

HORISON

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NUUUS HORIZON NEWS

MET VUUR EN VLAM

Huis Horison het 'n ryk geskiedenis.

'n Toegewyde en passiewolle groep mense het die behoefte aan 'n residensiële werksentrum vir mense met 'n gestremde besef, en 'n vereniging gestig wat uiteindelik in 1974, 17 jaar later, tot die totstandkoming van Huis Horison sou lei.

Met die verloop van tyd het Huis Horison en sy professionele span sterk dryfkrag uitgeoefen om aanhoudend te verbeter, voor die kurwe te bly, en om hierdie belangrike diens uit te brei. Om pligsgetrou te wees tot kwaliteit dienslewering en om aanhoudend grense te toets was deur die jare 'n ongeskrewe leuse.

Inwoners wat al van die begin af hier is kan nog getuig van hul eerste ervaringe, en 'n leeftyd sedertdien. Hulle sal jou vertel van herinneringe aan mense-vriende, familie en kennisse-wat hul omring en hul lewens verryk het.

Die onsigbare vyand, Covid 19, is die wêreld se eerste werklike ramp wat almal se uitkyk verander het. Ons leef tans die storie wat telkemale 'n treffer film, oftewel blokbom, sou maak. Op die oog af is dit onopmerklik, maar tog is daar 'n gedwonge verskil in ons optrede en sosiale interaksie met mekaar.

Vir Huis Horison beteken dit meer as ooit dat ons inwoners en dagwerkers gekoester moet word.

Dit maak nie saak wat daar buite gebeur nie, hier fokus ons sonder om af te dwaal op ons kerntaak. Ons strew daarna om die karakter van 'n gebalanseerde ouerhuis te skep wat die ervaring van geluk, warmte en sekuriteit insluit. Ons glo dat elke mens 'n unieke en kosbare skepping met waarde en status is. Dit is waarom elke mens aanspraak kan maak op onvoorwaardelike erkenning en respek, en ook waarom ons sorggroep as die belangrikste mense in die sentrum geag word.

Die grootste prestasies in die wêreld word dikwels nie

net uit kennis of vaardigheid bereik nie, maar benodig 'n onversadigbare passie van die mense daaragter. Ons gee graag erkenning aan diegene wat op die pad bly en nie afdwaal nie maar volhardend en doelgerig ons sorggroep op die hande dra.

Hierdie doelgerigtheid en harde werk, gestook deur enorme passie en liefde, het deur die jare gelei tot vooruitstrewende ontwikkelinge by Huis Horison – die uitbreiding van dienste, bestuurskapasiteit en ons fasiliteite. Ons het inderdaad ons horisonne verbreed.

Daarom is ons trots op die nuwe wooneenheid wat pas voltooi is – nog 'n hoogtepunt is in ons geskiedenis bereik. Ons heet ons nuwe inwoners, hul ouers en families 'n hartlike welkom by Huis Horison en vertrou dat ons vir hulle ook 'n vlam van hoop sal wees in die jare wat voorlê.

Nuwe wooneenheid,
Huis Disa



VAN DIE UITVOERENDE DIREKTEUR

Elza C. Bresler

Deur die jare het ons by Huis Horison geleer om te fokus op ons eerste taak en ons prioriteite te bepaal, naamlik om mense te versorg wat leef met 'n intellektuele gestremdheid. Deur dié fokus, het 'n diverse en unieke landskap na vore gekom, omdat elke persoon geheel anders is as die mens langs hom of haar.

Om te bepaal wat ons inwoners benodig is 'n groot verantwoordelikheid wat 'n mens nederig en in verwondering hou, maar ook lei tot groot prestasies, soos om die nuwe wooneenheid tot stand te bring. Hierdie gebou is al jare deel van Huis Horison se visie en beplanning, en danksy die betrokkenheid van die Stellenbosch Stigting, het Huis Disa 'n realiteit geword. En ons kan sê, soos 'n disa is Huis Disa: statig, boeiend, geheimsinnig/skaars, beeldskoon, eenvoudig maar kompleks... En eg aan die Boland.

Alle betrokkenes het gefokus op wat nodig is om 'n tuiste te skep. Beweegruiimte, lig, robuuste toerusting en kwaliteit. Elkeen het hul uitstekend van hul taak gekwyd

en ons het diep waardering, erkenning en bewondering vir hul kennis, uithouvermoë, en hul liefde. Dankie.

Ons visie is dat Huis Horison 'n rol sal speel in die Stellenbosch gemeenskap, omdat mens hier

- gedwing word om bietjie stadiger te leef, tot stilstand te kom en te luister;

- erkenning en aanvaarding ervaar, ongeag van welvaart, denkvermoë of voorkoms;

- kan leer om dit wat jy doen aandagtig en met geduld aan te pak;

- saam met jou medemens lag, huil en, as jy lank genoeg hier bly, saam met die lykswa uitstap na die laaste rusplek.

Maar die belangrikste is om te weet jy is van betekenis, ten spyte van jou titels, voorkoms en ouderdom.

Die nuwe wooneenheid is een van nog baie hoogtepunte. Ons streef daarna om in die toekoms 'n spiritualiteit te vestig met die eerlike erkenning dat ons in 'n Hoër Hand is (deur die bou van 'n Kapel), en waar ons die natuur respekteer, beskerm en mense in staat stel om in harmonie met die natuur te leef (deur ons ekoterapie program). Ons beoog ook om 'n eenheid te ontwikkel waar inwoners se ouers ondersteun kan word, en 'n klein eenheid vir psigiatrie te vestig wat voorsiening sal maak vir tye wanneer mense meer as gewone hulp of palliatiewe sorg nodig het.

Ek nooi jou as mens om betrokke te wees, want ons maak 'n verskil in eenvoudige maar belangrike lewens en ook in belangrike lewens, maar met eenvoud.



Lede van Residensiële span (van links): Merna Pool, Dr Magdie van Heerden, Tholakele Dubayi, Welna Snyman



Horizon House provides a safe infrastructure for people with primary intellectual disabilities in which to live, work and socialise. Our culture lets residents work and socialise within a normalised environment where each adult can live to their full potential, as a unique person and part of a community.

WHAT WE OFFER

ECOTHERAPY

Ecotherapy is an umbrella term for nature-based approaches to healing. Horizon House is in a privileged position to be situated in an environment surrounded by nature: vineyards, lemon and olive orchards, and a freshwater dam. Ecotherapy programmes take place under the guidance of therapists in these natural settings, and activities that implemented include horticultural therapy [plant propagation, food gardening (herbs and vegetables), generation of compost, conservation activities and clearing invasive species, landscaping and grounds maintenance (Green Team)], animal assisted therapy, physical exercise in a natural environment and nature meditation.

ACCOMMODATION

As of April 2021 Horizon House will be able to accommodate 142 residential people. Parents or family members secure an agreement for the right of occupation on a residential unit. Accommodation options range from flats to single rooms, with most of the latter featuring a en-suite bathroom. Provision is also made for married couples.

Three meals per day, are enjoyed in the communal dining room. Special dietary needs are catered for including diabetes and food intolerances.

DAY PROGRAMME

A daily programme is followed, which creates a structure to daily activities. Mealtimes, work in therapeutic work areas, training, exercise, resting times, caregiving and recreation are part of the daily rhythm.

Day workers follow the same programmes as residents, but do not stay on the premises and take part in all activities from 08:00 – 17:00. This includes the provision of breakfast and lunch and social activities.

THERAPEUTIC INTERVENTIONS

Therapeutic interventions are done with regards to the integration into work areas and social life: communication, relationships, dealing with emotion, resilience, bereavement, and conflict to name a few.

Our programmes incorporate group training, techniques and intervention by the therapeutic team to ensure optimal development of each individual and the acquisition of necessary life skills. Life skills training are done through support groups, needs groups, counseling and other interventions in groups and individually.

With the aid of an occupational therapist, guidance is given in assisted living, personal care and daily activities. A healthy lifestyle plays an important role and attention is given to exercise, recreation, and nutrition.

CAREGIVING

Primary medical care is available by qualified medical staff, with referrals to specialist services. Carers play a role in the daily living/rhythm, assist with personal care, monitor and assist with emotional and social needs and prevention of touch deprivation with specified activities as part of their caregiving.

CLUB PHOENIX

The rhythm of life is different for older people and since we have many people who fall in this group, we founded Club Phoenix. We adapt stimulation and activities to specifically suit the needs of this group. Club Phoenix can still be creative and constructive, but they don't have to attend the work areas. They enjoy spending their time in their own way or going on outings.

TRAINING

Staff training and development is conducted internally and externally and includes education in personal development and skills training specific to intellectual disabilities and the organization, including Studio III training.

SPIRITUAL SUPPORT

Spiritual growth is encouraged, and spaces are provided where they can connect with themselves and discover their inner humanity.

RECREATION

Socialising, sports and outdoor activities form an important part of the residents' daily lives. The Centre is built on 12,5 hectares and has a swimming pool and beautiful gardens with walk-ways. Programmes to promote a healthy lifestyle include health and fitness groups, walking groups, exercise sessions in the gym and pool, and low impact groups.

Residences have lounges where residents can watch TV, socialise and relax. Birthdays are deemed important and it creates a sense of dignity to be recognized as individuals on these special occasions. We also encourage relaxed and creative personal recreation.

PAT (Pets as Therapy) regularly visits us and offers animal lovers the chance to caress and love animals, especially since they can't keep their own pets.

TO CHANGE HATS!

[Photo: Bottom right]

Dr Magdie van Heerden het in Februarie die pos van Dienstebestuurder ingeneem. Ons hoor meer van Magdie self:

“The move from our Therapy Team to our Residential Team is almost like changing hats for a different occasion – your heart and mind being evenly comfortable with both.

Die langtermyn doel van die Terapiespan is om alle intervensies in Huis Horison geïntegreerd en gefokus aan te bied sodat alle rolspelers (residensiële, versorging en werkareas) betrek word in 'n holistiese benadering tot dienslewering.

Ons visie is om 'n gesonde lewensstyl by Huis Horison te vestig en daardeur die lewenskwaliteit van inwoners te bevorder. Hierdie visie sal vir my dieselfde bly, ongeag watter hoed ek dra.

Die vraag is: wat is lewenskwaliteit? Elkeen van ons se beleving van 'n kwaliteit lewe is uniek, en word bepaal deur sowel eksterne as interne faktore. Ek hou van die volgende omskrywing omdat dit so mooi omvat wie ons is hier by Huis Horison:

Quality of life is: The degree to which a person enjoys the important possibilities of his/her life. Possibilities result from the opportunities and limitations each person has in his/her life and reflect the interaction of personal and environmental factors. Enjoyment has two components: the experience of satisfaction and the possession or achievement of some characteristics. Three major life domains are identified: Being, Belonging, and Becoming.

Om dit meer prakties uit te beeld, is my strewende as Residensiële Hoof dat almal in Huis Horison:

- Goed voel (gesond/energiek/gelukkig)
- Goed lyk (gewig, voorkoms, versorging, higiëne), en
- Goed/mooi leef (jou leefruimte; kamer, wooneenheid, kuier en eet areas, omgewing buite).

“We have a rhythm rather a programme, because that's how a community lives.”

Dr JF Marais: Vice Chairman

SHELTERED AND THERAPEUTIC WORK AREAS

At Horizon House each person gets the opportunity to make a dignified contribution to their own livelihood by working in a normalised life setting. The residents join one of ten work teams with supervision, based on their levels of functioning and interests.

These work areas provide therapeutic value along with all the benefits of a proper job – servitude, acknowledgement, pride, self-esteem, companionship, quality of life and hope. The services and products we create are sold and provide an important income stream for Horizon House.

WAYS TO GET INVOLVED

DONATE

Make a single, or recurring **donation** via EFT, debit order or online through our website

VOLUNTEER

Volunteer at events or at the centre on a regular basis

BEQUEST

Make a **bequest** to us in your will

EVENTS

Attend or sponsor our **functions and events:**

Golf day | Kermis
Celebrate Life Dinner
Trail run
Casual day

SIGN UP

Join the Horizon House Circle of Friends and we will keep you informed through our **newsletter**

DONATE

We always have a use for **books** of any type or condition. Please contact us for donations of previously loved **goods** that are still good order.

SHOP

Support our work areas:

- buy products from our **bakery, handwork** or **woodwork** (available online)
- place an order for **something unique**
- bring us your waste for **recycling** (glass, paper, cardboard)
- let us **restore your furniture** or make it from scratch

SPONSOR A PERSON WITH A PRIMARY INTELLECTUAL DISABILITY

Horizon House has **21 residents who require financial support**. A committed donation over a long term will support persons who do not otherwise have family, a support base, or the necessary means to an income.

Your **monthly donation** of R5 250, or a **once-off yearly payment** of R63 000 will help cover one person's basic living costs.

All donations are tax deductible and you will be issued with an Article 18A tax certificate for your contribution. To get involved, please contact bemarking@huishorison.org.za

MySCHOOL, MyVILLAGE, MyPLANET

Horizon House is a member of the MySchool MyVillage MyPlanet fundraising programme. Contact us for a new card, or to add us as a beneficiary on your existing card, and donate while you spend.



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