



PlumRus

n e w s

Hello
April

Life Given Difference

Lewegewende Verskil



April Birth Flower: The Daisy

1. Daisies belong to one of the largest families of plants in the world
2. Daisies are found everywhere on Earth, except Antarctica
3. The name "Daisy" is thought to come from the old English "daes eag"
4. The daisy family, known to scientists as Compositae was classified in 1792.
5. Daisies represent purity and innocence.
6. Daisies is actually two flowers in one
7. Daisies leaves are edible
8. Daisies have lots of medicinal properties
9. If not controlled, some daisies can become serious weeds.

Spiritual Care Program for April 2020

Fridays @ 09:30

Sundays @ 09:00

Sundays @ 18:00

Will be done In house,

Special Program for our residents and staff

Happy Birthday to Our Residents

3rd	Alan Downey	N006	47	English
7th	Carol-Ann Laufs	N205	63	English
8th*	Elsie Cloete	R9	90	Afrikaans
8th	Noreen Moody	F107	83	English
9th	Felicite Smith	R70	88	English
10th	Ruzanna de Wet	R10	74	Afrikaans
10th	Anna De Villiers	F024A	80	Afrikaans
12th	Berdine Stafford	F025B	83	Afrikaans
14th	Jill Adams	F119	82	English
15th	Susara van der Watt	N007	78	Afrikaans
20th	Susanna Meyer	F006	85	Afrikaans
23rd	Ann Brooks	R40A	87	English
23rd	Pamela van der Merwe	F106	73	English
23rd*	Walton Lotz	N105	98	English
26th	Denise Bredekamp	R46A	86	English
26th	Panayotis Anetos	R53	69	English
26th	Mary Watson	R43	85	English
29th	Stella Willard	F012	84	English



Happy Birthday to Our Staff

2	Mandy Williams	Kitchen
3	Lizaan Vandervent	Laundry
13	Cindy Schoeman	Admin
15	Jennifer Adams	CSC
18	Elise Hobanie	Kitchen
20	Cheryl-Ann Valentine	CSC
20	Toni-Leë Adonis	Cleaning
21	Lucia Fredericks	CSC
25	Samantha Sigare	H/Care
28	Petronella Anthony	Cleaning
29	Irene Jantjies	Kitchen



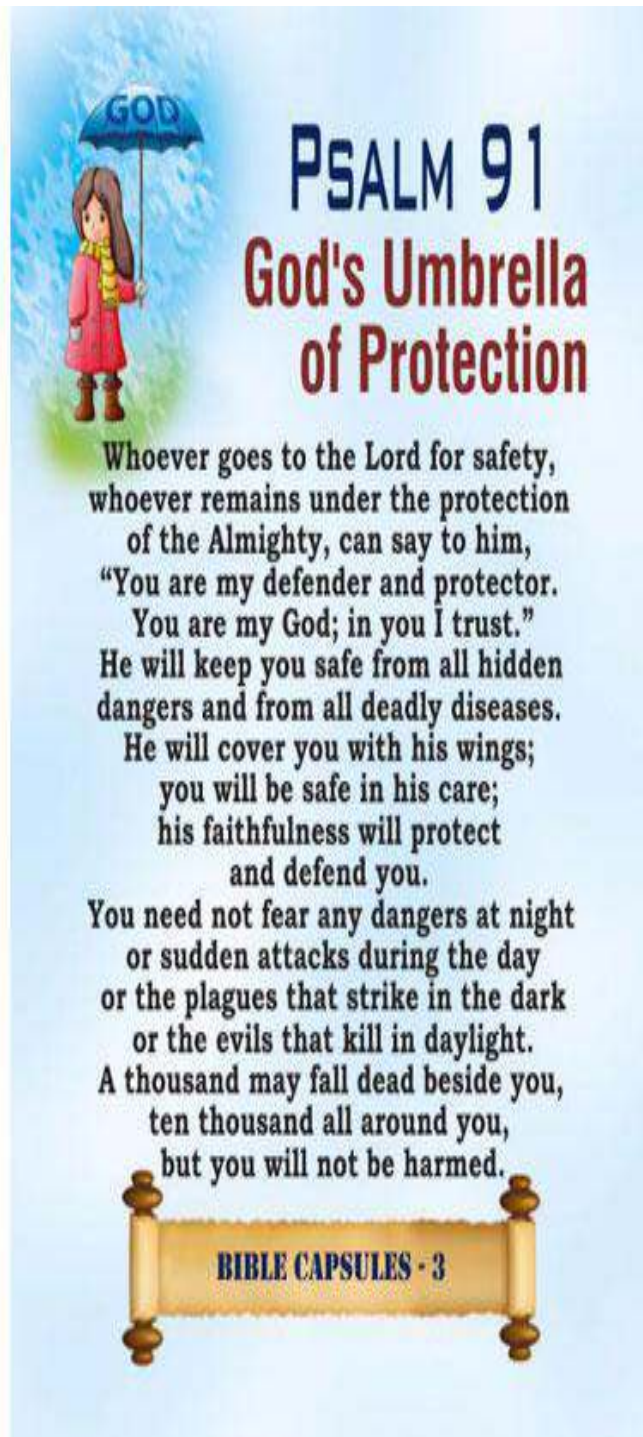
Celebrating Easter

1. Easter is the celebration of the resurrection of Jesus Christ in the Christian religion.↓
2. Eggs have been seen as ancient symbol of fertility, while springtime is considered to bring new life and rebirth.
3. Americans spend \$1.9 billion on Easter candy. That's the second biggest candy holiday after Halloween.
4. 70% of Easter candy purchased is chocolate.
5. 76% of Americans think the ears of a chocolate bunny should be the first to be eaten.
6. Egg dyes were once made out of natural items such as onion peels, tree bark, flower petals, and juices.
7. There's much debate about the practice of dyeing chicks. Many hatcheries no longer participate, but others say that it isn't dangerous to the chick's health because the dye only lasts until the chicks shed their fluff and grow their feathers.
8. The first story of a rabbit (later named the "Easter Bunny") hiding eggs in a garden was published in 1680.
9. Easter takes place on a Sunday, after the 40-day period called Lent. Lent is referred to as a time of fasting, but participants focus more on giving up one significant indulgence.
10. Holy Week is the celebrated during the week leading up to Easter. It begins on Palm Sunday, continues on to Maundy Thursday, Good Friday, and then finally, Easter Sunday.
11. "The White House Easter Egg Roll" event has been celebrated by the President of the United States and their families since 1878.



It is only about Jesus being the centre of life of everything that we do.

As a Christian organization, our foundation is Jesus Christ.
We believe in the Power of Pray.
We believe in the Father the Son and the Holy Spirit.
We are under God's Umbrella of Protection.



While our flesh lives in a State of Disaster, our spirit is protected by the Almighty. Acts 17 vs 28; "For in Him we live and move and have our being."

READ ALL ABOUT IT!!!

We have strategically placed notice boards around the facility as a means of communicating to all our residents, staff and visitors.

Our appeal to all is that you assist us in maintaining a good standard (content and presentation) of notice/poster presented on these boards. We request that to have any notice placed on the board, that you follow the following process;

- All notices to be handed in to any one of the following staff – Belinda, Miche or Lauren. Please do not put up your own notice
- Only A4 size posters/notices will be accepted
- Contact details of person responsible for event must be displayed on the notice

We love sharing events that are taking place in and around our community and within the broader PlumRus and BADISA family.

Together we are able to spread great news, in an orderly manner.

Important Notice:

What's in a name?

At our recent strategic workshop, attended by board members and management, we resolved to only use the name PlumRus going forward.

Registered originally as Rusoord, and subsequently renamed Plumstead Rusoord we needed to review the registered name for appropriate use on social media platforms.

This is one of the reasons that the name PlumRus was birthed. The legal changes are in the process of being made, and we would like to appeal to all, to start making the conscious shift of referring to ourselves as **PlumRus**.

Name changes are not always easy to manage, but we know that with all your help the change will be painless.

Recap on Emergency Procedures and Training for Staff

1. What are the 5 most important things with basic elderly care?

Gebalanseerde Dieet- Balanced diet

Uitskeiding (gaan toilet toe) - normal bow action

Sosiale Interaksie / Stimulasie - stimulation and activities

Medikasie- medication

Skoon – Alles is SKOON- clean environment, room and flat

2. What is the 3 ways of making an alarm or informing Risk Man Office of an emergency

Druk Knoppie- Press the BellMe button

Bel 1000/1001- Phone 1001 /1000

Skree/gil- Shout for help

3. What are the 3 important drills during evacuation?

Keep Left

Remove obstacles on your way out if possible

Assembly Points- go to one of the assembly points

4. On our universal communication system, our telephone, which button is for speed dialing to Risk Man Office?

Die tweede knoppie bo langs skerm- second button

5. What is your first reaction when you attend a call in the room or flat of residents?

Check – Reason (wat het gebeur, wat is fout) – Bel Riskman 1001

6. A Black Access Control Card is issued to?

'n Dag kaart (as 'n personeel lid hul kaart by die huis vergeet het)

7. A Red Access Control Card is issued to?- Not implemented yet

Visitors/Besoekers

8. In Admin the most important rule?

As jy dit nie geskryf het nie, is dit nie gedoen nie!

If you do not confirm in writing, you did not do it.



**We would like to introduce you to your new team in
Cleaning & Laundry:**

Kurt Brenton: Buyer

Kurt has been with us for 2 years and has now joined the kitchen team as the buyer for all our groceries and housekeeping items.

Louisa Kasper: Laundry Supervisor

Louisa has been in the PlumRus family for many years and you will remember her for running around in the passages fixing curtains and checking up on the flats.

Louisa has now joined the laundry team as Supervisor. She is your go to person for any laundry issues you might have.

Maria Brown: HCC Domestic Supervisor

Maria has been with us for 5 years working in Zone 2 as our Domestic Cleaner, we have seen the excellent work she does and her Zone is an example of what good housekeeping is.

We have now promoted her and she is in charge of HCC 'S domestic cleaners, making sure all the work is done to her standard.

Terry Bester: Flats Domestic Supervisor

Terry only recently joined us, but she is shown us initiative and is now helping us in supervising Mountain View, PlumRus North and PlumRus East.

If you need assistance with anything cleaning related she is your go to lady.

George himself will oversee these very important departments.

Brand New Movies in the PlumRus DVD Store

- Potential Inside
- Apollo 13
- The Penny
- Mr Popper's Penguins
- Fly Wheel
- Feet of Flames
- Ocean's Eleven
- Oceans Twelve
- Fathers
- War and Peace
- Pink Panther strikes again



Make sure you come and visit Mrs. Vivien Spires, Mrs. Gertie Boshoff and Mrs. Joselyn Findlay and be the first Resident to watch the new and exciting movies.

Every Monday and Friday morning

@08h30 in Aristata.

Dear All Flat Residents

Please note that you need to have your Blood Pressure checked at least once a month. All flat residents are invited to attend the Monday Morning Clinic, which is held in the Secretarial Office between 09:00 and 10:00.

Residents will be invited by letter until all baselines have been established; afterwards your 1, 3 and 6 monthly Blood Pressures will apply.

Lastly, all independent residents that are on chronic medication to please give a copy of their current valid prescription to Sister Essie Van Zyl.

Thank you.

Annexure 5 – Corona Virus

As per our communication distributed on Friday 20th March 2020, we explained that we will be monitoring and evaluating our emergency procedures around the curtailing of the corona virus, on an on-going basis. In line with this, and our continuous consultations with Badisa, and instructions from government, we will be implementing the next level State of Disaster emergency procedures, with immediate effect.

This calls for dedicated cooperation and utmost understanding from all parties within the PlumRus community.

These precautionary measures will become effective from 24th March 2020 at 12h00;

- All residents are to remain on the premises.
- No visitors will be allowed access to the premises.
- In the case of an emergency, that is only death, the family in consultation with Sr. Muriel Mapling, or in her absence, Sr. Essie Van Zyl or the Sister in Charge, will be allowed limited access under prevailing scanning procedures.
- No transport will be arranged for offsite activities such as shopping.
- Families are being asked to do shopping for their parents and to drop it off at the security.
- We are encouraging residents to do on-line shopping where possible.
- All deliveries (groceries, medicines, personal packages) to our residents will have to be left at our security check point, where it will be sanitized, repacked and delivered to the resident concerned. Please note that this could be a time consuming process, and we ask for your understanding in allowing this process to be effected as efficiently as possible.
- All medical personnel (doctors, ambulance) will be allowed access for resident visits under the same emergency scanning procedures.
- We continue to encourage our residents to eat in their decentralized eating areas, but where preferred take-aways can be requested.
- All internal activities, where no external person is needed to co-ordinate, will continue as normal. Church services will be conducted internally, no outside preachers will be allowed onto the premises.
- If a resident is taken off the premises by a family member for any reason, they will unfortunately have to stay away until the corona virus precautionary measures have been lifted.
- Please note that families may, if they so choose, take their parent out of PlumRus for the entire duration of the shutout. Levies will still be applicable as per their SLA.
- We will not be allowing the fruit and vegetable lorry onto the premises until further notice.
- We will be working with skeleton staff in certain departments, so we request that you are understanding to the possible delay of actioning your request.

Kindly note that PlumRus is classified as an essential service, therefore all staff will be expected to report for duty. We have taken the necessary precautionary measures with regards to our staff's safety and they too will follow a stringent scanning procedure every time they report for duty.

A big thank you to the entire staff for the wonderful care my Mom received during the two years she was in Healthcare at PlumRus.

I would like to make special mention of two of the staff who made a huge difference in the care of my Mom(Mrs M Saul). Maria (the cleaning lady) was exceptionally kind to my Mom and always willing whenever she required anything at anytime.

Yushra, the carer in zone 1, treated my Mom with the highest degree of respect and care during her last month when she was ill and confined to her bed. She was a great comfort and support to me and to my family during this time as we were confident that my Mom would receive the best care possible. Yushra displayed kindness, competence and professionalism at all times and we are eternally thankful to her.

Kind regards

Charmaine Packer



PRAYER TIME IN PLUMRUS

We would like to invite residents, visitors and staff to join us daily (as of Wednesday 18th March) at 12pm, in the following venues for a time of prayer.

- Bobbie Liebenberg, Aristata Lounge & Hall
- Sugar Bush Lounge
- Pin Cushion Lounge
- Stokoei
- PlumRus North



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We believe that prayer is how we can communicate our requests, fears and uncertainties around the spreading of the Corona Virus to God. God reassures us in Matthew 18vs 20; "Where two or three are gathered in my Name, there am I among them."

We have seen, how before, our God has come through for us when we prayed, and we trust that He will do the same with this disaster we are facing.

We encourage you to continue to meditate on Psalm 91.

PlumRus Senior Big Walk held on the 4th March 2020



CCL – Cleaning, Catering and Laundry

Mag ons lekker eet en drink, ons gebou en terein altyd silwer skoon wees en ons wasgoed deurlopend lekker ruik en mooi gestryk wees.

Ons nuwe Catering, Cleaning an Laundry bestuurspan:

- | | |
|-----------------------------|------------------------------|
| • Aankope en Voorraad | - Kurt |
| • Laundry Toesighouer | - Louisa |
| • Catering Toesighouers | - Tina en Chrissie |
| • Cleaning Toesighouers | - Terry flats , Maria kamers |
| • Facility Care Toesighouer | - Denzil |
| • Oorhoofse Bestuurder CCL | - George |
| • Finansiële Bestuurder CCL | - Chris |

Baie geluk, dit is 'n nuwe Era met nuwe uitdagings. Kom ONS maak hulle suksesvol deur ons ondersteuning en samewerking

SPANWERK

Al Ons Manne- Alle Afedlings

Ons manne mag nooit nee sê nie, eers doen en dan kan ons gesels oor ons probelme en uitdagings met George - Ons doen!!

Nuwe gebou en Tereein span

Gebou en toerusting instandhouding

- Clint
- Hadley

Tereein en Tuin instandhouding

- Eric
- Nolan

Ons kookwater, kannie dood verf koning

- Whitey

Sterkte manne, dit is nou nou die tyd dat julle, julle staal wys

Baie Geluk!

April 2020

Maand Program / Monthly Program

Monday	Tuesday	Wednesday
		1
		08:30 Library 09:45 Church Service John MacArthur – The Gospel, The Church & Present Crisis 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Croquet
6	7	8
07:30 Afrikaans Bid Groep in die Koffie Winkel 09:00 Manne Bid Groep -Staff 09:00 Clinic in Office 1 10:00 Tea Time: lounges 10:00 Catholic Church in John Killian 11:00 Activities in lounges 14:30 Music / DVD in lounges 15:00 Tea Time: lounges 15:00 Friends Meeting	09:30 Action Entertainment in the Hall 10:00 Tea Time: lounges 10:30 Action Entertainment in Sugarmbush 14:30 Bible Study in N102 15:00 Tea Time: lounges	08:30 Library 09:45 Kerk Diens Johan Smit Hier is ek Here 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Croquet
13	14	15
10:00 Tea Time: lounges 10:00 Catholic Church in John Killian 11:00 Activities in lounges 14:30 Music / DVD in lounges 15:00 Tea Time: lounges Public Holiday Family Day	09:30 Action Entertainment in the Hall 10:00 Tea Time: lounges 10:30 Action Entertainment in Sugarmbush 14:30 Bible Study in N102 15:00 Tea Time: lounges	08:30 Library 09:45 Kerk Diens Dinkie VD Spuy Hou moed 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Croquet
20	21	22
07:30 Afrikaans Bid Groep in die Koffie Winkel 09:00 Manne Bid Groep -Staff 09:00 Clinic in Office 1 10:00 Tea Time: lounges 10:00 Catholic Church in John Killian 10:30 Methodist Communion 11:00 Activities in lounges 14:30 Music / DVD in lounges 15:00 Tea Time: lounges 16:00 Garden Club Meeting	09:30 Action Entertainment in the Hall 10:00 Tea Time: lounges 10:30 Action Entertainment in Sugarmbush 11:00 Bible Study in N102 15:00 Tea Time: lounges	08:30 Library 09:45 Kerk Diens Johan Smit Maak jou somme 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Croquet 18:00 Gospel Music Night in the Hall
27	28	29
10:00 Tea Time: lounges 10:00 Catholic Church in John Killian 11:00 Activities in lounges 14:30 Music / DVD in lounges 15:00 Tea Time: lounges Public Holiday Freedom Day	09:00 Shopping Meadowridge 09:30 Action Entertainment in the Hall 10:00 Tea Time: lounges 10:30 Action Entertainment in Sugarmbush 10:30 New Residents Tea 14:30 Bible Study in N102 15:00 Tea Time: lounges	08:30 Library 09:45 Kerk diens 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Croquet

Thursday	Friday	Saturday	Sunday
2	3	4	5
08:30 Library 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Bingo in the Hall	09:30 One Hour for Jesus John Mac Arthur Twin Truths 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Prayer Meeting	10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music/DVD in lounges 15:00 Tea Time: lounges	09:30 Church Trevor Hudson I Yearn for Seurity 10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music / DVD in lounges 18:00 Johan Smit God mors nooit met Jou geloof nie
9	10	11	12
08:30 Library 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Afrikaanse Bybelstudie in John Killian 15:00 Bingo in the Hall	09:30 One Hour for Jesus Trevor Hudson 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges Public Holiday Good Friday	10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music/DVD in lounges 15:00 Tea Time: lounges	09:30 Church John Mac Arthur 10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music / DVD in lounges 18:00 Woord & Lied Johan Smit Resurrection Sunday
16	17	18	19
08:30 Library 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Bingo in the Hall	09:30 One Hour for Jesus Louise Engrid "Stress & Anxiety" 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Prayer Meeting in John Killian	10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music/DVD in lounges 15:00 Tea Time: lounges	09:30 Church Trevor Hudson 10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music / DVD in lounges 18:00 Woord & Lied Stephan Joubert The Lord's prayer
23	24	25	26
08:30 Library 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Afrikaanse Bybelstudie in John Killian 15:00 Bingo in the Hall	09:30 One Hour for Jesus John Hagee "Stop Working & Start Living" 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 18:00 Bring & Braai	10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music/DVD in lounges 15:00 Tea Time: lounges	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music / DVD in lounges 18:00 Woord & Lied Raymond Lombard Openbaaring
30			
08:30 Library 09:30 Shopping Constantia 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Bingo in the Hall 18:30 Lotto Draw in F108	6th April 2020 – Friends Meeting @ 15:00 10th April 2020 – Public Holiday, Good Friday 13th April 2020 – Public Holiday, Family Day 20th April 2020 – Garden Club Meeting @ 16:00 22nd April 2020 – Gospel Night in the Hall @ 18:00 24th April 2020 – Bring & Braai 27th April 2020 – Public Holiday, Freedom Day 28th April 2020 – New Residents Tea @ 10:30		

PlumRus Blister Packing

We are focused to do it ourselves

Dear Residents and Family

PlumRus Blister Packing will be implemented on the 30th March 2020, where we will be taking full control of the packing of our resident's medication.

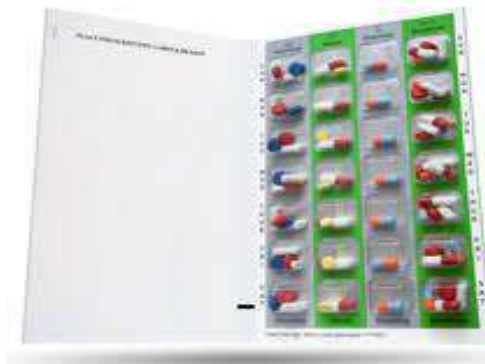
We will be packing 2 weeks at a time. All ordering or arrangement of medication and scripts remains the same, unless you prefer otherwise like perhaps changing your pharmacies, if so please let us know.

The blister packing team consists of the following staff members:

- Divine Mitchell
- Chantal Hendricks (Beyers)
- Tarryn Lee Adams
- Miche Philander
- Lauren Jones

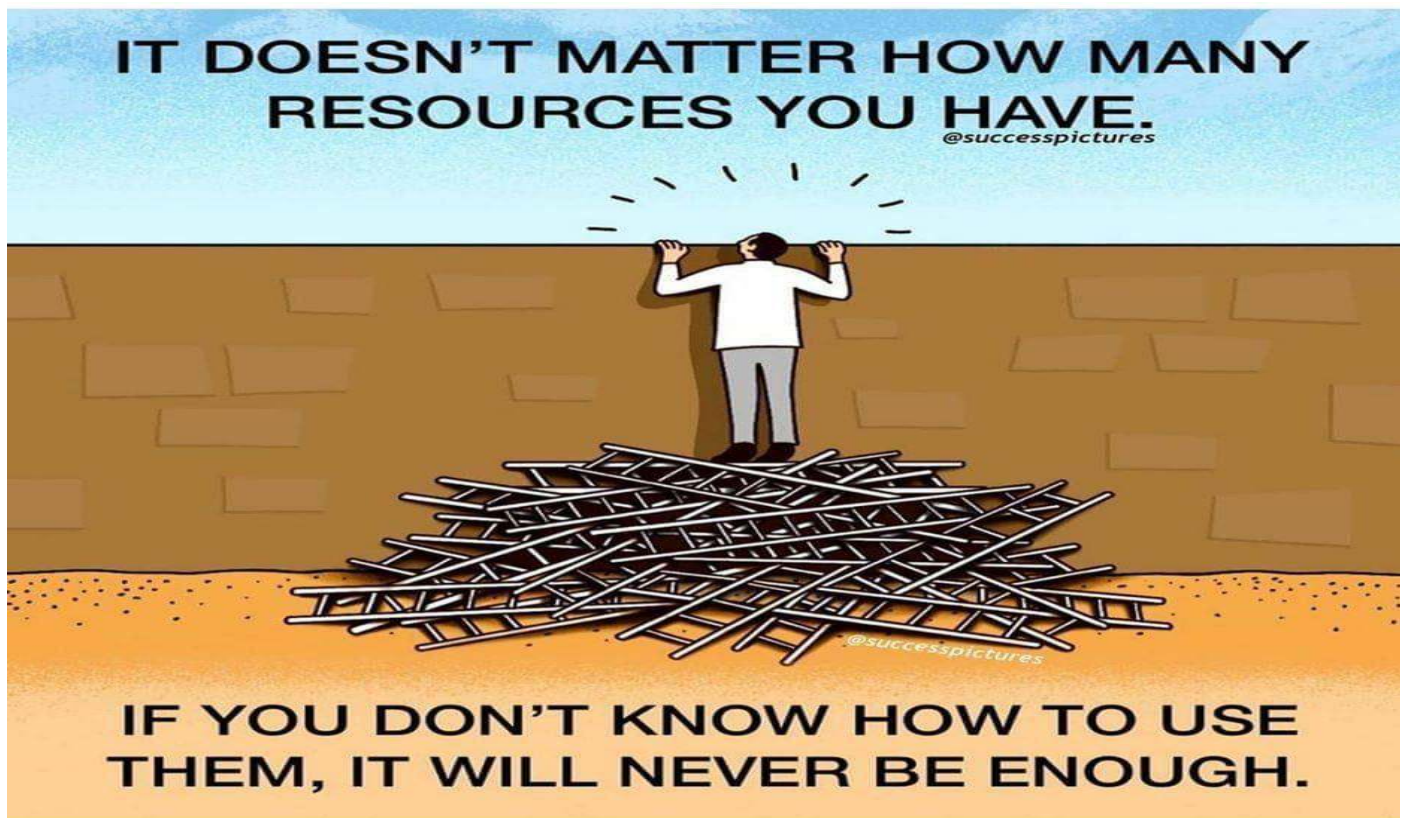
Should you have any other queries or questions regarding the blister packing, kindly speak to Divine on email divine@plumrus.co.za or speak to the Sisters or staff nurses

We thank you for your cooperation



Welkom aan die nuwe Personeel Komitee Lede, ons weet julle gaan 'n groot verkil maak! Hulle verteenwoordig al die personeellede.

Voorsitter:	Sylvia Rezandt
Onder Voorsitter:	Kurt Brenton
Seketaresse:	Miche Philander
Kwagga span:	Charmaine Abrahams
Zebra Span:	Judith Merkloe
Olifant Span:	Louisa Kasper
HR:	Cindy Schoeman
Bestuurder:	George Holtzhausen



MFiles Live !

For the last couple of months we have been working closely with Mr Len Renda from CBA with regards to implementing M-Files.

An administrative system which will help us to work smarter and will be saving time and money.

We recently rollout M-Files to our Residents and Members Department as well as our Health Care Department with regards to Medication, Scripts Nappy and operational control and it already saves about 30% of our time.

By the end of April we will be managing our entire data basis's including our security and building management and monitoring systems via M-Files.

We are looking forward to a paperless system and have to mention Mr Len Renda of CBA WHO made it is business to understand our enormous business. He goes the extra mile and is always available to assist.

Everything will be done electronically, the staff will be recording everything on their iPads/ Smart phones, we will no longer waste any paper on anything, and we are going to work smarter, not harder.

Inspirational Quote of the Month

Our lives have changed dramatically during the COVID-19 pandemic and it can feel a little overwhelming at times. But now, a local community has found a way to bring hope, through one simple phrase.

"Everything will be okay"

Osteoporosis

Osteoporosis is a disease that causes bones to become porous gradually making them weaker and brittle. Healthy bones are dense and strong, and are able to withstand a great deal of pressure.

When osteoporosis sets in, bones thin out and become fragile, making them more likely to break. The disease is often called the silent killer, as there are no symptoms, so you can't feel your bones becoming weak.

What causes Osteoporosis?

Our bodies go through a continuous bone building cycle, where old bones are broken down and new bones are formed. Osteoporosis is caused by an imbalance of this cycle, where too many bones are broken down and not completely rebuilt.

The most important factor contributing to this imbalance is menopause. Until in your 30's, most women gain more bones than what they lose. After that, the process usually balances out so that the amount of the bone lost is about equal to the other that was replaced.

However during menopause, hormone changes normally decreasing levels of oestrogen, speeds up bone loss. When this bone loss becomes severe, that person has Osteoporosis.

Osteoporosis injury prevention

1. Modify actions or surroundings to avoid falls
2. Maintain good posture.
3. If you have fallen, do not attempt to get up too quickly.
4. Remain active

Do not miss the next edition of the PlumRus News for more healthy tips from Sister Muriel Mapling, our Health Care Manager.



**Treasure
your
Bones!**

Catering & Cleaning 2020

Following yesterdays **Residents General Meeting** we would like to reiterate that from 1st April we will be very strict with regards to catering:

Take Aways

1. We now have a choice of approved containers; they are available at reception for you to see. Please allow a separate holder for soup and dessert. For a full lunch you need at least 3 containers.
2. If you want your salads, sauces etc in separate containers pack in extra approved containers.
3. We will soon be moving to square containers to put your take aways in, we will give you enough time to purchase these.
4. There are 2 options you can choose from. Samples are available at reception.
5. Containers need to be dropped before 10:30 and picked up between 11h45 and 12h15; we will not be helping you when during time in the dining room. If you cannot collect by 12h15 you will only be able to collect after 13h15.
6. We do not take responsibility for melted ice-cream or any other food that has gone cold
7. We also do not take responsibility for quality of food eaten 6 hours after lunch.
8. Your containers all need to be individually marked.
9. The bags that containers are brought in must be clean – we will not be placing food in dirty bags.

Meal bookings

The following % of residents does not book their meal choices.

1. PlumRus East	70%
2. PlumRus North	70%
3. Mountain View	63%

If this continues we will be forced to either take away the option choice or increase your levies. We ask you to please assist us in making meal times a pleasant experience.

The meal booking process is as follows:

1. Booking sheets for PlumRus east are on the enquires stand at the entrance to the Bobby Liebenberg Dining room.
2. Zone 3 & 4 files are in Sugarbush Lounge
3. Zone 5 file is in Stokoei
4. Zone 1 file will be brought around to the residents to make their choices.
5. The meal booking folder is available from Monday lunch times until Sunday lunch after which it will be removed to calculate our meal quantities.
6. If you do not select your options you will automatically receive option A.

Cleaning of Flats and Rooms

We urge all residents and family to ensure that flats/rooms are not cluttered. We must be able to clean under furniture, in the corners; there must be easy access to all spaces in your flat.

We urge you to please comply to this request as it is a Health and Safety Risk.

From April the above request will be strictly enforced. To avoid unnecessary conflict we urge you to please comply with the rules of PlumRus.

Many thanks for your support and understanding.

lets work together

MAKING A LIFE-GIVEN DIFFERENCE AT PLUMRUS

We would like to thank Mrs. Dianne Slabbert and children Leonie, Michael and Anton for donating a bench in memory of their beloved husband and father Dr. Jack Slabbert. The Slabbert family ensured that when we use the bench we are protected from the sun, so they also planted a tree immediately behind the bench. As the tree takes root and shape over the coming years, so too will Jack's memory live on in the lives of his family and friends.



We would like to also thank Mrs. Bedford for the bench she donated. Mrs. Bedford received this bench from her children as a gift on her 80th birthday. We are still deciding where this bench will be placed in the gardens, but we are sure that it will bring much pleasure to those of us who will use it. Thank you Mrs. Bedford for passing on your blessing with us here at PlumRus.



If you would also like to consider donating a bench to enhance our beautiful gardens, in memory of a loved one that has passed on, please feel free to contact Rhodene Koense at rhodene@plumrus.co.za.

Emergency & Fire Procedures:

For Residents

In an emergency doesn't matter what:

- 1. Press the button (Bell Me of remote) and keep pressing for 3 – 5 seconds or**
- 2. Phone 1000 or 1001 Risk Man Office or shout or ask for help.**
- 3. Druk die noodknoppie en/of bel 1000 of 1001 en/of roep vir hulp.**
- 4. Please keep your emergency procedures at the back of your room/flat door – study them. The emergency procedures was issued in June 2009, and re- issued 5 times updated May 2019, please check or ask Risk Man for a copy.**

5. Evacuation

- a. Evacuation will be instructed by Staff - SIC or Management Staff or Risk Officer, nearest Nurse/Cleaner
- b. Take the shortest route out of the building and leave everything in your flat/room
- c. All staff need to assist, help the residents, take the shortest route out and keep left
- d. If the evacuation is in Health Care - All staff will assist and Men & Women in support will assist, If needed the Risk Officer will call for help – listen to the instructions. All male staff must report to Risk Management as soon as they hear the instructions to assist. Please keep left for the quick men/women to pass right, don't walk in the middle of the passages
- e. Zone list and Emergency plan and cell phone to assemble points
- f. There are a few assemble points after evacuations;**
 - i. Shortest way out to Main Gate/Constantia Berg Villas**
 - ii. Shortest way out to Guardhouse/Trianon/Citadel**
 - iii. Shortest way out to Constantia Mediclinic staff gate between hospital and Healthcare/Mountain View**

6. Fire detection System

- a. Plumrus East Old Flats, West Health Care, North and M.V**
 - i. It's an addressable system that can pinpoint where the detector went off

- ii. When the detector goes off, Risk Management will immediately instruct staff to investigate, check and assist. Men staff must report immediately at reception where the Risk Manager will issue them with instructions.
- iii. If staff notices a fire in the passages or rooms, they need to take the nearest Fire Extinguisher and attack the fire immediately and try to extinguish the fire if possible.
- iv. The staff need to take the nearest Fire Extinguisher and go and investigate
- v. All the other staff then will assist by bringing all the available Fire Extinguishers to the pinpoint area
- vi. Listen to instructions over Announcement System

c. PlumRus North Flats and Mountain View

- i. The male staff must split in two separate teams. One team entering the building on the West side and the other team entering the building on the East side. The team running towards the East side must run on the outside of the building before entering through the emergency door at the East side. Grab the nearest Fire Extinguisher and attack the fire and try to kill it if possible.

We thank all residents and staff for making an effort to quickly evacuate on the 12th March 2020 , even though the system malfunctioned, most of our residents was already out of the building without any instructions given to them, should we ever be in such a case that evacuation is needed, we are sure that we will be able to get everyone out safely.

Well done to our residents and staff!

Farewell to Marlene and Sarel

And so our time has come to say farewell.

I would like to thank each and everyone for all the love and support I have received. Each one of you are special and it is very difficult to say goodbye, but Sarel and I promise to come and visit you whenever we are in Cape Town.

We are looking forward to this new adventure we are on, but will surely miss our country and all the special people in our lives.

I wish you all love and happiness and please keep in touch.

We will send our new contact details as soon as we are settled in New Zealand.

Marlene Stander

So het my dag aangebreek dat ek klaarmaak by Rusoord.

Ek wil vir almal baie dankie sê vir die tyd wat ek werksaam was by Rusoord.

Aan al ons inwoners, dankie vir julle geselsies en die vriendelikheid wat ek elke dag van julle almal afgekry het.

Aan my kollegas, dankie vir julle ondersteuning en dankie dat julle altyd gewillig was om te help waar julle kon. Ons gaan julle almal baie mis, maar sal julle nie vergeet nie.

As dit DIE HERE se wil is en ons kom kuier sal ons beslis kom inloer en kom hallo se.

Sterkte aan almal en mag DIE HERE met julle almal wees.

Sarel Stander



'n Skoondogter bring soveel Vreugde

Ans Skryf: 'n Brief aan my skoondogter

Drie jaar gelede het jy onverwags in ons lewe gekom. Skaam, skugter en baie benoud. Jy het vooraf gehoor hy is sy ma se liefling seun, dat as jy met hom trou, trou jy ook met haar.

Intussen het ons mekaar leer ken en ek is bly dit was jy! By jou kan ek ontspan, as ek onverwags by jou kom, kan ons nog met krulpenne in die hare en kaalvoet lekker gesels oor 'n koppie tee.

Ons kan saam in die tuin rondstap en mekaar se blomme bewonder. Ons kan saam gesels oor jul baba (ons pragtige kleinseun) se probleme. Ons kan saam kla oor die kos, vleis, groentepryse. Kla ons oor die begroting wat aljimmers nie klop nie.

Ons kan saam naaldwerk idees uitruil en saam ons mans se geld uitgee op mooi rokmateriale. Ons kan saam in een kerkbank sit.

By jou kan ek kla oor my skete en pyne, my oorgewig. So is jy vir my die skoondogter wat ek altyd wou gehad het, wat my en die gesin aanvaar met al ons foute en vir wie ons so lief geraak het soos vir ons eie dogters en belangrikste van alles, jy is ons seun se keuse!



Did you see Flat 24?

A warm welcome to our Chairman of our Board Committee, Mr. Joey Pillay and his wife Mrs. Ursula Pillay moving into their newly renovated flat, PlumRus East flat 24 in April 2020.

This flat was stripped from floor to window, from cupboard, shower and any plug insight.

Mr Pillay made the time to meet with Sarel, Juanita, George, Chris and all contractors involved in transforming this unit to a home.

The following was transformed to greatness in flat 24:

- The door and windows to the courtyard was changed to Alluminium.
- The carpets was stripped and replaced with laminating floor.
- The bathroom has a new shower, toilet, basin and space for their washing machine.
- The cupboards in the room was replaced and extended.
- The kitchen was completely bare and revamped with new cupboards, stove, basin and all you can think of.
- The living room has a brand new build in TV cabinet.

Even the paint in this unit is new.

This was all done and chosen by Mr Pillay for his wife Mrs. Ursula Pillay, he created this space for her to strive in and enjoy the many years they will spend with us here at PlumRus.

This transformation was not cheap, and was paid for in complete by Mr Joey Pillay himself.

We wish them happiness, joy, love, faith and fulfillment here at PlumRus.

Welcome Home!

Mr Joey and Mrs. Ursula Pillay

April 2020

Fliek Program / Movie Program

	Pin Cushion	Sugar Bush	Stokoei
Saturday 14:30			
04 April 2020	Ladies in Lavender	You've got Mail	Roman Holiday
Sunday 14:30			
05 April 2020	Jack & Sarah	Andre Rieu	Milltown Pride
Monday 14:30			
06 April 2020	The notebook	Foster & Allen	The Blind Side
Saturday 14:30			
11 April 2020	Saving Mr Banks	Genevieve	You've got Mail
Sunday 14:30			
12 April 2020	The Blind Side	The Penny	Andre Rieu
Monday 14:30			
13 April 2020	Milltown Pride	Ladies in Lavender	Foster & Allen
Saturday 14:30			
18 April 2020	Roman Holiday	Jack & Sarah	Saving Mr Banks
Sunday 14:30			
19 April 2020	The Penny	The notebook	Genevieve
Monday 14:30			
20 April 2020	Genevieve	Saving Mr Banks	The Penny
Saturday 14:30			
25 April 2020	Foster & Allen	The Blind Side	Saving Mr Banks
Sunday 14:30			
26 April 2020	Andre Rieu	Milltown Pride	Jack & Sarah
Monday 14:30			
27 April 2020	You've got Mail	Roman Holiday	Ladies in Lavender