

Aiding elderly active living

Joy as mayor opens senior citizens' activities, city also arrange diabetes and high blood pressure tests for elders

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PROMOTING healthy and active living among the elderly, the executive mayor for the city of Cape Town, Patricia de Lille yesterday opened and partook in activities at the fourth annual Cape Town Games for Older Persons.

The event saw re-sidents over the age of 60 who belong to 180 seniors clubs across the city bussed into the Bellville Velodrome where they participated in various field activities and races on the tracks.

The day was thoroughly enjoyed by the senior citizens who participated in brisk walking, multi-ring toss and bowl-a-hole among others.

The city also arranged for the elders to have tests for diabetes and high blood pressure taken professionally at the venue.

Speaking at the event, De Lille said: "We are all here today because we want to say one thing to you.

"We want to thank you, for raising all of us and thank you for building this wonderful city that you raised us in.

"We also thank you for the leadership you continue to provide to us today."

The mayor went on to state that last week they introduced the draft budget which has a large social package component.

"We have proposed to spend R2,7bn on giving rates rebates and relief to those who need it most, and this includes the elderly.



FITNESS FOR FUN: Mayor Patricia de Lille joins the elderly in Cape Town during the Cape Town Games for Elderly Persons yesterday.

"For the senior citizen and disabled person rates rebate, you qualify if your maximum monthly household income is R15 000 or less.

"This is to ease the financial strain that your pensions are already under."

De Lille also informed the elders that

they had a dedicated programme for older people so that they can encourage them to lead healthy and active lifestyles. In the next financial year the city intends reintroducing the programme.

"As part of this programme, we have more than 270 home-based carers who

are helping us to look after you.

"They provide home-based companionship and non-medical care.

"They are our eyes and ears so that we can know if you are perhaps in need of assistance but maybe have too much pride to ask.

"They are working very hard all over the city in areas like Lwandle, Lavender Hill and Hanover Park."

Last year the city also introduced a very exciting programme which some of the elders got to experience yesterday called The Ubuntu Touch workers which is a pilot expanded public works programme.

The workers who received Ceta accreditation in massaging were working at local clinics and were also present at the event.

They were specifically trained to assist people with disabilities.

This year the city would be expanding the project to 40 workers so that even more elderly residents would be able to enjoy the service.

Some of the seniors that partook in the events also shared their thoughts with The New Age newspaper.

A 96-year-old Winnie Lingevel from Hanover Park who got a medal after she won a field event, said: "I am having a great time here today.

"We just wish that there can be more days arranged for us like today."

Another senior citizen, Kathleen Marias, 79, shared the same sentiment. "I partook on the race and really enjoyed the ball games.

"I agree with the old lady. We don't have much to do and more days like today, will be welcomed.

"This is good for us. The exercise helps with all the ailments."

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