



Interesting facts about the January birth flower – The Carnation

- White carnations suggest pure love and good luck, light red symbolizes admiration, while dark red represents deep love and affection.
- Carnations come as annual, biennial and perennial varieties. Carnations can be planted in flowerbeds, borders, rock gardens and even containers like pots.
- Carnations will flower well into fall if they are guarded against harsh weather.
- Border carnations, most commonly grown in gardens, bear four or five large flowers per stem and bloom once a year in the summer.
- Perpetual flowering carnations are usually grown in greenhouses and used for cut flowers.

Spiritual Care Program January 2020

Fridays @ 09:30

3rd Mr Holtzhausen & Friends

10th Ds. Derrick Marco

17th Bishop Joe Bell

24th Pastor Abe Mecuur

31st Pastor David Muller

Sundays @ 09:00

5th Mr Barney Beck

12th Rev. Percy Solomon

19th Rev. Stan Want

26th Mr Neville Holmes

Sundays @ 18:00

5th Mr Freddie Roelofse

12th Dr Chris Saayman

19th Dr. Chris Saayman

26th Dr. Chris Saayman

Happy Birthday to our Residents



1st	Hazel Meihuizen	Flat 3	78	English
2nd	Rita Benn	Annex 1	85	English
3rd	Yvonne Graney	Room 25B	90	English
3rd	Valerie Mathew	Room 2	87	English
5th	Annette Slabert	Flat 6	79	Afrikaans
6th	Mary Kroukamp	Room 38A	93	English
6th	Hendrina Jansen	Room 42B	92	Afrikaans
9th	Karin Klein-Werner	North 106	79	Afrikaans
14th	Jeannette Percival	Room 11	83	English
14th	Mary Banfield	Flat 21	89	English
15th	Susanna Filmlalter	North 2	90	Afrikaans
18th	Roy Binedell	Flat 124	82	English
20th	Bernard Gerber	Room 75	91	Afrikaans
28th	Catherine Rhoda	Room 23A	86	English
29th	Jeanette Venner	North 208	79	English
31st	Rosalita Aupiais	Room 27	73	English
31st	David Witter	North 210	63	English

Happy Birthday to our Staff



2nd	Johan van Zyl	Driver
3rd	Nono Stuurman	Laundry
3rd	Charmaine Abrahams	H/Care
6th	Veronique Jacobs	H/Care
8th	Selina Fisher	CSC
10th	Nicole Mitchells	H/Care
11th	Marche Marankey	Cleaner
11th	Max Wollenhoven	Cleaner
15th	Melissa Paulse	H/Care
15th	Annelise Hope	Cleaner
16th	Brenda Julies	H/Care
16th	Lenore Jacobs	H/Care
17th	Chané Felix	Kitchen
17th	Paulette Hayes	H/Care
18th	Maria Brown	Cleaner
20th	Sylvia Rezandt	H/Care
24th	Tarryn-Lee Adams	H/Care
25th	Anthea Lekay	H/Care
26th	Kaylin Lucas	CSC
26th	Lizaan Van der Vent	Laundry
27th	Kim Frantz	CSC

Hoe begin 'n mens die nuwe jaar?

Reël een: Wys die wêreld hoe God lyk. Mense leer hoe God lyk deur te kyk na mense wat goddelike dinge doen. Jy hoef nie volmaak te wees nie, maar kan deur jou lewe iets van God se aard uitstraal.

Reël twee: Wees dankbaar vir die lewe wat God jou geskenk het. Die grootste kompliment wat jy aan die gewer van 'n geskenk kan maak is om die geskenk ten volle te geniet. Jy is dit dus aan jou Skepper verskuldig om so gelukkig te wees as wat jy kan sonder om jou te belas met onnodige skuldgevoelens en verwyte. Die lewe is meer as 'n eksamen waar jy moet bewys hoe goed of hoe slim jy is. Dis 'n avontuur met laagtepunte, hoogtepunte en gelyktes, maar altyd 'n onvergelyklike ervaring.

Reël drie: Wanneer jou lewe op 'n laagtepunt is, beweeg aan of probeer ten minste om een voet voor die ander te sit al verg dit by tye al jou krag en inspanning om dit te doen. Al is die pad hoe donker, kyk hoe ver jy voor jou uit kan sien.

Reël vier: Verwag dat daar tye van vertwyfeling sal wees want geloof is nie 'n eenvoudige optelsom of 'n eksakte wetenskap nie. Soms is die lewe saai en vervelig en sommer net "sad". Vat elke dag soos dit kom. Troos jou daaraan dat Jesus gehuil het, soos jy, dat heiliges ook gesondig het, dat die liewe Petrus ontrou was en dat die dissipels 'n klomp bangbroeke was toe hulle moes staan waarvoor hulle geglo het.

Reël vyf: Aanvaar dat geloof 'n tou om jou bind wat jou lei waar jy nie altyd graag wil wees nie. God laat hom nie lei nie, Hy's die een wat lei.



Funny Stories – by an Unknown Author in PlumRus

The PlumRus North Braai Competition

PlumRus North decided to have a braai competition,
Each floor had to decide on a name for their spot, the second floor decided to name their spot, “the **Ten Velden** Square”
and wanted to get Down very **Ely**(early),
because each one had to put some **Coles** on the fire.
They even had the **Dickson** Dicksie band there, Norman played the Piano Accordion, Carol played the key-board, Bernie played the fool, with his funny wig and big oversized glasses on.
They all had a lot of **Laufs**.
When the band had a break, Leonie read one of her favourite **Pauwms**.
It was the most enjoyable time.
When the bank played again the music became **Foster**,
Between the music David was ready with his wit, but Tom was even **Witter**.
The judges had a difficult task, but in the end the second floor was declared the **Venner**.

The Lodge:

The **Duminy** got hold of the **Manuel**,
And noticed a very important **Warner**,
Which read, “anyone using the Kitchen, must
Leave it clean and tidy, just as you would like it to be”
On Wednesday morning, when the miniature big **Benn** strikes eight, it is time for breakfast.
In the clean and tidy Kitchen, there will be **Egg** and Bacon.



Just for laughs!

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

Internal PlumRus Ext: 1026 Email: chris@plumrus.co.za

To open up a trust fund for your Mom/Dad & also any big financial queries in the Financial Department Zoo.

Speak to Imali the Accountant Alpha Zoo Lion also known as Chris Schutte. Nothing is to big or to small for our Imali the Accountant Lion to chew.

Ezengqesho the Human Resources Zoo Tiger

Internal PlumRus Ext: 1027 Email: cindy@plumrus.co.za

The HR Manger always making sure the rest of the PlumRus Zoo animals (Staff) is 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

Internal PlumRus Ext: 1025 Email: juanita@plumrus.co.za

Keeping the house full with selection and allocation as well as anything in your parent/parents room/flat activation for example. DSTV, Telephone and WI-FI. The Jaguar and the Lion work in unison with board and levies. Therefore any questions regarding your parents board and levies, they are the big cats to speak to.

Ulawulo the Administration officer, also known as Juanita Stoltz, keeps all information of you parents/parent updated and if any changes needs to be made regarding your parent/parents info, please speak to our Admin zoo Jaguar.

Yilungise the Secretary and training officer Zoo Cheetah

Internal PlumRus Ext: 1034 Email: lauren@plumrus.co.za

If your parent/parents need any technical issues 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 in unison with the Jaguar with regards to Dstv, Universal Telephones and WI-FI. The cheetah helps train your parent/parents on how to use the above devices mentioned as well.

If the above is not available or after hours kindly contact

Risk Man Office/ Reception

Internal Calls: ext 1001 or 1000 & External calls: 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

**Chris Shutte- Imali the Accountant 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**

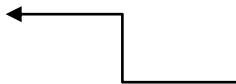


**Lauren Jones - Yilungise the Secretary and
training officer Zoo Cheetah**



PlumRus Management Organigram

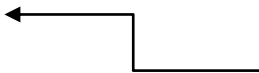
Chris Schutte
Financial Manager
Chris@plumrus.co.za
Plumrus Ext: 1026
Cell: 082 327 0712



Sister Muriel Mapling
Healthcare Manager
Muriel@plumrus.co.za
Plumrus Ext: 1004
Cell: 065 896 3502



Rhodene Koense
CSC Manager
rhodene@plumrus.co.za
Plumrus Ext: 1019
Cell: 078 918 8750



Marlene Stander
CCL Manager
marlene@plumrus.co.za
Plumrus Ext: 1021
Cell: 076 393 7700



Sarel Stander
Maintenance Manager
Sarel@plumrus.co.za
Plumrus Ext: 1031
Cell: 079 885 3704



Yolande Damon
Risk Manager
damon@plumrus.co.za
Plumrus Ext: 1024
Cell: 072309 3497



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PlumRus 2020 Strategy

On our way to Twenty Twenty

In reflection of 2019 we are seriously overwhelmed with chaos of service delivery in South Africa BUT we at PlumRus are committed to service delivery.

And YES, in 2020 our service delivery will be directed to make 3 **D Life Given Difference** 24 x 7 x 365 in the life of our residents and members:;

- Why 3 D – our focus will be; physically, mentally, spiritually, medically therefore a holistic approach. It's not about food, or cleaning or nursing's is about everything in the life of residents or members
- Why Life given – we would like to give you the best time of your life, quality of life and dignity
- Why difference – when the “going” gets tough we would like to help you get going with a smile, dedication and professional service

The ongoing question will be are we making a difference in the life of you and exceed your expectations ?

Ons is op pad na 2020.

As ons terug kyk na 2019 besef ons die chaos waarin dienslewering in Suid-Afrika is MAAR by PlumRus is ons ten volle verbind tot die beste dienslewering met wat ons het. Ons wil in 2020 'n **lewens gewende verskil** 24 x 7 x 365 maak in die lewens van ons inwoners en lede van ons dienssentrums.

- Hoekom 3D – ons wil fokus op die fisiese, mediese, verstandelike en geestelike. 'n Holisitiese benadering wat alles insluit.
- Hoekom lewens gewend – dit moet die beste tyd in die lewe van ons inwoners en lede wees en hulle moet elke oomblik daarvan geniet
- Hoekom 'n verskil – wanneer dit moeilik gaan en die ouderdom sy tol eis wil ons daar wees om ons inwoners en lede te help met 'n “smile”.

Ons wil graag by ons inwoners en families pleit; kom ons vat hande en ons leef ons vennootskap met hart en siel uit.

As ons eendag oud is, wil ons ook graag hê dat PlumRus, ons kinders/familie en ons dokters ons lewens met kwaliteit en waardigheid bestuur tot die laaste dag.

The 10 Commandments of sincere love and reconciliation Romans 12: 9-13

- Hate evil
- *Verafsku wat sleg is*
- Cling to the good
- *Hou vas aan wat goed is*
- Be devotes to each other
- *Wees toegewyd aan mekaar*
- Honor others
- *Bewys eerbeid aan ander*
- Be zealous in serving the Lord
- *Wees ywerig om God te dien*

The 10 Commandments of sincere love and reconciliation Romans 12: 9-13

- Be joyful in hope
- *Verbly jou in hoop*
- Be patient in affliction
- *Wees geduldig in beproewing*
- Be faithful in prayer
- *Wees getrou in gebed*
- Share with the needy
- *Wees mededeelsaam met behoeftiges*
- Be hospitable
- *Wees gasvry*

Afrikaans Idiom

’n Hond uit
’n bos gesels

Literally: Talk a dog out of a bush

Meaning:
To have a great conversation

theintrepidguide.com

Afrikaans Idiom

lemand ’n gat
in die kop praat

Literally: Talking a hole
in someone's head

Meaning: To persuade someone

Here is some of the activities enjoyed by our residents during the month of December 2019



The Garden Club Talk on the Magic World of Miniatures.



The Residents enjoying the Overcomer movie, with Popcorn and Coke on the house. Thank you to Management and Kitchen Staff.



In the Aristata lounge our residents enjoys to play board games, reading the Newspaper and reading the lovely books from our Library.

Take a look at the January 2020 monthly program for all the fun activities and events planned.

Keep your eye on the Notice Boards for the invitations and posters!

Do not miss the 2020 events!

Letters of Appreciation from Family and Friends



To all our friends and customers at Plumstead Rusoord

With all good wishes for the Festive season and the coming year
Wishing you all a very Happy Christmas and a peaceful and prosperous 2020.

From the management and staff at Pick n Pay Plumstead

Dank se aan Marlene en die kombuis span wat vir Mev Dickson se croquet vergadering so geduldig by gestaan het alhoewel hulle tans besig was om die saal reg te stel vir die Management Meeting. Spesiaal dankie aan Denzil wat bo op al die tien stoele buite moet sleep vir die wat die croquet aangekyk het. Ons promise dit sal nie weer verwag word nie. Groetnis en weerens baie dankie. Waardeer ons personeel!

- Vivian Spires



To the Management and staff at Plumrus

I would like to thank you and your staff for the care and the love given to my mom, Ada Gonsalves, during her short stay at Plumrus.

The support and care given to her was absolutely amazing and I am eternally grateful for everyone that took care of her during her stay. All the staff from the Security, Reception, Cleaning Staff, Nursing Staff and everyone else are absolutely amazing and I can only admire the way Plumrus is run. The Zone 2 staff is phenomenal – the love they have for the residents amazes me.

The compassion shown by all the Nursing Staff during my mom's last few days was also amazing. God Bless you and all of your staff.

Thank you
Jacinta Gonsalves



To all the members of the Board

Again this is just to say a very, very thank big thank you, for all you do for us at Rusoord, and all the extras you do. I am so very happy here. George says he wants the last days of our lives to be the best. That can't happen for me because I had a wonderful childhood and adulthood too. I had lovely godly parents, strict but loving, and the best husband in the world that never left me in any doubt that he loved me. I am so deeply grateful for having been accepted here and so is my precious family. They badly wanted me to live with them, but as I explained to them as one grows older sometimes problems with health appear and one needs extra care, perhaps night and day. Now they visit me and I always have the most beautiful roses in my room, not to mention all the phone calls! I wish each and every one of you individually and your families, the blessings of the Lord throughout the year that lies ahead with love

- Naomi Warner

Donations

We are proudly part of Badisa NGO 011/891 and therefore any donations of any kind is more than welcome.

To make any donations or if you require any additional information, Please contact Cindy Schoeman on:

- Internal calls: 1027
- External calls: 021-761-2323 option 4
- Email address: Cindy@plumrus.co.za

PlumRus Bargain Shop

The Plumrus Bargain shop is open from Monday to Friday from 10:00 to 11:00; here you will find Second hand clothing and items.

If you have any donations or second hand clothing you would like to donate, please contact the following residents internally:

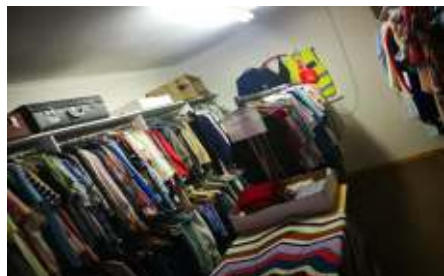
- Mrs. Gertie Boshoff on 2091
- Mrs. Vivien Spires on 2113
- Mrs. Dianne Slabbert 2198

If you are unable to reach them, please contact Cindy Schoeman:

- Internal calls: 1027
- External calls: 021-761-2323 option 4
- Email address: cindy@plumrus.co.za

If all else fails, you can speak directly to Riskman/Reception or contact them on:

- External calls: 021-761-2323
- Email address: info@plumrus.co.za



January/ Januarie 2020

Monthly Program/ Maand program

Monday	Tuesday	Wednesday
01 January 2020 – Public Holiday New Years 03 January 2020 – One Hour For Jesus with Mr Holtzhausen & friends 07 January 2020 – Friends meeting in the Hall 09 January 2020 – Morning Market 16 January 2020 – Informational Talk: Hearing Loss & Free screening 27 January 2020 – New Residents Tea 30 January 2020 – Lotto Draw 31 January 2020 – Bring & Braai		1 08:30 Library 10:00 Tea Time: Lounges 11:00 Activities in Lounges 15:00 Tea Time: Lounges Public Holiday
6 07:30 Men Prayer Meeting English Sugarbush 07:30 Afrikaanse Bid Groep In die saal 09:00 Manne Bid Groep Staff 09:00 Clinic in the Hall 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	7 09:30 Shopping: Checkers 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 Croquet 15:00 Friends Meeting	8 08:30 Library 10:00 Tea Time: Lounges 11:00 Activities in Lounges 15:00 Tea Time: Lounges
13 07:30 Men Prayer Meeting English Sugarbush 07:30 Afrikaanse Bid Groep In die saal 09:00 Manne Bid Groep Staff 09:00 Clinic in the Hall 10:00 Tea Time: Lounges 10:00 Catholic Mass: J/Killian 10:30 Methodist Communion 11:00 Activities in Lounges 14:30 Music/ DVD in Lounges 15:00 Tea Time: Lounges	14 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 Croquet	15 08:30 Library 09:45 NG Kerk Diens 10:00 Tea Time: Lounges 11:00 Activities in Lounges 15:00 Tea Time: Lounges 18:00 Golden Oldies on Youtube in Aristata Lounge
20 07:30 Men Prayer Meeting English Sugarbush 07:30 Afrikaanse Bid Groep In die saal 09:00 Manne Bid Groep Staff 09:00 Clinic in the Hall 10:00 Tea Time: Lounges 11:00 Activities in Lounges 14:30 Music/ DVD in Lounges 15:00 Tea Time: Lounges	21 14:30 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 15:00 Croquet	22 08:30 Library 09:45 NG Kerk Diens 10:00 Tea Time: Lounges 11:00 Activities in Lounges 15:00 Tea Time: Lounges
27 07:30 Men Prayer Meeting English Sugarbush 07:30 Afrikaanse Bid Groep In die saal 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	28 09:30 Shopping: Constanita 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 15:00 Croquet	29 08:30 Library 09:45 NG Kerk Diens 10:00 Tea Time: Lounges 11:00 Activities in Lounges 15:00 Tea Time: Lounges

Thursday 2	Friday 3	Saturday 4	Sunday 5
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 Mr George Holtzhausen & Friends 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	09:30 Church Mr Barney Beck 10:00 Tea Time: Lounges 11:00 Activities in Lounges 14:30 Music/DVD in Lounges 18:00 Sing Along Mr Freddie Roelofse
9	10	11	12
08:30 Library 09:00 Morning Market 10:00 Tea Time: Lounges 11:00 Activities in Lounges 14:30 Shopping: Pick n Pay 15:00 Tea Time: Lounges 15:00 Bingo in the Hall 15:00 Afrikaanse Bybelstudie in John Killian	09:30 One Hour For Jesus Ds Derrick Marco 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 Percy Solomon 10:00 Tea Time: Lounges 11:00 Activities in Lounges 14:30 Music/DVD in Lounges 18:00 Woord & Lied Dr Chris Saayman
16	17	18	19
08:30 Library 09:30 Informational Talk: Hearing Loss & Free Screening 10:00 Tea Time: Lounges 11:00 Activities in Lounges 14:30 Shopping Checkers 15:00 Tea Time: Lounges 15:00 Bingo in the Hall	09:30 One Hour For Jesus Bishop Joe Bell 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	09:30 Church Rev Stan Want 10:00 Tea Time: Lounges 11:00 Activities in Lounges 14:30 Music/DVD in Lounges 18:00 Woord & Lied Dr Chris Saayman
23	24	25	26
08:30 Library 09:30 Shopping: Pick n Pay 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 Pastor Abe Mecuur 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 Mr Neville Holmes 10:00 Tea Time: Lounges 11:00 Activities in Lounges 14:30 Music/DVD in Lounges 18:00 Woord & Lied Dr Chris Saayman
30	31		
08:30 Library 09:30 Shopping: Pick n Pay 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	09:30 One Hour For Jesus Pastor David Muller 10:00 Tea Time: Lounges 11:00 Activities in Lounges 15:00 Tea Time: Lounges 18:00 Bring & Braai		

Wat is Prestasiebonus

Soos die benaming aandui, word dié bonus aan 'n werknemer gegee indien uitsonderlike prestasies werk gelewer word. PlumRus gebruik dit om toppresterders, wat in hul onderskeie departemente vir volgehoue prestasie te beloon. Prestasiebonusse dien dus as aansporing vir werknemers om beter te presteer.

Hoe werk prestasie bonus?

Sedert April 2015 die prestasie bonus ingestel. Die ou 13de tjek is ingesluit in die maandelikse vergoeding sodat ons personeel maandeliks meer verdien om maandeliks beter te lewe.

Prestasie bonus is gekoppel aan die bou van ons reserwe fonds. Personeel speel 'n baie belangrike rol hierin deurdat afwesigheid meebring dat ander personeel in hul plek kom werk word wat dan dubbele kostes meebring. Dit is krities noodsaaklik dat personeel toerusting en uitrusting van PlumRus respekteer en oppas en nie oor naweke, Vrydae en Maandae afwesig is nie.

Diskwalifikasie van prestasie bonusse is:

1. Afwesigheid sonder toestemming, aanhoudende laat kom vir werk, aaneenlopende afwesigheid weens siekte of familie aangeleenthede. PlumRus lewer 'n aaneenlopende versorging diens en versorging kan alleenlik deur personeel gedoen – dus geen personeel dan geen versorging
2. "Abuse" van inwoner in enige vorm, verbaal en/of fisies is onaanvaarbaar en krimineel van aard.
3. Nie haal van ons reserwe fonds – hierdie jaar was dit R200 000. Sou ons dit nie haal nie kan ons nie staat maak op prestasie bonusse nie.

Hierdie jaar was daar 13 uitblinkers en altesaam 15 toppresterders. Totale bedrag uitbetaal R247 170, die bonusse het gewissel van R500 tot R6500.

Ons opregte dank aan ons personeel vir die werk gedoen in 2019. Baie geluk aan die met uitsonderlike prestasie. Hoop volgende jaar is dit "JY" wat die toppresterder is.

Groetnis,

Bestuurspan



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The following changes happened in the PlumRus staff during the last month:

1. The following resigned and left us for something else:

- | | |
|------------------|--|
| • Bukelwa Kafile | Health Care Zone 5
Zebra Team night |
| • Waseema Madden | Carer CSC at Mrs Jill Adams
Zebra Team |
| • Salomie Mew | Staff Nurse Health Care
Kwagga Team night |

2. The following staff members were not so lucky and left us:

- | | |
|--------------------|---|
| • Patricia Fortune | Carer Health Care Zone 3
Zebra Team night |
| • Carminita Davids | Cleaner in the Plumrus North
Flats Olifante Team |

3. New faces new staff members and new breeze – welcome to PlumRus:

- | | |
|-----------------------|---|
| • Toni-Leë Adonis | Cleaner /Waiter in the kitchen
Kwagga Team |
| • Terecita Bester | Cleaner in the Plumrus North
Flats Olifante Team |
| • Randall Dietrich | Facility Carer Zone 1
Olifante Team |
| • Tracey Leë Temmers | Carer CSC Flats Zebra Team |
| • Pauline Temmers | Carer SCS Flats Kwagga Team |
| • Shakira Makda | Staff Nurse |
| • Salome Van der Vent | Staff Nurse |

Congratulations to our staff on their achievements and keeping PlumRus safe,clean and happy:



PRAYER OF PETER MARSHALL

God help me to think of the feelings of others as much as I think of my own.

If I know that there are things which annoy the people with whom I live and work, help me not to do them

If I know there are things which please them. Help me to go out of my way to do it.

Help me to think before I speak so that I may not, thoughtlessly or tactlessly hurt or embarrass anyone.

If I have to differ with anyone help me to do so without losing my temper or if I have to find fault with anybody, help me to do so with kindness.

If anyone has to find fault with me, help me to treat others as I would want them to treat me.

All this I ask through Jesus Chris my Lord.

In Jesus name

Amen



Some Health Tips from our Health Care Manager - Sr Muriel Mapling

How to lower your Blood pressure

High blood pressure is one of the most common concerns amongst South Africans, here is some tips to lower your blood pressure:

- Get moving – Exercise weekly or daily. 30 minutes a day will help your heart to use oxygen more efficiently.
- Take a Breather – Slow breathing and Yoga decreases stress. Try exhaling and inhaling deeply for 5 minutes a day.
- Increase your Potassium intake – eat some sweet potatoes or tomatoes and drink a lot of orange juice.
- Soak up the sun – sit in the sun a few minutes a day and you will feel refreshed.
- Turn up the music – listening to soothing music will help you relax and you can do your breathing exercises with the beat of the music.
- Get a Pet or pet a Pet – petting animals reduces your stress hormone and stops the production of the stress hormone
- Cut Down on salt rather try some Herbs and Spices instead of salt. Try to avoid food with a high level of sodium.

Be on the lookout for the next PlumRus News addition for more Health Tips from the Nursing Staff.

Medication Administration

We are passionate about improving the wellbeing of our residents. Together with a team of exceptional pharmacists, who joined the DTS blister packing of medication solutions and our pharmacist assistant, Divine Mitchell, we provide the right pill and right dose at the right time.

The following steps are involved:

1. Pharmacist receiving script and medication
2. Development of a treatment plan and checked by the pharmacist
3. Packing of blister as per treatment plan, one week at a time
4. Packed blister checked by pharmacist as per treatment plan
5. Packed blister checked by Sister in charge as per script
6. Packed blister checked by Staff Nurse as per script, administering of medicine and signing of medicine chart

Our success depends on our resident's families, taking responsibility by providing scripts and medication in time.

- Scripts within 2 weeks after the last repeat
- Medication 25 days after the previous dispensing date

"Over the counter medication" has to be authorized by the doctor via email, letter or script

Important to note that before we send any scripts or medication to the pharmacist for packing, we:

1. Check scripts towards our own treatment plans
2. Record all meds received

All meds to reach the pharmacist and team in time to enable them to deliver packed blisters by Thursday every week to enable us to complete step 5.

Acute medication (e.g. antibiotics) has to be delivered to us urgently to be able to start the administering thereof.

Medication Administration is compulsory for all Health Care Residents and is included in the levy.

This service is available to residents in independent accommodation at the following cost:

1. R 125.00 per month for blister packing
2. R 810.00 per month for blister packing and administering of medication

Do not hesitate to contact Health care Manager Sister Muriel Mapeling on muriel@plumrus.co.za for more information or contact PlumRus Manager Mr George Holtzhausen on george@plumrus.co.za

TO LET GO

(From Soft Power by Maria Arapaki)

To let go is not to stop caring,
Its recognizing you can't do it for someone else.

To let go is not to cut yourself off,
Its realizing you can't control another.

To let go is not to enable,
But to allow learning from natural consequences
To let go is not to fight powerlessness,
But to accept that the outcome is not always in your hands.

To let go is not to try to change or blame others.
It is to make the most of yourself.
To let go is not to care for, it is to care about.
It is not to fix, it is to be supportive.

To let go is not to judge,
It is to allow another to be a human being.
To let go is not to arrange outcome for someone else,
But to allow others to affect their own destinies

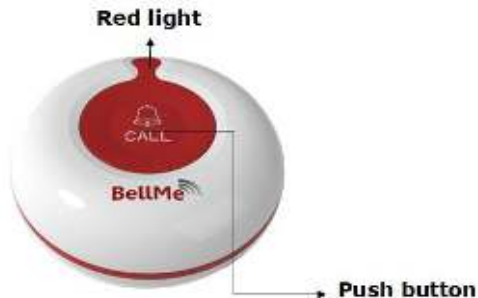
To let go is not to be protective,
It's to permit another to face their own reality.
To let go is not to try to regulate anybody.
But to strive to become what you dream you can be
To let go is not to fear, it's to love more.



The Nurse Call button

Our BellMe Nurse Call Button is used for emergencies and assistance when needed. It is important that you keep your BellMe Nurse Call Button with you at all times:

- Close to you when you are in your Flat/room
- With you when you in the bathroom/shower
- Around your neck when you are taking a walk around the building or when you are off to lunch.



Please Note: To only press your BellMe Nurse Call Button one time, the red light will flicker when you press as an indication that the Carer and Riskman have received your call. Do not press your BellMe Nurse Call Button multiple times.

Or

When you are at your flat you can when possible phone 1001 or 1000 and speak directly to the Risk Man officer **and ask for help.**



**A tale told by Jean-Pierre, jp, aj, pj, johan paul.
The man with the many names.**

Did you know we are doing our part in helping earth and the future of our kids and grand children?

Here are 7 amazing facts about recycling:

1. Using Recycled Paper Saves Water, Not Just Trees
2. Enough Plastic Bottles are Tossed Each Year to Circle the Planet Four Times
3. Americans Throw Away Enough Trash in an Average Year to Circle Earth 24 times
4. It Takes Centuries for a Disposable Diaper to Break Down in a Landfill
On average, one baby will go through 8,000 diapers. Cloth diapers are not as convenient, but they are reusable.
5. 25 Billion Styrofoam Cups are Trashed Each Year
6. Recycling Aluminum Cans Saves 95% of the Energy Used to Make New Cans
7. In a Recent Year, Americans Recovered, Reused, or Recycled 34% of Waste Generated.

What is Plumrus doing to help with this, you may ask?

We are working with a recycle company and we need your help do make this a success. We have 4 bins at south courtyard and at North building. The bins are 4 different colors. What does every color mean?

- **Yellow is for plastics**
 - Cold drink bottle
 - Bottle caps
 - Plastic detergents bottles
 - Plastic buckets
 - Milk bottles
- **Blue is for paper**
 - Newspapers
 - Magazines
 - Cardboard boxes
 - Offices papers
 - Envelopes
- **Green is for glass**
 - Coffee jars
 - Food jars
 - Cold drink glass bottles
- **Red is for tin cans**
 - Cold drink and beer cans
 - Aluminum cans
 - Tinned vegetable and fruit cans
 - Aerosol, deodorant cans



So let's work as a family and show the world we can leave it behind better then what we got it.

Nappy Administration and how it works

1. Nappies/Pads is being delivered at PlumRus by the family on a monthly basis or as needed
2. Stock control is being kept by the Nappy Controller
3. Nappies is given to the Zone Coordinator on a daily basis for the necessary residents
4. Nappies is marked per resident and not used for another resident
5. Any deviations in Nappy use is being recorded

For more information regarding the Nappy Administration, please contact the following:

1. Sister Muriel or Sister-in-Charge 021-761-2323
2. Riskman or reception 021-761-2323
3. PlumRus Manager George Holtzhausen 082-524-1083 or george@plumrus.co.za

Our Nappy Room – “Alles het `n plek en alles is op sy plek”



Tarryn Adams
Health Care Administrator
021-761-2323

GILL HUMAN RECEIVES HER PROMISED VISIT FROM THE UK

At the beginning of the year my youngest son, Ian, from the UK told me he was coming to see me but didn't know when? The long wait ended on the 13th November, and what a wonderful, happy and fun filled two weeks we had.

We managed to fit a bed into my small lounge area and I cleared some shelf space for him to use.....but true to form, I should have learnt from past visits, everything from the suitcase, chairs and floor was practical substitutes for shelves and organized packing space. Where did I go wrong?

Ian is a chef, and his luggage consisted of a variety of vacuum packed spices and herbs, various oils and vinegars with exciting and exotic names all securely bubble wrapped.

No sooner had he arrived and we were making our way in an uber to trendy Kalk Bay. Our goal was the fish & chips in the harbour. The harbour is so full of character, and we had to eventually tear ourselves away. Ian enjoys his exercise and his mornings always started with either some form of exercise or a long run.



The first few days of lots of coming and going (thank you Plumrus or the access card), passed by very quickly. I was reminded again that you don't wait up for your 50 year old son! The next leg of our holiday adventure began when Ian's long time school friend, Colin, collected us and drove us to his beautiful farm, outside Calitzdorp, where his family was waiting for our arrival.

The memorable and happy times continued, as did the yummy cooking. We were treated to freshly baked bread every morning, not forgetting the other delicious meals and the braais under starlight skies. God has blessed us with awesome beauty, I was truly overwhelmed. One evening we drove to the tip of the mountain on their farm and enjoyed a braai surrounded by the mountains and bush with the only noise being our talking and laughter.....WHAT JOY FILLED MY SOUL!

On my return home someone asked me what we did, and my immediate response was nothing. How wrong I was, in fact we did so much. We swam in the river, went on many walks, enjoyed each other's company and enjoyed Ian's amazing culinary expertise.....my hips can surely attest to this. Being a top class chef is Ian's job and passion, so doing what he loves for family and friends is not work.



“He made the stars to shine
He made the rolling sea
He made the mountains high
And He made me
And this is why I love Him
For me He bled and died
The Lord of all creation
For me was crucified.”

It's hard to say good bye, but for me it is a case of Happy Memories and no regrets!



Brand New Movies in the PlumRus DVD Store

- Cape Town Affair
- God's Outlaw
- Courageous
- Titanic
- Oceans
- Breakthrough
- An Encounter with the Messiah
- A Man for All Seasons
- Breakfast at Tiffany's
- Samson
- Overcomer



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 the Aristata lounge!

January Jokes ☺



Every year my friend's
new year resolution
ends up like this

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

	Pin Cushion	Sugar Bush	Stokoei
Saturday 14:30			
04 January 2020	Camelot	Beyond the Sea	Amelia
Sunday 14:30			
05 January 2020	Faith Like Potatoes	The Queen	Beyond the Sea
Monday 14:30			
06 January 2020	Breakfast at Tiffanys	Courageous	Breakthrough
Saturday 14:30			
11 January 2020	Gigi	Tara Road	The Queen
Sunday 14:30			
12 January 2020	Breakthrough	Hoe Groot is God	Gigi
Monday 14:30			
13 January 2020	Amelia	Tommy Dell	Courageous
Saturday 14:30			
18 January 2020	Tommy Dell	Camelot	Breakfast at Tiffanys
Sunday 14:30			
19 January 2020	Hoe Groot is God	Faith Like Potatoes	Tara Road
Monday 14:30			
20 January 2020	Tara Road	Breakfast at Tiffanys	Faith Like Potatoes
Saturday 14:30			
25 January 2020	Courageous	Gigi	Hoe Groot is God
Sunday 14:30			
26 January 2020	The Queen	Breakthrough	Camelot
Monday @ 14:30			
27 January 2020	Beyond the Sea	Amelia	Tommy Dell