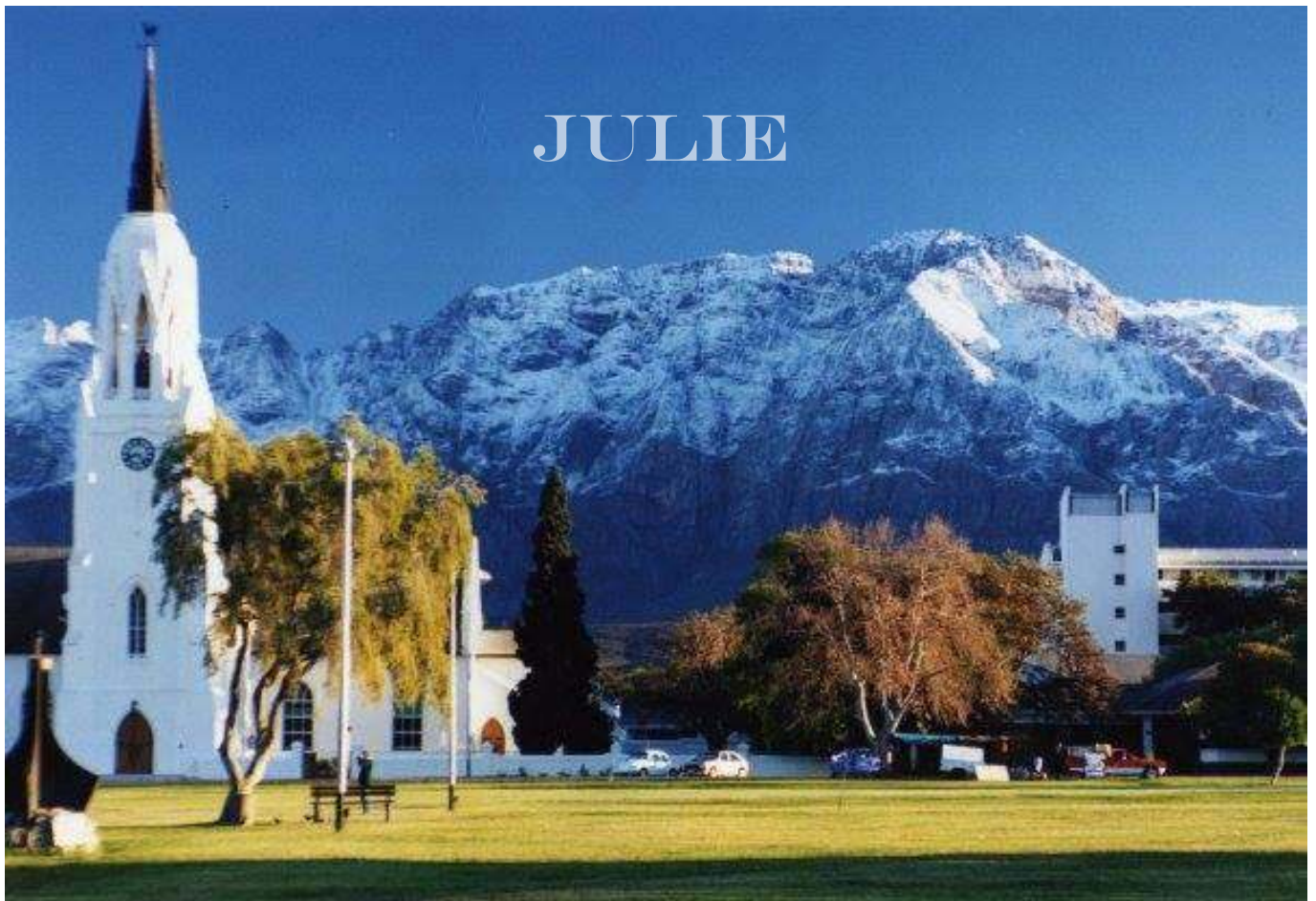




PlumRus

n e w s



MAAK 'N LEWENGEWENDE VERSKIL

Spiritual Care Program for July 2021

Fridays @ 09:30	Sundays @ 09:30	Sundays @ 18:00
2 nd No Service	4 th No Service	4 th No Service
9 th One Hour for Jesus	11 th Morning Service	11 th Evening Service
16 th One Hour for Jesus	18 th Morning Service	18 th Evening Service
23 rd One Hour for Jesus	25 th Morning Service	25 th Evening Service
30 th One Hour for Jesus		

A recipe for a happy life at PlumRus

1. When you wake up in the morning, thank God that he cares for you, that he is near and heard your prayers.
2. Thank him for a safe place of a warm bed and a good night's rest. If you had a bad night tell the carers- then you don't have to wait to tell others
3. Thank him for a place that you are cared for (millions don't have these comforts)
4. Read a passage from the bible that is where God speaks to you (a list of a few scriptures follows which you can cut off and place in your bible to help you find where your heavenly Father tells you how special you are and that He cares for you)
5. Pray- talk to God, again thank him for the privilege that you are his child and he is your father, commit your day to him, if you have a specific need or problem ask him for help, you can pray for your family, children etc. You can also pray the Our Father prayer.
6. If you have started the day in such a positive way and having told God your needs and problems then you don't have to talk (complain) to others. Especially not at lunch times where people have to sit and listen and can't walk away. Instead enjoy a good meal and companionship.
(millions are starving and don't have the comforts you have at PlumRus.)

Life does get harder as we get older, that's why we are here at Plumrus, an excellent retirement home with the best management and loving carers.

Suggested scriptures: (see 4 above)

- Psalm: 23, 139, 91, 121, 119, 19, 27
- The 4 Gospels: Matthew, Mark, Luke & John

At the end of the day, talk to God again.

Reflect on the day:

1. Thank God for the good things, loving care, good meals, full stomach, a warm bed, company etc. (a lot of elderly live by themselves and are lonely)
2. Confess and ask for forgiveness for where you blundered, eg being ugly to anyone, gossiping, criticizing, getting angry at someone. God understands and forgives
3. Commit yourself to him for the night to have a peaceful sleep he will watch over you, Psalm 16 v 11. In thy presence is fullness of joy.

PS: Next month some of the habits and suggestions to live a meaningful and happy life we never get too old to learn.

"It takes 3 weeks to learn a new behavior, so don't be discouraged when you slip up, just get back to it."

A prayer for peace



O God of justice and love, bless us the people of the world and help us to live in your peace.

Lord, make me an instrument of your peace,

Where there is hatred, let me sow love, where there is injury, pardon, where there is doubt, faith, where there is despair, hope, where there is darkness, light and where there is sadness, joy. O Divine Master, grant that I may not so much seek to be consoled as a console, to be understood as to understand, to be loved as to love. For it is in giving that we receive, it is in pardoning that we are pardoned, and it is in dying that we are born to eternal life.

(Submitted by: A Happy PlumRus Resident)

A Place in the Sun for Everyone

I was wracking my brains to think of a possible contribution to the July bulletin and it was while I was at the back of the complex today, I saw the Alzheimer/Dementia residents enjoying the sun on this truly fabulous day today. To create such a safe space for enjoyment takes money, ideas, enclosure, potted flowers, umbrellas, astroturf, benches... I know nothing of this condition but I can only appreciate the familiar feeling of warm winter sun and fresh air.

Thank you God. The best things in life - a place in the sun for everyone!

(Submitted by: Vivian Spiers)



Oh Lord,

I launch my bark on the unknown waters of this year,

with thee, O Father as my harbour,

thee, O Son, at my helm,

thee, O Holy Spirit, filling my sails.

Give me, thy grace to sanctify me,

thy comforts to cheer,

thy wisdom to teach,

thy right hand to guide,

thy counsel to instruct,

thy law to judge,

thy presence to stabilize.

May thy fear be my awe,

thy triumphs my joy.

Length of days does not profit me.

except the days are passed in thy presence,

in thy service, to thy glory.

Give me a grace that precedes, follows, guides, sustains, sanctifies, aids every
hour.

that I may not be one moment apart from thee,

but may rely on thy Spirit

to supply every thought,

speak in every word,

direct every step,

prosper every work,

build up every mote of faith,

and give me a desire

to show forth thy praise,

testify thy love, and advance thy kingdom Amen **(Submitted by: Roy Binedell)**

In Matthew Thou art the Christ, the son of the living God

In Mark He is the Miracle Worker

In Luke He's the Son of Man

And in John He is the Door by which every one of us must enter



In Acts He is the Shining Light that appears to Saul on the road to Damascus

In Romans He is our Justifier

In 1st Corinthians our Resurrection

In 2nd Corinthians our Sin Bearer

In Galatians He redeems us from the law

In Ephesians He is our Unsearchable Riches

In Philippians He supplies our every need

And in Colossians He's the fullness of the Godhead Bodily

In 1st and 2nd Thessalonians He is our soon coming King

In 1st and 2nd Timothy He is the Mediator between God and man

In Titus He is our Blessed Hope

In Philemon He is a Friend that sticks closer than a brother

And in Hebrews He's the Blood of the Everlasting Covenant

In James it is the Lord that heals the sick

In 1st and 2nd Peter He is the Chief Sheperd

In 1st, 2nd and 3rd John it is Jesus who has the tenderness of love

In Jude He is the Lord coming with 10 000 saints

And in Revelation, lift up your eyes, Church, for your redemption
draweth nigh, He is our King of Kings and Lord of Lords.



(Submitted by Shirley Coles)



Blessings to our Residents on their special day

1st	Bevin Elliott	R36	81
2nd	Charlotte Grobler	F103	90
4th	Connie Bryce	R48	82
5th	Elsa Punt	N011	73
5th	Teresa Doubell	F110	86
7th	Sophia Osborn	N101	98
7th	Martha Kotze	R16	96
8th	Gertina Boshoff	R69	83
8th	Patricia Vorster	R045A	81
17th	Doris Coetsee	R14	93
17th	Naomi Warner	A2	98
18th	Hester Kotze	R55	97
18th	Cecilia Mocke	R54	82
19th	Margaret Magowan	MV102	82
19th	Joan Kendrick	N103	92
20th	Maria Boshoff	F018	91
27th	Lenore Downey	N006	78
29th	Elizabeth Bothe	R52	77
29th	Joyce Ten Velden	N206	79
31st	Gillian Organ	MV101	84



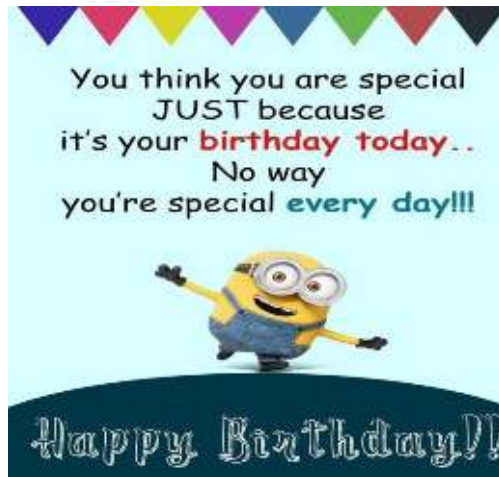
We wish all our members a very Happy Birthday!

7th Josephine Fredericks

14th Geraldine Daniels

18th Cheryl Khan





Happy Birthday to our Staff



1 st Lameez Lewin	Health Care
1 st Bonita Appels	CSC
4 th Pauliene Lawens	CSC
4 th Noelwene Johnston	C/ Shop
6 th Agnes Solomons	Admin
7 th Raymondi V/D Vent	CCL
8 th Melanie Philander	Health Care
12 th Nadia Christians	Health Care
14 th Mollie Collins	CCL
15 th Lauren Daames	CSC
16 th Yolanda Damon	BMG
16 th Craig Isaacs	Health Care
16 th Brigitte Andrews	CCL
16 th Chantal Hendricks	Health Care
20 th Lizel Williams	Health Care
22 nd Jennifer Pretorius	Health Care
23 rd Hailey Leonard	Health Care
30 th Ayesha Benjamin	Health Care
30 th Andrea Geldenhuys	Health Care



GOUTY ARTHRITIS – is it only a 'King's disease'?

Over 2600 years ago the Egyptians identified a painful condition that developed in the feet bones of elderly people which they called *Podagra* (foot pain). Hundreds of years later, Hippocrates, the 'Father' of modern medicine, referred to the condition as the 'unwalkable disease'. He was remarkably perceptive and recognised the link between this disease and the excessive consumption of 'rich' foods and alcohol, referring to it as the 'arthritis of the rich'. He also noted that gout is more common in men than women, and that men who don't go bald seem to be less prone to gout. But after menopause the chance of women developing gout is similar to that of men.

Over the years, gout has been known as the 'disease of kings' because only the wealthy and powerful could afford a diet rich enough in meats and alcohol that so often triggered gouty arthritis. However, this is not the only cause of gout. Today we know it's caused by an accumulation of uric acid crystals in various joints of the body. It occurs mostly in the joints of our feet, hands, wrists, knees, and elbows. Interestingly, it often affects the first joint of our big toes.

Gout develops when our kidneys are unable to remove excess uric acid from our blood. The build-up of needle-like uric acid crystals in some joints causes them to become red, swollen, hot and intensely painful. The slightest movement or pressure on the inflamed area causes excruciating agony.



A number of factors such as obesity, high blood pressure, diabetes, high cholesterol, as well as psoriasis, kidney stones and long term use of alcohol increases our chances of developing gout. There also seems to be a genetic link in the occurrence of gout. If a close relative is troubled by gout, our chances of developing gout are higher. Gouty arthritis is more prevalent among older people, due to reduced kidney function and the presence of other chronic diseases. Long term diuretic use in elderly patients with hypertension or congestive heart failure, as well as protective low dose aspirin use, may be linked to the development of gout.

Medical treatment of gout is usually two-fold:

Firstly, in an **acute attack**, treatment is aimed at resolving pain and inflammation as quickly as possible. Analgesics are taken to help reduce the pain – ask your doctor or pharmacist for advice on which analgesic to take. Non steroidal anti-inflammatory drugs (NSAIDs) must be used with caution in the elderly. When used, those with short duration of action, such as ibuprofen or diclofenac are preferred. Cortisone may be used either orally or by injection into the inflamed joint. Colchicine is often poorly tolerated in the elderly and is best avoided. It tends to irritate the stomach causing pain, diarrhoea, nausea and vomiting.

Secondly, **long-term treatment** is focused on preventing the build up of uric acid in the blood. Medicines such as Allopurinol are used to lower the body's production of uric acid. While others, such as Probenicid increases the excretion of uric acid via the kidneys. When used incorrectly, medicines like these can produce severe side effects. Your kidney function needs to be evaluated before treatment, and the

lowest possible dose should be taken.

The food we eat also seems to play a role in the development of gout. Some foods seem to increase our chances of developing gout, while others can decrease our chances. Highly processed foods such as white bread, pasta, cakes, fried chips and other carbohydrate rich foods, often trigger an attack of gout – especially in the elderly. Excessive consumption of alcohol, especially beer, as well as too much red meat and certain sea foods can also cause gout. For some, tomatoes seem to bring on attack of gout. But the food most often involved in the development of gouty arthritis is sugar! So, if you have a problem with gout, avoid having too many cookies, sweets, milk tarts, and koeksisters! In fact, any food or drink with high levels of sugar should be consumed in moderation.



The above may seem like a list of the most delicious food you're not supposed to eat! But, be encouraged there are plenty of tasty foods you may still enjoy, even if you're troubled by gout. Fish and chicken can be eaten, as well many kinds of vegetables, low-fat dairy products, eggs, fruits, nuts and berries.

While gouty arthritis troubled many Kings in the past due to their sumptuous culinary life-styles, it's a lot more common today. The processed foods we eat, and the high sugar content of many, is at the root of the more widespread occurrence of gout today. Gout is no longer just a 'King's disease', many more ordinary people are troubled by it in the present day. A healthy balanced diet and proper medical attention can help gout-sufferers deal with the worst of its consequences.

Here's an amusing short poem...

***Worse than a toothache, of that there's no doubt
Terribly painful...this thing that they call gout.
So, if anyone out there has a cure or remedy
Please help, I wouldn't wish this on my worst enemy.***

(Submitted by: Dave Henderson-Pharmacist)

Did You Know?

Our Residents and Staff will be able to have their Covid-19 vaccines at PlumRus on Thursday 1st and Friday the 2nd of July.



Die NG moederkerk op Worcester. Die argitek Charles Freeman het die toring ontwerp. Die gemeente is op 25 Januarie 1821 gestig, drie jaar ná die aanleg van die dorp op die plase Langerug en Roode Draai. Die gemeente het sy wordingsjare deurgemaak onder die leiding van ds. Henry Sutherland, wat 36 jaar die gemeente bedien het. Toe is die kerkgebou (ingewy op 3 Februarie 1832) en pastorie opgerig en die pragtige preekstoel, deur twee De Vos-

broers uitgesny, aan die gemeente geskenk. Hoewel nie 'n uitnemende geleerde nie, het ds. Sutherland uitgemunt in die gebedslewe, godsvrug en sagmoedigheid, wat die stempel van die Skotse predikante was. Van die Groot Depressie (1929-'32) tot ná die Tweede Wêreldoorlog (1939-'45) het die lewe op Worcester ingrypend verander. Die lidmate het meer as verdubbel, en in 1948 die vyfduisendmerk oorskry. Die dorpsgebied het net ná die oorlog ongelooflik uitgebrei, nuwe industrieë is opgerig en die landelike gemeente het stadsprobleme gekry. So het dit nodig geword om tussen 1951 en 1984 nog vyf gemeentes op die dorp te stig: Worcester-Audenberg, Worcester-Brandwag, Worcester-Noord, Worcester-Oos, Worcester-Vallei. In 1987 het ook Worcester-De la Bat, 'n gemeente vir dowe lidmate, aan die beurt gekom.

Baby its Cold Outside..... Cape Town finds itself in the grip of a major winter storm. With non-stop rain for the last 48 hours, and temperatures going down into single digits, we need to find creative ways to stay warm and safe. According to our very own meteorologists at PlumRus, Sr. Essie, we have had 120mm of rainfall in the last 2 days. Our average dam levels are 80.8% of capacity. **Remember Residents, you cannot use heaters in your rooms or flats besides a wall mounted panel heater. Hot water bottles are also not allowed. Please ask**

Riskman on Ext 1001 if you need extra blankets. Make sure that all windows are securely closed to prevent the wind from causing structural damage.



Recipe for Mulled Cider;

While mulled cider isn't rocket science, there are a few things to keep in mind when making this cozy drink. Here's what makes this recipe your new go-to:

- **Toast the spices first.** Toasting the spices for a few minutes in the pot or a skillet helps to release even more of their flavor during the simmering time. (This kick starts the incredible aroma!)
- **Garnish last.** If you cook mulled cider with fruit like orange slices and apple slices, they'll fall to the bottom and the color will fade. Instead, use them as a garnish after cooking: it looks beautiful for serving!
- **Strain if desired.** Some brands of apple cider have some particulate in the bottom of the jug. This is completely expected! You can strain off any particulate that rises to the top, or just stir to re-incorporate it.
- **Stovetop method:** The quickest! Only takes 1 hour. The only thing is you'll have to watch to make sure that it stays on the lowest warming setting: it shouldn't even come to a simmer.

Ingredients

- 1 whole nutmeg
- 10 allspice berries
- 10 cloves
- 2 star anise
- 4 cinnamon sticks
- ½ gallon apple cider*
- ¼ cup rum, optional
- 1 small orange, for garnish
- Whole cranberries, for garnish

Method

Toast the spices: Add the nutmeg, allspice, cloves, star anise and cinnamon to the bottom of a pot (or to a skillet for Slow Cooker instructions). Toast over medium heat for 2 to 3 minutes, stirring occasionally, until fragrant.

Stovetop cooking instructions: Turn the heat to low. Pour in the apple cider and bring to below a simmer, just barely bubbling. Warm for 1 hour on low heat (don't let it simmer). Skim off any particulate if desired, or stir to re-incorporate it.

ENJOY!

British & Irish Lions Tour 2021



VS



It's here, the long awaited, for some players once in a lifetime opportunity in their rugby careers, to play in this mighty clash. It is a clash of strength, skill and pride. Many South African supporters will be donning their green and gold which they last wore when we lifted the Webb Ellis Trophy in Japan on the 2nd November 2019 to become Rugby World Cup Champions for the 3rd time.

Do you know the words to our famous supporter's song, **Shosholoza**?

Shosholoza (2)

Ku lezontaba

Stimela si qhamuka e South Africa

Shosholoza (2)

Stimela si qhamuka e South Africa

Wena u ya baleka

Wena u ya baleka

Ku lezontaba

Stimela si qhamuka e South Africa

Translated;

Work, work, working in the sun

We will work as one

Shosholoza

Work, work, working in the rain

Till there's sun again

Shosholoza

Push, push pushing on and on

There's much to be done

Shosholoza

Push, push, pushing in the sun

We will push as one.

Let's support our boys.....watch the Coffee Shop menu for their match day specials!

A Trip Down Memory Lane.....by Renee Healy

Today, 24 June 2021, is the anniversary of South Africa's amazing 1995 Rugby World Cup victory over New Zealand on 24 June 2015.

My late husband, Mick Healy, and I were in London UK where we watched the Rugby World Cup. When Joel Stransky kicked his legendary drop kick to give South Africa victory, Mick kicked with him and the coffee table went flying! We were laughing and crying at the same time with joy.



Later on in that year, an Auction, by invitation only, was held at the Rotunda in Camps Bay, where amongst other lots, was the Rugby World Cup Springbok jersey worn by Nelson Mandela and signed by him, framed with glass front. Mick's colleagues started bidding for the jersey but were partying and told me to carry on with the bidding. It felt great to be bidding for such a legendary item and I won the bid at R25 000. Mick's colleagues did a bit of a double take at the price but laughed and got the Nelson Mandela Springbok jersey. It was then hung in their bar at work. Mick's colleagues were rugby and cricket fanatics and flew all over the world to matches where they also accumulated various sports items for their collection. I always wonder if the jersey is still hanging there or what happened to it.



Background Information when using Offshore Feeder Funds

As mentioned earlier, you can invest directly in offshore assets or you can choose an offshore investment manager to invest for you. If you opt for an offshore investment manager, your chosen manager will allocate your portfolio where they believe the best opportunity lies and will often include both developed and developing market exposure.

Here is some important background information to bear in mind about your offshore investments.

Currency reporting

As the portfolio will be globally invested you will have exposure to many different economies and currencies. However, it is common practice that the reporting currency be US Dollars and so it is important to understand that although the report is stated in US Dollars, your effective exposure is global, not limited to the US.

Investment platform and compliance

If investing via an investment manager, you will need to choose a platform to administer the investment. You should consider your choice of investment platform carefully as not all platforms have a solid understanding of South African tax compliance, which could make it more burdensome for you as the investor to stay tax-compliant.

Tax treatment

Questions of tax often come up when investing offshore, because as a South African tax resident you are taxed on global assets in SA. Essentially, this means the tax treatment of your growth (derived from interest, dividends and capital gains) is treated similarly to what it would be if you were investing in SA assets. Depending on the investment and jurisdiction, tax can apply in the country you are invested in as well (although double taxation agreements often apply).

An advantage of investing via a direct offshore investment vs a local asset swap investment is that you do not pay capital gains tax on the exchange rate movement. That essentially means that if you invested in an offshore asset and the Rand weakened significantly, your growth from the exchange rate is tax-free. This does not apply when investing via an asset swap investment.

Added risk

Offshore diversification is very important but investors also need to understand that there is an added layer of volatility when investing in offshore assets via possible exchange rate movement. A stronger Rand (something which is good for the SA economy) will result in a decline in your offshore assets in Rand terms.

Not all countries apply the same rules when it comes to protecting investors assets, there is the risk of investing in a country where investor protection is poor which carries the risk of loss of capital. It is therefore important for inexperienced investors to seek out professional advice when analyzing their options.

(Submitted by Morne Bezuidenhout-Director Netto Invest)

Follow the 4 part series on Off-shore Investment in forth coming editions of the PlumRus News.



JULIE / JULY 2021 MAAND PROGRAM / MONTHLY PROGRAM

Midday Prayer in All Decentralized Lounges DAILY @ 12h00
Shopping EVERY Tuesday & Thursday
Gym Trim EVERY Tuesday in the Hall @09h30
Fruit & Veg Lorry Wednesday's @ 11h00
Heartland Series in All Decentralized Lounges Wednesday's @ 11h00
Heartland Series in All Decentralized Lounges Saturday's @ 15h00
Movie in Lounges Sunday's @ 15h00
29 July 2021 Lotto Draw in the Hall @ 18h30
30 July 2021 Bring & Braai @ 18h00

5	6	7
10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music / DVD in lounges 15:00 Tea Time: lounges	09:00 Shopping Constantia Village 09:30 Action Entertainment in the Hall 10:00 Tea Time: lounges 10:30 Action Entertainment in Sugarbush 14:30 Bible Study in N102 15:00 Tea Time: lounges	08:30 Library 09:45 Afrikaanse Diens 10:00 Tea Time: lounges 11:00 Activities in lounges Heartland Series E 10 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 15:00 Croquet
12	13	14
10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music / DVD in lounges 15:00 Tea Time: lounges	09:30 Shopping PnP Plumstead 09:30 Action Entertainment in the Hall 10:00 Tea Time: lounges 10:30 Action Entertainment in Sugarbush 14:30 Bible Study in N102 15:00 Tea Time: lounges	08:30 Library 09:45 Afrikaanse Diens 10:00 Tea Time: lounges 11:00 Activities in lounges Heartland Series E 12 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 15:00 Croquet
19	20	21
10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music / DVD in lounges 15:00 Tea Time: lounges	09:30 Shopping Checkers Main Road 09:30 Action Entertainment in the Hall 10:00 Tea Time: lounges 10:30 Action Entertainment in Sugarbush 14:30 Bible Study in N102 15:00 Tea Time: lounges	08:30 Library 09:45 Afrikaanse Diens 10:00 Tea Time: lounges 11:00 Activities in lounges Heartland Series E 14 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 15:00 Croquet 15:00 Residents Talk in the Hall
26	27	28
10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music / DVD in lounges 15:00 Tea Time: lounges	09:30 Shopping Meadowridge 09:30 Action Entertainment in the Hall 10:00 Tea Time: lounges 10:30 Action Entertainment in Sugarbush 14:30 Bible Study in N102 15:00 Tea Time: lounges	08:30 Library 09:45 Afrikaanse Diens 10:00 Tea Time: lounges 11:00 Activities in lounges Heartland Series E 16 11:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 15:00 Croquet

Thursday	Friday	Saturday	Sunday
1	2	3	4
08:30 Library 09:30 Shopping Checkers Main Road 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 9	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges Richie Rich 18:00 Woord & Lied
8	9	10	11
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 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 11	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges Blue Miracle 18:00 Woord & Lied
15	16	17	18
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 13	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges Enola Holmes 18:00 Woord & Lied
22	23	24	25
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29	30	31	
08:30 Library 09:30 Shopping PnP Plumstead 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Bingo in the Hall 18:30 Lotto Draw in the Hall	09:30 One Hour for Jesus 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Prayer Meeting in John Killian 18:00 Bring & Braai	10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music/DVD in lounges 15:00 Tea Time: lounges 15:00 Activities in lounges Heartland Series E 17	



This is for the History Column

The War Reporter Weekly Edition 28 July 1900

Developments East of Pretoria

By Monday afternoon (23rd July) the British vanguard was already approaching the valley of the Olifants River. Botha's burghers did not allow them to proceed unhindered. They fired on the Khaki's from every vantage point and often forced the British artillery to be unhooked and set up for action, thus slowing down British progress significantly. According to some reports Roberts himself accompanied the advance up to Balmoral, but returned to Pretoria with his staff yesterday.

In the meantime Burghers and Khakis locked horns in a heavy battle on the eastern bank of the Olifants River, south of the railway line. However, general Botha had a retreat when those Khakis managed to outflank his forces. He explained in a telegram to President Kruger on Wednesday that they were simply powerless against the massive British numbers. It would be of no use to us to confront the enemy, since that would mean the end of the war. Each time we halt the enemy in the centre, they fall back in the direction of Pretoria and their flanks charge to the front. They would, if we failed to fall back then, then outflank and encircled us as they did with General Cronje. It is difficult to keep out of their reach. The British advance with a massive numerical advantage, and we have only 2200 burghers to halt them, to offer battle, and to take our wagons to safe places.

On Wednesday night a heavy thunderstorm erupted which made life for the men on both sides extremely uncomfortable, since it was followed by a icy wind. Many of the animals perished and even some of the men died of the cold.

Our burghers have, in the meantime fallen back further towards the east. Today they were powerless to offer any resistance to the British occupation of Middelberg



Die Burger

1940 – 1949

OORLOG NA BINNE EN BUITE

1940

Honiball se eerste strokiesboek, ***Oom Kaspaas***, verskyn.

Januarie 1940

Die "Herenigde" Nasionale Party word deur D.F. Malan gestig.

Mei 1941

Jan Smuts kry die rang van veldmaarskalk in die Britse weermag.

1941

N.P. van Wyk se *Raka* word gepubliseer.

7 Desember 1941

Japan val die Amerikaanse vlootbasis by Pearl Harbor in Hawaii aan en die VSA tree toe tot die Tweede Wêreldoorlog.



November 1942

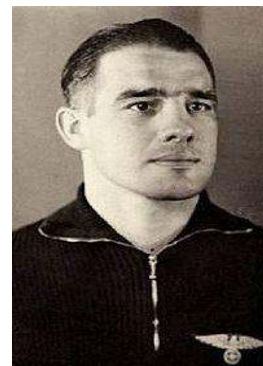
Suid-Afrikaanse magte help om Duitsland se woestynvos **Erwin Rommel**, by El Alamein in Egipte te verslaan.

24 Februarie 1943

Die Burger plaas sy eerste foto "radio-foto" uit Londen, 'n katedraal wat in puin gelê is deur 'n Duitse bom.

11 Maart 1943

Robey Leibbrandt, Nazi-simpatiseerder en voormalige S.A. Olimpiese bokser, word ter dood veroordeel vir hoogverraad. Smuts versag sy vonnis tot lewenslange gevangenisstraf.



6 Junie 1944

D-Dag. Die Geallieerdes val Normandië binne. Die keerpunt in die Tweede Wêreldoorlog.

April 1945

Smuts speel 'n leidende rol in die totstandbringings van die **Verenigde Volke Organisasie (V.V.O.)**

8 Mei 1945

Die oorlog in Europa eindig.

Julie 1945

Phil Weber volg Albert Geyer op as redakteur van *Die Burger*.

5 Maart 1946

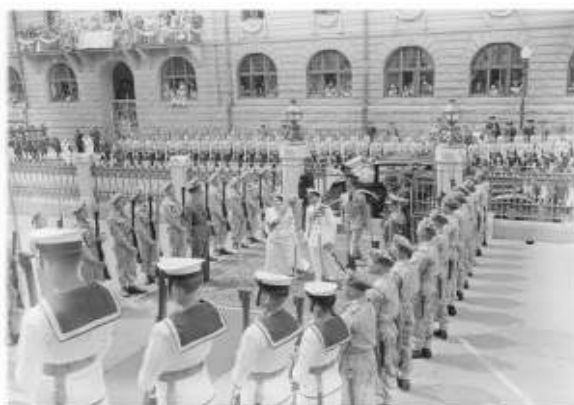
Winston Churchill se "Ystergordyn" toespraak lui die koue oorlog in.

17 April 1946

"Ongekende tonele" op die Johannesburgse en Londense effektebeurs nadat goudneerslae "omtrent 'n honderd maal ryker as die erts van die Witwatersrand" by Odendaalsrus ontdek is.

21 Februarie 1947

Koning George VI open die parlement in Kaapstad. Hy word vergesel deur koningin Elizabeth en hul twee dogters, Elizabeth (sedert 1952 op die troon) en Margaret.



Desember 1947

Suid-Afrika annekseer Marion-eiland, sowat 2000 km suidoos van Kaapstad. 'n Navorsingsbasis word daar gevestig.

15 Mei 1948

Israel kom tot stand. "Joodse staat te midde van oorlog gebore," lui die opskrif in *Die Burger*.

26 Mei 1948

Die Nasionale Party wen die verkiesing. D.F. Malan vervang **Jan Smuts** as premier.

16 Desember 1949

Die **Voortrekkermonument** word in Pretoria geopen.



Beryl's grandson Nikki, who lives in the UK, is an avid follower of The Royal Family. With the passing of Prince Philip Nikki sent The Queen a message of condolences. He was absolutely over the moon when he received a personalized response from Her Royal Highness Queen Elizabeth II.



The Protection of Personal Information Act (POPIA) - What you need to know

From the moment you are born (maybe even before then), you have personal information (PI) that is processed by someone, somewhere. Over the past decades as the so-called digital age has developed and continues to develop, most of your PI is being processed and stored digitally. It has therefore also become far easier by any business, profession, or organisation to dissipate your personal information to third parties, and not always for a sound reason.

The Protection of Personal Information Act, 2013, commonly known as POPIA which becomes law on 1 July 2021, is a piece of legislation designed to ensure that every South African citizen's constitutional right to privacy is upheld through the protection of personal information.

What is POPIA?

- POPIA governs when and how organizations collect, use, store, delete and otherwise handle personal information.
- POPIA applies to the receipt and processing of personal Information. The definition of "personal information" in POPIA is quite wide and pertains to any information relating to an identifiable, living natural person or juristic entity (i.e. organisations). In an online article, the Agility Technology Group (ATG) published an informative image describing the personal information covered by POPIA as:



Why is POPIA a good thing?

- POPIA gives effect to section 14 of the Constitution which states that everyone has the right to privacy. Consumers or 'data subjects', which will include all of us in our day-to-day lives, will benefit from POPIA's requirements that personal

information must be protected and that it can only be collected or handled where there is a lawful justification for doing so. Your personal information may therefore and by example not be sold to third party for marketing purposes.

- In a nutshell POPIA ensures that personal information is handled in permitted ways and that personal information is appropriately protected from unauthorised access or loss.

There are eight conditions for lawful processing of your personal information:

1. **Accountability** – as a responsible party being, organisations, businesses, and professional practises are accountable for compliance with POPIA.
 2. **Processing limitation** – they may only process the minimum information needed to fulfil the purpose for which the PI was collected.
 3. **Purpose specification** – PI must be collected for a specific, explicitly defined, and lawful purpose related to the responsible party's function or activity.
 4. **Further processing limitation** - further processing of PI must be compatible with the original purpose of collection of the PI.
 5. **Information quality** – the PI must be complete, accurate, not misleading and up to date, having regard to the purpose for which the PI is collected or further processed.
 6. **Openness** – they have to be transparent about their reasons for obtaining PI and ensure that what they do with your information is in line with your (the data subject) reasonable expectations.
 7. **Security safeguards** – they must secure the integrity and confidentiality of your PI by taking appropriate, reasonable, technical and organisational measures to prevent loss, damage, unauthorised destruction of, and unlawful access to, or processing of your PI.
 8. **Data subject participation** – you have the right to request them to confirm what PI they hold and with whom they have shared it, and you may request them to correct, update or delete your PI.
- Furthermore, personal information must be collected directly from the data subject (you), except if:
 - the information is contained in or derived from a public record or has deliberately been made public by you otherwise;
 - collection of the information from another source would not prejudice your legitimate interest;
 - collection of your information from another source is necessary to avoid prejudice to the maintenance of the law by any public body, including the prevention, detection, investigation, prosecution and punishment of offences;
 - to maintain the legitimate interests of the responsible party or of a third party to whom the information is supplied;
 - compliance would prejudice a lawful purpose of the collection; or

- compliance is not reasonably practicable in the circumstances of the case.

What does POPIA mean for you?

Consumers will benefit from POPIA's requirements in that their personal information must be protected and it can only be collected or handled where there is a lawful justification for doing so.

POPI gives you specific rights in respect of organizations handling your personal information and it gives you greater control over your personal information.

Consumers are informed about what personal information is collected, by whom and why so that consumers are able to make informed decisions.

**Article written with the assistance of attorney Jean-Luc Theron by Danie Rossouw
Both gentleman are practicing attorneys at West & Rossouw**



PlumRus has a Joint Marketing Agreement with You've Earned It (YEI). *You've Earned It / YEI* is an online retirement lifestyle platform for South African over-60s. Use your age to stretch your budget by taking advantage of special offers, benefits and discounts. Visit the website <https://youve-earned-it.co.za/welcome-to-yei/> and start enjoying the advantage of your age.

YEI has relevant, informative, interesting and meaningful articles, specific to seniors;

YEI is a trusted and invaluable go-to resource for South African baby boomers, seniors, retirees and pensioners

Sign-up to receive their monthly newsletter and be the first to learn about special offers such as;

Eight Bells Mountain Inn, situated between Mossel Bay and Oudtshoorn, is renowned for friendly hospitality, magnificent mountain scenery and superb service.

NB: All required Covid 19 Protocols are in place
and will be strictly adhered to as per the TBCSA regulations



WINTER SIZZLER SPECIAL

Enjoy a two night break at the beautiful Eight Bells Mountain Inn set at the foot of the Robinson Pass near Mossel Bay with the Outeniqua Mountains as your backdrop.

For only **R1830** per person sharing or **R3660** per couple

Package includes two nights' accommodation, daily breakfast, teas and dinner.

Plus free use of outdoor facilities like swimming, tennis, squash, bowls and walking trails in the mountains.

Or just relax with a glass of wine and a good book from our extensive library.



Conditions:

Only for new bookings made directly with the hotel and valid until 31 August 2021. Extra nights at R915 per person per night.

Single supplement at R175 per night.

Contact us at

044 6310000 or e-mail reservations@eightbells.co.za



Labour of Love and so Much More

Whoever said that people come to live at a Retirement home, such as PlumRus, to die? Well after meeting our Residents Jannie & Linda De Wit you will sing a very different tune.

Linda has had a long term love relationship with crocheting, painting and bowls. While raising 4 very busy daughters, Karen, Louise, Estelle and Renee and keeping Jannie her husband happy she still found time to live out her passions.

She excelled at bowling which she had the privilege of playing with mom, Mrs. Anna Arnold, a Zone 2 Resident at PlumRus. Linda won many bowling competitions including the Rygersdal Champion of Champions Title in 1997.



Her daughter, Karen, started a project called Labour of Love. This knitting/crocheting project provides baby caps, booties and a toy to the premature babies born at Mowbray Maternity Hospital, Red Cross



Children's Hospital and Somerset Hospital. While in conversation with her mom one day she mentioned that there were so many moms who did not have anything to wrap their new born babies

in, so they simply used newspapers. Well this was not going to happen if Linda had anything to do with it, so she immediately started adding to the project by crocheting baby blankets. At the time of our chat she had already completed 397 blankets.....making a life giving difference in 397 baby's lives!!!!!!



Linda's eyes sparkled when she shared the third passion, but personally I believe it's actually her first love, with me. The walls of their apartment come alive with colour and character displaying framed acrylic paintings masterly crafted by Linda.

The De Wits have extended an invitation to our Residents to visit them at PlumRus North (N05), AFTER lockdown, so that you can view the artwork over a cuppa.

You can help the Labour of Love project to continue to impact lives, by donating wool for them to use in their knitting and crocheting creations.





Have you heard of this one on a Restaurant Menu?

We offer 3 kinds of service

Good Cheap Fast

You can pick any 2

Good service + cheap, won't be **fast**

Good service + fast, won't be **cheap**

Fast service + cheap, won't be **good**

We should have it on our care menu too!



Mr David & Mrs Verena Salzwedel – N203

Mr Salzwedel is into vintage cars; he loves Russian church music and follows travel documentaries and magazines. Mrs Salzwedel is a retired special needs teacher. Her hobbies include knitting and hiking.



Mr. Colin Sasman - R037A

Mr. Sasman loves being outdoors, as a child he regularly used to go to Soetwater for vacations, and recently he became a friendly face in Langebaan. He is also a lover of Chinese food.

Mr. George & Mrs. Marina Cilliers – R046C

Mr. Cilliers enjoyed fishing and Mrs. Cilliers used to collect antique dolls as a hobby. Mr. Cilliers is a lover of curry whereas Mrs. Cilliers loves pasta dishes.

I was supposed to spend the
rest of my life with you.

And then I realized you spent
the rest of your life with me.

I smiled because I know you
loved me till the day you went
away, and will keep loving me till
the day we're together again.

@AdventuresAfter100

We remember our Residents who have passed on. We trust that the memories we created with them, will stay with us for many months and years to come.

Rev. David Bothma

Mrs. Rosalind Peploe

Mrs. Antionette Pieterse

Mrs. Leonora Rees

CSC Welcomes New Client



Mrs. Rosiland Francis has become our newest Day Care client. With no special physical/basic care needs, she has been able to embrace the opportunity of companionship together with a busy program of stimulation activities.

Do you enjoy coming to PlumRus?

Yes I do, I actually look forward to being here every Tuesday & Thursday.

Would you want to live here permanently?

I'm still deciding, but a major part of me would say yes.

How has the treatment from our staff & residents been towards you?

The staff is always willing to help with a smile on their face and the residents are extremely friendly.

Would you recommend PlumRus to people in your age group?

Yes, definitely

How do you find the activities here at PlumRus?

It was my first time playing bingo but I really enjoyed, and with beginners luck, I won twice. The shopping trip was great. Hopefully soon I'll be engaging in all the activities.

Our Day Care service is available to anyone over the age of 60 to enjoy. Come and spend the day having fun with others your age. Our Day Care operates 7 days a week including Public Holidays from 6:30 to 18:30. For more information contact rhodene on 021-761 2323 or email rhodene@plumrus.co.za

CSC Loves a Good Party



Ron Keytel celebrated his 82nd birthday at our Day Care on Thursday 10th June. His wife provided some cupcakes which he shared with the other Day Care clients and Residents in Sugarbush.



Our Home Base Care Client, Mrs. Mary Anetos celebrated her 98th birthday recently. She is seen in the photo with her daughter Metaxia opening her birthday gifts. Mrs. Anetos has been enjoying our Home Base Care services since 2019.

Wishing you many more happy years Yiayia!

Anxiety at the ATM

I am sure you will agree with me that a trip to the ATM is not the most exciting thing on your "to do" list.

My husband, Carl, was working on a car, but decided to accompany me to withdraw money from the ATM. There were two machines. After I had completed my transaction, I noticed that the gentleman using the other machine had left without removing his card from the machine.

The question on the screen was "would you like another transaction?"

I asked Carl to follow the gentleman and draw his attention to his card left in the machine. The gentleman reached his car before Carl could catch up with him. He got into his car and was preparing to drive away.

Carl knocked on his closed window. The gentleman was irritated and waved Carl away; bearing in mind he was not dressed in his Sunday best and was probably labeled as a beggar. Carl persisted and eventually the gentleman opened his window an inch or two. Some not quite nice words were uttered to Carl, when he told the gentleman that he had left his card in the ATM, and that his wife (me) was keeping it safe.



He said Carl was talking nonsense and took out his wallet to prove that he had his card, being very careful to keep it far from the window, and was then very surprised that it was not there. He rushed past Carl and back to the ATM and there was his card inviting a new transaction.

He was so embarrassed that he forgot to thank us. A smile would have been nice.

Don't judge a book by its cover! (Pauline Rix)

So Much Talent – So Little News

Yes, our PlumRus News is under threat, because we Residents are not contributing with news and stories.

Monthly a 20-30 page newsletter is published of really interesting news, including family matters, jokes, cartoons, birthdays of residents & staff, our monthly activities program, and so much more.

Here at PlumRus we have Residents with so much talent but we don't make the effort to write an article to share.

We need to make it happen-It brightens our lives! (Malcolm)

The Protea Coffee



Our Coffee Shop has mastered the art of creating amazing treats to satisfy the taste buds of even the most "fussy eater". Homemade savoury and sweet delights has become our successful trademark. The team, led by Noelwene, is doing an outstanding job of ensuring that we are all well protected with extra layers (of fat) to combat the Cape Winter chills. Everything from soup, vetkoek, pastries, savoury muffins to chocolate éclairs, scones, fancies, chocolate & carrot cake, lamingtons and various cupcakes comes out of the coffee shop, which is open 7 days a week. Remember during isolation and lockdown you can get your essential items such as bread, milk, cheese, chicken, bacon, peanut butter, deodorant, etc from the coffee shop.

The Coffee Shop might be heavy on the figure, but it is definitely light on your pocket!





Behind every successful man-is a beautiful woman!

Our competition is going to help you to get to know your neighbours. We have identified 5 couples who will partake in the competition. Over a period of 5 weeks starting Wednesday the 14th July (hopefully more of us will be out of isolation), and every Wednesday thereafter until the 11th August we will be giving a clue on the big screen during lunch and the notice boards in Health Care.

The catch is.....the question will be asked to the husband and answer will be his e.g.

What is your favourite food.....husband's answer is pasta?

You will build up 5 answers attributed to the man over the 5 weeks. At the end of the 5 weeks we would like you to give us the name of the wife attributed to the husband who answered the questions.

Entry forms will be available after the last clue has been given, after 11th August.

PRIZE – FULL BREAKFAST FOR 2 IN THE PROTEA COFFEE SHOP

