



n e w s



JANUARY 2021

MAKING A LIFE-GIVING DIFFERENCE

Our Message of Hope for 2021

Our journeying through 2020 has been cause for much **Reflection** on every level of our being. We have been bombarded with words such as; unseen enemy, isolate, pandemic, lockdown, sanitize, facemask, restrictions, social distancing, and the list goes on.

As we stand on the threshold of 2021 we need to do so with a Spirit of **Revival** and **Renewal**. The lesson of 2020 should steer us towards reviving and renewing all of our relationships. Most importantly is our relationship with God. If you are reading this, then it is only by God's Grace. He has been Faithful and has stood by His promise that He will never leave you nor forsake you. Isn't it time to recommit your life to Him and thank Him for His unveiling love for you, even when you became weak and doubted His presence in your life?

2021 will give us an opportunity to revive and renew our relationships with our family. We have an opportunity to bury old feuds, thank God for the safekeeping of loved ones far and near. Let us use the opportunities we still have to impact their lives by reminding them how much they are appreciated and loved.

Let us enter into 2021 uttering words such as; Faithful One, love, hope, peace, tomorrow, and make sure that our **RELATIONSHIPS ARE BUILT ON THE FOUNDATION OF CHRIST!**

From the Board, Management & Staff we wish all our Residents, Families, Clients, Members, Friends & Partners a Blessed Relationship Building 2021!



Spiritual Care Program for January 2021

Fridays @ 09:30	Sundays @ 09:30	Sundays @ 18:00
1 st New Year's Day	3 rd Morning Service	3 rd Evening Service
8 th One Hour for Jesus	10 th Morning Service	10 th Evening Service
15 th One Hour for Jesus	17 th Morning Service	17 th Evening Service
22 th One Hour for Jesus	24 th Morning Service	24 th Evening Service
29 th One Hour for Jesus	31 st Morning Service	31 st Evening Service

Can You Draw a Straight Line With a Crooked Stick?

At 15, he was thrown out the house after trying to stop his father beating his mother. His parents were dysfunctional alcoholics. He wandered around for days, until a street gang took him in and taught him to steal. He wasn't a crafty thief though. After being caught a number of times he was convicted and sent to prison, once released he worked at various jobs, doing his best to stay out of prison. At the age of 21, Paul Cowley volunteered to join the British Army. He spent the next 17 years serving as a soldier in different parts of the world. His military career flourished, but his personal life was a nightmare. He went through two divorces and almost became an alcoholic.

Paul eventually left the military and returned to Britain where he moved in with his girlfriend. Through a series of unexpected events, one Sunday he attended Holy Trinity Church in Brompton. Someone there suggested he attend an Alpha Course, which focuses on the essential truths of the Christian faith. While on this course, Paul surrendered to Christ, and started a brand new life! The church regularly visited the local prison and Paul got involved. After a visit one day, he felt the Lord saying to him, *"Your past is a mess, and it's not all your fault. If you let me, I can use it for good - I've got a plan for you"*. Not long after this he joined the staff at Holy Trinity and began presenting Alpha Courses in a number of local prisons. Alpha was a huge success and thousands of prisoners got involved, many coming to faith in Christ. Paul soon realised they needed help not only while in prison, but on the outside as well, so he started a charity called "Caring for Ex-Offenders". The organisation connects people coming out of prison with a local church community who help these ex-offenders re-integrate into society.



Over the years, Paul Cowley's work has had an enormous impact on thousands of prisoners and their families. In 2016 he was awarded an MBE by the Queen in recognition of his work both in and outside of prison! He is a great example of a 'crooked stick' being used to draw a straight line! You and I may not be able to draw a straight line with a crooked stick, but God certainly can! He often chooses people like Paul to accomplish His purposes.

Think of Levi, a collector of Roman taxes in Capernaum where Jesus lived. He

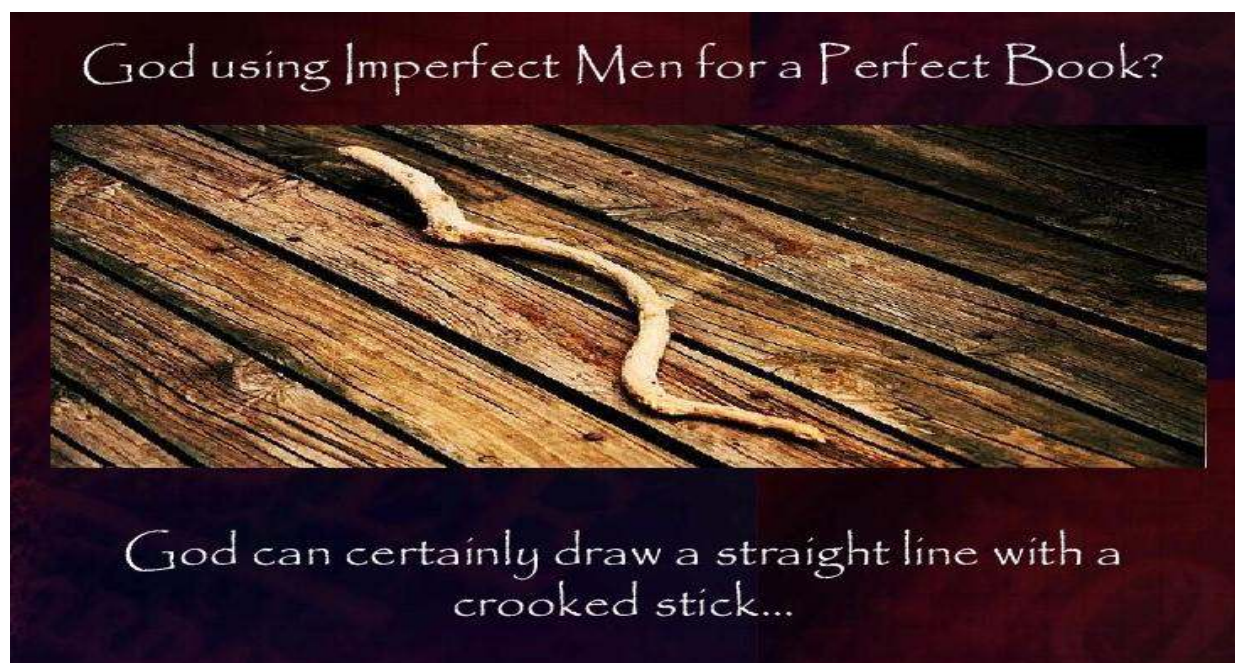
became wealthy off the backs of his own people by extorting excessive taxes, then taking a substantial cut for himself. Yet Jesus called him to be one of His twelve close disciples. His life changed dramatically during the time he spent with Jesus. He was given the name Matthew, which means 'gift of God', and ended up writing the first gospel in the New Testament. In it he set out to prove Jesus is the Messiah and Eternal King his people were waiting for! What a straight line Jesus drew with Levi's crooked life!

Regardless of whom we are, like Paul and Levi we're all crooked sticks, our lives often characterised by mean and ugly things. Even those of us who know and love Jesus, know our lives are often not as bright as they should be. We carry around the treasure of God's blazing glory in the unadorned clay pots of our ordinary lives. While the Lord does not condone or ignore our sin, and wants us to mature spiritually, he never-the-less, takes our weaknesses into account.

*"The LORD is like a father to his children,
tender and compassionate to those who fear him.
For he knows how weak we are; he remembers we are only dust"*
(Psalm 103:13-14).

Aware of our weakness and dustiness, God is tender and compassionate toward us. He doesn't abandon us because of our limitations and sins. Rather, He looks on us as a father does his own children. He loved us so much that He sent his Son Jesus to settle the debt of our sin, through his death on the cross. He then begins the process of shaping the lives of those who believe, along the same lines as the life of his Son. This is the reason why, in spite of our 'crookedness', God is able to draw a straight line with our lives. His strength moves in on our weaknesses, enabling us to do what we cannot do on our own.

He can turn your crooked life – your weak and dusty life into something authentic and upright displaying His splendour. He turned Levi into Matthew - a 'gift from God'. You too, can become a 'gift from God' to the world around you. That's what the Lord did in Paul Cowley's life and He can do something similar in your life as well.



God using Imperfect Men for a Perfect Book?

God can certainly draw a straight line with a crooked stick...

An Epiphany of a Child



I am the youngest in our family. When I was 16 years old I was told by my sister-in-law that I was a twin, I asked my Mom, what happened to the other one and she said that it came away at six weeks, and she didn't know if it was a girl or a boy.

My great Granddaughter Ella age 5 drew the above picture and said that on the right hand side of the drawing is me and my brother, he dropped and fell into a net but he is fine. One day she said to her mother, Oupa is sleeping, an hour later they got a photo call to say that he had passed away. **Beryl Garwood**

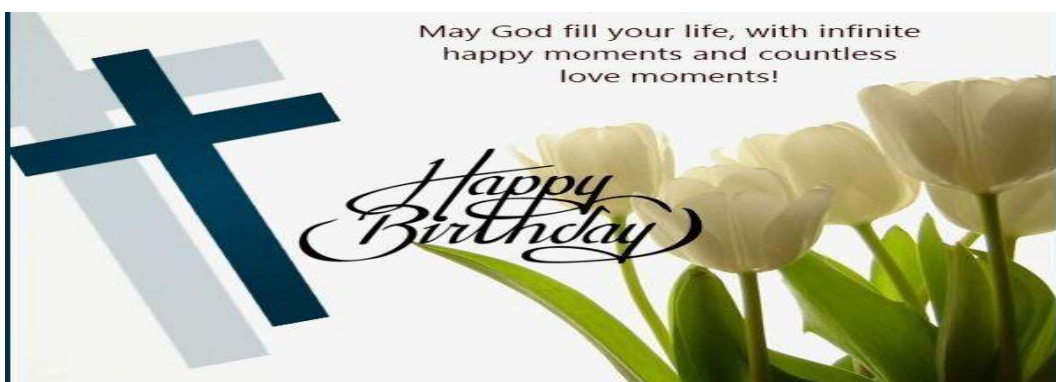


Happy Birthday to our Residents

2d	Rita Benn	A1	86
3rd*	Yvonne Graney	R25B	91
3rd	Stephanus Klopper	R8	96
3rd	Valerie Mathew	R2	88
3rd	Magdalena Nieuwoudt	N001	77
7th	Eileen Veneter	R46B	89
9th	Karin Klein-Werner	N106	80
10th	Benjamin Fortuin	R24	88
14th*	Mary Banfield	F021	90
14th	Jeannette Percival	R11	84
14th	Ivy Todd	R38B	89
15th*	Susanna Filmalter	N002	91
17th	Ivy Sass	R49	83
18th	Roy Binedell	F125	83
18th	Johan De La Fontyn	N207	80
20th*	Bernard Gerber	R75	92
21st	Cecilia Potgieter	F114	80
28th	Catherine Rhoda	R23A	87
29th	Jeanette Venner	N208	80
30th	Rosalita Aupiais	R27	74
31st	David Witter	N210	64



You are
AMAZING.
You are
IMPORTANT.
You are
SPECIAL.
You are
UNIQUE.
You are
KIND.
You are
PRECIOUS.
You are
LOVED.



january

BIRTH FLOWER

admiration

deep love

affection

purity

luck

gratitude



Birthday Blessings to our Staff

2 nd	Johan Van Zyl	Transport
3 rd	Nono Stuurman	Laundry
3 rd	Charmaine Abrahams	Health Care
11 th	Marche Marankey	CCL
11 th	Max Wollenhoven	CCL
16 th	Lenore Jacobs	Health Care
16 th	Brenda Julies	Health Care
17 th	Chane Felix	CCL
17 th	Paulette Hayes	Health Care
18 th	Maria Brown	CCL
20 th	Sylvia Rezandt	Health Care
24 th	Tarryn Adams	Health Care
25 th	Anthea Lekay	Health Care
26 th	Lizaan V/D Vent	CCL



Happy Moments, Happy Thoughts, Happy Dreams, Happy Feelings,
Happy Birthday!

"At the mercy of - the unknown"

Anonymous - covered by colourful masks

There are two Latin phrases that come to mind when we look back over the year gone by:

Annus horribilis is a Latin phrase, meaning "horrible year". It is contradictory, yet complimentary, to annus mirabilis, which means "wonderful year". While there are those who have some specific examples of what were terrible or horrible years and what were wonderful years, I want to use these two phrases to describe 2020 as it continues to befuddle the mind - as we see Covid-19 spiraling for a second time into un-controllable heights.

For as long as I am alive, and this is more than sixty years, there has never been total shutdown of Easter or Christmas seasons. There has never been a shutdown of holy pilgrimages or flights across to various destinations over these times. Nowhere in my recollection of economies of the world has an entire world economy been brought to a grinding halt not even during the first and the second world wars. Attempts to open up and rekindle economies saw a second more intense onslaught on humanity as a species.

But what is even more mind boggling is the intensity and gravity of the world health community's inability to fathom the depth of the problem in this modern day and age - to provide a medical response to the health crisis - to offer clarity on the most effective responses to the global health crisis and most of all its failure to even understand the strains or variants within the virus as it mutates and evolves. A quick glimpse into this anomaly indicates the seriousness of the problem, that - that we so readily trust is also left in the dark, leaving Joe normal even further in distress. No navigational compass, no direction, no guidance except to be left to one's own devices, something we, the human fraternity do not have much of. Because we have been told, because we have been instructed, because our lives were always driven by the rigidity of do's and don'ts and straight jacketed into these hierarchies and authorities, we lost the capacity to think, to work out things for ourselves, to adjust and adapt - and may I add, not responsibly.

Anonymous persons with colourful masks

The child with a mask is the height of Anonymity: Anonymity describes situations where the acting person's identity is unknown. Some writers have argued that namelessness, though technically correct, does not capture what is more centrally at stake in contexts of anonymity. The important idea here is that a person be non-identifiable, unreachable, or untraceable.

This is what the virus has reduced everyone to - numbers, statistics, infected, dead!

This is what the virus has reduced everyone to - children masked, non-identifiable, unreachable!



This is what we have been reduced to - a world locked down, no record of Easter and new beginnings, no record of Christmas and childbirth.

This is what we have been reduced to - horror stories of poverty, and communities fragmenting and survival rather than meaningful existence becoming the defining point of our life purpose.



But is this really what the world, our planet of existence has been reduced to - at the most advanced period of humanity scientifically we are exposed to levels of vulnerability that can barely be measured and in this context, we can say without any question it was a terrible, horrible, scary, difficult deplorable year: "Annus Horribilis"

So let us ask this question again - is this where we are - at the most advance stage of development and yet undeniably at a stage of development that does not and cannot meet the challenge of the unknown. Being reduced to the bare-essentials of human existence, exposed to the elements, deprived of the guarantees of anti-biotics, no vaccines in sight and if they are still not ready to deal with new strains and variants of the devastating virus that has filled every conversation, informs every possible meeting, defines relationships and contacts and isolates, quarantines and plunges individuals into lonely deaths while loved ones are kept away just with memories and many times un-finished business. Yes this is where we are, and no this is not where we are ...?

I want to argue that Annus horribilis never stands on its own - it is always complimented and accompanied with or by annus mirabilis - a miracle, beautiful year. Within the known, the certainty of uncertainty - there is a remarkable mysterious presence of **grace, compassion, love, qualities and virtues that captures and holds and sustains and carries all of us**. It is present, it tires, called compassion fatigue, but mostly it remains: seen in the dedication of frontline workers, present in the kind acts of solidarity by the numerous numbers of unknown people who have stepped in and accompanied, represented in the quiet meditation and lighting of candles, expressed in words of comfort, held high by an awareness of presence that is not often seen but felt and most of all also the awareness that we are more than just the full and sum total of material physical beings, we are soul & spirit and Gods love holds us.

Annus mirabilis has been demonstrated in small acts of solidarity and alternative acts of presence, the psychologist, the priest, the believer, the imam, the guru. Annus mirabilis has been demonstrated and witness is borne of it: in a manger, in a stable, in the fields, amongst the shepherds, through the light of the star of David, through the softness of the gentle baby weeping in joy and a mum silently aware of

the greater forces of the universe and the presence of Holy Love.

Oh, holy night.....does take on new meaning
While shepherds watch their sheep by night.....indeed is special

Die Here is gebore, away in a manger, hark the herald angels sing - glory to the new-born king

All these mythical songs get new meaning in this time of Advent - when love breaks into the cold merciless - unknown and the stranger becomes a friend, and the anonymous becomes known and the accompanying sojourner becomes more than one walking alongside but a light on my path.

Then Psalm 23 gets new meaning - as we begin to understand the green pastures and still waters within the context of adversity.

This Christmas is indeed more than just Annus Horribilis - it is and calls us to appreciate Annus Mirabilis - to raise up and become our own miracles, to raise up and become one another's' miracles, to raise up and celebrate simplicity of life that gives purpose instead of complexities that create further chaos - it is a time for reaffirming hope, for celebrating values that have stood the test of time and will indeed stand the test of this time to.

This is a time to look back as we look forward, and to see the beauty in the newness rather than see the horribleness in the past.

No we are not at the mercy of the unknown - we are living within an evolving time when our curiosity will lead us to reach out and touch and make this world a better place - and we can.

As we look back and smile - we look forward and in the midst of the present envisage the beauty of tomorrow and a new year, that itself will have the good and the bad.

This week we will see the stars aligning themselves: Jupiter and Neptune and the Sun and the moon and other galaxies and universes - it happened 400 years ago, and it will not be seen again for at least 400. This is the time we live in when the most profound and mundane move alongside one another. We will experience pain and suffering as the new evolves from the old and in its midst - always present will be the universal power of love.

(Submitted: Derrick Marco)



Recycling @PlumRus

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

Here are 5 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. 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.
4. 25 Billion Styrofoam Cups are Trashed Each Year
5. Recycling Aluminum Cans Saves 95% of the Energy Used to Make New Cans



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

We are partnering with a recycling company and we need your help to make this a success. We have 4 bins in our south courtyard (East Building) and 4 at our North building. The bins are 4 different colours. 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 than when we got it.

Help the PlumRus News to go Paperless!

We have been receiving lots of feedback regarding the standard and quality of the recent editions of the PlumRus news. Most of the feedback has been extremely positive, and we wish to thank each and everyone one for taking the time to engage with us.

As responsible earthlings, we are planning on going electronic with our newsletter during the early part of 2021. An electronic newsletter will allow you to;

- Access the latest news on your computer, tablet or mobile phone
- You will be able to enjoy all the graphics in full colour
- You will be able to adjust the font size to your convenience
- You will be able to share our news with many more of your family and friends
- You will be able to engage online with the PlumRus news team
- More importantly you will be helping us to save costs and save the planet

In preparation for this shift, we will be sending the current format of the newsletter, for Residents who so choose, to your email, as of February 2021. Kindly complete the below information slip and return it via the Resident Liaison office (first office in the Admin block), by the 15th January 2021.



Reply Slip to Email Newsletter

Resident Name:.....

Flat/Room Number:.....

Email Address:.....

Why PlumRus Wi-fi?



- Where in South Africa will you get a 10mg line uncapped for just R350.00 per month? Answer: Nowhere? **Correct Answer: PlumRus!**
- What can I do with Wi-fi
 - Whatsapp all day with friends and family
 - Video call all day with friends and family
 - Watch your favorite movies on Netflix or Showmax
 - Google all daylong
 - Skype
 - Facebook
 - Youtube
 - Die opsies is oneindig, geniet dit!
- How do I get connected?
 - Go to Juanita/Chris, they will draft a financial letter and as soon as it is signed Cindy/Tylo will activate your Wi-fi and you can start surfing the web. 😊



Remember you will also be able to following us on;

www.plumrus.co.za



Parking / Parkering

Ons het net 17 garages agter die gebou, agter PlumRus Wes. Van die garages is 9 "leefreg" met lae maandelikse instandhouding fooie. Die ander 8 garages word verhuur @ R480 per maand. Verder het ons parkering onder skadunet en afdakke agter PlumRus North en onder Mountain View. Besoekers en personeel parkeer agter die gebou, agter PlumRus Oos, of op die gras blokke langs PlumRus Noord of op die paar besoekers parkeerplekke voor Mountain View en paar voor Oos. Skakel vir Juniata uitbreiding 1025 vir jou parkering behoeftes.

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

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

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

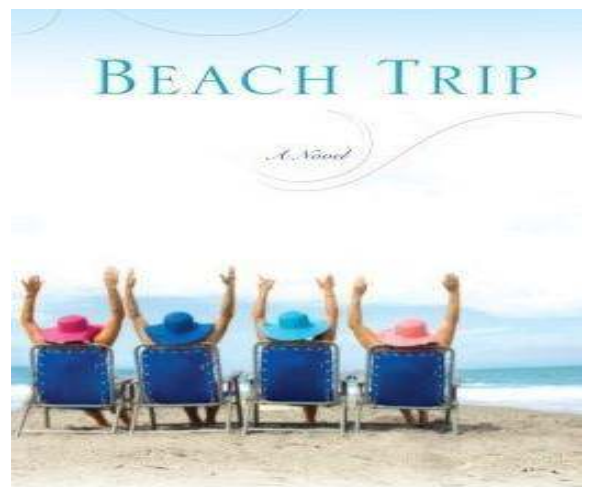
If you are interested in one of these options, or would like one in the future, we would like to add your name to our internal waiting list.

Please contact Juanita on ext. 1025



Wie gaan saam Hartenbos toe?

- 8ste to 11de Maart 2021
- Bespreking by Risk Man-kantoor/ontvangs – first come first served- daarom moet R960 betaal word om jou bespreking te verseker.
- Onthou hierdie uitstappie is vir onafhanklike inwoners - geen versorgers sal beskikbaar wees om te help nie.
- Ons reis lig. Daaglikse swem in die swembad met warm water - onthou die bikini

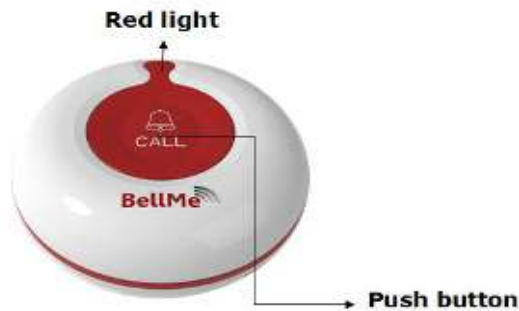


Hou ons kennisgewingborde dop vir opdaterings!

The Nurse Call button or Bell Me button

Our Bell Me Nurse Call Button is used for emergencies and assistance, when needed 24 x 7. Nursing staff will be with you in less than 3 minutes and our Risk Man office will phone you in less than 3 minutes to follow up. It is important that you keep your Bell Me 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: Only press your Bell Me Nurse Call Button once, the red light will flicker when you press as an indication that the Carer and Riskman have received your call. **Do not** press your Bell Me Nurse Call Button multiple times.

Or

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



Ons hou nie daarvan wanneer 'n toeter gedruk word wanneer n Inwoner afgelaai is nie, nee dit is ongeskik, die idee van die toeter is 'n laaste bye bye maar dit is 'n steurnis vir ons ander Inwoners. Inteendeel, dit is selfsugtig, die persoon dink net aan hom/haarself. Nee, by PlumRus het ons respek vir ons Inwoners en vir ons self – ons druk nie die toeters nie. Ons laai ons geliefde ouer persone af reg voor die deur, gee hulle n drukkies, kyk met liefde in hulle oë en sê dankie vir wat hulle alles vir ons gedoen het van babadoeke stadium tot nou.

Januarie / January 2021

Maand Program / Monthly Program

Monday	Tuesday	Wednesday
Midday Prayer 12H00 in All Decentralized Lounges Heartland Series Wednesdays @ 11:00 & Saturdays @ 15:00 in Decentralized lounges Fruit & Veg Lorry Wednesdays @ 11:30 4th January 2021 Friends Meeting 15:00 in the Hall 7th January 2021 Morning Market @ 09:00 11th January 2021 Garden Club Meeting @ 16:00 in the Hall 20th January 2021 YouTube Social @ 18:00 in the Hall 29th January 2021 Bring & Braai @ 18:00		
4	5	6
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	09:00 Shopping Constantia Village 09:30 Action Entertainment in the Hall 10:00 Tea Time: lounges 10:30 Action Entertainment in Sugarbush 15:00 Tea Time: lounges	08:30 Library 09:45 Afrikaans Kerk diens 10:00 Tea Time: lounges 11:00 Activities in lounges Heartland Series E 18 11:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 15:00 Croquet
11	12	13
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 15:00 Tea Time: lounges	08:30 Library 09:45 Afrikaans Kerk diens 10:00 Tea Time: lounges 11:00 Activities in lounges Heartland Series E 2 11:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 15:00 Croquet
18	19	20
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 15:00 Tea Time: lounges	08:30 Library 09:45 Afrikaans Kerk diens 10:00 Tea Time: lounges 11:00 Activities in lounges Heartland Series E 4 11:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 15:00 Croquet 18:00 YouTube Social Evening in the Hall
25	26	27
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 15:00 Tea Time: lounges	08:30 Library 09:45 Afrikaans Kerk diens 10:00 Tea Time: lounges 11:00 Activities in lounges Heartland Series E 6 11:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 15:00 Croquet

Thursday	Friday	Saturday	Sunday
	1	2	3
	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 E 17	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in lounges Are We Done Yet? 18:00 Woord en Lied
7	8	9	10
08:30 Library 09:00 Morning Market 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 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 E 1	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in lounges The Holiday 18:00 Woord en Lied
14	15	16	17
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 E 3	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in lounges Feel The Beat 18:00 Woord en Lied
21	22	23	24
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 E 5	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in lounges Dad Wanted 18:00 Woord en Lied
28	29	30	31
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	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 E 7	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in lounges Forsaken 18:00 Woord en Lied

New Menu

We are busy developing a new older person friendly menu. To achieve this goal we need 49 different main meal ideas, and we are looking to you to assist us in making a meaningful difference. All you need to do is to list your favourite main meals, drop your list in Post Box 1 and we will include them in the final menu selections.

Ons is besig met n nuwe spyskaart – ons is op soek na 49 verskillende hoofmaal etes en/of geregte en jy kan ook 'n bydrae lewer. Wat moet jy doen en hoe kan jy deelneem: Maak 'n lys van jou gunstling etes, gooi die lys in Posbus1 en ons sal seker maak dat jou etes 'n plek vind op ons nuwe spyskaart.



Telefoon in kamers/woonstelle – wat is vaste foon vir my werd in my kamer of woonstel?

Ons PlumRus telefoon is nie net noodsaaklikheid in elke kamer en woonstel maar krities. Dit is deel van ons noodoptrede prosedures wat deur ons personeel gebruik word in nood. Dit is dus n uiters belangrike kommunikasie medium tydens nood. Verder kan dit gebruik word om ander inwoners te skakel, bestellings te plaas by die Koffiewinkel, haarsalon afspraak te maak, instandhouding of enige ander probleme te rapporteer aan Ontvangs/Risiko Bestuurskantoor en dit 24 x 7 elke dag. Ons ontvangs/risikobestuur kantoor slaap nooit nie en is tot jou diens. Skakel 1000 of 1001 minstens een keer per week om seker te maak jou foon werk.



Our telephone system is an integral part of our security and emergency system. You will find a telephone in every room or flat. The staff will utilize the telephone in emergencies to communicate back to Risk Man Office. However, our residents can utilize the phone to order from the Coffee Shop, speak to Sherrill and Cathy at the hair salon or report a maintenance issue to Risk Man. Did you know our Risk Man office is available 24 x 7 for you, your requests, your issues or the only person to speak to at 3 o'clock in the morning, when you are lonely?



Just when you thought it was safe to go back to “normal”, and there can’t be any more new technology to master.....we would like to introduce you to M-Files.

M-Files is a new modern way of quick and accurate data capturing. M-Files will allow you to access information from anywhere and anytime, all you need is Wi-Fi.

M-Files will allow families, medical practitioners, pharmacies access to specific Residents daily records (with the use of a unique PIN).

All our departments have started using M-Files to ensure that the work is done thoroughly, faster and on time.

Health Care:

1. Daily Care Capturing is done by our nursing team to ensure that our residents are well taken care of.
2. Instructions given the sisters for certain resident’s wellbeing’s/ conditions are being monitored daily and therefore recorded according to their progress.
3. We take extra precaution when these things are documented and therefore have the sister’s double check on the daily care by signing off each daily care record should any queries/deviations be lifted.
4. We record nappies, toiletries and medication stock, when it is being ordered or delivered. All the information is being stored on M-Files which makes it so much easier for it to be accessed, by staff, family members, doctors and pharmacies.

Risk Man:

1. M-Files assist Riskman in many ways. Prior to M-Files we had in excess of 6 different spreadsheets in use daily.
2. Finding documents was never easier, just a click of a button and we can find any document we’re looking for.
3. What makes things even better, is that M-Files is mobile, so we can capture things on the go as it happens “second by second”.

Keep connected as we share more information as development progresses!

Skin Cancer Awareness

As South Africans we enjoy some of the most beautiful summers on the planet. While we enjoy the leisure activities such as hiking, swimming etc, around these beautiful summer days and nights, we also need to be more aware of the risk too much sun exposure could have on the health of our skin.



Most skin cancers are caused by exposure to ultraviolet (UV) light. When you don't protect your skin, UV rays from sunlight or tanning beds can damage your skin's DNA. When the DNA is altered, it can't properly control skin cell growth, leading to cancer.

There are two main types of skin cancer:

- **Keratinocyte cancer** develops in skin cells called keratinocytes. It has two main subtypes, basal cell carcinoma (BCC) and squamous cell carcinoma (SCC).
- **Melanoma** develops in skin melanocyte cells. Melanocytes are skin cells that generate skin's brown pigment.

Skin Cancer Treatments



Cryosurgery
freezes the affected skin,
and the dead skin cells fall off.



Surgery
physically removes the
cancerous spot.



Immunotherapy
uses a person's immune system
to target and destroy cancer.

Prevention of skin cancer

- avoid the sun: For example, seeking shade, minimizing outdoor activities between 10am and 4pm (when the sun's rays are strongest), and avoiding sunbathing and the use of tanning beds
- wear protective clothing: For example, long-sleeved shirts, pants, and broad-brimmed hats
- use sunscreen: At least sun protection factor (SPF) 30 with UVA and UVB protection used as directed and reapplied every 2 hours and after swimming or sweating but not used to prolong sun exposure



We are Indeed Blessed & Highly Favoured

In everything I did, I showed you that by this kind of hard work we must help the weak, remembering the words the Lord Jesus himself said: **'It is more blessed to give than to receive.'** " **Acts 20 vs 35**

We have reported often during 2020 about the generosity shown to our Residents and staff by friends and partners of PlumRus. We are yet again overwhelmed by the goodwill shown by friends and complete strangers in the form of gifts we have been able to distribute to our Residents and staff over this Christmas time. A special thank you goes out to Lindt Chocolates, Anetos Family, The People's Church, and Mediclinic Constantiaberg.

Mediclinic Constantiaberg chose PlumRus as the benefactor of their Santa Shoe Box Project. We had planned having their team be part of our One Hour for Jesus program, but due to lockdown protocols we had to revise a safer plan for everyone. All our Residents received a generous "Shoebox gift" and are extremely grateful for the thoughtfulness of everyone who contributed to making their Christmas a joyful one, just knowing that people are still thinking about them.



"We are so sad and disappointed that we cannot be there in person today but you will be in our minds as you receive your presents from us.

We have seen so much sorrow at the hospital this year, that I decide a while ago it was time to do something nice, to give back and boost peoples morals in the hospital, so hence the Shoe box initiative.

I decided that your home should be the benefactor of these boxes because we have missed coming over for lunch this year, I am sure you've seen most of my admin team over in your canteen.. We've missed chatting to the elderly folk in the grounds and we have always been so appreciative of the gate that was left open for us.....You are our neighbours, we have missed this and I am sure being locked down for most of the year, you too, have missed contact with people.

So from the bottom of our hearts, we hope you enjoy opening the boxes and that they bring as much joy to you , as they did to us, making them.

Merry Christmas and a Blessed New Year"

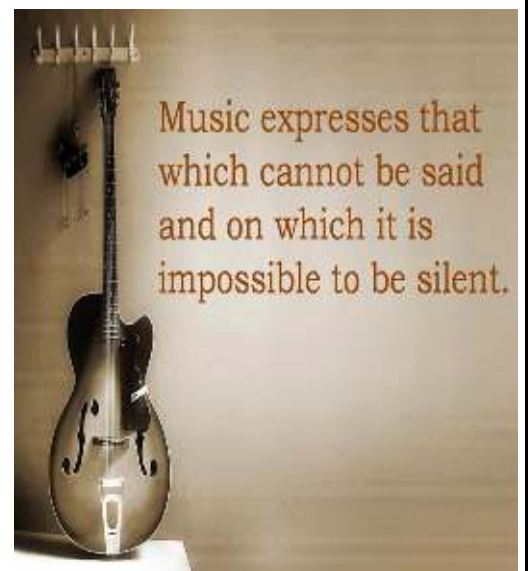
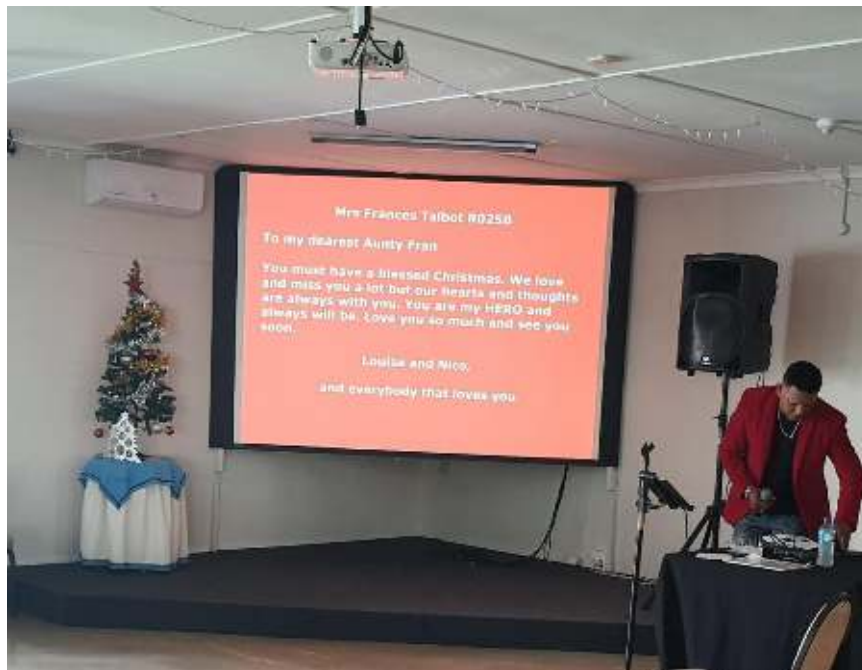
Julie and the Staff at Mediclinic Constantiaberg.



Live Entertainment at PlumRus

Our Residents were so lucky to be entertained by musician and actor Granville Michaels.

Granville who has performed on many national stages, including Nooit vir Nooit, and acted in soapies such as 7de Laan, took our Residents on a memorable trip down memory lane with an amazing genre of songs, including some songs especially requested by the Resident's families.



Get Out of The Car!

An elderly Florida lady did her shopping and, upon returning to her car, found four males in the act of leaving with her vehicle. She dropped her shopping bags and drew her handgun, proceeding to scream at the top of her lungs, "I have a gun, and I know how to use it! Get out of the car!"

The four men didn't wait for a second threat. They got out and ran like mad.

The lady, somewhat shaken, proceeded to load her shopping bags into the back of the car and got into the driver's seat. She was so shaken that she could not get her key into the ignition.

She tried and tried, and then she realized why. It was for the same reason she had wondered why there was a football, a Frisbee and 2 12-packs of beer in the front seat.

A few minutes later, she found her own car parked four or five spaces further down.

She loaded her bags into the car and drove to the police station to report her mistake.

The sergeant to whom she told the story couldn't stop laughing.

He pointed to the other end of the counter, where four pale men were reporting a car hi-jacking by a mad, elderly woman described as white, less than five feet tall, glasses, curly white hair, and carrying a large handgun.

No charges were filed.

Moral of the story?

If you're going to have a senior moment.....make sure it is memorable!



Reflection is Good, if it Moves us!

Ek moet begin deur te se dat al eer aan my Hemelse Vader. Toe lockdown begin het was ek vir meer as 'n jaar en 'n half sonder 'n werk en 'n inkomste.

Wat ek geleer het tydens lockdown is, maak tyd vir jou mense en God. My verhoudings het ek ook opgeskerp. Alles is net genade en niks is gegewe nie.

My uitkyk vir 2021 is om die beste te maak van elke geleentheid wat na my kant toe kom. Ek sien dit as 'n eer en voorreg om deel van PlumRus te wees. (Johan Jacobs)

I know it's tough and that every day is filled with uncertainty. One thing is for sure, however, and that is the fact that you are not alone. I share in your feelings of anxiety. I miss being able to see people without fear. Many people are experiencing all of these strong emotions and I know how overwhelming it can become. In the face of hardship, we have to stay strong.

Strength can mean many things. It doesn't mean you can't be sad. It doesn't mean you can't cry. Being strong can be something as little as acknowledging your feelings, or pushing through a hard day but still getting up the next morning. Just know that you have made it this far. You are strong and there are always people who will listen to you.

We have all faced a very challenging year 2020. Our almighty Heavenly Father has carried us through thus far. He hears all our prayers and it will be answered.

Keep the faith always because we are nothing without our Lord and Saviour.

(Divine Mitchell)

Dit was n moeilike jaar vir almal van ons. Die Covid 19 Epidemie het die hele wereld, Suid Afrika, Plumrus en myself geaffekteer.

Ons by Plumrus was geseënd agv God se genade dat ons baie min positiewe gevalle gehad het. Dit was omdat ons op God vertrou het en die Christelike fondasie van Plumrus. Daar is daaglik om 12.00 bidure gehou en ek glo dit was die rede wat bygedra het deur die moeilike tydperk.

Ons bestuur het die situasie na die beste van hul vermoëns hanteer en alhoewel die besluite wat geneem was nie altyd baie gewild gewees het nie, was dit baie doeltreffend en ons dank aan ons Hemelse Vader daarvoor. Sterkte vir 2021 en mag ons geseënd en wel anderkant uitkom.

(Johan Van Zyl)



To all residents I hope that it will be a wonderful and fruitful year for all. I hope that we can all continue strong and hopefully this pandemic can come to an end so we can all go back to the normal we know and are use to. Let us all strive together to keep PlumRus a safe and happy place for all. (Hendrik V/D Linde)

1. How did 2020 treat me? ;
 - Well honestly speaking, it was an experience never imagined. Who would've thought that we would have to deal with a pandemic of this magnitude which turned the global population into chaos and panic.
 - In a nutshell it was and it continues to be the biggest challenge in 2020 and beyond.
 2. Met die Covid 19 wat niemand tot dusvêr nog kon baasraak nie, is dit moeilik om te sê wat die plan is, maar vir myself insluitend my familie beplan ek om my lewe te verbeter figuurlik en geestelik as niks voorval nie.
 3. Three important focus areas w r t my job at PlumRus for 2021 will be;
 - To be 100% focused on the improvement w r t H&S for PlumRus.
 - Hands on approach.
 - CoachingReason being, to improve the standards and services within my department. (Mervyn Vermeulen)
-

Behalwe vir Covid wat ons getref het, is daar steeds baie om voor dankbaar te wees. Iemand wat my baie in 2020 beindruk het, is die "one and only" Mr Chris Schutte, because what you see, is not what you get! Hy lyk maar net bot, maar kan lekker verspot wees.{lol} Ek het gedink hy gaan nooit met my praat, toe ek hier aangekom het nie! Maar nou sien ek hom as n staatmaker, n regter hand in PlumRus.

Ek hoop om in 2021nog steeds optimal te funksioneer in PlumRus en inwoners te bedien na die beste van my vermoë'. My fokus sal die volgende wees;

- Opleiding aan Personeel, As jy weet wat jy doen en hoekom, dan kan jy suksesvol wees.
- Om n gelukkige inwoner te he' in alle areas, fisies, psigies en geestelik.
- Tevrede familie met n stewige band met Plumrus en sy venote.

As jy 1 miljoen wen/kry om PlumRus te verbeter wat sal jy doen en hoekom **WOW!** Dit sal nie maklik wees om te besluit nie, maar dalk die volgende:

- Ek sal heeleerste n tiende deel aan die Here wei deur dit aan n verdienstelike projek te skenk.
- Ek sal graag n volledige toegeruste gymnasium vir die inwoners aanbring, met instrukteurs, want ongelukkig is Fisiese Oefeninge baie

laag op carers se priorities lys, weens gebrek aan tyd en goeie beplanning .

- Alternatiewelik sal ek ook voltyds/deeltydse fisios kry om hul spiere te versterk om te voorkom dat dit atrofeer of weg kwyn.
- Laastens dink ek n OTM masjien op die Terrein, met voltydse Sekuriteit, sal nie te versmaai wees nie, vir gebruik deur personeel en inwoners. (dan help ons ook my goeie vriend Chris – lol)

(Sr. Muriel Mapling)



Would like to know what the residents and staff are interested in reading so that she can make sure that the books of their preference is available.

Moving the market bookstock to make room for the turn table and speaker (record player)
(Library - Vivian Spires)

Normally we collect scarves and mittens for Rhodene (Lavender Hill) but due to Covid, nothing was collected, the Friends members wish to do it again in 2021. We want Rhodene to make suggestions about how we can assist her with the needs of the Seniors in Lavender Hill.
(Friends - Mrs Garwood)

It's not been the most exciting year but under the circumstances, it's been a learning curve and I'm really pleased that I spent it at PlumRus rather than my previous home because we have been really privileged by having so much support and Christian learning.

My plans for 2021 is simply - Living.

My main focus is keeping Grant (son) and myself healthy and as fit as possible. Always try to be positive especially in difficult situations.

If I had to win a million rand, I would suggest that it be shared by the staff because they do an amazing job and have a very good attitude.





Bosberaad – wat wil ons bereik op 30 Jan 2021

30 Januarie 2021 gaan ons alle diens lewerings uitmekaar trek, her-evalueer en kyk waarmee moet ons voortgaan en waarmee moet ons stop. Natuurlik in oorleg met ons finansiële vermoëns. Hier is die span – gesels gerus met hulle en gee jou idees en jou verwagtinge.

Our yearly planning will take place at PKF Offices in Diep River, thanks to Frans Boonzaaijer, the Chairman of the Financial Board Committee. This year we would like to revisit all our services, define which must go and which must be added in relation to our financial resources.

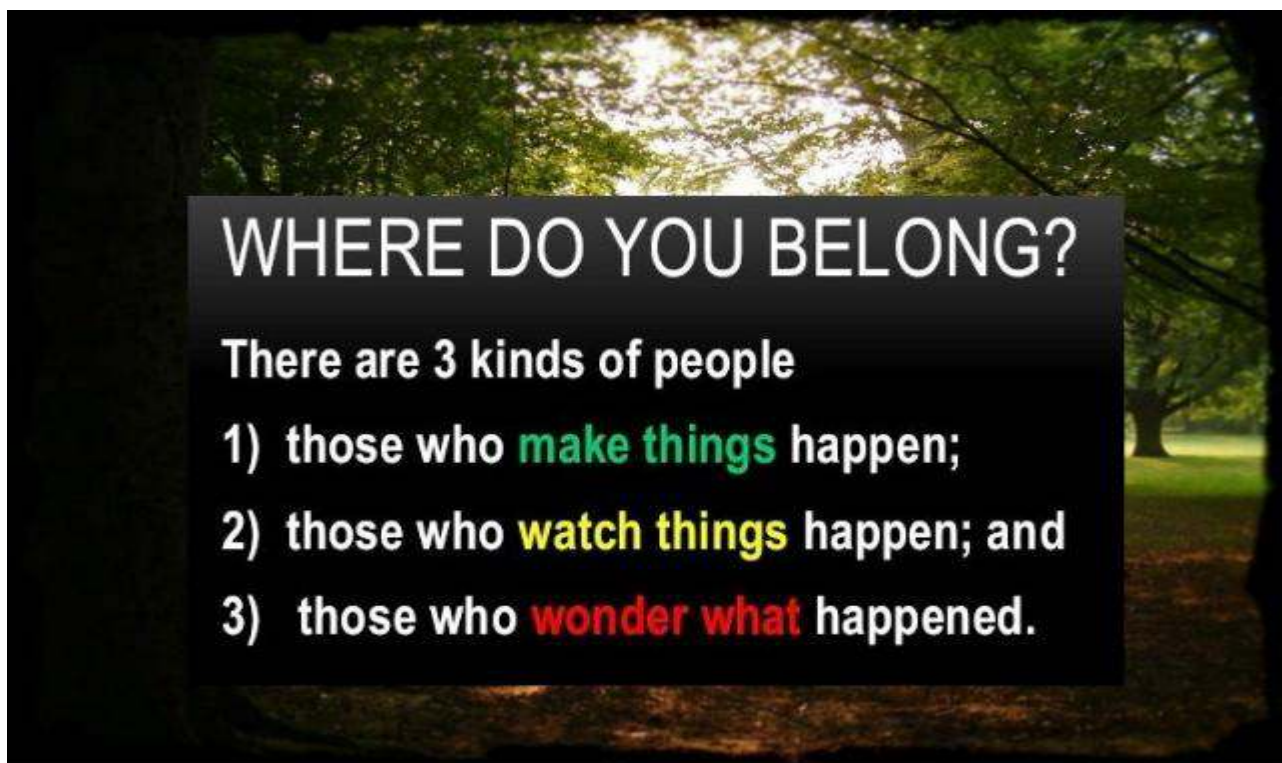
The Team:

- 7 Board Members from the community
- 9 Staff Members from the Management Team
- 12 Residents from the House Committee

The agenda and discussions will include;

- Align service delivery with our 3 year strategy done Feb 2020 – but take into consideration the influence of Covid-19 on our 3 years plan.
- It is also the time to rethink our overall service delivery because we are financially under “stress” due to the fact that we are a staff driven NPO and some of our families cannot afford high increases.
- Events – see the middle page of PlumRus News
 - We have a comprehensive stimulation activities and spiritual care program – is this program still applicable and/or affordable?.
 - Do we kick-start fundraising again – can we really ask our staff to spend more hours at work? - they are already stretched to capacity in trying to keep the salary bill as low as possible
- Services – nursing, catering, cleaning, facility care, maintenance, security and risk management and selection and allocation
 - Are all services still needed, are all of them still applicable, do we change to more affordable options and/or what will the implications be?
 - We need to chat about residents vs carer ratios-regarding our business namely basic care

- Can we still afford choices with our meals as an example? Are there other services that we can stop?
- Can we cut more overheads, administration and management costs as an example
- The idea is to go through the services point by point and define the necessities.
- Communication and marketing – how to grow the Community Service Centre business
 - How to increase home base care and day care services
 - How to get the community, companies, businesses, churches, social organizations, high profile people behind our drive to Care for the Elderly
- Finances – budget to compliment our residents and members financial capability
 - Salary increase yes/no and if yes the affordability
 - Levies increases yes/no and if yes the affordability



Management Operational plans for 2021 as following:

- Completion of Pin Cushion extension
- New Menu for PlumRus
- Technical training, coaching and grooming of staff
- New window cleaning system
- Communication system for family and friends of PlumRus.
- PlumRus News channel including newspapers and magazine's online
- 3 x New Subsidize bedrooms
- Extending of irrigation system





—silent—night—
—holy—night—

WORD SEARCH: BEAUTIFUL SYNONYMS

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

ADMIRABLE

DELICATE

GORGEOUS

NICE

ALLURING

DELIGHTFUL

GRACEFUL

PRETTY

APPEALING

DIVINE

GRAND

RADIANT

ATTRACTIVE

ELEGANT

LOVELY

SPLENDID

CUTE

EXQUISITE

MAGNIFICENT

SUBLIME

DAZZLING

FINE

MARVELLOUS

SUPERB