

Crochet Club

Umhlali Bridge Club

Umhlali & District Garden  
and Flower Club



# Newsletter



*Beacon of Care*  
Offering hope and restoring dignity  
through Holistic Palliative care

## FIRST ISSUE - FEB 2020

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- Meet our team
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Thank you for supporting us!

*This has been such an eventful year and I thought it would be good for me to reflect on our achievements in these 12 short months before we look ahead to 2020.*

*This adventure started during 2018 with all of the administration involved in registering Beacon Of Care. Once we had finally received our certificate of registration as a company, followed by our official NPO number, I knew that we had achieved so much already but there was still so much work to be done!*

*During the course of the year we hosted information events and our first fundraiser in June at Waterberry Cafe, which was a great success! We met with GPs, oncologists, pastors, care givers, nurses, physios, occupational therapists, social workers, dieticians and many members of the public. This slowly lead to referrals of patients requiring our help.*

*In September we started monthly support groups made open to the public and were held in different venues in and around Ballito. These meetings were aimed at educating and providing information to patients and their families about issues related to palliative care for example pain control and a healthy diet.*

*Through the pages of our very first newsletter, we have been able to reflect on the incredible difference we have been able to make in the lives of others.*

*Dr Helena Nothnagel*

## Vision and Mission

Our vision is to make high-quality palliative care readily available for all patients with life-limiting illnesses living on the North Coast of KwaZulu-Natal.

These objectives shall be achieved by:

- Providing high quality medical, nursing, social, psychological and spiritual care to patients in their home environment or in a hospice or other facility.
- Enhancing the quality of life of those cared for and their families through a multi disciplinary approach.
- Early recognition, prevention and impeccable treatment of pain and other distressing symptoms of their illnesses.
- Advocacy and education of health care workers, patients and families about palliative care.



*"I am so blessed that  
you are all in my life."*

● Patient AB

Real care and support



## TRAINING

### QUALITY SERVICE

During September 2019 our team participated in formal accredited palliative care training provided by Msunduzi Hospice.

We believe that ongoing training is key to quality care.

## Our services

We believe in teamwork and a holistic approach to palliative care.

### That is why we have a team consisting of:

- Professional palliative care trained nurses;
- Specially trained medical doctors;
- Physiotherapists;
- Dieticians;
- Psychologists;
- Social workers and Counselors

## Referrals

We work on referrals from your current medical practitioner. Registration forms can be found on our website or at the Ballito Medical Centre.

We also refer to other services for example 24 Hour Nursing Care Services and Alzheimers SA.

## How to get involved?

### Volunteer

We rely on volunteers for a variety of patient care services. Please speak to us about finding the right type of service for you to assist us in caring for others.

### Advocate

The more people who know about our service the better! Talking about difficult topics such as dying helps to dispel myths and empowers people. Please join our community support days and invite your friends! We have these events during the last week of every month in different venues in Ballito and surrounds.

### Donate

We do rely on your generous donations to ensure that no patient will be turned away due to their financial constraints. We extend heartfelt thanks to all the organisations and individuals who have supported us over the past year!

You can donate through our website Paye portal, Zapper or directly transfer to our bank account: FNB Cheque Account; Beacon of Care NPC; Account Number: 627 985 87 790 Branch Code: 255 355.



### Contact us

Give us a call for more information  
Beacon of Care  
Ballito Medical Centre,  
The Well, Cnr Alberlito and Kirsty Way, Ballito

065-135-5214

admin@beaconofcare.co.za

Visit us on  
the web at [www.beaconofcare.co.za](http://www.beaconofcare.co.za)  
Facebook: BeaconofCare



**Area covered:**  
**Ballito and Surrounds:**  
**From Tinley Manor to Shakaskraal**  
**and Shakashead to Fraser and all**  
**Ballito Suburbs.**

**Where we work**

### When?

Palliative Care is appropriate for any patient diagnosed with a serious life limiting illness, at any time during the course of the illness. Examples include:

- Cancer
- HIV/AIDS
- Liver or kidney failure
- Lung disease such as TB
- Progressive neurological conditions

### The case for palliative care

Palliative care is an extra layer of support. It helps, the patient and their family deal with the stress and extra responsibilities a serious illness brings.

Palliative care improves the quality of life for the patient as well as the family by minimizing the effects that a life-threatening diagnosis can have on the person diagnosed and everyone around them.

Palliative care can start from diagnosis, through chemotherapy or other treatments up to the end of life and beyond with help for the family left behind. We are here to help you navigate through this fearful time and to treat symptoms like pain, nausea, depression and to assist with the social and spiritual dilemmas a life limiting illness causes.

Palliative care is best done as a team, with the patient as the leader and the doctor, nurse, physio, dietician, social worker and existing oncologist or specialist all working together to equip the patient and family with ways to deal with the many dilemmas a life-limiting illness can bring into a home.

### Who qualifies?

Anyone with a life-limiting illness, living in the area we offer our services in, in and around Ballito. If you have a medical aid, they normally pay for our services but if you don't, please know that no-one will be turned away and our donors and fundraising events help towards the cost of your treatment.

### Where?

We mainly do our work in people's homes. It sounds kind of 'old fashioned' to hear of a doctor coming to your home, but very often this is the only place the patient feels comfortable. We can however also see you in a consulting room or in the facility that you are living in whether a nursing home or hospital or step-down facility.

***"Thank you Beacon of Care for your continued support throughout all of this – I don't know what we'd do without all of your work" Patient's Son***



## COMMUNITY

### LOCAL SUPPORT

Beacon of Care exists to support the local community. It has been heartwarming to receive so much support from various local community groups and we are grateful for each contribution. We cannot do it without you!

*Thank you so so much for your wonderful attention to the sick and infirm in this world. May God's richest blessings be upon you all and the work you do for God's children.*

• Niece of a Beacon of Care patient



You are never alone

As the nature of our work is home based, Rotary's donation of 4 tablets is greatly appreciated. We are now able to work virtually in any location.



# MEMORABLE EVENTS



12 OCT 2019

We were able to celebrate this important day at Ithemba Labashe in Shakashead. Above you can see the team sharing and educating the local community about palliative care.



7 JUN 2019

### High Tea Fundraiser

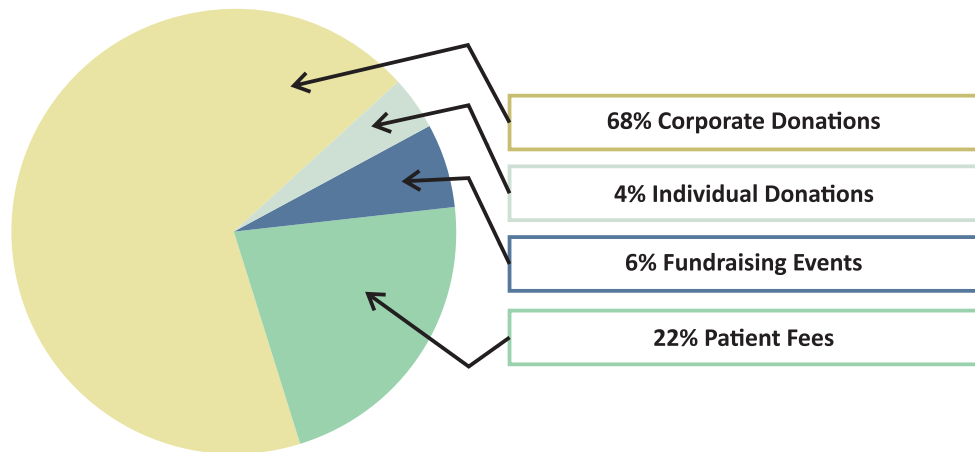
Our first "big" event fundraiser held at the Waterberry restaurant was amazing! We are grateful to everyone who helped make this day a success!



4 OCT 2019

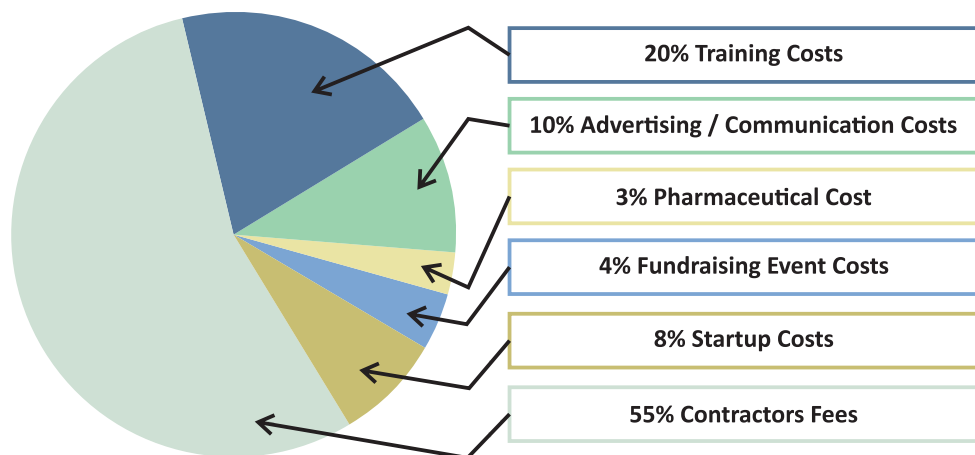
We were grateful for the invitation from Good News Community Radio to speak live on air! Dr Nothnagel was joined by Ms Tracey Brand from Umduduzi Childrens' Hospice to discuss palliative care.

# FINANCE REPORT



## Income R241 000

We would like to thank all our committed and generous donors for supporting us over the past year. Your donations enabled us to treat those in need of quality palliative care, regardless of their ability to pay. The value of professional fees and services received for free (not included in the graph) is an astounding R180,000! We are grateful to these amazing service providers willing to support us in this way.



## Expenses R191 000

We believe in fair remuneration for quality care of our patients and therefore pay our service providers market rates. All of them do however commit to a minimum amount of non-fee paying patient consultations on a pro-bono basis. The figures shown here and above are forecasted results for the year ending February 2020. Our annual financial statements are independently reviewed by Combrinum Accountants in Cape Town.

# OUR DIRECTORS

Beacon of Care is a registered S18A non-profit company (2018/639868/08) and also registered with the Department of Social Development (NPO 220-962).



**Chairperson**

**Emily Mathe**

Emily has been a professional nurse for 40 years. She has diplomas in Psychiatric nursing, Nursing Education and HIV/Aids Management in the Workplace. She is also a trained Lifeline Counselor.



**R2,400 WORTH OF FREE MEDICATION TO INDIGENT PATRONS**



**Executive Director**

**Dr Helena Nothnagel**

Helena is a GP based in Ballito. She volunteered for Highway Hospice and also completed the Palliative Care in Family Medicine course through Stellenbosch University.



**4 COMMUNITY SUPPORT DAYS**



**Medical Director**

**Dr Raksha Balbadhur**

Raksha graduated Cum Laude from UCT in 2001 and has a masters degree in palliative care on dignity therapy for patients with advanced disease.



**8 HEALTHCARE TEAM MEETINGS**



## MEET RITTAR

Rittar looks after her 3 grandchildren on her own, despite not being able to walk and needing constant medical attention herself. Grace church assisted us with a Christmas hamper for the family that our Chair Emily delivered to them.



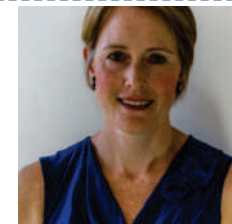
## MEET ANITA

Her physiotherapist gave her more independence by improving her posture with exercises and devising a better eating arrangement and her attending doctor changed an essential tablets to a capsule formulation which was easier to swallow so she could restart important treatment that also helped improve her quality of life.

# MEET OUR HEALTHCARE TEAM

## Sharon Hultzer

Sharon is our Dietician and has also taken on the role of our administrator. She receives calls, answers emails and is always ready to nourish and assist!



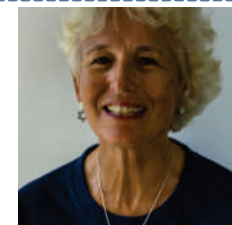
## Rebecca Howie

Rebecca is a dedicated and well-trained palliative care nurse. She listens well and thrives on patient interaction. She has also completed a course in counseling.



## Gerda Kaljee

Gerda is a resourceful and energetic retired physiotherapist. Gerda can make a plan for the most difficult of situations and always has a joke to tell, keeping everyone's spirits up.



## Kaishiree Delomoney

Kaishiree is an excellent social worker who knows the ins and outs of the department of social affairs. Kaishiree has a deep love for the families she counsels and quickly becomes a blessing wherever she goes.



## Gina Hamlyn

Gina heads up the counseling team Grace Ballito Church and offers free counseling to anyone in the community. Gina has helped many of our patients and team members alike with her wise and grounded advice.



## MEET GARTH

Garth is a keen gardener. He has not been able to go fishing now for 3 years, but loves having his physiotherapist exercises on the beach promenade. He receives monthly visits from a nurse.



76 NON-PAYING  
PATIENT VISITS



29 PATIENTS  
TREATED IN 2019



AVERAGE TIME  
PATIENTS CARED FOR  
4.7 MONTHS