



n e w s





## **June Birth Flower: The Rose**

- Symbolically, the rose has more meanings than one can count! A pink rose means perfect happiness, while a red rose means "I love you." A white rose signifies innocence, purity, and new beginnings.
- Roses are best known as ornamental plants grown for their flowers in the garden and sometimes indoor
- Roses should be fed in the early spring just as their leaves begin to grow. Roses that bloom continuously are hungry and benefit from nourishment, so feed your roses every 2 weeks with a water soluble rose food
- All roses feature soft petals that are often doubled (meaning they have multiple sets of petals) and their stems are loaded with thorns.
- There are several different sizes, from tiny tea roses to larger varieties, and they can inhabit your garden as a shrub or as a climbing plant that is trained to scale trellises.

## **Spiritual Care Program for June 2020**

### **Fridays @ 09:30**

5<sup>th</sup> Joe Bell  
12<sup>th</sup> Louis Giglio  
19<sup>th</sup> Joe Bell  
26<sup>th</sup> Louis Giglio

### **Sundays @ 09:00**

7<sup>th</sup> John Hagee  
14<sup>th</sup> Trevor Hudson  
21<sup>st</sup> Angus Buchan  
28<sup>th</sup> Trevor Hudson

### **Sundays @ 18:00**

7<sup>th</sup> Raymond Lombard  
14<sup>th</sup> Johan Geyser  
21<sup>st</sup> Raymond Lombard  
28<sup>th</sup> Johan JV Rensburg

## Happy Birthday to Our Residents

|             |                     |           |           |                |
|-------------|---------------------|-----------|-----------|----------------|
| 1st         | Beryl Blewett       | N008      | 74        | English        |
| 2nd         | June Stein          | F113      | 76        | English        |
| 5th         | Elaine Wilson       | R34A      | 83        | English        |
| 5th         | Rosalind Peploe     | R37D      | 81        | English        |
| 6th         | Joan Isaacson       | R39       | 84        | English        |
| 6th         | Elizabeth Kock      | N112      | 77        | Afrikaans      |
| <b>8th*</b> | <b>Joan Subhani</b> | <b>R4</b> | <b>92</b> | <b>English</b> |
| 8th         | Gertruide du Toit   | R5        | 86        | Afrikaans      |
| 8th         | June Pedersen       | R10       | 89        | English        |
| 9th         | Grace Matheson      | R71       | 86        | English        |
| 12th        | Elizabeth du Toit   | R42B      | 89        | English        |
| 23rd        | Jacquiline Horsley  | MV205     | 88        | English        |
| 29th        | Elisabeth Granier   | N102      | 85        | English        |

*Happy Birthday*

## Happy Birthday to Our Staff

|      |                  |               |
|------|------------------|---------------|
| 3rd  | Mervyn Vermeulen | Risk Man      |
| 4th  | Sharne Martheze  | Health Care   |
| 18th | Elana Jass       | Health Care   |
| 19th | Chantel Carolus  | Kitchen       |
| 26th | Kurt Brenton     | Kitchen       |
| 27th | Esther Grever    | Domestic Care |
| 28th | Terry Bester     | Domestic Care |

# Best Wishes

## Happy Birthday to Our Members

|      |                 |              |
|------|-----------------|--------------|
| 20th | Mrs S Gamaldien | Lavenderhill |
| 21st | Mrs M Fielies   | Lavenderhill |
| 25th | Mrs M Durrell   | Lavenderhill |
| 30th | Mrs SA Masters  | Lavenderhill |

# Guidelines on Wearing a Protective Mask In Public and at Work

Together We Will Beat Coronavirus



1. Coronavirus is transmitted in droplets



2. A protective mask lowers the risk of infecting and of being infected



3. In public and at work people must wear protective masks, at home there is no need



4. The type of recommended mask for the public: a regular mask or a home-made mask



5. For a home mask, use densely woven cotton fabric that is not stretchy, (such as fabric of a percale or satin bed-sheet, folded into 3 layers)



6. It is important that the mask fit the nose and mouth tightly



## Remember:

- ☒ Worn out masks, do not protect
- ☒ Check that the mask does not cause difficulty breathing. Patients with heart or lung disease should exercise caution
- ☒ Wash hands after touching the mask to prevent transmission of the virus



MINISTRY OF HEALTH  
for a healthier life



## Sodra die Hekke oop Spring na inperking?

Sodra die hekke oopspring sal ons Instandhoudings-span help om die batterye van ons Inwoners se voertuie weer aan die gang te kry en waar dit heeltemal dood is sal ons, ons Inwoners ondersteun met die aankoop van nuwe battery. Ons mans personeel begin ook 'n nuwe kar was diens besigheid, een Saterdag per maand as die weer hulle toelaat @ R50 per voertuig – die goedkoopste in die Wes Kaap. Die motor was moet geboek word by Risk Man Kantoor / Ontvangs en is vooruitbetaalbaar. Hierdie diens kan enige tyd opgeskort word. Dit is ook nie die moeite werd om minder as 5 motors op 'n Saterdag te was nie.

Kom ons ondersteun ons manne vir ekstra Inkomste.

# What is in the name?

At our recent strategic workshop, attended by board members and management, we resolved to only use the name PlumRus going forward.

Registered originally as Rusoord, and subsequently renamed Plumstead Rusoord we needed to review the registered name for appropriate use on social media platforms.

This is one of the reasons that the name PlumRus was birthed. The legal changes are in the process of being made, and we would like to appeal to all, to start making the conscious shift of referring to ourselves as **PlumRus**.

Name changes are not always easy to manage, but we know that with all your help the change will be painless.

## **Brand New Movies in the PlumRus DVD Store**

- Dead Poets Society
- More than chance
- National Treasure 2
- Pale Rider
- The last Samurai
- Strikdas
- Thin Red line
- iL Divo
- Men of Honor
- Mask of Zorro
- Top Gun
- Hidalgo
- Innibos is Groot
- Conspiracy theory
- Sherlock Holmes



**Make sure you come and visit Mrs. Vivien Spires, Mrs. Gertie Boshoff and Mrs. Joselyn Findlay and be the first Resident to watch the new and exciting movies.**

**Every Monday and Friday morning**

**@ 08h30 in Aristata.**

# Vaders Dag 21 Junie 2020

## MY PA KAN NIE VLEG NIE

My pa het nie 'n Batmobile  
om die strate vol te ry nie.  
My pa kan nie soos Spider-Man  
aan spinnerakke gly nie.  
My pa is nie so sterk  
soos die Hulk of Wolverine nie.  
Hy't nie laseroë waarmee hy  
dwarsdeur 'n muur kan sien nie.  
My pa kan glad nie vleg nie,  
anders as Superman ...  
Tog is hy die heel grootste  
held wat ek ken.  
Want hy gee MY vlerke ...  
en DIS sy superkrag!  
Daarvoor sê ek: Dankie, Pappa.  
Geniet dié Vadersdag!

## **One of Methodist W. A. Members at Coronation Ave Somerset West**

### **LOCKDOWN**

Climate change, a planet in distress  
Thoughtless humans are making a mess.  
When is progress not progress? Prosperity not good?  
When we've lost our compassion, don't share as we should  
Wealth and Power have become our gods,  
Celebrity and Excess get the nod.

Rich and Famous are feted, the masses forgotten.  
Something in this world is decidedly rotten.  
But... now there's a virus that doesn't distinguish,  
It affects us all causing fear and anguish.

We're all locked away for fear of a bug,  
No personal contact not a kiss or a hug.  
No work, No School except online.  
Just stay at home! All the time!

Millions are ill, thousands deceased.  
Businesses closed, employees released.  
No work, no pay, no money, no food  
Riots erupting in poor neighborhoods.

But... Now the last humanity awakes.  
Communities together doing what it takes.  
Food parcels distributed, making a plan,  
Pitch in, Assist, Help where you can.

The wealthy donate large cash amounts  
For financial aid in areas that count.  
Support for health workers, facilities and gear.  
Prop up small businesses to alleviate the fear...

That apart from the illness, the economy will fold,  
Bringing even more hardship to every household.  
Leaders pull together to mobilize resources,  
Encourage the people to all join forces

Pray to the Lord for Grace, Courage and Love,  
Forgiveness and Healing and Strength from above.  
God is the one for whose Mercy we plead,  
Put your trust in Him, He will meet your need.

- **Annalies Mason**

## **Lupus – Sister Muriel Mapling**

May 10<sup>th</sup> is dedicated World Lupus day. Lupus is a serious life- altering and false disease that requires in depth understanding and support for affected persons. Therefore it is the responsibility of the unaffected people and those who are affected to join hands and get involved in doing whatever it takes to fight this unpredictable and commonly misunderstood disease.

Lupus is an inflammatory disease, but also an autoimmune disease that occurs when the body system attacks its own tissues and organs. Inflammation resulting from this may affect various body organs, including the skin, kidneys, brain, blood cells, lungs, heart and the joints.

Diagnosing Lupus is often difficult, as its symptoms mimic those of other common ailments such as:

- Shortness of breath
- Persistent chest pains
- Joint pains, swelling and stiffness of joints
- Fingers and Toe's
- Headache, confusion and memory loss

It is due to this that the world Lupus Federation is inviting everybody around the world to participate in the 15<sup>th</sup> annual observance of the world Lupus day.

This condition affects people of all nationalities, ages and genders. This condition has no boundaries and to understand it is to control its impact. Join the Organization's effort by ensuring that people with Lupus are diagnosed and treated effectively and not be discriminated against.



## **To my Risk Man, Reception, Security and Covid-19 Sanitize Crew**

This is just a short and sweet thank you for assisting here at PlumRus during this tiring time.

I understand that we have families at home and we fear this evil just like our residents here and friends at home does.

You came every shift, sometimes earlier than you should to answer the phone and calm a resident, to sanitize a gift a family member dropped that cant even see their mom or dad.

You were here to view the cameras and patrol the building, you took temperatures thrice at times to help make sure the staff is healthy and stays healthy.

I know this tiring time is not over yet, I know we have a battle waiting, there for I am asking you as your friend, colleague and the person you see more than anyone else to please hold on to your faith in the Lord, to continue praying every night and day and to be here as you have been for the last five weeks.

I don't have enough words to say thank you for your time, offerings and constant smile, but please know that I appreciate it and I would like to remind you that Risk man, Reception, security and the Covid-19 Sanitize group is a team that we can be proud of.

With much love, appreciation and excitement

**Yolonde Damon**  
**Risk Management Manager**



# THE HOW-TO GUIDE TO WEARING A MASK



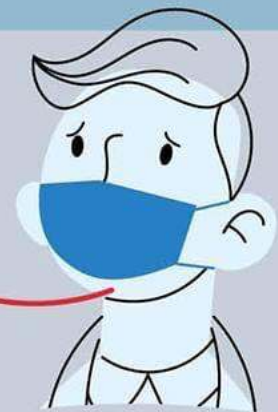
**DO**

Wear your mask so it comes all the way up, close to the bridge of your nose, and all the way down under your chin. Tighten the loops or ties so it fits snug around your face, without gaps.



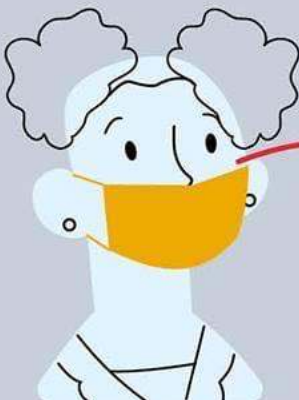
**DON'T**

Leave your chin exposed



**DON'T**

Wear the mask below your nose



**DON'T**

Wear your mask loosely with gaps at the sides



**DON'T**

Wear your mask so it covers just the tip of your nose.

**DON'T**

Push your mask under your chin to rest on your neck.



THANK YOU

# Staff Appreciation Week

Thank you!



## **What you should know about Antibiotics**

We all know that antibiotics can save lives, but resistance to antibiotics is rising. There are concerns that antibiotics may soon lose its ability to cure.

If that should happen, common infections may again become life threatening as they were a century ago. To prevent this, we should all use antibiotics very carefully.

Antibiotics are only effective against bacterial infections. Those infections of ear, nose, throat and even respiratory tract infections like bronchitis and could often cause viruses.

Using antibiotics when you do not need it will kill many of the friendly bacteria on your skin and in the gut, and will also make you resistant to the antibiotics. The next time you need the antibiotics they will not work.

Infections like urinary tract infections and wound infections are much more likely to be caused by bacteria; antibiotics must be prescribed from the start.

### **Getting better without an antibiotic**

Your immune system needs time to deal with the inflammation caused by viral infection. You may use prescribed medication to deal with the symptoms like fever and pain. Also remember to drink water and give your body time to recover. If your symptoms become worse, contact your doctor again.

### **If Antibiotics is prescribed**

Use it exactly as it is prescribed, if you stop too quickly or if you do not take the correct dosage, the infection may return and this time the bacteria can be more resistant.

Antibiotics are very specific for each patient, and type of infection, never use somebody else's prescription. Report any side effects to your doctor if you experience any.

**-Sister Muriel Mapling**



## Stephan Joubert skryf:

Om in God te glo, is nie 'n self verbetering-program nie. Allesbehalwe. Dit kos 'n prys om Jesus te volg. Anders gestel: Geloof in Christus beteken jy het self ook 'n kruis om te dra, een wat aanhoudend indruis teen jou eie selfsugtige maniere van leef.

Jesus se roete is altyd die een van nederigheid, opoffering en diens. Dit vra om die aflê van jou selfsugtige ambisies wat gedurig net jou eie prestasies, jou eer en goeie naam, jou voorspoed en jou suksesse op die voorgrond wil plaas. Daarom help jou geloof jou bitter min as jy bloot net wil beter voel oor jouself, **of as jy net so nou en dan kits-hemelse hulp benodig** terwyl jy voortgaan met die najaag van jou eie begeertes.

Geloof wat nie lei tot die selflose navolging van Jesus nie, is godsdienstige oëverblindery. So eenvoudig soos dit.

**Stephan Joubert**

"Gee julle self aan God as 'n lewende en heilige offer. Dit is die soort offer waarvan Hy hou, en wat julle diens aan God werklik sinvol maak" Romeine 12:1

## PRAYER TIME IN PLUMRUS

As of Wednesday 18<sup>th</sup> March at 12pm, in the following venues for a time of prayer. Please keep your social distance

- Bobbie Liebenberg, Aristata Lounge & Hall
- Sugar Bush Lounge
- Pin Cushion Lounge
- Stokoei
- PlumRus North



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We believe that prayer is how we can communicate our requests, fears and uncertainties around the spreading of the Corona Virus to God. God reassures us in Matthew 18vs 20; "Where two or three are gathered in my Name, there am I among them."

We have seen, how before, our God has come through for us when we prayed, and we trust that He will do the same with this disaster we are facing.

We encourage you to continue to meditate on Psalm 91.

# Junie/June 2020

## Maand Program / Monthly Program

| Monday<br>1                                                                                                                                                                                                                                                                                                                                          | Tuesday<br>2                                                                                                                                                                                                          | Wednesday<br>3                                                                                                                                                                                                         |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 07:30 English Prayer Meeting in the Hall<br>07:30 Afrikaans Bid Groep in die Koffie Winkel<br>09:00 Manne Bid Groep -Staff<br>09:00 Clinic in Office 1<br>10:00 Tea Time: lounges<br>10:00 Catholic Church in John Killian<br>11:00 Activities in lounges<br>14:30 Music / DVD in lounges<br>15:00 Tea Time: lounges<br><b>15:00 Friends Meeting</b> | <b>09:30 Shopping if Lock Down is lifted</b><br>09:30 Action Entertainment in the Hall<br>10:00 Tea Time: lounges<br>10:30 Action Entertainment in Sugarmbush<br>14:30 Bible Study in N102<br>15:00 Tea Time: lounges | 08:30 Library<br><b>09:45 Izak Burger - Ons almal in dieselfde bootjie</b><br>10:00 Tea Time: lounges<br>11:00 Activities in lounges<br>15:00 Tea Time: lounges<br><b>15:00 Croquet</b>                                |
| 8                                                                                                                                                                                                                                                                                                                                                    | 9                                                                                                                                                                                                                     | 10                                                                                                                                                                                                                     |
| 07:30 English Prayer Meeting in the Hall<br>07:30 Afrikaans Bid Groep in die Koffie Winkel<br>09:00 Manne Bid Groep -Staff<br>09:00 Clinic in Office 1<br>10:00 Tea Time: lounges<br>10:00 Catholic Church in John Killian<br>11:00 Activities in lounges<br>14:30 Music / DVD in lounges<br>15:00 Tea Time: lounges                                 | <b>09:30 Shopping if Lock Down is lifted</b><br>09:30 Action Entertainment in the Hall<br>10:00 Tea Time: lounges<br>10:30 Action Entertainment in Sugarmbush<br>14:30 Bible Study in N102<br>15:00 Tea Time: lounges | 08:30 Library<br><b>09:45 Raymond Lombard Maar wat van die Wet?</b><br>10:00 Tea Time: lounges<br>11:00 Activities in lounges<br>15:00 Tea Time: lounges<br><b>15:00 Croquet</b>                                       |
| 15                                                                                                                                                                                                                                                                                                                                                   | 16                                                                                                                                                                                                                    | 17                                                                                                                                                                                                                     |
| 10:00 Tea Time: lounges<br>10:00 Catholic Church in John Killian<br>11:00 Activities in lounges<br>14:30 Music / DVD in lounges<br>15:00 Tea Time: lounges                                                                                                                                                                                           | 09:30 Action Entertainment in the Hall<br>10:00 Tea Time: lounges<br>10:30 Action Entertainment in Sugarmbush<br>14:30 Bible Study in N102<br>15:00 Tea Time: lounges<br><br><b>Public Holiday Youth Day</b>          | 08:30 Library<br><b>09:45 Willem Badenhorst Is jy voorbereid?</b><br>10:00 Tea Time: lounges<br>11:00 Activities in lounges<br>15:00 Tea Time: lounges<br><b>15:00 Croquet</b>                                         |
| 22                                                                                                                                                                                                                                                                                                                                                   | 23                                                                                                                                                                                                                    | 24                                                                                                                                                                                                                     |
| 07:30 English Prayer Meeting in the Hall<br>07:30 Afrikaans Bid Groep in die Koffie Winkel<br>09:00 Manne Bid Groep -Staff<br>09:00 Clinic in Office 1<br>10:00 Tea Time: lounges<br>10:00 Catholic Church in John Killian<br>10:30 Methodist Communion<br>11:00 Activities in lounges<br>14:30 Music / DVD in lounges<br>15:00 Tea Time: lounges    | <b>09:30 Shopping if Lock Down is lifted</b><br>09:30 Action Entertainment in the Hall<br>10:00 Tea Time: lounges<br>10:30 Action Entertainment in Sugarmbush<br>11:00 Bible Study in N102<br>15:00 Tea Time: lounges | 08:30 Library<br><b>09:45 Janlu Kuyler Gee Jouself</b><br>10:00 Tea Time: lounges<br>11:00 Activities in lounges<br>15:00 Tea Time: lounges<br><b>15:00 Croquet</b><br><b>18:00 Classics Youtube Night in the Hall</b> |
| 29                                                                                                                                                                                                                                                                                                                                                   | 30                                                                                                                                                                                                                    |                                                                                                                                                                                                                        |
| 07:30 English Prayer Meeting in the Hall<br>07:30 Afrikaans Bid Groep in die Koffie Winkel<br>09:00 Manne Bid Groep -Staff<br>09:00 Clinic in Office 1<br>10:00 Tea Time: lounges<br>10:00 Catholic Church in John Killian<br>10:30 Methodist Communion<br>11:00 Activities in lounges<br>14:30 Music / DVD in lounges<br>15:00 Tea Time: lounges    | <b>09:30 Shopping if Lock Down is lifted</b><br>09:30 Action Entertainment in the Hall<br>10:00 Tea Time: lounges<br>10:30 Action Entertainment in Sugarmbush<br>14:30 Bible Study in N102<br>15:00 Tea Time: lounges |                                                                                                                                                                                                                        |

| <b>Thursday</b>                                                                                                                                                                                                                  | <b>Friday</b>                                                                                                                                                                                                  | <b>Saturday</b>                                                                                                 | <b>Sunday</b>                                                                                                                                                                                |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>4</b>                                                                                                                                                                                                                         | <b>5</b>                                                                                                                                                                                                       | <b>6</b>                                                                                                        | <b>7</b>                                                                                                                                                                                     |
| 08:30 Library<br><b>09:30 Shopping if Lock Down is lifted</b><br>10:00 Tea Time: lounges<br>11:00 Activities in lounges<br>15:00 Tea Time: lounges<br>15:00 Afrikaanse Bybelstudie<br>In John Killian                            | <b>09:30 One Hour for Jesus Joe Bell</b><br>10:00 Tea Time: lounges<br>11:00 Activities in lounges<br>15:00 Tea Time: lounges                                                                                  | 10:00 Tea Time: lounges<br>11:00 Activities in lounges<br>14:30 Music/DVD in lounges<br>15:00 Tea Time: lounges | <b>09:30 Church John Hagee</b><br>10:00 Tea Time: lounges<br>11:00 Activities in lounges<br>14:30 Music / DVD in lounges<br><b>18:00 Church Raymond Lombard</b>                              |
| <b>11</b>                                                                                                                                                                                                                        | <b>12</b>                                                                                                                                                                                                      | <b>13</b>                                                                                                       | <b>14</b>                                                                                                                                                                                    |
| 08:30 Library<br><b>09:30 Shopping if Lock Down is lifted</b><br>10:00 Tea Time: lounges<br>11:00 Activities in lounges<br>15:00 Tea Time: lounges                                                                               | <b>09:30 One Hour for Jesus Louis Giglio</b><br>10:00 Tea Time: lounges<br>11:00 Activities in lounges<br>15:00 Tea Time: lounges<br>15:00 Prayer Meeting<br>in John Killian                                   | 10:00 Tea Time: lounges<br>11:00 Activities in lounges<br>14:30 Music/DVD in lounges<br>15:00 Tea Time: lounges | <b>09:30 Church Trevor Hudson</b><br>10:00 Tea Time: lounges<br>11:00 Activities in lounges<br>14:30 Music / DVD in lounges<br><b>18:00 Church Johan Geyser</b>                              |
| <b>18</b>                                                                                                                                                                                                                        | <b>19</b>                                                                                                                                                                                                      | <b>20</b>                                                                                                       | <b>21</b>                                                                                                                                                                                    |
| 08:30 Library<br><b>09:30 Shopping if Lock Down is lifted</b><br>10:00 Tea Time: lounges<br>11:00 Activities in lounges<br>15:00 Tea Time: lounges<br>15:00 Bingo in the Hall<br>15:00 Afrikaanse Bybelstudie<br>In John Killian | <b>09:30 One Hour for Jesus Joe Bell</b><br>10:00 Tea Time: lounges<br>11:00 Activities in lounges<br>15:00 Tea Time: lounges                                                                                  | 10:00 Tea Time: lounges<br>11:00 Activities in lounges<br>14:30 Music/DVD in lounges<br>15:00 Tea Time: lounges | <b>09:30 Church Angus Bachan</b><br>10:00 Tea Time: lounges<br>11:00 Activities in lounges<br>14:30 Music / DVD in lounges<br><b>18:00 Church Raymond Lombard</b><br><br><b>Father's Day</b> |
| <b>25</b>                                                                                                                                                                                                                        | <b>26</b>                                                                                                                                                                                                      | <b>27</b>                                                                                                       | <b>28</b>                                                                                                                                                                                    |
| 08:30 Library<br><b>09:30 Shopping if Lock Down is lifted</b><br>10:00 Tea Time: lounges<br>11:00 Activities in lounges<br>15:00 Tea Time: lounges<br>15:00 Bingo in the Hall                                                    | <b>09:30 One Hour for Jesus Louis Giglio</b><br>10:00 Tea Time: lounges<br>11:00 Activities in lounges<br>15:00 Tea Time: lounges<br>15:00 Prayer Meeting<br>In John Killian<br><b>18:00 Bring &amp; Braai</b> | 10:00 Tea Time: lounges<br>11:00 Activities in lounges<br>14:30 Music/DVD in lounges<br>15:00 Tea Time: lounges | <b>09:30 Church Trevor Hudson</b><br>10:00 Tea Time: lounges<br>11:00 Activities in lounges<br>14:30 Music / DVD in lounges<br><b>18:00 Church Johan Janse Van Rensburg</b>                  |

**Shopping on Tuesday's and Thursday's only if Lock Down is Lifted**  
**Church Services in the Hall- Every Wednesdays @ 09:45**

**1<sup>st</sup> June 2020 – Friends Meeting @ 15h00**  
**16<sup>th</sup> June 2020- Youth Day**  
**21<sup>st</sup> June 2020- Father's Day**  
**24<sup>th</sup> June- Classics YouTube Night @18:00**  
**26<sup>th</sup> June 2020- Bring & Braai @18:00 as sponsored by the House Committee**

# PlumRus 12 O'clock Prayer Meetings

**Stokoei Lounge** has been going strong since the beginning of the 12 o'clock prayer meetings. We even have some new members starting to join us.

Currently, we are tackling the Psalms, from top to bottom and explaining it towards our current situations and experience. Mr Prentice in Room 49 opens up in Prayer and we sing a worship song chosen by the zone 5 residents.

We have nominated Sr Essie to read the scripture because Juanita reads too fast and Mr Parker reads too slow. Mr Parker, Room 63 explains the scripture in detail and uses examples of our current situation to relate to.

We have a silent prayer and Mr Prentice or a Zone 5 Carer closes in Prayer. We end off with another Worship song, and Mr Prentice says thank you for the soup.

We are blessed in Stokoei with the carers and residents and would like to invite the remaining residents of Zone 5 to join us.

**- Juanita Stoltz & Sr Essie Van Zyl**

## **Prayer Meeting in PlumRus North**

The team is committed, the whole is team-taking part in scripture and encouragements, this week David Witter and his father shared the reading of scripture.

The 12h00 prayer is a blessing, residents cant wait to meet.

Thank you

**- Rhodene Koense**

## **Sugar Bush Lounge**

Prayer meeting is always well attended by residents and staff

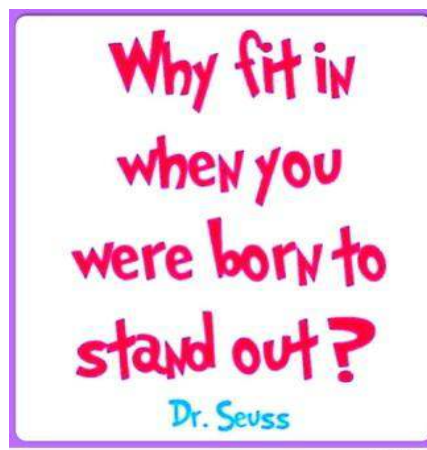
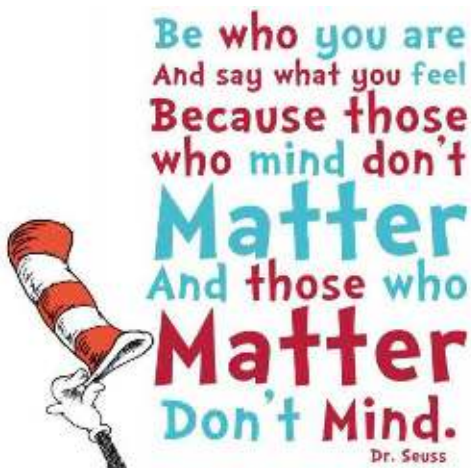
Mr Peper, Mr Hambley and Mrs Isaacson are always willing to open or close in prayer along with the Sister and the staff members. Sister Muriel always gives a small summary on the reading for the day.

We have an athem song which is called Bind us together Lord, everyone loves this song.

**- Cindy Schoeman & Sister Muriel Mapling**

## CSC- Dr Seuss and His Wise Words!

Growing up we were all introduced to some or other book written by Dr. Seuss. The Cat in The Hat, Green Eggs and Ham, How the Grinch Stole Christmas, Fox in Socks, There's a Wocket in My Pocket, are just a few titles that immediately come to mind. Theodor Seuss "Ted" Geisel was an American children's author, political cartoonist, illustrator, poet, animator, screenwriter, and filmmaker. Some of his titles like, How the Grinch Stole Christmas were adapted into films. A strange fact is that Dr. Seuss wrote all these amazing children books but never had any biological children of his own. Below are some of his famous words.



# CSC

## How Youth Day Impacts YOU!

On the 16<sup>th</sup> of June, in South Africa, we commemorate Youth Day. Setting aside, for a moment, the political reasons around the observing of the day in our country's history, I thought it an opportune moment to consider how each one of us can impact the lives of our youth.

As older persons we seem to always expect the youth to be reaching out to us. Often we wallow in a state of self pity and bitterness. Perhaps due to lives circumstances we are justified to feel this way. We often find ourselves on the sidelines of life, watching, often criticizing never willing to teach.

The Bible is quite clear as to how the older person needs to impact the next generations. Titus 2 vs 1-7, older men and woman must teach the younger generation not only with words but through their actions.

Do we see ourselves in these roles, or do we feel that we have nothing to teach? The mission of seniors is to help the next generation to avoid mistakes, to have a better life and to transmit even more wisdom to the generation after them. Seniors should not resign themselves to the sidelines: you are still a player in the game of life.

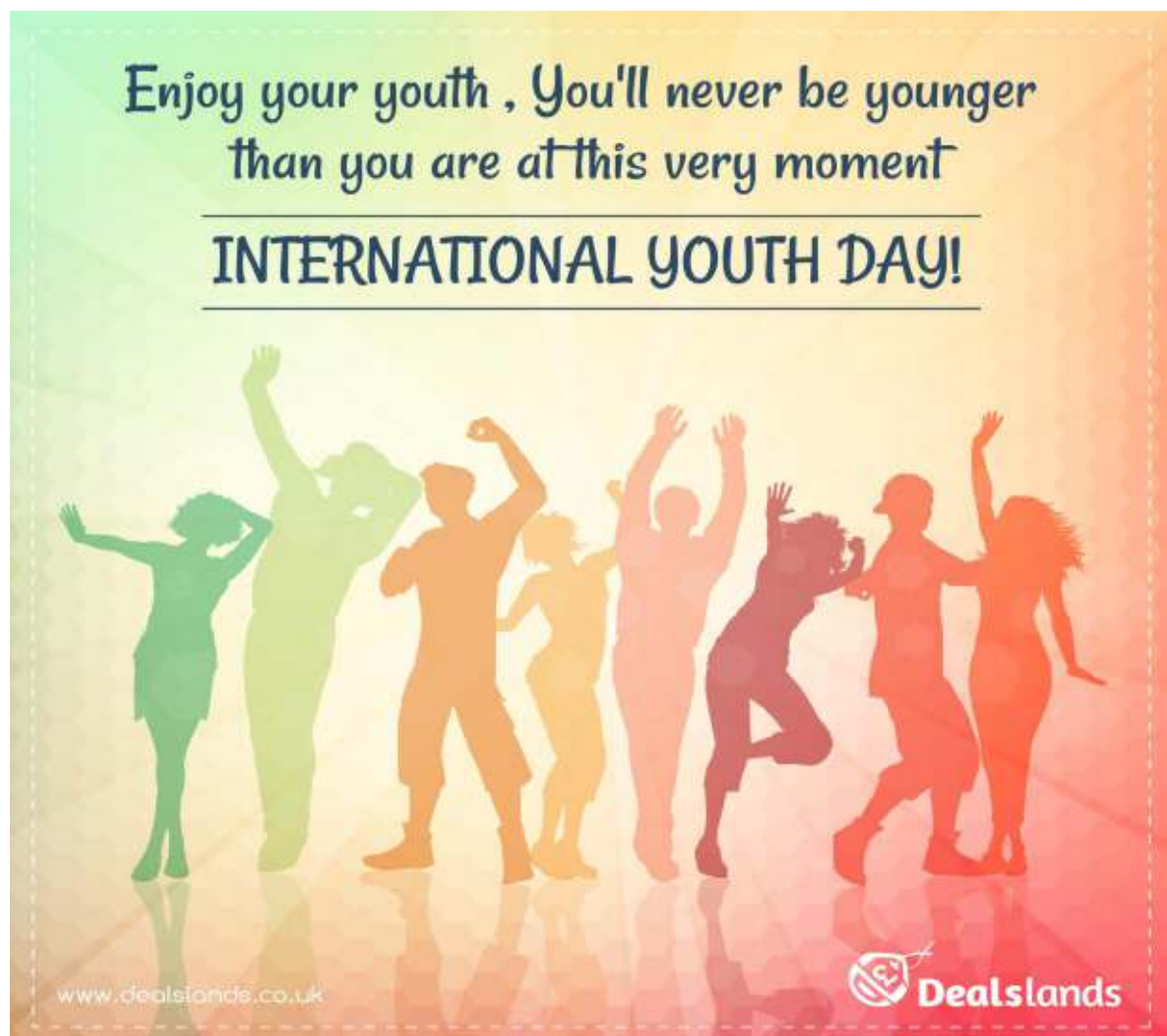
On this journey called life, we need to accept our mortality. By doing this, we will consider how we would like others to remember us. Plant some new seeds, give away what you have learned, and foment hope in the next generation.

Another point to remember is that the younger generation does not only want you to be interesting (by telling your stories), they also want you to be interested (by listening more than talking).

Live on by letting go. Being truly generative means using your accumulated wisdom and experience, such as it is, to instill confidence in others. Help young people embrace risk and failure as the best route to learning, and do whatever it takes to find their own destination.

Our spiritual responsibility to the next generation can be summed up in Proverbs 13 vs 22; "A good life gets passed on to the grandchildren; ill-gotten wealth ends up with good people" (MSG). Conceivably, the greatest inheritance seniors can leave their children and grandchildren are experience, wisdom, life and most importantly their sincere Faith.

Keep a check on your actions not only your words. Make sure that your actions are something your children and grandchildren will be proud of. Take time to consider your legacy not your material fortune.



## **LISTEN TO YOUR CHILDREN**

Take a moment to listen today  
To what your children are trying to say  
Listen today whatever you do  
Or they won't be there to listen to you  
Listen to their problems  
Listen to their needs  
Praise their smallest triumphs  
Praise their smallest deeds  
Tolerate their chatter  
Amplify their laughter  
Find out what's the matter  
Find out what they are after  
Tell them that you love them  
Every single night  
And though you scold them  
Be sure to hold them tight  
And tell them everything's alright  
And tomorrow is looking bright  
Take a moment to listen today  
To what your children are trying to say  
Listen today whatever you do  
And they will come back to talk to you

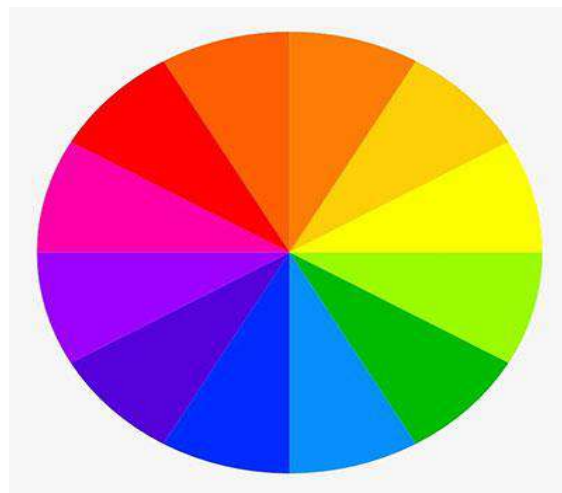
## **CSC- MISSING YOUR GRANDCHILDREN DURING LOCKDOWN?**

How grandchildren perceive their grandparents.....

After putting her grandchildren to bed, a grandmother changed into old slacks and a droopy blouse and proceeded to wash her hair. As she heard the children getting more and more rambunctious, her patience grew thin. Finally, she threw a towel around her head and stormed into their room, putting them back to bed with stern warnings. As she left the room, she heard the three-year-old say with a trembling voice, "Who was THAT?"

A grandmother was telling her little granddaughter what her own childhood was like. "We used to skate outside on a pond. I had a swing made from a tire; it hung from a tree in our front yard. We rode our pony. We picked wild raspberries in the woods." The little girl was wide-eyed, taking this all in. At last she said, "I sure wish I'd gotten to know you sooner!"

I didn't know if my granddaughter had learned her colors yet, so I decided to test her. I would point out something and ask what color it was. She would tell me and was always correct. It was fun for me, so I continued. At last, she headed for the door, saying, "Grandma, I really think you should try to figure out some of these colors yourself!"



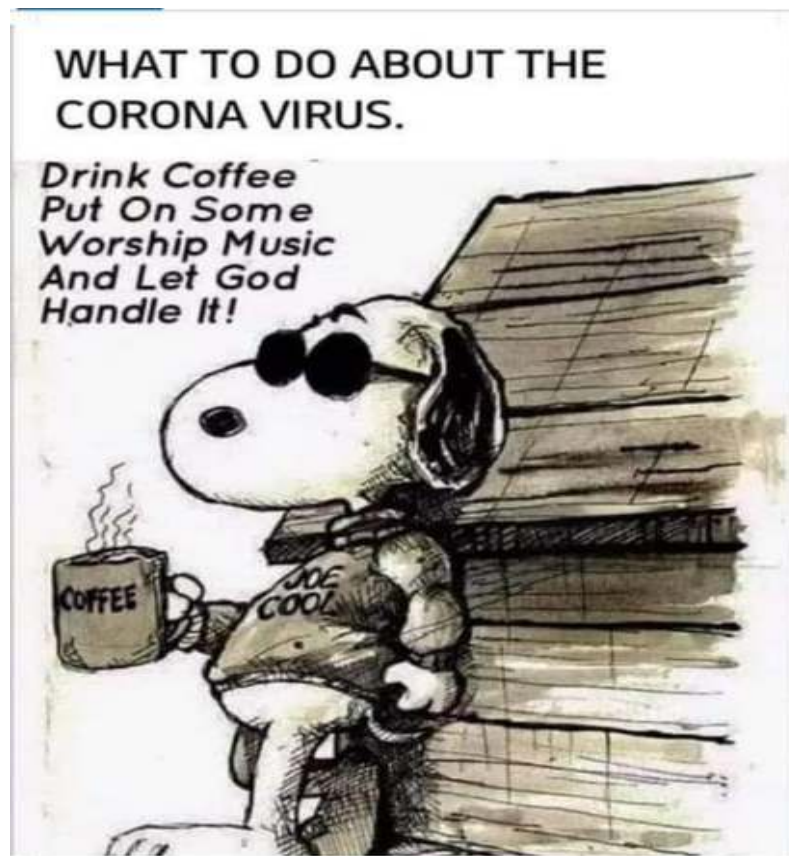
Children's Logic: "Give me a sentence about a public servant," said a teacher. The small boy wrote: "The fireman came down the ladder pregnant." The teacher took the lad aside to correct him. "Don't you know what pregnant means?" she asked. "Sure," said the young boy confidently. "It means carrying a child."

A 6-year-old was asked where his grandpa lived. "Oh," he said, "he lives at the airport, and whenever we want him, we just go get him. Then, when we're done having him visit, we take him back to the airport."



Grandpa is the smartest man on earth! He teaches me good things, but I don't get to see him enough to get as smart as him!

**THEY ARE MISSING YOU TOO!**



# Just for Laughs....

Sister Mary was truly a religious woman. Besides for her duties as a nun, she was also very active in various hospitals visiting sick patients and taking care of all their needs. So it was no surprise that one day when she ran out of gas, the only container she could find to put the gas into was a bedpan.

Sister Mary happily walked two blocks to the closest gas station filled up the bedpan with gas and headed back to her car. Luck would have it that as Sister Mary started tipping the gas into the fuel tank, the traffic light turned red and she had quite a large audience witnessing the spectacle.

Just when she finished pouring in the last drops of gas a fellow opened up his window and hollered, "I swear! If that car starts I'm becoming a religious man.



# Mothers Day Appreciation



## **Voorkomende Covid 19 Optredes as riglyn:**

- Bid elke dag en klou vas aan Ps 91
- Temperatuur kontrole elke dag
- Monitor simptome elke dag
- Was hande deurlopend
- Hou oppervlaktes skoon
- Dra masker
- Hou veilige afstande
- Nies en hoes moet met veiligheid uitgevoer word
- Doen oefening en stap gereeld elke dag
- Stap en sit veral in die son
- Bid voordat jy gaan slaap en dank God vir jou veiligheid en dag se lewensreis.

Die vraag is egter, het jy die dag se lewensreis, ongeag die turbulensie ten volle geleef?

### **Groot dankie aan ons Catering Span**

Dit is elke keer n voorreg om met enige ete; ontbyt, middag of aand ete te gaan aansit en te weet dat daar 'n span is wat hierdie voorraad aangekoop en die ete voorberei het.

Dankie aan Kurt as aankoper en dan aan Tina en Chrissie met hulle spanne vir die sorgvuldige aaneenlopende voorbereiding van ons etes. Ons waardeer julle.

Net so aan die personeel wat hulle help met dek van tafels, bediening en afdek van tafels, skottelgoed was en ons tafels deurlopend skoon en veilig hou – julle onbaatsugtige diens word op prys gestel – baie dankie.

During this time of isolation we have to make our own happiness, so if you want to be happy do not dwell on the past, and do not worry about the future, focus on living fully in the present.

Do things that make you happy within the confines of the current situation of lockdown.

- **Sister Essie Van Zyl**

## **Wie is jy as niemand kyk nie ?**

Jy is dit waaraan jy dink of is jy nie ? Jou optrede is nie net opvoeding, ondervinding en ontwikkeling nie of is dit?. Somtyds raak jy beter hoe ouer jy word en somtyds slegter hoe ouer jy word. Verskeie kinders is bitterlik stout maar baie soet as groot mense. Ander is weer baie soet as kinders en tieners maar raak onmoontlik as groot mense en moeilike nommers om te bestuur. Gewete as jy een het, speel 'n groot rol maar insig speel nog groter rol as dit kom by wie jy is as niemand kyk nie – so wie is jy as niemand kyk nie ?. So wat maak jy hier by PlumRus waar aftrede op sy beste is – geniet jy dit as niemand kyk nie. Dit is diep of is dit nie?.....

## **Dankbaar vir wat?**

" Wees in ALLE omstandighede dankbaar, want dit is wat God van julle verwag omdat julle met Christus Jesus verenig is" . 1 Tessalonisense 5:18.



On behalf of Estelle and my family, I just want to say thank you for the wonderful care which you and your staff give to Tant Miemie and our mom (Mrs Warner).

I know that it is not easy for all concerned but we live in unusual times and the stringent lockdown procedures are necessary.

I understand that you are experiencing blowback from some of the residence and am very sorry to hear this because you don't deserve it.

We will continue to pray for you, that the Lord will give you the strength, both emotionally and physically, to carry on

Please convey our thanks and appreciation to your staff and members of the board

Regards  
Steve Warner

## **Services that is provided in PlumRus**

### **1. Services:**

- a. Bell Me Nurse Call Buttons with each resident
- b. Nashua Telephone in each room/ flat or a cordless mobile telephone if you pay extra

### **2. Available for the Residents:**

- a. Coffee Shop , PlumRus 021-761-2323 or Residents contact Noelwene 1035
- b. Die Burger, Call Centre 086-030-0010
- c. Hairdresser, Cheryl 073-091-1939 or Cathy 082-762-0623
- d. Hand & Foot care, Lesley 084-505-3031
- e. Nappy Suppliers:
  - i. Nappy Ware house, Denise or Sophie 021-794-3671
  - ii. Validus Medical 011-799-7111or [capetown@validus.co.za](mailto:capetown@validus.co.za)
  - iii. Taking Care - Carol Rasmussen on carol.rasmussen@telkomsa.net
- f. Path Care, Catherine 021-797-3785 or State Lab. 021-417-9383
- g. Pharmacies:
  - i. Alpha Pharmacy 021-928-5100
  - ii. Ashers Pharmacy 021-797-5094
  - iii. Clicks 021-797-5386
  - iv. Dischem Tokia 021-710-1230
  - v. Meadowridge Pharmacy 021-713-1472
  - vi. Rustenburg 021-788-0828
  - vii. Steps to Health 021-712-5050
  - viii. Wynberg 021-762-3729
- h. PlumRus Library 021-761-2323/Residents contact Dianne 2189 or Vivien 2113
- i. Physiotherapists , Rodele 082-215-2178 or Gillmore 021-701-9376
- j. Social workers:
  - i. Leigh Haselau 072-986-4733 or [leighhas@gmail.com](mailto:leighhas@gmail.com)
  - ii. Wendy Robinson 083-595-3389 or [wendy.rob@mweb.co.za](mailto:wendy.rob@mweb.co.za)
- k. Spiritual Care, Rhodene 021-761-2323 or 078-918-8780
- l. State Doctor, Dr. Camedien 084-225-5226
- m. Telly Tech, Trinity 082-554-3130

### **3. Emergency Services:**

- a. Ambulance Services
  - i. ER 24 084-124
  - ii. State 10177
  - iii. Netcare 911
- b. Funeral Services:
  - i. Doves Mary-Ann 021-761-6617
  - ii. AVBOB Elize 021-762-1101
- c. Police Station, Diep Rivier 021-710-7300
- d. Riskman officers - Gary, Clayton, Tylo or Mervin on 1001 or [riskman@plumrus.co.za](mailto:riskman@plumrus.co.za)
- e. Reception - Lucille or Agnes on 1000 or [reception@plumrus.co.za](mailto:reception@plumrus.co.za)

### **4. Upgrades or additions in flats or Rooms:**

- a. R+B Carpets cleaning, Brian 078-920-1268- for carpet cleaning
- b. Leon's Carpets, Leon 021-910-0256- for carpets
- c. Sun Wise Blinds, Gerald 083-651-1102- for blinds
- d. Designer Building Cupboards, Wayne 082-202-3287- for new cupboards
- e. Electrician, Mark 084-515-8568

**If all else fails contact Riskman/reception on 021-761-2323 or [info@plumrus.co.za](mailto:info@plumrus.co.za)**

## Science Word Search

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| G | L | R | R | Y | G | O | L | O | M | E | G | R | I | M | C | Y | U | Y |
| O | G | O | N | N | R | T | Y | O | Y | H | Y | S | Y | O | O | L | Z | O |
| L | C | H | E | M | I | S | T | R | Y | A | T | U | Y | I | L | O | I | Y |
| O | T | M | S | A | S | T | R | O | N | O | M | Y | X | L | O | O | O | P |
| R | N | S | C | I | S | Y | H | P | L | Y | G | Y | Y | Y | G | G | G | H |
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| E | Y | C | T | O | O | Y | G | O | L | O | P | O | R | H | T | N | A | T |
| M | G | Z | S | O | O | Y | T | O | L | O | L | Y | L | O | O | L | Y | O |
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Acoustics

Anatomy

Anthropology

Astronomy

Biology

Chemistry

Ecology

Embryology

Entomology

Gemology

Geology

Histology

Hydrology

Ichthyology

Kinetics

Lithology

Meteorology

Metrology

Mycology

Oceanology

Ornithology

Paleontology

Parasitology

Physics

Physiology

Phytology

Toxicology

Virology

Vulcanology

Zoology