

The month of
February

Life - Given Difference
Lewegewende Verskil



February Birth Flower: The Violet

- February's flower is violet and these particular species symbolize both **truth and loyalty**.
- A violet is not only a pretty flower boasting a vibrant hue and delicate petals, but it's also a very symbolic flower and one that embodies faithfulness, humility, chastity, and loyalty.
- Violets are traditionally available in purple and white, and both colors have different meanings.
- The purple variant is said to mean 'I'll always be true' whilst the white alternative suggests the idea of 'taking a chance'.
- The word 'violet' is said to have originated from the word 'vias' which can be interpreted to mean 'wayside' – relating to where the areas where these flowers are often found.

Spiritual Care Program for February 2020

Fridays @ 09:30

7th Ps. Michael Wall
 14th Ps. Sheldon Kidwell
 21st Granville Skippers
 28th Ps. Vernon Rose

Sundays @ 09:00

2nd In Progress
 9th Ps. Roger Herman
 16th Rev Rob Hattingh
 23rd Rev Julian Titus

Sundays @ 18:00

2nd Ds Van Der Merwe
 9th Ds.W Nieuwhoud
 16th Dr. Saayman
 23rd Ds Kobus V/Zyl

Happy Birthday to our Residents

3*	Redvers Haines	MV108	99	English
4	Margaret Stringer	Mv202	69	English
5	Noel Le Clue	F23	84	English
6	Alexander Banfield	F125	91	English
6	Dianne Slabbert	N107	84	English
7	Beatrice De Villiers	R20A	93	Afrikaans
7	Gabriel Africa	R21A	97	English
7	Johannes Viljoen	R44	86	Afrikaans
9	Zelda Pover	N003	85	English
11	Lynette Kelly	R40B	63	English
12	Leslie Bester	F115	60	English
13	Johanna Engelke	F16	80	Afrikaans
15	Joseph Henn	F13	76	Afrikaans
16	Esme Theart	F104	78	Afrikaans
17	Gary Haselau	R1	84	English
20	Shelagh Dowie	R76	83	English
20	Lily Van Der Linde	F22	78	Afrikaans

Happy Birthday to our Staff

1st	Rhodene Koense	CSC
4th	Praxia Petersen	Laundry
9th	Phumeza Velani	Cleaning
11th	Tina Hope	Kitchen
12th	Marcelina Smith	CSC
16th	Salama Davids	CSC
23rd	Nicolene Lewin	Health Care
25th	Sheron de Beer	Health Care
26th	Daniel Fisher	CSC
28th	George Holtzhausen	Manager



A RESIDENT REFLECTS ON RUSOORD STRATEGY FOR 2020

At the start of a new decade the current buzz word is 'How can I make a difference?' Do you resonate with this? It certainly has more merit than a mere New Year's resolution – experience proves these are often ineffective! Do you feel o.k. as you are? Is there really any need to make a difference? When I reflect on the difference Jesus has made in my life this resolution is enormously significant and presents a challenge. If life has changed for me, why not share my life?

The changes Jesus made for me include:

I am a child of God¹

My name is written in the Lamb's Book of Life²

I am part of God's treasured possession³

I am part of a royal priesthood, a holy nation, a people belonging to God⁴

I am a friend of Jesus⁵

I am likened to a city on a hill, the light of the world⁶

I am told I can shine like the stars⁷

I have a spiritual GPS in the Bible, and the Holy Spirit interprets it for me⁸

I am a citizen of heaven⁹

I am a soldier of Christ and fight spiritual battles¹⁰

I am a farmer who plants the seed of his word¹¹

I am an ambassador for Christ¹²

Perhaps there are many others.

All this almost overwhelms me; it's too real to be a mere dream, but how do I appropriate it? Up to this point, it is all about an individual and no one is an island! We live in a community; it has spin-offs for our neighbours. It is more than an obligation since we are no longer under the Law. In Jesus we are under Grace. We can choose freely to be a blessing and make a difference. As we cultivate our relationship with the Lord he will inspire us to be outward-looking and make a difference.

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¹ John 1:12

² Revelation 21:27

³ Exodus 19:5

⁴ 1 Peter 2:9-10

⁵ John 15:14-15

⁶ Matthew 5:14-16

⁷ Philippians 2:15

⁸ Psalm 119:105, John 16:13-15

⁹ Philippians 3:20

¹⁰ 2 Timothy 2:3-4, Ephesians 6:10-18

¹¹ James 5:7b-8

¹² 2 Corinthians 5:20



Mrs. Yvonne Graney celebrated her 90th Birthday on Friday 3rd January, enjoying the afternoon having nice cake and tea with her friends and family.



Brand New Movies in the PlumRus DVD Store

- Tommy Dell at Home
- Hoe Groot is God
- How Green Was My Valley
- Camelot
- Lady in the Van
- Lean on Me
- Gigi
- Sense and Sensibility
- Out of Africa
- Chariots of Fire



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.

Who is who in the Health Care

Who is responsible for what in the **Health Care Department**.
Look no further!

Sister Muriel Mapling- Health Care Manager

Internal PlumRus Ext: 1004 Email: muriel@plumrus.co.za

Responsible for Basic Care, Medical and Management, Logistics, staff and nursing. Queries of nappies and medication, screening of new residents, checking of new staff and residents, keeping statistics and reporting of incidents. Running of Health Care.

Sister Essie Van Zyl: 2IB and CSC

Internal PlumRus Ext: 1002 Email: essie@plumrus.co.za

Jack of all trades, any overall queries regarding medications of residents, as well as basic care and making sure everyone at PlumRus is taken good care of and that it is being communicated regularly.

Sister Anna Marie Du Toit: Flat Nurse

Internal PlumRus Ext: 1030 Email: annamarie@plumrus.co.za

Responsible for checking of medical conditions of residents and assists when necessary. Daily eye ball contact with residents and know each ones medicine status.

Sisters in Charge Day and Night

Internal PlumRus Ext: 1003 Email: sic@plumrus.co.za

Responsible for checking on resident's basic care, handing out of medication. Liaise with family, doctors and responsible for communications regarding residents, making sure that resident's needs are being seen to at all times.

Health Care Secretary: Miche Philander

Internal PlumRus Ext: 1036 Email: miche@plumrus.co.za

Handling of all health care admin, typing of emails , correspondence with families on behalf of health care manager, Keeping structure and discipline in healthcare,

ENA Sylvia Rezandt

Internal PlumRus Ext: 1005 Email: rezandt@plumrus.co.za

Managing of staff, rosters and allocations leave applications, seeing to activities for residents. Checking of Crockery and cutlery, any questions on what is happening in the zones, Rezandt is behind the scene doing logistics and activities.

Medicine Administrator Divine Mitchell

Internal PlumRus Ext: 1017 Email: divine@plumrus.co.za

Responsible for administration of acute and chronic medication, handling of scripts, booking in of medication and sending away to the pharmacy for Blister Packing.

Nappy Administrator: Tarryn Lee Adams

Internal PlumRus Ext: 1018 Email: healtcareadmin@plumrus.co.za

Responsible for ordering and packing of nappies, handles nappies in the nappy room accordingly, filing of all expired documents, everything has a place.

Who is who in the Health Care Department



Sister Muriel Mapling

Sister Essie Van Zyl



Sister Anna Marie Du Toit



SIC Carlyn



SIC Shakira



SIC Aloise



SIC Salomie



SIC Minnie



Zebra Day & Night

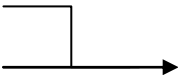
Kwagga Day & Night



Miche Philander



Sylvia Rezandt



Divine Mitchell



Tarryn Lee Adams



Catering Team

Kwagga Team

Supervisor: Anthea Serfontein



Chrissy Corolissen
Elizabeth Collins
Igshaan Davids
Chane Felix
Randall Dietrich

Zebra Team

Supervisor: Tina Hope

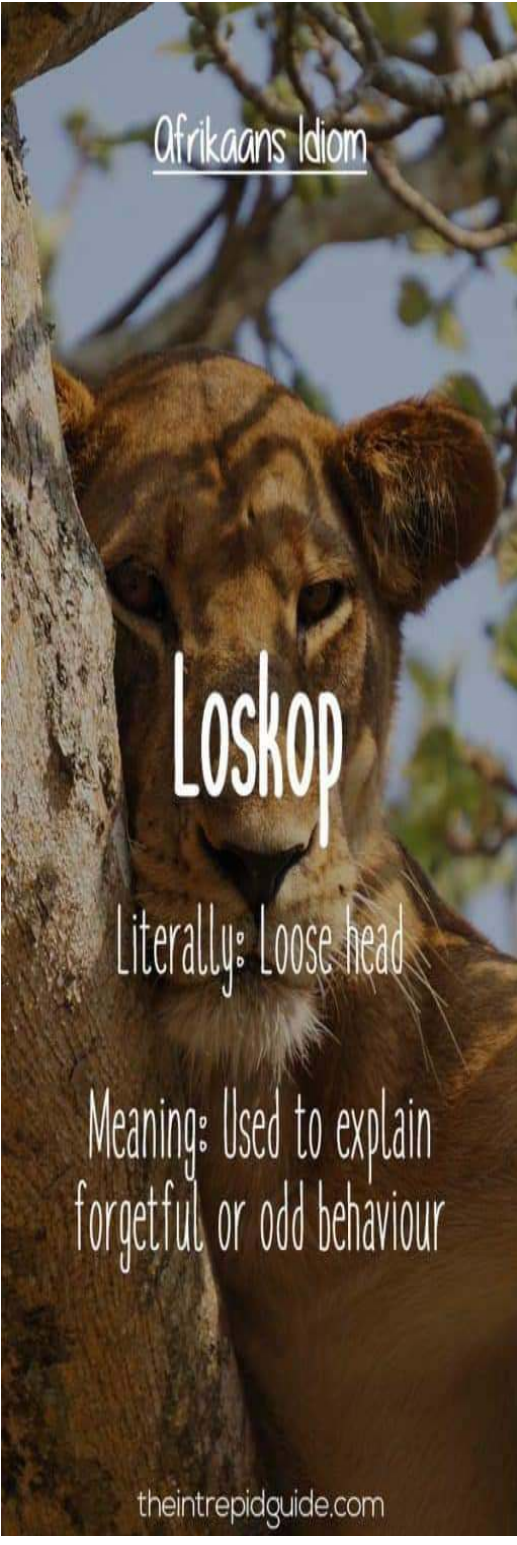


Mandy Williams
Irene Jantjies
Ralph Tango
Brandon Jacobs
Monique Jacobs

If the above is not available, here are some other staff who may be able to assist you with regards to any other queries that you may have:

- Catering, Cleaning and Laundry Manager
Marlene Stander on
PlumRus Ext: 1021 Email: marlene@plumrus.co.za
- 2IB Catering
Jean Pierre Venter on
PlumRus Ext: 1037 Email: jp@plumrus.co.za
- Residents Accommodation
Juanita Stoltz on
PlumRus Ext: 1025 Email: juanita@plumrus.co.za
- Residents services like DSTV and WIFI
Lauren Jones on
PlumRus Ext: 1034 Email: lauren@plumrus.co.za
- Reception: Info Desk if all else fails
Agnes Solomons or Lucille Stoltenkamp on
PlumRus Ext: 1000 Email: reception@plumrus.co.za

If all else fails, contact Mr. George Holtzhausen on 082 524 1083
or george@plumrus.co.za



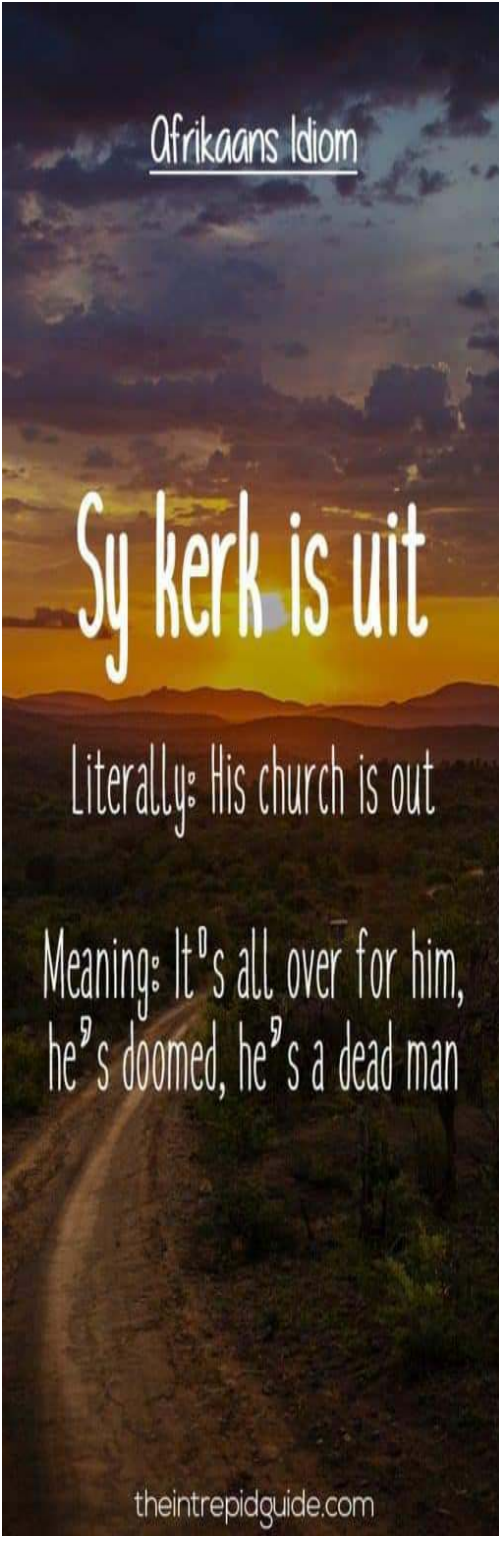
Afrikaans Idiom

Loskop

Literally: Loose head

Meaning: Used to explain forgetful or odd behaviour

theintrepidguide.com



Afrikaans Idiom

Sy kerk is uit

Literally: His church is out

Meaning: It's all over for him, he's doomed, he's a dead man

theintrepidguide.com

`N Wenner in ons midde

Hierdie pen gedraai van 'n Appelboom se wortel het 'n wenner van die jaar tot gevolg gehad en ons seun Deon het dit gewen.
Dit maak 'n ouer se hart groot en is baie trots op hom.



Gedraai deur Deon Van Zyl, seun van Sr Essie En Johan Van Zyl.

Protea Coffee Shop

We would like to thank our residents, staff and families for the support we get to make our Coffee shop a success. We value your opinion and welcome any suggestions you have of what you would like to see. If you have any suggestions you are welcome to hand it in at the Coffee shop.

For February we are having a tea competition where you could win an exciting prize. Buy any tea or iced tea and write your name on your till slip and place in box at the till. The draw will take place on 28 February after One Hour for Jesus – Don't miss out!



Building Project 2020 – Pin Cushion Lounge

It is with great excitement that we are finally ready to jump in and start our building project of expanding Pin Cushion Lounge.

We are fortunate to have the help of a builder who will do the work, but need the help of all our family, friends and suppliers in any of the following ways:

1. Donations towards building materials.

Any leftovers from building projects you might have had at your house that you are willing to donate.

2. Contacts of people who can help will also be appreciated.

3. Our shopping list:

Bricks	Plugs	Light
Light Fittings	Blocks	Door
Plumbing Equipment	Cement	Toilet
Hand basin	Sand	Tiles
Ceiling Boards	Window panes	Skirting
Cornice	Door Frames	Grout
Handles	Gutters	Pain
Polyfiller	Roofing	Gravel
Brushes Rollers	Lintels	Taps
Safety Gate	Toilet Seat	Grab Handles

If you are able to help please contact George or Sarel on 021 761 2323 or email info@plumrus.co.za

You Tube in Aristata Lounge

Once a month a lovely social evening in the Aristata lounge and the entertainment via You Tube. Golden oldies kick off in January and comedy in February – watch the notice boards for March and the months to come. / Lekker gesellige aand in die Aristata sitkamer, net een keer per maand. Ons skop af met golden oldies in Januarie en komedie 19 Februarie. Hou ons kennisgewings borde dop vir Maart 2020 en die daaropvolgende maande.

Recycling can be fun

This month we will be focusing on some items you can reuse around the house and not just throw it out. There are many ways an item can have a second life in your home and life. Some are easy to think about and others you need some brain power behind it. Here are some ideas:

1. Old CDs make funky coasters! Just stick two together and paste felt underneath if necessary.
2. Melt the remains of a lipstick together with a small pot of lip balm - makes a great lip gloss!
3. Make a tin can telephone. Take off the lids and then tie two coffee tins together with a long piece of string for the desired effect - kids love it!
4. Create ice blocks for your esky - fill up old milk cartons with water and freeze them.
5. Want to keep the kids amused? Empty roll-on deodorant bottles can be used as paint pens for small children. Wash the plastic ball and bottle, then fill with paint and replace the ball and lid. When storing, keep it upside down with the lid on tightly.
6. Get yourself a worm farm and feed it all of your food scraps. One kilogram of worms can eat and recycle one kilogram of food every day, giving you nutritious worm castings for your plants and veggies.
7. Put your steel bottle tops and jam jar lids into an old steel can. When the tin is half full, squash the top together so the contents are held in - then put it in your recycling bin.
8. Open up the bottom of a used milk carton and plant a tree seedling inside it. The carton will protect your seedling from weather and pests, and when planted it will degrade as the tree grows.
9. Going on a picnic? Squash your cans and bottles and bring them home to recycle!
10. Save your corks in a jar on the window ledge. They can be used as a stamp when painting or you could even make your own cork notice board by gluing them to a plank or conflate!
11. Clear plastic lids can be placed under oil jars in the cupboard or aerosols in the bathroom to prevent oil or rust marks on your shelves.
12. Make your own gift wrap! Wrap your presents in the comic pages from your local Sunday newspaper, magazines or comics. Kids (and even adults) love it!

13. Why not store your food scraps temporarily in an old ice cream container, before you put them onto your worm farm or compost?
14. Pour old cooking oil and fat into a used milk carton or jar and put it out in the rubbish. It clogs the drains if put down the sink. Newspaper can also be used to wipe out oily pots.
15. Old wet-wipe containers make great string dispensers - try it out!
16. Collect branches from the garden to make a Christmas tree. Have a fun time arranging them in a vase or pot and then hang on the decorations!
17. Get creative making Christmas and birthday cards from old cards, postcards, photos, stamps, pretty paper and more. Your family and friends will love the handmade greetings! For more recycling ideas with cards, check out our Holiday Hacks
18. Keep old jeans to use as patches for other jeans.
19. Save old lip balm pots and small toiletry containers. Refill these from your large bottles to make travelling packs.
20. Placing bottle top or jar lids under your chairs or sofa is a great way to protect your carpet.

Can you think of any other ways to reuse a item? Email jp@plumrus.co.za and give your ideas on how do reuse a item and it might just end up in next month news letter.



February/ Februarie 2020

Monthly Program/ Maand program

Monday	Tuesday	Wednesday
03 February 2020 – Friends meeting @15:00 03 - 06 February 2020 - Week van gebed @ 19:00 06 February 2020 – Morning Market @ 09:00 10 February 2020- Garden Club Meeting @ 16:00 11 February 2020 – House Committee meeting @ 15:00 14 February 2020 – Valentine's Day Show @ 12:00 19 February 2020 – Comedy Night in Aristata @ 18:00 24 February 2020 – New Residents Tea @ 10:00 28 February 2020 – Bring & Braai @18:00		
3	4	5
07:30 Men Prayer Meeting English 07:30 Afrikaanse Bid Groep 09:00 Manne Bid Groep Staff 09:00 Clinic in clinic room 10:00 Tea Time: Lounges 10:00 Catholic Church: J/Killian 11:00 Activities in Lounges 14:30 Music/DVD in Lounges 15:00 Tea Time: Lounges 15:00 Friends Meeting 19:00 Week van gebed	09:30 Shopping: Meadowridge 09:30 Action Entertainment in The Hall 10:00 Tea Time" Lounges 10:30 Action Entertainment in Sugarbush 11:00 Activities in Lounges 14:30 Bible Study Flat N102 15:00 Tea Time: Lounges 19:00 Week van gebed	08:30 Library 10:00 Tea Time: Lounges 11:00 Activities in Lounges 15:00 Tea Time: Lounges 15:00 Croquet 19:00 Week van gebed
10	11	12
07:30 Men Prayer Meeting English 07:30 Afrikaanse Bid Groep 09:00 Manne Bid Groep 09:00 Clinic in clinic room 10:00 Tea Time: Lounges 10:00 Catholic Mass: J/Killian 11:00 Activities in Lounges 14:30 Music/DVD in Lounges 15:00 Tea Time: Lounges 16:00 Garden Club Meeting	09:00 Shopping: Blue Route 09:30 Action Entertainment in The Hall 10:00 Tea Time" Lounges 10:30 Action Entertainment in Sugarbush 11:00 Activities in Lounges 14:30 Bible Study Flat N102 15:00 Tea Time: Lounges 15:00 House Committee Meeting	08:30 Library 10:00 Tea Time: Lounges 11:00 Activities in Lounges 15:00 Tea Time: Lounges 15:00 Croquet
17	18	19
07:30 Men Prayer Meeting English 07:30 Afrikaans Bid Groep 09:00 Manne Bid Groep 09:00 Clinic in Clinic room 10:00 Tea Time: Lounges 10:30 Methodist Communion 11:00 Activities in Lounges 14:30 Music/ DVD in Lounges 15:00 Tea Time: Lounges	09:30 Shopping : Checkers Emporium 09:30 Action Entertainment in The Hall 10:00 Tea Time" Lounges 10:30 Action Entertainment in Sugarbush 11:00 Activities in Lounges 14:30 Bible Study Flat N102 15:00 Tea Time: Lounges	08:30 Library 09:45 NG Kerk diens 10:00 Tea Time: Lounges 11:00 Activities in Lounges 15:00 Tea Time: Lounges 15:00 Croquet 18:00 Comedy night in Aristata Lounge
24	25	26
07:30 Men Prayer Meeting English 07:30 Afrikaanse Bid Groep 09:00 Manne Bid Groep 09:00 Clinic in Clinic room 10:00 Tea Time: Lounges 10:00 Catholic Church: J/Killian 10:00 New Residents Tea 11:00 Activities in Lounges 14:30 Music/ DVD in Lounges 15:00 Tea Time: Lounges	09:30 Shopping: Pick n Pay Gabriel Rd 09:30 Action Entertainment in The Hall 10:00 Tea Time" Lounges 10:30 Action Entertainment in Sugarbush 11:00 Activities in Lounges 14:30 Bible Study Flat N102 15:00 Tea Time: Lounges	08:30 Library 09:45 NG Kerk diens 10:00 Tea Time: Lounges 11:00 Activities in Lounges 15:00 Tea Time: Lounges 15:00 Croquet

Thursday	Friday	Saturday	Sunday
		1	2
		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 Church Ds Van Der Merwe
6	7	8	9
08:30 Library 09:00 Morning Market 10:00 Tea Time: Lounges 11:00 Activities in Lounges 15:00 Tea Time: Lounges 15:00 Bingo in the Hall 14:30 Shopping: Checkers Main Road 19:00 Week van gebed	09:30 One Hour For Jesus Ps Michael Wall 10:00 Tea Time: Lounges 11:00 Activities in Lounges 15:00 Tea Time: Lounges 15:00 Prayer Meeting in J/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 Ps. Roger Herman 10:00 Tea Time: Lounges 11:00 Activities in Lounges 14:30 Music/DVD in Lounges 18:00 Church Ds Willie Nieuwhoudt
13	14	15	16
08:30 Library 09:30 Shopping: Pick n Pay Gabriel Rd 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 Ps Sheldon Kidwell 10:00 Tea Time: Lounges 11:00 Activities in Lounges 12:00 Valentine's Day Show 13:00 Valentine's Day Lunch 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	09:30 Church Rev Hob Hattingh 10:00 Tea Time: Lounges 11:00 Activities in Lounges 14:30 Music/DVD in Lounges 18:00 Woord en Lied Dr Chris Saayman
20	21	22	23
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 Ps Granville Skippers 10:00 Tea Time: Lounges 11:00 Activities in Lounges 15:00 Tea Time: Lounges 15:00 Prayer Meeting in J/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 Rev Julius Titus 10:00 Tea Time: Lounges 11:00 Activities in Lounges 14:30 Music/DVD in Lounges 18:00 Church Ds Kobus Van Zyl
27	28	29	30
08:30 Library 09:00 Shopping: Pick n Pay Constantia Mall 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 18:30 Lotto Draw	09:30 One Hour For Jesus Ps Vernon Rose 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	

Special at Protea Coffee
shop. Come enjoy a
Russiese rol, chips and
500 ml glass bottle of
coke for only R40,00. Sit
down or take away. Valid
from 20/01/2020 -
29/02/2020





FANCY A CUP OF TEA?

Get rewarded

Enter our
competition by
writing your name
and contact details
on your till slip and
enter our lucky draw

Marlene and Sarel's Trip to New Zealand

Op 30 November 2019 vertrek ek en Marlene na NZ vir 'n 4 weke vakansie, met Qatar Airways. Ons vlieg vanaf Kaapstad-lughawe na Doha toe wat 'n hele 10 ure vlug is.

Op Doha lughawe aangekom, waar ons weer 2 ure wag vir ons vlug na NZ, wat 'n hele, maar hele 14 ure vlug is. Net daar sak my moed in mekaar. Maar nie te min sit moet ons sit. Ons land toe om 5:00 die oggend in NZ, waar Marlene se ma ons kom haal het.

Vanaf Auckland is dit nog so 'n uur se ry tot in Snell's Beach waar my skoonma bly. Na so lang vlug voel mens maar 'n bietjie vaal en lam. (Jet leg) Die 1 ste week het ons maar rustig gevat en net gerus.

Ons het een oggend al die eilande om Snell's Beach gaan besigtig met 'n boot , wat 'n belewenis. Ons was so gelukkig gewees om te kon sien hoe die dolfyne saam met die boot swem.

Ons vat toe die volgende week 'n "road trip" na Tauranga toe waar daar 'n NZ mielie fees was, wat deur 'n Suid-Afrikaner gereël is. Dit is ongelooflik lekker om in 'n vreemde land te hoor hoe daar Afrikaans gepraat word en Afrikaanse musiek gespeel word. Op 1 stadium het ek gehoor dat daar 'n lied gespeel word wat Steve Hofmeyer gesing word, die Blou Bul eet nie van die vloer af nie. Dadelik het ek vir Marlene gesê klink my George is ook hier. Ons het ook 'n vertoning van Lianie May en Jay gaan bywoon. In die saal waar die vertoning aangebied was, was daar ongeveer so 'n 1000 mense, net Afrikaners. Mense, julle kan nie glo hoe ek trane in my oë gekry het nie, ongelooflik. Ons slaap toe die aand in Tauranga oor en vertrek die volgende dag na Taupo toe, waar ons vir twee aande oorslaap by Top 10 resort.

Eers besoek ons 'n plek met die naam Rotorua. Om een of ander rede wou Marlene vreeslik graag die plek vir my wys, omrede daar 'n lekker reuk hang in die dorp. Daar is borrelende modder poele wat 'n vreeslike reuk afgee, wat geen mens kan beskryf nie, vrot verby. Daai poele se temperatuur is so hoog soos 212 grade, dink net wat sal gebeur as mens daar moet inval. So kom dit weer dat ons die pad terug vat Snell's Beach toe. Verder het ons maar 'n bietjie tyd saam met die familie deurgebring en ook vis gaan vang. So kom dit dat ons vakansie einde se kant toestaan. Op 28 Desember 2019 vlieg ons weer terug Kaapstad toe, maar dit is nog nie die einde nie.

Vanaf Auckland vlieg ons die keer 18 ure (eina) tot in Doha , waar ons weer 8 ure moet wag vir ons 10 ure vlug na Kaapstad toe. Julle kan julle self indink hoe moeg ons was toe ons in Kaapstad land.

Ek en Marlene wens u almal 'n voorspoedige 2020 toe en mag almal se drome waar word.

Uit die pen van Sarel Stander

Valentines Month/Maand

Die maand van romanse, liefde, 'n lekker valentine's bord kos, goeie geselskap en 'n lekker "event". Kom ons klim almal hierdie maand in en ons maak 'n verskil met ons, glimlagte, mooi maniere liefde, en sinvolle hantering van wedersydse irritasies. Die lewe is te kort om gedurig te stress, ongelukkig te wees, te kla, te skinder of net mislik te wees. Die wêreld skuld ons niks nie en **net ons self kan die verskil maak**. Gebruik hierdie wonderlike maand en verander jou leefstyl en werk styl in PlumRus. Werk styl verandering vir ons personeel beteken geniet wat jy doen, doen dit met passie, oorgawe, opgewerk en ervaar elke oomblik die waarde daarvan om 'n verskil te kan maak hoe klein ook al in die lewe van ons inwoners en lede. Vir ons inwoners, glo en leef die voordele van PlumRus, prys en dank ons Hemelse Vader vir 'n dak oor ons koppe, vir dienste en vir ons personeel wat ons 24 x 7 met groot glimlagte bedien. Woon alle geleenthede by wat jy kan, moet nie weg kruip in kamers en woonstelle nie – kom gesels, deel en lag die gange en sit-eetkamers aan die brand – dit is Februarie twenty twenty.



The month of romance, love, the most delicious plate or food, pleasant company and a "lekker" event. Let's all work together and make a difference, with our beautiful smiles, manners and a good handling on the small irritations. Life is too short to constantly stress, be unhappy, being rude, moaning and to gossip. This world we are living in does not owe us anything and only you, your selves can make a life giving difference. Let's use this month of love and change our ways of living and our work style in PlumRus. For our staff work style change means to enjoy what they do, to do it with passion, with love, excitement and to do everything in their power to make a difference in our Residents lives, no matter how big or how small. For our residents, believe and enjoy everything that PlumRus offers you, Praise and Worship the Lord, Jesus Christ for having a roof over our heads, for services being rendered and for our staff, who is here 24 x 7 with smiles serving you. Try to attend as much of our events as possible, don't hide away or be shy – Chat to your friends, share life stories and laugh in the passages, the dining rooms and just make PlumRus a happy place. This is our February twenty twenty.

Mrs. Susanna Filmlalter celebrated her 90th Birthday on Wednesday 15th January, enjoying the afternoon having nice cake and tea with her friends and family.



Ons vra asseblief u samewerking/Let us work together:

Stilte Tyd/Quiet Times

Groot dankie vir ons Inwoners en personeel wat so mooi saam werk – dit gaan baie beter maar groot asseblief, kom ons respekteer die stiltetyd wanneer ons uit die eetsale kom na middag ete tot 15:00. / A big thank you to our Residents and Staff who work so nicely together in adhering to our quiet times. We are requesting that you please continue to respect the quiet times when you are leaving the dining rooms until 15:00.

Hooting

Hooting is a bad manner to say goodbye to elderly and disrespectful to the other Residents not involve 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 waardeer.

Parkering/Parking

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 al met graag saam met die inwoner stap na sy woonstel of kamer./ We do have enough parking bays at PlumRus for the normal visitors but for our Residents we ask families to drop the off at Risk Man Office/Reception . We are more than willing to assist them back to their flats or rooms.

PlumRus Wish List for 2020

To all Residents, Family and Friends

With Christmas behind us, we are still in the spirit of giving, sharing and also receiving. We are reaching out to all, by sharing our wish list for 2020 with you.

We would love our residents to enjoy our beautiful summer days and nights in our amazing gardens. Wooden benches placed under shady trees would make the perfect spot for our residents to enjoy the great fresh air with their friends.



If you would like to donate a bench to enhance our beautiful gardens, for your family member to enjoy, or you might want to do this in memory of a loved one that has passed on, please feel free to contact Rhodene Koense on 021 -761-2323 or rhodene@plumrus.co.za

If the bench is donated in memory of your loved one, we will place a plague on the bench to this effect.

If benches are not your thing, then please share any ideas you may have that will accommodate our residents in our gardens.

Thought of the Month

"Do not allow what you long for...., prevent you from enjoying the moment. Be joyful in the present, at the appointed time your wish will be granted."

Healthy Habits for 2020- by Sister Muriel Mapling

They don't cost you a cent, but the benefits can last you a lifetime.

All you need is a little bit of discipline. Good quality habits are the building goods of a healthy lifestyle, which benefits you now and also in the future.

When you feel energetic and positive, you will get more out of life. It also protects you against life diseases and safeguards your mental health.

1. Be an early Bird
 - a. Being ahead of the clock is the best defense against a monthly routine that leaves you rushed. Set your alarm for 30 minutes earlier, and do not hit the snooze button, snoozing adds to fatigue
2. Refuel
 - a. A healthy breakfast helps to kick start your energy levels for your body and your mind, save time by preparing the meal and table the night before and ensure that the breakfast is fully nutritious.
3. Monthly Hydration
 - a. Not necessarily a cup of coffee or tea but one cup will do no harm. Keep water next to your bed to stick to the hydration rule
4. Stretch
 - a. Once out of bed, do some light stretching exercises to get the joints and muscles moving, hold each stretch for about 2 minutes.
5. Spend time Out Doors
 - a. Although too much sun is harmful, doctors agree that a daily dose of sun has benefits for our bodies. It provides the body with Vit D and recent studies suggest that it may help with lower blood pressure and reduce the risk of obesity.
6. Wind down before bedtime
 - a. Slow down physically, finish what you need to and then slow down, you need to go to bed satisfied with your productivity, knowing that your day was good.

Enjoy a healthy 2020.



And Be Happy!!

Good Governance in Feb 2020

All our Committee's will be in action in February 2020:

11 Feb - House Committee

13 Feb - Board Events Committee

18 Feb - Board Services Committee

20 Feb - Board Finance Committee

22 Feb - Bosberaad Board & Management – 3 strategic focus areas for next 3 years are:

- Communication
- Services
- Finance

27 Feb – Levies will be finalized – Day to Day Board Management Committee will immediately after this meeting liaise with residents families for them to change debit orders 1 March for 1 April 2020 New levy implementation day is therefore on the 1st April 2020.

PlumRus Process of the new Board and Levies 2020-2021

Residents and their families has by now received the Financial Declarations to be completed for the new financial year for 2020-2021, this needs to be completed by the 15th February 2020.

The following forms needs to be completed:

1. First page, with the residents name, surname and address.
2. Complete either of the following Annexure:
 - a. Annexure A – if the incomes has been changed
 - b. Annexure B – if the resident is willing to pay the maximum
 - c. Annexure C – if the income of the residents remained unchanged

Should the resident complete either Annexure A or C, we would require supporting documents.

Once the financial team has received all the Annexures, the final Budget meeting will commence- and finanlize the increase in Board and Levies for 2020-2021.

The new monthly Board and Levy financial letters will be send to the resident or family by the 1st March 2020. The new board and Levy is applicable from the 1st April 2020.

For assistance contact either Chris Schutte or Juanita Stoltz on 021-761-2323
chris@plumrus.co.za or juanita@plumrus.co.za

Who is who in the Zoo

Wanting to know whose who in the FINANCIAL DEPARTMENT ZOO
Let us tell YOU 😊

Imali the Accountant Alpha Zoo Lion

021-761-2323 Ext: 5 Email: chris@plumrus.co.za

If mom or dad needs some pocket money on a daily basis, you can pay money into their Trust account. If you require statements or need more information regarding the monthly levies, speak to Imali the Accountant Alpha Zoo Lion also known as Chris Schutte. Nothing is too big or too small for our Imali the Accountant Lion to chew.

Ezengqesho the Human Resources Zoo Tiger

021-761-2323 Ext: 4 Email: cindy@plumrus.co.za

Our HR Manger is always making sure the rest of the PlumRus Zoo animals (Staff) are always happy in the PlumRus zoo/workplace.

When Imali the Accountant also known as Chris Schutte is not in his cage/Office. Ezengqesho the HR, also known as Cindy Schoeman, will go to person to answer any financial related queries.

Ulawulo the Administration Officer Zoo Jaguar

021-761-2323 Ext: 3 Email: juanita@plumrus.co.za

The Jaguar is the person to contact if you require any information regarding the Board and levy for mom or dad in any unit or room. If you would like to have mom or dad on the wonderful services PlumRus offers like DSTV, Telephone and WI-FI, you should contact the Jaguar.

Ulawulo the Administration officer, also known as Juanita Stoltz, needs to keep all the personal information of mom or dad updated, there for should any information change like Telephone numbers, Email address or the order to contact the next of kin, please do not hesitate to contact her.

Yilungise the Secretary and training officer Zoo Cheetah

021-761-2323 Ext: 1 Email: lauren@plumrus.co.za

If you think mom or dad has any technical issues to be fixed, for example Dstv, TV, Radio WI-FI and Universal Telephone, Yilungise the Secretary and training officer Zoo Cheetah, also known as Lauren Jones, is your go-to person, to getting it done at the speed of light. The Cheetah works with the Jaguar with regards to Dstv, Universal Telephones and WI-FI. The cheetah will help mom or dad on a daily basis on how to use our services, she will re-train, re-explain and re-do if it means mom or dad will feel comfortable and safe.

If the above is not available or after hours kindly contact

Risk Man Office/ Reception

021-761-2323

Or info@plumrus.co.za

If all else fails, Please contact **the Zoo Keeper**

George Holtzhausen on 082-524-1083 or george@plumrus.co.za

Who is responsible for what in the Financial Department

**Chris Shutte- Imali the Acountant Alpha Zoo Lion
Financial Department Head**



**Cindy Schoeman - Ezengqesho the HR Zoo Tiger
HR Manager**



**Juanita Stoltz – Ulawulo the Admin Officer Zoo Jaguar
Administration Officer**



**Lauren Jones - Yilungise the Secretary and
training officer Zoo Cheetah**



The PlumRus Bank – Resident Fund Account (Pocket Money)

Here at PlumRus, we offer mom or dad the security of not having too much cash on them on a daily basis.

We offer them the option of drawing money from the Accountant from the residents Fund Account, set up by their family.

A Statement will be sent to the family on request of how much money is left in the account.

Our Residents can come and draw money on the following days:

- Monday & Tuesday from 10:00 to 16:00
- Wednesday from 09:00 to 11:00
- Thursday & Friday from 11:00 to 15:00

Money can be paid into their Trust Account, either in front by Reception or into the PlumRus Bank account.

For more information, please contact the Accountant Chris Schutte:

- Internal Calls : 1026
- External Calls: 021-761-2323 ext 5
- Email Address: chris@plumrus.co.za

In an unfortunate event of death:

- The resident's full board and lodging or rental for the month of his or her death will be payable.
- All changes that was made to the room with the managements permission will remain as property to the program. The client will receive no payment or compensation from the program
- When we are notified about the death, the residents room gets locked immediately, keys is given in at reception, where it will stay until family wants to collect the personal belongings of the deceased.
- Only people allowed in room will be the family of the deceased. The family gets up to 2 weeks to clear out the room.

Services that is provided in PlumRus

1. Services:

- a. Bell Me Nurse Call Buttons with each resident
- b. Nashua Telephone in each room/ flat or a cordless mobile telephone if you pay extra

2. Available for the Residents:

- a. Coffee Shop , PlumRus 021-761-2323 or Residents contact JP 1035
- b. Die Burger, Call Centre 086-030-0010
- c. Hairdresser, Cheryl 073-091-1939 or Cathy 082-762-0623
- d. Hand & Foot care, Lesley 084-505-3031
- e. Nappy Suppliers:
 - i. Nappy Ware house, Denise or Sophie 021-794-3671
 - ii. Validus Medical 011-799-7111 or capetown@validus.co.za
 - iii. Taking Care - Carol Rasmussen on carol.rasmussen@telkomsa.net
- f. Path Care, Catherine 021-797-3785 or State Lab. 021-417-9383
- g. Pharmacies:
 - i. Alpha Pharmacy 021-928-5100
 - ii. Ashers Pharmacy 021-797-5094
 - iii. Clicks 021-797-5386
 - iv. Dischem Tokia 021-710-1230
 - v. Meadowridge Pharmacy 021-713-1472
 - vi. Rustenburg 021-788-0828
 - vii. Steps to Health 021-712-5050
 - viii. Wynberg 021-762-3729
- h. PlumRus Library 021-761-2323 or Residents contact Dianne 2 or Vivien 2113
- i. Physiotherapists , Rodele 082-215-2178 or Gillmore 021-701-9376
- j. Social workers:
 - i. Leigh Haselau 072-986-4733 or leighhas@gmail.com
 - ii. Wendy Robinson 083-595-3389 or wendy.rob@mweb.co.za
- k. Spiritual Care, Rhodene 021-761-2323 or 078-918-8780
- l. State Doctor, Dr. Camedien 084-225-5226
- m. Telly Tech, Steven 082-554-3130

3. Emergency Services:

- a. Ambulance Services
 - i. ER 24 084-124
 - ii. State 10177
 - iii. Netcare 911
- b. Funeral Services:
 - i. Doves Mary-Ann 021-761-6617
 - ii. AVBOB Elize 021-762-1101
- c. Police Station, Diep Rivier 021-710-7300
- d. Riskman officers - Gary, Stafford, Clayton or Mervin on 1001 or riskman@plumrus.co.za
- e. Reception - Lucille or Agnes on 1000 or reception@plumrus.co.za

4. Upgrades or additions in flats or Rooms:

- a. R+B Carpets cleaning, Brian 078-920-1268
- b. Leon's Carpets, Leon 021-910-0256
- c. Sun Wise Blinds, Gerald 083-651-1102
- d. Designer Building Cupboards, Wayne 082-202-3287
- e. Electo Spec electrician, Deon 082-877-9780

If all else fails contact Riskman/reception on 021-761-2323 or info@plumrus.co.za

	Pin Cushion	Sugar Bush	Stokoei
Saturday 14:30			
01 February 2020	Lean on me	Salmon fishing in the Yemen	Chocolat
Sunday 14:30			
02 February 2020	Potential Inside	Apollo 13	Chalk Garden
Monday 14:30			
03 February 2020	The Big Year	Victoria & Abdul	Salmon fishing in the Yemen
Saturday 14:30			
08 February 2020	Turning Back	77 Chances	Apollo 13
Sunday 14:30			
09 February 2020	What would Jesus do	Oceans	Victoria & Abdul
Monday 14:30			
10 February 2020	Chalk Garden	Victor	What would Jesus do
Saturday 14:30			
15 February 2020	Chocolat	Lean on me	Turning Back
Sunday 14:30			
16 February 2020	Victor	Potential Inside	77 Chances
Monday 14:30			
17 February 2020	Oceans	The Big Year	Victor
Saturday 14:30			
22 February 2020	77 Chances	Turning Back	The Big Year
Sunday 14:30			
23 February 2020	Victoria & Abdul	What would Jesus do	Potential Inside
Monday 14:30			
24 February 2020	Apollo 13	Chalk Garden	Lean on me
Saturday 14:30			
29 February 2020	Salmon Fishing in the Yemen	Chocolat	Oceans