

***M ake this month count
A ccomplish your goals
Y ou Can Do This!***

Making a Life-giving Difference

Spiritual Care Program for May 2021

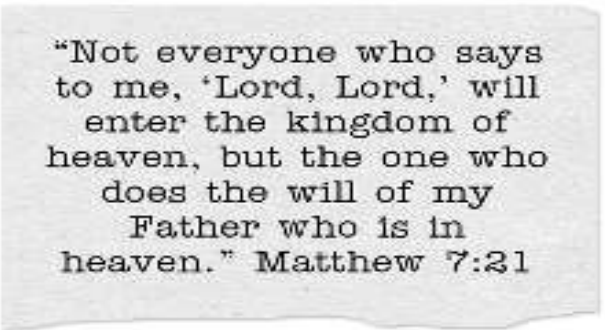
Fridays @ 09:30	Sundays @ 09:30	Sundays @ 18:00
7 th One Hour for Jesus	2 nd Morning Service	2 nd Evening Service
14 th One Hour for Jesus	9 th Morning Service	9 th Evening Service
21 st One Hour for Jesus	16 th Morning Service	16 th Evening Service
28 th One Hour for Jesus	23 rd Morning Service	23 rd Evening Service
	30 th Morning Service	30 th Evening Service

Keep Trusting Even When Unexpected Things Happen to You

When contemplating the celebration of Mother's Day during May, I considered woman in the bible and their teachings. Immediately Mary, the mother of Jesus, came to mind. What exactly is it about her that impacted my thoughts? Two words sums it all up; **Humbleness and Obedience.**

Now often we as woman feel that being humble is a sign of weakness. Living in the 21st Century we want to compete with our male counterparts on every level. On the contrary being humble shows a character of modesty. Humbleness also allows us to acknowledge we don't know it all, or have everything under control.....all of the time. Mary when hearing the message the angel shared about her becoming pregnant, inspected herself and immediately responded in all humility "how can it be, since I have not been with a man"? Isn't this where we find ourselves so often when asked to perform a task.....I can't, I don't know how are questions that disable our lives. **Remember God doesn't call the equipped; He equips the ones He calls.**

Being obedient as per the definition in the Bible, is to "hear". It is an action of complete submission. After hearing the angel's reassurance and God's plan, she came into complete submission and responded accordingly; "Behold, I am the handmaiden of the Lord; let it be done to me according to what you have said." Luke 1 vs 37, "For with God nothing is ever impossible and no word from God shall be without power or impossible of fulfillment".



"Not everyone who says
to me, 'Lord, Lord,' will
enter the kingdom of
heaven, but the one who
does the will of my
Father who is in
heaven." Matthew 7:21

I am sure if you reflect over your life, there are many times that you too thought a task was impossible to do or complete, but when you made the decision to follow through with it you surprised yourself and many others. The impossible became possible.

The next time God asks you to do something you never expected to do, listen and trust God's plans for your life. Allow God to work in you as He wants to, and know that all His plans for you are for your good.



We have continued for over a year (since the beginning of lockdown) with our midday prayer time in the decentralized lounges. After a reflection Easter season, we are now focusing our prayer time around to journey from the grave to the sky, Ascension Day.

Die opstanding van Jesus vorm die kern van ons Christelike waarheid. Diegene wat gesê hét dat hulle Hom Jesus gesien het, het die hele wêreld met hul boodskap verander. Gedurende die volgende dae gaan ons fokus op die belangrikste waarheid van die mens se bestaan. Jesus Christus, Seun van God het gesterf aan die kruis en weer opgestaan sodat elkeen in PlumRus, Inwoners en Personee, I gered kan word. Die bewyse is daar ons moet net glo, ons bekeer, omdraai en gehoorsaam die pad saam met Jesus stap en in PlumRus is daar baie wat dit saam met ons sal doen. Kom ons verander ook PlumRus. Ons het die skrifte gelees van Jesus se verskyning, aan verskillende mense na sy opstanding, in ons bidtyd.

Maria Magdalena – Markus 16 vs 9-11; Johannes 20 vs 10-18

Die ander vroue by die graf – Matteus 28 vs 8-10

Petrus in Jerusalem – Lukas 24 vs 34; 1 Korintiërs 15 vs 5

Die twee reisigers op die pad na Emmaus – Markus 16 vs 12-13; Lukas 24 vs 13-32

*So het ons die bidtye gelei en ons sal voortgaan met hierdie tema tot Opstandingsdag. **Eers die waarheid** dan ons verantwoordelikheid om ook PlumRus met die opstanding bewyse te verander. Egter kan ons dit nie doen nie maar Die Heilige Gees kan ons as Instrumente gebruik.*

**Lord I lift Your name on high
Lord I love to sing Your praises
I'm so glad You're in my life
I'm so glad You came to save us**

**You came from heaven to earth to show the way
From the earth to the cross, my debt to pay
From the cross to the grave, from the grave to the sky
Lord I lift Your name on high**



Blessings to our Residents on their special day

3rd*	John Pauw	N204	97
4th	Emily Eadie	R8	88
6th*	Joyce V/D Wolk	R032A	91
6th	Jennifer Le Clue	F023	79
9th	George Ubsdell	R057B	87
10th*	Anna Jones	R51	92
10th	Matthys V/D Linde	F022	82
12th	Johanna Champion	F011	70
12th	Dennis Roberts	N009	83
13th	Vivien Spires	F010	71
19th*	Thomas Witter	N209	94
23rd	Marthinus Meyer	R6	86
25th	Michael Coetzer	R038C	78



Happy Birthday! May each and every moment of your special day be filled with same joy and happiness you bring to others?



May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.
Romans 15:13

Happy Birthday to our Staff



3 rd	Cleona Swartz	Health Care
3 rd	Ashley Bruyns	CSC
4 th	Raymonda Booysen	CCL
8 th	Carlyn Solomons	Health Care
10 th	Marilyn Smal	Health Care
15 th	Caylynn Jacobs	Admin
21 st	Stephanie Ndibou	Health Care
21 st	Monique Lewis	CCL
24 th	Melissa April	Health Care
31 st	Sherelle Hope	CCL
31 st	Anthea La Croes	Health Care

MAY BIRTHSTONE EMERALD

Emerald, the birthstone of May, is considered a symbol of rebirth.

Emeralds are also believed to grant their owner foresight, good fortune and youth.



We wish all our members a very Happy Birthday!

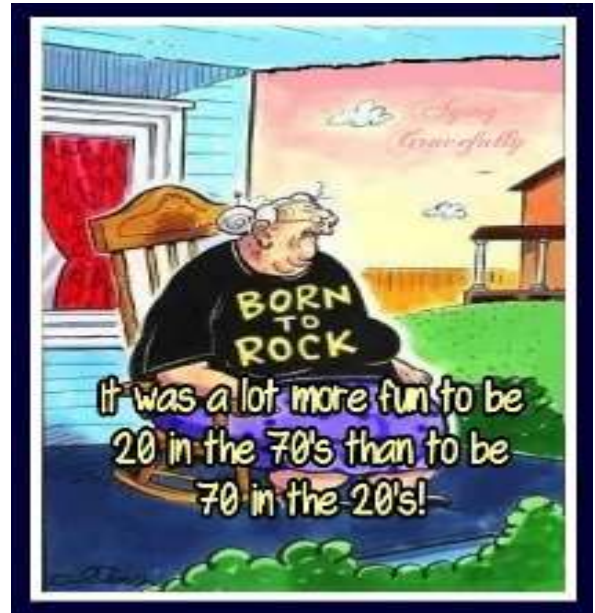
5th Mrs GW Fredericks

5th Mr J Jacobs

6th Mrs F Alexander

10th Mrs Martinus

21st Mrs Beukes



Lilies are perennial plants, meaning they can survive (and grow!) in nature without much human intervention.

- 🌸 They flower during the spring and summer and go dormant during the winter.
- 🌸 The lily is incredible for pollinators, attracting insects with its large colorful flowers and tasteful nectar.
- 🌸 Lilies have large petals that can be white, yellow, orange, red, purple or pink in color.
- 🌸 Lilies are social plants, growing best in groups of three to five
- 🌸 Lilies have one of the longest in-vase lifespan of any cut bloom, and a professional way to make them keep even *longer* is to clear out the pollen from their centers. This will also prevent staining on the petals.
- 🌸 Lilies are non-toxic to humans, but are poisonous to cats! Keep these pretty blooms away from your furry friends. Even the smallest amount of exposure can cause renal failure.



Hi, my name is Paul Stoltz, I am the New Training Co-ordinator at Plumrus. So if you see a new face around that's me.

I will be training our staff and managing the health, safety and emergency processes to ensure the most pleasant and safe experience for our residents, especially in the time of an emergency.....YOU WILL BE IN SAFE HANDS!

I enjoy meeting new people and finding ways to help them have an uplifting experience. People find me to be an upbeat, self-motivated team player with excellent communication skills.

For the past several years I have worked in the Emergency services a Firefighter, Medic and Rescue Technician. I also enjoy playing all types of sports and compete as a professional boxer.



I have a wonderful family of 4, myself, my lovely wife and two (2) fur babies, Boughard (Jack Russell) and Bealy (Spaniel).

I hope to meet each and every one of the PlumRus Residents and help to make your stay a safe, happy and homely one.

Paul Stoltz joined us at PlumRus on the 1st April as our Training Co-ordinator and reports to Sr. Shenice our Health Care Manager. Welcome Paul and we hope you will enjoy being part of the PlumRus Team!

Medication to Avoid if You've Worried About Memory Loss

Whenever a group of 'oldies' get together, it's not long before conversation turns to matters of 'forgetfulness'. Most stories they share are funny, and they laugh a lot. Forgetfulness can be a normal part of aging. As we get older, degenerative changes occur throughout our bodies, including the brain. This is why we take longer to learn new things, and don't remember names and details as well as we used to. And what about those pesky glasses...they're never where we thought we left them! Coping with this 'normal' degree of memory loss is one thing, but coming to terms with more sinister changes that occur due to illnesses like Alzheimer's disease or other forms of dementia, can be a great challenge. In cases of dementia related memory loss, medication has been developed that may help slow the loss of mental ability.

There are other interventions that may help dementia patients as well as those troubled by age-related memory loss, to reverse or slow the process.

These include things such as...

- Reducing use of tobacco and alcohol
- Getting a good night's sleep
- Exercising regularly...walking or gardening
- Eating a balanced and healthy diet
- Doing puzzles and other mental activity games eg. Scrabble
- Minimize distractions by simplifying your lifestyle and reducing clutter
- Socialising regularly



Another important avenue to explore is your list of chronic medicines. Some of these may actually make your memory loss worst. Avoiding problem medications, or at least using them carefully and in the lowest doses necessary, is a key to better mental functioning. There are three main types of brain slowing medications you should avoid if you're worried about memory loss.

Some of these medications may not adversely affect younger people, that's because younger brains have more 'processing power' and can cope with more challenges. So medicines that aren't a problem earlier in life often have more adverse effects later in life. Just because you took a certain medicine in your youth or middle years doesn't mean it is ok to continue taking it once you're older.

A number of prescription and over-the-counter medications can interfere with or cause loss of memory. A short list of possible culprits includes:

- **Antidepressants.** Mood stabilising medication is used in a wide variety of conditions. These meds include Risperidone (Risperdal), Quetiapine (Seroquel), Olanzapine (Zyprexa), Valproate (Epilim), Haloperidol, etc.
- **Anticholinergics.** This group includes over-the-counter sleeping-aids such as Somnil and Benadryl - these are long acting antihistamines. As well as meds for over active bladder eg. Ditropan, and muscle relaxants such as Orphenadrine.

- **Sedatives & sleeping pills.** These include meds such as Lorazepam (Ativan), Diazepam (Valium), Alprazolam (Adco-Alzam), Zopiclone (Zopivane) etc. There are no easy replacements for these meds, but a gradual lowering of the dose may slow memory loss.

So what do you do if you discover you're taking some of the above mentioned medicines or something similar? If it's something you bought over-the-counter, such as an antihistamine used to treat an allergy, you can change to an alternative like Loratadine (Clarityne or Cetirizine). If it's a sedating antihistamine like Diphenhydramine (Sleepeze) or Somnil (Doxylamine), you should stop taking it, and speak to your doctor about your insomnia. You could also try and sort it out in non-medication related ways.

If you're taking prescribed medication which may aggravate your memory loss, speak to your doctor as soon as possible. There may be alternative therapies you could use.

Age-related memory loss is sadly an unavoidable part of growing older. You can however slow things down, or even reverse it a little by following some of the interventions mentioned in the article. If you've forgotten what those interventions are, take another look at the article! As helpful as these interventions are, the first



step you should take is to investigate your list of chronic medications. Find suitable alternatives for the offending culprits. If none are available, then make sure you take the lowest possible dose in order to provide effective therapy for your condition.

Forgetfulness does have a perks or two...

Blessed are the forgetful...they even forget their blunders!

(Submitted by Dave Henderson)



He is 85 years old and insists on taking his wife by the hand wherever he goes.... When I asked him why his wife was distracted, as if she was not following anyone, he replied: "she has Alzheimer's".

So I asked him, "Will your wife worry if you let go of her hand?" And he answered me: "she doesn't remember, she doesn't know who I am anymore, she hasn't recognized me for years".

Surprised, I told him, "and yet you continue to guide her on the road every day, even if she doesn't recognize you."

He smiled, looked into my eyes and said, "She doesn't know who I am, but I know who she is." — with

Called to a Service of Compassion

My graduation ceremony took place in March of 2009. I remember feeling very excited on the day. After completing 5 years of studying it was finally time to graduate.

I sat with my friends in the auditorium as we first attended the awards ceremony. We were given the lamp as a reminder of Florence Nightingale known as "the lady of the lamp", for nursing patients during the Crimean War. It was a surreal moment... I was glad to have my parents and gran there to support me.



To myself, I secretly wondered what the future would hold for me, thankful to God for the blessing of becoming a nurse. Together we said the nurses pledge, it was a wonderful moment to share with all my friends, which i will never forget.





CAREGIVERS GO THROUGH
MORE THAN THEY WILL
EVER TELL YOU. THEY GIVE
UP A LOT AND RARELY HAVE
A SOCIAL LIFE. THEY CAN
GET SICK AND EMOTIONALLY
WORN OUT. IT'S A LOT FOR
ONE PERSON AND YOU
WILL NEVER KNOW UNTIL
YOU HAVE WALKED THE
ROAD OF A CAREGIVER.

Nurses Day is celebrated globally on the 12th May every year, coinciding with the birthday of Florence Nightingale (Lady of the Lamp). **Nurses Day celebrates** the important role of **nurses** in health care. While in the midst of a pandemic we have been reminded almost daily of the important role our nurses have been playing in the front line fight against the deadly Covid-19 virus.

We would like to take this opportunity to thank every carer, staff nurse, professional nurse, facility carer and in fact every staff member (we have mastered the art of dovetailing) who, diligently works to make every Resident's stay at PlumRus a Safe, Happy, and Homely experience.

Dear PlumRus Staff

I need to express my gratitude for the love and care that my mother and family received from you during this very difficult period.

I am left with a warm sense of peace and contentment when I reflect on my mother's last days in your care. The attention and love did not go unnoticed. That I was accommodated and allowed to sleep next to you mommy, is something that gave both me and my sister, who is in England and couldn't be with us, much joy.

We, the Rustin and Jacobs family, extend our appreciation to your organization.

May God continue to be a light to you all.

Loving kindness

Colleen Rustin (Daughter of Mrs. Tobias – Zone 3)

Did You Know?

Needing to celebrate a birthday with family and friends, why not contact our ladies in the Coffee Shop and they will assist you with your entertainment snacks. (Picture-Platter for 12)



Our Laundry operates 24 hours a day, making sure that not only our Residents clothes and linen, but also our Staff's uniforms are kept clean and neat. At the end of May we will officially be saying goodbye to Louisa (she is on leave since mid April). Please support Toni-Lee as she takes over as the Supervisor of the team.



Catering Team

Prepping for
Pizza Monday
according to our
new menu

Yummy!!!!



Ons nuwe toegangsbeheer en sekuriteit stelsel tree Mei maand in werking. Ons nuwe stelsel bestuur toegangsbeheer en sekuriteit op 3 vlakke:

- Buite grens – elektriese heining word 24 x 7 uur gemonitor deur Risk Man
- Middel grens – al ons geboue se toegang deure is toe, word beskerm deur CCTV en gekontroleerde toegangsbeheer met toegangskaart of toegang via interkom
- Binne sekuriteit – word ook 24 x 7 beskerm met CCTV en personeel patrollies

Daar sal dus geen wagte meer by ons 3 toegangsbeheer punte wees nie. Ons monitor dit net by Risk Man met elektroniese toerusting. Ons besoekers toegang skuif na die nuwe hoofingang, naamlik die hek tussen PlumRus North en Mountain View.



May, June, July, August.....Count down to 3 Arts Village



Why Invest offshore?

There is only one overarching reason to invest offshore, and that is because sound investment principles (applied alongside an objective decision-making process) indicate that offshore investment makes sense for your individual circumstances.



South Africa's local equity markets have performed particularly poorly over the last five years. Our economy still faces significant headwinds, our political environment remains shaky and as a result there is much uncertainty and fear behind the ongoing conversations about the wisdom and necessity of offshore investing.

It is easy to let these emotions drive our subsequent decisions. However, acting on fear-based decisions is a surefire route to falling short of your long-term financial objectives. Applying an objective approach instead helps you to keep a cool head.

Three objective reasons to invest offshore

➤ *To Protect against Inflation*

As South Africans, many of the goods and services we spend our money on are imported and a weak Rand can therefore directly affect your pocket. When you have exposure to the economies these goods and services are imported from, you protect your buying power.

➤ *To Diversify your Portfolio (and thus reduce its overall risk)*

With South Africa making up a very small part of the global economy and with many goods priced in dollars, an overweight South African portfolio carries significant risk. By diversifying away from the South African economy and the Rand, you spread your risk and position your portfolio to take account of a variety of scenarios that may play out.

➤ *To Provide More Opportunity for Growth*

The world has grown and our way of living has changed significantly in a short period of time. This has resulted in new products and services, many of which are not yet available in South Africa. The value of the Johannesburg Stock Exchange is tiny compared to the massive stock markets around the world. Investing globally offers access to investments in industries that are not represented locally.

Thus an objective decision to invest offshore, backed by sound investment principles, should include creating a diversified portfolio of assets in which offshore investments are an important component.

As an investor, you have access to four asset classes available *worldwide*, namely shares, property, bonds and cash. A well-diversified portfolio should therefore include all of these asset classes, both onshore and offshore, in varying proportions decided based on your investment objectives.

(Submitted by Morne Bezuidenhout-Director Netto Invest)

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

Mother in a Million

*Ons is lief vir Mamma, want Mamma is 'n ystervrou. 'n Voorbeeld vir Lisa en my oor hoe en wat om te wees. **Mamma is liefde en omgee.** Ons se werklik nie genoeg hoe ongelooflik dankbaar ons is vir alles wat Mamma vir ons doen en wie Mamma vir ons is nie. Ons is beyond blessed met 'n Mamma so cool soos ons s'n.*

Lief vir Mamma van Anelle en Lisa



In the moments where I was unsure of my ability to achieve the things I set out to do I turned to my Mother to remind myself that I'm more than capable and even though she is one of the people in my family who tests my temper the most.....I love her because there will never be another person to push me as far as she does. **I wouldn't be me if it wasn't for her! Love Ravaldo**



Happy Mother's Day! Thank you for everything you've done for us. It's more than we can ever repay you. Thank you for every hug, word of encouragement, and acts of love you've given me. Thank you for laughing with us in the best of times and sticking with us through the worst of times! What would we do without you? **We can't imagine life without your love, guidance and support. We love you so much.....love Jodi & Jesse**



All I will say is that my Mother has taught me many lessons throughout my life. A few of these lessons come to mind-how to love unconditionally, how to stay true to oneself as an individual, how to respect people from all walks of life, how to be grateful for what you have, and how to continue to strive for more as I grow up. **She has made me the man that I am today and for that I will always be grateful. Love you lots Mom, PJ**

For 35 years you have been my number 1 fan. You have supported me on the sports field of life with such enthusiasm and encouragement, Everyday has been like a match day starting off with positive words of love and encouragement. When I have been injured or did not make the team you have always been there no matter what. You have even supported me when the red card has been my fault, and there have been a few of those. On this sports field of life no matter how challenging the match on the day, you have given me the strength to see it through. **I can only thank you for being you and I love you for being my number 1 fan. Happy Mother's Day....love Ricardo**



Ons ma is spesiaal....Die Here het n wonderlike engel geskep,wat nooit sou oud word nie.

Hy het vir haar n glimlag van sonskyn gegee,en vir haar n hart uit suiwer goud gegiet.

Haar oë het hy laat sprinkel soos sterre,en wange so rooi soos rose.

Die Here het die engel ma genoem, en haar vir ons gegee.

Baie dankie vir ma se opofferings en liefde deur al die jare,goed of sleg, was ma altyd daar vir ons, en ons kon nie vir n beter moeder vra nie.!

Baie lief vir ma. Liefde Colin en Deon



MEI / MAY 2021

MAAND PROGRAM / MONTHLY PROGRAM

Monday	Tuesday	Wednesday
31 09:00 Manne Bid Groep -Staff 10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music / DVD in lounges 15:00 Tea Time: lounges	Midday Prayer in all Decentralized lounges DAILY @ 12h00 Gym Trim EVERY Tuesday in the Hall @ 09h30 Shopping Every Tuesday & Thursday Fruit & Veg Lorry Wednesday's @ 11h30 Heartland Series in all Decentralized lounges Wednesday's @ 11h00 Heartland Series in all Decentralized lounges Saturday's @ 15h00 03 May 2021 Friends Meeting in the Hall @ 15h00 10 May 2021 Garden Club Meeting in the Hall @ 16h00 12 May 2021 Residents Talk in the Hall @ 15h00 19 May 2021 YouTube Social Evening in the Hall @ 18h00 27 May 2021 Lotto Draw in the Hall @ 18h30 28 May 2021 Bring & Braai @ 18h00	
3 09:00 Manne Bid Groep -Staff 10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music / DVD in lounges 15:00 Tea Time: lounges 15:00 Friends Meeting	4 09:30 Shopping PnP Plumstead 09:30 Action Entertainment in the Hall 10:00 Tea Time: lounges 10:30 Action Entertainment in Sugarbush 14:30 Bible Study in N102 15:00 Tea Time: lounges	5 08:30 Library 09:45 Afrikaanse Diens 10:00 Tea Time: lounges 11:00 Activities in lounges Heartland Series E10 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 15:00 Croquet
10 10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music / DVD in lounges 15:00 Tea Time: lounges 16:00 Garden Club Meeting	11 09:00 Shopping Meadowridge 09:30 Action Entertainment in the Hall 10:00 Tea Time: lounges 10:30 Action Entertainment in Sugarbush 14:30 Bible Study in N102 15:00 Tea Time: lounges	12 08:30 Library 09:45 Afrikaanse Diens 10:00 Tea Time: lounges 11:00 Activities in lounges Heartland Series E12 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 15:00 Croquet 15:00 Residents Talk
17 09:00 Manne Bid Groep -Staff 10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music / DVD in lounges 15:00 Tea Time: lounges	18 09:30 Shopping Checkers Main Road 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	19 08:30 Library 09:45 Afrikaanse Diens 10:00 Tea Time: lounges 11:00 Activities in lounges Heartland Series E14 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 15:00 Croquet 18:00 YouTube Social Evening
24 09:00 Manne Bid Groep -Staff 10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music / DVD in lounges 15:00 Tea Time: lounges	25 09:00 Shopping Constantia Village 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	26 08:30 Library 09:45 Afrikaanse Diens 10:00 Tea Time: lounges 11:00 Activities in lounges Heartland Series E16 11:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 15:00 Croquet

Thursday	Friday	Saturday	Sunday
		1	2
		10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music/DVD in lounges 15:00 Tea Time: lounges 15:00 Activities in lounges Heartland Series E9	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges Forsaken 18:00 Woord & Lied
6	7	8	9
08:30 Library 09:00 Morning Market 10:00 Tea Time: lounges 11:00 Activities in lounges 14:00 Shopping Constantia Village 15:00 Tea Time: lounges 15:00 Bingo in the Hall	09:30 One Hour for Jesus 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Prayer Meeting in John Killian	10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music/DVD in lounges 15:00 Tea Time: lounges 15:00 Activities in lounges Heartland Series E11	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges Overcomer 18:00 Woord & Lied
13	14	15	16
08:30 Library 09:00 Shopping Blue Route 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Bingo in the Hall 15:00 Afrikaanse Bybelstudie in John Killian	09:30 One Hour for Jesus 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges	10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music/DVD in lounges 15:00 Tea Time: lounges 15:00 Activities in lounges Heartland Series E13	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges Come Sunday 18:00 Woord & Lied
20	21	22	23
08:30 Library 09:30 Shopping PnP Plumstead 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Bingo in the Hall	09:30 One Hour for Jesus 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Prayer Meeting in John Killian	10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music/DVD in lounges 15:00 Tea Time: lounges 15:00 Activities in lounges Heartland Series E15	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges Seun 18:00 Woord & Lied
27	28	29	30
08:30 Library 09:30 Shopping Meadowridge 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Bingo in the Hall 15:00 Afrikaanse Bybelstudie in John Killian 18:30 Lotto Draw in the Hall	09:30 One Hour for Jesus 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 18:00 Bring & Braai	10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music/DVD in lounges 15:00 Tea Time: lounges 15:00 Activities in lounges Heartland Series E17	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges Freshman Year 18:00 Woord & Lied



Mr David & Mrs Verena Salzwedel – N203

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

Mrs Veronica (Vicky) Neveling – R61

Mrs Neveling was an excellent netball player in her younger days and she is a retired sales representative. She loves thrillers (movies & books).

Mrs Eris Fraser – R34

Mrs Fraser comes from a medical background (retired nurse), loves pets especially dogs. She is a big fan of Christian choirs. She loves a good cup of coffee but it has to be hot.

Mrs Avril Davidson – R30

Mrs Davidson loves playing bridge and rummikub. She's a huge fan of Julia Roberts and loves reading history books as well as family sagas.

Ms Linda Johnson – R28B

Ms Johnson enjoys knitting and she loves Danielle Steel novels.

Mr Vincent Kingswell – R7

Mr Kingswell worked for years in the Teller and Cash Department of Standard Bank. He used to be a regular spectator on the rugby field and cricket pitch. He was a Western Province athlete in Gymnastics and Trampolining. Mr Kingswell is a lover of country and Irish music.



We remember the following Residents who have passed on

Sidney Hambley
Mavis Tobias



Hulle wat gister dood is,
het planne vir vandag gehad...
En hulle wat vanoggend dood is,
planne vir vanaand...

Moenie die lewe as vanselfsprekend aanvaar nie, alles kan in 'n oogwink verander.

Vergewe hulle wat jou seergemaak het,
en koester hulle wie jy liefhet.
Môre breek dalk nooit aan nie...





The War Reporter Weekly Edition 26 May 1900

British occupy Northern Free State

Khaki Vanguard crosses the vaal

Since the British were clearly in a very strong position after occupying Kroonstad last week, the Free State government decided on Saturday to shift their seat from Heilbron in the Northern free state to Vrede far in the North east. At that stage there were about 4000 burghers stationed in the Renoster River north of Kroonstad. Their morale seemed to be high, however only one day later, things went terribly wrong. The British moved to cross the Renoster, seemingly on their way to occupy Heilbron, and the left flank of the Boers bore the brunt of the attack. Even though the burghers fought courageously at first, they subsequently retreated with the excuse that they were afraid of being outflanked. That gave the Khakis the opportunity to cross the river and pitch camp on the north bank. The enemy casualties in this battle were very high according to reliable sources, 61 khakis were killed and wounded and 20 taken prisoners of war. On the Boer side one man was killed and seven wounded.

The British breakthrough on the Renoster River was accomplished so easily that the Republican authorities were almost taken by surprise. President Steyn, assisted by chief commandant Christiaan de Wet, barely managed to escape in time from Heilbron, fleeing under bombardment in the direction of Frankfort.

Meanwhile the railway wagons with the Free State government documents were sent to North, as was the long Tom gun that had previously been mounted on the low-bed railway wagon. Some burghers feel that this long Tom should have been used against the khakis instead of being towed away. By the 22nd the Boers had fallen back to the Vaal River south of Vereeniging and the British had occupied Heilbron.

The British vanguard did not halt after its successes in the Northern Free State. In spite of the attempts by the Republican forces to stop them a British unit crossed the Vaal River at the old Viljoensdrift near Parys. Today British units also crossed the river at Lindequesdrift and from there proceeded in an easterly direction.

’n DEURBRAAKDEKADE

1920-1929

DIE BURGER VIND SY VOETE

Januarie 1920

Die **Volkebond** voorganger van die Verenigde Nasies, tree in werking. Jan Smuts speel ’n leidende rol.

Februarie 1920

Die S.A. Lugmag word gestig, die oudste na Brittanje.

Januarie 1922

De Burger slaan oor van Hollands na Afrikaans en word **Die Burger**.

Maart 1922

230 wit stakers word in Fordsburg doodgeskiet deur die regeringsmagte wat artillerie-en vliegtuigbombardement gebruik om die Randse mynopstand in bedwang te bring.

April 1922

C.J. Langenhoven se invloedryke Maandag rubriek, "Aan Stille Waters", begin.

Mei 1922

Die **Elektrisiteits voorsieningskommissie (Evkom)** word gestig. Tien jaar later word die helfte van die land se krag deur Evkom verkoop.

Junie 1924

Die Nasionale Party kom aan bewind danksy ’n verkiesingspakt met die Arbeidersparty. **J.B.M. Hertzog** vervang Jan Smuts as eerste minister.

Julie 1924

D.F. Malan tree uit as redakter van Die Burger en word opgeneem in Hertzog se cabinet. Hy word opgevolg deur die 29-jarige **Albert Geyer**, wat die volgende 21 jaar redakteur bly.

Mei 1925

Afrikaans word as ampstaal naas Engels erken, nadat ’n taalwetsontwerp deur D.F. Malan, oudredakteur van Die Burger, goedgekeur word.

1925

Die Holmswood-kommissie bevel ’n network van nuwe nasionale paaie vir Suid-Afrika aan.

Maart 1927

Ryk diamantvondste by die monding van die Oranjerivier word bekend gemaak. Spoeldiamante ter waarde van meer as £200 000 is reeds by Alexanderbaai uitgehaal.

20-21 Mei 1927

Charles Lindbergh voltooi die eerste alleen-transatlantiese vlug, van New York na Parys, in **sy enkelenjinvliegtuig, Spirit of St. Louis.**

Mei 1928

Suid-Afrika se nuwe vlag word "onder kanongebulder en die vrolike geluid van klokkespel" by die parlamentsgebou gehys, te midde van onenigheid oor die insluiting van die Union Jack daarop.

Junie 1929

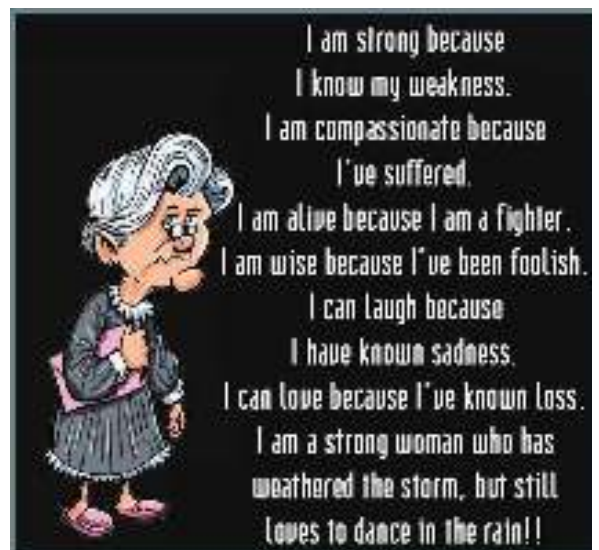
Die Nasionale Party onder leiding van Hertzog wen met 'n volstreekte meerderheid in die algemene verkiesing. **Hertzog** bly eerste minister vir 'n tweede termyn.

Oktober 1929

Wall Street se ineenstorting begin op **Swart Donderdag** en lei tot die Groot Depressie, wat 'n dekade duur.

Martina Navratilova was once asked, "How do you maintain your focus, physique and sharp game even at the age of 43?"

She gave a humble reply, "The ball doesn't know how old I am". You need to stop yourself from stopping yourself. Every game in life is actually played on a 6-inch ground – the space between your two ears. We don't live in bungalows, duplexes, or flats. We live in our mind which is an unlimited area. Life is great when things are sorted and uncluttered there. Keeping the mind messy with hatred growing on the table, regrets piling up in the corner, expectations boiling in the kitchen, secrets stuffed under the carpet, and worries littered everywhere ruins this real home.



The key factor to performing well in life and in every arena is the ability to control the quality and quantity of your "internal dialogue". Performance is potential minus internal interference. Live in peace, not in pieces.



The 31st May is World No Tobacco Day. The theme for 2021 is “**Commit to Quit**”.



Reasons to quit tobacco:

Everything stinks! From your skin, to your whole house, your clothes, your fingers and breath.

Tobacco causes teeth to yellow and creates excess dental plaque.

Tobacco makes your skin wrinkly, making you look older faster. Smoking prematurely ages the skin by wearing away proteins that give the skin elasticity, depleting it of vitamin A and restricting blood flow.

Tobacco smoking increases the risk of developing psoriasis, a non-contagious inflammatory skin condition that leaves itchy, oozing red patches all over the body.

Risks from Smoking

Smoking can damage every part of the body



Benefits of Quitting

- **Financial rewards.** Think of all the money you'll save if you stop smoking. Put the cash you'd spend on cigarettes in a jar, set a goal and reward yourself with a treat after you have saved enough money. You deserve it!
- **Health benefits:**
 - **30 minutes:** heart rate and blood pressure recovers from cigarette-induced spike.

- **12 hours:** the amount of oxygen in the blood increases, blood flow starts to improve and chance of having a heart attack begins to go down.
- **24 hours:** Carbon monoxide will be eliminated from the body and lungs start to clear out mucus and other smoking debris.
- **48 hours:** All the nicotine has gone out of the body and sense of taste and smell greatly improves.
- **3 days:** Breathing becomes easier as tubes in the lungs begin to relax and energy levels begin to increase.
- **2 to 12 weeks:** Blood circulation improves and lung function increases by up to 30%.
- **3 months:** the tiny hairs which clean the lungs begin to grow back and remove phlegm and tar that have collected there which results in clear and deeper breathing gradually returning.
- **1 year:** the risk of heart disease falls by 50%.
- **5 years:** the risk of mouth, throat, oesophagus, and bladder cancer are cut in half. The risk of cervical cancer and stroke return to normal.
- **10 years:** the risk of lung cancer will have halved compared to someone who still smokes.
- **15 years:** the risk of heart disease or stroke is almost the same as a non-smoker.
- **Social benefits:** say goodbye to excusing yourself from non-smoking friends and colleagues to go take a smoke break. Your car, house and clothes won't smell of smoke. You will experience improved confidence, self-esteem and a great sense of accomplishment.

For more information on World No Tobacco Day, and the effects of tobacco on your health, visit the Heart and Stroke Foundation South Africa website at <https://www.heartfoundation.co.za/stop-smoking/>



LIBRARY

We have been blessed with numerous book donations from resident's children, residents and friends. Storage problems were solved by temporarily stacking the books in packets in a resident's garage, and as books are removed from the library due to poor condition and/or not being read for several years, the new books are replacing them.

Books are also available to residents for sale during the Mini market days once a month, where Thuys and Lily van der Linde have a table.

I would like to thank the library ladies for their faithfulness and giving of their time on Wednesdays and Thursdays. The recent re-shuffle of the Afrikaans section has made for better visibility and orderliness. We encourage new residents to make use of the library and it is one of the meeting places where we get to know one another and take note of resident's favourites.

(Vivien Spires)

Garden Club

This last month has been a busy one in the gardens. The outside pavement beds are going along nicely & with the opening of the gate into Birmingham Rd, it will be possible for all the residents to see what has been done there.

We have moved all the roses which were so lovingly cared for by Koos van der Watt, to the rose bed in the central courtyard. The pots that they were in have been repainted & moved to the Zone 2 extension. These have now been planted with Lavenders & Confetti bushes.



Marianne Alexander will be joining us on the 12th May at 15:00 for our monthly talk. The theme of her talk is "Rising from the Ashes". Come and listen to an interesting speaking sharing around a very interesting theme. Thank you to all the people who regularly walk around the gardens & report back so favorably on what they see.

**In the garden, pull the weeds, Dig a hole, plant the seeds
Cover them up, water them too, Watch them grow, in front of you.
Make sure the sprout, gets lots of sun,
To grow a plant, is lots o**

(Di Slabbert)

Morning Market

Meet the Mother & Daughter Team, Crystal & Lee-Ann Hector, who are the "Card Ladies" at our Morning Market.

How long have you been selling cards?

2- 3 years

Is selling cards profitable?

Yes, it's a good side income

Is this what you do full time?

No, I work at an Educational Institute as the Head of Operations. I make and sell cards as a way to relax.

What type of greeting cards are your best sellers?

Mostly birthday cards, but seeing that its custom made cards everything sells fast because it's what the customer requested.

Besides coming to PlumRus, is there another way that you market your cards?

Yes, I sell at work and once a month in Marina Da Gama, there is a craft & food market where I also sell my cards.



Seeing that all your items are custom made, do you only sell cards?

I have a wide variety of items such as scrap booking, wedding invitations and most of the time I use recycled materials.

Beautiful cards to make the occasion extra special.

If you are interested in buying cards then please contact:

Lee-Anne Hector on 083 236 0256



Dit is Lekker by die See



A group of our Residents made the trip to Fish Hoek beach under the watchful eye of Mr. Van Zyl and Paul. Fresh air, sweet treats and great companionship, both old as well as new one's made, made the morning an enjoyable experience.

YouTube Social Evening

Our Residents enjoyed their monthly social evening with a trip down memory lane to the tunes of Engelbert Humperdinck and Shirley Bassey.

We wish to also acknowledge the generous donation of 10 barrels of KFC chicken received for the Residents to enjoy. We were able to share our finger linkin' treat with the Residents in Health Care. Thank you to Chris Champion and the KFC Team for their generosity.



THANK YOU

It has been 13 months of lockdown and adhering to strict Covid-19 protocols. Our partners at Masks for Medics have made the costs of the implementation of such protocols a lot more “bearable”, with their generous top up donation of masks, sanitizer, gloves, and other PPE. Thank you for your kindness which allows us to give our Residents the best possible care in a safe environment. Blessings on all your future ventures.



A huge thank you to Lee-Ann from

Audiology
@Home

PROFESSIONAL & QUALITY
MOBILE AUDIOLOGY
SERVICES



who spent considerable time at PlumRus, first giving a talk to our Residents followed by free audiology screening of 20 of our Residents.

Residents described the talk as “interesting” and “like a high school biology lesson, but with more information”. She spoke about various issues relating to hearing and hearing loss.

The outcome of some of the screenings will result in follow-up consultations. All the Residents who had their hearing tested really appreciated this opportunity and had positive experiences according to their feedback.

Thank you Lee-Ann for your free service rendered to our Residents, and we look forward to a long and mutually beneficial relationship into the future.



Easter Treats

Thank you to the family of Mrs. Naomi Jacobs and Mrs. Manual for the sweet spoils that they donated to all our Residents for Easter. All our Residents received marshmallow Easter eggs which brought big smiles to their faces.



Wedding Bells

I can't remember the last time I did something that felt right. I was quite certain that I can count on one hand the times I've done something overwhelmingly right. One of those moments was saying "I do".

My husband and I had met years ago and in October 2020 we decided to have a relationship and 5 months later we decided to get married after God confirmed our union.



Congratulations on your marriage Lindsay, we pray that God will be the centre of your union.

The Different Seasons of Life

The circle of life is sometimes too hard to completely grasp. One moment we can be celebrating life and the next we need to commemorate a life lived. We need to know that through it all.....God is in control. Our special thoughts and prayers are with Beryl Garwood as she tries to come to terms with this very phenomenon of life.



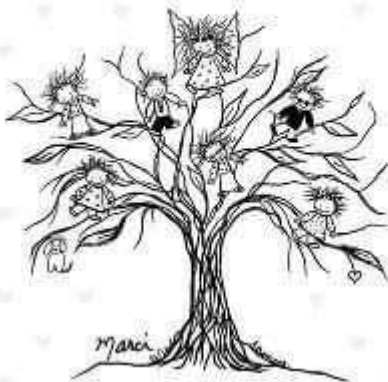
Michelle, Beryl's granddaughter, gave birth prematurely to a baby girl named Helena Elize (Lienkie) on the 7th April. There was much celebration at the birth of another great granddaughter.

On the 8th April, Michelle collapsed and died, in the hospital.

We will continue to hold Beryl, her daughter Glenda and the children in our prayers and we trust that God will comfort them in the weeks and months ahead. Lienkie is off all the machines and is at home with her daddy and sister.

(Beryl, Michelle's mother-in-law at back, Glenda, Michelle and Ella)

Grandchild



You are the child of my child, and your life is a joy to me. I am grateful to have you in my life. As I watch through the generations, I am reminded that the bonds we form are as everlasting as the spirit.



(Lienkie at home with Ella)





What Do Caregivers Do?

In a nutshell, care workers ensure that you have as easy a life as possible at home. They will help you with your medication, your day to day chores, and your errands and be a platonic companion when you need someone to fall back on. It is their job to help you see the silver lining when age-related issues get you down as they tend to do sometimes.

While it is their duty to ensure that you live in a safe and caring environment, they are also required to respect and promote your choices provided those choices do not put your health or life at risk.

The Benefits of Having a Home Caregiver

The benefits of having a home caregiver are numerous. Apart from the obvious fact that you will have a professional looking out for your health and personal care in your own home, you will also have the peace of mind that you are not alone.

If you are thinking of hiring a care worker but are still undecided, here are some associated benefits that can help you make the right choice:

- **Home Care is Very Affordable:** This is one of the biggest deterrents to in-home care today; people think it is an expensive option. **It Offers You Personalized, One on One Care:** When you hire a home care worker, you will be hiring their full attention; at least when they are in your home. **You Get to Keep Your Independence:** With in-home care, you will be living right at home. This allows you to keep your independence which will, in turn, boost your confidence and comfort. These are all qualities that create a conducive environment for recovery and happiness
- **You Receive A Wide Range of Services:** An in-home care worker provides you with more than just the typical personal care services.

Of all these benefits, the one that stands out is that an in-home care worker will provide you and your family with much needed peace of mind. Just knowing that there is a trained, qualified, and certified individual providing you with the necessary care in the comfort of your own home is a load off the minds of your loving family members. It's pretty good for you too.

So, to answer the question: 'What can a care worker do for me?' A lot! The best care workers will be your friend, your companion, your guide, and someone who will help improve the quality of your life tremendously. Find the right one and you will enjoy your twilight years knowing that you are cared for by a certified professional.

Contact Belinda /Rhodene – 0217612323-or email. Belinda@plumrus.co.za / rhodene@plumrus.co.za for further information

We Need Your Help

We have nearly completed the extension of Pincushion (Zone 2). We are in the process of creating an extended living space for our Residents living with Alzheimer & Dementia. This area will afford them a safe space to enjoy the beautiful outdoors and engage with people passing by.



What is missing.....?

We would love to place benches and umbrellas in the area. Your kindness in sponsoring a bench, whether in memory of a loved one, or to ensure that your loved one is able to enjoy a beautiful living environment, will be hugely appreciated. We have sourced the following eco bench, which is available from Makro at R1999 each. For more information contact Cindy at 021-761 2323 EXT 1005 or email her on cindy@plumrus.co.za



To laugh
at yourself
is to
LOVE
YOURSELF



"I've often been asked, 'What do you old folks do now that you're retired?' Well...I'm fortunate to have a chemical engineering background and one of the things I enjoy most is converting beer, wine and vodka into urine. I do it every day and I really enjoy it."

**Age is not how
old you are; but
how many years
of fun you've
had.**

I Have The
RIGHT To
Remain
Silent...

I Just Don't
Have The
ABILITY.



**Growing old is
mandatory, but
growing up is
optional.**

LISTEN HONEY!

THE OUTFIT IS
BY CHRISTIAN
DIOR AND
THE BODY
BY LINDT
CHOCOLATE



WORDSEARCH: ABSTRACT PAINTERS

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ALBERS

DELAUNAY

DOESBURG

KANDINSKY

KLEE

MARTIN

MATISSE

MIRO

MITCHELL

MONDRIAN

NEWMAN

POLLOCK

ROTHKO

TWOMBLY