



CASA NEWS

No 135, May 2025

Casa Caritas is a Home that provides loving care and stimulation, either full-time or part-time, to people with severe intellectual and physical disabilities within our care protocol.



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<https://www.facebook.com/profile.php?id=61552208365616>

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Thank you

We would like to say a very special thank you to the **Community Policing Forums of Van Riebeeck Park, Edleen, Birchleigh and Norkem Park Sectors 1 and 2** for helping to keep our staff safe during their shift changes.

During the month of May our staff members have been seen as easy targets when leaving Casa Caritas after their shifts. On one occasion they were chased at gun point. We contacted our local Van Riebeeck Park CPF and asked for their assistance. Local security organisations started collaborating to make the area safer at night for our staff with their high visibility when leaving.

On Friday 23 May, a sweep was done of the veld below Casa Caritas to ensure that there were no troublemakers staying in the veld.

Thank you to the entire team that is involved with this initiative.

We received 70 pairs of much-needed socks for our residents for winter from **JJ Energy**. They also made a grocery donation. Thank you very much! See their advertisement in the classifieds section.



Elukani Arrow donated groceries. Thank you!



Flip and Wanda Kriel volunteered their time and resources to embroider new towels for our residents. Beautiful work, thank you so much for the time and effort!



...and to everyone else lending a helping hand,

We wish to thank everyone who grace us with cash donations, second hand items for Something Blue (our charity shop), for words of encouragement, and for your prayers.

They say it takes a village to raise a child. It surely takes a community of deeply caring and generous individuals and businesses to take care of our precious residents.

God bless you!



Runaldo de Beer (25)
31 May



Happy birthday!



CASA CARITAS

HOME FOR THE MENTALLY & PHYSICALLY DISABLED CHILDREN

CHARITY GOLF DAY INVITATION



Wednesday, 17 September 2025



Benoni Country Club



Shotgun start @ 10:00

4 Ball @ R3500.00

**Including prize giving dinner for players
R250 pp for extra dinner seat.**



**Four ball alliance, 2 scores to count,
scramble drive, NO scramble on Par 3's.**



Hole sponsorships

R1000.00 per manned water hole



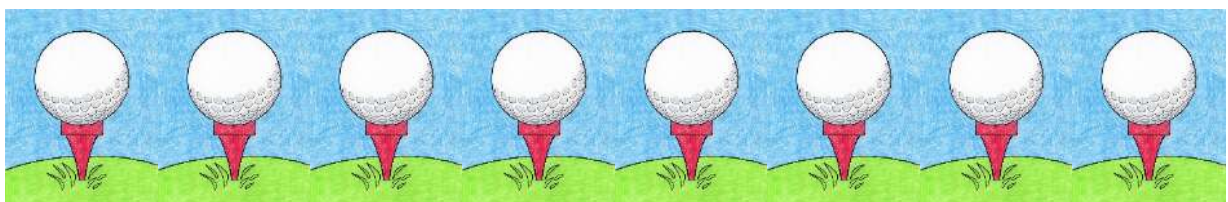
**Book your golf cart directly with
the Pro Shop (011) 849 8821 for own
account**



Contact Chantell Kriel for bookings

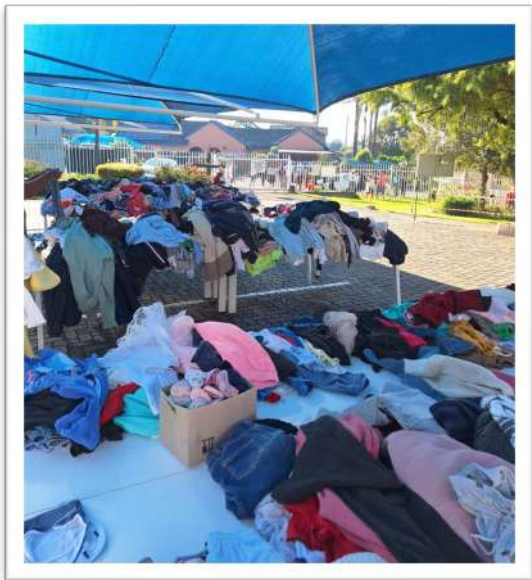
ceo@casacaritas.org.za

072 107 1089



Jumble Sale

Our Autumn Jumble sale was held on Saturday 10 May with the purpose of clearing old Something Blue stock to make way for new donations. The morning was a great success. There were only a few items left over and Casa Caritas donated that on to other charities in our area.



Watch this space...

Our new and updated website is being launched on 1 June 2025. We are excited to share our new home page with everyone.

WE'RE LAUNCHING A NEW LOOK!

Casa Caritas goes live with a fully redesigned website



We can't wait to welcome you to a space that reflects who we are and who we care for.

Congratulations

Care worker Lerato Mamathopi is making great strides in his personal capacity. He is an athlete who has won 3 medals since he has been with Casa Caritas. He won a gold medal in the Thembisa Mile (10km), bronze in the Wally Hayward Marathon (21km) and bronze in the 21km For Mandela Marathon.

Well done Lerato! Your personal drive influences your values and performance at work in such a positive way.

You inspires us all to be better, more balanced!



Staff training

Our care workers had refresher training on Monday 26 May on the following topics:

- Communication skills
- Progress report
- Intake and output charts
- Daily allocations
- Daily routines
- Nebulising
- Picking up/Lifting residents
- Washing of face and hair
- Stimulation of residents
- Fitness assessments
- Leave procedure



Easy, free charity contribution

It will not cost you a cent. To contribute to Casa Caritas through this initiative, all you have to do is to get a MySchool card from Woolies, or online at MySchool – if you have a Woolworths Rewards card these can be linked so that you only swipe one card. Make sure you choose Casa Caritas as your beneficiary.

Every time you swipe your card at Woolies, a percentage of your purchase will be donated to our Home. Casa Caritas currently has just over 70 supporters who swipe their My School cards at Woolworths. That simple act by the supporters raises over R900,00 in funds for us every month.

Please support us in this way.



We love therapy

Our therapy corner (below left) is well loved by residents. Marzanne Grobbelaar and Danny Coetzee enjoyed some “reading” therapy (below right).



Why do we need



Physio?



Our special needs individuals' bodies continuously change and grow throughout their lives. Their initial struggles may have improved or they have developed new obstacles in their lives. Physio helps identify what these are and helps them grow into their next stage of life. Some things we as physios will help with are:

- **Letting go:** as their stiffness progresses we have a gentle, positive approach and give the individual what their brain and body deserve. This may include soft tissue massage, stretching, vestibular input such as swinging, sensory input including playing with foam, beans, beads and helping them move their bodies freely.
- **Postural control:** this helps improve and maintain their lung function and help strengthen their core. This encourages arm movement, eye movement, eating and ways of communication.
- **Range of motion and positioning:** We want to prevent impairments such as scoliosis, organ dysfunctions and contractures.



CONTACT INFORMATION

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Opportunity for small businesses and community services

Advertise in Casa News

Place your small business advertisement in Casa News for only R50,00 per quarter page. Full page advertisements can be placed at R200,00. Casa News is distributed widely to parents, guardians, friends, and previous donors who will notice your advertisement.

Payment to Casa Caritas, Absa Bank, Current account no 260231812, Universal branch 632005. Send the advert with proof of payment to olga@olgacoetzee.com.



VACANT ROOMS CASA CARITAS 24/7 care for severely handicapped individuals

We have vacant rooms for residents and open spaces for day visitors.

Applicants should be physically and mentally handicapped and they will be evaluated using our care protocol. For most residents Casa Caritas becomes their life-long home away from home.

Apply to ceo@casacaritas.org.za.

Is jy 'n Suid Afrikaanse tiener
wat hulp nodig het?

"THIS TOO SHALL PASS"

(King Solomon-1852)

Hierdie **gratis** program help Suid Afrikaanse tieners van 12 tot 18 jaar wat selfmoord oorweeg. Dit is in ter nagedagtenis aan Angie Diedericks, wat net 16 jaar oud was toe sy, ongelukkig, haar eie lewe geneem het. Besoek ons webwerf indien jy hulp nodig het – daar is WhatsApp- en e-pos skakels na ons beraders wat 24/7 beskikbaar is vir jou.

ANGIE DOT ORG DOT ZA



BULK AND WHOLESALE DISTRIBUTORS OF

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- Paraffin
- Petrol
- HFO

Liza Joubert - 083 791 1994

lizaj@jjenergy.co.za

Donavan John - 082 765 9882

donavanj@jjenergy.co.za

*** Mention this ad for additional discount ***