



**'TIS THE
SEASON**

**'TIS THE
REASON**



DECEMBER 2020

MAKING A LIFE-GIVING DIFFERENCE

Spiritual Care Program for December 2020

Fridays @ 09:30	Sundays @ 09:30	Sundays @ 18:00
4 th One Hour for Jesus	6 th Morning Service	6 th Evening Service
11 th One Hour for Jesus	13 th Morning Service	13 th Evening Service
18 th One Hour for Jesus	20 nd Morning Service	20 nd Evening Service
25 th Christmas Day Service	27 th Morning Service	27 th Evening Service



Join us for our Carols by Candlelight on the 23rd Dec at 18:00



Join us for our special Christmas Day Service on Friday 25th December at 9:00



Join us for our New Year's Eve Service on the 31st December at 20:30

God's Great Desire

Albert Woodfox was the longest-serving isolated prisoner in the US. Louisiana State authorities kept him in solitary confinement for an astonishing 43 years. He was just 26 years old when his confinement started. Kept in a 3x6 meter cell for 23 hours a day, he was allowed out for one hour a day to exercise...on his own. On Friday 19 February 2016, at the age of 69, he was suddenly released. His brother, Michael, was at the prison gates to meet him.

We can only imagine what Albert went through during that lonely and harrowing time. Especially after his conviction for the murder of a prison warder was overturned for the third time in 2013. His longing to be free from the harsh confines of his cell, to walk in a park, to enjoy flowers and trees, to see ordinary people enjoying each other's company, and hear the laughter of playing children. And then above all, the overwhelming longing to be with family and friends – the special people in his life. People he loved.



We all have an inbuilt longing to be with those we love. Being separated can be unbearable, and we often go to extreme lengths to be together again.

Is this a vestige of the image of God in each of us? It could be. The overarching story of the Bible tells of God's longing to be with those he created and loves. The story starts in Genesis with a spectacular burst of divine light and life, as all

creation erupts into being...sea and sky, earth and vegetation, stars and planets, then creatures in the water and air, and animals on land. Looking over his handiwork, God declared it 'good'. Then he created Adam and Eve, and stepping back exclaimed - 'very good!' They were the high point of his creation, made in his image to reflect his nature. In the Garden, he'd walk and talk with them during the cool of the day. He loved being with them.

Sadly, things didn't remain this way. Because of their disobedience, Adam and Eve were expelled from garden. The closeness of their relationship with God, along with all their descendants, had been broken. However, God wasn't content to leave things the way they were, and set about restoring this broken relationship. He was determined to be with his beloved people once again. Over the centuries, he lived among them in the wilderness Tabernacle, and Jerusalem Temple. But God had something more personal in mind. An Old Testament prophet spoke of a 'child' who'd be born for us, a 'son' whose name would be Immanuel...meaning '*God with us!*' In his Gospel, John describes the arrival of this 'son' in this way:

***The Word became flesh and blood, and moved into the neighbourhood.
We saw the glory with our own eyes, the one-of-a-kind glory,
like Father, like Son, Generous inside and out, true from start to finish.***

John 1:14 Msg

The person John calls the 'Word', is none other than Jesus Christ the Son of God! He is Immanuel! In the person of his Son, God came to live among us once again! Once again, the great desire of God's heart was being fulfilled. This is the astonishing event Christians celebrate at Christmas time. The conception and birth of Jesus stands alone in history. Through the miraculous work of the Holy Spirit,

God took on human form in a virgin's womb. The child she birthed was her son, who was also God's Son. He was truly God, and truly man, united in one Person forever. His unique being enabled him to live a sinless life and as the Lamb of God, be the only acceptable sacrifice for the sin of mankind.

Jesus is God's indescribable gift to the world!

At the first Christmas in Bethlehem, God came looking for a home on earth, but was left homeless. This never deterred him from fulfilling his desire to be with us for eternity. He overcame our hostility and took away the barriers that separated us from himself through the death and



resurrection of Christ, and ever since Jesus Christ has stood at the 'door' of every human heart, knocking. Those who open the 'door' and welcome him in have found themselves drawn into the extravagant love of Christ. Experiencing its breadth, testing its length, plumbing its depth, and rising to its heights! Living full lives, full of the fullness of God!

This Christmas season, you too can receive God's indescribable gift. He's knocking on the 'door' of your heart. Open up and let him in. God's greatest desire is to be with you forever!

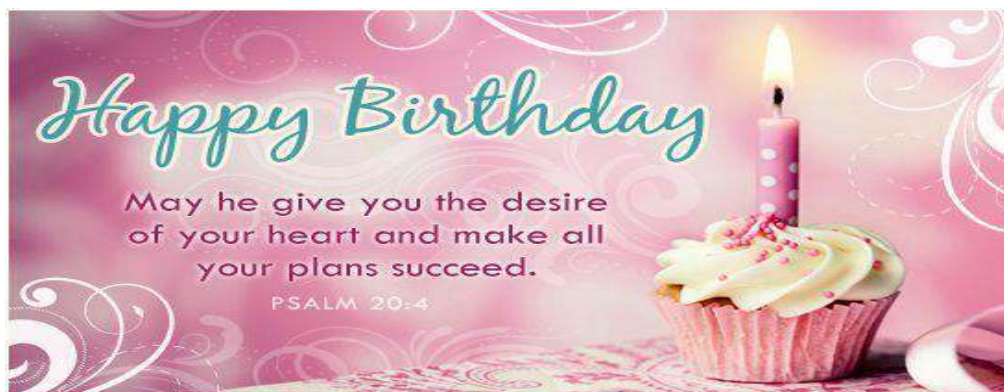
(Submitted: Ps Dave Henderson)



**We often hear, "Life is short, better enjoy it!"
How about, "Eternity is long, better prepare for it!"**



**"If you look at the world,
you'll be distressed.
If you look within,
you'll be depressed.
But if you look at Christ,
you'll be at rest."
*Corrie ten Boom***



Happy Birthday to our Residents

7th	Gaynor Dickson	N202	77
7th	Margaret Murray	MV104	87
7th	Diana Owens	R20A	79
8th*	Anne Lotz	N105	96
9th*	James Parker	R63	94
10th*	Joyce Davidow	R42A	94
	Petronella Van		
11th*	Tellingan	F019	91
13th	Heather Clarke	MV107	74
16th	Jurgen Bosse	F009	64
22nd	Marina Lovell	F008	82
22nd	Malcolm McKnight	MV106	85
22nd	Walter Venner	N208	83
24th	Valerie Jacobs	R34B	89
27th	Marie Le Roux	F126	78
28th	Muriel Brown	R22B	87
30th	Neil Guy	R41	85



Birthday Blessings to our Staff

2nd	Nolan Dietrich	Building Maintenance
2nd	Carla Pretorius	Health Care
5th	Natasha Rademeyer	CCL
9th	Donica Jacobs	Health Care
9th	Ralph Tango	CCL
16th	Bridgett Gilfelleon	Health Care
16th	Victoria Mlangeni	Health Care
24th	Edwina Engel	Riskman
24th	Brandon Jacobs	CCL
25th	Marilyn Fabrik	CSC
26th	Berenice Louw	Health Care
31st	Mustaqeem Vermeleun	Riskman

hope

If you only carry one thing throughout your entire life, let it be hope. Let it be hope that better things are always ahead. Let it be hope that you can get through even the toughest of times. Let it be hope that you are stronger than any challenge that comes your way. Let it be hope that you are exactly where you are meant to be right now, and that you are on the path to where you are meant to be... Because during these times, hope will be the very thing that carries you through.

- Nikki Banas



Tanzanite is a gemstone that has a meaning and properties of growing your mind and soul.

Tanzanite is known as a gemstone with meanings and effects of healing.

Tanzanite is a gemstone that can stimulate "the third eye" on your forehead.

Tanzanite is known as a gemstone with full of love energy.

Happy Birthday to our Members

- 1st Mrs M Hendriks
- 1st Mrs H Keever
- 10th Mrs R Kenny
- 20th Mrs M Britz
- 20th Mrs S Toring
- 25th Mrs M George
- 25th Mrs R Jansen
- 26th Mrs V Calvert
- 28th Mrs Y Solomons
- 31st Mrs M Simons & Mrs E Rudolph





Cluttering

We cannot clean and maintain good cleaning standards with too much furniture, boxes in your rooms/flats. Please assist PlumRus by getting rid of all extra stuff in your room/flats – we will assist if you need help.

Pot Plants

Please we do not need a nursery in front of the flats or on your balconies. Assist us with one or two big pots that you can really maintain. Dit skep 'n on-ordelike indruk en kan 99% nie behoorlik in stand gehou word nie. Ons maak staat op julle samewerking – verwyder dit asb. Ons sal u help!



Emergency Procedures for Residents.

Emergency BellMe button

For any emergency please press your nurse call button/emergency button/BellMe Button. Although the button has 3 names it is only one button that residents can use for emergencies or to call a nurse. **Yes, for any emergency please press the emergency button.** You can also utilize your phone by phoning 1001 or 1000 to report your emergency or request. Our Fire, Medical, Security, Electricity or Water team will quickly follow up on your request or emergency call and assist you. *Kortom in Afrikaans, druk die noodknoppie of skakel 1001 of 1000 en rapporteer jou nood of versoek.*

Screaming for help

When someone is calling/screaming for help, please phone 1001 or 1000 and ask them to investigate. *As iemand roep om hulp – bel dadelik vir 1001 en 1000 sodat Risk Man onmiddellik kan kom ondersteun.*

Evacuation

In the case of an evacuation please take the shortest route out of the building, keep left and go to the assembly points – our Management team will meet you there and assist. Please when you receive the evacuation call do not hesitate or

take personal belongings with you – get out of the building as quickly as possible. Do not run and keep left! If you need assistance, please remember the entire team will assist you, do not panic!! *In die geval van 'n noodontruiming kies die kortste pad uit die gebou en meldaan by die vergaderpunte.*

Visitors Access

We are cautioning everyone to be careful and responsible with allowing visitors onto our premises. Access control/Riskman will contact Residents, to get their permission, before allowing visitors/contractors onto the premises. The risk of unauthorized access to our facility is becoming more and more apparent, and we ask all our Residents for their unwavering support, to control this. **Golden Rule: if you do not know about an expected visit/visitor, do not allow them access to your room/flat!**

**THINK SAFE
ACT SAFE
BE SAFE**

Wees versigtig en verantwoordelik met besoekers: Die guardhouse en/of Risk Man gaan u skakel voordat enige besoeker ingelaat word. Die inwoner moet goedkeuring gee. Indien die inwoner nie in 'n posisie is om toestemming te gee nie sal Risk Man die besoeker evalueer en besluit of toegang gaan plaasvind of nie.

Geen kontrakteur van u of ons gaan meer in die gebou toegelaat word nie – ons gaan eers die kontrakteur se besoek evalueer en dit regverdig voordat ons die kontrakteur sal in laat. U moet Risk Man/reception by 1001 of 1000 skakel en vroegtydig reëlings tref. Wanneer die kontrakteur arriveer, gaan ons eers vasstel hoekom die kontrakteur wil inkom, ons gaan sy/haar gereedskap nagaan en dan besluit of die kontrakteur kan inkom. Die risiko van ongekontroleerde toegang raak al groter en ons vra u volle saamwerking en hulp.

Goue reël is; as u nie weet van 'n besoeker / kontrakteur of vriend wat u gaan besoek nie en reëlings is nie met u getref nie, vra vir Risk Man om die besoeker te ontmoet en evalueer. Moet die kontrakteur of besoeker nooit na u woonstel laat kom nie – beste raad nooit nie.

Technical Assistance

DSTV

We are not DSTV or TV Mechanics – we are in the business of Elderly Care. Yes, we have a PlumRus boutique @ a cost of R455 per month. For technical issues you will need to contact the Trinity @ T to come to assist you. Tylo from the UCNW – universal communication network, member of Cindy's team, will do first line checks to define the source of the problem: electricity, finger fault or real DSTV or TV problem. We request that you do not chat or ask Tylo directly for assistance. Kindly log your request for technical assistance with Reception/Riskman (1000/1001), they will maintain a log sheet of all enquiries and will ensure that Tylo receives your request for assistance.



RESPECT
YOUR
NEIGHBOURS
KEEP THE
NOISE LEVEL DOWN

Quiet Time

Speak softer in the passages and public areas. Encourage your family when visiting you to assist us in respecting our resident's quiet time between 13:30 and 15:00. *Groot dankie vir ons Inwoners en personeel wat so mooi saam werk – dit gaan baie beter maar groot asb. kom ons respekteer die stiltetyd tussen 13:30 en 15:00.*

Hooting

Hooting is bad manners when saying goodbye to the elderly and disrespectful to the other Residents not involved in your goodbye noise. Chat to your family to assist us with no hooting. *Ons groet met oog kontak en 'n lekker warm liefdevolle drukkies. Ons druk nie die motor se toeter as 'n toetsiens wens vir ouer persone nie. Nee dit is aaklig en swak maniere. Praat met die familie ons sal dit baie waardeer.*

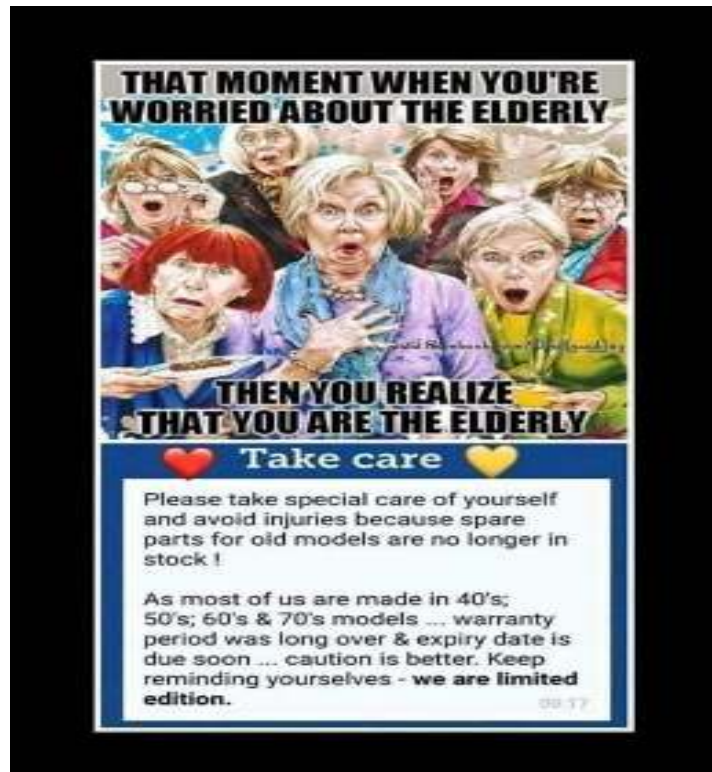
Parking – please respect our drop-off zones, its only for a quick drop off or quick pick up.

We have enough parking bays at PlumRus for the normal visitors but for our Residents we ask families to use the drop off and pick-up zone at Risk Man Office/Reception. We are more than willing to assist the Resident back to their flats or rooms. *Ons het genoeg parkering vir ons besoekers in normale omstandighede maar vir ons ouer persone verwag ons dat familie en vriende die inwoners REG VOOR die deur sal kom aflaai by Risikobestuur. Ons sal met graagte saam met die inwoner stap na sy woonstel of kamer.*



Stealing/Diefstalle

We do not have stealing in PlumRus, and if we have, we will investigate and dismiss immediately. We encourage residents and families to lock away expensive jewelry and/or money. Our service level agreement is clear we cannot accept responsibility for stealing – oh yes - we will investigate, and as said, if necessary dismiss. Our staff receive meals, they cannot bring anything into PlumRus, nor can they take anything out, they are treated well. We assist when they need transport money we feed them when they are hungry and therefore we do not tolerate any stealing or misuse of resident's property. *Ons het nie diefstalle in PlumRus nie, en indien wel, sal ons onmiddellik ondersoek instel en ontslaan. Ons moedig inwoners en gesinne aan om duur juwele en / of geld weg te sluit.*



"Lord, Thou knowest better than I know myself that I am growing older, and will some day be old. Keep me from getting talkative, and particularly from the fatal habit of thinking I must say something on every subject and on every occasion. Release me from craving to try to straighten out everybody's affairs. Keep my mind free from the recital of endless details-give me wings to get to the point. I ask for grace enough to listen to the tales of others' pains. Help me to endure them with patience. But seal my lips on my own aches and pains – they are increasing, and my love of rehearsing them is becoming sweeter as the years go by.

Teach me the glorious lesson that occasionally it is possible that I may be mistaken. Keep me reasonably sweet; I do not want to be a Saint-some of them are hard to live with-but a sour old person is one of the crowning works of the devil. Make me thoughtful, but not moody; helpful, but not bossy. With my vast store of wisdom, it seems a pity not to use it all, but Thou knowest, Lord, that I want a few friends at the end."

LESSONS FROM LOCKDOWN

When the reality of COVID-19 became a buzz word way back in March and we experienced stringent lockdown protocols, the editor of our Plumrus Newsletter asked several residents to write a couple of sentences describing our reaction to the new normal. I wrote the following:

"The word 'lockdown' conveys negative images – confinement, restriction, inaccessibility, or, better, taking precautions. Nevertheless a lock requires a key – right? I found I had a whole bunch of keys I could choose from; and I chose to be creative. First, I resolutely refused a negative response to the fact that we were plunged into the crisis earlier than our 'fellow South Africans'. Thus the situation became an adventure. How best can I outwit the boredom, the monotony, the restlessness, the fear, the impossible dreams? What a pity I was told I must be brief!"



When things eased up and we moved to level 1 and some form of normality, I did a fun study of words that would best describe the past 8 months. I am enlarging on a few of these to highlight some of what I have experienced and, hopefully, learned.

Restriction, adventure, memories, hunger, gratitude:

The only time I experienced a similar form of restriction was once, long ago, when the lift where I lived 'died', with me in it. It was a 2-hour experience; to be imprisoned and not be able to get out is not to be recommended. It was a Saturday and the trustees couldn't get hold of Schindlers. So I remained: I stood, I sat, I sang, I did some exercises, I tried to pray or recall scripture verses or poems etc. What I could handle was the advice of the onlookers, or accept a cup of tea (the gate was concertina style, so it had a free-flow of air and I could see people) especially when one resident got hysterical. I asked the others to take her away! In desperation they finally called the Fire Department. Imagine my relief, when a large fireman in full gear yanked the door open with a crowbar and I leapt out.

So what else did I do in this period? To be honest, there were times when it didn't feel like an adventure; it was more of an endurance test of epic proportions. I read, I prayed, I knitted, I did Bible study, watched DVDs, did exercises, played table tennis, croquet and even tried to do a jigsaw puzzle but this was difficult coz I don't have a table. I often consoled myself with the knowledge that many were experiencing similar circumstances, and some even worse, for example I have never been hungry in all the time I have lived here.

Death, loss, loneliness, courage, destiny, heaven:

Three close friends died in this time, the two Prentices and Margaret Houison. I had known 'Uncle Ken' for 44 years, more than half my life. Of course we all have to face this. Eugene Peterson goes so far as to say we don't live well if we don't face the inevitability of death. Moses, in his only existing psalm (Psalm 90) in the Bible would endorse this. I was so fortunate in that I inherited Ken's Methodist hymn book –all 984 of them – they are a blessing to me. Ken's sister, Ivy, felt bereft when he died and I suspect gave up. It was great to be able to contact her

on the internal phone: I could speak to her when visiting in health care was not permitted. Unfortunately her sense of loneliness was distressing. And of course Margaret and many others experienced similar distress. Now I am comforted with the knowledge that they are with Jesus.

Precious in the sight of the
Lord is the death of his saints.

- Psalm 116:15

Anxiety, prayer, worry, peace:

I am such a "Miss Fixit", anxiety often becomes a problem. I have been a Christian for many years and I know my scriptures. Nevertheless I have been extremely, fiercely independent. The scenario is oft-repeated. I feel it all depends on me to sort it out. What a delusion! I found I had to unlearn this bad habit. And the events of 2020 have proved that I am totally incompetent to look after myself. Lockdown was God's way of getting me to surrender the control of my life and my affairs to him, since he is the only one competent to do this.

Creativity, options, originality, imagination, inspiration, journaling, Jeremiah:

In order to relieve the monotony and boredom, I made crunchies for the first time in my life; I made marmalade for the first time for years; and if someone came to mind I would ring or email them and so on. One of my creative ideas was to launch out on an in-depth study of Jeremiah. Dear Elisabeth Granier lent me David Pawson's DVD on this book and Derek Kidner's commentary in 'The Bible Speaks



Today' series. I have Pawson's copy of 'Unlocking the Bible', so I set out on an ambitious voyage of discovery – it has been a life-changer. I completed it on November 10th Hallelujah! I have always kept a journal, but small notebooks were useless, so I now use an exam pad and keep scribbling!

Relationship, rest, restoration, solitude, hope, scripture, solutions:

I was at Mouille Point last week. My friend and I visited someone we hadn't seen since I retired at the end of 2016. We had a walk in the park and a meal. It was a perfect day and we basked in the sunshine and the smell of the indigenous plants. The lighthouse towering up in the foreground and Table Mountain in the background completed the sense of well-being and joy.



It occurred to me the Lord is like the lighthouse, calling all in these troubled times to his marvellous light, and saying, 'seek me while I may be found'. Jeremiah

majority on this as he tried to call his rebellious people out of their disobedience. He was also warning them that a time would come and there would be no temple. The main problem was their religion centred too much on the observance of sacrifices when he wanted their hearts to be involved with him. In spite of this, God promised them prosperity, security, protection, and hope for the future as well as answers to prayer. Jeremiah 29:10ff are pertinent for us today. We often tend to use these verses almost as a mantra and become lulled into a false sense of security. It has wonderful promises, but they are **CONDITIONAL** upon us seeking him wholeheartedly.

I love learning from the heroes of the faith: mainly Jeremiah and Moses. In 40 years of ministry Jeremiah got to know God intimately and understood how God felt about his people. His book records many of his prayers. Jeremiah, more than the other prophets, understood God's emotions: his pain that he had to discipline his wayward people. Moses was 'at home' with the eternal God in the vast and dreadful desert. His psalm is written at a time when he knew, and experienced, the result of the nation being under a curse for their disobedience. He transitioned into a man who knew God face to face; how much I wanted to be like him.

Protection, prayer, kindness, thankfulness:

Since lockdown has been eased and I've disposed of my car, I have revived my walking. I went shopping recently and prayed specifically for protection. I had my purse in the side pocket of my haversack. I forgot to zip it up after I removed something. When I was in Checkers I felt I was being jostled but when I looked around I saw no one so thought I was imagining things. However, as I went down one aisle I heard a shout 'hey give that back'. I looked around and saw a man with my red purse in his hand. I rushed at him and, as I did, my prayer of the morning came vividly back to mind. (I had prayed specifically for protection but mainly from the virus). I grabbed my purse, and gave him a hearty punch. 'You're a thief' I yelled. 'Leave me alone'. When my rescuer asked me if I wanted to call the police I declined because I didn't fancy a delay. In the night watches I saw vividly the man's face and questioned. Was he a petty thief, or was he desperately hungry, I asked? I wondered whether I should have given him some money to compensate him and knew God said 'No'. As I recounted this possibility to a friend she said, 'No he should have prayed if he was hungry!' I knew she was right but I also knew that if I had given him some money I would be condoning what he had done, as well as trying to be in control of events in my life. God is good in that he faithfully and relentlessly works at what is hindering me from trusting him completely

In conclusion, I believe the Lord is calling us to a completely new way of living. That is, to be 'at home' with him. Jeremiah, when he was appealing to a



disobedient nation to return to the Lord, urged them in 6:16 'Go stand at the crossroads and look around. Ask for directions to the old road, the tried and true road. Then take it. Discover the right route for your souls' (The Message). NIV has 'and you will find rest for your souls'. Jesus took up this theme in Matthew 11:28. He wants us to be similarly yoked with him

throughout our lives....."Isn't that wonderful?"

(Submitted: Ivy Moody)

Growing Old



You tell me I am getting old, but that's not really so,
The house I live in may be worn; well, that of course I know.

It's been in use a long while and weathered many a gale;
I'm therefore not surprised to find it's getting somewhat frail.

You tell me I am getting old; you mix the house with me;
You're looking at the outside, that's all that most folk see.
The dweller in the little house is young and bright and gay,
Just starting on a life that lasts through long eternal day.

The colour changing of the roof, the windows looking dim,
The walls a bit transparent and getting rather thin;
The foundation not so steady as once it used to be-
And this is all that you observe, but it's not really me.

I patch the old house up a bit, to make it last the night.
But soon I shall be moving to my home of endless light.
I'm going to live forever there; my life goes on; it's grand!
How can you say I'm getting old, you do not understand.

These few short years can't make me old; I feel I'm in my youth.

Eternity lies just ahead, full life and joy and truth.

We will not fret to see this house grow shabby day by day,

But look ahead to our new Home which never will decay.

I want to be made fit to dwell in that blest house above,
Cleansed in the precious Blood of Christ and growing still in love.

The beauty of that glorious House, no words can ever say,
It's hidden from these mortal eyes, but kept for us some day.

My house is getting ready in the Land beyond the sky.

It's Architect and Builder is my Saviour now on high.

But I rather think He's leaving the furnishing to me

So it's *treasure up in heaven* I must store each day you see.



I go to prepare
a place for you.
And if I go and
prepare a place
for you, I will come
again, and receive
you unto myself;
that where I am,
there ye may be also.

John 14:2-3 / KJV

Desember / December 2020

Maand Program / Monthly Program

Monday	Tuesday	Wednesday
	1	2
	09:30 Shopping Meadowridge 09:30 Action Entertainment in the Hall 10:00 Tea Time: lounges 10:30 Action Entertainment in Sugarbush 14:30 Bible Study in N102 15:00 Tea Time: lounges	08:30 Library 09:45 Afrikaanse diens 10:00 Tea Time: lounges 11:00 Activities in lounges Heartland Series E8 11:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 15:00 Croquet
7	8	9
09:00 Manne Bid Groep -Staff 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 Shopping Constantia Village 09:30 Action Entertainment in the Hall 10:00 Tea Time: lounges 10:30 Action Entertainment in Sugarbush 14:30 Bible Study in N102 15:00 Tea Time: lounges	08:30 Library 09:45 Afrikaanse diens 10:00 Tea Time: lounges 11:00 Activities in lounges Heartland Series E10 11:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 15:00 Croquet
14	15	16
10:00 Tea Time: lounges 10:30 Methodist Church in John Killian 11:00 Activities in lounges 14:30 Music / DVD in lounges 15:00 Tea Time: lounges 16:00 Garden Club Meeting	09:30 Shopping Constantia Village 09:30 Action Entertainment in the Hall 10:00 Tea Time: lounges 10:30 Action Entertainment in Sugarbush 14:30 Bible Study in N102 15:00 Tea Time: lounges	08:30 Library 09:45 Afrikaanse diens 10:00 Tea Time: lounges 11:00 Activities in lounges Heartland Series E12 11:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 15:00 Croquet 18:00 South African Extravaganza Public Holiday Reconciliation Day
21	22	23
09:00 Manne Bid Groep -Staff 10:00 Tea Time: lounges 10:00 Catholic Church in John Killian 10:30 Methodist Church 11:00 Activities in lounges 14:30 Music / DVD in lounges 15:00 Tea Time: lounges	09:30 Shopping Meadowridge 09:30 Action Entertainment in the Hall 10:00 Tea Time: lounges 10:30 Action Entertainment in Sugarbush 11:00 Bible Study in N102 15:00 Tea Time: lounges	08:30 Library 09:45 Afrikaanse diens 10:00 Tea Time: lounges 11:00 Activities in lounges Heartland Series E14 11:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 15:00 Croquet 18:00 Christmas Carols by Candle Light
28	29	30
09:00 Manne Bid Groep -Staff 10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music / DVD in lounges 15:00 Tea Time: lounges Public Holiday	09:30 Shopping Constantia Village 09:30 Action Entertainment in the Hall 10:00 Tea Time: lounges 10:30 Action Entertainment in Sugarbush 14:30 Bible Study in N102 15:00 Tea Time: lounges	08:30 Library 09:45 Afrikaanse diens 10:00 Tea Time: lounges 11:00 Activities in lounges Heartland Series E16 11:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 15:00 Croquet

Thursday	Friday	Saturday	Sunday
3	4	5	6
08:30 Library 09:00 Morning Market 09:30 Shopping Constantia Village 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 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 15:00 Activities in lounges Heartland Series E9	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: loounges 15:00 Movie in Lounges Holiday in the wind 18:00 Woord & Lied
10	11	12	13
08:30 Library 09:30 Shopping Blue Route 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 the hall 15:00 Afrikaanse Bybelstudie in John Killian	09:30 One Hour for Jesus 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges	10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music/DVD in lounges 15:00 Tea Time: lounges 15:00 Activities in lounges Heartland Series E11	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: loounges 15:00 Movie in Lounges Ill be home for Christmas 18:00 Woord & Lied
17	18	19	20
08:30 Library 09:30 Shopping Meadowridge 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 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 15:00 Activities in lounges Heartland Series E13	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges Operation Christmas drop 18:00 Woord & Lied
24	25	26	27
08:30 Library 09:30 Shopping Blue Route 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Bingo in the Hall 15:00 Afrikaanse Bybelstudie in John Killian	09:00 Christmas Service 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Prayer Meeting in John Killian Public Holiday Christmas Day	10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music/DVD in lounges 15:00 Tea Time: lounges 15:00 Activities in lounges Heartland Series E15	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges A dogs way home 18:00 Woord & Lied Boxing Day
31	Midday Prayer in All Decentralized lounges, Daily @ 12h00 Heartland Series in decentralized lunges Wednesdays @ 11h00 and Saturdays @ 15h00 03 December 2020 Mini Market in the Hall @ 09h30 07 December 2020 Friends Meeting in the Hall @ 15h00 14 December 2020 Garden Club Meeting in the Hall @ 16h00 16 December 2020 Public Holiday Reconciliation Day 16 December 2020 South African Extravaganza @ 18h00 23 December 2020 Christmas Carols by Candle Light @ 18h00 24 December 2020 Christmas Eve 25 December 2020 Public Holiday Christmas Day 27th December 2020 Boxing Day 27th December 2020 Public Holiday 31st December 2020 New Years Eve 31st December 2020 Watermelon Festival and Bring & Braai @ 17h00 31st December 2020 Tom Jones Jol @ 19h00 31st December 2020 Year End Service @ 20h30		
08:30 Library 09:30 Shopping Meadowridge 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Bingo in the Hall 17:00 Watermelon Festival and Bring & Braai 19:30 Tom Jones Jol 20:30 Year End Service			

HIV/AIDS



There are many myths around how people become infected with HIV. World Aids Day on the 1st December is a date on which there is an attempt to raise awareness around the disease and to render support programs to those infected with the disease.



What is HIV/AIDS

This is also called Human deficiency Virus, and Acquired Immunodeficiency Syndrome.

HIV causes AIDS, and interferes with the body's ability to fight infections.

The Virus can be transmitted through contact with infected blood, semen or vaginal fluids, and is spread by sexual contact.

Treatment can help, but this condition cannot be cured.

As a Chronic condition, it can last for years or can be life-long.

It requires a medical diagnosis with laboratory tests.

How it spreads

- Unprotected sexual intercourse with an infected partner.
- HIV is spread by blood products, with unclean needles or unscreened blood.
- It can also be spread from Mother to baby during pregnancy, in labour or by nursing.



Symptoms

- Within a few weeks of HIV infection, flu-like symptoms, such as a fever, sore mouth and throat and fatigue can occur.
- Then the disease is usually asymptomatic, until it progresses to AIDS.

- AIDS causes massive weight loss, fever and night sweats.
- People may experience recurrent infections, pain in abdomen at a later stage.
- Pain with swallowing, dry cough, loss of appetite and malaise
- Gastro intestinal can include nausea, persistent diarrhea and vomiting.

Treatment

Medication for AIDS is called ART or ANTI RETROVIRAL THERAPY

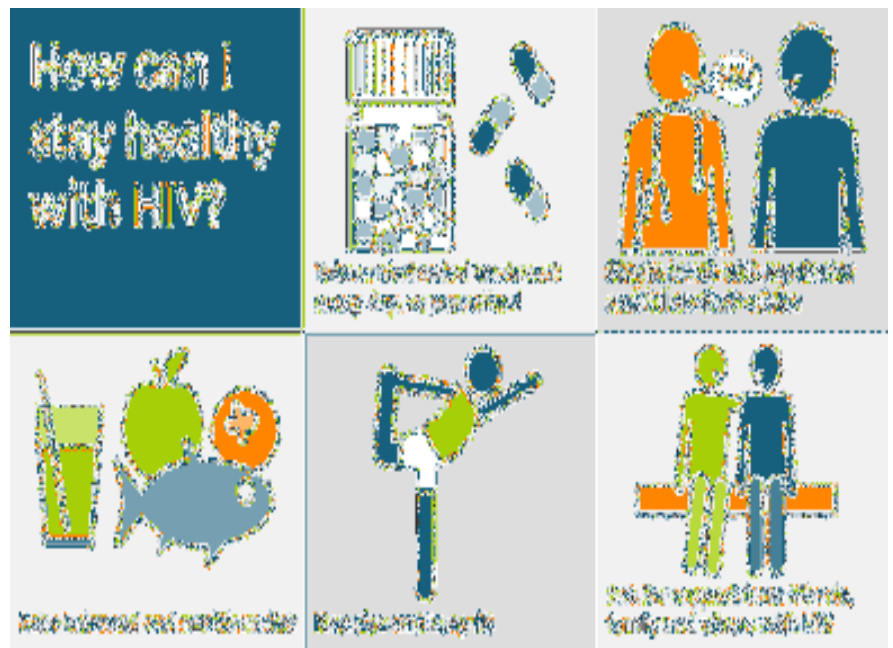
Taking ARV medication does not prevent transmission of other sexually transmitted diseases.

If a patient takes their medication as prescribed, it will keep their viral load low and CD4 high.

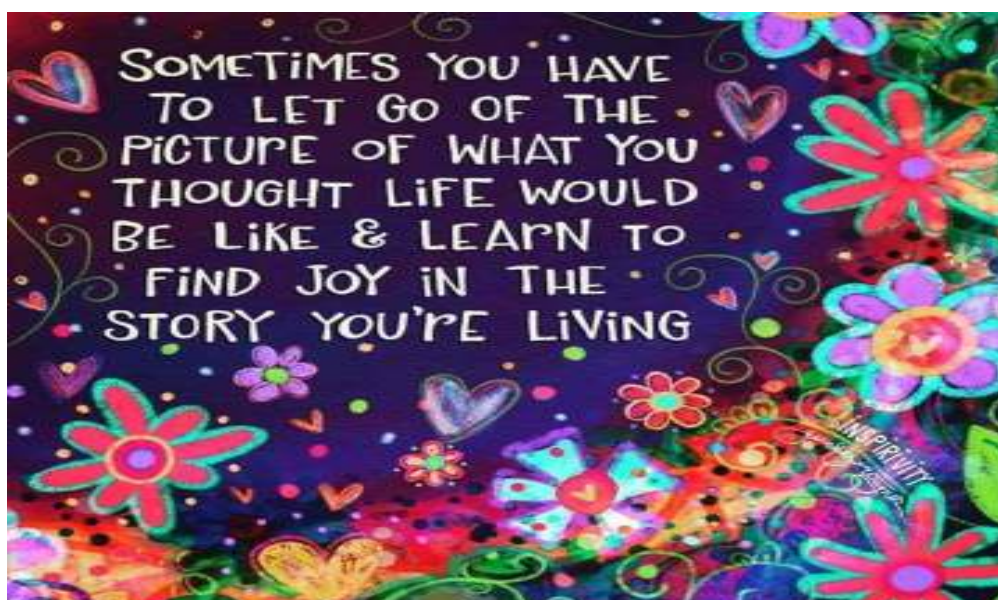
By skipping this medication, HIV virus will multiply, and weaken the immune system.

Staying virally suppressed is a good way to stay healthy and protect others.

The best way to prevent being infected is still abstinence, or stick to one sexual partner and also condomize, i.e. wear a condom.



(Submitted: Sr. Muriel Mapling)



HIGH BLOOD PRESSURE

What do we mean by Blood Pressure?



Blood pressure is the pressure of the circulating blood on the walls of the arteries, veins and chambers of the heart



Blood pressure readings consist of two figures:-A high number – the pressure exerted when the heart pumps blood, and two a low number- the pressure exerted when the heart is relaxed between the pumping actions.



Why is High Blood Pressure Dangerous?



High blood pressure increases the work load of the heart, eventually damaging it. It is unable to work efficiently and a heart attack can follow

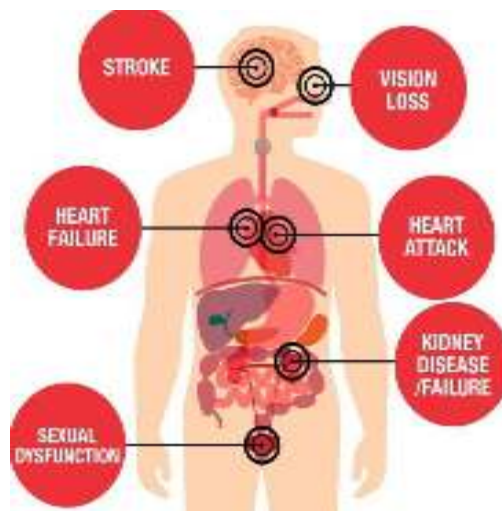


High blood pressure can cause the rupture of the blood vessel in the brain

causing the person to have a stroke.



High blood pressure can cause damage to other organs eg. Kidneys and liver, causing them to cease functioning



**Lower
High
Blood
Pressure**
**8 Health Threats
From High BP**

What causes High Blood Pressure?

Family history of high blood pressure sufferers

Overweight

Excess salt in diet

Tension at work/home

Anxiety

Pregnancy (sometimes

Diabetes

higher than normal)

Smoking

Alcohol



How will I know if my Blood Pressure is too high?



The only way is to have it measured by a doctor or a trained sister at a blood pressure clinic, or pharmacy



Some people can feel if their blood pressure is high. They will say:-

There is flickering in front of my eyes

I feel dizzy

I have a serious headache

I am short of breath

I have pain in my chest



Most of us are however quite unaware that our blood pressure is at a dangerous level.

How can I prevent High Blood Pressure?

A healthy life style

Regular exercise suitable to your age and body

Eat a healthy balanced diet-it should contain fresh fruit and vegetables, whole grain cereals, fish, poultry, lean meat, low fat milk, cottage cheese and eggs.

Avoid tension and anxiety if possible

No smoking

Alcohol in moderation

Try to keep your weight in correct balance with your height

Reduce your salt intake

Test your blood pressure at least once a year

If I already have High Blood Pressure, what can I do to bring it under control?

Follow above recommendations

If the doctor prescribes medication, take it as prescribed and do not stop taking it without permission.

REMEMBER: YOU ARE THE PERSON RESPONSIBLE FOR LOOKING AFTER YOUR BODY AND HEALTH

DAY CARE AT PLUMRUS

Are you busy finishing your overworked schedule to prepare for the Christmas Holidays? Running errands and squeezing in last minute shopping, while trying to take care of a loved one?

Why not let us at Plumrus CSC, help lighten the load this Christmas Season? Our gift to you is a 12-hour Day Care facility in the heart of the Southern Suburbs at only **R400 per day.**

Bring your loved one to us in the mornings and we will pamper them with care and love while you take care of your hectic schedule. Collect them by 6.30pm and you will both feel refreshed and energized.



While having loads of fun with great companionship we will offer them the following;

- Basic Care including shower/baths
- 3 Wholesome meals
- Activities such as, church services, free clinic service on a Monday, Library (books and dvds), bingo, board games, croquet, gym trim, etc
- Administer medication



Make that all important call and ask for our help. Contact Rhodene on 021- 761 2323, or email us on rhodene@plumrus.co.za/belinda@plumrus.co.za.

Team Building in Photos



Friday the 13th turned out to be a day to remember for the Residents and Staff of PlumRus. We decided to wash all the windows as a team building exercise. They say photos never lie.....you decide who washed windows and who watched from a distance, ice cream in hand!!!!!!







Mrs Helm enjoyed her 90th birthday celebrations



Aan almal wat my in die afgelope paar dae geondersteun het, met oproepe, whatsapp boodskappe, blomme ,dit word opreg waardeur. Ek voel so geseen om deel van die PlumRus se familie te wees. Dankie ook aan die beheeraad en bestuur vir al die omgee. Met liefde Marie Knuppel



We remember with love the following residents who passed away during November

- ***Mr Cedric Callaghan***
- ***Mr Noel Le Clue***

Ms Margo Jayes

Mrs Anna Hambley

Its Christmas and you are invited.

Limited seats available at our Christmas Lunch Table.

Book early to avoid disappointment!!!! (R120pp)

PLUMRUS CHRISTMAS MENU

STARTER
SOUP

MAIN COURSE

**ROASTED LAMB
GAMMON
ROASTED CHICKEN
SWEET PUMPKIN
ROASTED POTATOES
GREEN BEANS**

DESSERT
**TRADITIONAL TRIFLE
ICE CREAM**

Love, Peace, Faith and Hope.

25 DECEMBER 2020
@ 12H30

Email:

kurt@plumrus.co.za / cindy@plumrus.co.za



Program highlights for December 2020

16th December 2020

18:00 - You Tube Social Evening will be taking place on Reconciliation Day – South Africa Extravaganza. It's about South African music since 1652 and before up to December 2020 – don't miss this tour from Cape Town to Phalaborwa; Afrikaans, English, Zulu en Xhosa – "ag pleez daddy" , " ou ryperd" en "Jerusalema" and many more.... !!!

23rd December 2020

Christmas Carols by Candlelight – sing a long

25th December 2020

09:00:

Christmas Service @ 9:00 (a little earlier than normal - to assist the team preparing the dining rooms for Christmas lunch)

12:30- 15:00

Christmas Lunch



31st December 2020

Bring & Braai & Water melon festival, Tom Jones Jol and Midnight Year end Service

17:00 Starting with Bring & Braai and Water melon festival in one

19:30 Tom Jones Jol – 45 minutes of good Tom Jones Music

20:30 Midnight Service



As 2021 fast approaches we can confirm the following strategic plans and dates;

- 21 Jan 2021 – Bosberaad Events, Stimulation Activities, Spiritual Care for 2021/2022
- 26 Jan 2021 – Bosberaad Services for 2021/2022: Catering, Cleaning, Laundry, Transport, Building Maintenance, Garden maintenance, Frail care, Home base Care, Day Care, Transport, Assistance via Reception and Risk Man, Security, Emergency Procedures and many more services to our residents and members
- 28 Jan 2021 – Bosberaad Finances – Budget and levies for 2021/2020

House Committee and Board Committee can attend any meeting or all the meetings up to the individual committee member. Will be 18:00 – 21:00

Financial planning 2021/2022

1. Declaration out to Residents and family 11 December and to be in 22 January 2021 to define income of our residents.
2. Bosberaad 28 January 2021 to define scope of events and services; upsize or down size, add on's, sacrifices and at the end a balance affordable budget
3. Financial planning continue from 29 Jan to end February 2021 including all the financial declarations and one on one consultations
4. New levies out to Residents 2 March 2020
5. New Levies applicable 1 April 2021.



Do you want a roof over your car? Do you want to protect your car from the sun and the rain and the Cape Town winds? Do you need a little more storage place?

If you answered **yes** to all these questions, then we have just the place for your car. We have one beautiful spacious garage available for renting at R 480.00 per month and one garage to purchase at R 6 600.00 with a levy of R 175.00 per month.

You can use this open space for your car or to store all your old records and winter clothes.

If you are interested in one of these options, or would like one in the future, we would like to add your name to our internal waiting list.

Please contact Juanita on ext. 1025





Wie gaan saam Hartenbos toe?

- Die datum is vas gemaak, die bussie is gewas, pak jul sakkies ons gaan Hartenbos toe!
- 8ste to 11de Maart 2021
- Moenie uitmis nie, bespreek jou plek op die bussie so gou as moontlik. Bespreking by Risk Man-kantoor/ontvangs – first come first served- daarom moet R960 betaal word om jou bespreking te verseker.
- Onthou hierdie uitstappie is vir onafhanklike inwoners - geen versorgers sal beskikbaar wees om te help nie.
- Ons reis lig, net die benodigdhede en vergeet nie u beursie nie. Daaglikse swem in die swembad met warm water - onthou die bikini
- Verblyf - R960 per persoon, kos en drank ingesluit = R320 per nag per persoon
- Gratis toegang tot warmwater-swembad en vermaaklikheidspark
- Vervoerkoste - geborg (moet R200 per persoon ekstra wees, maar geborg)
- Kontant vir koffie op die pad - R150

Hou ons kennisgewingborde dop vir opdaterings!



Visit the **Protea Coffee Shop** for all your convenience items and avoid the crowds in the malls.

All our homemade sweet treats like, chocolate, carrot, pumpkin spice cake and fridge tarts will make your family time visits so much sweeter.

Our milkshakes are a summer treat.

Scones are still our Sunday specialty. We will be open throughout December, including Christmas Day, so phone a friend and share good company and great eats.

Ouderdom

As jy met grasiae ouer word,
Hoor jy slegter, maar jy luister baie beter.

As jy met grasiae ouer word, sien jy minder, maar jy kyk baie dieper.

As jy met grasiae ouer word, is jou stem nie meer suiwer nie, maar elke woord wat jy praat is vol betekenis.

As jy met grasiae ouer word, word jou kragte minder, want jou aanraking word sagter.

As jy met grasiae ouer word, stap jy stadiger, want jy kuier langer.

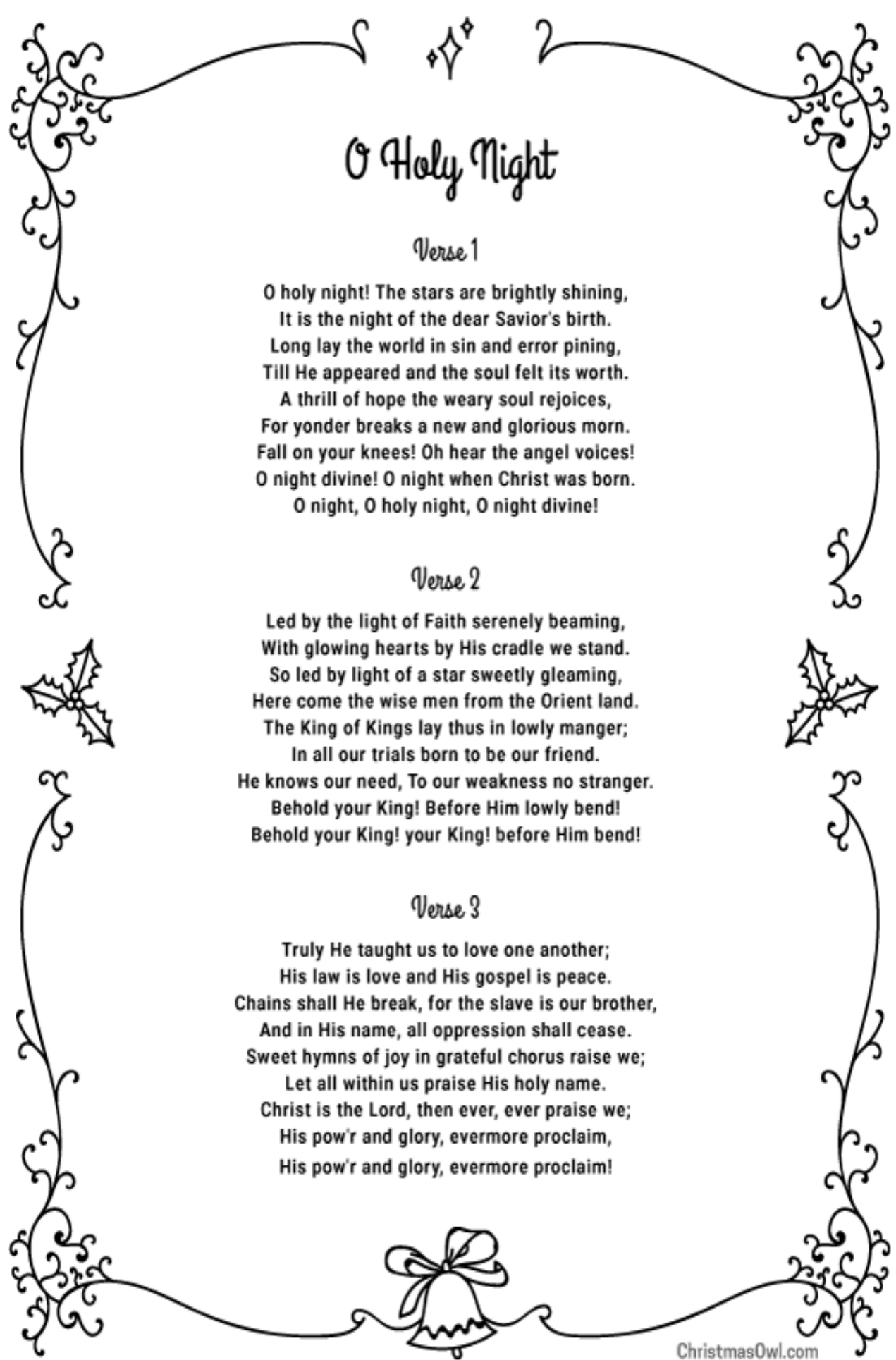
As jy met grasiae ouer word, word jy minder menslik, en al meer soos Jesus



Our first Morning Market since the start of Lockdown was held on the 5th November.

Residents enjoyed the shopping, treats and friendship. Join us for the last one of 2020 on the 3rd December.





O Holy Night

Verse 1

O holy night! The stars are brightly shining,
It is the night of the dear Savior's birth.
Long lay the world in sin and error pining,
Till He appeared and the soul felt its worth.
A thrill of hope the weary soul rejoices,
For yonder breaks a new and glorious morn.
Fall on your knees! Oh hear the angel voices!
O night divine! O night when Christ was born.
O night, O holy night, O night divine!

Verse 2

Led by the light of Faith serenely beaming,
With glowing hearts by His cradle we stand.
So led by light of a star sweetly gleaming,
Here come the wise men from the Orient land.
The King of Kings lay thus in lowly manger;
In all our trials born to be our friend.
He knows our need, To our weakness no stranger.
Behold your King! Before Him lowly bend!
Behold your King! your King! before Him bend!

Verse 3

Truly He taught us to love one another;
His law is love and His gospel is peace.
Chains shall He break, for the slave is our brother,
And in His name, all oppression shall cease.
Sweet hymns of joy in grateful chorus raise we;
Let all within us praise His holy name.
Christ is the Lord, then ever, ever praise we;
His pow'r and glory, evermore proclaim,
His pow'r and glory, evermore proclaim!