



October 2020

CARE NEWS

Monthly Newsletter of Care in Midstream

Keeping in touch

The word hope is derived from the Old English word *hopian*, referring to a *positive expectation*.

The past six months have been hard for everybody. COVID-19 has impacted our lives in a way nobody knew was possible. But through the darkest moments, there has always been hope. And where there is hope, there is a way.

While the challenges are never-ending, we have always found a way. A way to ensure the best possible care for our residents, a way to tackle every obstacle, and a way to keep hope alive. Thank you to everybody – our families, staff and supporters – who are part of this journey.

As we start the last stretch of this year, we look forward to the day when we will look back and stand in awe of how fearless we were, and realise that hope is indeed the only thing stronger than fear.

Stay healthy. Stay safe. Stay hopeful.

We would love to hear from you. If you have any feedback or news that you would like to share, please contact us at marketing@careinmidstream.co.za



"I would like to take this opportunity to thank Cecilia and her wonderful team at Midstream Frail Care for their amazing service to my Dad.

I am truly grateful and thankful for everything you have done."

A message from one of our families...





International Day of Older Persons – 1 October

Background

On 14 December 1990, the United Nations General Assembly designated October 1 as the International Day of Older Persons (resolution 45/106). This was preceded by initiatives such as the Vienna International Plan of Action on Ageing, which was adopted by the 1982 World Assembly on Ageing and endorsed later that year by the UN General Assembly.

In 1991, the General Assembly adopted the United Nations Principles for Older Persons (resolution 46/91). In 2002, the Second World Assembly on Ageing adopted the Madrid International Plan of Action on Ageing, to respond to the opportunities and challenges of population ageing in the 21st century and to promote the development of a society for all ages.

The composition of the world population has changed dramatically in recent decades. Between 1950 and 2010, life expectancy worldwide rose from 46 to 68 years. Globally, there were 703 million persons aged 65 or over in 2019. The region of Eastern and South-Eastern Asia was home to the largest number of older persons (261 million), followed by Europe and Northern America (over 200 million).

The Decade of Healthy Ageing (2020-2030)

This is an opportunity to bring together governments, civil society, international agencies, professionals, academia, the media, and the private sector for ten years of concerted, catalytic and collaborative action to improve the lives of older people, their families, and the communities in which they live.

Populations around the world are ageing at a faster pace than in the past and this demographic transition will have an impact on almost all aspects of society. The world has united around the 2030 Agenda for Sustainable Development: all countries and all stakeholders pledged that no one will be left behind and determined to ensure that every human being can fulfil their potential in dignity and equality and in a healthy environment.

A decade of concerted global action on Healthy Ageing is urgently needed. Already, there are more than 1 billion people aged 60 years or older, with most living in low- and middle-income countries. Many do not have access to even the basic resources necessary for a life of meaning and of dignity. Many others confront multiple barriers that prevent their full participation in society. **C.**

Care in Midstream provides the following services:

Assisted Living | Frail Care | Dementia & Alzheimer's Care | End of Life & Palliative Care
Short Term Care | Stay A Day | Home Care Nursing Assistance



We should listen to our elders, not because they are always right, but because they have more experience in being wrong.

Listen and learn from seniors. And why not? Just living for so many years gives them the advantage of seeing the world longer and understanding people better.

Here are ten timeless tips from our seniors:

1. Learn to be youthful: Youth is not just a time in life; it is a state of mind. It's that attitude that lets you take calculated risks and make mistakes until you learn from them. Make the most of your youth, but also learn youthfulness.

2. Be flexible: Flexibility and independence in this wild, wild world are worth learning. If you have never stepped out of your comfort zone, now is the time. Seniors have learnt the knack of being independent and flexible, and handling big responsibilities – all while having adventures!

3. Get off that high horse: An important habit of learning from seniors is to be kind and humble. The elderly will always remind you that you don't know what others are going through. Just observing some older people in our lives can help us empathise with others in various situations.

4. Grow a funny bone: In a world where venting out is cool, and bitterness and jealousy compete with each other on social media, who doesn't like someone who lightens up the mood and makes you laugh hard? Seniors often remind you to find humour in life.

5. Make your own decisions: Worrying about what people will think or say can paralyse your happiness and talent. Our seniors often enjoy the peace that comes with freedom from worrying about the perceptions of others - it is a great example.

6. Prioritise: One of the best things you can learn from older adults is to stick to your priorities. Everyone around us is so busy with schedules and chores – you don't know which problem to tackle first. Life is constantly throwing attention-seeking needs at you that can quickly throw you off balance if we don't know how to prioritise our time.

7. Fight your fears: Imagine how life would be if it were filled with just happy moments? Would we ever appreciate the good times? Probably not! We all have to hit rock-bottom at some point in our lives. We've got to take rough with the smooth to balance out in the end.

8. Keep a backup plan: Seniors may take risks – but they are very smart. They have always asked us to be cautious about life – because they have seen that life is a rollercoaster.

9. La Familia: Can you imagine your life without family? Well, 'family is not just love, family is everything you got on earth.' The elderly will keep pushing you to make amends and stick with your family - they know its value when we cannot see it.

10. You only live once: As they end their life-journey, the lesson elders emphasise often is about living your life to the fullest. They'll advise you to take the risk. Quit that unsatisfying job or that unhealthy relationship. Focus on what truly matters. Stop whining and create your opportunities. Leave no room for regrets. **C.**



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