



PlumRus



Life Given Difference

Lewegewende Verskil



March Birth Flower: Narcissus

Here are some interesting facts to note:

- Narcissus is the proper name for the daffodil family. It is so called because its bulb houses a toxic substance
- Narcissus blooms can last up to three weeks when temperatures remain between 45 and 55 degrees Fahrenheit, according to Longwood Gardens.
- Narcissus flowers are usually white or yellow and are characterized by a narrow, tubular base, three petals and three petal-like sepals, and a central cup-like appendage that may be of contrasting color.
- They multiply quickly and return to bloom again each spring, year after year.
- They are not fussy about soil, will grow in sun or part shade and are not bothered by deer, rabbits and other pesky critters.
- Narcissus likes to be watered regularly in the spring and fall. If there is no snow cover, the corms will also need water throughout the winter. Stop watering about 3 to 4 weeks after the flowers fade.
- You can make narcissus arrangement in any container, from crystal vase to used teapot. Narcissus looks great alone or with other flowers.

Spiritual Care Program for March 2020

Fridays @ 09:30

6 Women's Day of Prayer
13 Friends of PlumRus
20 Dr. Martin Mostert
28 Mr K Prentice

Sundays @ 09:00

1 Mr Rubin Faro
8 Mr Jack Jacobs
15 Rev Stan Thomas
22 Mr Neville Holmes
29 Rev Stan Want

Sundays @ 18:00

1 Ps. Johan Brandt
8 Dr. Chris Saayman
15 Dr. Chris Saayman
22 Ps. Christopher Horn
29 Mr Cyril Dirks

Happy Birthday to our Residents

2nd	Hilda Robertson	F127	92	English
3rd	Henrietta Saunders	R26B	96	Afrikaans
5th	Peter Dowling	R58	87	English
5th	Peppi Gleesen	F122	61	English
6th	Stanley Schroeder	R66	82	English
8th	Christiaan Hübinger	MV103	86	English
15th	Cedric Callaghan	R21B	73	English
15th	Paulina Rix	F101	86	English
17th	Sidney Hambley	R46C	76	English
23rd	Lola Cuddon	F007	82	English
24th	Jeanette Ravenscroft	R60	83	English
25th	Barry Krastin	R8	73	English
29th	Lorraine Jephtha	R13	73	Afrikaans
29th	Beryl Ely	N211	79	English



Happy Birthday to our staff

3rd	Marlene	Stander	Kitchen
5th	Sama-oen	Adams	Cleaning
5th	Sarel	Stander	Maintenance
11th	Juanita	Stoltz	Finance
14th	Felicia	Baatjies	Health Care
20th	Wilhelmina	Petersen	Cleaning
21st	Anthea	Lewis	CSC
22nd	Yushra	Geyser	Health Care
26th	Chante	Aploon	CSC
26th	Randall	Dietrich	Garden
27th	Kaylin	Beaton	Health Care
27th	JP	Venter	Coffee Shop
28th	Bernadette	Snyders	CSC
29th	Judith	Merkloe	Health Care
31st	Tania	Martin	CSC



*R*esep vir Liefde:

1 koppie vol Romanse
'n Knypie Humor
2 Eetlepels vol Vreugde
1 Groot sak vol Verenigbaarheid
1 Koppie vol Vertroue
1 Koppie vol Respek
500 gram Mededeelsaamheid
500 gram Teerheid
1 Vol Koppie Geduld



Karen Klein- Werner's Story

After 2 years at the school in Lüderitz, my parents took my sister and myself to Hermansburg, a German mission school in Natal. This was a long distance from home and took 4 nights and 3 and a half days by train. I had no problem adjusting there as all the children spoke German

Because we had to travel so far, we could not go home for the short holidays. We would either stay at the hostel or would be invited by other children to their home. In standard 5, a new girl came to the school. She became my vriend, she would then invite me. To her aunt and uncles home this was on a farm.

After 8 years in Hermansburg, I had finished standard 8. I was tired of travelling the long distance home and decided it was not necessary to do matric. So I left the school and stayed at home for 1 and a half years. Then my father suggested that I go back to school and do matric. I. then decided to go to the German school in Windhoek.

After I had finished my matric, I decided to go to Cape Town, look for a job and work there.

**Our Valentine's Day entertainment given by Mr Jan Visser
Ons Valentyn's dag vermaak gegee deur Mnr. Jan Visser**



**A talk given by our Health Care Manager Sister Muriel Mapling, on the
Corona Virus @ One Hour for Jesus on Friday 14 February 2020**

**'n Bespreking deur ons gesondheidsorgbestuurder Suster Muriel Mapling,
op die Corona Virus @ One Hour for Jesus op Vrydag 14 Februarie 2020**



Courage doesn't always roar. Sometimes courage is the little voice at the end of the day that says I'll try again tomorrow.

You have three choices in life. Give up, give in or give it all you've got.

A year from now you'll wish you started today.

It doesn't matter where you are, you are nowhere compared to where you can go.

If you are going to spend your life running you might as well be chasing your dreams.

I can't change the direction of the wind, but I can adjust my sails to always reach my destination.

Don't judge each day by the harvest you reap but by the seeds that you plant.

Every artist was first an amateur.

Nothing is worth more than this day. You cannot relive yesterday. Tomorrow is still beyond our reach.

When you feel like quitting, think about why you started.

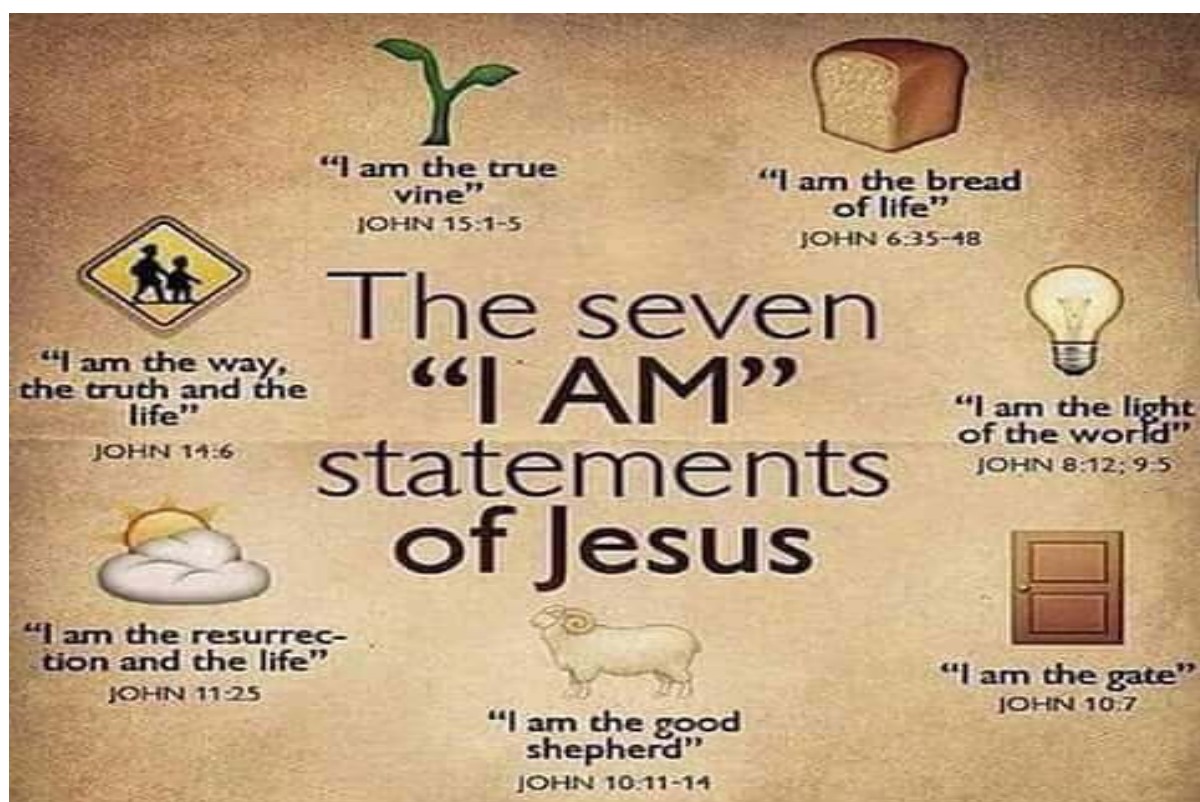
Today I will do what others won't so that tomorrow I can do what others can't.

Today is the first day of the rest of your life.

There are seven days in the week and someday isn't one of them.

Your life does not get better by chance, it gets better by change.

- By Sarel Stander



To all Residents, Family and Friends

We can no longer change anything said, done or thought in 2019,

But in 2020 we can make difference a Life- Given Difference

Let's make a Life –Given Difference in our Resident's life.

We would love our residents to enjoy our beautiful summer days and nights in our amazing gardens.

Wooden benches placed under shady trees would make the perfect spot for our residents to enjoy the great fresh air with their friends.



If you would like to donate a bench to enhance our beautiful gardens, for your family member to enjoy, or you might want to do this in memory of a loved one that has passed on, please feel free to contact Rhodene Koense at rhodene@plumrus.co.za.

If the bench is donated in memory of your loved one, we will place a plaque on the bench to this effect.

If benches are not your thing, then please share any ideas you may have that will accommodate our residents in our gardens.

WISHLIST

Die Here het die krag van 'n berg geneem
 Die majesteit van 'n boom
 Die warmte van 'n somer reën
 Die kalmte van 'n stil see
 Die vrygewige siel van die natuur
 Die vertroostende arms van die nag
 Die wysheid van eeue
 Die krag van 'n arend se vlug
 Die vreugde van 'n lente oggend
 Die geloof van 'n mosterdsaadjie
 Die geduld van Job
 Die diepte wat 'n familie nodig het
 En toe het die Here al hierdie kwaliteite
 bymekaar gevoeg.
 Daar was niks meer om by te voeg nie
 want Sy meesterstuk was voltooi
 en Hy het dit "oupa" genoem.
 -Skrywer onbekend-



Mev. Annette Slabbert se Groot Prestasie

Annette Slabbert is opgelei as musiek onderwyser en was vir baie jare betrokke by die Kaapse Afrikaanse Eisteddfod in verskillende aspekte van die organisasie veral as sekretaris

Dit was n liefdesaak wat n groot deel van haar lewe uit gemaak het.

Toe sy verlede jaar ongelukkig as gevolg van haar verswakkende gesondheid moes bedank, het die bestuur besluit om die sertifikaat te laat maak.

Hierdie gebaar beteken vir haar baie.....



Universal Communication Network / Telephones and Wi-Fi or Internet

The telephone in your room/flat belongs to PlumRus and is part of our communication, operational and emergency procedures and processes. Lauren our resident's facilitator/training officer will assist you and will facilitate 100% utilization of the system.

If we do not use the system in normal circumstances we will not be able to utilize the system during an emergency. After pressing the BellMe Nurse Call button or phoning 1001 in an emergency the first staff member in your room/flat NEEDS to utilize your PlumRus phone. The residents who have moved over to our system from Telkom are very impressed and happy with the low call costs.

Ons telefoon in jou kamer/woonstel is daar vir jou veiligheid tydens operasionele en nood optrede prosedures. Onthou ons personeel MOET jou foon gebruik om terug te skakel na die Risiko Bestuurskantoor wanneer hy/sy in jou kamer/woonstel arriveer om jou te help. Gebruik dus die foon. Lauren sal jou behulpsaam wees met opleiding en afrigting.

Laastens die inwoners wat reeds oorgeskakel het vanaf Telkom is baie beïndruk met die lae oproep kostes.



Musiek vroeg oggend in ons sitkamers / Music in our lounges early mornings

Vanaf 6:30 word sagte instrumentele musiek aangeskakel. Dit skep 'n rustige atmosfeer en herinner ons aan die ongelooflike genade om nog 'n dag op aarde te wees om God se koninkryk te vergroot – Geniet dit/Enjoy the soft instrumental music every morning from 6:30 in our lounges – it is grace from God to wake up and to have another day to be part of Gods Kingdom on earth.



Ons Kuier op Hartenbos

Met groot opwinding vertrek ons die oggend van 27 Januarie om 09:00 na Hartenbos met George aan die stuur van die Quantum, gevolg deur Carina met die motor.

Ons was bederf met lekker snoepery vir langs die pad. Al geselsend was ons eerste stop net na Swellendam op die pragtige Karoodorpie Buffeljachts waar ons in die opelug ons ontbyt pakkies oopgemaak het. Net soos in die ou dae met wors, hardgekookte eiers, frikkadelletjies ens. Soos voorberei deur ons kombuis.

In goeie luim het one verder gereis an arriveer ons in Hartenbos die middag 3 uur. Die groep was ingedeel in 2 gerieflike huisies by die see. Die uitsig met Mosselbaai op die agtergrond en 'n passasiersboot geanker in die baai, was dit pragtig. Daar was vinnig uitgepak en gou was ons op pad na die warmbad wat een van die hoogtepunte van die vakansie was.

Natuurlik was daar baie geskerts en gelag maar almal was gemaklik en het elkeen gedeel in die pret. Die groep het elke aand bymekaargekom vir die braai soos net George dit kan doen.

Weereens was daar slaai voorberei deur ons Rusoord kombuis. Na heelwat stories en grappies is ons bed toe.

"Brunch" tussen 10 en 11 soggens was goed beplan. Eetgoed soos oorbly braaivleis , eiers, pap en selfs vrugteslaai was beskikbaar besoeke aan al die winkels is gedoen en in vryetyd kan ons doen wat wou.

Soos daar gesê word, alle goeie dinge kom op 'n ent en het die vertrekdag te gou aangebreek vir die groep. Net buite Riversdal by Bali kon ons lekker ontbyt geniet.

One arriveer Vrydag om 5 uur terug by Rusoord. Die heerlike saamwees en kuier en 'n goeie span en met mooi herinneringe asook baie bederf sal ons altyd bybly.

- **Van Die Hartenbos Groep**



A PROMISE FULFILLED

I was attending ladies' meeting early in January 2018. The leader was encouraging participants to share one of the highlights of the previous year. After a few moments a visitor in the group spoke up, and, looking at me, said, 'The Lord has told me to tell you that he will meet all your needs'. I was astounded and speechless! Nevertheless I admitted that I had been experiencing difficulties: my expenses were beginning to exceed my income. Something needed to be done to address this dilemma. The solution seemed to be to sell my flat. It was my only asset and I was reluctant to do this, but the rental income was insufficient and the tenant was resisting an increase. Nevertheless, God's startling intervention was an indication that it hadn't taken him by surprise, and I was heartened. I just needed to receive this and act upon it.

So in January 2019 the adventure began. To say it was a test of faith is too glib. There is no secret about the state of our economy and it had adversely affected the property market. A trusted friend with experience in selling property partnered with me in advice and support in prayer. We had a fluid strategy. The first phase commenced with a firm who, for a set fee, undertook to market the flat. I couldn't fault their efficiency with advertising and strategy but their results were abysmal. Over the 3 month period we had over 600 'hits' on the internet, several enquiries but no requests for viewing.

The second phase involved a request for a short-term lease with the 1st option to buy the property. The agent was confident of a sale but didn't persevere in promoting a positive sale. Six months later they decided not to buy. We were back to square one.

So we reverted to the tried and tested method: a competent agent. He was a wise man with great perseverance. We entered into an exciting enterprise and I felt we even got to know his family. My friend and he sparred often with rugby stories of her grandsons and his boys. It offered a light relief in the long haul.

By this time the flat had been vacant for 5 months, i.e. it had become a liability and not an asset.

My solace was to turn to my Bible which gives wisdom and encouragement from my Heavenly Father who has promised never to forsake me. The lives of two heroes of the faith (Job and Daniel) were beneficial to me. And truths that previously I had given mental assent to became a living reality. I was learning to walk a day at a time, living a normal existence, not sitting at home worrying and willing the phone to ring.

I took control over panic when a prospective buyer withdrew because he couldn't get a bond. I resisted the contagion of gloom and despondency which affects so many South Africans at present. Stories of delays in sales or panic selling as people were emigrating also had to be addressed. This endurance test lasted for a whole year! I ask myself, was I slow to learn or were there perhaps huge obstacles only God could overcome.

Eventually on 17 January I signed the sale agreement and the adventure drew to a close. Lessons from my heroes: First, God appeared to Daniel when he was struggling with very real issues and said, 'Do not be afraid, Daniel. Since the **first day** that you set your mind to gain understanding and to humble yourself before your God, your words were heard, and I have come in response to them'.

Second, Job, at the conclusion of his ordeal, declared: 'I know that you can do **all** things; no plan of yours can be thwarted..... My ears had heard of you but now my eyes have seen you. 'For my part, I believe I have witnessed a miracle and give glory to the Lord.

They both got to know God much better through their experiences. I felt I had been privileged to experience this also. In conclusion, I have to say with Isaiah (chapter 64:4): Since ancient times no one has heard, no ear has perceived, no eye has seen any God besides you, who **ACTS** on behalf of those who wait for Him.

Dear All Clicks Prosper Clients

Kindly note the change in deliveries from Clicks Prosper Pharmacy:

Clicks have taken the decision to cease deliveries at Clicks Prosper from end Feb 2020.

All deliveries will then be done by Clicks Kenilworth

- Telephone number 0216838709
- fax 0216832932 and
- Email address clk0107pharm@clicks.co.za.

Brand New Movies in the PlumRus DVD Store

- Victoria and Abdul
- Overcomer
- The Chalk Garden
- The Secret Garden
- Chocolat
- Second Best Marigold Hotel
- Salmon Fishing in the Yemen
- Oceans
- Pirates of the Caribbean
- Turning Back
- Undaunted



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.

Noah found grace in the eyes of the Lord

Oh, the Lord looked down from his window in the sky,
Said: "I created man. But I can't remember why!
Nothing but fighting since creation day.
I'll send a little water and I'll wash them all away"
Oh, the Lord came down to look around a spell.
There was Mister Noah behaving mighty well
And that is the reason the scriptures record
That Noah found grace in the eyes of the Lord.

Noah found grace in the eyes of the Lord,
Noah found grace in the eyes of the Lord,
Noah found grace in the eyes of the Lord,
And he landed high and dry.

The Lord said: "Noah, there's going to be a flood,
There's going to be some water, there's going to be some mud,
So take off your hat, Noah, take off your coat,
Get Ham, Shem and Japheth and build yourself a boat."
Noah said: "Lord, I don't believe I could"
The Lord said, "Noah, go get yourself some wood"
You never know what you can do till you try.
Build it fifty cubits long and thirty cubits high."

Noah said: "There she is, there she is, Lord!"
The Lord said: "Noah, it's time to get aboard.
Take of each creature a he and a she,
And of course Mrs. Noah and your whole family"
Noah said: "Lord, its a-getting mighty dark"
The Lord said: "Noah, get those creatures on that ark"
Noah said: "Lord, it's beginning to pour"
And the Lord said: "Noah, hurry up and shut the door"

The ark rose up on the bosom of the deep.
After forty days Mister took a peep.
He said: "We're not moving, Lord, where are we at?"
And the Lord said: "You're sitting right on Mount Ararat"
Noah said: "Lord, it's a getting mighty dry"
The Lord said: "Noah, see my rainbow in the sky.
Take all your creatures and people the earth,
And be sure you're not more trouble than you're worth.



Maart / March 2020

Maand Program / Monthly Program

Monday	Tuesday	Wednesday
30	31	
07:30 English Prayer Meeting in the Hall 07:30 Afrikaans Bid Groep in die Koffie Winkel 09:00 Manne Bid Groep -Staff 09:00 Clinic in Clinic Room 10:00 Tea Time: lounges 10:00 Catholic Church in John Killian 11:00 Activities in lounges 14:30 Music / DVD in lounges 15:00 Tea Time: lounges	09:30 Shopping Pick & Pay Constantia 09:30 Action Entertainment in the Hall 10:00 Tea Time: lounges 10:30 Action Entertainment in Sugarbush 11:00 Bible Study in N102 15:00 Tea Time: lounges	
2	3	4
07:30 English Prayer Meeting in the Hall 07:30 Afrikaans Bid Groep in die Koffie Winkel 09:00 Manne Bid Groep -Staff 09:00 Clinic in Clinic Room 10:00 Tea Time: lounges 10:00 Catholic Church in John Killian 11:00 Activities in lounges 14:30 Music / DVD in lounges 15:00 Tea Time: lounges 15:00 Friends Meeting	09:30 Shopping Meadowridge 09:30 Action Entertainment in the Hall 10:00 Tea Time: lounges 10:30 Action Entertainment in Sugarbush 11:00 Bible Study in N102 15:00 Tea Time: lounges	08:30 Library 10:00 Senior Big Walk 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Croquet
9	10	11
07:30 English Prayer Meeting in the Hall 07:30 Afrikaans Bid Groep in die Koffie Winkel 09:00 Manne Bid Groep -Staff 09:00 Clinic in Clinic Room 10:00 Tea Time: lounges 10:00 Catholic Church in John Killian 11:00 Activities in lounges 14:30 Music / DVD in lounges 15:00 Tea Time: lounges 16:00 Garden Club Meeting	09:30 Shopping Pick & Pay Gabriel Rd 09:30 Action Entertainment in the Hall 10:00 Tea Time: lounges 10:30 Action Entertainment in Sugarbush 11:00 Bible Study in N102 15:00 Tea Time: lounges	08:30 Library 09:45 NG Kerk diens 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Croquet 15:00 General Residents Meeting n the Hall
16	17	18
07:30 English Prayer Meeting in the Hall 07:30 Afrikaans Bid Groep in die Koffie Winkel 09:00 Manne Bid Groep -Staff 09:00 Clinic in Clinic Room 10:00 Tea Time: lounges 10:00 Catholic Church in John Killian 10:00 Methodist Communion 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 11:00 Bible Study in N102 15:00 Tea Time: lounges	08:30 Library 09:45 NG Kerk diens 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Croquet 18:00 YouTube Night In Aristata Lounge
23	24	25
07:30 English Prayer Meeting in the Hall 07:30 Afrikaans Bid Groep in die Koffie Winkel 09:00 Manne Bid Groep -Staff 09:00 Clinic in Clinic Room 10:00 Tea Time: lounges 10:00 Catholic Church in John Killian 10:00 New Residents Tea 11:00 Activities in lounges 14:30 Music / DVD in lounges 15:00 Tea Time: lounges	09:30 Shopping Pick & Pay Gabriel Rd 09:30 Action Entertainment in the Hall 10:00 Tea Time: lounges 10:30 Action Entertainment in Sugarbush 11:00 Bible Study in N102 15:00 Tea Time: lounges	08:30 Library 09:45 NG Kerk diens 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Croquet 15:00 Talk by Ann Bradford Trip to Monasteries in KZN

Thursday	Friday	Saturday	Sunday
2nd March 2020 – Friends Meeting @ 15:00 4th March 2020 – Senior Big Walk @ 10:00 5th March 2020 – Morning Market @ 09:00 6th March 2020 – World Prayer Day 9th March 2020 – Garden Club Meeting @ 16:00 11th March 2020 – General Residents Meeting @ 15:00 12th March 2020 – Outing to Fishhoek 18th March 2020 – YouTube Night in Aristata lounge 21st March 2020 – Public Holiday 23rd March 2020 – New Residents Tea @ 15:00 25th March – Garden Club Talk by Ann Bradford @ 15:00 27th March 2020 – Bring & Braai @ 18:00			1 09:30 Church Mr Rubin Faro 10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music / DVD in lounges 18:00 Woord & Lied Pas Johan Brandt
5	6	7	8
08:30 Library 09:00 Morning Market 10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Shopping Checkers Main Rd 15:00 Tea Time: lounges	09:30 One Hour for Jesus Womens World Prayer 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Prayer Meeting World Prayer Day	10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music/DVD in lounges 15:00 Tea Time: lounges	09:30 Church Mr Jack Jacobs 10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music / DVD in lounges 18:00 Woord & Lied Dr. Chris Saayman
12	13	14	15
08:30 Library 09:00 Outing to Fishhoek 10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Shopping Blue Route 15:00 Tea Time: lounges 15:00 Afrikaanse Bybelstudie In John Killian	09:30 One Hour for Jesus Friends of PlumRus 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges	10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music/DVD in lounges 15:00 Tea Time: lounges	09:30 Church Rev Stan Thomas 10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music / DVD in lounges 18:00 Woord & Lied Dr. Chris Saayman
19	20	21	22
08:30 Library 09:30 Shopping Checkers Emporium 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges	09:30 One Hour for Jesus Dr Martin Mostert 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 Public Holiday	09:30 Church Mr Neville Holmes 10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music / DVD in lounges 18:00 Ps Christopher Horn
26	27	28	29
08:30 Library 09:30 Shopping Meadowridge 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Afrikaanse Bybelstudie In John Killian	09:30 Church Mr K Prentice 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 18:00 Bring & Braai	10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music/DVD in lounges 15:00 Tea Time: lounges	09:30 Church Rev Stan Want 10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music / DVD in lounges 18:00 Sing-along Cyril Dirks

GRANDPARENTS' ANSWERING MACHINE

Good morning . . . At present we are not at home, but please leave your message after you hear the beep.

Beeeeeeppp

If you are one of our children, dial 1 and then select the option from 1 to 5 in order of "birth arrival" so we know who it is.

If you need us to stay with the children, press 2

If you want to borrow the car, press 3

If you want us to wash your clothes and do ironing, press 4

If you want the grandchildren to sleep here tonight, press 5

If you want us to pick up the kids at school, press 6

If you want us to prepare a meal for Sunday or to have it delivered to your home, press 7

If you want to come to eat here, press 8

If you need money, press 9

If you are going to invite us to dinner, or, taking us to the theatre, start talking we are listening !!!!!!!!!!!!!"

**Why do we
tell actors to
"break a leg?"**

**Because every play
has a cast.**

It may look like I'm having
really deep thoughts but
99% of the time I'm just
thinking about what food
I'm going to eat later.

Donations

We welcome any donations residents, families and friends would like to make to PlumRus. In order for all donations to be properly recorded and acknowledged, we have put the following procedure in place:

- All donations are to be handed in at Reception.
- A donation form needs to be completed indicating who the donor is and what item is being donated.
- PlumRus will keep items suitable for use by our Residents.
- Items that are not suitable for our residents use, will be sold and the funds received from such sales will be used to assist residents who depend on financial assistance.

For any further information regarding our donations policy, please feel free to contact George Holtzhausen:

- Internal Calls : 1028
- External Calls: 021-761-2323
- Email Address: george@plumrus.co.za

DONATIONS

Donated by:

Resident:

Date:

Reason:

Donated to:

The Following items are donated:

Signature:

Name: (Please Print)

Date:

Signed off by

PLUMSTEAD RUSOORD

Take Away Meals from our Kitchen

We always enjoy having our residents join us in the various dining areas for their meals, but understand that this is not always possible. If you need a take away meal from our kitchen we would appreciate it if you would consider following the guidelines we have in place to ensure that you receive your meal on time without much disruption to our residents choosing to dine in.

We ask our residents to please take note of the following when taking away your meals:

- Only standardized microwave containers may be used for take aways. Your standardized microwave container must be in the kitchen by 10:30.
- Your take away will be ready for collection at 11:45. If you are unable to collect your meal by 11:45, then please only collect after 13:15.

By adhering to these guidelines you will be assisting us with the smooth running of our dining processes, ensuring that all residents enjoy their mealtimes.



Laundry

While we take every care to render a good laundry service, we are aware of the occasional gremlin that sneaks into the processes put in place. If you experience any deviations with our laundry service, please try to communicate this as quickly as possible with the laundry team in order for them to try to resolve your problem.

You will assist us by ensuring that:

- All items are **clearly** marked.
- All items are entered into the laundry book.
- When your laundry is returned, immediately check your items to the list to ensure that all is in order.



Celeste Mapling, 30 years old, the baby daughter of Sister Muriel Mapling, obtained her Masters Degree in Food Science at Stellenbosch University. Evaluating near infrared Hyper spectral imaging as a Complimentary Rapid Screening tool for food Microbiology was included in her Thesis. She is planning on studying towards her PHD.

Part of the Thank you speech from Celeste Mapling upon accepting her degree:

Lastly, to my mother, Muriel Sophia Mapling, who raised me singlehandedly and always pushed me to be and give my absolute best. Mom, without your prayers, love and support I would not have been able to complete my studies. You truly are my rock and I dedicate the hard work of past two years and this degree to you. To my sister, Megan Nealicia Mapling, thank you for your undying support over the years. Whether it be financially, emotionally or by travelling from the Middle East to physically be here to celebrate my achievements, I truly appreciate everything you've done for me. My number one supporters, EK LIEF JULLE ONEINDIG!

The Garden - Mrs. A Slabbert

The Gardens are doing well in spite of the heat, if you go for a walk around you will see a lot of new plants that have been put in. Mrs. Granier has put in 3 or 4 plants of the Sedum Dragons blood which have deep red flower buds which open to brilliant pink, contrasting beautifully with the Green succulent.

At the moment, however it is really too hot to do much in the garden, we also really need a good couple of days of rain. The wind we have had does not do much good either.



**We have arranged for Ann Bradford to come and talk to US on the 25th of March at 15:00. You may remember that she came here some time ago and spoke to US about Bees. This time she will be talking about a trip she had with her husband visiting monasteries in KZN. She is a very interesting speaker, so
DO NOT MISS THIS!**



Sowellnomics

@Sowellnomics

Nationalized Entities

Eskom - bankrupt

SABC - bankrupt

SAA - bankrupt

PetroSA - bankrupt

Denel - bankrupt

Post Office - bankrupt

Prasa - bankrupt

Cyril: "Nationalization of the
SARB will reaffirm South Africa's
sovereignty"

Your have to be mentally retarded
to believe this.

Jy kan my probeer stil maak,
maar Afrikaans sal nooit ophou praat nie.

Jy kan my probeer seer maak,
maar Afrikaans kan nie breek nie.

Afrikaans is koeksisters en kondensmelk,

Afrikaans is omgee en lief hê,

Afrikaans is braaivleis en bier,

Afrikaans is mielies en trekkers,

Afrikaans is boerewors en beskuit,

Afrikaans sê soms bliksem en voetsek,

Afrikaans is rugby en vasdans,

Afrikaans sê goeie môre en totsiens.

Afrikaans is nie 'n velkleur nie,

dit is 'n emosie, 'n gevoel, 'n leefwyse,

dit is ons almal se taal...

- Karen Truter

**PlumRus Senior Centre Valentines Re- Launch in Lavender Hill
St Mark's Church on 10th February 2020**



The Community Senior Centre in Lavender Hill was re-launched on Monday the 10th February at St. Mark Anglican Church. We welcomed 100 plus seniors to the event, hoping that they will all sign up in the coming weeks as members.

The seniors were entertained by husband and wife duo, Rinus & Stef Phillips, with songs from yester year. They enjoyed a hot lunch provided with love from the Catering Team at PlumRus.

With Valentine's Day looming we focused on a love theme, more importantly that the seniors start loving themselves and taking care of their needs in their Golden Year.

Booking of Transport for Residents in flats

To make a booking for transport please note the following:

- Residents to make booking and pay at Reception
- Name to be added to the Indemnity form
- Residents to sign before they depart
- Completed form to be handed in at Reception
- Reception will then inform Mr Johan Van Zyl about the booking.

Booking of Transport for Residents in Health Care

- Staff Nurse on duty will inform Mr Johan Van Zyl of any appointments which residents must be at a day before the time
- A email must be sent to confirm the above
- Reception must also be informed that resident will be leaving the premises.

Stress Management – Sister Muriel Mapling

What is Stress?

Stress is a normal psychological and physical reaction to the demands of life. A small amount of stress can be good, motivating you to perform well, but multiple challenges daily can push you beyond your ability to cope.

Your brain comes hard wired with an alarm system for your protection. When your brain receives a threat it signals your body to release a burst of hormones that increase your heart rate and increase your blood pressure.

This fight or flight response fuels you to deal with the threat. Once the threat is gone, your body will return to a normal relaxed state. Unfortunately, the nonstop complications of the modern life that some people's alarm systems rarely shut down.

To monitor stress, first identify your triggers. What makes you feel angry, tense and worried? Do you often get headaches or an upset stomach? Stress, such as job pressure, relationship problems or financial concern is easy to identify.

Stress management gives you a range of tools to reset your alarm system. It can help you and will be easy to adapt (resilience), without it, your body might always be on high alert. Overtime, chronic stress can lead to serious health problems. So, do not let stress damage your health, relationships or quality of life. Start practicing stress management techniques today.

Tips on Managing Stress

1. Do regular exercise
2. Laugh a lot
3. Taking "me time"
4. Meditation or yoga
5. Maintain a healthy lifestyle, get enough sleep
6. Spend less time in front of the television

Lastly, life is short..... Smile while you still have faith.



Lighter side of life.

- Two women are sitting at a table in a fancy restaurant enjoying a lunch. One looks up and sees her ex and his latest fling sitting at a table nearby. She leans over, points at her ex and whispers to her friend. "I'm the one who can take all the credit for making that man a millionaire."
"Oh! And what was he before you married him?" the friend asks.
"A billionaire," she says with a laugh.
- A devoted wife has spent her lifetime taking care of her husband. He's been slipping in and out of a coma for several months, yet she stayed at his bedside every single day.
When he comes to his senses, he motions for her to come closer.
As she sits by him, he says. "You know what? You've been with me all through the bad times. When I got fired, you were there to support me. When my business failed, you were there. When I was shot, you were by side. When we lost the house, you gave me support. When my health started failing, you were still by my side. You know what?"

A Little Poem For Seniors, so true it hurts!

Another year has passed And we're all a little older.
Last summer felt hotter And winter seems much colder.
There was a time not long ago When life was quite a blast.
Now I fully understand About 'Living in the Past'
We used to go to weddings, Football games and lunches..
Now we go to funeral homes And after-funeral brunches.
We used to go out dining, And couldn't get our fill.
Now we ask for doggie bags, Come home and take a pill.
We used to often travel To places near and far.
Now we get sore asses From riding in the car.
We used to go to nightclubs And drink a little booze.
Now we stay home at night And watch the evening news.
That, my friend is how life is, And now my tale is told.

So, enjoy each day and live it up...

Incredible

Before you're too damned old!

I have again been asked to write something for the PlumRus News and again I say I don't know what to write.

I remembered a poem my daughter Jenny had written when she was eleven years of age and thought it was a good idea to copy it here.

Courtesy

Treat others as you would like them to treat you.
Lend a helping hand.
Be polite, it pays.
A friendly greeting often helps another on their way.
Sacrifice your seat to an elder.
Assist with the heavy parcel.
Make way for another in crowded traffic.
Say please and thank you.
Try to make others happy, it will make you happy too.
Think of others first and you won't miss out.
It's Considerate, Its Kind, and Its Courtesy.

Today she is the loveliest, kindest mother and grandmother and also receding so much love from her husband and family.

-Naomi

Mrs. Johanna Magdalena Engelke PlumRus East Flat 016

Hartlike geluk met ma se 80ste verjaarsdag 13 Februarie 2020. Ma lyk nie 'n dag naby 80 nie! Mev. Toekie Engelke vier haar 80ste verjaarsdag, maar mens sal dit omtrent nie glo nie. Sy lyk soveel jonger. Miskien het dit te doen met die feit dat sy 'n hart van goud het. Mooi van binne en buite. Sy doen inkopies vir haarself en ander inwoners van die aftreeoord PlumRus, waar sy bly en bestuur nog steeds haar eie motor.

Vir haar vier kinders is sy die soort ma, wat elke kind behoort te hê. Sy ondersteun hul met baie liefde en gebed. Die soort ma wat al is mens hoe oud, jy eerste na gaan as daar moeilikheid is. Sy sal baklei vir haar kinders as moet en duld nie iemand wat hul skade berokken. Sy is meestal dierbaar en ruimhartig, maar moet die met haar kroos groot kry en sy het 'n uitstekende werk gedoen, aangesien hul al vier as volwassenes hul plek in die wêreld vol staan.

Lees meer van haar verjaarsdag wense vanaf haar familie in die Constantia Bulletin uitgawe 13 Februarie 2020



When Jesus Cried Out “It Is Finished”

Righteousness was perfected,
divine justice was satisfied,
blood was shed,
redemption was paid,
sins were forgiven,
reconciliation was achieved,
death was conquered and
salvation was secured.

Riddles for the month



Question: I have 4 legs but never run. What am I?

Answer: A chair

Question: What is yours, but is used much more often by your friends?

Answer: Your name.





3			8		1			2
2		1		3		6		4
			2		4			
8		9				1		6
	6						5	
7		2				4		9
			5		9			
9		4		8		7		5
6			1		7			3

	2				8			
				3	1	7		
	8			4				
	9	3		2		5	6	
2	5						4	7
	4	7		6		9	8	
				7			9	
		4	9	1				
			3				1	

Times Crossword 26,761

1		2		3		4			5	6		7		8
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10											11			
12							13							
14							15				16			
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22				23				24		25				
26							27							
28								29						

ACROSS

- 1 Moving restlessly from front of boat with fish (8)
- 5 Damned well after illness, containing second (6)
- 10 Before one's mass, hear about European form of religious instruction (9)
- 11 Reprimanded about learner, part of issue that needs raising (5)
- 12 Boundaries around English or French city (5)
- 13 Put away amount of money, as stated, for dance (9)
- 14 Devour gin, led astray — did consume too much (12)
- 19 For example, realists work hard in quietly greeting defeated team (12)
- 22 Some president, I calculate, is lacking any distinction (9)
- 25 Possibly brilliant change of direction (5)
- 26 Persistently pester last chap in undistinguished trio (5)
- 27 After short spell, keyboard player missing second drummer (9)
- 28 Craftsperson who ultimately puts black away? (6)
- 29 Wild animals in conflict with outfit protecting hospital (8)

DOWN

- 1 Choose an ancient character said to be old-fashioned rogue (8)
- 2 Frequently ring paper initially, then another (8)
- 3 The better he is, the less likely people will pick his work (9)
- 4 Quality of wine the writer's included — that's what we hear (5)
- 6 Like marginally unfinished book, yet to be censored (5)
- 7 Would-be partner having diamonds, perhaps, and gold (6)
- 8 Shake hand, finally, of less conventional type (6)
- 9 Runs, full of self-satisfaction, on reconstructed legs (8)
- 15 Fastidious as daughter about cutting flower (8)
- 16 Incidentally, it has an aptness as an anagram (2,7)
- 17 Leader from Mexico I'm lodging in Oregon otherwise (8)
- 18 A call for assistance installing finest building material (8)
- 20 Man on board British ship at sea hiding nothing (6)
- 21 Arcane splinter group holding on (6)
- 23 Herb's something with great healing power reportedly (5)
- 24 Line adding novel contribution to mathematical work (5)

Services that is provided in PlumRus

1. Services:

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

2. Available for the Residents:

- a. Coffee Shop , PlumRus 021-761-2323 or Residents contact JP 1035
- b. Die Burger, Call Centre 086-030-0010
- c. Hairdresser, Cheryl 073-091-1939 or Cathy 082-762-0623
- d. Hand & Foot care, Lesley 084-505-3031
- e. Nappy Suppliers:
 - i. Nappy Ware house, Denise or Sophie 021-794-3671
 - ii. Validus Medical 011-799-7111 or capetown@validus.co.za
 - iii. Taking Care - Carol Rasmussen on carol.rasmussen@telkomsa.net
- f. Path Care, Catherine 021-797-3785 or State Lab. 021-417-9383
- g. Pharmacies:
 - i. Alpha Pharmacy 021-928-5100
 - ii. Ashers Pharmacy 021-797-5094
 - iii. Clicks 021-797-5386
 - iv. Dischem Tokia 021-710-1230
 - v. Meadowridge Pharmacy 021-713-1472
 - vi. Rustenburg 021-788-0828
 - vii. Steps to Health 021-712-5050
 - viii. Wynberg 021-762-3729
 - ix. Noyes Pharmacy 021-761-5701
- h. PlumRus Library : Residents contact Dianne Ext: 2198 or Vivien Ext: 2113
- i. Physiotherapists , Rodele 082-215-2178 or Gillmore 021-701-9376
- j. Social workers:
 - i. Leigh Haselau 072-986-4733 or leighhas@gmail.com
 - ii. Wendy Robinson 083-595-3389 or wendy.rob@mweb.co.za
- k. Spiritual Care, Rhodene 021-761-2323 or 078-918-8780
- l. State Doctor, Dr. Kamedien 084-225-5226
- m. Telly Tech, Steven 082-554-3130

3. Emergency Services:

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

4. Upgrades or additions in flats or Rooms:

- a. R+B Carpets cleaning, Brian 078-920-1268
- b. Leon's Carpets, Leon 021-910-0256
- c. Sun Wise Blinds, Gerald 083-651-1102
- d. Designer Building Cupboards, Wayne 082-202-3287
- e. Electo Spec electrician, Deon 082-877-9780

If all else fails contact Riskman/reception on 021-761-2323 or info@plumrus.co.za

	Pin Cushion	Sugar Bush	Stokoei
Sunday 14:30			
01 March 2020	The Vow	Undaunted	IL Divo
Monday 14:30			
02 March 2020	Matt Monro	Rust	Pink Panther
Saturday 14:30			
07 March 2020	Fly Wheel	New Hope	My fair lady
Sunday 14:30			
08 March 2020	Feet of Flames	Andre Reeiu	Strikdas
Monday 14:30			
09 March 2020	Strikdas	God's Outlaw	Feet of Flames
Saturday 14:30			
14 March 2020	My fair lady	Made in Dagenham	Fly Wheel
Sunday 14:30			
15 March 2020	Pink Panther	The vow	Matt Monro
Monday 14:30			
16 March 2020	IL Divo	Matt Monro	Undaunted
Saturday 14:30			
21 March 2020	Made in Dagenham	Fly Wheel	Rust
Sunday 14:30			
22 March 2020	God's Outlaw	Feet of Flames	New Hope
Monday 14:30			
23 March 2020	Andre Reeiu	Strikdas	Andre Reeiu
Saturday 14:30			
28 March 2020	New Hope	My fair lady	God's Outlaw
Sunday 14:30			
29 March 2020	Rust	Pink Panther	Made in Dagenham
Monday 14:30			
30 March 2020	Undaunted	IL Divo	The Vow