

FAIRHAVEN HOSTEL

1999
6661



BEING OLD



*Yes, my body is old
But it's not the real me.
The real me
Is as young as you are.
In fact, the real me
Never changes.*

*Yes, I'm trapped in a body
That won't obey me.
But don't let it fool you,
I'm aware of everything
around me.*

*And I want to be
included.
So don't look at me with
pity, or talk to me as
you would to a child.
Please don't make me
feel useless,
or ignore me.
I have not changed,
Not really.
Time has just taken
its toll.
The real me
is just like you,
with a need to be
recognised and
accepted.*

*So be patient with me
If I am a little muddled or
deaf,
or need a strong arm
to lean on.*

*For inside I'm flying,
Free and young
and mobile.*

Please.....

Try to see me,

**As I really
am.**

FROM THE CHAIRMAN

We bring to you this brochure with the wish that it may contribute to your appreciation of the services and facilities provided at Fairhaven. Over the last years there has been a substantial increase in the number of residents requiring special help and thankfully Fairhaven has been able to provide this as and when it was needed. However it has meant that resources have had to go into extensions both in the rooms and more recently with new kitchen and laundry facilities. While much work was done voluntarily and there was a flow of generous gifts, the total extensions in the past years still cost the Association a total of \$196,000.

"We need all the support possible..."

And it does not stop there. As Board we see it as one of our roles to plan for provision of sufficient facilities to meet demand. Hence also the current proposal to buy an adjacent unit for future possible integration into the hostel.

To be able to maintain the infrastructure and facilities required, the Association continues to need the support from the broader community. Thankfully this has been forthcoming and there are now some 350 members. For those that have not yet had the inclination to support Fairhaven, we encourage you to read this brochure, pay a visit to the hostel, and acquaint yourself with the wonderful work that is done there.

We need all the support possible and your contribution with a membership, donation or as a volunteer is important and appreciated.

Harry Kleyn
Chairman

THE BOARD



Back Row: David Lewis (Secretary), Martin Byl (Treasurer), Harry Kleyn (Chairman), Jack Maring (Property Manager)
Front Row: Anne Maring, Bev Tomeran (Members)

MY ENJOYABLE STAY AT FAIRHAVEN

On the 31st March I had a doctors appointment at 9am. I did indeed arrive at the doctor, but not the way I had intended. On my way to the surgery I had a nasty fall and after several x-rays it was confirmed that I had a fractured pelvis.

The doctor prescribed six weeks rest, and recommended hospital care. After some pleading he agreed that I could be cared for at one of my children's place. After an assessment by the Silver-Chain sister however, we had to come to the conclusion that facilities at home were not

adequate enough for the care of the elderly person with a fractured pelvis.

And so I became a patient at Fair-Haven. I received a very warm welcome and was given a brand new private, sunny room. Some furniture was brought into the room to make it homely and my daughter also brought some of my own pictures to hang up on the wall. The room soon looked lovely and cozy. I honestly felt as though I was in a 5-star hotel.

The staff were fantastic. Mr and Mrs Pitlo are very dedicated carers of Fair-Haven Hostel. There is also one qualified nurse who gives strict orders. Then there are other nursing staff members who do their work with great love and care. The kitchen staff made delicious meals and in a course of three weeks every meal was different.

What also made my stay there so nice was that I was surrounded by my own brothers and sisters of the communion of saints. Every evening we sang psalms and hymns. This really made me feel at home. If you ever need to be nursed at a hospital, consider Fair-Haven as a first option.

"Oost-West Fair-Haven is best!!!"

"I honestly felt as though I was in a 5-star hotel."

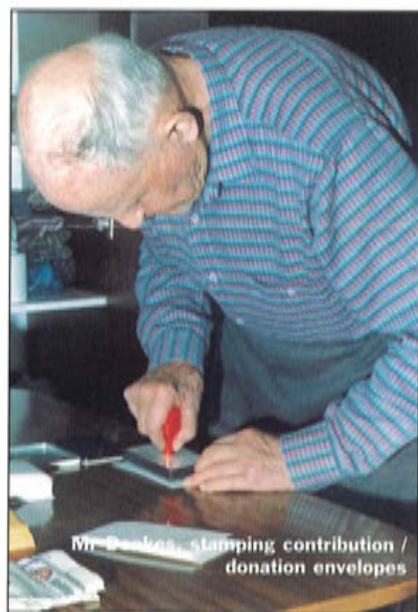


Mrs. Bruising with some of her grandchildren

WHAT WE DO

Throughout the week visitors rotate their services to the residents. Currently, there is a "visitors scheme roster" in place, to prevent all visitors coming on one day, and nil visitors for the rest of the week. Regular activities from the visitors includes making cards, coasters, and pictures for possible sale at fundraising stalls. Visitors are always welcome, and they usually play games, chat about current affairs, join in heartily in a sing-a-long, or take residents for walks. All these activities are much appreciated by the residents, who would like these activities to continue. So, if you have some spare time during the week, please come along and join in!!

Residents are also encouraged to pursue their own hobbies and interests. Mrs Pleiter cheers the atmosphere with her organ playing and Mr Van Doornum soothes with the gentle strumming of his guitar. Then there is also Mrs Schoof the book-worm, Mr Van Doornum the magician, and Mr Doekes with the latest on what is happening in the world.



Mr. Doekes stamping contribution / donation envelopes

"So, if you have some spare time during the week, please come along and join in"



A regular craft morning

OUR CARERS

A responsible team of experienced and skilled staff provide twenty four hour care of the residents. The Housemother, G Pitlo, coordinates staff and resident activity and provides leadership in ensuring that residents enjoy high standards of care in a therapeutic environment. She is also responsible for staff development, as well as organising visits by the hairdresser, who comes every 6 weeks to the Hostel; the podiatrist who visits every second month; dietitians, and any other service required

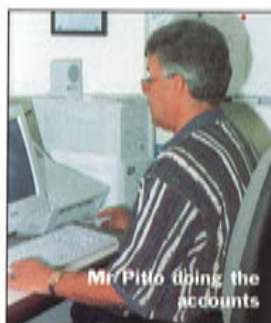
by the residents.

The Housemother is assisted by the second-in-charge, S van de Esschert, who has also given Fair Haven years of dedicated service. The hostel also has its own registered nurse, M Janssen, whose professional standard is vital in the administration of medications, providing acute care, and in assessing and developing care plans for each of the residents. The R.N. also consults regularly with the

"A responsible team of experienced and skilled staff provide twenty four hour care of the residents."

allied health care team, such as doctors, physiotherapists, hospital departments as required, and the community palliative care team. In addition to her regular shifts, the R.N. is also on twenty-four hour call, seven days a week.

Mr A van Leeuwen is voluntarily involved, and very busy, working with the Administrator, R.N. and Board members to secure accreditation for the hostel by the year 2001. This is a demanding task and requires meticulous documentation of all aspects related to the running of the hostel. The Administrator, A Pitlo, is also responsible for the financial running of the hostel. This is a complicated task made up of facts and figures and lots of wishful thinking.



Mr Pitlo typing the accounts



Mrs van der Veen with her cleaning trolley



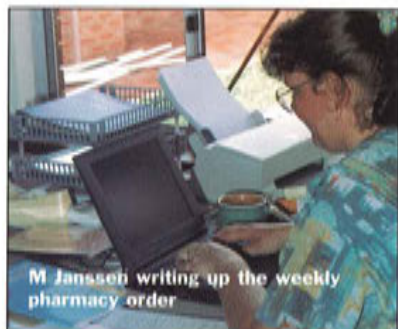
Some of the staff



G Pitlo busy making rosters



S van de Esschert compiling a shopping list



M Janssen writing up the weekly pharmacy order

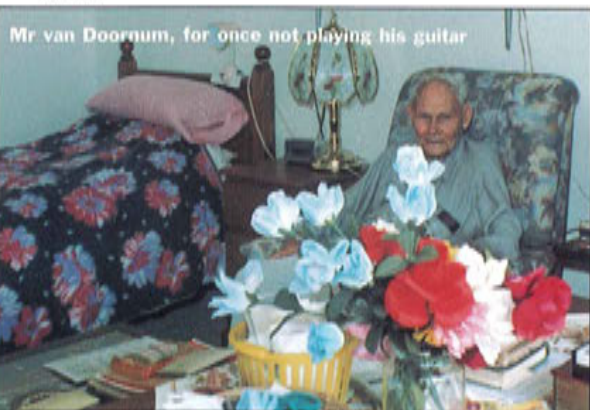
WHERE WE LIVE

Fair Haven was opened in 1985 with a flat and accommodation for five residents. In 1995 the Jacaranda wing was added, followed by the Jasmine wing in 1998. Fair Haven is now a fifteen bed hostel.

In addition there are also two lounges, a dining room, a kitchen and laundry. The kitchen / dining and laundry extensions are now completed, and staff and residents alike are enjoying the spacious area available to them.



Mrs van der Veen in her room



Mr van Doornum, for once not playing his guitar

JACARANDA

- Rm 7 Mr M Doekes
- Rm 8 Mr J Smittenberg
- Rm 9 Respite / Palliative care
- Rm 10 Mrs J Schoof

OLEANDER

- Rm 1 Mrs M Wagenaar
- Rm 3 Mrs Z Kleyn
- Rm 4 Mrs G van der Brugge
- Rm 5 Mrs A van der Veen
- Rm 6 Nurses Station

JASMINE

- Rm 11 Mr G van Doornum
- Rm 12 Family A Pleiter
- Rm 13 Respite
- Rm 14 Night Sleeper
- Rm 15 Family A Pleiter

EQUIPMENT

Hoists are a regular feature of hostel mechanics. Hoists are used to assist in the transfer of some of our residents. The hostel currently has two hoists; namely the battery-operated standing hoist, and the hydraulic Oxford Hoist. The hostel is hoping to purchase a battery-operated Oxford hoist as soon as the funds are available, as the hydraulic hoist is showing its years.

Hospital beds are essential for proper care of residents, particularly for those who require frequent re-positioning or spend a fair amount of time in bed. Hospital beds have the ability to be raised or lowered, and the head-ends of the bed can be elevated. At present, the Hostel has 7 hospital beds, and more will hopefully be purchased in the coming year. Specialised mattresses are very effective in preventing pressure sores, and for increased comfort for the residents. Currently the hostel only has access to two spenco mattresses, and would dearly love to purchase more. However, funds for this are limited. Wheelchairs are frequently utilised for transferring residents with walking difficulties, or for long distances. Currently the hostel has access to 2 wheelchairs which are used frequently. Residents health status' do fluctuate, and it appears that more will be required further down the track.



FAIR HAVEN STAFF

Administrator:	A Pitlo
House-Mother:	G Pitlo
Registered Nurse:	M Janssen
In-Charge Carers:	D Veldhuis H Niendeker J Dobbe J Mulder
Carers:	L van de Heide C Pleiter T Leefflang
Night Staff	G Posthuma J Scholz R Huizenga
Relief Staff	M Swarts (carer) H t' Hart (carer) E Bakker (carer) A Faas (relief RN) M Kobes (relief RN)
Cooks:	S van de Esschert L Prapuolenis
Cleaning Staff:	E de Snoo E Veurink D van der Schaaf
Gardner	J van Dijk

IN CONCLUSION

Overall, the hostel provides holistic care for the aged of our churches. High medical standards are complemented with culturally sensitive diets, activities and staff. Moreover, the Christian ethos of the hostel continues to provide a spiritually nurturing environment for the residents. With God's blessing we hope that the hostel may continue to provide an essential service to our Free Reformed community.

