



heart to heart

NAZARETH
HOUSE
CAPE TOWN

A newsletter for friends of Nazareth House

Our Winter 2011

You Help Them to be the Best They can be.

A result of the loving help that you give to our children with special needs was recently on show.

The occasion was the annual junior sports day at the school attended by two of our children – Thandeka and Marietjie, two small girls who have come a long way in their development, thanks to the compassionate kindness of friends like you.

As the events unfolded, the running races, the relays – as the children carried blocks to build

a tower, the traditional egg and spoon race, and an obstacle course, Thandeka and Marietjie enthusiastically gave their utmost. And all our other toddlers were taken along to cheer them on from the sidelines and give 'family' support.

At the end of the morning everyone was

Marietjie runs her heart out in the class race, on the winners' podium and carrying blocks to build a tower.



treated to well-deserved refreshments. And a tired but happy busload of children returned to Nazareth House for a welcome afternoon nap.

Thank you for helping our children with disabilities to be the very best that they can be.



A gift for the future

Our new helpful brochure on how to make a Will is now available.

If you'd like a copy, please let us know. Most of us get great satisfaction from doing good, from making the world a better place, from making a positive difference in the lives of others.

Many people achieve this during a lifetime of giving. And their kindness can become so meaningful, that they want it to continue even after their lives end. And they make this happen by means of a Bequest to charity.

A Bequest or Legacy is also a wonderful memorial – keeping your spirit of compassion and generosity alive ... letting your love live on.



He was only 19 years old

Gideon was a desperately ill 19-year-old, miles from his hometown in another province, when he was admitted to our hospice.

When he arrived on a stretcher, without a single possession, his neglected TB had spread to his brain, causing him to have regular seizures and blinding headaches. Amongst other problems he also had no strength in his legs.

Dance of joy

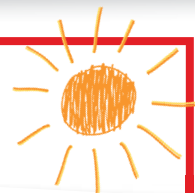
After many weeks of special care and the help of medication, he literally danced out of our hospice. The love and care that you help us provide did wonders for this young man, and with his health back under his control all that was left for us to do was find his family. We organised his long journey home, provided



Hospice patients dancing with joy.

him with clothing, groceries and his essential long-term medication. We share his very special gratitude with you.

An angel in the lives of our old folks



Sister Rosemarie from the Holy Cross Order wanted to continue making a difference in the world when she retired. And when she visited Nazareth House and saw our elderly residents having tea together, she said that it was as if God had told her that they were her new calling.

Sister Rosemarie's goals are straightforward:

- Keeping the body active to prevent stiffness of joints and withering of muscles, with games of skittles, rolling a ball to one another, and gentle gymnastics.
- Keeping the mind sharp. The challenge of board games helps to achieve this, whilst also providing lots of fun and laughter.
- Keeping hope and joy present in

everyone's lives. These two essentials to happiness are often missing in the lives of lonely elderly people who are totally alone or have been abandoned by their families.

- Deepening

spirituality. Older people have more time to think about and dwell on the deeper aspects of life. Faith sharing can be particularly rewarding for them.

- Helping to heal the hurts. When an elderly person says, 'It hurts here, inside', Sister Rosemarie sits down and listens.
- Giving the gift of touch. Older people long to be touched. They miss the intimacy of holding hands, an arm around their shoulder, a kiss on the cheek and a precious hug.
- Socialisation. Someone who is isolated and depressed is more likely to become a recluse. So social interaction is really important, and Sister Rosemarie's encouragement to 'join in' is hard to resist. We're all blessed to have the addition of Sister Rosemarie's loving services.



Message from Sister Veronica

I have been privileged to have been able to update you on the works of our ministries, and have shared the six Core Values which is the bedrock of our apostolate. Over the years, many Sisters, through their compassion, caring and, steadfast devotion have touched the lives of many who have come through the portals of Nazareth House, but there is one that can be specially remembered. We would like to dedicate this newsletter to Sister Irene Maher, whose unconquerable faith, empowered her to go beyond the call of duty, extending her love to those most needy, Her passing on 25th March 2011, has left a void in the lives of many, but from her heavenly home her presence will be felt in all of our hearts.



*In Memory of
Sister Irene
09/07/1940 -
25/3/2011.*

Our Wish List

The items on our regular wish list are so ordinary, but so essential:

Formula for our babies – especially the really expensive products needed by babies who suffer from allergies and certain milk intolerances.

Nappies for our fulltime babies and young toddlers, but also the many emergency babies of all ages who come into our care.

A present need is for more sturdy **Baby Gym** units which help in the development of our children with disabilities.

A small reminder

Whilst we are really grateful for your loving intentions when you send gifts in kind to Nazareth House, may we ask you to please rather send your gift as a donation which can be used to locally purchase needed items.

South African customs regulations are such, that items are subject to duty which often exceeds the value of the parcel's contents.

Your understanding and help in this regard will be so greatly appreciated. Thank you.



Intro to Ali

From a very young age, Ali Bodill has had a desire to work with babies and children.

Now, armed with her Honours Degree in Occupational Therapy, Ali is fulfilling her dream at Nazareth House. Hers are the hands that put your gifts of love into action with every child in our care who is suffering from a disability of some kind.

Even a severely disabled child has potential, and it's the role of our occupational therapist to help each child achieve that potential.

It may all sound very technical, but in essence it's a labour of love that has great rewards that come in the form of that first step or smile.

Every 'first' in their lives belongs to you too. 'Thank you', from the little hearts of all our children with special needs.



*Ali is 'bands on' –
our new occupational
therapist is also your
new partner.*

Emily's Big Day

Her eighteenth birthday was a big day for Emily – and also for us. Like any proud parents we loved sharing this milestone with Emily who will be with us for life.

And what is a special birthday without a party? So we organised one.

There were plenty of games to play, and a birthday feast to enjoy. Everyone had a wonderful time, and Emily was thrilled with the gifts she received.

Her 18th birthday will be a special entry in the memory book of Emily's life.





We have so many photographs to share with you in this issue!



Many thanks to our local donors who provided Easter eggs for the hunt after Easter Sunday mass.



Some of us needed a little help from a friend to find the hidden eggs.



Two new bunnies have joined our family. They give enormous joy to both young and old when they're spotted peeping out of their hutch alongside the chapel, basking in the sunshine - and especially when they became a natural part of the Easter egg hunt excitement.

Searching here, there and everywhere, until ... success! Not even the early winter showers could dampen the spirits of the enthusiastic egg hunters.



We were treated to a surprise visit from Blake Lively whilst she was in Cape Town during the filming of her latest movie. Our little ones may not be familiar with her role in the Gossip Girl series, but Blake's warmth and playfulness made her an instant bit with all the children.



Sister Winnie, who is part of the congregation of Sisters, concentrating on her game of dominoes.



'Home James'
The line up of 'carriages' waiting to transport Small Important People (SIP's).



A highlight of the Easter holidays was a sponsored visit to the local aquarium. The fish and sea-life of all kinds, including penguins, turtles and seals were all intriguing - but the sharks stole the show. The outing ended with lunch and some winding down time in the aquarium play centre.