



NEWSLETTER

JULY 2024

ISSUE #01

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Every person has unique abilities waiting to be discovered.

OT UPDATE

We are thrilled to introduce our monthly newsletter! Our aim is to keep you informed about our work at Senecio and to provide centres with engaging activities and valuable resources. Enjoy,

-Liezl, Ruth & Iselle

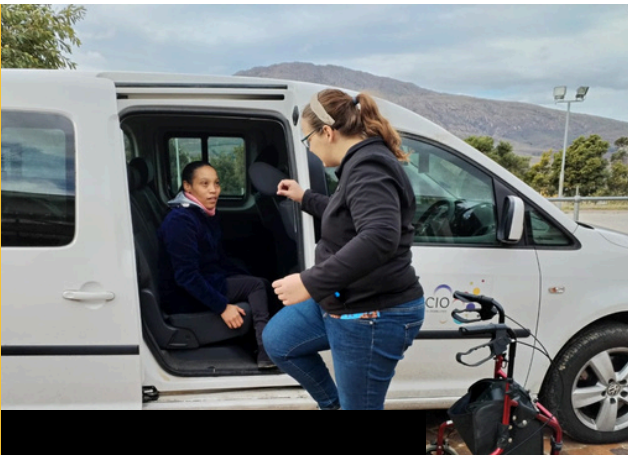


SAVE THE DATES

SENECIO TRAINING

- 18-19 September - Level 1 (SOMERSET WEST)
- 23-24 October - Level 2 (SOMERSET WEST)
- 20-21 November - Level 3 (SOMERSET WEST)

For more info: info@senecio.org.za



WOMEN'S MONTH

In August, we honour all the women who are part of our community! Thank you to the incredible women who make Adult Daycare Centres a place of care, compassion, and community. We are privileged to support you and we celebrate your lives!

DID YOU KNOW?

Over 4000 athletes with disabilities from around the world are competing in the 2024 Paralympics from 28 August until 8 September. Wish them luck by making a poster with #TeamSA. Send it to iselle@senecio.org.za and she will share it with the team!



STAFF ACTIVITY

Do you sometimes feel like the person in this picture? Working at an Adult Daycare Centre can be incredibly rewarding, but it can also be challenging and stressful. It's essential to take care of your own mental well-being to provide the best care for others.

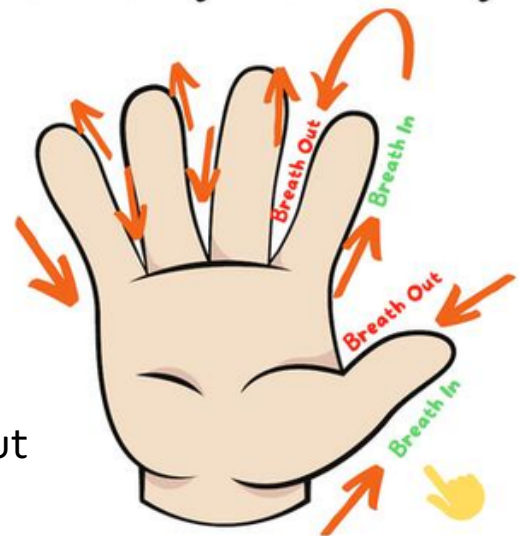


MINDFUL BREATHING

Mindful breathing is a simple tool that helps your body and brain to relax through focusing on your breathing. Breathing well means you can think well, and gives a sense of control to help you calm down when overwhelmed and stressed. It can be done anywhere, anytime!

1. Get comfortable - go to a different room, relax your shoulders or sit down if possible.
2. Hold one hand in front of you, fingers spread apart. With the index finger of your other hand, get ready to trace the outline of the spread hand.
3. Slowly trace up the side of your thumb, breathing in deeply through your nose for 3 counts.
4. Trace down the other side, breathing out through your mouth for 4 counts.
5. Repeat the process for all fingers while breathing in for 3 counts and out for 4.

Five Finger Breathing



You can do this quick exercise alone or together as a group and incorporate it into your daily routine.



GROUP ACTIVITY

BOWLS

Linking with the theme of the olympics and paralympics, games of bowls can be played with various adaptations to involve everyone.



The goal of bowls is to get your ball as close to the “jack” or target ball as possible. Each player/team has 4 balls.



You will need:

1. One “jack” or target ball - smaller or larger than the playing balls
2. Four balls per team (make sure the two teams’ balls are marked) - tennis balls, sock bundles, bean bags, rocks

How to play:

1. Throw the “jack” or target ball
2. Take turns to roll or throw balls toward the “jack”
3. The player of the ball closest to the jack wins



Adapt the game:

1. Stand closer or further from the “jack”
2. Play standing up or sitting down
3. Play on a table top with bean bags, coins, buttons, or rocks
4. Use a gutter or chute to roll the ball down (similar to Boccia)
5. Guide a person with visual impairment by shouting or clapping from where the jack is