellence with the support of those around us.

I want to thank everyone for their commitment to our organisation.

We have adapted our program to limit exposure to the outside world, but still had loads of fun throughout the quarter!

Thank you to those who have donated financially and practically during this time. It was so heart-warming to see the generosity of the community around us.

Enjoy reading below about just some of the wonderful things that we did in the past 3 months.

Greetings

Helita x

## Talent show



During Lockdown, we could not take residents on outings like we usually do, so we had to create some excitement within our Home. We did just that with our Talent show that took place in July 2020.

Most residents participated with song and dance. We even had a model. Michael Jackson won the day with a very entertaining showcase.

## Mandela Day:



A big Thank you to Claremont Volkswagen that donated 67 Giftpacks with Masks, sanitizer, toiletries and warm blankets to our residents and staff.

Our Containers received some love in July 2020, when we had volunteers making tables for this new workshop space.

## Birthdays:

Birthdays are all important at The Open Circle and we celebrate each one with song, dance, cake, and well-wishes.



## Shopping Outings:

During August 2020, our Occupational Therapist took 2 residents at a time to go and spend their hard-earned wages for chores performed in and around the home. Residents' could choose the items they need to buy or to spoil themselves visiting a restaurant.



These outings were a welcome breath of fresh air after Lockdown.

## Staff matters:

During August 2020 we celebrated Woman's day with a special day of pampering for our ladies. Thanks to Essense Spa, we were able to set up at The Open Circle and spoil everyone at affordable rates.



## Staff Training:

Lezel Molefe from Molefe Legacy Consulting recently assisted us with a workshop on Mindfulness, Teambuilding and Motivation for all staff members. This came at a much-needed time and staff immediately took to her relaxed style. We look forward to a longstanding relationship with her company for Training and support of staff.

In September 2020 we did a follow-up Sensory Techniques Training with our Staff nurses and Caregivers, equipping them in utilising this highly effective technique in managing our residents. The workshop was practical and interactive, and staff had loads of fun. Learning in this way proved highly effective.

## Something new:

Recently we received two brand new Power plates from Helena Beukes in Bloemfontein. These offer proprioceptive inputs to residents who become distracted during groups and need to re-focus. We are finding it especially useful with our autistic residents. Thank you, Helena!



## Looking ahead:

We are so excited about a **Sensory garden project** that we are starting at The Open Circle to contribute to Sensory Stimulation of residents within our yard and to facilitate Gardening as an activity. We have started this with a wonderful Donation of R20 000 received from Prudential Investment Managers. Our vision is to create a maize of raised garden beds that will be located within our premises and will be for enjoyment by residents and staff. Please become involved by donating money towards the procurement of plants, soil, garden pots OR sponsoring one bed at R1000 OR helping us to buy the garden benches at R2500.

For more information, you can contact Roxanne at [ot@opencircle.org.za](mailto:ot@opencircle.org.za)/ 021-5101259