

## Newsletter 1/2017

A year dedicated to growth,  
education and overcoming obstacles



Services for the elderly in Slezská diakonie

"Try it on your own right now" is a complex programme for children leaving children's homes and detention centres.

## Editorial

Dear readers and colleagues,

a new year is upon us, which creates new opportunities for Slezská diakonie to further develop and upgrade its social services. The main topic for this issue of the newsletter is "Elderly care in Slezská diakonie".

Recently, the possibilities for us to provide care for the elderly have been improved thanks to the launch of 2 new social services - SAREPTA in Komorní Lhotka, a home for the elderly and SILOE in Ostrava, a home with a special regime. These new services bring countless challenges for us but nevertheless I am still grateful to our Lord that he enabled us to begin operating these services. In doing so, he enabled us to provide our elderly with high-quality and professional care in their uneasy life situations.

*The hoary head is a crown of glory, if it be found in the way of righteousness.  
(Proverbs 16, 31)*

This verse teaches us how to approach our elderly and how to communicate with them. I am grateful for the volunteer project "Café at Liduška's" which is trying to create a home-like environment and to provide our clients with the volunteer's time, attention and interest.

For Slezská diakonie, the whole year is going to be about education, growth and overcoming obstacles. I therefore trust that this year is going to be a great opportunity for all of us to learn new things that will enrich our professional and personal lives.

*Zuzana Filipková*

*Director of Slezská Diakonie*

## What happened

Posts in this section can be editorially shortened.

### " Lovely meetings with the elderly"

The project "Café at Liduška's" is supporting the involvement of civil society in volunteer service. The mobile café arrives several times per month to visit the retired staying in the Social beds department of the hospital in Třinec and also those who live in the home for the elderly SAREPTA in Komorní Lhotka. The volunteers enrich the daily programme of the elderly they serve them a cup of coffee or tea and they create an ambience of home and pleasant meetings. Thanks to the project, the first contact between volunteers and clients is facilitated and the interesting programme contributes to finding common

topics to talk about. The Café has become highly sought-after by the elderly since its launch 4 months ago. For them it is something to enjoy and to look forward to.

*Soňa Kantorová*



## Meeting the retired

Words of mutual gratefulness have been said in the Diaconal and educational centre of Vladislav Santarius where a meeting between the heads of Slezská diakonie and their former employees took place. The former employees talked about being grateful for the time spent in the organisation as well as for their invitation to this meeting. On the other hand, the leadership of Slezská diakonie expressed their thanks for the employees' work which contributed to the development of our organisation and for their interest in current challenges. Memories, the current state of affairs in Slezská diakonie and the life stories of some were the topics which could be heard during the meeting.

*Lenka Waszutová*



## Organising a food collection for the poorest

Based on our experience from shelters for homeless people, we realised that people cannot cook and don't know what to do with groceries. And therefore, an idea to create a simple book that would contain recipes was born. These recipes were designed to require ingredients from the Project of food and material help for the poorest individuals. However, it was not only about writing down a couple of recipes, we also prepared the food with our

clients, we experienced it all. This was all even more beneficial because the clients were able to try out what can be prepared with these ingredients and they learned a lot in the process.

The first workshop was organised on 8th March 2017 in the SÁRA centre, a shelter for homeless people in Třinec. This day was chosen because the preparation of food could be nicely accompanied by a celebration of the International Women's Day and so every female participant received a bouquet of daffodils. The workshops are going to take place in our other centres in the Frýdek-Místek/Třinec region as well.

The clients in the SÁRA centre in Třinec had been looking forward to the workshop very much and so they even came up with their own ideas about what to cook. They shared their own inspiration and thoughts and also recipes that they had already known.

*Stanislav Mrozek*



## ELIM Ostrava, domiciliary and nursing home care

The centre ELIM Ostrava, domiciliary and nursing home care has been providing high-quality social services to the elderly throughout the Ostrava region over a long period of time. Moreover, the centre is also lending out miscellaneous compensation aids not only to its clients but also to the general public. The aids are lent out to the needy individuals to use them directly in their households and they relieve family members in looking after the user as well as enabling these users to stay in their home environment. Our rental possesses a wide range of the most sought-after aids which are namely electric adjustable beds, various types of wheelchairs, walkers, toilet chairs and other. To borrow a compensation aid from us is very simple. All you need to do is to contact us by using the phone (605 292 993) or at: [elim@slezskadiakonie.cz](mailto:elim@slezskadiakonie.cz). We can also help you with choosing the right aid. The prices for borrowing the aids are set according to the currently valid price list which you can find on the Slezská diakonie website under the centre ELIM Ostrava section.

*Jan Kubisz, centre coordinator*



## SAREPTA Komorní Lhotka, home for elderly

The year 2016 has brought many important moments into the lives of all our clients and staff members. A new social service has been launched which provides (especially) the elderly with accommodation, catering, social-health care and everyday activities. And so we have been meeting our retired clients throughout the year on occasions like: baking a cake, preparing coffee or punch, reading out loud, singing or exercising. We have kept up with our traditions like cooking scrambled eggs or going out on trips, we have also met interesting new people as a part of our series of events called "Armchair for the guest" (traveller, photographer, forester, etc.). The home's canteen has also been changed up with new stylish table setting, the smell of coffee or the volunteers from the Café at Liduška's.

This project is organised once or twice per month by the Volunteer centre of Slezská diakonie.



The aim of our work is to create an inviting place for the life of the elderly in need. The biggest role in this is played by our staff members, their work, kindness and combined effort contribute to diversity in the lives of the home's tenants and make this home a home not only by name. We are glad to see the interest in our service and also to see our clients satisfied.

The work in the home is carried out by our staff members, some working full-time while some only part-time. In total, we have 23 employees providing social services under the category of direct care, 2 activation services workers, 2 social workers, 4 nurses, 1 nutritional expert, 3 clean-up workers, 2 maintenance workers, 10 catering services workers, an administrative worker, a methodologist for social work, an economist and a managing worker. The staff members of the home put an emphasis on providing high-quality social services. The word "quality" is connected to everyday practice here. This for example means: pleasant environment, furnishing of the rooms, the meal menu and its serving, a kind approach of the workers etc.

In 2016, we obtained finances from declared donation appeals of various foundations and grants. We have been supported by: the ČEZ foundation - electric adjustable beds; Výbor dobré vůle Olgy Havlové - compensation aids (shower seats, anti-slip shower mats, anti-decubitus mattresses, bathtubs for hair), grants from project appeals of the Moravskoslezský district - new vehicle, fabricating project documentation for building reconstruction. We also thank towns and municipalities for their financial support, which contributed to keeping this social service up and running. We value the support and help of private donors and also the donors from church congregations. Thanks to the obtained resources, we have managed to tackle some of the most pressing issues, for example painting the home's interior, buying computers, furnishing the home with everyday items and other. Our efforts to obtain these funds have also not been negligible.

The obtained help and support enabled us to deal with problems connected with running our home in operation and also with developing the service according to our clients' needs. We wish that these circumstances brought joy to all of us. The initial difficulties and troubles have been overcome by our joined efforts, however we can't keep secret that some difficulties still remain, for example we are still in search of additional staff members who would follow the set methods and working techniques. Our goal is to do things properly and rationally. I thank all of my co-workers for their demanding work and persistent effort.

Since 1st January 2017, our social service for the elderly is providing services for 78 individuals even after the cancellation of four-bed rooms, which reduced our capacity by 6 beds. We thank all of our readers too for their support, mutual good relations and cooperation and I trust that we are going to further develop our home for the elderly SAREPTA together.



*Halina Pientoková, head of the centre*

## **ELIM Stonava, domiciliary and nursing home care**

The domiciliary and nursing home care ELIM Stonava is a social service of Slezská diakonie which has been operating since 2003. In 2016, the service had 70 clients in total.

The purpose of the domiciliary and nursing home care is to provide individual support and help to the needy citizens in the town of Stonava. By this I mean especially help with managing everyday matters in the household. This concerns seniors but also adults with lowered self-sufficiency, because we know how important it is for them to stay in their home environment for as long as possible as they are used to it there. Our goal is therefore to support the preservation of a certain degree of self-sufficiency of our service's clients and to help them in those areas where they need it. In this way, we contribute to the preservation of their original way of life in their natural and beneficial environment.

We put an emphasis on Christian values during our everyday work and we protect the rights of our clients. We also respect the principles of partnership, flexibility and sensibility in our dealing with the clients. This is connected to respecting their own free will, the uniqueness of their personalities and so we preserve human dignity and respect as well. However, this is far from everything that we provide our clients with. We offer optional activities, for example spiritual support, handling of personal matters, printing and copying of documents

and other. Further, we provide an ambulant form of our service, which consists of washing and ironing the laundry of our clients. We provide our services during week days but if it is an uncommon or an emergency situation, we provide them during the weekend too.



*Karin Prokopová, Head of the service*

## **BETANIA, Komorní Lhotka, Home for elderly**

There is a season for everything, and a time for every event under heaven; says the book Ecclesiastes. And it is true. After more than 25 years, Slezská diakonie is closing the centre BETANIA in Komorní Lhotka in March of this year. These 25 years were both beautiful and demanding. While we provided our services, we have learned the life stories of people who had chosen BETANIA as the place to retire to. The service's capacity of 10 clients enabled them a peaceful, decent and pleasant life in a family-like atmosphere. On the other hand, the centre was not wheelchair-accessible even after all those years and the economic sustainability of the facility was also an issue. That is why at the end of 2016, Slezská diakonie had decided to close it down. All the remaining clients have used their opportunity to move into a close-by home SAREPTA, by coincidence also in Komorní Lhotka, which has been operational since January 2016.



*Renata Sniegoňová, Head of the Těšín region*

# TABITA Český Těšín, Třanovice, Třinec, Jablunkov, personal assistance

## Frustration and the way out

According to Wikipedia, the term “frustration” is defined as:” a feeling derived from the perceived resistance to the fulfilment of an individual's will or goal and is likely to increase when a will or goal is denied or blocked.” We have experienced similar feelings not long ago. Unfortunately, the legislature has forbidden us from carrying out medical tasks which our clients often need. We have been recommended to express more humaneness by providing other forms of healthcare and thus better adapt to the needs of the ill and their close ones. However, we have reached our maximum capacity in this matter.

As a service we can show professionalism and humaneness towards our target group only in the social sphere. That is something that the centre TABITA Český Těšín, Třanovice, Třinec, Jablunkov personal assistance has been trying to accomplish since its beginnings. A series of steps taken by our leading and social workers have led us to the current form of our offer:

- High-quality help for the elderly and people with disabilities with handling everyday tasks, 7 days a week any hour of the day and night;
- Support of natural or formerly acquired gifts of our personal assistants by providing them with further optimal and high-quality education. Afterwards, the assistants are chosen for the client according to his specific needs and life situation;
- Free memory testing and the possibility of providing oral and written information on the topic of dementia;
- Practical experience of our assistants with taking care of individuals with memory disorders;
- Lending out basic compensation aids. Our newest items are wooden electric adjustable beds including anti-decubitus mattresses;
- Availability of the service thanks to service cars.

To overcome frustration, you usually need someone from the outside. In our case, it was a visit of one of the service applicants who said:”I see that you are well equipped to provide this service. I thank you very much for the given information. I just hope that your capacity is not going to be full in April.” We can't provide health-related services any time soon. However, for the life of every person and the life of our social service too, dreams are important. And now, we have at least one.



*Ivana Andrášková, Head of the centre*

### Try it on your own right now

**The project “Try it on your own right now!” (Zkus to sám už teď!) is a complex programme for children leaving children’s homes a detention centres.**

The aim is to strengthen the readiness of these young people so that they can live their adult life independently. The project is organised in the form of group, individual and experience-based activities.

Some young people are afraid to use our social service after their detention. One of the reasons is their unwillingness to follow rules and requirements again. Another reason can be the idea of young people that if they asked for help, they would show their fear and failure and that this would hurt their already so low self esteem.

In the first part of the project, we have discussed problematic topics with the children directly in the detention centre or the children’s home. The topics were especially focused on financial literacy, orientation in public institutions, further educational possibilities and the job market. However, we have also concentrated on developing their personalities and their confidence.

The system of educational activities was fluently followed-up by trial stays of the young people directly in the centre TIMOTEI. During the course of their stay, our participants have tried to live on their own. With the support of a social worker, they have been learning to manage their finances, how to do the shopping or how to cook. The participants have also visited the department of employment in Bruntál, the social department of the Bruntál municipality and local companies as well. During their stay, the young people had access to our social workers as well as a psychologist.



*Kateřina Hymonov, Head of the centre TIMOTEI Bruntl*

## Old age

Nowadays, we fight so that people can truly age in dignity, but why, when we consider that everyone remains to be a unique being their whole life.

One of the biblical texts of the Old Testament, which is about old age, expresses respect for grey hair:

You shall rise before the aged, and defer to the old; and you shall fear your God: I am the Lord. (Leviticus, 19, 32)

The respect in this context means that God's people should learn to listen to the voice of human witnesses who tell about God's deeds. Old man is considered wise thanks to his life experience. At first, old age look as a blessing from God Himself. An old man can enjoy the fullness of life. The characters of Simeon and Anna who appear during Jesus' sacrifice in the temple – are connected to respect and dignity (Luke 2, 25 – 38).

On the other hand, old age is also shown to be a difficulty. It is wise to prepare yourself for old age. In the biblical book of Ecclesiastes, the troubles of old age are expressed realistically: "Remember your creator in the days of your youth, before the days of trouble come, and the years draw near when you will say, "I have no pleasure in them" (Ecclesiastes, 12).

Getting old should be considered as the last challenge to put things right during this life. A part of this challenge is to accept the limitations whose number is rising. It is a trial of human maturity, but also faith and humility.

A certain amount of work on one's character is advisable even in old age. Wise old men say: "Yes, we learn our whole lives, until our last day." In her book "The life lesson", the authors E. K. Ross and David Kessler write: "To age with grace means to live fully each day and each phase of life. If we had lived our lives fully and truly, there is no reason to re-live it again."

"Older people are happier" – research says, and we can contemplate on the significance of a slower life tempo, of more time for family, of the ability to life in peace and quiet or of patience. These qualities contribute to the surprising satisfaction of old people and that is why we are sometimes not even surprised that small children enjoy the presence of a calm and serene older human being. Moreover, Christian hope talks about every human being resurrected by God. This faith gives us hope even in difficult situations that in time, we shall be accepted by God with our whole life story.

*Miriam Szőkeová, Coordinator of the spiritual service*