

PlumRus NEWS NUUS

March Issue • Maart Uitgawe



Making a life-giving difference
Maak 'n lewegewende verskil

Spiritual Care Program

Wednesdays at 09:30	Fridays at 09:30	Sunday Morning at 09:30	Sunday Eve at 17:45
		2 nd Morning Service	
5de Oggenddiens	7 th One Hour for Jesus	9 th Morning Service	9de Aanddiens
12de Oggenddiens	14 th One Hour for Jesus	16 th Morning Service	
19de Oggenddiens	21 st One Hour for Jesus	23 rd Morning Service	23ste Aanddiens
26ste Oggenddiens	28 th One Hour for Jesus	30 th Morning Service	

WHERE DO THEY GO?

There's a touching scene early on in the 2010 film of Temple Grandin's life story. The smell of hay and manure fills the old stable, where she kneels beside her beloved horse. Staring into its lifeless coal-black eyes, she asks "Where do they go?" It's an intriguing question. When the spirit of life leaves the living – be it an animal or person, most of us instinctively feel this life can't simply just end or evaporate....it must continue somewhere, somehow. And we long to know more. When it comes to animals, the Bible doesn't clearly address the matter of what happens to them after they die. There are many theories, but we don't know for sure. However, when it comes to people, the Word of God gives clear and encouraging answers to the question, 'Where do they go?'

In 1945, Dietrich Bonhoeffer, a German evangelical pastor was sentenced to death for his involvement in a plot to assassinate Hitler. He was hanged at the Flossenbergl Concentration camp in Bavaria, a few days before WWII ended. Before calmly walking to the gallows, a fellow prisoner heard him say... **"This is the end. But for me it's the beginning of life"**. Bonhoeffer was right. Physical death is the end of life as we know it in this world, but for those who love and believe in Christ it's also a new beginning. For them, physical death becomes a 'doorway' into something infinitely more wonderful than they could ever imagine...

*"...no mere man has ever seen, heard,
or even imagined what wonderful things
God has ready for those who love the Lord."
1 Corinthians 2:9*

We're given 'glimpses' of these '*wonderful things*' in the Word of God. Paul was an old man when he wrote to the believers in Corinth about his own approaching death. Although he loved being among God's people and preaching the Gospel, a deep longing to leave this world and be caught up in the fullness of God's presence, filled his heart. By giving him a glimpse of heaven, the Spirit had whet his appetite for what lay ahead, and Paul wouldn't settle for anything less. So, death, the saving death of Christ, and his own death, would make it possible for him to enter the joy-filled presence of God. Convinced of this, he made this bold statement: *"...to be absent from the body is to be present with the Lord."* (2 Cor 5:8)

We're often nervous about meeting important people for the first time, but what will it actually be like to meet Almighty God? The all-powerful, all-knowing Creator of all things who lives in unapproachable light! Paul instinctively knew he'd be dramatically

transformed in God's presence. The fog of his human frailty would vanish, and he'd see God clearly – in all His splendour and beauty! This bright glory would instantly transform him into God's own likeness (1 John 3:2). He would not become God, but his nature would be made perfect, reflecting God's own nature...His love, holiness, mercy and all his other wonderful attributes. This would be the fulfilment of God's transforming work in Paul's life, something He'd begun years earlier on the road into Damascus. Over the years that followed, Paul's nature began to reflect the bright glory of Jesus in an ever-increasing way. (Phil 2:6). But the start of his 'new life' in God's unclouded presence would see this transformation made complete - he'd become just 'like Jesus!' This all became a reality a few years later when Paul was cold-bloodedly executed simply because he believed in and loved Jesus. But that is also when he got to 'see' his beloved Saviour for the first time. What an amazing encounter that must have been!

Because of the loving kindness and mercy of God, what awaited Paul awaits all of us who love and believe in Jesus.



Jesus once told a story about 'wheat' and 'weeds' growing together in a field (*Matt 13:36-43*). At harvest time the 'weeds' – those who did not believe in Him – would be gathered together, thrown into the trash and burnt. While the 'wheat' – those who believed in Him – would be gathered up and transformed to "*shine like the sun in the kingdom of their God*". (*Matthew 13:43*) What

does it mean to believe in Jesus? Believing in Jesus means accepting what the Bible says about Him as true: that He is the Word of God who became human and lived among us, that He died on the cross to pay the full penalty for the sins of mankind, and that His resurrection from the dead is a guarantee of our forgiveness from God. Believing these 'facts' to be true is one thing, but personally trusting Jesus as Saviour is essential. You may believe a particular chair is sturdy enough to support you, but you'll only experience this support once you sit on it. That's what personally trusting in Jesus requires – being deeply assured that through His death and resurrection, your sin-dead life has been made alive in Him, that your sins have been forgiven and you're at peace with God! Your response to this loving kindness of God is to joyfully live the rest of your life in grateful obedience to Him.

Believing in Jesus in this life-changing way means that when your time comes to leave this world, you'll know exactly where you'll go. Together with the Apostle Paul and countless multitudes of other believers you too will one day "...shine like the sun in the kingdom of your God!"

What a wonderful future awaits those who personally trust in Jesus.....

With love in Christ
Ps Dave Henderson

May the grace of the Holy Spirit
Rejuvenate your faith this Lenten season

The Story of the Two Gardens

In a small village, there lived two gardeners, Maria and Sophia. Both gardeners loved God and wanted to serve Him through their gardening.

Maria's garden was beautiful, with vibrant flowers and lush greenery. She spent hours each day tending to her garden, making sure every plant was perfectly watered and pruned. But Maria's focus was solely on making her garden look beautiful for the villagers to admire.



Sophia's garden, on the other hand, was not as visually stunning. However, Sophia's focus was on cultivating fruits and vegetables to feed the hungry and needy in the village. She spent her days tending to her garden, praying, and asking God to bless her harvest.

One day, a severe drought hit the land, and both gardens began to wither away. Maria's beautiful flowers died, and her garden became barren. Sophia's garden, however, continued to produce fruit, albeit in smaller quantities.

The villagers were amazed by Sophia's garden and asked her how she managed to keep it alive during the drought. Sophia replied, "I didn't focus on making my garden look beautiful for others. Instead, I focused on serving God and others through my garden. I prayed and trusted God to bless my harvest."

The moral of the story is that when we focus on serving God and others, He will bless our efforts, even in the toughest of times. When we prioritize His kingdom and His people, we will bear fruit that will last.

Bible Verse:

"But seek first his kingdom and his righteousness, and all these things will be given to you as well." - Matthew 6:33

Submitted by Yacoub

A Lenten Reflection...



Give up complaining; focus on gratitude
Give up harsh judgments; think kindly thoughts
Give up worry; trust divine Providence
Give up discouragement; be full of hope
Give up bitterness; turn to forgiveness
Give up hatred; return good for evil
Give up negativism; be positive
Give up pettiness; become mature
Give up jealousy; pray for trust

🐦 BROODWA 🐦

'n Brood val uit 'n bewegende broodwa en rol 'n entjie verder. 'n Stukkie breek af van die brood en bly in die straat lê. Drie mossies peil af op die stukkie wat afgebreek het. 'n Hewige bakleiery breek los, en dit kwetter en skreeu dat jy hulle waar kan hoor.

Na 'n vreeslike vlerkgeklap, kry een die oorhand en begin die krummels gretig oppik, terwyl die ander twee met luide protes in 'n boom gaan sit en voortgaan met die lawaai. Nie een van hulle het die groot brood 'n entjie verder raakgesien nie. Hulle was te besig om oor die krummels te baklei!

Ons maak rusie oor klein dingetjies in die lewe en ignoreer dit wat eintlik belangrik is. Ons baklei oor die krummels van wie maak huis skoon, en wie moet kook, maar die heel brood van die seën om 'n huis te hê, die sien ons nie raak nie.

Ons baklei oor die krummels van wie moet die motor was en wie moet die petrol gaan ingooi, maar die heel brood van seëninge oor ek 'n motor besit, dit sien ek nie raak nie. Ons kwetter oor die krummels van die mense by die werk wat dit en dat doen, maar die heel brood van seëninge dat ek wel werk het, en die gesondheid om dit te kan doen, die sien ons nie raak nie.

Oor die nietighede word ons vir mekaar so kwaad dat kosbare verhoudinge verbreek word. Voordat ons oor die krummels twis, kom ons kyk eers rond en sien die brood raak! **Die krummels is nie die gevolge van die twis werd nie!**



Vader, laat ek vandag onderskei tussen krummels en die dinge wat werklik saak maak. Laat my die heel brood raak sien en nie die krummels nie. Amen.

(Ingedien deur: Jan Lourens)



GELUKKIGE VERJAARSDAG

Mag die volgende lewensjaar geul wees met
vreugde en genade uit God se Hand!



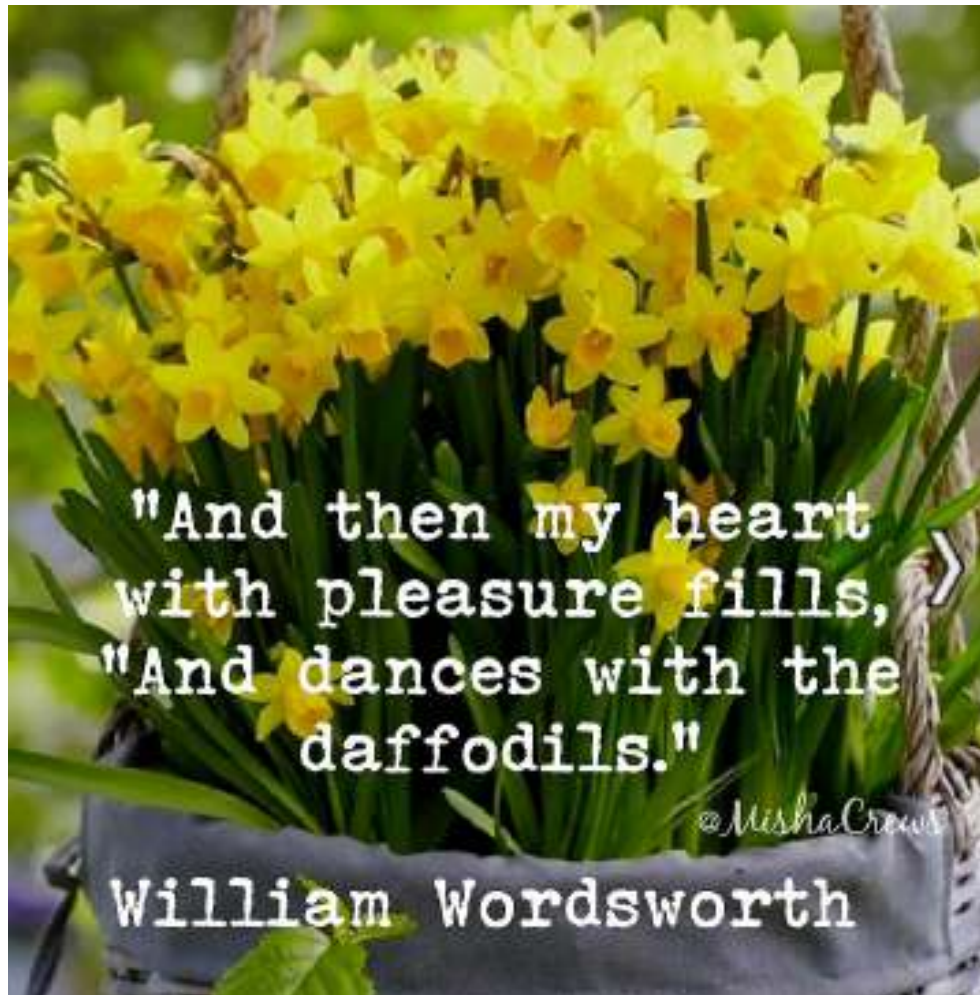
Geseënde Verjaarsdag aan al ons Inwoners

<i>Datum</i>	<i>Naam</i>	<i>Kamer</i>	<i>Ouderdom</i>
2de	Hilda Robertson	R47A	97
5de	Peter Dowling	R58	92
6de	Deanna Fourie	F123	81
8ste	Ivan Slabber	R36	74
11de	Genbagavallie Nair	R11	85
13de	Tiny Jones	MU103	87
15de	Pauline Rix	F101	91
17de	Naomi Jacobs	F109	93
18de	Pat Jones	MU103	83
19de	Wendy Ollis	R25B	80
23ste	Lola Cuddon	F007	87
24ste	Jeanette Ravenscroft	R60	88
25ste	Catherine Leotta	R65	79
29ste	Beryl Ely	N211	84



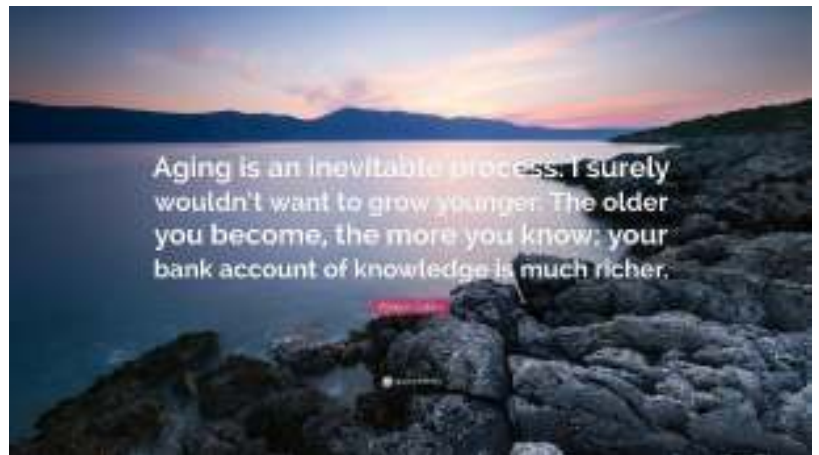
Happy Birthday to our Staff

2 nd	Misca Lewin	Health Care
2 nd	Liam Smith	Coffee Shop
4 th	Crystal Harris	Health Care
6 th	Ezone Sass	CCF
14 th	Craig Freeman	Coffee Shop
20 th	Denita Blanckenberg	PlumRus Care Services
20 th	Debbie Botha	Health Care
21 st	Anthea Lewis	PlumRus Care Services
23 rd	Wendy Moses	CCF
26 th	Chante Aploon	Health Care
26 th	Randall Dietrich	CCF
27 th	Shirlene Roberts	Health Care
28 th	Bernadette Snyders	PlumRus Care Services
28 th	Michelle Jood	CCF
29 th	Judith Merkloe	Health Care
30 th	Janine Ficks	Coffee Shop



Happy Birthday to our Members/Clients

3 rd	<i>Maria Lewis</i>
4 th	<i>Elizabeth Bell</i>
6 th	<i>Susan Le Roux</i>
8 th	<i>Katrina Van Riet</i>
14 th	<i>Vivien Purcell</i>
16 th	<i>Salama Le Roux</i>
16 th	<i>Nathalie Kruger</i>
24 th	<i>Rodney Haycock</i>
27 th	<i>Myrtle Hazell</i>
28 th	<i>Isabella Africa</i>
29 th	<i>Olga Appolis</i>
29 th	<i>Freda Van Dieman</i>



To commemorate her birthday, actress/vocalist, Julie Andrews made a special appearance at Manhattan's Radio City Music Hall for the benefit of the AARP. One of the musical numbers she performed was 'My Favorite Things' from the legendary movie 'Sound of Music'. Here are the lyrics she used:



Botox and nose drops, and needles for knitting,
Walkers and handrails and new dental fittings,
Bundles of magazines tied up in string,
These are a few of my favorite things.



Cadillacs and cataracts, hearing aids and glasses,
Polydent and Fixodent and false teeth in glasses,
Pacemakers, golf carts and porches with swings,
These are a few of my favorite things.



When the pipes leak, When the bones creak,
When the knees go bad,
I simply remember my favorite things,
And then I don't feel so bad.



Hot tea and crumpets and corn pads for bunions,
No spicy hot food or food cooked with onions,
Bathrobes and heating pads and hot meals they bring,
These are a few of my favorite things.



Back pain, confused brains and no need for sinnin',
Thin bones and fractures and hair that is thinnin',
And we won't mention our short-shrunk frames,
When we remember our favorite things.



When the joints ache, When the hips break,
When the eyes grow dim,
Then I remember the great life I've had,
And then I don't feel so bad



ON MY SUMMER MORNING WALK

As I walked around Plumrus today, I saw...

53 different blooming flowers in one morning, despite the dry conditions. None were counted twice. As jy my nie glo nie, kom stap saam en tel saam!

On a less encouraging note, I picked up 12 pieces of litter and 4 cigarette "stompies" and saw only 4 birds (although the wind was blowing).

However, it lifted my spirits to be greeted cheerfully and spontaneously by all 9 staff members that I encountered.



Die vroegoggend is die beste tyd om "out and about" te wees. Kom stap saam en geniet dit!

(Submitted by: Verena Salzwedel)

Installation of Surge Plugs in Resident's rooms

While we continue to live with loadshedding in South Africa, we at PlumRus have decided to assist Residents with the protection of their electrical equipment and overall safety with the installation of surge plugs in all our rooms and flats.

The main purpose of a surge plug is to safeguard your electronic devices and appliances from voltage spikes and power surges. They will reduce dangerously high voltage to a safe level so that your devices don't sustain electrical damage.



Please note that it does NOT guarantee that there will be no fires, but it does minimize the overall possibility thereof.

We have started the installation in the East building and will work our way systematically through the facility.

Please note that the surge plugs remain the property of PlumRus and should under no circumstances be removed from your room or flat.



PlumRus Spiritual Program

Our Spiritual Program is designed to be inclusive of all while ensuring that our foundation remains Jesus Christ. We are nondenominational and welcome all to participate in our program. The following is our standard program.

Wednesday Mornings at 09:30 we have an Afrikaans service in the hall. This service is led by either Dr. Allie v/d Westhuyzen or Ds. Francois Human.

Wednesday Mornings at 11:45, in all our Health Care lounges, we have a daily devotion by Angus Buchan – Thought for the day, via YouTube channel.

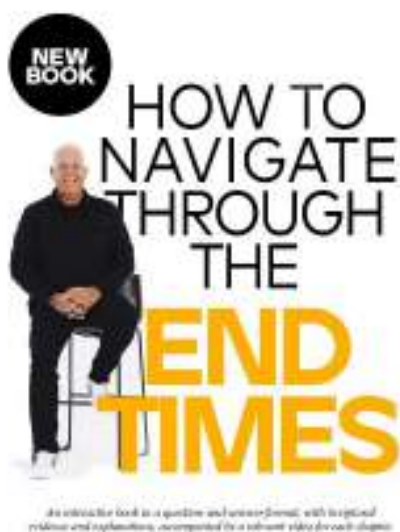
Friday Morning at 09:30 we have our One Hour for Jesus service in the hall and in all Health Care lounges. This is a bilingual service, with a focus on praise/worship and testimony. We also enjoy Communion on the 1st Friday of the month during this service.



Sunday Morning at 09:30 we have an English service in the hall and all Health Care lounges. These services are either conducted by a preacher (1st Sunday of the month), or we follow sermons by various international preachers on the big screen.

Every 2nd Sunday Evening at 18:00 we have an Afrikaans service presented by Dr. Chris Saayman.

Currently we are following the podcast series by Dr. Raymond Lombard – Did you know, every Thursday evening at 18:00. At the end of Season 1, Dr. Lombard will present a Q&A session, in person, where you can ask all the questions gathered during the watching of the series.



Our library received a special donation of Dr. Lombard's books, including his latest publication; "How to navigate through the end times" which is available in both English and Afrikaans.

We invite Residents to come on board and share ideas of content and speakers they would like us to consider which will

add value to our current program. Please share your ideas with either Chris (chris@plumrus.co.za) or Belinda (belinda@plumrus.co.za).





We are growing our social media footprint, and we need your assistance. Follow us on Facebook, LinkedIn, YouTube and Instagram to stay informed about everything happening at PlumRus. While we love sharing our Residents enjoying their various activities, we also focus on our various in-house service delivery areas as well as content around World Health Awareness Days, specifically the daily challenges facing the elderly.

Like our Facebook page – PlumRus - and make sure to share our posts with your contacts, this way we will gain momentum which will drive this strategic social media campaign.



LinkedIn – PlumRus Retirement, we upload posts every Monday and Thursday.

PlumRus Retirement

Retirement Facility at PlumRus



Protea Coffee Shop

Be the 1st to know what's cooking in the **Protea Coffee Shop**. We upload our weekly specials to our Facebook and Instagram pages every Monday.

These social media platforms allow family and friends; especially those living outside of South Africa, as well as our broader stakeholder group, to have access to our lifestyle of a safe, happy, homely facility.

Thank you to our partners at Big Beard Web Solutions who will be assisting us with this campaign. Their team of interns will grow their skill set while allowing us to add much needed capacity to our Marketing Team.



MAART 2025 / MARCH 2025

MAAND PROGRAM / MONTHLY PROGRAM

Monday	Tuesday	Wednesday
Gym trim in the hall Tuesday's @ 09:30 Afrikaans kerk diens Wednesday's in the hall @ 09:30 Wednesday prayer meeting in HC lounges @ 11:45 6th March Morning Market in the hall @ 09:30 10th March Garden club in the hall @ 15:45 26th March Residents Talk in the hall @ 15:00 21st March Public Holiday 27th March Lotto draw in the hall @ 18:00 28th March Bring & Brass in the hall @ 18:00		
3	4	5
08:30 Library / Biblioteek 09:00 Outing 10:00 Teatime: lounges 11:00 Activities in lounges 14:00 Bridge Monday 15:00 Teatime: lounges	09:00 Shopping Constantia Village 09:30 Gym Trim in the hall 10:30 Teatime: lounges 15:00 Teatime: lounges 18:00 Music Entertainment in the hall	08:30 Library / Biblioteek 09:30 Afrikaans diens in the hall 10:00 Teatime: lounges 10:30 Series in Lounges 11:45 Prayer Meeting in all lounges 12:30 Fruit & Veg Lorry 15:00 Teatime: lounges
10	11	12
08:30 Library / Biblioteek 09:00 Outing 10:00 Teatime: lounges 11:00 Activities in lounges 14:00 Bridge Monday 15:00 Teatime: lounges 15:45 Garden Club Meeting	09:00 Shopping Constantia Emporium 09:30 Gym Trim in the hall 10:30 Teatime: lounges 15:00 Teatime: lounges	08:30 Library / Biblioteek 09:30 Afrikaans diens in the hall 10:00 Teatime: lounges 10:30 Series in Lounges 11:45 Prayer Meeting in all lounges 12:30 Fruit & Veg Lorry 15:00 Teatime: lounges
17	18	19
08:30 Library / Biblioteek 09:00 Outing 10:00 Teatime: lounges 11:00 Activities in lounges 14:00 Bridge Monday 15:00 Teatime: lounges	09:00 Shopping Blue Route 09:30 Gym Trim in the hall 10:00 Teatime: lounges 15:00 Teatime: lounges	08:30 Library / Biblioteek 09:30 Afrikaans diens in the hall 10:00 Teatime: lounges 10:30 Series in Lounges 11:45 Prayer Meeting in lounges 12:30 Fruit & Veg Lorry 15:00 Teatime: lounges
24	25	26
08:30 Library / Biblioteek 09:00 Outing 10:00 Teatime: lounges 11:00 Activities in lounges 14:00 Bridge Monday 15:00 Teatime: lounges	09:00 Shopping Constantia Emporium 09:30 Gym Trim in the hall 10:00 Teatime: lounges 15:00 Teatime: lounges	08:30 Library / Biblioteek 09:30 Afrikaans diens in the hall 10:00 Teatime: lounges 10:30 Series in Lounges 11:45 Prayer Meeting in lounges 12:30 Fruit & Veg Lorry 15:00 Teatime: lounges 15:00 Residents Talk in the hall
31		
08:30 Library / Biblioteek 09:00 Outing 10:00 Teatime: lounges 11:00 Activities in lounges 14:00 Bridge Monday 15:00 Teatime: lounges		

Thursday	Friday	Saturday	Sunday
		1	2
		10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Series in Lounges	09:30 Church 10:00 Teatime in Lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Movie in Lounges
6	7	8	9
09:30 Morning Market 10:00 Teatime: lounges 11:00 Activities in lounges 14:00 Shopping Blue Route 15:00 Bingo in the hall 18:00 Did you know? by Dr Raymond Lombard in the hall	08:30 Library / Biblioteek 09:30 Holy Communion 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges	10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Series in Lounges	09:30 Church 10:00 Teatime in Lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Movie in Lounges Dr. Chris Saayman 18:00 Woord & Lied
13	14	15	16
09:00 Shopping Meadowridge 09:30 Gym trim in the hall 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Bingo in the hall 18:00 Did you know? by Dr Raymond Lombard in the hall	08:30 Library / Biblioteek 09:30 One Hour for Jesus 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges	10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Series in Lounges	09:30 Church 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Movie in Lounges
20	21	22	23
09:00 Shopping Constantia Village 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Live Entertainment in the hall 18:00 Did you know? by Dr Raymond Lombard in the hall	08:30 Library / Biblioteek 09:30 One Hour for Jesus 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges Human Rights Day	10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Series in Lounges	09:30 Church 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Movie in Lounges Dr. Chris Saaymon 18:00 Woord & Lied
27	28	29	30
09:00 Shopping Meadowridge 09:30 Gym trim in the hall 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Bingo in the Hall 18:00 Lotto Draw in the hall	08:30 Library / Biblioteek 09:30 Praise & Testimony 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 18:00 Bring & Braai	10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Series in Lounges	09:30 Church 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Movie in Lounges



Graham & Michelle Naudé PlumRus North N211

Graham & Michelle joined PlumRus on the 18th February 2025 from their home in Plumstead.

The couple met at Bible College in Kalk Bay and were married in 1972. They have a daughter Sharon, who together with her husband Bryan are missionaries in Turkey. They have 3 teenage daughters. Their son Jonathan is a medical specialist and lives in Cape Town with his wife Lana and their 2 children.

Graham & Michelle travelled to Kenya as missionaries in August 1973 and taught at a Bible College there for 15 years, after which they taught at a Bible College in Windhoek for 16 years.

Born Jewish, Michelle became a Christian while a student at UCT. She continues to tutor maths and enjoys facilitating Bible Study groups online. With a busy active program, Michelle still finds time to enjoy reading, and socializing, while Graham enjoys doing genealogy research.

Mrs Pamela Taylor Health Care

Zone 2 Room 22

Pamela joined PlumRus on the 28th February from her home in Tokai.

She has two children, Coleen and Guy.

Pamela loves listening to the radio and social chatting.





World Hearing Day 2025 is on 3rd March every year, and this year's theme is all about **"Changing mindsets: empower yourself to make ear and hearing care a reality for all!"**

This year's theme builds upon the 2024 focus on changing mindsets towards ear and hearing care. This

campaign aims to inspire behaviour change to protect hearing from loud sounds, prevent hearing loss, check hearing regularly, use hearing devices if needed, and support those living with hearing loss.

As we get older, there are many aspects of physical and mental health that become more challenging to manage, a good example is hearing loss. There are several lifestyle practices that can be followed to minimize risk and hearing damage.

Avoiding loud noises as much as possible

- Monitor volume on personal devices, TV, radio
- Prevent prolonged exposure to environmental noise pollution

Wear ear protection in noisy environments such as earplugs, earmuffs, and noise-cancelling headphones.

Keep ears clean using proper technique

- Avoid using cotton swabs to remove earwax as it often just pushes the build-up farther in the ear
- If you feel you have earwax accumulation it is best removed by a healthcare professional

Be aware of medication side effects

- Some medications can affect hearing

Seek treatment for existing medical conditions

- Some health issues like high blood pressure, diabetes, circulatory problems, and cardiovascular disease can impact hearing

Wear hearing aids

- Hearing aids are an extremely effective way to accommodate hearing loss and prevent the situation from getting worse

Engage in healthy lifestyle routines

- Maintain a balanced diet rich in nutrients, get regular exercise, stay social, get plenty of sleep

A father used to say to his children when they were young: When you all reach the age of 12, I will tell you the secret of life.

One day when the oldest turned 12, he anxiously asked his father what the secret of life was. The father replied that he was going to tell him, but that he should not reveal it to his brothers.

The secret of life is this: The cow does not give milk. "What are you saying?" asked the boy incredulously. As you hear it, son: The cow does not give milk, you have to milk it. You have to get up at 4 in the morning, go to the field, walk through the coral full of manure, tie the tail, hobble the legs of the cow, sit on the stool, place the bucket and do the work yourself. That is the secret of life, the cow does not give milk. You milk her or you don't get milk.



There is this generation that thinks that cows GIVE milk. That, things are automatic and free: their mentality is that if "I wish, I ask... I obtain."

"They have been accustomed to getting whatever they want the easy way...But no, life is not a matter of wishing, asking and obtaining. The things that one receives are the effort of what one does. Happiness is the result of effort. Lack of effort creates frustration."

So, share with your children from a young age the secret of life, so they don't grow up with the mentality that the government, their parents, or their cute little faces are going to give them everything they need in life.

"Cows don't give milk; you have to work for it."

12 Things to remember...

- ❖ The past can't be changed
- ❖ Opinions don't define your reality
- ❖ Everyone's journey is different
- ❖ Judgements are not about you
- ❖ Over-thinking will lead to sadness
- ❖ Happiness is found within

- ❖ Your thoughts affect your mood
- ❖ Smiles are contagious
- ❖ It's ok to let go and move on
- ❖ What goes around, comes around
- ❖ Kindness is free
- ❖ Things always get better with time



(Submitted by: Louise Edgcumbe)

VALENTINE VIBES



It is said that any good event is 90% preparation, backed by 10% inspiration. Judging by all the business in the background, we were in for a "jol"!

Healthcare residents decorated the walls with their artistic creations two days before.

The kitchen was buzzing!!

Pink and red hearts and ribbons were festooned all over.

A decadent menu was prominently published to whet our appetites: Lamb potjie, festive waffle...mmm! We weren't going to miss this lunch.



We began celebrating the night before and there wasn't a spare seat to be had in the hall. Monique and James entertained us magnificently with love song after love song, clad in stunning, glitzy outfits that they changed every few minutes. Many folk mouthed the words or sang along. The snacks were superb and abundant, the wine



and the juice flowed. One new resident remarked: "I can't believe all this is for us and for free!" There was some energetic dancing and a 'train ride', which grew longer and longer. If you stayed in your flat or room and didn't come out to play, you lost out big time!



It was encouraging to see how many helped to clear up afterwards. That's the spirit!

On the day itself, the staff rose to the occasion, sporting pink, red and white outfits.

Visitors to Reception must have been impressed to be greeted by the pink flower fairy? Most residents managed to find something red or pink to wear and several were rewarded with BIG chocolates.



The lunch itself was a grand affair, complete with special placemats and floating candles. Love was definitely in the air!
(Review by: Verena Salzwedel)



If I share my chocolate with you,
you've special to me.

Chocolate is a gift of Love, to
yourself!



My co-worker said - "You should never eat donuts for breakfast!" to me today. I told her "My Grandmother lived to 100 years old." She asked "Did she eat donuts for breakfast?" I said, "No she minded her own business."

**IT'S A
BEAUTIFUL
DAY TO
MIND YOUR
BUSINESS.**

Me: nana come see me

Grandma: honey I live 400 miles away

Me: but nana I'm hungry

Grandma:



It's been five months since I joined the gym and still no progress, so I'm going there in person to see what the problem is...

I can't believe it!



**I told my suitcases
there will be no
vacations this year.
Now I'm dealing with
emotional baggage**

**I got thrown out of my local park after
arranging the squirrels by height.
They didn't like me critter sizing. 🐿️**

Three women, two younger, and one senior citizen were sitting in a sauna only covered by a towel.

Suddenly there was a beeping sound. The young woman pressed her forearm, and the beep stopped. The others looked at her questioningly. 'That was my pager,' she said. 'I have a microchip under the skin of my arm.'

A few minutes later, a phone rang. The second young woman lifted her palm to her ear. When she finished, she explained, 'That was my mobile phone. I have a microchip in my hand.'

The older woman felt very low-tech. Not to be outdone, she decided she had to do something just as impressive. She stepped out of the sauna and went to the bathroom.

She returned with a piece of toilet paper hanging from her rear end. The others raised their eyebrows and stared at her. The older woman finally said... 'Well, will you look at that... I'm getting a fax!!!'



Zelda Pover celebrated her 90th birthday over a few days. She had the blessing of her 3 children and her eldest grandson being present at the family celebration held at The Alphen, on the day.

Her PlumRus family celebrated her milestone birthday a day later but with as much fanfare.

Prayer Request: Lord allow me to age as gracefully as Zelda, Amen.



Pat Finch celebrated her 90th birthday along with some friends in the Coffee Shop.



Johanna (Toekie) Engelke het haar 85ste verjaarsdag ook oor 'n paar daar met familie and vriende gevier. Hier geniet sy die geselligheid saam met haar seun Piet en sy vrou Cindy, in die Koffiewinkel.

I'd been looking forward to this outing SO much - I had only seen giraffes from afar. Kurt had the kombi outside and loaded us all in (Pat, June, Margie, Paulette, Lorraine, Elsabe, Karen) and Portia came too. The place is out on the dry side of Stellies – the map calls it Muldersdrift on the Old Paarl Road. Everywhere arty metal sculptures of giraffes. There were the usual monkey pens, owls asleep on a branch, mountain tortoises. The path was not so lekker for my rollator and Kurt had to tie up one of the brake cables that had come adrift from being in the kombi. But once we got to the giraffe enclosures: ...



Oh man! to be able to touch a real live giraffe - such quiet graceful creatures. We were allowed to touch Pretzel, a 7yr old male. He liked to smell us, and he was so curious about people and let us stroke his cheeks - the fence was high so we couldn't touch his flank or his neck but he seemed to like it if he put his face close to ours and we breathed back into his long nostrils. We didn't feed Pretzel, but we were given carrot

slices for Gerry - who is actually a 17yr old granny giraffe: - they probably called her Gerry for 'geriatric' but because we were a visiting party from an old age home, they said yes it's Gerry for Geraldine, if you like! Haha She would follow the cupped hand of carrots with head over our shoulders so it would make a good photo, but sjoe, the weight of a giraffe's rested head on one's shoulder!

A baby giraffe was born on Valentine's Day, and we could see him behind the water trough in the shade, his mother stalking the fence protectively. Baby little head curiously popping up looking at us.



(Like how James made sure he took his BellMe along – just in case of an emergency, while Gerry looked Kurt in the eye!)

Working our way back to the other pens, there were a row of owls who perked up when the handler appeared and let us in one by one and held out a sort of landing gear surfaced with astro turf, handheld and they would swoop down on the

recognized landing area and the handler would feed it strips of chicken, and we could stroke the soft feathery back.

We felt so honoured to have the permission of the wild owl, the wild giraffe, to touch them so close. We were also given a short show by one Nadia who showed us a little hedgehog, then a bearded lizard (Australian, confiscated) then a vrek lelik African bullfrog. I burst out laughing it was so funny looking. He was the size of a soup plate and sat like Idi Amin clasping the handler's fingers and looking imperiously over our heads. She did bring out some pythons and Karen and Pat bravely had themselves photographed with it round their necks, but I wasn't keen for that errrghh. We were given a snack pack before the journey home - the kitchen gave us an egg



we were allowed to touch the snakes



sandwich, a muffin, chocolate and a juice. We paid not a cent for anything and were treated like queens. We have the best retirement home in the WORLD!

(Review & cartoons submitted by: Vivien)



A huge shout-out to Alana, Meagan and the Team at The Giraffe House for ensuring that our Residents enjoyed a once in a lifetime experience!

Appreciation/Recognition

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

YOU HAVE BEEN CAUGHT
 RECOGNITION
 APPRECIATE
 FANTASTIC
 THANK YOU
 AWESOME
 SUCCEEDED
 TEAM

GALAXY OF THANKS
 RESPONSIBLE
 NUMBER ONE
 GRATIFIED
 ATTITUDE
 BE HERE
 GOALS
 YOU

ACCOUNTABLE
 STAR PLAYER
 BLUE CHIP
 HARD WORK
 GRATEFUL
 HELPFUL
 GREAT

INSPIRATION
 TEAM PLAYER
 COMMITTED
 ROCK STAR
 THANKFUL
 SINCERE
 HERO

Manager's Prayer

James 3 verses 17-18

But the wisdom from above is first pure, then peaceable, gentle, open to reason, full of mercy and good fruits, impartial and sincere. And a harvest of righteousness is sown in peace by those who make peace.

Dear Lord, help us to be peacemakers. Grant us the wisdom from above so we may be pure and peace-loving, considerate and submissive, full of mercy and good fruit, impartial and sincere. Help us to be in touch with the pain of others and to realize the need for action, providing us with the courage to step forward and be a peacemaker in times of conflict and unrest. May your Spirit fill our hearts with patience, especially when peacemaking takes longer and becomes messier than we anticipate, and let your love guide our actions and words.

Father, heal the wounds that have been inflicted, both by our hands and by others. Grant us the courage to seek forgiveness, both from You and from those we have wronged. Let humility reign in our hearts as we confess our shortcomings. Cleanse us, Lord, and renew our spirits.

Guide our tongues, Lord, that we may speak only kindness and understanding. Let our words be a bridge, not a barrier, connecting us in unity and peace. Grant us the patience to listen and the wisdom for understanding.

Fill our spirits with your presence Lord. Remind us to cherish and honour the souls, the people, You have brought into our lives or put across our path. Let our words and actions be a reflection of Your love, a mirror of Your grace.

Lord, help us to be forgiving people, because You have forgiven us first.

In Jesus name we pray, Amen.