



n e w s



FEBRUARY
Making a life-giving difference

Spiritual Care Program for February 2021

Fridays @ 09:30	Sundays @ 09:30	Sundays @ 18:00
5 th One Hour for Jesus	7 th Morning Service	3 rd Evening Service
12 th One Hour for Jesus	14 th Morning Service	10 th Evening Service
19 th One Hour for Jesus	21 st Morning Service	17 th Evening Service
26 th One Hour for Jesus	28 th Morning Service	24 th Evening Service

Why Did Jesus Keep His Scars?

World War 1 is among the deadliest conflicts in human history. Over 40 million people were either killed or injured during four years of bloody fighting. Having lived through the horrors of this senseless war, Edward Shillito wrote and published a poem in 1919 called "Jesus of the Scars". In it he expresses the desperation and brokenness of his heart. The wanton savagery and destruction had left him devastated, stripped of all hope of a peaceful future for mankind. Where could he go, who could he and others turn to for comfort?

Eventually, he found Jesus Christ was his only hope. Only Jesus could identify with the suffering he and millions had experienced. Only Jesus could comfort the countless victims of this catastrophe. As he reflected on the sufferings of Jesus, his thoughts turned to the cross and the events that followed. On the evening of his resurrection day, Jesus stood before his frightened disciples, showing them his hands and side. Startled, they stared at the wounds of his sufferings. Wounds on his resurrected body! Scars he would bear forever! When Shillito understood the meaning of this, his joy spilled over into the words of his poem. In the last verse he writes:

*The other gods were strong; but Thou wast weak;
They rode, but Thou didst stumble to a throne;
But to our wounds only God's wounds can speak,
And not a god has wounds, but Thou alone.*

Hundreds of years before Jesus birth, Zechariah the prophet spoke of 'wounds' the coming Messiah would receive in an unexpected way;

*If someone asks, 'What are these wounds on your body?'
he will answer 'The wounds I was given at the house of my
friends.'*
Zechariah 13:6

On Calvary, nails were driven through Jesus' hands and feet, and later a spear was thrust into his heart. There, abandoned by his Father, Jesus suffered and died. Laying down his life as a perfect sacrifice, forever wiping the slate of our sins clean. The cross was a once-and-for-all historical event in which God in Christ bore our sins and died our death because of his love and justice.



But this same God continues to suffer with us now. Not in the sense of an eternal sin-bearing on our behalf, but in the sense that he now also suffers with us in our failure and hardship, pain and sorrow. Jesus is the full and final self-revelation of God. For this reason, the feelings and suffering of Jesus are a genuine reflection of the feelings and suffering of God himself. While on earth, Jesus expressed love and compassion, anger and indignation, sorrow and joy. At the graveside of his friend Lazarus, Jesus wept. Overcome by the heartache of the mourners around him, and the depth of his own grief, Jesus' heart broke.

When faced with personal pain and sorrow, it's understandable that you question the fairness of life, or entertain thoughts of the seeming indifference of God. From a purely human perspective life isn't fair and God does sometimes seem distant and unconcerned about the world's suffering, including your personal pain and sorrow.

But thankfully, those of us who know, and love God, know this is not the case. He, who sometimes allows suffering into our lives, once suffered himself, and continues to suffer with us today. Like Shillito, we find comfort in the fact that the risen Jesus showed his disciples and Thomas the wounds of His crucifixion. Eternal 'proof' that in Jesus, the Godhead not only suffered for us, but suffers with us still. Only a suffering God, can and does, suffer with us. This is the outworking of his unfailing promise to 'never leave us or forsake us.'

You too, can reach out to him in the midst of your suffering, and know the comfort of his infinite concern for you. **This is why Jesus kept his scars.**

Prayer To God, From A Senior Citizen

Loving Father, You have been my Rock in times of trouble, my Peace in times of distress and my Shelter from the storms of life – but Lord as I advance in years I find I am becoming weary, and worn-down with life in general - and I need You to be my good and gracious Shepherd, as my steps are slowing down to a shuffle and my health is showing signs of fatigue... Carry me on Your shoulder, my Saviour and let me rest quietly in the crook of Your loving arms. Give me strength to face each day – for new every morning is Your love for me...

Lord You have been my faithful Friend through so much of my life. You guided me thorough my childhood and were there during those days of carefree youth. You were with me as I entered into the joys and woes of marriage and supported me through the frantic years of parenthood. And now in the twilight years of my life I am so thankful that You are my precious Saviour Who loved me so much that You took the punishment on the cruel cross - that I rightly deserved. How can I ever thank You enough - my Lord and my God....

Visit me I pray in my advancing years and nourish me as I turn each day to Your precious Word for my daily sustenance. I love You Lord and although I long to be with You and see You face to face – while-ever there is breath in my body – may I be used as a channel, through whom Your love flows out to others. Thank You Father that I may come boldly to Your throne of grace – in and through the wonderful name of my Lord and Saviour, Jesus Christ, **AMEN**



Die Nagmaal en Verbond

Andre Von Below het met ons die betekenis van die heilige nagmaal gedeel. Hy het dit verduidelik teen die agtergrond van die Hebreeuse kultuur en tradisie om 'n verbond aan te gaan. Ons is daaraan herinner dat Jesus deur die uitstorting van sy bloed die uiteindelijke prys vir ons oortredings betaal het. Inwoners en Personeel het in die gedesentraliseerde sitkamers en in die Koffiewinkel om die nagmaal tafel vergader.



Wees 'n Sonneblom.

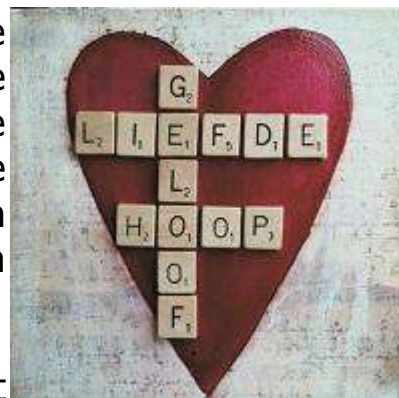


'n Sonneblom kan op die ashoop staan sonder om
neer te kyk na die vuilgoed aan sy voete.
Sy kop is altyd gedraai na die warmte van die son.
Mag God se warmte jou ook so trek,
dat jou oë altyd op HOM gevestig bly en jy
Sy skoonheid aan die ashoop van die wêreld sal
vertoon.

Kyk altyd met verwagting op na HOM.

GELOOF, HOOP EN LIEFDE

Ek wonder so baie keer wat dit is wat die lewe die moeite werd maak. Hoe kyk mens vorentoe? Hoe moet ek my lewe bestuur, en inrig om die lewenspad die moeite werd te maak, om ten spyte van moeilike tye nóg 'n dag op te staan, wéér 'n dag aan te pak waarvoor ek dalk nie lus is nie. Om positief te bly in negatiewe omstandighede.



Voordat ek hierdie stukkie begin voorberei het, het 'n klomp dinge deur my kop gegaan terwyl ek gedink het oor wat alles nodig is om goeie bestuur van my lewe toe te pas. Bv. wees tevrede, doen vir ander iets, tel jou seëninge, verwerk stres en bekommernis, sorteer probleme uit, handhaaf goeie verhoudinge, ens. Wel, ál hierdie dinge moet in plek wees om 'n sinvolle lewe te handhaaf, maar ... toe kry ek die heel beste raad in drie eenvoudige woorde. Woorde wat so ryk aan inhoud is, dat ons seker ure en dae oor elkeen kan praat, deur dit te bedink, ontleed en deur te trap. Drie woorde wat alles bevat om sinvol te leef, vrolik op te staan, positief te bly, uit te sien na môre. Ek het besluit dat ek wil probeer om elke oggend hierdie drie woorde te oordink voordat ek opstaan. Jy ken hierdie drie woorde baie goed, dit kom uit 1 Kor 13:13 "En nou: geloof, hoop en liefde bly, hierdie drie. En die grootste hiervan is die liefde."

Geloof, hoop en liefde... na my mening is dit die antwoord op 'n sinvolle, vreugdevolle lewe.

GELOOF

Heb 11:1 sê wat geloof is: *"Om te glo is om seker te wees van die dinge wat ons hoop, om oortuig te wees van die dinge wat ons nie sien nie"*. Hoor jy: die dinge wat jy nie sien nie. Hoe sien jy die toekoms? Sien jy altyd 'n halfvol of 'n half leë glas? Weet jy, ek glo vas ek gaan Vrydagoggend weer hier sit. Daar is absoluut geen rede om die teendeel te glo nie. Die kans is een uit miljoene dat ek voor dit iets vreesliks gaan oorkom. Daarom glo ek 100% dat die Here my tot dan gaan beskerm. Natuurlik is ek geensins vrygestel van iets slegs wat met my kan gebeur nie, maar ek glo alles sal fyn wees. Ek glo in God wat my genoeg rede gee om Hom te glo.

Geloof maak nie somme nie, en voorspel nie die toekoms nie. Geloof is blind, geloof berus op vertrouwe, spesifiek in Jesus Christus wat my gered het. Ja, iets kan gebeur, ek kan omkap, maar niks kan my saligheid wegvat nie - juis omdat ek glo. Geloof sê daar is 'n krag

groter as ek. Geloof sê dat ek swak is, maar dit is okay. Paulus het gesê: "As ek swak is, is ek sterk". Geloof maak dat ek die toekoms met 'n 10 pond hamer aanpak.

HOOP

Voel jy dalk hoop loos, of hopeloos? Geen mens kan hoop hê sonder geloof nie. Niemand! Hoop se fondament is geloof. Hoop kan nie op sy eie gestalte kry nie. Hoop is 'n gawe, 'n lewenskwaliteit, dit is 'n uitsien na iets wat voor jou lê, wat jy nie noodwendig altyd kan teweegbring nie. Hoop is niks anders as 'n lewensuitkyk waarop jy self besluit nie. Ek kan nie hoop vir jou kies nie; ek kan probeer om vir jou hoop te gee - dit hang net af of jy my sal glo. Kom ons probeer ... vriend, wil jy hoop hê vir die toekoms? Soek jy weer 'n silwer randjie om die donker Suid-Afrika wolk? Kom ek gee jou hoop met net vier woorde: "God is in beheer". Nou hang dit net af of jy dit glo. Hy is in beheer van jou lewe, van Suid-Afrika, Zimbabwe, jou probleme Alles! As jy dit glo, kan jy hoop hê. Ag, en as jy nog sukkel, kom ons gebruik bietjie "common sense": is jy miskien gister vermoor? Het jy kos gehad om te eet? Het jy 'n dak oor jou kop? Ag, weet jy, dit sal waarskynlik volgende week ook nog so wees. Gebruik jou geloof om vir jou hoop te gee. 1 Pet 3:15: *Wees altyd gereed om 'n antwoord te gee aan elkeen wat van julle 'n verduideliking eis oor die HOOP wat in julle lewe.* Lewe daar hoop in jou?

LIEFDE

Liefde is reguit van God af. 1 Joh 4:8 "*God is liefde*". Jy kan nie liefde hê sonder God nie. Jy kan ook nie liefde hê sonder hoop nie. God het ons baie baie spesiaal geseën deur iets van sy wese in ons in te bou. Daarom, as ons mekaar bemoedig, kan dit net gebeur as dit met liefde gepaardgaan. As ek jou lief het sal ek jou aanspoor tot groter hoogtes. Ek sal jou nie aftrek nie. As ek jou lief het, sal ek Jesus se hande en voete vir jou wees. As ek liefde het, kan ek vorentoe gaan. Liefde vir God, liefde vir God se kinders en ja, selfs liefde vir God se vyande ... moeilike een, of hoe? As ek lief het stel ek myself laaste, die ander eerste. Liefde bring positiwiteit.

Geloof, hoop en liefde. Hoe lyk dit, sien jy kans vir die toekoms?





OUR RESIDENTS

4 th	Margaret Stringer	MV202	70
6 th	Alexander Banfield	F125	92
6 th	Dianne Slabbert	N107	85
7 th	Gabriel Africa	R21A	98
9 th	Penny Hawson	R7	73
9 th	Zelda Pover	N003	86
11 th	Lynette Kelly	R40b	64
12 th	Leslie Bester	F117	61
12 th	Janet Montague	R61	79
13 th	Johanna Engelke	F016	81
13 th	Carolina De Wit	N005	78
15 th	Joseph Henn	F013	77
16 th	Esme Theart	F104	79
17 th	Gary Haselaue	R1	85
20 th	Sheilagh Dowie	R76	84
20 th	Lily Van Der Linde	F023	79
25 th	Frans Nieuwoudt	N001	81

*May He give
you the desires
of your heart
and make all
your plans
succeed*

Psalms 20 vs 4



OUR MEMBERS

- 5th Mr Malingo
- 7th Mrs Martinus
- 15th Mr Couves
- 20th Ms Hector

OUR STAFF

1	R Koense	Management
3	E Solomon	CCL
4	P Petersen	CCL
9	P Velani	CCL
10	J Jacobs	Maintenance
11	T Hope	CCL
12	M Smith	CSC
12	K Wyngaard	CSC
12	S Janson	HC
23	N Lewin	HC
25	S De Beer	HC
25	K George	HC
28	G Holtzhausen	Management



Februarie, die maand van liefde, nie net vir die verliefdes nie, maar juis om liefde vir jou naaste te betoon en geen beter voorbeeld as Moeder Teresa wat elke dag liefde bewys het en gesê het "The hunger for love is much more difficult to remove than the hunger for bread" & "It's not how much we give but how much love we put into giving." Mag jy dieselfde & nog meer liefde ontvang as wat jy uit deel....



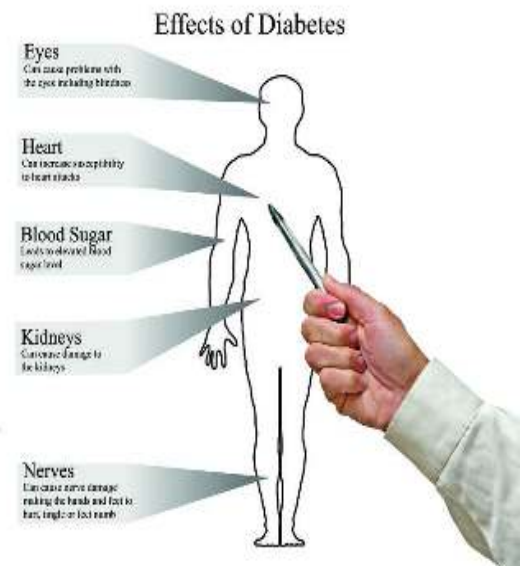
DIABETES AND COVID-19

We're more than 12 months into the Covid-19 crisis! Data has begun to show that our biological sex plays a big role in our response to the Covid-19. More men seem to be dying from acute infections than women.

Researchers in the Netherlands have highlighted the fact that male and female immune systems are slightly different. They believe this difference is linked to the X chromosome in every cell of the human body - women have two of these chromosomes, and men have one. Given the fact that women have two, they seem to have a slightly stronger immune system than men. This could explain their higher resistance to infections like Covid-19. While this is heartening if you're a woman, it doesn't mean you can't or won't contract Covid-19! You still need to be responsible in the way you protect yourself and those around you, by following the well known protocols of wearing a mask in public, social distancing, and regularly washing your hands etc.

There are however other health related issues that increase everyone's risk of serious complications from Covid-19...whether we're a woman or man! These are pre-existing health conditions we have before coming into contact with Covid 19. There are many of these conditions - one of the most common is diabetes.

Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. Blood glucose is your main source of energy and comes from the food you eat. Insulin, a hormone made by the pancreas, moves glucose from the food you eat into your body's cells where it's used as energy. Sometimes your body doesn't make enough - or any - insulin, or doesn't use insulin well. Glucose then stays in your blood and doesn't reach your cells. The resulting high levels of glucose in your blood cause an inflammatory response from your immune system. Because of this, diabetics often experience changes in lining of their blood vessels and may develop heart disease.



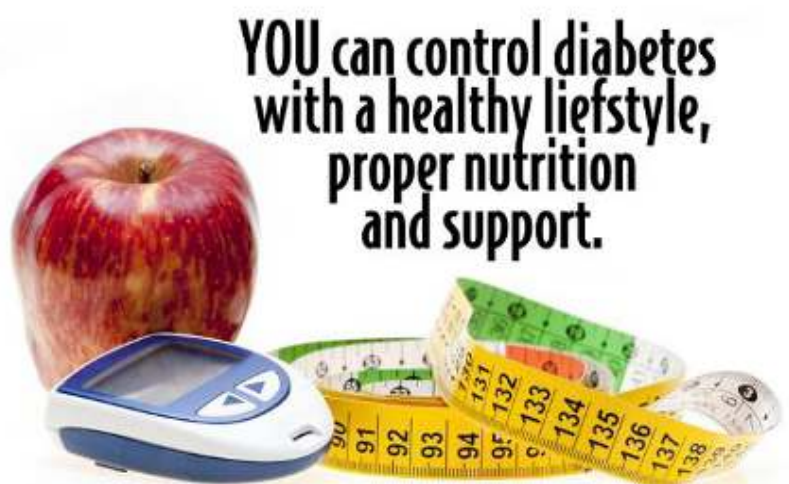
Over time, high levels of blood glucose diminish the functioning of your immune system. This in turn, decreases your body's ability to deal with invading infections. During the first wave in 2020, a Western Cape

Government report stated that 52 out of every 100 Covid-19 deaths were of people with diabetes. High levels of blood glucose are thought to speed access of the virus into cells in our blood vessels, heart and kidneys, eventually causing these organs to break down. If you're a diabetic, the earlier a Covid-19 infection is detected and treated, the better your chances of recovery are. So, if you feel unusually tired, or have a fever or cough, tell the nursing staff as soon as possible.

January, February and March are the hottest months of the year in Cape Town, and diabetes can interfere with your body's ability to regulate its temperature. This is due in changes in blood circulation, and decreased amount of sweat the body produces as a result of diabetes. Hot conditions can also lower blood glucose levels by increasing insulin absorption. That's why extra care needs to be taken in managing blood glucose levels during these warm times.

If you're living with diabetes, here are a few helpful ways to keep it well controlled:

- Monitor your blood glucose levels regularly. Keep records of your readings and report anything unusual to the nursing Sister.
- Drink plenty of water even if you're not thirsty.
- Manage your diet as best you can, and read-up about diabetes. The more you know about your condition, the better you'll be able to cope it.
- Avoid alcohol or drinks with caffeine in them...tea, coffee, and energy drinks.
- Store your insulin in the fridge or a cooler bag, and oral diabetic medication in a cool place out of direct sunlight.
- Use a sunscreen to prevent sunburn which causes inflammation of your skin. This can result in a raised blood glucose.
- Do your best to exercise by walking around in the fresh



**YOU can control diabetes
with a healthy lifestyle,
proper nutrition
and support.**

air for 10 – 15 minutes each day.

- Remember your feet. While walking around bare foot in summer helps you keep cool, it also increases the possibility of injuring your feet. Check them daily for any signs of trouble.

If you have any blood glucose related problems, Diabetes South Africa is willing to assist you free of charge. You can contact them via WhatsApp at 0815786636 or via email at diabeteshelp@sancda.org.za



Summer is a wonderful time of the year! The long warm days and cool evenings mean plenty of time to spend together with family and friends, enjoying the outdoors or even getting a little more exercise! So, in spite of the pandemic, and even if you are a diabetic, always find time for the things that make you feel happy to be alive!



Our gardens are looking beautiful with all the amazing colours and creative display stands. Thank you to all the Residents who as a labour of love spend time, money and effort to bring so much beauty into our lives. Mrs Marie Knuppel, thank you for the creative pot plants.

Did You Know?

- ✚ There is always a Sister and Manager on call 24 x 7. One of our **Sisters is on call 24 x 7** to assist our Staff Nurse on duty.
- ✚ The passages in PlumRus North are **57 meters long** x 3, plus our staircases east and west side. There is no better exercise for any elderly person if you are mobile.
- ✚ There is always, **24 x 7, a Staff Nurse** In Charge on duty to assist you in an emergency
- ✚ The walkway around our buildings is **484 meters** x 2=**1 kilometer**
- ✚ There is always, **24 x 7, a RiskMan Officer** on duty to assist you with any medical, security, fire, water, electricity or safety problem.
- ✚ We have 3 groups in 1 PlumRus Team (Staff) called;
 - The **Zebras** day and night nursing group, reception/riskman group, security guards group and a dayshift catering group. They work 12 hour shifts 6:30 to 18:30
 - The **Kwaggas** day and night nursing group, reception/riskman group, security guards group and a dayshift catering group. They work 12 hour shifts 6:30 to 18:30
 - The **Elephants** group working 6:30 – 16:00 or 7:30 to 17:00 including domestic and facility care groups, office and admin group, maintenance and garden group and the management group.
- ✚ There is daily, **365 days a year, an operational report** to all managers every morning
- ✚ How to **lose weight** – you cannot eat all on display every meal at PlumRus, you need to discipline yourself with the right balance according to your length, body and mind. Let us check the health care catering display:
 - Coffee or tea + Rusk in bed
 - Breakfast - juice, yogurt, porridge, toast and coffee – Wednesday and Saturdays something special bacon and eggs
 - Tea time – tea or coffee with small snack

- Lunchtime – good balance meal with juice, soup as a starter, home cook meal, fruit or dessert and self help tea or coffee
 - Afternoon tea/coffee
 - Supper - soup + sandwiches and something special Tuesday, Thursday and Saturdays tea or coffee
 - Evening Milo, tea, coffee and a snack
- You need to be very disciplined not to add on extra weight.

Therefore, how to lose weight..... change your mindset!

✚ **Pot plants @ PlumRus.** Did you know simplicity is more – please do not overdo pot plants. How do you know somebody is old – check the amount and condition of their pot plants – no !!! – kry een mooi groot pot en hou dit daagliks in stand. Keep your hand on it.

✚ Did you know we have **washing lines** at the back of the buildings for



your convenience–please do not hang any washing on your burglar bars or windows please – what will happen if all residents hanged their washing on their burglar bars – **Siestog, dit lyk nie mooi nie!**

✚ Did you know that in the aging population, exercise has been shown to prevent disease, lower the risk of falls, improve mental health and well-being, strengthen social ties,



and improve cognitive function? **There is Gym Trim every Tuesday in Bobbie Liebenberg at 09:30. All welcome!**



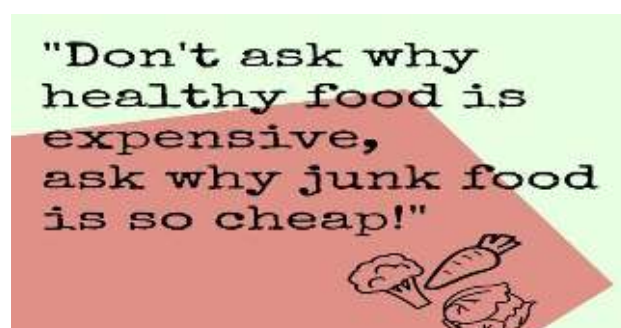
Un-Healthy Food for 2021.... by George

Eat a healthy, balanced diet filled with wholesome foods such as vegetables, fruits healthy fats and protein. The following should be avoided:

- Sugar
- Soda and sugary drinks
- White bread
- Margarine
- Sausages
- Deep-fried foods, chips, crisps
- Refined wheat foods
- Ice cream and sweet
- Cow's milk
- Beer

Please do not follow this advice at all because then our Coffee Shop cannot contribute to our income which implies higher levies!

Enjoy every meal and every tea or coffee time but don't overdo it. Health at PlumRus is well balanced diet, exercise, attending stimulation activities, walks in the garden, drinking fresh water, spending some time with your friends in the Coffee Shop and enjoying homemade cake/tarts, burgers and much more. Alles waar 'n "te" is, is kommerwekkend, te veel kos, te veel drank, te veel skinder, te veel geld ens. behalwe teveel-liefde is nooit ooit verkeerd nie.



Februarie / February 2021

Maand Program / Monthly Program

Monday 1	Tuesday 2	Wednesday 3
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 15:00 Friends Meeting	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 E4 11:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 15:00 Croquet
8	9	10
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 15:00 Garden Club Meeting	09:00 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 E6 11:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 15:00 Croquet
15	16	17
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	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
22	23	24
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	09:00 Shopping Constantia Village 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 E10 11:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 15:00 Croquet

Thursday	Friday	Saturday	Sunday
4	5	6	7
08:30 Library 09:00 Morning Market 09:00 Shopping Constantia Village 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	09:30 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 E5	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: loounges 15:00 Movie in Lounges Out of Africa 18:00 Woord & Lied
11	12	13	14
08:30 Library 09:00 Shopping Blue Route 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 E7	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: loounges 15:00 Movie in Lounges Love, guaranteed 18:00 Woord & Lied
18	19	20	21
08:30 Library 09:00 Shopping Constantia Village 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	09:30 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 E9	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges Penguin Bloom 18:00 Woord & Lied
25	26	27	28
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 18:30 Lotto Draw 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 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 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: lounges 15:00 Movie in Lounges The Last Summer 18:00 Woord & Lied

PlumRus 'n hospitaal of 'n apteek ?.

Ons is in die besigheid van mense, ouer mense, en in die basiese versorging van ouer mense wat in ons sorg gelaat word. Egter is ons in vennootskap met die familie, dokters/hospitale/apteke om hierdie spesiale Inwoner te versorg. Basiese versorging sluit in:

- Goeie gebalanseerde etes
- Skoon akkommodasie, linne en klere
- Medisyne en nappy administrasie
- Alles omvattende stimulasie en aktiwiteite program
- Vriendelik, veilige en gelukkige omgewing met behulp same personeel
- Basiese verpleegsorg en hulp met daaglikse lewens take
- Geestelike program wat alle dienste anker.
- Gesonde en oop kommunikasie met ons Inwoners en vennote





International Epilepsy Day

Epilepsy, also called seizure disorder, is a diverse group of neurological disorders of varying types and severities which are characterized by recurrent seizures. When a person has had two or more seizures which have not been provoked by specific events such as trauma, infection, fever or chemical change, they are considered to have epilepsy.

Epilepsy and seizures can develop in any person at any age. New cases are most common in children, especially in the first year of life.

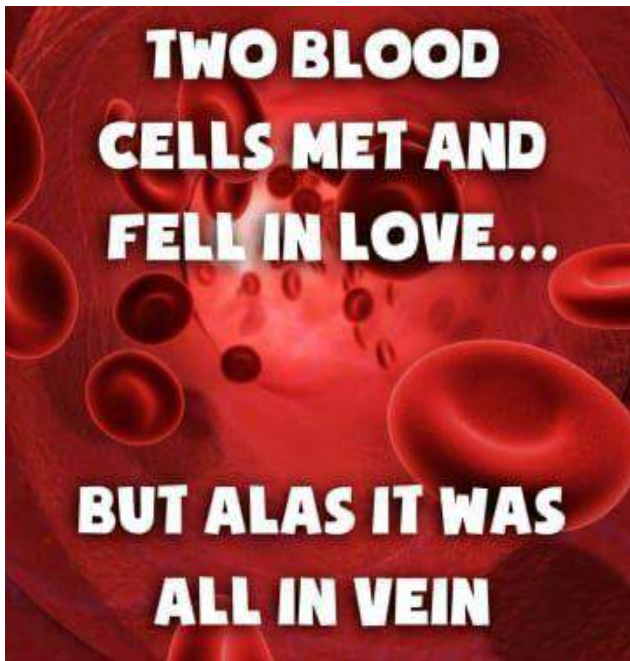
In general, epilepsy and seizures result from abnormal circuit activity in the brain.

UNDERLYING CAUSES FOR EPILEPSY INCLUDE:

- Genetics
- Brain structure abnormalities
- Metabolism changes
- Immune system abnormalities
- Trauma
- Stroke
- Tumors
- Infectious disease
- Unknown causes

Available treatment options include:

- **Anti-epileptic (anticonvulsant, antiseizure) drugs:** These medications can reduce the number of seizures you have. In some people, they eliminate seizures. To be effective, the medication must be taken exactly as prescribed.
- **Vagus nerve stimulator:** This device is surgically placed under the skin on the chest and electrically stimulates the nerve that runs through your neck. This can help prevent seizures.
- **Ketogenic diet:** More than half of people who don't respond to medication benefit from this high fat, low carbohydrate diet.
- **Brain surgery:** The area of the brain that causes seizure activity can be removed or altered.



Welcome to PlumRus Blister Packing

Who are we?

We are the Blister Packing and Medicine Administration team of Plumrus. Our team consists of Divine (Medicine Administrator Manager), Chantal, Lindsay and Tarryn.

What do we do?

Blister packs is our thing.

In a summarized version:

- We receive a script for medication.
- A treatment plan is developed.
- Blister pack is packed.
- Blister pack is checked by Packer, Medicine Administrator and Sister-in-charge.



When did we start?

On the 23 March 2020 the blister packing was established and we have been packing ever since.

What is our goal?

To create structured medicine administration between Resident and their medication.

By Blister packing we ensure that the script and Doctors instructions are communicated effectively through a blister pack, and by so doing it is confirmed that the resident is taking their medication on time and correctly.

To ensure that we pack in a clean hygienic environment, as well as the practicing of washing of hands and sanitizing of packaging equipment.

Although we are not a pharmacy, we still apply the scope of Pharmacy Practice for safety and efficiency in our blister packing role.

Who should use our services?

Residents who are no longer able to administer their own medication due to memory loss, physical frailty and for their general peace of mind.

We are here to help, one tablet at a time!



For more information contact Divine Mitchell on X1017 or divine@plumrus.co.za



Aging in Place: Growing Older

The stairs are getting so hard to climb.

"Since my wife died, I just open a can of soup for dinner".

"I've lived here 40 years. No other place will seem like home".

These are common issues for older people. You may share the often-heard wish—"I want to stay in my own home!" The good news is that with the right help you might be able to do just that. Staying in your own home as you get older is called "aging in place"



What Support Can Help Me To Age at Home?

You can get the type of help you need in your home;

Personal care. Is bathing, washing your hair, or dressing getting harder to do?

Meals. Worried that you might not be eating nutritious meals or tired of eating alone? Is it hard for you to get out?

Health care. Do you forget to take your medicine? Have you just gotten out of the hospital and still need nursing care at home for a short time?

Companionship. Do you often feel lonely?

Common Concerns About Aging in Place

If staying in your home is important to you, but you may still have concerns about safety, getting around, or other activities of daily life.

Our CSC Team will help you make the necessary life adjustments. Give them a call on 021-7612323 X1020 or email rhodene@plumrus.co.za

Mercy rewrote my life

For years I traveled a road all wrong
My heart had lost every joy, oh every song
Till grace placed me right where I belong
When mercy rewrote my life

Mercy rewrote my life
Mercy rewrote my life
I could have fallen my soul cast down
But mercy rewrote my life

I will never be able to listen to this song again without thinking about you. It was one of your favourite songs and the testimony of your life.

Sr. Muriel Mapling joined the PlumRus team in November 2019, as the Health Care Manager.



Sr. Muriel was a decorated professional nurse who wore her epaulettes with great pride, a reward for years of hard work and academic excellence. If ever she felt that her professional opinion was not being heard she reminded us that what she carried on her shoulders was not handed to her, or a token, it came from sacrifice, hard work and pure dedication to her calling as a nurse.

It was this same pride and dedication to her profession that caused her to often "bump heads" with her staff, who appeared, in her opinion, not to show the same level of passion and compassion for the Residents, and respect for their uniform, as she had. Although she was often fairly descriptive in her outbursts, when you took the time to understand her, it mostly came from a place of pure passion.

Technically and academically she was by far one of the best Nursing Managers we were privileged to have had as part of the team at

PlumRus over the years. While we navigated the Covid-19 protocols and the impact of it on our Residents and Staff, especially in the early stages of the first wave, Sr. Muriel brought a sense of calm to many a management discussion. She went the extra mile to acquire as much information as possible, from external medical professionals, about the virus so that she always contributed to the conversation from a scientific, medical point of view. However, she was able to show her compassionate side, whenever she needed to consider special requests from Residents and their families.

The sacrifices she often referred to included the fondest memories she readily shared of her childhood in "Die Kouebokkeveld" (Ceres). She believed that if she could rise above her circumstances she was born into then surely our staff could do the same. She was an activist who could not understand how young people today could still allow themselves to be oppressed by a society that was still not ready to treat everyone as equals.

Sr. Muriel readily complimented others when she thought they looked beautiful. She was known as a "power dresser" herself (when she was out of her uniform), as was mentioned at her memorial. She had many other talents such as writing stories and plays, which we at PlumRus had yet to experience. She loved sharing a good story, with all the imitations necessary. And yes, she had the most infectious laugh, which we will miss for a very long time.



2 Timothy 4 vs 7 "I have fought the good fight, I have finished the race, I have kept the faith."

Rus Sag Sr. Muriel, tot ons weer ontmoet!

Masks for Medics

It is often in times of difficulties and challenges that the true human spirit comes to the fore. The domino effect of the Covid-19 pandemic has not only wrecked havoc in our lives but has impacted our livelihoods as well. Many have loss jobs and find themselves in financial despair. Companies have had to close their doors. The NPO sector has had many such "casualties". We, at PlumRus, can truly say that it is only by God's grace that we have not buckled under the pressure.

We would like to acknowledge the generous donation of PPE received from Masks for Medics. Your partnership in providing the essential PPE supplies goes a long way to managing the safety protocols while simultaneously safe guarding our operational sustainability.



With this generous donation we in turn could extend a helping hand to the churches where we operate a Senior Centre, in order for them to put the necessary protocols in place in order for their doors to be open or worship services.



THANK YOU

Welcome Home

— WHERE YOU BELONG —



Mr and Mrs Lourens got married the 29th March 1958 in Beauford West, they are still waiting for the Honeymoon. They love people and “mingling” with new people. They are very close to their family and loved ones. (F127 East)



Mr Willex Greeff - R022A
Loves walking and talking on the phone



Mr Benjamin Fortuin – R024
Quite the talkative type. Use to be a tailor (designed jeans) and loves giving compliments.



Mrs Matilda Brophy – R026A

Loves her Sunday Roast and to have tea and cake. She still enjoys paging through a magazine or to do people watching.

Mr Martin & Mrs Louise Barnard - N203

Both are retired teachers with a love of music. Mrs Barnard gave Piano lessons.



Mr George Ubsdell - R057B

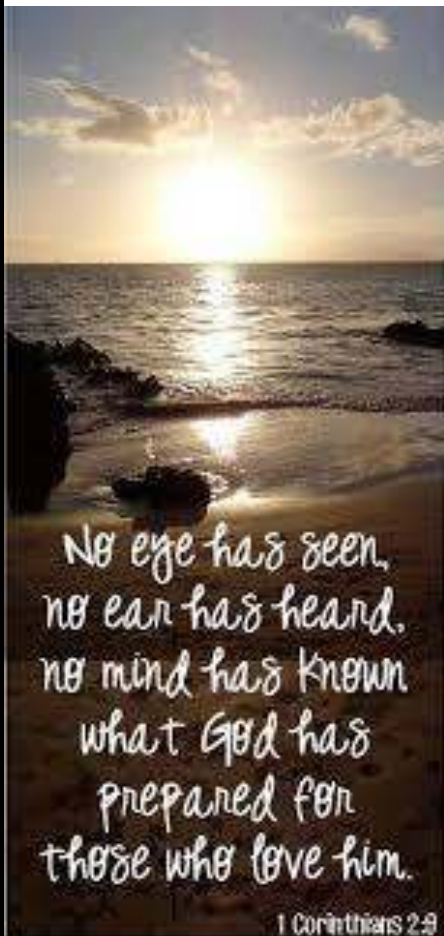
Mr Ubsdell is a quiet person, who enjoys watching TV and meeting up with old friends



Mrs Grethen Smith - R059

Loves her family and is an avid reader

Remembering our Residents Who Have Passed On



Mrs Annie Brooks
Mrs Irmagard Ervens
Mrs Mary Kroukamp
Mrs Faans Klopper
Mr Alan Hodges
Mrs Catherine Rhoda
Mrs Elizabeth Du Toit
Mr Bernard Gerber
Mrs Eileen Venter
Mr Johan Viljoen
Mrs Maria Britz
Miss Stella Wilson

WHAT WAS.....



WHAT IS.....



WHAT IS TO COME!



FOR THE LOVE OF MUSIC

H	T	F	K	H	U	F	K	Z	B	P	O	Z	N	L	W	J	O	V	N	A
Z	C	V	R	O	G	T	T	F	L	O	W	J	Q	H	A	G	I	T	E	W
B	M	F	C	S	R	F	N	K	C	U	R	S	A	I	N	T	O	N	E	V
D	W	G	O	A	P	R	P	K	K	N	M	S	H	A	Z	V	E	F	W	A
R	J	G	M	T	M	K	Y	X	G	D	M	P	T	I	S	A	C	T	E	F
U	S	G	P	O	R	X	T	P	T	I	K	P	C	B	P	Q	T	Q	R	N
M	G	W	O	W	T	F	X	B	T	N	B	G	L	E	J	H	J	L	H	R
K	W	F	S	R	W	I	W	O	L	G	V	E	V	J	G	R	O	A	A	L
I	E	G	I	S	Q	F	O	O	Y	J	P	J	X	I	F	N	O	P	Q	E
T	E	M	T	X	V	G	B	N	T	M	K	B	R	B	M	J	L	C	Y	H
G	U	P	I	X	U	M	X	A	P	P	R	Y	T	W	C	Z	O	S	K	G
O	P	R	O	Q	L	B	D	K	R	V	P	V	B	O	A	M	R	E	Z	R
S	X	O	N	X	S	P	P	Y	P	O	Z	V	Q	H	W	D	C	N	Q	U
P	S	O	L	M	Z	U	R	E	C	O	R	D	S	S	D	Q	O	W	V	N
E	G	Q	O	K	A	T	Y	D	X	S	B	E	B	O	P	R	M	F	E	G
L	J	Y	B	K	A	O	Z	U	Z	C	B	L	J	D	O	X	P	S	R	E
J	N	C	O	L	L	A	B	O	R	A	T	E	T	N	Z	J	O	W	S	N
S	Z	B	K	R	A	P	P	E	R	W	E	O	A	H	J	T	S	Q	E	R
O	O	I	T	U	N	E	L	E	S	S	D	I	G	Y	D	X	E	Q	G	E
S	C	R	A	T	C	H	I	N	G	X	P	T	X	I	L	Y	R	I	C	S
L	C	X	A	H	M	S	A	W	M	K	O	C	T	J	U	J	O	E	L	A

BEBOP	FLOW	LYRICS	RECORDS
COLLABORATE	GENRE	MOTION	ROCK
COMPOSER	GOSPEL	PIANO	SCRATCHING
COMPOSITION	GRUNGE	POLKA	TANGO
COPYRIGHT	HIP HOP	POUNDING	TUNELESS
DRUM KIT	INTONE	RAPPER	VERSE



Happy 90th Birthday Mary Banfield



Ms Banfield chose to celebrate her special birthday over tea with family & friends.



Ons visie vir 2021

Ons wil graag n **lewegewende verskil maak** in die lewens van ons Inwoners, Personeel en Families in die nuwe jaar. Dit is nie wat ons doen wat gaan saak maak nie, **maar hoe ons dit doen** om alle verwagtinge te oorskry. Ons is wel beperk met fondse maar ons **moet goeie rentmeesters wees** van ons inkomste en uitgawes. Ons resultate en suksesse is 110% afhanklik van **ons vennootskap met ons Inwoners, families, dokters en ons personeel**. Kom ons ondersteun mekaar, help mekaar deur dik en dun, in moeilik en lekker situasies en sodoende help ons, ons geliefde Inwoners – dit is ons roeping !!.

My liefie, my engel, my alles . . .

Ek sukkel en sluk om woorde te kry,
n magtige woordeskat te klein om te stry,
ek voel my gedagtes en sien jou daarin,
maar woorde ontgaan my om dit te besin.

JOU glimlag hou die mag om my aan te laat gaan,
JOU trane hou die mag om my hart te laat staan,
JOU oe wat sprankel as jy so na my kyk,
het gister se vlekke op my hart uitgebleik,
verskoon dus die eenvoud van wat ek is,
JY is die veelvoud van wat ek mis,
JY is die een wat ek bemin,
JY en die lewe wat in jou begin!

Die gevoel wat ek kry as jy aan my raak,
vermenigvuldig my liefde aan jou bemaak,
en meer as ooit kan ek nie eens se,
hoe dit voel om liefde van jou af te he.

Die woorde hier is te kort en te min,
om my liefde vir jou in geheel te besin,
dus sukkel en sluk ek om woorde te kry,
wat werklik beskryf wat jy beteken vir my!

