



PlumRus

n e w s

Welcome July

Life Given Difference

Lewegewende Verskil





Happy Birthday to our Residents and Staff

1st	Bevin Elliott	R36	80	English
2nd	Charlotte Grobler	F103	89	English
3rd	June Swanepoel	R59	89	English
4th	Connie Bryce	R48	81	English
5th	Teresa Doubell	F110	85	English
5th	Elsa Punt	N011	72	Afrikaans
7th*	Martha Kotze	F014	95	Afrikaans
7th*	Sophia Osborn	N101	97	English
8th	Patricia Vorster	R45C	80	English
8th	Gertine Boshoff	R69	82	Afrikaans
17th*	Doris Coetsee	R14	92	English
17th*	Naomi Warner	A2	97	English
18th	Cecelia Mocke	R54	81	Afrikaans
18th*	Hester Kotze	R55	96	Afrikaans
19th	Margaret Magowan	MV102	81	English
19th*	Joan Kendrick	N103	91	English
20th*	Maria Boshoff	F018	90	Afrikaans
27th	Lenore Downey	N006	77	English
29th	Elizabeth Bothe	R52	76	Afrikaans
29th	Joyce Ten Velden	N206	78	English
31st	Gillian Organ	MV101	83	English

1 st	Lamees Lewin	Health Care
1 st	Bonita Appels	CSC
4 th	Noelwene Johnston	Coffee Shop
4 th	Pauline Lawens	CSC
4 th	Tania Dyer	Health Care
6 th	Agnes Solomons	Risk Man
8 th	Melanie Philander	Health Care
12 th	Louisa Kasper	Laundry
12 th	Nadia Christians	CSC
14 th	Molly Collins	Kitchen
16 th	Yolonde Damon	Risk Man
16 th	Craig Isaacs	CSC
16 th	Bridgitte Andrews	Domestic Carer
16 th	Chantal Hendricks	Health Care
21 st	Jo-Ann Maritz	Health Care
22 nd	Jennifer Pretorius	CSC
30 th	Ayesha Benjamin	Health Care
31 st	Lauren Jephta	Admin



It is said that people born in July have the following characteristics;

- | | |
|---|---|
| <ul style="list-style-type: none"> • Charming • Emotional • Have good self control | <ul style="list-style-type: none"> • Very generous • Family orientated • Strong work ethic |
|---|---|



July Birth Flower – Larkspur

- Larkspur blooms from early spring through late summer
- While mildly toxic to people or pets, larkspur is particularly dangerous to cattle.
- Larkspur is actually a very complex flower consisting of both petals and sepals.
- In general, the flowers symbolize an open heart and can be associated with strong romantic feelings. ...
- Pink larkspur flowers represent fickleness.



Spiritual Care Program for July 2020

Fridays @ 09:30	Sundays @ 09:00	Sundays @ 18:00
3 rd No Service	5 th No Service	5 th No Service
10 th Louie Giglio	12 th To Be Announced	12 th Dr. Chris Saayman
17 th Joe Bell	19 th To Be Announced	19 th Dr. Chris Saayman
24 th John Hagee	26 th To Be Announced	26 th Dr. Chris Saayman
31 st Trevor Hudson		

Windows With A View

Booth Memorial Hospital lies in the shadow of iconic Table Mountain, over-looking the Cape Town city bowl. A few years ago my wife and I visited an old friend who ended up there after falling while moving around in her kitchen. Because of her injuries Dorothy need special care and daily physiotherapy. While at Booth, she stayed on the third floor. When we arrived on the day of our visit she was happily gazing out the window of her room. Her eyes sparkled and her face lit up as she saw us. "Just look at this view," she said, "isn't it amazing. I love it!"

It was an amazing view! The Mother City, which ranks among the most beautiful in the world lay spread out before her. In the harbour, cranes poked their spindly fingers into the sky as boats slid effortlessly between wharfs. The blue-green Atlantic ocean and clouded horizon, provided a stunning backdrop to the eye-catching view from Dorothy's window.

You may think it strange, but the view from Dorothy's room and her enjoyment of it, probably played a large part in her speedy recovery. More and more research is backing up the importance of the sense of wellbeing we get while looking at and enjoying the views around us. Whether it's a beautiful sunrise or sunset, the delicate colours of sun-lit flowers, the way trees move when the wind gets up, or other people going about their normal tasks, enjoying views like these is beneficial to our overall health. For the elderly or shut-ins, windows are so much more than ways to let light and fresh air in. They provide opportunities to engage with the outside world in an emotionally, physically and spiritually enriching way.

In these difficult times, it's easy to overly worry about everyday life. Worrying about money, food, clothing or our health can rob us of our peace and joy. To keep from being overwhelmed by worry, Jesus said we should consider the birds of the air and the lilies of the field. They don't store their food in barns or design and make their beautiful clothing. God provides abundantly for them! (Matt 6:25-34) He will do the same and more for us!

Enjoying the view from your window with your 'eyes' open to the goodness and kindness of God, will not only help you feel better, it will also deepen your love for the Lord and strengthen your faith in him.



(Submitted – Dave Henderson)



The Lord is my Shepherd
That's Relationship!

I shall not be in want
That's Supply!

He maketh me lie down in green pastures
That's Rest!

He leadeth me in the paths of righteousness
That's Guidance!

For His name sake
That's Purpose!

Yea thou I walk through the valley of the shadow of death
That's Testing!

I will fear no evil
That's Protection!

For thou are with me
That's Faithfulness!

Thy rod and thy staff they comfort me
That's Discipline!

Thou preparest a table before me in the presence of mine enemies
That's Hope!

Thou annointest my head with oil
That's Consecration!

My cup runneth over
That's Abundance!

Surely goodness and mercy shall follow me all the days of my life
That's Blessing!

And I shall dwell in the house of the Lord
That's Security!

Forever
That's Eternity!

(Submitted: Roy Binedell)

Lockdown Fitness A Guide to keeping ACTIVE!

Sufficient physical exercise is important, now more than ever. Age should never be a barrier in staying active, in fact elderly people has the most to gain by exercising and being fit. Exercise is crucial under any circumstances for physical and mental wellbeing, COVID 19 or Not.

Here is why all elderly people should stay active:

- Physical inactivity is a major risk factor for chronic conditions and sufficient physical exercise improves overall strength, balance and co-ordination.
- Exercise can increase life expectancy, save money and reduce Health Care costs.
- Being active is a good way to reduce stress, anxiety and depression and overall mental wellbeing.
- Physical activity boosts your Immune System.

Steps elderly need to take to ensure Active Ageing

- Elderly people must eat Healthy and exercise weekly
- Elderly must avoid things that are bad for them like over eating, stressful environments and unnecessary conflict matters.
- They must optimize their immunity by taking the necessary vitamins and enjoying the Vitamin D coming directly from Sunlight.
- Elderly must not isolate themselves when not necessary, to avoid depression.
- Elderly must find a creative way to be active in their social lives
- Age is just a number, you are never too old to learn something new or develop a new skill.
- Elderly must continue daily to challenge themselves and not stagnate in their position they find themselves in.

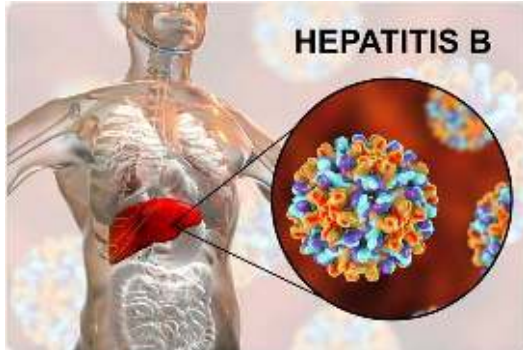
Now is the perfect time in each person's life, old, young, staff or resident to try something new and to develop them personally and continuously.

Remember: We have Gym trim on a Tuesday morning in Bobbie Liebenberg @ 09H30 and in Sugar Bush @ 10h30. PlumRus is also blessed with beautiful gardens that are walker friendly.
(Sr. Muriel Mapling)



World Hepatitis Day

Hepatitis is the inflammation of the liver tissue, it can be self-limiting but is also capable of advancing to fibrosis or liver cancer. The world hepatitis day is celebrated on July 28 of every year. The date of 28 July was chosen because it is the birthday of Nobel-prize winning scientist Dr Baruch Blumberg, who discovered hepatitis B virus (HBV) and developed a diagnostic test and vaccine for the virus.



Facts:

- Hepatitis is the second major killer infectious disease after tuberculosis.
- There are 5 main hepatitis viruses, referred to as types A, B, C, D and E.
- Hepatitis A and E is usually caused by eating or drinking contaminated food and water.
- Hepatitis B, C and D usually occur as the result of parenteral contact with infected body fluids.
- Viral hepatitis can be prevented and treated.

Prevention

Hepatitis A

Hepatitis A mostly spreads through infected food and water.

Some ways of preventing infection include:

- washing the hands carefully after using the bathroom and before eating
- ensuring that food is fully cooked and appropriately stored
- drinking only bottled water when traveling
- avoiding or peeling fruits and vegetables that may have been washed or grown in contaminated water

Hepatitis B and C

To minimize the risk of transmission:

- A person should talk openly with any sexual partners about any viruses they may have.
- Use a barrier method, such as a condom, during sex.
- Only use previously unused, clean needles.

Avoid sharing toothbrushes, razors, and manicure instruments.



Clicks Pharmacy Services



Many of our residents, who use Clicks/Prospur as their medication supplier, will have to make alternative delivery arrangements. With immediate effect this branch has ceased all delivery services. The good news is that they are still supplying medication on account, which is payable at the end of each month. Families with active accounts can continue to use the facility provided they collect the medication from the store.

Alternatively, if you prefer using a delivery service, Clicks/Kenilworth has an ordering and delivery service you can use. Payment method is either via EFT or C.O.D. The contact number to place your order is 021-683 2942. Please always remember to allow sufficient time for delivery, a 2 to 3 day turnaround time should suffice.

Price Increase



Due to the unfavorable rand dollar exchange rate over the last few weeks, we have seen the increase in many essential items. In the case of seniors a very important toiletry item, incontinence products, has been affected by these price hikes.

Effective the 1st June, we have seen a sharp increase of between 12 and 15% on nappies and pull-ups. The fluff and gel used in the manufacturing of these products are all imported, and therefore impacts the cost of the final product. This increase is expected across all brands of incontinent products.

We will continue to use the highest absorbency product, to avoid wet clothing and unnecessary and frequent linen changes. We commit to ensuring that our residents are clean and comfortable at all time.



Interesante Feite van Immuniteit

Het jy geweet dat elke persoon 3 tipe Immuun Sisteem het?

1. **Natuurlike Immuun Sisteem**
Dis waarmee elke persoon gebore word soos jou vel wat jou moet beskerm teen die indringende van viruses of bakterië om te voorkom dat dit jou liggaam aanval.
2. **Aanpasbare Immuun Sisteem**
Hierdie ontwikkel wanneer jy blootgestel word aan of inge-ent word teen sekere siektes bv die Flu vaksien teen die Influenza virus. As die virus dus sou opduik het jy reeds teen liggaampies wat teen die siekte sal veg en dit vernietig. Indien jy in kontak was met iemand wat n aansteeklike virus het, sal jy nie noodwendig siek word nie, want jy het reeds die nodige teenliggaampies opgebou en as jou immuunsisteem sterk genoeg is sal jy nie die siekte kry nie, soos bv Covid-19.
3. **Passiewe Immuun Sisteem**
Dit word geleen by n ander bron soos n baba wat moedersmelk inneem. Babas kry teen liggaampies om hulle te beskerm teen enige siekte wat die moeder reeds gehad het soos bv Tuberkolose.

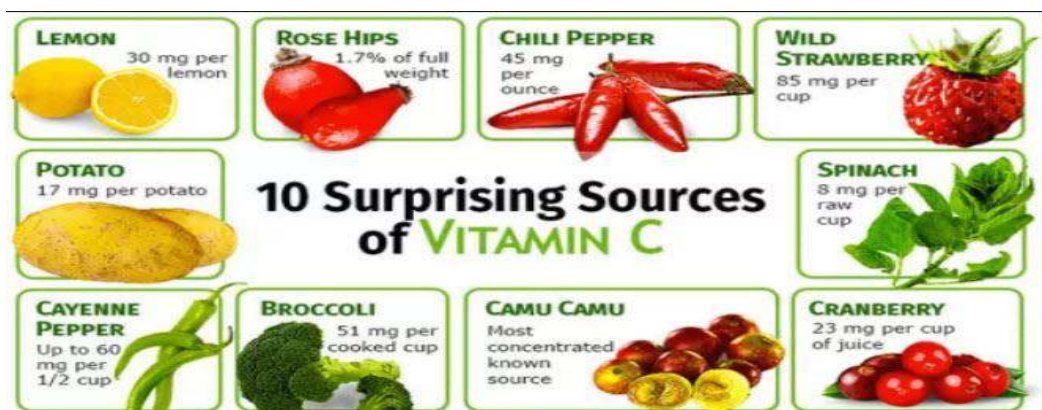
Dit is nou belangriker as ooit dat jou Immuun sisteem sterk moet wees om jou te beskerm teen alle viruss waarmee ons nou te doen het. Jou wit bloed selle is die belangrikste rolspeler in jou Immuun sisteem, hulle word die soldaatjies van jou liggaam genoem en word in jou beenmurg vervaardig. Hierdie selle beweeg deur jou liggaam en in jou bloed en weefsel opsoek na viruse, bakterië of parasiete om dit te beveg.

Die volgende is die goed wat jou huidige goeie Immuun sisteem kan beïnvloed, dit lei dat jou wit bloedselle nie behoorlik kan funksioneer nie en jy het dan n gebrekkige Immuun sisteem:

- Spanning en Stres is jou grootste sondebok
- Slegte dieet lei tot wanvoeding
- Blootstelling aan siektes
- Gebrek aan oefening en ontspanning
- Kroniese siektes soos hartkwale of Diabetes
- Auto – Immuun siektes soos wanneer jou liggaam sy eie soldate vernietig



Hiermee leer ons elke dag dat n gebalenseerde ete soos wat PlumRus jou bied, die nodige bou blokke gee om jou teen liggaampies natuurlik te kan onderhou.



Ons as bestuur en personeel vra dat elke inwoner asseblief die son sal geniet, die oefening sal by woon en ook jou Geloof sal aktief hou sodat ons saam hierdie Virus kan beveg en wen.
(Sr. Muriel Mapling)

PlumRus Through Lockdown



The residents at PlumRus have been in lockdown for close onto 100 days. It was agreed that in order to keep our faith strong and support each other through this time, we would meet daily at midday in our decentralized lounges for prayer time. These prayer times are facilitated by staff and residents. Psalm 91 has been the scripture that has been our foundation through these challenging times.



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

"There has undoubtedly been a spontaneous eagerness to follow the essential rules. Sanitizing, hand wash, face masks, social distancing have been accepted as personal routines for us to observe. The basic rules have been frequently spelt out and the need for compliance urged. So despite the inevitable grumbles, George and the management team have protected residents, among the most vulnerable victims, making our corridors a safe haven whilst the most vicious disease in world history destroys people throughout the nations and beyond." (Dick Parker-Resident)

"Wat het ek die meeste geniet van lockdown? Ek het die hele wereld deur gereis op die gemak van my sitbank. Ek het op TV die Travel Channel gekyk en die wereld gesien van 'n anderkant, ook op my laptop!" En na lockdown, Tannie wat dan?

"I am looking forward to taking a road trip to nowhere, with a pit stop at the casino, a good catch up coffee with lekker moist chocolate cake." (Marie Knuppel-Resident)

"Thank you to the amazing staff and management at Rusoord for keeping our loved ones safe! Not an easy time but you're doing a fantastic job x." (Heather Dowie Engelbrecht-Family)

"It is well known that we sometimes don't appreciate people, places and things in our lives until they are no more, albeit temporarily. In the past two weeks, since I walked out of PlumRus on lockdown, my longing has grown daily and not only to put my arms around my own beloved Moeder Muis. I miss the folk at the gate. I miss the greetings, smiles and waves as my make my way to reception. I miss Aggie and Lucille's friendly welcome smiles and warm greetings. But most of all, I miss my Zone 5 Family - saying hello and chatting briefly, enjoying lunch with them in their dining area, trying to have a conversation with Tannie Mimmie who seldom hears my first attempt at talking with her, hearing Mr Anetos calling for assistance... I suppose I just miss the Zone 5 vibe. Thank you to all at PlumRus who have become such an integral part of my life. I miss you all! Stay safe and be blessed!!!" (Santa Morom-Family)

"Ek het geleer om die kleiner/"simplier" dinge in die lewe te waardeer. Die vryheid om iets te doen op my tyd, in plaas van om op iemand anders se tyd te werk. In hierdie tyd het ek die Here beter leer ken, en ook besef dat familie is jou steunpilare." (Juanita-Staff)

"I will forever remember lockdown 2020. Lockdown was implemented 2 days before my planned wedding. Needless to say we had to quickly change plans and managed to tie the knot the day before lockdown was enforced. I missed doing the activities I usually enjoy such as eating out, going to the beach and visiting with family." (Lauren Jephta-Staff)

"With the corona virus men's hearts are failing them with fear. They need to know how to find peace in the midst of this terrible situation. The apostle Paul answers the question when he says; "Be anxious for nothing, but in everything, in prayer and supplication, with thanksgiving, let your requests be known to God, and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus." In spite of the difficult circumstances and regardless of how unsure the future may seem, your peace of mind will only be secured when you become still before the Lord. He is the only infallible one who is able to overcome life's challenges." (Roy Binedell-Resident)

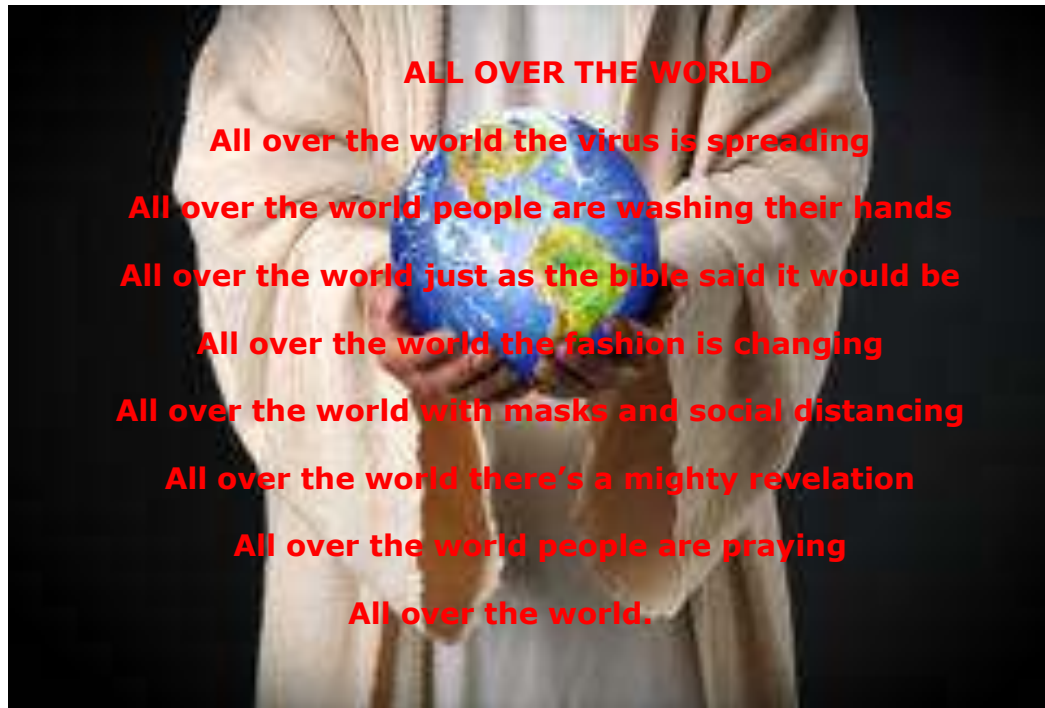
"I would like to thank George & all the staff for making this whole Covid 19 lockdown & particularly the isolation so well managed & as comfortable as possible for us, the residents. I was telling my son about all the special things we were having like the cookies & pancakes. He said he was going to advertise the new 5 star hotel in Plumstead. It is called the Plumstead Rest Resort. It has very good accommodation with 24 hour room service! The very helpful managing director is called Mr George Holtzhausen." (Di Slabbert)

Julie/July 2020

Maand Program / Monthly Program

Monday	Tuesday	Wednesday
		1
		08:30 Library 10:00 Tea Time: lounges 11:00 Activities in lounges 11:30 Fruit & Veg Lorry 15:00 Tea Time: lounges
6	7	8
07:30 English Prayer Meeting in the Hall 07:30 Afrikaans Bid Groep in die Koffie Winkel 09:00 Manne Bid Groep -Staff 09:00 Clinic in Office 1 10:00 Tea Time: lounges 10:00 Catholic Church in John Killian 11:00 Activities in lounges 14:30 Music / DVD in lounges 15:00 Tea Time: lounges 15:00 Friends Meeting	09:30 Shopping if Lock Down is lifted 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 NG Kerk diens 10:00 Tea Time: lounges 11:00 Activities in lounges 11:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 15:00 Croquet 18:00 Classics YouTube Night in the Hall
13	14	15
10:00 Tea Time: lounges 10:00 Catholic Church in John Killian 11:00 Activities in lounges 14:30 Music / DVD in lounges 15:00 Tea Time: lounges	09:30 Shopping if Lock Down is lifted 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 NG Kerk diens 10:00 Tea Time: lounges 11:00 Activities in lounges 11:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 15:00 Croquet
20	21	22
07:30 English Prayer Meeting in the Hall 07:30 Afrikaans Bid Groep in die Koffie Winkel 09:00 Manne Bid Groep -Staff 09:00 Clinic in Office 1 10:00 Tea Time: lounges 10:00 Catholic Church in John Killian 10:30 Methodist Communion 11:00 Activities in lounges 14:30 Music / DVD in lounges 15:00 Tea Time: lounges	09:30 Shopping if Lock Down is lifted 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 NG Kerk diens 10:00 Tea Time: lounges 11:00 Activities in lounges 11:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 15:00 Croquet
27	28	29
07:30 English Prayer Meeting in the Hall 07:30 Afrikaans Bid Groep in die Koffie Winkel 09:00 Manne Bid Groep -Staff 09:00 Clinic in Office 1 10:00 Tea Time: lounges 10:00 Catholic Church in John Killian 10:30 Methodist Communion 11:00 Activities in lounges 14:30 Music / DVD in lounges 15:00 Tea Time: lounges	09:30 Shopping if Lock Down is lifted 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 NG Kerk diens 10:00 Tea Time: lounges 11:00 Activities in lounges 11:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 15:00 Croquet 18:00 Social Evening Andre Bocelli in the Hall

Thursday	Friday	Saturday	Sunday
2	3	4	5
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 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	10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music / DVD in lounges
9	10	11	12
08:30 Library 09:30 Shopping if Lock Down is lifted 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Afrikaanse Bybelstudie in John Killian 15:00 Bingo in the Hall	09:30 One Hour for Jesus Louis Giglio 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 To be Announced 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 Shopping if Lock Down is lifted 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 Bishop Joe Bell 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	09:30 Church To be Announced 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 if Lock Down is lifted 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Afrikaanse Bybelstudie in John Killian 15:00 Bingo in the Hall	09:30 One Hour for Jesus John Hagee 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 18:00 Bring & Braai	10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music/DVD in lounges 15:00 Tea Time: lounges	09:30 Church To be Announced 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	Tuesday's & Thursday's Shopping Only when Lock Down is lifted Church Services in the Hall every Wednesday @ 09:45 Fruit & Veg Lorry Wednesday's @ 11:30 6th July 2020 Friends Meeting in the Hall @ 15:00 8th July 2020 Classic YouTube Night in the Hall @ 18:00 29th July 2020 Andre Bocelli in the Hall @ 18:00 31st July 2020 Bring & Braai @ 18:00	
08:30 Library 09:30 Shopping if Lock Down is lifted 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 N108	09:30 One Hour for Jesus Trevor Hudson 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 18:00 Bring & Braai		



(Beryl Garwood-Resident)

As a proactive preventative measure, we have implemented a fogging, deep cleaning process at our facility, on a regular basis. This is an environmental friendly process with no risk to our residents, staff or operations. We have received very positive feedback from our residents regarding this intervention, as they have experienced the immediate benefits of the fogging process. We have also received very positive feedback from Back-attack, regarding the overall cleanliness state of our facility.



Covid-19 – Let Go & Let God Have His Way

Learning to be comfortable with ourselves is one of the most difficult things to do. Pastors often draw their source of strength and sense of worth by being in the presence of others, exercising our duties 'out there' as it were. And so, we define the ministry of the church as one of accompaniment, by creating a spiritual environment for our fear, uncertainty, and anxiety to be calmed by the reassured presence of God's grace and mercy, through physical presence.

Covid-19 has taken all of this away especially when it comes to death and dying. There are no last rites. There is no sacrament of communion. There are no scripture readings and prayers. There is no family gathering. The logic that prevails that we are social beings, we need warm bodies that we can embrace – and this is an essential part of loving and caring and holding during times of deep emotional hurt, through Covid-19 it is locked down and locked out and forced to keep distance.

Thinking about this cold clinical invasion into our lives what are we left with?

Covid-19 has taken away, but it has also forced us to dig deep into our own souls. This is where our embedded life force connects with God, the source of life. So, what is the lesson that we can draw from this? The loneliness that the past 4 months presented, in fact taught us *to love ourselves* as we should *love our neighbour*. It stripped us bare and exposed ourselves to ourselves. By loving ourselves enables us to also get a much better perspective of how God loves us, always present, holding us when everything else and everybody else is forbidden to express love physically.

We do not have to suffer from compassion fatigue or anxiety or fear or uncertainty when we discover this powerful connectedness in ourselves, to God and all of creation. Without pretence we are empowered to "Let go and Let God have His wonderful Way".



Rev. Derrick Marco touches on a very emotional and sensitive subject above. The loneliness of death during lockdown and a pandemic cannot be comprehended unless you personally experience it, with the passing of a loved one or friend. We take a moment to think of our own residents who have had to say good-bye to life partners and friends during this time, at a distance. Although none of our residents passed away due to Covid-19 their death was experienced with the cold reality of the state of lockdown with all its limiting restrictions.

You may be one of those people who never yet discussed your wishes with your family, when death happens. How you would like to be celebrated, whether you wish to be buried or cremated, what hymns need to be sung at the service or who should be the pallbearers? Others may have gone into much detail about all the specific arrangements and trivial detail, of photos to be used on program and catering arrangements. What Rev. Marco is saying, is simply.....with Covid-19 around none of this matters. What matters is your relationship with your creator. You came into this world with NOTHING and you will leave with NOTHING!

Seek God at this time and make peace with what is important for your eternity!

We continue to work with all stakeholders during this time to ensure that our residents are equipped with all the information that they may need, regardless the situation. Our friends at AVBOB and the City of Cape Town have given us some guidelines with regards to funerals during lockdown. Please also contact your church to enquire about their burial protocols during lockdown.



Contact Shantal Malgas – 083 703 1173

shantalm@assurance.avbob.co.za

Funeral Standard Operating Procedures:

Procedures when it's a Non - Covid death.

- Funeral agency will come and fetch the deceased with protective gear for the safety of all staff and residence
- Body gets transported to the mortuary
- Family can come and identify the body, but also a limited amount of family members to come in and make the funeral arrangements
- Only 50 people to attend the funeral whereby there will be a register to keep track of all the people attending the funeral
- Coffin will go straight from the mortuary to the church and then to graveside.
- Time frame for the funeral is also limited
- Family will have to notify family members attending the funeral to wear masks and also to keep social distancing.
- Sanitizer needs to be available at entrance of the church.

PLEASE NOTE: FUNERALS AND BURIALS TO OPERATE UNDER FOLLOWING LIMITATIONS

AMENDMENT 22 JUNE 2020

In line with national regulations and in order to reduce the spread of COVID-19 (Coronavirus), the City of Cape Town's cemeteries will only be operational on the following conditions. These will be strictly enforced for the safety of City employees as well as members of the general public, and residents are to be made aware of this as needed.

Families and Undertakers are responsible for attendance being limited to Maximum of 50 people.	2 hours max allowed for funerals (separate from 30 minutes for burial service)	Viewing may only take place in the mortuary under strict PPE - NO touching or kissing the deceased	One gazebo permitted no larger than 2 x 3m as per the Cemetery Bylaw	Families are responsible for ensuring that social distancing and face masks are worn by all mourners.
Covid-19 burials to take place within 3 days	Non-Covid burials to take place within 10 days	More burials to be held on weekdays	No Covid-19 positive guests may attend funerals	Maximum 10 chairs allowed per burial at the cemetery

We know that this will prove challenging for some of our residents and different burial cultures. But in the interest of containing this highly contagious virus and for the protection of all our residents, we appeal for your understanding of the need for these measures.

Contact the 24/7 hotline at 021 928 4102.
For enquiries contact:
Cemetery.Administration@capetown.gov.za

CITY OF CAPE TOWN
ISIXEKO SASEKAPA
STAD KAAPSTAD

Making progress possible. Together.

Can't Leave Yet.....

Today dear Lord I am 80
And there is so much I haven't done
I hope you will let me live till I am 81.
But then I haven't finished all I want to do
Would you let me stay awhile.....until I am 82?
So many places I want to go, so much to see,
Do you think you could manage to make it 83?
The world is changing very fast
There is so much in store,
I would like it very much to live till I am 84.
I know dear Lord it is much to ask
And it must be nice in heaven
But I would really like to stay until I am 87.
I am 90 Lord my mind is sound
I like it here I can still walk around
My time is limited I know
And someday I would have to go.
I am not greedy or guided by fears
I just want to see what happens in the next few years.
I am sure you have heard this plea before,
But my bags will be packed at 104.....



Order n court

A Drunkard is brought before court. Just before the hearing starts there's a commotion in the gallery.

The magistrate pounds his gavel on his bench.

"Order, order!" he shouts

The Drunkard immediately responds.

"Thank you, your Honor. I'll have a scotch and soda."





We continued to ensure that our seniors in Lavender Hill received hot meals during lockdown. Taking all safety protocols into account these meals were prepared by the Catering Team at PlumRus, transported by Clint and distributed by Father Mark and the field workers. We extended our feeding to the residents at The Village Old Age Home in Lavender Hill. We give God all the praise for His provision.



Our residents keep active by our committed and loving carers. Thank you for all your dedication and ensuring that our residents are kept safe.

Safety comes in a can,

I can,

You can,

We can be safe!



Some of our Fathers enjoying breakfast and their acknowledgement of being our SuperHeros!



To Laekah and the Lindt Team, we say a SWEET THANK YOU!

It almost goes without saying, especially at a time like this, that the smallest gesture extended to the seniors in our communities, where their vulnerability to the virus has exposed them on many levels, is heartily appreciated.

Chocolate always seems to bring just that little bit of much needed sweetness and love into people's lives. Your gesture brought many welcome smiles to our residents faces, just knowing that they are not completely forgotten and that people do still care about them.

May your business continue to snowball in SWEETNESS!



A very big shout out to Julia and the JOY MAGAZINE Family, for the generous donation of back copies of their magazine, to our residents.

During unusual, troubled times such as the pandemic we are currently experiencing, it is important to keep the Faith and trust our God to see us through. Good biblical teachings and conversations as published in your magazine encourages readers to push through and continue to submit to God through prayer. We pray that the Kingdom work being done through your magazine will be blessed and grow from strength to strength.



Cranky Old Man

What do you see nurses?.....What do you see?
What are you thinking, when you're looking at me?
A cranky old man.....not very wise,
Uncertain of habit..... with faraway eyes?
Who dribbles his food.....and makes no reply.
When you say in a loud voice... "I do wish you'd try!"
Who seems not to notice... the things that you do.
And forever is losing.....a sock or shoe?
Who, resisting or not..... Lets you do as you will.
With bathing or feeding..... The long day to fill?
Is that what you're thinking?..... is that what you see?
Then open your eyes, nurse.. you're not looking at me.

I'll tell you who I am.....As I sit here so still.
As I do at your bidding..... as I eat at your will
I'm a small child of Ten.....with a father and mother,
Brothers and sisters.....Who love one another
A young boy of Sixteen... with wings on his feet
Dreaming that soon now..... a lover he'll meet.
A groom soon at Twenty..... my heart gives a leap.
Remembering the vows...That I promised to keep.
At Twenty-Five, now...I have young of my own
Who need me to guide... And a secure happy home
A man of Thirty.....My young now grown fast,
Bound to each other ...With ties that should last
At Forty, my young sons ...have grown and are gone
But my woman is beside me ...To see I don't mourn
At Fifty, once more...Babies play 'round my knee
Again, we know children.....My loved one and me
Dark days are upon me ...My wife is now dead.

I look at the futureI shudder with dread.
For my young are all rearing...young of their own.
And I think of the years... And the love that I've known
I'm now an old manAnd nature is cruel
It's jest to make old age.....look like a fool
The body, is crumbles..... grace and vigour, depart
There is now a stone...where I once had a heart
But inside this old carcass.....A young man still dwells
And now and again..... my battered heart swells
I remember the joys...I remember the pain
And I'm loving and living..... life over again
I think of the years, all too few... gone too fast
And accept the stark fact...that nothing can last
So open your eyes people...open and see
Not a cranky old man
Look closer...See.....**ME!!**

(by Anonymous)

(Submitted by Selma Stuart)





Money, Money, Money

With the onset of Covid-19 lockdown the demand for cash escalated exponentially. This has resulted in constant shortages of cash on hand, as resident's cash needs increased. Our restricted visit to the banks does not help the situation.

We ask for your patience and understanding in that cash isn't always available for withdrawal, and when available, that the amount per person is limited to R200 per drawing in order to try and make some cash available for more residents.

Unfortunately, I cannot guarantee any amount of cash at any given moment given the limitations we are currently experiencing.

I would also like to remind residents that I can go draw cash for them at an ATM; I try to do this twice weekly. Of course this would require some trust extended by the resident in order for me to handle their bank card and it is done at own risk. This is the only way I can guarantee cash and in larger amounts at this time and for the near future. (Chris Schutte)

Your good health is our greatest wealth!

We have been encouraging residents over the period of lockdown to self isolate, while we continue to take care of their catering and cleaning needs. Many residents have opted for this service with great success.



The catering team have a huge challenge at the moment, and that is the loss of cutlery. We would like to make a friendly request to all residents who may have had meals served to their rooms/flats, to kindly check through their cutlery and return any items to the kitchen that does not belong to you. You are more than welcome to give the cutlery to the carers who will return it to the kitchen on your behalf. We look forward to having everyone return to the dining areas to enjoy their mealtimes over good companionship, post lockdown.



Toasted Sandwich

Crisp Bacon & Avocado R29.00

Something Sweet

Every Tuesday – Carrot Cake R15.00

Every Thursday – Chocolate Cake R15.00

Caramel Cheese Cake

Granadilla Tart

Lemon Meringue

Peppermint Tart

Do try our warm beverages

Filter Coffee

Cappuccino

Hot Chocolate

Introducing our new Scones Sunday

With Cream, Jam or Cheese

Please place your order at Extension 1035



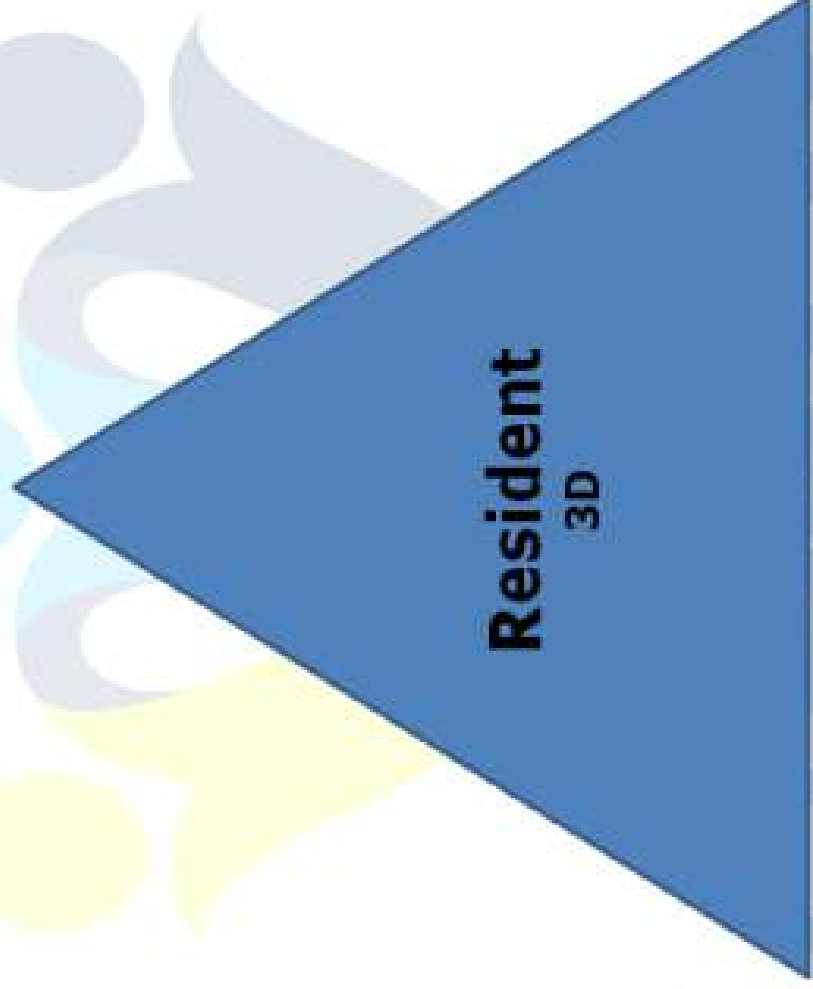
Wish fulfilled

A man is walking on the beach one day when he finds a bottle half buried in the sand. He opens it and inside is a genie. The genie says, "I will grant you three wishes and three wishes only." "I think I want R10 million transferred to a Swiss bank account" the guy says. Poof! Its done. Next he wishes for a red Ferrari. Poof! It appears in front of him. For his final wish he says, " I wish I was irresistible to woman." Poof! He turns into a box of chocolates.



PlumRus Philosophy

PlumRus



Family

Residents centred focus

It's not about the family, doctors or PlumRus
But the elderly our residents or members

Doctor