

We've cared for some  
782 000 beneficiaries  
578 projects | 6 continents  
40 countries and regions

SEPTEMBER 2019



Aspen employees, their family and friends reached out to patients at the Palliative Department of the Polyclinic Hospital No 17 in the city of Omsk in Siberia, Russia.

• COMMITMENT • EXCELLENCE • INNOVATION • INTEGRITY • TEAMWORK

## ASPEN HOLDINGS

### Letter from the editor

#### Every action does make a difference

More than 700 million<sup>1</sup> or 10% of the world's population live in extreme poverty and with some surviving on less than \$1.90 a day. Although there has been a global decline in extreme poverty, the United Nation's Sustainable Development Goals to achieve a target of less than 3% of the world living in extreme poverty by 2030<sup>2</sup> does not appear to be attainable under current conditions.

These alarming statistics can be overwhelming, often resulting in people doubting whether minor efforts make a difference in the bigger scheme of things and the impact that poverty has on vulnerable citizens the world over.

Adopting this attitude would, however, be short-sighted and would deprive less fortunate members of our society from experiencing a stranger's unconditional kindness to uplift them and restore dignity.

Aspen's ethos of caring and making a difference in the lives of others could arguably be seen as a drop in the ocean considering that our first Mandela Day project in 2011 was in respect of a single project for 50 disabled children in Johannesburg. When one, however, considers that Aspen has reached approximately 782 000 beneficiaries through some 578 projects in 40 countries by participating in this international initiative, it is clear that the proverbial drop in the ocean has achieved much to make a difference in the lives of others.

This ninth edition of our Mandela Day publication provides a glimpse into the activities being conducted by our employees who are determined to contribute toward a better world, simply by taking action and touching lives. Indeed, at Aspen our actions most certainly speak louder than our words, "We Care"!

Shauneen Beukes ■

<sup>1</sup> <https://www.un.org/sustainabledevelopment/poverty/>

<sup>2</sup> <https://sustainabledevelopment.un.org/sdg1>

#### Disclaimer

Aspen's Mandela Day magazine is published and distributed annually to communicate the news about the Aspen Group's global involvement in the Nelson Mandela International Day initiative. This is intended to inform various stakeholders about the numerous projects conducted by Aspen's Business Units in celebration of this initiative. All reasonable precautions have been taken to ensure the accuracy of information. The Aspen Mandela Day magazine editor, editorial contributors, the Aspen Group directors



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# Our employees' actions show that We Care

This is the ninth year that we have participated in Mandela Day, and in 2019 we did so through more than 125 projects in 40 countries. Our Group-wide effort is indicative of our international commitment to socio-economic development (SED) and our actions remain closely aligned to our corporate tagline "Healthcare. We Care".

Our intentions are to ensure that our actions are not limited to 67 minutes one day of the year, but that our projects are sustainable and that partnerships are developed with worthy beneficiaries whom we strive to continue supporting through related initiatives where possible.

We remain overwhelmed at the impact that many of our Mandela Day projects have had on communities beyond the annual 18 July event. The majority of these projects are driven by our employees who volunteer selflessly to make a difference in the lives of others and I am humbled and encouraged that many of them become personally involved with their chosen beneficiary on a long-term basis. This attitude underscores our corporate ethos of showing respect and care to others, while instilling a spirit of dignity in citizens who have been disadvantaged through harsh circumstances that they have not chosen, but are unfairly subjected to.

Our Mandela Day projects cover a broad spectrum of initiatives that include healthcare, nutrition, education, social enhancement and development, infrastructural improvements, animal wellbeing and preserving the



environment. There is no discrimination in beneficiary selection with kindness shown to citizens of all ages from all walks of life.

Our sentiments are not driven exclusively by financial contributions but rather through physical actions which enable anyone to give back of their time. Some employees adopt very practical actions such as keeping company with a lonely pensioner or sharing a meal with them, planting mangroves to supplement a threatened ecosystem, improving play areas for children at orphanages, taking wheelchair-bound people on a walk through a park followed by a picnic or simply gifting a meal to a hungry or homeless person.

We are humbled to have made a difference in the lives of some 782 000 beneficiaries to date through our Mandela Day campaigns. Our employees who continue to voluntarily engage with this initiative throughout the year are sincerely acknowledged, and it is so encouraging to learn of their actions to drive change and attempt to improve the conditions under which so many unfortunate people live. Their spirit of caring is what distinguishes them in a harsh world that needs more kindness whether asked for or not, but which is deserving nonetheless. This behaviour is what Aspen is about and again shows just how much "We Care".

Stephen Saad ■

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ASPEN HOLDINGS



# Bringing joy to Masifundisane's pre-schoolers

Approximately 55 young children at Masifundisane Pre-Primary School in Durban North once again welcomed Aspen Holdings with much excitement on Mandela Day. The event was well supported by employees, with many helping for the day while others contributed for shorter periods.



The team installed a second carport in the play area to provide shade for the little ones and their cycle track was refreshed with colourful paint. Their wooden shed was treated with creosote to keep the ants at bay; the sand pit was filled with salt to ensure that it remains bacteria free; and a handrail was installed on

the stairway to help the kids climb up and down the stairs safely.

New shelves were installed in the storeroom, their classrooms were neatened, the bookshelf reorganised and educational posters were put up.

A Nando's lunch box was supplied to each of the young learners' as well as a backpack and various toys including golf clubs, balls, netball hoops and nets that were donated.

Aspen's ethos of caring for others was definitely evident in the joy expressed on the little faces and through their gestures of appreciation.



ASPEN PHARMACARE – JOHANNESBURG

# Aspen's mobile library contributes to education



In his State of the Nation Address earlier this year, President Cyril Ramaphosa laid out in his Vision 2030 that "schools will have better educational outcomes and every 10-year-old child will be able to read for meaning within the next five years."

Aspen's Stavros Nicolaou, said, "Aspen is implementing President Ramaphosa's call to action and we have handed over a mobile library to Dulcie September Primary School as part of our Mandela Day initiative. Our employees believe in the cause of empowering youth through education and they generously donated books to the library through an internal book drive."

Dulcie September Primary School is based in the resource constrained and underprivileged community of Rabie Ridge located on the outskirts of Midrand. It is a no-fee school and the reading culture is

non-existent due to a lack of motivation to read among students.

The Honourable Deputy Minister of Women, Youth and Persons with Disabilities Professor Hlengiwe Mkhize said, "With South Africa's education landscape changing and evolving, it is important that we all contribute the best way we possibly can. Aspen's contribution to changing the narrative and be part of the solution cannot

be taken for granted at all. We are truly thankful for this selfless initiative and the direct impact it has on the future of our generation."

Attiene Williams, Principal of Dulcie September Primary School said, "We are very grateful to Aspen for its generous donation of the mobile library as it is a great addition to our school and a step in the right direction for our learners."

The Rabie Ridge Library also partnered with Aspen and the school to assist with administration of the library and to flight their e-learning programme to learners at the school. In addition to the mobile library donation, Aspen has also committed to donating 50 tablets to the school.



ETHICARE – JOHANNESBURG

# Acts of kindness out in the field

The newly established Ethicare division was only 18 days old when the very enthusiastic team embraced Mandela Day for the first time on 18 July.

Sales representatives in the field showed acts of random kindness by handing out sandwiches and drinks to less fortunate citizens. "Demonstrating respect to those in need, sharing a kind word and instilling some dignity through a small meal and a smile takes so little, yet this thoughtful gesture can have such a meaningful impact as many of the team experienced," said Mike Engelbrecht, Ethicare CEO.

Ethicare's primary beneficiary was the Itlokomeleng Old Aged Home that cares for nearly 100 destitute elderly citizens. Employees made financial contributions to purchase toiletries, cleaning materials and non-perishable food which were donated to the home. The pensioners were overwhelmed by the afternoon lunch and cupcakes that were served to them by Ethicare volunteers and their heartfelt expressions of appreciation were enough to spur the team on to continue caring for the needs of others throughout the year and not only on Mandela Day.



ASPEN PHARMACARE – PORT ELIZABETH



# Caring for disabled children and assisting disadvantaged learners



The Aspen team in Port Elizabeth helped make a difference at Sinako-We Can, a home for disabled children and young adults based in Newton Park.

Sinako-We Can hosts 190 children with various disabilities such as autism, cerebral palsy, dyslexia, downs syndrome and other developmental problems.

The team spent the day cooking and cleaning and hosted a special party for the educators and children, as well as donating much-needed sensory room equipment which would assist with creating learning programmes to stimulate the development of the children.

The team selected a second beneficiary namely, Ikamva Learning Without Borders run by Masixole Swartbooi, QC Lab Analyst (SVP). Ikamva provides mathematics and science tutoring classes to empower and enrich the disadvantaged learners from grade 8 to grade 12. Donations of stationery and equipment were scheduled for handover during August.



ASPEN PHARMACARE – EAST LONDON

## Showing our care to young and old

Aspen Pharmacare's East London employees chose two beneficiaries for their 2019 Mandela Day initiatives, namely the Sinobulumko Day Care and Uvuko Elderly Home.

Sinobulumko has previously been supported and the Aspen team spent their 67 minutes cleaning, painting, revamping and decorating the Day Care centre.

As part of making a difference for the Uvuko Elderly Home, the team went to Scenery Park Community Hall where Uvuko members had congregated. The beadwork and aprons sewn by the elderly from this community were proudly displayed.

After handing over a donation of fabric and beads, an inspirational talk was presented to the guests who sang to the team in appreciation for the gifts that they received.



ASPEN PHARMACARE – BLOEMFONTEIN

# Support for Carpe Diem's Youth Centre

The Aspen Free State Direct Sales team braved a chilly Saturday morning on 13 July in support of the 2019 Clicks Care Run and Mandela Day.

Hosted at the Emoya Wildlife Estate in Bloemfontein, the Clicks Care Run is a charity trail run and cycle event. Entry is any non-financial donation of household or personal hygiene items that the boys of this year's beneficiary, Carpe Diem Youth Care Centre, could benefit from. The event was attended by over 500 people with close to 400 participants taking part in the running and cycling.

Dressed in what proved to be the day's most stand-out theme – Cowboys and Cowgirls – the team painted the faces and hair of children and adults participating in the event. The Aspen sales team donated blankets to the centre, as well as hotdogs and cooldrinks to the Clicks Care Run participants.

"It was a great day for all who attended and we were humbled to make a difference for the boys at Carpe Diem and contribute towards Aspen's Mandela Day campaign," said Reinier Meyer, Regional Sales Manager, Direct Sales Team, Aspen Pharmacare.



FINE CHEMICALS CORPORATION

# The influence of collaboration



Every year leading up to Mandela Day the Fine Chemicals Corporation (FCC) community buzzes with the excitement of being part of something great.

This year we opted to collaborate with the SAME Foundation, a non-profit organisation that aims to create an environment where quality healthcare and education is available to everyone.

FCC and the SAME Foundation identified Zimasa Primary School in Langa as the worth beneficiary. The school services an area with a population of over 53 000 people. Zimasa Community School is a Quintile 3 school which is a no-fee school and has a feeding scheme which provides pupils with two meals per day.

Upon our arrival we were greeted with the melodic singing of the Zimasa School choir, followed by a welcome ceremony and a photo session by the SAME Foundation and a gum boot performance by the learners. With the excitement still high, we were led to our designated area that would be our project for the day. We chose to paint the school staff room, distribute party packets and have a fun day with the learners.

After the second coat of paint was completed, we distributed party packets to the grade 4 learners following which games, singing and dancing became the order of the day. FCC is aware of the hardship and challenges these learners face on a daily basis and we are humbled to have been able to positively influence them through our caring actions.



ASPEN GLOBAL INC



# AGI's kindness benefits disabled children



Activities at the Ranger Foundation Trust started with the children demonstrating their talent through music, including Shakira's Waka Waka, singing the South African National Anthem and saying morning prayers.

Aspen Global's (AGI's) volunteers interacted with some of the 75 children who are afflicted with cerebral palsy and other severe disabilities. The groups made a Mandela hot air balloon, a butterfly tree and a SeaWorld display involving colouring, painting and hand printing.

Donations of a colour photocopier and laptops were gratefully received. Sponsorships were also provided for a speech and physiotherapist who interacted with the children during the day.

The Ranger Foundation team carefully hosted a mini competition for AGI volunteers that included races and various quizzes, which added to the fun on the day. The cupcakes that were provided in the form of the South African flag were a great hit after the children had enjoyed a pizza lunch.

The AGI team have planned a second trail event in September, which will also take the form of a fundraiser for the Foundation, while also giving the children an opportunity to be outdoors with their caregivers.

The smiles on the children's faces during the day proved that the AGI team's kindness was appreciated by each of the young beneficiaries.



SHELYS – TANZANIA

# Meeting varying needs of Tanzania's orphans and elderly citizens



On 18 July 2019, a team of 26 Shelys' employees were mobilised to participate in Mandela Day. Three organisations had been identified in Dar es Salaam, each with varying beneficiaries, yet similar needs.

The Msimbazi Orphanage was established in 1940 and it offers a home to 40 children who have been abandoned or whose mothers have died during or after delivery. Sister Sylvana gratefully received donations of toys and packages of toiletries for the children.

Elderly residents at the Msimbazi Kijiji Cha Wasiojiweza Village were also visited by the Shelys team. This centre is managed by the Catholic Church of Tanzania and it accommodates aged citizens who have no relatives, while some have been abandoned or hospitalised for extended periods and need assistance with their recovery.

The SOS Children's Village in Tanzania provides orphaned and destitute children with care and educational opportunities. The village consist of approximately 15 houses in which four to

10 children are cared for by their SOS mothers in one of the SOS families. Donations of food, clothing and stationery were made to SOS by Shelys' employees.



BETA HEALTHCARE – KENYA



## Beta supports two beneficiaries



### Donations of medicines for children and drought-stricken communities

As part of our Mandela Day activities, Beta Healthcare in Kenya supported two beneficiaries.

Medicines were donated to the Satya Sai Medical Centre that provides free medical care to orphaned, abandoned and ill children from the surrounding poverty-stricken area of Waruku in Kagemi. Food, clothing and education is also provided to approximately 400 children at this centre.

The Kenya Red Cross team also received donations of medical supplies ahead of their journey to the Turkana area, where they were destined to provide relief to communities affected by the prolonged drought. These desperately needed medicines were required to be administered at the medical camps and stock was also donated to the County Government Hospital in Turkana.



KAMA INDUSTRIES

## Donations to Amrahia



The team from Kama Industries in Ghana presented a donation to Dr Yega, Medical Director of Amrahia Health Centre in celebration of Mandela Day.

ASPEN NIGERIA

## A visit to Little Saints

This year Aspen Nigeria visited Little Saints Orphanage, a safe haven for 32 abused and abandoned orphans from birth to 18 years of age.

Little Saints has been operating since 1994 and provides education, a feeding programme and medical help to the children.

At the end of the visit, all the children and the staff gathered together and prayed for Aspen Nigeria and their staff's future and prosperity.



ASPEN BAD OLDESLOE

# Making a difference for St Josef's young residents

Our first Mandela Day project this year took place on 5 June at St Josef's in Schleswig-Holstein.



This centre cares for 160 children and adolescents who cannot live in their family home temporarily or on a long-term basis.

St Josef's was preparing to host their fourth football championship and the children needed to make their display boards which they would proudly carry when they walked onto the pitch for the event. Katrin Häcker, Jana Kamenkova and Nicole Reimers set to work helping the young residents with this task and thereafter also assisted with the official draw of the teams for the championship.

Mathias Kaiser, organiser of the championship and pedagogue of the centre, expressed his appreciation to the Aspen representatives for their work and caring spirit in memory of such an extraordinary person, Nelson Mandela.



## Gnissau's kindergarten gets a new playhouse

The Aspen Bad Oldesloe team received a call for help from a daycare centre in Gnissau that had been given a deconstructed playhouse for the children accommodated at this facility. All that they required was some manpower to build the playhouse.

Sven Hansen heard about this need and suggested tackling the project with Mario Sievers in support of Mandela Day.

On a sweltering June summer's day, they set to work and not only completed the construction of the playhouse but showed extra care by

clearing up the centre's garden and walkway. Their contribution was enthusiastically acknowledged by the kindergarten management and the grateful children.



ASPEN BAD OLDESLOE

# Sibylle joins the Midnight Bus

On 3 July Aspen's Dr Sibylle Endter had the opportunity to join the team that works the Midnight Bus which cares for homeless people in Hamburg 365 days a year.



The bus headed out to bakeries to collect donated bread, rolls and cakes which had not been sold during the day. Sadly, these donations have dwindled as many of the retailers are now selling this stock at reduced prices rather than supporting initiatives such as the Midnight Bus. Aspen Bad Oldesloe had, however, also generously donated fruit which supplemented meals for the evening.

Once stocked, the bus drove to various locations across the city feeding the homeless until 1:00 am, following which it was cleaned and stocked in preparation for the next evening.

The Midnight Bus is a voluntary service and

Sibylle was so touched by her experience that she signed up to serve as part of a dedicated team. This action clearly demonstrates her heartfelt care which is evident in thousands of Aspen's employees who participate in Mandela Day and similar acts of kindness.

ASPEN ITALY

# Hunger does not go on holiday!

In 2014, five employees from Aspen's newly established office in Verona, Italy selected



Banco Alimentare, a non-profit organisation that recovers short-dated non-perishable food for distribution to the poor, as their beneficiary for Mandela Day.

Little did they realise at that time that this partnership would develop and strengthen over the years. In July, Aspen Italy supported Banco Alimentare for the sixth consecutive year. The only difference was the size of the team and a heightened level of enthusiasm as they shared Aspen's ethos of caring for others while reminding themselves that hunger does not go on holiday!

The team assisted Banco Alimentare to repurpose and pack food for redistribution to hungry citizens, thereby providing them with the first step in rediscovering dignity and hope.



Banco Alimentare has been the catalyst of projects that fight poverty for some 30 years. Through its advocacy of waste consciousness, it has expanded its network of suppliers who reliably and passionately support the cause and it has become a meeting point for projects that alleviate poverty to non-profit associations in the country. An added advantage is that Banco Alimentare's model has contributed to job creation and the establishment of feeding opportunities across Italy.

Click here to view Aspen Italy's Mandela Day video [www.aspenmandeladay.com/italy-2019](http://www.aspenmandeladay.com/italy-2019)

ASPEN NOTRE DAME DE BONDEVILLE

# Mandela Day activities throughout the year



Aspen's Notre Dame de Bondeville team contributes to Mandela Day throughout the year, given that July falls within their summer month vacation period and due to some of their initiatives being seasonally related.

They are supporting various beneficiaries during the year including:

- Association des Paralysés de France that assists handicapped people;
- Ligue Contre le Cancer, a cancer awareness, support and prevention organisation;
- The Lions Club and Les Blouses Roses, both located in Rouse, by raising funds and providing assistance to impoverished or ill patients;
- Charline in Rouse which cares for sick hospitalised children; and
- HandiChien for which they are selling cut flowers to raise funds for visually impaired citizens.



ASPEN GERMANY



## Gardening at Alveni

Aspen Germany supported Alveni Residence for the second year.



Alveni cares for about 60 male teenagers and young adults who have been traumatised and who need help dealing with daily challenges that they experience at school, with their emotions and with conflict management. The young men are treated by qualified staff who provide a safe and welcoming home that fosters an environment to build a positive foundation.

Many of the 2018 volunteers joined the Aspen team of 15 again this year and they were all warmly welcomed at Alveni where they attended to different areas of the large garden. The hedges and meadows were cut, weeds were



removed from the herb garden and the entrance area cleared. The biggest task of the day was planting many flowers that would attract bees to the garden.

Alveni is solely dependent on donations and volunteers to assist in areas such as the garden, yet this did not deter its staff from serving a refreshing lunch to Aspen's employees.

Eva Waedt, Aspen HR Manager said, "We all had a great time and a lot of fun helping out at the home. It was amazing to see how the little changes that we made could improve the condition of the environment tremendously at Alveni. The team enjoyed the opportunity to make a difference for others who they do not even know, and we all left with content spirits knowing that our day had been beneficial to the residents at the home."



ASPEN HOLDINGS



# Sport unites young and old

"It was so easy involving the elderly in Mandela Day", smiles Lenie van Breda from the De Wellen Elderly Centre." During the year I was regularly asked: "Are the people from Aspen coming back? We had such a nice sporting event last year!"



More than 30 elderly residents enjoyed the afternoon that was hosted by 15 Aspen employees for a team-ball game. Lester, a professional sports coach said: "Teamball looks like volleyball but a little more is allowed, and the elderly enjoy playing the game. The most important rule of the day, however, was to see a smile on everyone's face!"

"I enjoyed it!", said Brigitte Caris from Aspen Oss. "It was surprising to see how much the elderly can still do. Some of them even got up from their wheelchairs and were quite good at throwing the ball." Brigitte challenged all Aspen employees to join in the initiative and give back to others for Mandela Day. "It was much fun, particularly witnessing the enthusiasm of the elderly!"



ASPEN OSS – THE NETHERLANDS

# Providing muscle power at the deer park

"The deer park is an important place for Oss, especially for visitors, children and certainly for our volunteers," says Gerry van Rooij, Park Manager at Hertenkamp – a park that houses various animals which children who are physically or mentally handicapped take care of.



Hertenkamp is part of De Elzenhoek, which was established in 1970 as an educational and recreational meeting place for Oss' residents.

"The majority of volunteers are boys who enjoy the outdoors, being active and who may be experiencing challenges at school. They blossom here because of the outdoor work," said Mr van Rooij.

"Once a year the stables of the deer park must be cleaned. This is a big job that calls for many volunteers and muscle power. It is great that the team from Aspen Oss has supported us with this laborious activity."

Aspen Oss' Angelique Horruitiner participated in Mandela Day for the first time in 2019 and said, "I had a great morning. Besides the hard work, I enjoyed the camaraderie with my colleagues, some of whom I did not know yet. I advise everyone to join in for a change: you are doing something good as a volunteer and you enhance peer relationships at the same time."



ASPEN IRELAND

# Uplifting the community



Aspen Pharma Ireland Limited (APIL) has continued its partnership with the Dublin Christian Mission (DCM), a non-denominational organisation that tries to meet the physical and spiritual needs of communities that have a high rate of drug abuse, poverty, broken homes, abuse, teenage pregnancy and crime.



DCM's desire is to be a good role model and mentor for the youth and families in these communities and to provide advice and assistance outside their living environment.

For the second consecutive year Aspen volunteers assisted at the DCM's Lighthouse homeless kitchen where meals were prepared and served to the homeless, hungry and vulnerable.

In a separate event, the team participated in the DCM's Community Day, which is a project that focuses on enhancing the environment, uplifting the community and encouraging a network for families to get to know one another and support each other.

Aspen volunteers contributed by cleaning up a football pitch and participating in games, various activities, face painting for the children and hosting a barbeque for the community. This event provided an opportunity for the families to be exposed to the various charities aligned to DCM in the hope that parents will send their children to the after-school clubs and facilities that are available.

As in previous years, Aspen APIL again collaborated with Friends of the Grand Canal, an association that fosters environmental awareness, and a group of volunteers assisted in cleaning up the local canal by clearing it of debris.



ASPEN IRELAND



## Helping to improve the Peter McVerry Centre



In the spirit of changing the world for the better and supporting the most vulnerable, Aspen's APTL team in Ireland spent a day supporting Peter McVerry Trust.

This beneficiary is a national housing and homeless charity that offers solutions to the needs of people and communities impacted by homelessness.

Our volunteer day took place at one of the residential centres that Peter McVerry provides in North County Dublin. Thirteen volunteers from APTL worked alongside the residents of the Detox Centre under the supervision of a qualified horticulturist. We participated in painting, gardening and horticulture work, as well as other work on the six-acre site.

Lending a helping hand to the less fortunate in our community in honour of President Nelson Mandela was a privilege. "Overcoming poverty is not a gesture of charity. It is the protection of a fundamental human right, the right to dignity and a decent life." Nelson Mandela.



ASPEN UNITED KINGDOM

## Feeding the needy through Foodshare

The Aspen Pharma United Kingdom team continued to support a local charity that they had worked with last year.



Foodshare in Maidenhead is located close to our office. The goals of Foodshare are to help people in need, including the homeless, those on low incomes and the elderly, to access nutritional food.

In 2018 the Aspen team supported the Foodshare community kitchen by providing hot meals for up to 30 people. This year, the team



wanted to help a wider number of people, so we decided to donate to Foodshare's food bank,

which provides essential items for more than 100 local people.

Project Manager Lester Tanner helped us put together a shopping list of the most needed items, which included food particularly suitable for children, as many families who rely on meals supplied by schools struggle during holidays. The Aspen team collected the supplies and delivered these to a very happy Lester.

Nick Scott, General Manager, Aspen United Kingdom said: "We were delighted to be able to make a practical contribution to helping the wider community where we work at a time of year when many local families are particularly in need".

ASPEN SPAIN

# Food collections and serving summer camp patients

This year Aspen España once again collaborated with Food Bank, which collects and redistributes food to people in need. Some 422kg of non-perishable food was collected and donated by Aspen and several vendors and partners.

Aspen España also supported the Federación ASEM that cares for patients affected by neuromuscular pathologies and rare diseases. ASEM hosts a unique summer camp that is fully adapted to the children affected by these disorders. On 12 July the Spanish team helped with several activities such as swimming pool duty and canteen support and also donated Mandela Day T-shirts for the camp.

Our 67 minutes of dedication, per Madiba's mandate, has been an incredible source of humility, inspiration and learning for the 28 volunteers from the children attending the camp who live life in harmony and serenity. A lesson for all of us about priorities in life.



ASPEN GREECE



# Making a difference to a destroyed primary school

Aspen Greece collaborated with the South African Embassy and South African friends, in commemoration of Mandela Day.



The Agia Marina Kindergarten and Primary School in New Makri was selected as the beneficiary by the combined teams. This primary school was deeply affected by the Marathon fires, the second most serious incident of its kind this century, which sadly claimed 102 lives.

In contrast to the surrounding destroyed area that is burnt and grey, we painted the playground of the school with bright, cheerful colours making it a warm and inviting space for the young learners. We hope that the time, energy and passion that was poured into this project will have a positive impact on the children when they return to school in September.



ASPEN AUSTRALIA



# Providing meals for the less fortunate



Our Mandela Day week for 2019 was another success with Aspen employees across Australia volunteering their time to help the hungry.

We partnered with Fare Share, Food Bank and OzHarvest to cook, clean, garden, pack and prepare food for those who struggle to provide meals for themselves and their families.

Volunteers from Aspen Australia have commented that these activities are not only extremely beneficial to those less fortunate within our community, but that it is such an eye opener into how grateful we should be for everything that we have been blessed with in this life.

In addition, volunteering to serve through this worthy cause once again endorsed the value of team work, showing that we care individually and as a Group and it simultaneously contributed toward building stronger relationships between colleagues.



ASPEN PHARMA

# Love and care for young cancer patients



On 18 July, Aspen Pharma hosted a morning of activities for children and teenagers undergoing cancer treatment at Casa Ronald in Rio de Janeiro and in Associação Capixaba contra o Câncer Infantil (Acacci), Espírito Santo. More than 40 employees from Rio and Serra participated in this voluntary action.

One of the main Ronald McDonald House Charities Global Programmes is coordinated in Brazil by the Ronald McDonald Institute – the Ronald McDonald House programme. Following the concept of being “a home away from home” for teenagers and children with cancer and their families who are being treated outside their home cities, Ronald McDonald Homes offer free accommodation, food, transportation and psychosocial support for young people, patients and their companions.

In Rio de Janeiro, Mandela Day was marked by several activities, such as team games, recreation, music and dance. The kids enjoyed a delicious snack and lots of special goodies. A debate on Diversity and Inclusion was also held with the presence of actors Kaysar Dadour, Roberta Rodrigues, journalist Marcela Monteiro, together with Casa Ronald’s patients’ mothers.

Meanwhile in Serra, employees from Aspen’s manufacturing site brought a lot of joy to the children that live in ACACCI, a non-profit organisation that also helps children and adolescents with cancer. They hosted fun-filled activities like face painting, dancing, team games and drawing.

“Social actions are part of Aspen’s DNA worldwide and our partnership with the Ronald Institute involves a great cause: spreading the fight against childhood cancer and promoting awareness of early diagnosis through various initiatives involving our collaborators,” said Alexandre França.



ASPEN ECUADOR



# Operation Healthy Children project



Teaching children that it is possible to make their dreams come true formed part of a short presentation hosted by Aspen Ecuador's team at the Centre of Reference and Inclusive Hosting for Children in Carcelen.



Using Aspen's values and philosophies as the foundation for its Operation Healthy Children Project presentation, the team spent the day with 35 children, aged from five to 15, who are homeless, abandoned or who come from low-income families. The children who attend the institute receive school support, nutritional assistance, financial aid and spiritual help at the centre.

After an encouraging discussion, the fun began with face painting, games and a clown entertaining the children. At the end of the day, a quiz was hosted for the children to answer questions about Aspen and our values based on the information that had been shared earlier that day.

The closing highlight for the children was receiving the donations of school supplies and non-perishable foods that had been collected by Aspen's employees. The joy and appreciation that was evident on their faces was motivation enough for the volunteers to continuing participating in caring initiatives such as Mandela Day.



ASPEN CARICAM – COSTA RICA

## Contributing to reforestation



On 28 June, 39 employees from Aspen Caricam in Costa Rica visited a forested location near San José to spend a day in nature. Their goal was to plant 400 trees to support reforestation in the area.



Reforestation is one of many activities that helps maintain biodiversity. It is important for the preservation of local national parks, together with restricting hunting as well as creating biological corridors that aid animal migration. Costa Rica is one of the 25 most biodiverse countries on the planet.

The team's initiative was supported by Green Wolf and Cubra Surac, who taught employees about climate change, biological corridors and how to plant a tree.

In addition to their reforestation efforts, tools were also donated to Cubra Surac's biological corridor to support its environmental initiatives and its goals of preserving the country's natural vegetation for future generations.



ASPEN CHILE

## Feeding, painting and beading with Chile's less fortunate



Aspen Chile demonstrated our ongoing caring spirit by reaching out to three beneficiaries.

Casa Caridad Don Orione is an NGO that supports 56 children and adolescents with intellectual disabilities and whose rights have been violated. Fundación Las Rosas accommodates 45 underprivileged adults, who are impoverished, and Coanil is a centre that promotes the inclusion of 15 adolescents afflicted with intellectual disabilities.

A range of activities were hosted for the beneficiaries according to their needs and their availability. A dreary wall at Casa Caridad Don Orione was painted in bright green symbolising growth, life and hope; donations of equipment were made to Coanil's adolescents; and the elderly received toiletries and other hygiene products.

Our biggest donation was our love and, most especially, the time that we shared making bracelets with the girls of Casa Caridad Don Orione as well as serving dinner to the elderly residents at Fundación Las Rosas.

The team experienced a deep sense of humility and satisfaction by caring for those who are less fortunate, and we look forward to once again being caring ambassadors for Aspen in 2020 through our Mandela Day activities.



ASPEN COLOMBIA

## One country, three cities, triple impact!



Two years ago, Aspen Colombia's employees set a goal to increase our Mandela Day activities by expanding this initiative to an additional city each year to spread Aspen's impact in support of this annual event.

This year, that objective was achieved! The Colombian team hosted Mandela Day activities in three cities for three beneficiaries.

In Medellín we supported Niños Del Sol, an HIV/AIDS Foundation, by improving its bathrooms and entertaining the residents for the day at an amusement park.

In Barranquilla we showed our care to Reto De Barranquilla that cares for children diagnosed with cancer. We invited these young patients and their families to enjoy a special day of fun with us and we also donated a TV to the foundation to screen educational programmes on cancer management in children.

In Bogotá we invited cancer patients from Simmon Foundation to share a fun-filled day that included an important presentation about cancer nutrition. As part of the festivities we also played bingo, listened to a piano recital by a very talented pianist and shared in important life and faith values.

We are grateful once again to have been able to show Aspen Colombia's caring spirit to others through our Mandela Day initiatives.



ASPEN MEXICO

# Teamwork helps to exceed AMANC goals

As part of the activities that were scheduled by Aspen Mexico to celebrate Mandela Day, this year we decided to support the Mexican Association of Aid to Children with Cancer I.A.P (AMANC), which helps children and youths from low income families.

Aspen Mexico's 250 employees set a goal to raise \$MXN50 000 for AMANC through sales of various items, raffles, dance classes and hosting concerts, among other activities. The team however, never anticipated the success that they could achieve through their efforts and they more than doubled their goal by collecting a staggering \$MXN121 559. In support of the employees' efforts, Aspen Mexico contributed one peso for each one that was raised, which resulted in a final donation of \$MXN243 118.00 (nearly US\$125 000) – significantly exceeding the initial goal.

To share in the Mandela Day celebrations, Aspen volunteers spent time with AMANC patients and



their families on 16 July and hosted a day of fun and laughter for the children and adults with a performance by a magician and a meal for those present. The South African Ambassador to Mexico and members of his team joined Aspen Mexico on the day and also shared gifts with the children. The highlight of the festivities was handing over the funds raised to AMANC, which made an exceptional impact. This was certainly a day that will not be forgotten very quickly by the Aspen volunteers or the beneficiaries.



ASPEN PERU



# A new roof makes all the difference

Mi Buen Jesús is a very basic institution that cares for about 120 refugee children.

Located in Villa María del Triunfo, approximately 1.5 hours' drive from Lima, Mi Buen Jesús simply does not have adequate facilities for the children, but serves them as best they can with what they have.

The Aspen Peru team once again partnered with this very worthy beneficiary and, armed with a spirit of immense enthusiasm and energy, the volunteers set to work on 19 July to improve one of the classrooms. The roof was in a terrible condition and the humidity levels that the very young learners were experiencing on a daily basis was impacting their health.

Employees were split into groups with each taking responsibility for removing the dilapidated roof, cleaning the area and painting the ceilings respectively. It took a great deal of teamwork to install the new roof but, after four hours of labour, a tremendous sense of satisfaction and pride overwhelmed the keen volunteers when they finished their task for the day. They were thanked profusely for a job well done but, more importantly, for the caring contribution that each member made to the school and for the children.



## ASPEN SLOVENIA



# Sharing the possibilities of a better future



Financial circumstances in Slovenia rob many children of the opportunity to ever go on a vacation, experience nature or simply go camping with their classmates.

They are trapped in a difficult and sad everyday life, where there is no place for relaxation and laughter, for pleasurable socialising and learning about different aspects of life. For so many of the youth, there is no incentive to strive for a better future as they are not exposed to anything different so they do not have the ability to envision one.

Aspen Slovenia's employees are only too aware of these challenges and elected to do something about the situation in an effort to help children become more effective members of society by collaborating with the Association of Friends of Youth Ljubljana Moste-Polje in celebration of Mandela Day.

This association is a voluntary, philanthropic, non-government organisation. Its primary objective is to raise the quality of life of children,



young people and families, to represent their interests, to promote their needs and to protect their rights. It has successfully managed professional, quality, successful programmes for many decades and the association is intended to promote the values of voluntary work and quality human relationships.

On 3 July 2019, Aspen volunteers visited the Zambratija Home that cares for 120 children from various nationalities and religious backgrounds who are orphaned, victims of abuse, suffer various illnesses or are disabled, whose parents are divorced or who have been placed in foster care for their own safety.

An interactive workshop was hosted for the children who thoroughly enjoyed the opportunity of being choreographed in a hip hop dance style. They were also taught about the safe use and disposal of medicines and they learnt how to make body lotion from basic ingredients.

Spending Mandela Day with these children encouraged them to view the world from a new perspective, to believe in a better life filled with possibilities and to enjoy a few carefree childhood hours – even if it was only for one day of the year.

## ASPEN SLOVAKIA

# Waves of blue and green help with rehabilitation



Aspen's Slovakian team of six members helped mentally ill patients who are accommodated in a safe environment at the Psychiatric Clinic of University Hospital in the city of Martin.

This 100-year old University Hospital is currently undergoing reconstruction. The room used for physiotherapy and ergotherapy needed attention in order to provide a stimulating environment that can aid and expedite recovery, rehabilitation and reintegration of the patients back into society.

The Slovakian team contributed to the project by preparing the walls and decorating them with approximately 20 metres of protective wave devices, which were glued on individually. The blue wave resembles the sky, while the second wave is as green as grass. The colour, flow and simulated movement of the waves will also assist the patients through colour therapy.



The team's aim was to create a supportive and aesthetically pleasing treatment environment for the patients. The gratitude and positive feedback from management at the Psychiatric Clinic, as well as the Head Nurse, was that this has indeed been achieved, which has encouraged the members from Aspen Slovakia to again enthusiastically participate in a similar project in 2020.



## ASPEN BULGARIA

# Using horses to develop team skills



Equestrian riding is the only sport where different genders train and compete together.

Contact between the horses and the riders creates a social environment that enhances possibilities of communication, developing relationships and taking responsibility for action irrespective of the rider's gender, ethnicity or religious preferences.

Our team in Bulgaria provided a group of children and young riders with the opportunity to participate in an equestrian training camp in Sofia, to experience a sense of team building and take responsibility for their actions through engaging with horses.

The camp included basic and competitive horse riding competencies. They learnt new techniques in caring for their equine partners, new feeding and training programmes and improvised team competition.



ASPEN CZECH REPUBLIC



# Reconstructing a playground for ill children

In 2019 we reconstructed the playground in front of the Olomouc Children's Clinic of the University Hospital.



This playground is an oasis of carefree space for young patients and family members. However, it needed some repairs to ensure that it continues to bring joy to the children who are undergoing treatment at the facility.

The team set to work on an exceptionally hot day and removed the old, unsightly paint and painted areas that required renovating. Weeds and unwanted shrubbery were also removed from the playground and new sand was brought in for the safety of children. The complete clean-up resulted in a fresh, new and inviting look.

Gratitude was enthusiastically expressed by the emeritus professor of the Paediatric Clinic, and the team from Aspen will be honoured to participate in a similar project again next year.

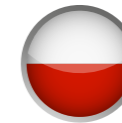


ASPEN POLAND

## Fun excursions for Powiatowe's children

### Region 1

Aspen Poland's team from Region 1 supported the Powiatowe Centrum Pomocy Rodzinie in Polkowice for Mandela Day. The Powiatowe Centrum cares for approximately 30 children who have been removed from dysfunctional families.



Due to a lack of resources, teachers at the Centrum are not able to take the children out of the facility on excursions. Aspen's volunteers saw this as an ideal opportunity to provide an interesting, fun day for the young residents and they arranged a trip for them to Wrocław.

The first activity for the day was a visit to a trampoline park where the children exhausted themselves jumping away to their heart's content. After enjoying a delicious lunch, they went to the Hydropolis Centre to learn more about water. This centre was opened in 2015 and uses multimedia technologies to teach visitors about the evolution of life in water, water animals' camouflage techniques, deep sea creatures, the bathyscaphe, the states of water and water engineering.

Being out of the confines of the Centrum for the day was an exceptional treat for the children, who thoroughly enjoyed the experience, as did their hosts from Aspen.



## Entertaining Milowe Ludki's children

### Region 2

A team from Aspen Poland's Region 2 supported about 40 children with mobility and mental disabilities at the Milowe Ludki Kindergarten which is based at the Rehabilitation Foundation Siemiradzkiego in Łódź, a city in central Poland.

The team spent the day re-arranging the play area, setting up a slide and gates, following which they made sure that the children had fun on the playground and enjoyed a waterpark when they were not playing with donated toys.



ASPEN POLAND



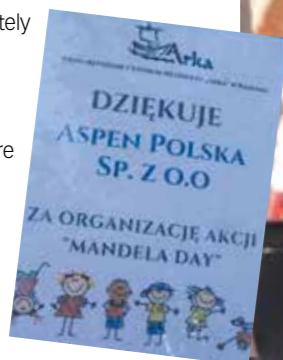
# Fun and games – what every child needs!

## Region 3

Some 100 children from impoverished families are taken care of at the Stowarzyszenie Centrum Młodzieży Arka in Radom.

There is a great need among these children to simply have fun and enjoy life, and so the team from Aspen Poland's Region 3 ensured that outdoor games and painting activities were enjoyed by these youngsters on Mandela Day.

The children had an absolutely fabulous time and the management at the Centrum expressed its appreciation to Aspen's volunteers for the care and kindness shown to them. They were also most grateful for the guidance that had been given to the children about the important topic of human rights.



ASPEN POLAND

# Healthy lifestyle for Rainbow House's children



## Region 4

Aspen Poland's employees from Region 4 spent the day taking care of children from the Rainbow House Regional Care and Therapy Institution.

Located in Rzeszów, Rainbow House is an institution that provides professional care to children who need support specialists and foster care due to difficult family situations.

The team focused specifically on the importance of a healthy lifestyle and donated a range of sporting items including scooters, skates, helmets and protective gear, balls, ping-pong equipment, a football goal and a volleyball set.

The fun began when the children started playing games in teams and were taught how to safely ride the scooters and use the skates. It was interesting to witness their commitment and transparency, but what we found most humbling was their desperate need for personal contact, which may be a consequence of the unjust family circumstances that many are subjected to. The spontaneous joy with which they participated in events during the day and their sincere appreciation for the pizza meal that they received was heartwarming.

Mandela Day was an amazing experience for the Aspen volunteers, and it had particular significance as we came to realise how much impact our efforts had on these children who truly deserve to be reminded how special they are.



## ASPEN UKRAINE

The enthusiastic team from Aspen Ukraine arranged five projects in five regions across the country and hosted Mandela Day activities in Kiev, Sumy, Lviv, Poltava and Odessa.



# Kiev supports St Egidio Society

## Kiev office

The South African Embassy in Ukraine once again participated in our activity in Kiev and Ambassador André Groenewald, his family and 12 employees from the Embassy joined the team, together with our business associates from the Rost Group, to support the St Egidio Society for the first time.

We dedicated Mandela Day to providing food to the needy. As our inspiration has no limits, the planned sharing of food quickly became so much more and turned into a festive picnic for

the elderly with ice cream, music and a winning lottery!

St Egidio Society is a global organisation that addresses inequalities, helps those in need and supports healthcare initiatives. In addition to supplying food to the poverty-stricken citizens of Kiev, St Egidio also focuses on assisting destitute children.

### Kiev's Mandela Day campaign in numbers:

- Three partners joined Aspen's initiative
- 27 people were involved in arranging and hosting the picnic:
  - Four Aspen team members
  - 12 representatives of the South African Embassy
  - Three members of the Rost Group
  - Eight St Egidio Society representatives

- 125kgs of food was purchased
- Seven people spent four hours making 180 sandwiches
- 160 winning lottery presents were prepared
- More than 150 hungry people received food
- Each person present won a prize!

An important detail of our event was to focus on environmental awareness and ensure that there was zero wastage! Disposable plastic tableware and polyethylene was replaced by reusable mugs and cutlery and all other items provided and used were from recyclable materials such as wood, paper and starch.



## ASPEN UKRAINE

# Preparing a facility for paediatric gastroscopic treatment

## Central region

The St Zinaida Symy City Children's Clinic was built in 1896 and was converted into a Children's Clinic in 1926. The historical buildings have not been maintained and desperately need restoration and repair.

Recently the clinic received a donation from a foreign charity to purchase gastroscopic equipment. Due to a lack of funding, the clinic was, however, not able to prepare the facilities for the installation of the equipment.

Aspen Ukraine's Central region team heard of this dilemma and chose to change the situation by restoring the consulting room where the equipment would be used. They removed outdated and disused equipment, thoroughly cleaned the room, treated it against mould and painted it. This consulting room is now ready for the new equipment to be installed and all that is still needed are the young patients who can benefit from gastroenterological treatment.



# Keeping company with elderly, lonely and ill patients

## Western region

The team from the Western region of Aspen Ukraine spent its Mandela Day helping patients at the City Clinical Hospice.

This hospice provides palliative care and symptomatic treatment to 30 patients with cancer and other chronic diseases.

Most of the patients are elderly and they have no relatives. They need assistance with basic necessities such as toiletries, medication and, most importantly, some company to stave off the loneliness that they experience.

The team spent quality time talking to the patients and giving them the attention that every elderly person so justly deserves. Medicines and sanitary products were also donated to the Hospice and they assisted staff where possible.



ASPEN UKRAINE

# Refurbishing a playground in Poltava



## Eastern region – Poltava

Aspen Ukraine's Eastern region team spent Mandela Day at the Poltava Oblast Children's Tuberculosis Dispensary.

This facility has exceptionally limited funding and its budget barely covers their needs for medicines and medical equipment. The conditions at the dispensary have deteriorated extensively and need urgent maintenance and extensive repairs.

The Aspen team dedicated its time to repairing the playground at the Dispensary so that young patients treated at this facility could enjoy being outdoors when they were well enough to play and have some fun.



# Love and care for Odessa's orphans

## Eastern region – Odessa

A second team from the Aspen Ukraine's Eastern region focused on the children who live at the Odessa city orphanage.

This orphanage cares for some 90 children from birth to four years. Some 60% of these children have pathology of the central nervous system, 20% are babies with HIV and 10% are severely disabled.

As none of the children have any parental care, they are desperate for affection and attention. The team understands this need so well, and spent the day playing games with children, drawing together and sharing presents and sweets with them. As the orphanage has a dire shortage of funds, the team also provided donations of household goods and hygiene products.



ASPEN RUSSIA



# Saving lives – when every effort counts!

## Central region

From 15 to 25 July 2019, Aspen Russia's Central region team embraced Project Saving Lives for Mandela Day.

Every employee in the region participated in the Saving Lives initiative by donating blood for patients in need of transfusions or blood supplies for medical reasons. Blood banks were visited in Kaluga, Voronezh, Kursk and Moscow.

The Russian blood service collects, processes, stores and ensures the safety of donated blood and its components. The country needs about 40 donors per 1 000 inhabitants but currently only receives blood from some 14 donors per 1 000 inhabitants.

Central region's volunteers also took part in the implementation of projects in the Moscow region's Rosinka Centre refurbishment project, while others visited the Khatunsky house for the elderly and disabled where they contributed



through various maintenance and enhancement initiatives.

Elena Zhelonkina and her family help stray dogs living on an abandoned construction site. Such is their conviction to these animals that Elena has established the "Homeless Dogs of the Accord" social media presence to help homeless, hungry and feral animals.

The response to her initiative has been extremely positive, resulting in funds being raised



and volunteers joining the efforts to care for these animals who once were afraid and aggressive, but have subsequently become tame

and friendly. All that remains is for them to be adopted into loving families.

This team is grateful for the opportunity to improve the lives of less fortunate citizens, acknowledging that life is priceless. Their common goals have united hearts and encouraged them to strive to achieve even more in the corporate and social environments.

ASPEN RUSSIA

# Enhancing the Rosinka children's centre



## Moscow office

The Rosinka Rehabilitation Centre located in Balashikha cares for approximately 60 children and teenagers with disabilities.

This centre provides social, medical, psychological and pedagogical rehabilitation for children and adolescents with chronic diseases of internal organs and systems; impaired neuropsychic development, as well as borderline social conditions with some of the children being treated on an outpatient basis.

Aspen Russia's 26 volunteers were joined by 19 members of the South African Embassy in Russia to attend to pressing needs at the Rosinka Centre in support of Mandela Day.

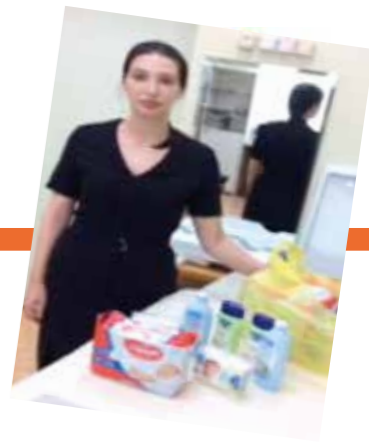
The teams undertook a broad range of projects. These included restoring the slide, replacing the gazebo's roof, painting the playhouse and pavilions, benches, tables, recreational equipment and sandboxes. Flower beds were cleared and refreshed and an old decorative fence was removed.

While some employees tended to the renovations, others taught the children how to make soap following which they enjoyed being entertained by two animators.

Aspen's committed team collected RUR20 000 to enhance the facilities, provide a lunch and spoil the children with entertainment. They agreed that witnessing their gratitude was worth so much more than their efforts, proving that it indeed does not take much to show care and kindness to those who simply need to know that they are loved and have a future meaningful role to fulfill in society.



ASPEN RUSSIA



# Gifts of time, love and hope for Yakutsk's orphans

## Far East region

The 95-year-old GBU RS (I), also known as the City Specialised Children's Home in Yakutsk, is home to about 75 children from three months to four years of age.

Aspen's Evstifeeva Svetlana, together with her son Denis and niece Karina, arranged a special day of fun-filled entertainment and spoils for these orphans. Her intention was to teach her family members that anyone can make a difference on Mandela Day, irrespective of age or circumstances.

Books and toys were collected for the orphanage and the team was met by excited children who were desperate for any form of kindness and physical comfort, given that they are deprived of parental care and the emotional comfort of arms lovingly wrapped around their little bodies.

Squeals of delight filled the hall where they played games and eagerly participated in a show with icicles and snowballs.

The Turnip fairy tale game was a huge success as the children portrayed various characters and the educators plunged carefree back into their childhood to embrace the fantasy experience. The group danced to the beat of a disco and also enjoyed a sea and

wind game, but not nearly as much as their special treats of juice, fruit and gifts of educational games, books and toys, which they clung to as personal prized possessions.

On this hot July day, Evstifeeva and her small team brought rays of hope and warmth to the young orphans and helped them to forget the unjust circumstances of living in an orphanage for a few hours. It was a stark reminder that our actions, no matter how grandiose or small, can have a dramatic impact and bring hope to children who have dreams of their own. Dreams to find a home and adoptive parents, to be loved and to belong and to experience the happiness and care of family life which every child is entitled to.

The Nursing Department of the MBUS Children's City Clinical Hospital No 3 in Vladivostok's Primorsky region accommodates some

140 patients between the ages of one month and four years, who have been abandoned by their parents, many of whom have been born to HIV-infected mothers.

Marina Sharapova's help to this facility included providing donations of toiletries, hygiene products and other items, but her most valuable contribution was the time that she took to show love and care to the little patients.

Children are not strangers and each one deserves to be treated with love and care. This is the sentiment of Aspen's Nikolay Shelak who chose to support the KSCU Children's Home No 2 in Khabarovsk.

This Home cares for 115 orphans from the ages of three to seven years. The new school year started on 1 September and this facility and its caregivers ensured that the young students who were starting school were fully equipped with uniforms and supplies in order to begin this important chapter of their lives.

They needed, however, a school locker for their books, so Aspen's Nikolay Shelak had one constructed at a local furniture factory. While Nikolay considers this to be a small gesture, the greatest contribution for the children was the kindness, care and love that he showed to them and with which every child should be blessed.



ASPEN RUSSIA



# Families with disabled children tour to holy places



## Volga office

Since 2017 Aspen Russia's employees in the Volga region have shown kindness and care to surrounding cities.

Their primary Mandela Day initiative for 2019 was a tour to places of worship for families with severely disabled children. The preferred venue for many of these families was the Orthodox Monastery in Makaryev. This excursion was particularly important to these families who are largely homebound due to the limitations placed on them by their disabled children. One of their greatest wishes was to visit a holy place where the families and children could be prayed over and blessed and where they could receive prayers of grace for peace.

Aspen's Maxim Zaytsev arranged the tour for beneficiaries of the Anna Chizhova Charitable Fund for children with incurable diseases. This NPO was established in 2016 to provide palliative care, safety and oversight by the Sisters of Mercy for some 60 children aged from four to 12 years from the City Hospital No 3.



The wishes of 75 beneficiaries were answered when they were joined by the Archpriest Michael Pavlov and 10 nuns from the Sister of Mercy School and led on the tour by Maxim. The 140km journey to the Women of Makariev Monastery took two and a half hours, first by bus and then by ferry.

While at the monastery, which is surrounded by snow white walls, the men attended to loads of hay, while women and children harvested potatoes. Abbess Michaila attended to each disabled child and blessed them before praying over each family. The journey may have been over in a day, but the spiritual peace bestowed on these families will comfort them for many years to come.

Acts of Random Kindness were also conducted across various cities by representatives of Aspen's Volga region. In Saratova the local pet centre received assistance with feeding and walking the animals.

Blagodary is a charitable social economic project in Samar that collects clothing for families in need and Aspen's employees met this call for support by donating clothing to the project.

The children at Kazan's Republic Specialised Orphanage received donations of toiletries, toys and medicines for the babies and children who are cared for at this facility.



ASPEN RUSSIA



# Happiness is bringing joy to others

## Ural region

In celebration of Mandela Day, Aspen Russia's team in the Ural region adopted the motto: Happiness is bringing joy to others, and this they achieved in abundance by providing assistance to the Department of Mercy and showing care to Kirovgrad's elderly citizens.

The main problem among elderly people in a nursing home is loneliness. It is so sad to witness how they cease to exist to the outside world and their lives become completely devoid of attention.

According to staff, there should be three nurses in a nursing home per 50 bedridden patients, yet at the Department of Mercy there is only one nurse who physically does not have the capacity to provide personal attention to these patients.

Aspen's volunteers chose to show them some cheer, kindness and attention on Mandela Day. They also provided generous donations of medication, dressings, four nebulisers, blood pressure monitors and other medical equipment that could contribute toward the improved care of the patients. Local business partners complemented Aspen's initiatives by replacing the blankets and pillows and providing warm socks and mittens for each of the residents.

The greatest and most prized gift freely lavished on the day was the care, kindness and consideration shown to these forgotten patients who once again felt appreciated and valued as members of society, albeit by strangers and only for a day.



ASPEN RUSSIA

# Visiting a fairy tale

## South region

Bringing fairy tales to life was the dream of three employees from Krasnodar in Aspen Russia's South region.

These volunteers chose to support The Land of Mercy, a centre for the development of charity programmes. The centre specialises in helping about 100 orphans and children with mental disabilities and 14 autistic children from the ages of seven to 10 were selected to enjoy Mandela Day with Aspen's enthusiastic team.

This event did not simply entail wishing on a star! Instead, this team rented the Visiting Fairy Tales Museum, dressed up in character costumes and provided treats of fruits and sweets for the children.

Their aim of reducing social isolation in a playful way by integrating fairy tale characters was achieved through the children's active involvement and overcoming communication difficulties.

The story book closed at the end of a busy day with a very happy ending for the children and for the Aspen team too!



# Demonstrating care across Siberia

## Siberia

Aspen's team in Siberia participated in activities in three areas of Siberia.

The Interdistrict Hospital No 2 is a hospice-based in Krasnoyarsk and it accommodates 500 patients, veterans and children. Four Aspen volunteers conducted landscaping activities at this facility and brightened up the gardens by planting a range of flowers to bring joy to those who are undergoing treatment at the hospice.

In Novosibirsk, approximately 130 bedridden patients at the House of Mercy Hospice received a visit from four Aspen employees who spent time keeping these patients company and sharing gifts of fruit and hygiene products with them.

Approximately 700 patients visit the Polyclinic Hospital No 17's Palliative Department in Omsk each day. Palliative care is an approach aimed at improving the quality of life of a patient who is facing a life-threatening disease, and family members. Many of these patients have lost hope in life and to cheer them up, two Aspen employees arranged an outdoor creative competition for the patients.

The focus was to enable the patients to express themselves through art, to enjoy the beauty of nature, to appreciate the blessing of another day and to feel appreciated and loved by the 20 volunteers who had joined the team from Aspen.

Donations of art supplies were provided for the competition, and social chatter and laughter filled the air as everyone enjoyed being creative and soaking up the sun, while forgetting about their physical challenges for a few hours.



ASPEN RUSSIA

# Giving back with Colours of Life

## North West region

The North West-based Aspen team in St Petersburg adopted the "Colours of Life" as their theme for Mandela Day and supported the Specialised Orphanage No 3 (psycho-neurological) in the Frunzensky District as their primary beneficiary.

Specialised Orphanage No 3 is a psycho-neurological institution that accommodates 110 patients and provides comprehensive medical care and psychological and pedagogical rehabilitation using modern technologies.

The team was once again eagerly awaited by the children and staff alike. These volunteers painted outdoor equipment and benches on the playgrounds in bright, cheerful colours, decorated the walls of the verandas and removed overgrown shrubbery in the garden.

These small actions inspired the 73 permanent residents at this facility and provided them with some encouragement to enjoy the beauty of nature and to play outdoors, which positively stimulates their medical and rehabilitative process.

Acts of Random Kindness (ARK) were carried out by numerous members of Aspen Russia's North West team.

In Arkhangelsk, Igor Nikitin spent his 67 minutes picking up litter along the Northern Dvina River to ensure that children can enjoy the environment without the dangers that broken bottles and other garbage poses to them.

Irina Galaktionova hosted a pottery workshop for children at the Regional Children's Hospital in Vologda. This activity was very inspirational to



the little patients as they enjoyed creating a hand-crafted item that was made with love and which they were able to gift to a loved one.

As in previous years, Elena Fedorova dedicated her time to stray animals at the Murmansk Voluntary Charitable Society. This year the shelter had a particular request for medicine and Elena responded accordingly. Much to the delight of Oksana Lvovna, head of the shelter, Elena also provided food and disposable supplies for the sick and weak animals.

Eric Shabdanbekov arranged a drawing competition for the patients at the Allergy and

Pulmonology Centre of the Children's Republican Hospital in Petrozavodsk. Children aged from four to six years of age, who are undergoing treatment and examinations at the Centre, eagerly participated in the competition which was adjudicated by pulmonologist Alina Viktorovna Grinenko.

The veterinary office in Syktyvkar shelters homeless animals. Aspen's Nikolay Yurpalov arranged for a team of volunteers and veterinary support staff to provide free medical and diagnostic treatment for pets at the shelter.

## ASPEN HEALTH CARE



# Reaching out to special needs children and hard-working men

Approximately 250 beneficiaries were touched by the kindness of the Aspen Health Care team which supported two Dubai-based organisations for Mandela Day.



The Special Needs Future Development centre cares for some 50 children between the ages of four and 10 years. Aspen's volunteers spent the day with these young ones hosting activities themed about love, care, peace and the earth. They enjoyed the arts and crafts session, as well as playing games together with their visitors.

As in previous years, kindness was also extended to some 200 men who live in the local labour camps, far removed from the loved ones they are striving to support. Aspen's generous employees donated food parcels, clothing and personal hygiene items, which were gratefully received by these hard-working men.

## ALPHAMED – INDIA



# Extending a helping hand in Hyderabad

This year, Alphamed's 291 employees participated in four projects to benefit the needy.



One of our primary projects relates to the adoption of the Mandala Parishad Primary School located in the Jaggamguda Village. We provided uniforms, shoes, books, stationery and school bags for the 51 students and the school's infrastructure was upgraded by repairing and painting the building, boundary wall, gate, stage and classrooms. A safe drinking water facility, lights, fans, blackboards and new furniture were also provided. We recruited two qualified teachers on an annual contractual basis, with their monthly salaries funded by Alphamed. By doing so, we have not only



The team's visit to RK's Mother Teresa Foundation, which cares for neglected elderly patients in Hyderabad, was a deeply emotional experience. We identified a few pressing needs and donated two geysers, a washing machine and an ICU monitor to the facility. As an additional surprise, we provided breakfast, lunch and dinner to the 35 residents.

Witnessing the elderly residents not adequately taken care of and abandoned in a home such as this, was not a pleasant experience. Given their unfortunate living conditions, we were motivated to provide additional assistance through donations of groceries to the home on a monthly basis.

Over four consecutive years, Alphamed has partnered with Hyderabad's Mythri Home, which cares for poor and needy orphans. As part of our continued support, we renewed our commitment to the 70 children accommodated at the home by providing them with groceries and toiletries each month.

A blood donation camp was established at Alphamed's offices and on 18 July, employees took up a seat and voluntarily donated blood that will be used toward saving the lives of anonymous patients. The selfless nature of the 72 employees who joined the blood drive contributed to the success of this initiative.



improved the educational standards of the school, but also provided employment for two women graduates from the village.

ASPEN JAPAN

# Forest maintenance to provide quality water supplies in Tokyo



Forest conservancy is very important for the supply of fresh air and quality water.

Japan is a country with an abundance of nature, with about 68% of this country covered by forests. The Tama forest area in the western part of Tokyo supplies almost 20% of the water needed by businesses and their employees in this city.

A rapidly ageing population in this area has resulted in workforce shortages to maintain the privately-owned forests.

On 21 July a number of Aspen Japan's employees assisted in the preservation and restoration of the unkempt forests to maintain and improve the environment and to avoid the potential negative impact on the water quality.

The team transferred trees and removed them



to suitable areas under the guidance of Tama River Water Resources Forest personnel. While volunteering in this way, the Aspen employees learnt a lot about forest maintenance and environmental preservation, and also enjoyed the camaraderie of operating as a team for such a worthy cause.



ASPEN TAIWAN



# Close to nature with children



The Taiwan Fund for Children and Families (TFCF), which cares for children aged from nine to twelve, was the beneficiary for Aspen Taiwan's activities for the sixth consecutive year.



This year, Aspen's team of 22 was joined by the South African Ambassador to Taiwan, Mr Seraki Matsebe.

Aspen employees worked together with TFCF's 36 children at Yilan Toucheng Farm where they learnt more about the ecosystem. An additional first-time experience for many included a visit to a rice field where they were taught about rural life in Taiwan and growing the country's staple food.

Leaf rubbing is a traditional Chinese craft that is very popular among children. This art form, which is inspired by nature, entails colouring or dyeing leaves to form works of art. While on their excursion, the children collected leaves which they subsequently used to make their own unique bags.

The time spent with TFCF gave the team a renewed appreciation for the environment, while simultaneously uplifting the children and building memories with them.



ASPEN MALAYSIA

# Planting mangroves to supplement Malaysia's ecosystem

Malaysia's people and its environment are being threatened by deforestation.

On 26 June 2019, Aspen Malaysia's team engaged in mangrove planting activities to create increased awareness about the importance of mangrove habitats in relation to the survival of many sea creatures and the livelihood of the country's citizens. These actions will, with time, contribute toward the mangrove ecosystem that is critical in sustaining aquatic resources.

Mangroves comprise less than 2% of the total land area in Malaysia. Currently, there are 112 mangrove forest reserves in the country. These reserves form part of Malaysia's Permanent Forest Reserve (PFR), which is managed sustainably for both production and protection by the Forestry Department.

Langkawi started as a fishing village until its revelation as a UNESCO Geopark. UNESCO endorsed Langkawi as the 52nd Global Geopark on 1 June 2007, making it the first geopark in Malaysia and the South East Asia region. Mangrove habitats and ecosystems store and cycle nutrients, filter pollutants, protect shorelines from erosion and storms, and play a vital role in modulating climate as they are a major carbon sink and oxygen source.

While it is recognised that the mangrove ecosystem plays an important role in sustaining aquatic resources, it may not be pragmatic to advocate a no-use policy to prevent the loss of this important habitat.

It may not be realistic to put a total ban on aquaculture in the mangroves. It is more realistic to advocate sustainable practices that are not harmful to the environment.



ASPEN PHILIPPINES



# From mangrove forest to food forest



Through its 10-year partnership with Fostering Education and Environment for Development (FEED), Aspen Philippines has continued its advocacy to create a greener earth by fulfilling its pledge to World Environment Day to plant 3 500 plants in 2019.

As part of this commitment, and in line with Aspen Philippines' goal of providing quality education for all children, the team chose to create food forests for the schools damaged by flooding in mangrove forests, which has resulted in malnutrition among children. The Teodora Cruz Elementary School in Hagonoy, Bulacan was specifically chosen for its Mandela Day activity.

Food forest gardening is a low-maintenance sustainable plant-based food production and agroforestry system based on woodland ecosystems, incorporating fruit and nut trees, shrubs, herbs, vines and perennial vegetables, which have yields directly useful to humans. Combined with the bio-intensive garden approach, the aim is to educate the schools' faculty, students and parents on creating their own sustainable source of nutrition for the children and eventually develop the school grounds into a fully sustainable food garden or food forest.

FEED hosted a Train the Trainers programme with Aspen's eco-warriors, members of the South African Embassy, the school's teachers and gardeners, representatives from different classes, some of the parents and members of the Parent



Teachers Association and local community leaders interested in learning about food forests and how to source and propagate seedlings and plants to harvest from organic vegetable seeds.

Once the training was complete, the teams geared up with their gardening tools, boots and raincoats and set to work to establish food forests to help sustain the school's students.



ASPEN PHILIPPINES

# Continuing our Acts of Random Kindness

Kind hearts are naturally embedded in Aspen Philippines' employees. Consequently, Mandela Day ARK is the event of the year when the team excitedly opens its heart to share its blessings with the people who give them inspiration.

This year, more than 50 sales representatives paid tribute to the people who unknowingly have touched their hearts in their own ways. Truly, we live by the adage that happiness is not so much in having but in sharing; we make a living by what we get but we make a life by what we give, and so they touched those who needed an act of random kindness in their lives on Mandela Day.



ASPEN PHILIPPINES

# Smiles for a healthier future



In a separate collaboration with the South African Embassy and Project PEARLS, Aspen Philippines participated in a dental mission and soup kitchen for the community of Barangay Batia, Bocaue in Bulacan.

Our partner Project PEARLS helps the poorest of the poor children and tries to improve their lives by giving them P.E.A.R.L.S.: Peace, Education, Aspiration, Respect, Love and Smiles through education, empowerment, nutrition, nourishment, and healthcare. One of the focus communities is Helping Land in Barangay Batia. This is an impoverished community relocated from an active dumpsite in Tondo, Manila,

where the people's main cradle of living is scavenging disposed or leftover food from restaurants. About 300 children from Helping Land received dental checkups and were educated on good oral hygiene by our partner dental association. Their smiles were fully complete when they received hygiene kits and a delicious lunch from Aspen' team of volunteers.

ASPEN ASIA

# Caring for the elderly

The Aspen Asia team extended its caring spirit to The Hong Kong Society for the Aged – Sage Eastern District Elderly Community Centre.



This centre provides a full range of support services to the community's elderly, as well as family members who care for them.

Aspen's employees visited 14 needy pensioners who live on their own and gifted them with treats and practical supplies.



They also enjoyed their company while playing card games and encouraging them to share their life stories. Alleviating the loneliness experienced by many seniors is an important step in improving their health and quality of life.

The team was humbled to patiently and attentively engage with these elderly citizens, who rewarded them with smiles and words of appreciation for caring enough to spend some time with them.



ASPEN USA – API DES PLANIES

# Feeding starving children in Africa



Aspen API in Des Planies, Illinois, USA packed food boxes for Feed My Starving Children.

A group of 175 volunteers packed 199 boxes of food during their two-hour shift. This equates to 42 984 meals and these 199 boxes are said to feed 117 children for one year. The food will be shipped to Sierra Leone, Africa.

In addition to donating our employees' time, Aspen API Inc. made a US\$200 donation, which will feed four children for a year.



ASPEN USA – API SIOUX CITY

# Helping to build a home for a less fortunate family

The Aspen API Sioux City team contributed its efforts towards Mandela Day by volunteering at a local building site, Habitat for Humanity.

On a very hot 18 July the team provided manual labour by shovelling gravel around the base of the foundation to allow for the drainage system of the house to keep the basement water free; built, installed, supported and set square the main central support beam to support the structure of the house; dug out and set the egress supports at the two windows at the end of the foundation of the house and ensured that the site was cleaned up after the work was done.

Aspen's Tim Haddon said, "The team agreed that it was really a very fulfilling feeling to work for the benefit of those less fortunate than ourselves. Thank you to those employees who directly participated in our Mandela Day activity and to the members of our team, who indirectly participated by keeping our site operating during the activity."



ASPEN CANADA



# Giving back during the holidays



Aspen Canada hosted its Mandela Day activities during December 2018, when the team provided festive cheer to various communities.

Office employees invited the Oakville Firefighters to a holiday lunch and presented the firefighters with toys donated by employees for the annual holiday toy drive.

The Western Canada and Quebec sales teams also volunteered their time at the Make a Wish foundations wrapping presents and spent time helping at a local food bank.

The team of representatives in Ontario donated its time at a variety of charities including the Ancaster Rotary breakfast, providing gifts and breakfast to underprivileged youth and preparing meals for those with mental and physical disabilities at the Community Living and Collective Kitchen in London.

The team also prepared gift packs for families in need at Kits for a Cause in Brampton, wrapped toys for those in need in Toronto at Regeneration Outreach and prepared and served meals at the Food Sharing Project and at St Vincent de Paul in the Kingston and Niagara areas.





*"Take Action; Inspire Change;  
Make Every Day a Mandela Day".*

We are humbled to have made a difference in the lives of some 782 000 beneficiaries through our Mandela Day campaigns since 2011.

The caring spirit of our employees, who continue to voluntarily engage in this initiative throughout the year, distinguishes them in a harsh world that needs more kindness whether asked for or not, but which is deserving nonetheless.

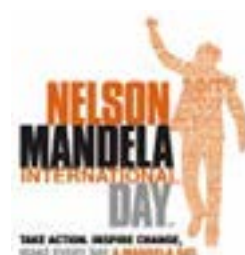
This behaviour is what Aspen is about and again shows just how much "We Care".

Aspen's support was demonstrated in the following countries and regions:

Australia, Brazil, Bulgaria, Canada, Chile, Colombia, Costa Rica, Czech Republic, Ecuador, England, France, Germany, Ghana, Greece, Hong Kong, India, Ireland, Italy, Japan, Kenya, Malaysia, Mauritius, Mexico, the Netherlands, Nigeria, Peru, Philippines, Poland, Romania, Russia, Serbia, Slovakia, Slovenia, South Africa, Spain, Taiwan, Tanzania, Ukraine, United Arab Emirates, United States of America.



We've cared for some  
782 000 beneficiaries  
578 projects | 6 continents  
40 countries and regions



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