

PlumRus NEWS NUUS

May 2024



Making a life-giving difference
Maak 'n lewegewende verskil

Spiritual Care Program

Fridays @ 09:30	Sunday Mornings @ 09:30	Sunday Evenings @ 18:00
3 rd One Hour for Jesus	5 th Morning Service	5 th Evening Service
10 th One Hour for Jesus	12 th Morning Service	12 th Evening Service
17 th One Hour for Jesus	19 th Morning Service	19 th Evening Service
24 th One Hour for Jesus	26 th Morning Service	26 th Evening Service
31 st One Hour for Jesus		

LET ME GROW LOVELY, GROWING OLD...

Karle Wilson Baker was a well-known and award-winning American writer, whose poetry was published in several bestselling collections. One of her poems... 'Let Me Grow Lovely, Growing Old', was written in her later years. In it she describes the lasting charm of lace and gold keepsakes, the gnarled beauty of old trees, and the glamour of time-worn streets and antiquated buildings. This is her poem...

*Let me grow lovely, growing old -
So many fine things to do.
Laces and ivory and gold
And silks need not be new;
And there's healing in old trees;
Old streets a glamour hold;
Why may not I, as well as these,
Grow lovely, growing old?*

South African born writer Lawrence Green chose the title of this poem as the name of his book on the history of Cape Town. In it Green brings to life some of the colourful characters who called Cape Town home and gives historical context to many of the eye-catching old-time buildings scattered across the city. Memories of people, spaces and structures which have grown more lovely with the passage of time. At the end of her poem, Ms Baker asks the question... "Why may not I, as well as these, grow lovely growing old?" It's an important question. Can we too hope to grow more 'lovely' as we grow older?

The realities of ageing, make it a little easier to accept that we're becoming less 'attractive' to those around us. Our hair thins and turns apple blossom white. Wrinkles and sunspots appear, and the sparkle in our eye's fades. Our hands tremble, muscles weaken, and joints stiffen, leaving us unsteady on our feet. Birthdays seem to highlight increasing memory loss, and feelings of vulnerability.



Not a pretty picture at all! There's no way of sugar-coating the fact that our advancing years bring with them many physical and emotional challenges. But the good news is that we're more than our bodies and more than our feelings! Our value doesn't lie in our appearance, or what we can do and the way we feel. Our true value lies in the

fact that we're eternal spiritual beings made in the image of God, made to display his splendour! Could we ever hope for anything more wonderful than this!

Sadly, God's image within us has been cracked and distorted by our wilful disobedience - separating us from his holy presence. In his unfailing love, God was not content to leave things as they were, so he made a way to restore his broken image within us. This is how he did it - he sent Jesus to clear away our sins and restore the damage they'd done to our relationship with him. Then, he set about shaping our lives along the same lines as the life of Jesus his Son. It's this restored image of God - the likeness of Jesus - that fills our lives with true 'loveliness'. It's this work of God within us that makes our lives beautiful with his own beauty. The restoration of God's image starts whenever someone sincerely believes in Christ, no matter their age. In our later years the opportunity comes with a special sweetness and sense of urgency...the sands of time are running out! But it's never too late!

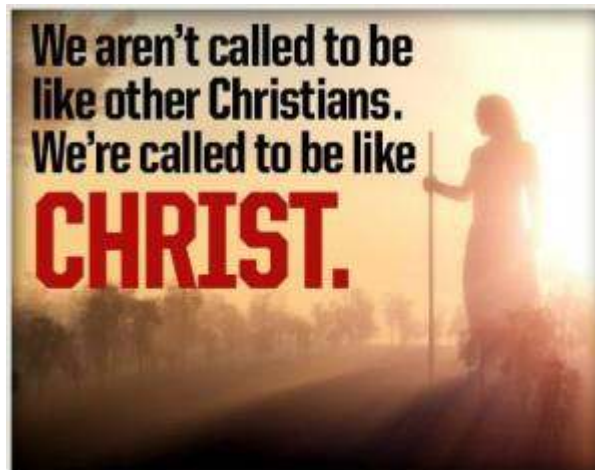
Jesus once told a parable about a vine and its branches. The branches he explained, couldn't bear fruit unless they remained in the vine. In the story, Jesus is the vine and those who believe in him are the branches. By putting their trust in Jesus and continuing to live in his love, and in obedience to his word, the 'branches' produce fruit...'lovely' fruit (John 15:16 TLB). What is this lovely fruit Jesus spoke of? It's nothing less than the beauty of Christlike character and conduct. It's a life shaped along the same lines as the life of Jesus, who is the 'radiance' of God's glory. This is the restored image of God in the lives of those who love Jesus...this is true loveliness!



This loveliness, this Christlikeness, is produced in those who turn to Jesus through the enabling power of the Holy Spirit. As we live in the love of Jesus and obey his word, the Spirit helps us to overcome the self-centred compulsions of our sinful hearts. Instead, the Spirit produces the 'fruit' of Christ-like character and conduct, in our lives. Virtues like love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control become more

noticeable as the image of God is restored in us. This likeness of Jesus fills our hearts with heavenly beauty.

While it is true that growing older can dull our physical senses, and put unwelcome limits on our activities, it does however provide a wonderful opportunity to enrich our spiritual character. Freed of many of the burdens and obligations of daily life, we generally have a little more free time on our hands. Spending some of this time with the Lord in his word and prayer can be a wonderful blessing. As we read, meditate and pray, we're constantly reminded that our sins really have been forgiven and our guilt really has been removed. Sin's power over us really has been broken and we've been set free to love and serve the Lord, embracing the work he's begun in us - making us more and more like Jesus.



Can you grow more 'lovely' as you grow older? The answer is a resounding YES! This is God's purpose for all who are saved and have received new life in Jesus Christ. Christlikeness is the will of God for all his people. The 'loveliness' of such a life is not for our own honour, but for the display of God's splendour.

*"But friends, that's exactly who we are: children of God.
And that's only the beginning. Who knows how we'll end up!
What we know is that when Christ is openly revealed,
we'll see him—and in seeing him, become like him.
All of us who look forward to his coming stay ready,
with the glistening purity of Jesus' life as a model for our own."
1 John 3:2 Msg*

(Submitted by: Ps. Dave Henderson)

Once, in a quaint village, there lived a devout man named Anand. He dedicated his life to serving his community, always helping those in need. One day, a mysterious old woman arrived at his doorstep, seeking shelter and warmth. Anand welcomed her with open arms, sharing his humble home and meagre meals.

As days passed, the woman revealed herself as a divine messenger sent to test Anand's kindness. She praised his compassionate heart and granted him a single wish. Anand, humbled by the unexpected blessing, wished for the well-being of his village.

The next morning, the villagers woke up to discover their fields flourishing with abundant crops, and their homes filled with prosperity. Anand's selfless act had not only brought joy to his life but had also showered blessings upon the entire community.

The moral of the story is that genuine kindness and selflessness can lead to blessings that extend beyond our own lives, enriching the lives of those around us.

(Submitted by: Yacoub)





Happy Birthday to our Residents

<i>Date</i>	<i>Name</i>	<i>Flat/Room</i>	<i>Age</i>
4 th	Emily Eadie	R8	91
5 th	Joan Beattie	R22	77
6 th	Joyce Van der Wolk	R32	94
10 th	Matthys Van der Linde	F121	85
12 th	Johanna Champion	F011	73
12 th	Dennis Roberts	N009	86
13 th	Vivien Spires	F010	74
16 th	Linda Johnson	R23B	76
17 th	Maud Hopley	R70	95
19 th	Mary-Ann de Wet	F125	84
19 th	Thomas Witter	N209	97
23 rd	Marthinus Meyer	R6	89
24 th	Anne Langston	R41	83
25 th	Michael Coetzer	R38C	81
31 st	Ronald Elliott	R57	92



Ons kan nie altyd die musiek kies
wat die lewe vir ons speel nie, maar..



Soms het jy nodig
om tot stilstand te kom
om jou siel te vind.
Soms het jy nodig
om te huil oor wat jy
verloor het en soms
moet jy lag oor wat
God vir jou wil gee.
Soms is die gisters
vol hartseer maar die
môres vol nuwe belofes.
Soms moet jy leer dat
God met liefde mense
na jou stuur om
jou lewe te verryk.

Geseënde Dag saam met
God wat nie Soms
is nie maar
Ewig...

Fanne...

Happy Birthday to our Staff

<i>Date</i>	<i>Name</i>	<i>Department</i>
2 nd	Candice Davids	Health Care
2 nd	Gailine Williams	PlumRus Care Services
3 rd	Ashley Bruyns	PlumRus Care Services
5 th	Sharon Baartman	CCÉ
7 th	Dhafier Williams	Riskman
7 th	Samantha Hankey	PlumRus Care Services
10 th	Hadley Havinga	Building Maintenance
15 th	Caylynn Jacobs	PlumRus Care Services
21 st	Monique Lewis	PlumRus Care Services
23 rd	Jo-Ann Haydricks	Health Care
24 th	Jermaine Jantjies	Health Care
24 th	Kayden Williams	CCÉ
26 th	Elisma Hobanie	PlumRus Care Services
28 th	Henrico Smith	Building Maintenance
29 th	Ashlynn Smith	Health Care
29 th	Tiffany Abrahams	CCÉ
30 th	Werner Meyer	Building Maintenance
31 st	Anthea La Croes	Health Care
31 st	Sherelle Hope	PlumRus Care Services



Geluk aan ons Lede & Kliente

4 th Mr. Joseph Beukes
6 th Mrs. Marie Alexander
7 th Mrs. Patricia Festus
10 th Mrs. Elizabeth Marthinus
14 th Mr. Nicolaas Klaasen
18 th Mrs. Betty George
20 th Mr. Henry Thomas
23 rd Mrs. Christina Van Reenen
25 th Mrs. Elsabe Beukes
25 th Mrs. Sylvia Nelson
25 th Mrs. Eva Daniels
25 th Mrs. Denise Hertze
27 th Mrs. Janet Tayler
29 th Mrs. Susan James

My gebed vir jou:

'n Keenboog na elke storm 🌈
 Schoonheid vir jou oë om te sien 🌸
 Troos op moeilike dae 🍷
 Vreugde om jou lippe te kus 💋
 Omhelsing as jou moed breek 🛡️
 Vriendskap om jou lewe op te vrolik 🎉
 Sonlig om jou hart te verwarm ☀️
 Geloof sodat jy kan glo 🙏
 Vertroue vir wanneer jy twyfel 🏰
 'n Glimlag vir wanneer hartseer jou oorval 😊
 Moed om jouself te ken 💡
 Geduld om die waarheid te aanvaar 🐢
 Liefde om jou lewe te voltooi ❤️

What kind of little girl was your mom?

I don't know because I wasn't there, but my guess would be pretty bossy!

Wanneer die amandelboom in bloei staan...

(Hoe bly my lewe sinvol na aftrede? - Deel 2)

Nuwe roeping en lewensdoel

Soos wat ons ouer word, is die uitdaging om nuwe lewensdoelwitte te stel; fyn te luister na dit waartoe die Here ons roep. Dit beteken da tons nie so ingebuig op onself sal lewe nie, so besig met ons eie kwinte en kwale, dat ons nie geleenthede sal raaksien om die Here en ons naaste op nuwe maniere te dien nie. Daar is soveel ander mense wat ons opregte belangstelling, ons glimlag van omgee, ons vriendskap en ons gebede nodig het. En daar is soveel praktiese dingetjies wat ons kan doen om vir ander die lewe makliker en mooier te maak. As ons dit doen, sal daar nie meer plek vir negatiewe, afbrekende dinge soos skinder, verkeerde gedagtes, verbittering en selfbejammering wees nie. Ons moet bid dat ons liefde elke dag sal toeneem, in begrip en fyn aanvoeling, soda tons die dinge sal kan onderskei waarop dit regtig aankom...(Filippense 1:9-11)

Lewe in verwondering

Die kuns van die lewe, vera look in die ouderdom, is om in verwondering te leer lewe. Om in die mense en die dinge rondo mons – soms die klein en eenvoudige dinge – in die glimlag van 'n kind, in die kleur en geur van 'n blom, in die gebaar van 'n vriend of die straal lig deur die venster, die wonder van God se goedheid raak te sien en Hom daarvoor te loof (Psalm 146).

Lewe van dankbaarheid

Ten spyte van al die swaarkry wat die ouderdom soms bring, is daar altyd soveel om voor dankbaar te wees. Die kuns is net om dit raak te sien. Ons moet dankbaar wees vir die gawe van lewe, vir mooi herinneringe, vir die mate van gesondheid wat ons het, vir kos en kler, vir mense wat ons versorg en vir ons omgee, vir soveel ontelbare dinge (Habakuk 3:17-19). Dit beteken dat ek sal leer om dankbaar te lewe, om elke dag weer die lewe as geskenk uit God se hand te ontvang end it in dankbaarheid en in verwondering met ander te kan deel. Die dankbaarheid moet ons vir mekaar sê en wys, ons moet dit veral teenoor ons barmhartige en genadige Vader betoon (Psalm 103).



Lewe met humor

Ons moet altyd ook weer leer lag. Humor is 'n baie goeie geneesmiddel. Humor is die lag by die traan, die vermoë om met nuwe oë te kyk, om dinge in 'n verrassende, nuwe lig te sien. Dis die vermoë om verby die swaarkry te kyk en die oorwinning daaragter raak te sien. Dis die vermoë om al ons kommer en sorge aan die Here oor te gee (1 Petrus 5:7). Dit vra dat ek met ander sal leer saamlag end at ek bietjie vir myself sal leer lag. En elke dag die lewe te geniet! Dit beteken dat ek nie meer die

lewe so doodernstig sal neem nie, omdat ons Here die dood aan die kruis oorwin het; Hy het die dood se angel uitgetrek! (1 Korintiërs 15:54-55).

Geloof, hoop en liefde



Geloof, hoop en liefde, hierdie drie dinge is sekerlik die belangrikste deugde waarin ons behoort te groei. Geloof beteken dat ons sal vashou aan Christus ons Verlosser en al die beloftes in die Skrif, ten spyte van wat ook al. Hoop is die wete dat God my vashou, ten spyte van my kleingeloof. Geloof en hoop is die vaste vertroue dat, wanneer die silwerdraad die dag geknip word, die kruik by die fontein stukkend breek en ons tentwoning afgebreek word, God alles weer nuut sal maak en by ons sal kom woon (Openbaring

21:1-8). Hy doen dit alle suit genade, net omdat Hy ons lief het. Daarom kan ons in hierdie liefde lewe. Hierdie liefde, wat Hy in ons harte uitgestort het (Romeine 5:1-11), kano ns met ander deel. Geloof, hoop, liefde, maar die grootste hiervan is die liefde (1 Korintiërs 13) – dit is die ware kuns van die lewe, ook in ons ouderdom.

'n Paar praktiese wenke

- Dit is belangrik om ons tyd nuttig en sinvol deur te bring. Ons moet besig bly, met allerhande positiewe, interessante dinge. Ons is nooit te oud om nuwe vaardighede aan te leer nie – handwerk, tuinmaak, fotografie, watter stokperdjie ook al.
- Ons moet ons liggame oppas, met die nodige oefeninge, die regte dieet en genoeg rus. Ons moet netjies wees, vol respek vir onself en ander. En ons moenie van ons verstand vergeet nie. Deut te lees, radio te luister, in die wêreld rondo mons belang te stel, speletjies te speel en met vriende te gesels, bly ons verstand helder.
- Ons moet baie moeite doen met ons vriende. Ons moet daaraan werk om verhoudinge te bou, saam te kuier, dinge saam te doen en vir mekaar te doen. Ons moet deelneem aan die vele aktiwiteite wat daar dikwels vir ons gereël word. Ons moet waak daarteen om ons nie te maklik van ander te onttrek nie.
- Ons moet betrokke bly by ons gemeenskap en veral ons gemeente. Om saam te bid, Bybelstudie te doen en saam te sing, is belangrik. Ons kan soveel vir mekaar en ander beteken, al is dit net deur ons voorbidding. Ons kinders, ons vriende, ons kerk en ons land het ons voorbidding baie nodig.

Die kuns van die ouderdom is om saam met Moses van ouds te leer bid: "Leer ons ons dae so gebruik dat ons wysheid bekom...Skenk ons elke dag u liefde in oorfloed, dat ons ons lewe lank mag juig en bly wees". (Psalm 90)



THE 3 TYPES OF PEOPLE IN YOUR LIFE!

1. The Leaf People
2. The Branch People
3. The Root People

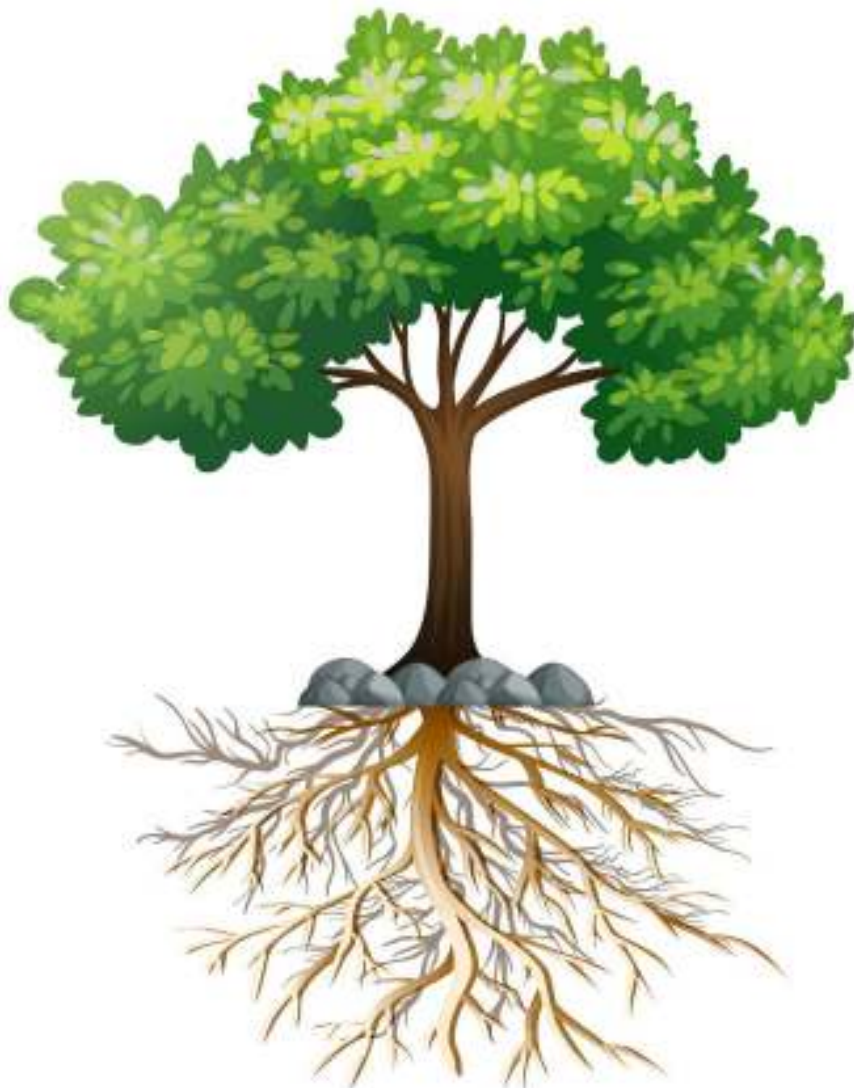
LEAF PEOPLE: These are people who come into your life just for a season. You can't depend on them because they are weak. They only come to take what they want, but if the wind comes, they will leave.

You need to be careful of these people because they love you when things are okay, but when the wind comes, they will leave you.

BRANCH PEOPLE: They are strong, but you need to be careful with them too. They break away when life becomes tough, and they can't handle too much weight. They may stay with you in some seasons, but they will go when it becomes harder.

ROOT PEOPLE: These people are very important because they don't do things to be seen. They are supportive even if you go through a difficult time, they will water you and they are not moved by your position they just love you like that.

It's not all the people you meet or are your friends, that will stay with you. Only the root type of people will stay no matter the season!



An Airbus 380 is on its way across the Atlantic. It flies consistently at 800 km/h at 30,000 feet, when suddenly a Eurofighter with a Tempo Mach 2 appears.

The pilot of the fighter jet slows down, flies alongside the Airbus and greets the pilot of the passenger plane by radio: "Airbus, boring flight, isn't it? Now have a look here!"

He rolls his jet on its back, accelerates, breaks through the sound barrier, rises rapidly to a dizzying height, and then swoops down almost to sea level in a breathtaking dive. He loops back next to the Airbus and asks: "Well, how was that?"

The Airbus pilot answers: "Very impressive but watch this!"

The jet pilot watches the Airbus, but nothing happens. It continues to fly straight at the same speed. After 15 minutes, the Airbus pilot radios, "Well, how was that? Confused, the jet pilot asks, "What did you do?"



The Airbus pilot laughs and says: "I got up, stretched my legs, walked to the back of the aircraft to use the washroom, then got a cup of coffee and a chocolate fudge pastry."

The moral of the story is: When you're young, speed and adrenaline seem to be great. But as you get older and wiser, you learn that comfort and peace are more important.

This is called S.O.S.: Slower, Older and Smarter.

Dedicated to all my senior friends ~ it's time to slow down and enjoy the rest of the trip. 🧓❤️

Author Unknown

Dis Hom!

Die dominee van Tweefontein preek die oggend oor die Tien Gebooie laat die miesies en die biesies bewe. Hy sê op 'n kol "Jy mag nie steel nie", en skielik spring die dorp se posbode uit die gemeente op en skree, "Dis hom!" Die dominee raak stil, frons, maar dreun dan weer voort: "Jy mag nie jou naaste se vrou begeer nie.

Weer spring dieselfde kêrel op en skree, "Dis hom!" Die dominee trek op daai stadium maar by "In die vierde plek," maar skip toe sommer na "In die laaste plek..."

Na die diens stap hy na die posbode en hy vra, "Broer vir wat spring jy toe nou so op en skree toe ek van steel praat?"

"Nee, dominee," sê die posbode, "ek het maar net gedink aan my bicycle wat gesteel is."

"En toe ek praat oor jou naaste se vrou begeer, hoekom spring jy toe weer op?"

"Toe onthou ek waar ek my bicycle vergeet het, Dominee."

(Ingedien deur: Lida Herbst)



RECYCLING REMINDER

Just a reminder that if you wish to recycle items such as plastic containers (e.g. yoghurt bakkies, small water bottles, margarine or cream cheese containers) cardboard, tin foil pie plates, glass) please do not put them in the coloured bins. That system no longer operates as no firm is willing to collect.

Please place your UNSORTED recyclable items in a CLEAR plastic bag and place on the floor in the refuse rooms in Plumrus North, or, preferably, take them to the tip area at the back, next to the Wendy houses. They will be taken to the Rosmead recycling depot, along with the garden refuse and builder's rubble.



THE COFFEE SHOP DID THE TRICK!

(Written by Verena Salzwedel on 15 April 2024, in affirmation of The Coffee Shop)

Three years ago, to the day, we moved into Plumrus. Just two weeks previously, we had our final interview with the manager. My husband was still very resistant and unwilling to make a move anywhere, let alone to Plumrus. As we were walking to the car, he saw the sign to the Coffee Shop and suggested we patronise it. Halfway through a delicious piece of lemon meringue pie, he announced: "I think we will come here after all!"



We moved in on my birthday and treated all the mover helpers to coffee and lemon meringue pie at the coffee shop. This year, yes, you've guessed it, I celebrated my birthday with coffee and specially made lemon meringue pie at the coffee shop. **(Proof that the Coffee Shop can change your life's path...for the better!)**



The Coffee Shop team have a new look! Craig, Janine, Akiela & Liam are always ready to welcome you and your visitors into their space to enjoy all they spent hours preparing with much love, for you to enjoy!



For any special catering needs please give Craig a call and he will ensure that your celebration is an unforgettable occasion.



Please RSVP to join us for Mother's Day Lunch by following the below step-by-step process.
Bookings will be made on a first come first served basis as we will only be reserving space for 34 people.

❖ Contact Charlene/Noelwene on Ext 1037 to confirm that there is still space.

❖ After confirming available space make the payment into the following account, please DO NOT make a payment without confirming available space.

Absa

Plumstead Rusoord Board Account
Current Account

Account Number: 450 640 409

Reference: Mother's Day Lunch-
Surname

Send proof of payment to
charlene@plumrus.co.za

❖ Your booking will be confirmed by Charlene/Noelwene on receipt of proof of payment.





With the Winter Season on our doorstep, we need to be reminded of a few safety rules when trying to keep warm.

1. The use of gas and spiral heaters are not allowed. We recommend that Residents have a panel heater installed on their wall/s.
2. Do not place objects up against your heater, and do not use it to dry your clothes.
3. Always ensure that your heater is turned off when leaving your room/flat and before going to bed.
4. We do not encourage the use of electric blankets and hot water bottles.
5. We recommend you make use of surge protected multi plugs.
6. Keep electrical connections away from curtains and bedding.



What to do in case of an emergency:

- Press your BellMe Button
- Phone Riskman at Ext 1000 or 1001
- Scream and shout for help.

PlumRus has a fully addressable fire detection system in place.

All four of our teams are trained to assist residents to the nearest exit and assembly points.

The best way to avoid a fire in your home is to act towards preventing one.

Additional Safety Tips:

- You are responsible for your own safety and for the safety of others.
- All accidents are preventable.
- Do not take short cuts. Always follow the rules.
- If you are not trained, don't do it.
- Practice good housekeeping.

Important Notice:

Take fire safety seriously to prevent injuries or loss of life.





International Firefighters' Day (IFFD) is a time where the world's community can recognize and honour the sacrifices that firefighters make to ensure that their communities and environment are as safe as possible. It is also a day in which current and past firefighters can be thanked for their contributions.

International Fire Fighters Day is observed each year on the 4th May. On this date you are invited to remember the past firefighters who have died while serving our community or dedicated their lives to protecting the safety of us all. At the same time, we can show our support and appreciation to the firefighters worldwide who continue to protect us so well throughout the year.

The IFFD ribbons are linked to colours symbolic of the main elements' firefighters work with – red for fire and blue for water. These colours are also internationally recognized as representing emergency service.



"The reason I want to be a volunteer wildland firefighter is my love for nature and the environment as well as to protect our heritage of our Mother City and the beauty of Table Mountains."

Werner is using every opportunity to learn all the skills, pushing the limits both mentally and physically, to assist with the fight against wildfires, we in Cape Town so often experience. We salute your efforts and are very proud of you.



Any of these titles stirring your interest? Chat with Vivien Spires (Ext.2113) and she will be most willing to share her secret stash with you. The library receives regular donations of books, so make sure you visit (open Mon, Wed,



Thurs & Fri) to indulge in some good reading this Winter.



He Did It!

Ds. Francois Human's – Swim a Mile for the Elderly.

Speak to Ds. Francois if you want to hear more about why he committed to swimming the mile, and you will learn that there are so many people that want to ensure that you enjoy only the best in care during this season of your life.

Become involved in our 2 Fundraising Projects this year...





Sponsored By **NASHUA**
making you look, saving you money putting you first

GOLF

Day 2024



5 September 2024
Rondebosch Golf Course

4-ball Alliance
Cost per 4 ball: **R3900**
RSVP: belinda@plumrus.co.za

Sponsorship per hole: **R1500**

Golf Carts reserved on a first come basis

Prizes
Meal Vouchers
Golf Attire
Wine

Auction
Holiday Accommodation
Wine
Sport Memorabilia
Gift Packs



At their last meeting, the Writers' Club discussed their creative writing around the theme of Mothers and would like to dedicate the following compilation to all the mothers at Plumrus:

IN CELEBRATION OF MOTHER'S DAY

I'M PROUD OF YOU!

(Submitted by: Verena Salzwedel)

Seen on Facebook and shared: "I am so proud that my children turned out to be such decent people."

Jeanette Venner is so grateful to have a son, Paddy, and a daughter-in-law, Jenneke, who manage her affairs so efficiently, even though they live in England. She is also pleased to be able to visit her daughter, Bridget, who has such a sunny disposition.

Gugu, (Gymtrim instructor) is delighted that her daughter, Michelle, has been accepted into First year Medicine and is working so hard at it.

Sannie Meyer vind dit interessant om gereelde kontak met haar drie kinders te behou, al is hulle "oor die wereld versprei," in Saudi Arabia, Kuwait en Engeland.

Gaynor Dickson is impressed that her daughters make a significant difference to others' lives. Nicki is a reflexologist in England and Paula is a speech and language therapist at a local Cape Town school.

Belinda van Niekerk enjoyed visiting her son, Ricardo, in Sweden and is very impressed at how well he leads his family and has adapted to life in a foreign country.

Pauline Wucherpennig enjoys the fact that, although her son, Rob (Matric Computer Science teacher) and daughter, Jenny (Tax consultant) are so busy, they not only see to her every need, but encourage her independent progress back to health.

Of course, there are at least 200 other mothers in the Plumrus community of residents and staff, who are proud of their children, for all the right reasons. On Mother's Day, resolve to ask someone about their children and tell them about yours.

Let us also be mindful of a number of mothers at Plumrus for whom Mother's Day is painful because they remember children who have passed away.



Mother's Day / Mothering Sunday

(Submitted by: Glenda Wildschut)

Rev Vivien Harber is a quintessential mother figure. She fills the atmosphere with her presence as she calls the little ones to the high altar in St George's Cathedral. The children are in anticipation as to what stories she has to tell them as she usually has them entranced. Today is special, it is Mothering Sunday and Vivien tells them all about it in her most charming way.



Mothering Sunday is observed on the 4th Sunday in Lent. Although its often-called Mother's Day it has no connection with the American festival of that name. Traditionally, it was a day when children, mainly daughters, who had gone to work as domestic servants were given a day off to visit their mother and family. The children would sing and dance as they approached home, picking flowers on the way to give to their mothers. The mothers, on the other hand, would prepare special meals for their children. This was the only time that there was a festival atmosphere in the austere 40 day long Lenten period.

A tiny voice from among the gathered kids at Mother Vivien's feet called out "what about Mother's Day?" "Oh yes," she said, "that is a different day."

Mother's Day is a celebration honouring the mother of the family or individual, as well as motherhood, maternal bonds, and the influence of mothers in society. It is celebrated on different days in many parts of the world, most commonly in the month of May.

While some countries have a multi-century history of a day to celebrate mothers, the modern American version of the holiday began in the United States in the early 20th century at the initiative of Anna Jarvis, who organized the first Mother's Day service and worship in Grafton, West Virginia.

Mother's Day in South Africa, as in the United States, Mother's Day is marked by presenting mothers with flowers and gifts. Like Mothering Sunday, special meals are prepared, and family life is celebrated too. While the original idea was a religious festival, some have criticized it for having become too commercial and called it the "Hallmark Holiday" (greeting card).

The children, before leaving the high altar, gathered the baskets of flowers and petals and presented the mothers and maternal figures in the church with the floral gifts. Some young girls made a lei with flower petals and placed it around Mother Vivien's neck. A beautiful reenactment of Mothering Sunday!



How did God make Mothers?

God made my mom the same way He made me, He just used bigger parts.

MOTHER MARY

(Submitted by: Vivien Spires)

The biological conception, growth of a human being inside a woman is in itself a miracle.

Imagine how Mary, the mother of Jesus must have felt carrying the Saviour of the World inside her very human body.

The Bible says Mary was singled out by God to be the one who would bring Jesus into the world, as the prophet foretold. A very ordinary Jewish girl, nice manners, a teenager, devout (and a descendant of King David by the way). Her home was in a very ordinary town called Nazareth. No palaces, no princesses involved.

The meeting with the angel Gabriel must have been overwhelming. She must have been a very obedient girl of great faith, because after having a bit of an initial freak out, she said simply "may it be to me as you have said".

As Jesus grew up within the Jewish faith and He goes missing as a young boy and is found in company of the teachers and rabbis, Mary goes through the distress of all mothers when their children go missing.



Come the crucifixion – the greatest agony of all for all mothers who have had to endure their child dying. Mary was not forgotten by the Lord. He asked John the disciple to take care of his mother.



EVERY DAY MOTHERS

(Submitted by: June Stein)

The common theme from Dads and Husbands point of view was that Every Day's Mother's Day- much like Paramedic Paul's view of a Retirement Home viz: Every Day's a Holiday!

So, what in memory dredging happened on this day?

- Your loved one gave you a Cardie card, if he remembered, maybe written in pencil (erased for next year in case of memory lapse).
- Lucky children were nudged by a thoughtful teacher to draw a Mommy caricature plus hearts/dogs/cats/sun/flowers & maybe the rest of the family smaller.
- Some Mommies (American TV) received a full breakfast in bed - hair & makeup perfect for a photo. Oh crumbs no.
- Maybe a Tea out - or an at home tea (e.g. from a son who was paid R1 per month for this everyday privilege was 1980s!)
- In the previous Century, I'm told, the Sunday School kids were each given a rose to present to Mom. How important they must have felt - on both sides.

- Maybe Dad went to the farm garden with the kids to pluck an assorted bunch of your own flowers and presented them with sweet grace.
- Then the "Collection of Mothers" gathered from various points for "THE MOTHER'S DAY BRAAI". What fun to hear the secret cupboard stories, maybe after a wee tot of sherry or homemade pineapple beer.
- Now, in decrepitude, Mother's Day is really special for a spoil with sons, daughters, nieces, nephews, uncles, aunts, friends, dogs, cats, in fact all in that Mommy picture.



MOM

(Submitted by: Adin Harmer)

My mother was a resourceful woman. Widowed at 50 when my 60yr old Father died, the marriage produced three sons, each 7 years apart. The eldest was already married with a family of his own. The second was contemplating marriage, while the youngest was halfway through Matric. Dad had died with no pension, but he had left Mom one priceless asset – the house. Fully paid for.

Mom, a new Christian, sat in the living room and cried out to the Lord "How am I going to manage?" She related how the room was suddenly filled with light and she knew that she would get by. Her favourite hymn became the one that begins "Sometimes a light surprises..."

She obtained a morning secretarial post at the local Congregational Church. She took in boarders. There were many ups and downs to come but she lived a full and active life, even learning to drive at 60! She died, faith intact, at 94.



MA

*Ma is the wife of Pa
She is the driver of the car.
She is our favourite little blonde
And of her we're very fond.
Her twinkling eyes are large and blue
And seem to smile when she looks at you.
She makes our lunches every morning,
Though nearly eats them with her yawning.
On her meals we all depend,
Socks of mine she will always mend.
God bless my dearest little Mother;
I'd never change her for another!*

(Submitted by: Jeanette Venner – written when she was 12)



Mr. Ivan Slabber Health Care Zone 3 Room 36

Ivan was born in Kenilworth and attended Wynberg Boys High School.

He worked as a computer operator and lived in JHB for 30 years. He spent vacations in Umhlanga and on cruise lines.

Ivan enjoys having company, but also his own company. He enjoys crime, detective, medical and legal entertainment as well as a good book.



Mrs. Joan Petersen Health Care Zone 5-Room59

Mrs. Petersen joins Plumrus from her home in Penlyn Estate, Crawford. She has two sons, Robin, married to Natsha and Lance married to Ruth. Her sons and daughter-in-law's have given her five wonderful grandchildren.

She is very sociable in company and enjoys tomato bredie and jazz music.

Why did your mom marry your dad?

My grannie says that mom didn't have her thinking cap on.

WERE YOU ACTIVE IN APRIL?

What was your score out of 10?

1. Did you go to the Morning Market?
2. Het jy vrugte by die Woensdagbakkie gekoop?
3. Bring and Braai?
4. Attend 1H4J on a Friday morning?
5. Did you go on the Plumrus bus to visit the museum?
6. Het jy een van die Coffee Shop specials geniet?
7. Get fit at Gymtrim on Tuesday and/or Thursday?
8. Did you attend the YouTube evening?
9. Did you enjoy reading Plumrus News?
10. Het jy die Sondagaanddiens bygewoon?

7/10

We hope your score has improved!



Our Morning Market is a good place to meet and greet your neighbours and pick up a bargain or two.



En nou...2 baie dapper vrouens...hulle skrik vir niks!
Fotogeleentheid by die SA Museum



The audience waiting in expectation for their favourite "Crooner" to make an appearance.

MEI / MAY MAAND PROGRAM / MONTHLY PROGRAM

Monday	Tuesday	Wednesday
Gym Trim in the Hall Tuesday's @ 10:15 Prayer Meeting Wednesdays in all lounges @ 11:45 1st May 2024 Workers Day 9th May 2024 Morning market in the Hall @ 09:30 9th May 2024 Ascension service @ 19:00 13th May 2024 Garden club meeting in the Hall @ 15:45 14th May 2024 Writers group in N203 @ 15:00 13th-16th May 2024 Pinkster Week in the Hall @ 18:00 22nd May 2024 Residents Talk in the Hall @ 15:00 29th May 2024 General Elections 30th May 2024 Lotto Draw in the hall @ 18:30 31 st May 2024 Bring & Braai in the Hall @ 18:00		1 08:30 Library/ Biblioteek 10:00 Teatime: lounges 10:30 Man vs Bee Chapter 1 part 2 11:45 Prayer Meeting in all lounges 12:30 Fruit & Veg Lorry Public holiday
6	7	8
08:30 Library / Biblioteek 09:00 Outing 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges	09:00 Shopping Meadowridge 10:00 Teatime: lounges 10:15 Gym Trim in the hall 15:00 Teatime: lounges	08:30 Library / Biblioteek 10:00 Teatime: lounges 10:30 Man vs Bee Chapter 1 part 4 11:45 Prayer Meeting in all lounges 12:30 Fruit & Veg Lorry 15:00 Teatime: lounges 15:00 Activity
13	14	15
08:30 Library / Biblioteek 09:00 Outing 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:45 Garden Club Meeting 19:00 Pinkster Biduur	09:00 Shopping Constantia Emporium 10:00 Teatime: lounges 10:15 Gym Trim in the hall 15:00 Teatime: lounges 15:00 Writer's Group in N203 19:00 Pinkster Biduur	08:30 Library / Biblioteek 10:00 Teatime: lounges 10:30 Man vs Bee Chapter 1 part 6 11:45 Prayer Meeting in lounges 12:30 Fruit & Veg Lorry 15:00 Teatime: lounges 15:00 Activity 19:00 Pinkster Biduur
20	21	22
08:30 Library / Biblioteek 09:00 Outing 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges	09:00 Shopping Constantia Village 10:00 Teatime: lounges 10:15 Gym trim in the hall 15:00 Teatime: lounges	08:30 Library / Biblioteek 10:00 Teatime: lounges 10:30 Man vs Bee Chapter 1 part 8 11:45 Prayer Meeting in lounges 12:30 Fruit & Veg Lorry 15:00 Teatime: lounges 15:00 Activity 15:00 Residents Talk in the Hall 18:00 YouTube social evening
27	28	29
08:30 Library / Biblioteek 09:00 Outing 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges	09:00 Shopping Meadowridge 10:00 Teatime: lounges 10:15 Gym Trim in the hall 15:00 Teatime: lounges	08:30 Library / Biblioteek 10:00 Teatime: lounges 11:45 Prayer Meeting in lounges 12:30 Fruit & Veg Lorry 15:00 Teatime: lounges 15:00 Activity Public Holiday

Thursday	Friday	Saturday	Sunday
2	3	4	5
08:30 library/ Biblioteek 09:00 Shopping Constantia Village 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Bingo in the hall 15:00 Activity	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 man vs Bee Chapter 1 part 3	09:30 Church 10:00 Teatime in Lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Movie in Lounges Gifted hands 18:00 Woord & Lied Dr. Chris Saayman
9	10	11	12
08:30 Library / Biblioteek 09:30 Morning Market 10:00 Teatime: lounges 11:00 Activities in lounges 14:00 Shopping Blue Route 15:00 Bingo in the Hall 15:00 Activity 19:00 Ascension service	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 man vs Bee Chapter 1 part 5	09:30 Church 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Movie in Lounges The After 18:00 Woord & Lied Dr. Chris Saayman
16	17	18	19
08:30 Library / Biblioteek 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 15:00 Activity 19:00 Pinkster Biduur	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 Man vs Bee Chapter 1 part 7	09:30 Church 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Movie in Lounges NYAD 18:00 Woord & Lied Dr. Chris Saayman
23	24	25	26
08:30 Library / Biblioteek 09:00 Shopping Blue Route 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Bingo in the Hall 15:00 Activity	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 Man vs Bee Chapter 1 Eps 9	09:30 Church 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Movie in Lounges Can you see us? 18:00 Woord & Lied Dr. Chris Saayman
30	31		
08:30 Library / Biblioteek 09:00 Shopping Constantia Emporium 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Bingo in the Hall 18:30 Lotto Draw 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 18:00 Bring & Braai		



My mom Margaret Murray was a resident at PlumRus for the past six years. She sadly passed away on Easter Sunday morning (31 March 2024). She loved her flat in Mountain View, which was bright and sunny and had a beautiful view of the mountain. My mom celebrated her 90th birthday on the 7th December 2023 at PlumRus coffee shop with family and close friends.



Mom made many friends during her stay at PlumRus and she loved the fellowship she shared on a Tuesday afternoon at bible study. She had a very strong faith in the Lord and loved attending "One Hour for Jesus" on a Friday morning and the Sunday morning church service.

My mother was well loved by all the staff and carers and even though I went to visit her every day, it was reassuring knowing that she was being well looked after and cared for.

For the past three years her full-time carer was Gailine. In that time, they formed a very strong bond and got on exceptionally well together. Besides carrying out her everyday duties Gailine made sure that my mom was always comfortable. Gailine took her for walks around the garden and kept her entertained by playing cards and building puzzles with her. I would like to thank Gailine and the carers that looked after my mom on Gailine's off days for taking such good care of her.

We will always have fond memories of her time spent at PlumRus. (Shelley Jacobs – daughter)



We are very saddened about your passing. I hope this tribute will bring comfort to your family and friends. We are thinking of you and your family as you prepare to celebrate your mom's remarkable life and memories you shared. My heart goes out to you and your family at this difficult time. Mrs. Murray was a sweet and loving person. She loved to watch TV on Sunday afternoons. She loved to go for walks in the garden and to communicate with other residents. She also loved sitting in the sun for hours. Ouma loved reading her Bible. She never missed a church service unless she wasn't feeling well. She loved going to Bible study. Ouma used to love doing exercises in her flat. She was a wonderful person full of joy. We will miss her. May your soul RIP.
Love Gailine Williams





Mrs. Dowling was a very joyful person. She took a month or two to settle into her new living space in Zone 5, after which she loved being at PlumRus. She loved her music and to have a dance and enjoyed a glass of white wine at lunch time – this always brought a smile to her face. We miss her dearly. MHDSRIP

Our beloved mother Joan was the sweet soulmate of her twin daughters Juliet and Fran for almost 60 years. Mom, you will always be in our hearts and prayers. She was also the special friend of Peter Dowling who was in the next-door room at Russoord for 7 months and supported her in so many ways. We give heartfelt thanks to all the staff at Russoord who gave her the love and wonderful care during the time she was with you, and who made her end so respectful and peaceful. Fran, Juliet and Peter



In June 2010 Russoord, became Mrs. Adams permanent home due to her illness - Dementia. In the beginning stages of her illness, she was still able to participate in activities at Russoord. As a Christian she attended church services. She loved dancing, especially when Frikkie entertained the Residents, and it was a struggle to get her off the dance floor. She loved walking and we often took long walks on and off the premises. We as her carers have fond memories of Mrs. Adams. As a Christian she loved when her night carer read the Bible and prayed with her. One day she said to me, "fizzy" as she called Sophie the night carer, doesn't pray anymore. I laughed and said to Sophie, Mrs. Adams complained you don't pray anymore so please keep praying. The psychiatrist suggested the family get Mrs. Adams a fluffy toy animal. Her daughter brought her one all the way from Australia. A fluffy toy dog named Tomky and Mrs. Adams said "I am not a child; I don't want it" but

Tomky stayed, we put it on the bed and one of the Residents thought it was a real animal. Mrs. Adams was a fun-loving person, as her illness progressed, she was more confined to her flat to keep her dignity intact. She was a very private person, she didn't want to be pitied, would rather compliment others than accept a compliment, although she was a very beautiful lady inside and out. In the later stages of her illness, Mrs. Adams was totally dependant on her carers. I can say with much pride that they took good care of her. Mrs. Adams' personal needs and dignity was of the utmost importance to us. It was a privilege and an honour to care for Mrs. Adams. She was a beautiful soul. May she rest in peace.

With love from: Lucia, Sophie, Nolene & Pauline



As Jill's children, Colin and Nicola, we feel incredibly lucky. Our Mom loved us unconditionally, introduced us to the magic of books, gave us the joy of childhood pets, supported us when we decided to emigrate, taught us to be independent and showed us that with determination, anything is possible. She taught us the value of close friendships and family.

Mom was born in England just before the war. As a child she was evacuated to the countryside to escape the London bombings. This experience taught her to be resourceful and pragmatic. When 20 years old, her adventurous spirit and love of travel led her to South Africa for a holiday with her best friend, Janet. They fell in love with Cape Town and stayed, remaining loyal friends throughout their lives. Here, Mom met and married our Dad, Bernard. Theirs was a happy marriage and they used to hold hands when walking, right up until our Dad died in 1999.

Mom had a whacky sense of humour and loved British comedies. Her laughter was contagious. She was popular and all our friends adored her. Many kept in touch with her long after we'd grown up. Mom enjoyed cooking and we have happy memories of Sunday roasts and lavish Christmas lunches. Our Mom had a strong faith throughout her life. She taught Sunday school as a teenager and was an active parishioner of St Martins church in Bergvliet for many years.

It broke our hearts when it became clear that Mom had dementia on a visit to us in 2008 and she moved to Plumrus in 2010. Throughout her slow decline, the essence of the sweet, kind person she was remained. She stole the hearts of those who cared for her. She had a special bond with Sophie, now retired, who prayed with her and brought her comfort. Rhodene, and Lucia were with her from the beginning of this difficult journey to the end. They loved and cared for our Mom as if she were their Mom. We'll always be grateful for their wonderful generosity of spirit, for being with our Mom when we could not. This was a great comfort to us in Australia. We would like to thank the staff and residents of Plumrus for their care and support over the last 14 years.





The YouTube evening on Wednesday 27th April was a truly star-studded performance. From the very beginning it was amazing. When we arrived, there was such an atmosphere of excitement & anticipation. Then, of course the music began. All the old music stars with some of their iconic songs. We had Frank Sinatra, Dean Martin, Johnny Mathis, Bing Crosby & of course, Louis Armstrong & Ella Fitzgerald. It was truly like being transported back 50+ years. What made it so special, I think, was that when they were at their peak, we only heard them on records or in movies. This time we could see them in concert & even in rehearsal. Then, at interval we had a scrumptious snack interlude. Thank you to Charlene for that. Then back to the music, the whole evening came to an end far too soon. For those people who missed "The Crooners ", you missed a simply wonderful evening. Thank you so very much Belinda for the hours you must have spent in compiling it. I hope you had as much enjoyment doing it as we did listening to it.

(Dianne Slabbert)

Song sung blue, everybody knows one.

What a lovely evening residents enjoyed at the UTube event last night, Wednesday 17th April. The selection of old favourites from the 50's, 60's & 70's was well chosen and kept the 70+ residents and visitors who attended with broad smiles on their faces and brought back wonderful memories of their past wild days!!

It takes many hours of careful thought to arrange a programme of this nature and we applaud the effort of all concerned in making this such a wonderful and successful evening of entertainment for us. Thank you too for spoiling us with excellent snacks and drinks – it was indeed exceptional.

(Malcolm Mc Knight)



As die verblommetjies oopvou

(Lien Botha aanvaar met rustigheid dat haar as maar more of eendag deur die magtige winde weggevat kan word)

Vroegoggend, aan die voet van Bettysbaai se Blesberg, hoor Lien Botha die eerste geroep van die waterfiskaal. Sy wwon digby 'n fynbosdeining met besemgoed en proteas en erikas, en sy's omring van 'n bomeparadys. Daar's melkhout, boekenhout, keurboom, wildekanfer, karee en Kaapse wilg.

In haar tuin het sy ook twee witolienbome geplant wat sy getrou water gee. "Die winter se noordwes en die somer se tierende suidoos het hulle al twee keer geknak, maar dit lyk sowaar of dié dapper draers gaan oorleef. Hulle staan al vol van die wit blomme."

Lien het opgelet hoe vinke probeer nes maak in 'n jong wildevyboom, tot die wind dit oopgevelek het. Maar só ken sy die natuur – die vinke moet net moed hou, want wanneer die boom se takke digter is, sal dit dalk gereed wees om vir hulle 'n tuiste te bied.

"Tussen die bosse en bome beleef jy met watter presisie die natuur werk en hoe verweef dit is. Die Karoo-langstertjie over sy knap nessie sorgvuldig uit met die donserige sade van die wilde roosmaryn, en onder die duinebossies broei bergfisante. En al plant jy grotendeels inheems terug, is dit verbysterend om te sien hoeveel plante herrys deur sade wat voëls en wind hier aanbring.



"Jy leef omring van die natuur se wonderwerke en wanneer jy nóg 'n dag hier wakker word, is jy verheug. Jy leer plant en natlei met volmaan, en met donkermaan kyk jy hoe ver jy die nag vreesloos kan inloop. Jy aanvaar met rustigheid dat jou as maar more of eendag deur die magtige winde weggevat kan word.

"Na die winters wag jy met opwinding vir nuwe lewe en word jy telkens verras wanneer fonteinbos, kelkiewyn, bloumagriete en strandblommetjies in vrolike pers en geel plate voor jou opslaan. Die voetpaaie is vol poprosies en weeskindertjies, en laatmiddae verwonder jy jou aan die verblommetjies wat oopgevou het.

"Soms is die blommetjies só klein...jy moet op jou knieë gaan om hulle behoorlik te sien."



(Uittreksel uit–Ons kyk na die donkiemaan-stories oor die lewe–Deur Jeanne Henning Els)

Wisdom, i.e. wise living Daily...

1. Embrace silence...do introspection/reflection.
2. Make a difference in someone else's life. Do a kind deed, pay a compliment, lend a helping hand.
3. Practise compassion and care for others, who need it.
4. Read a text or verse from the Bible and say a prayer.
5. Find 3 things for which you are thankful and thank your Heavenly Father. (Write these down in a journal.)

(Submitted by: Louise Edgcumbe)



DRINK WARM LEMON WATER

1. Balances your pH levels
2. Helps with regulating blood pressure
3. Supports immune system
4. Hydrates you more than just plain water
5. Drinking warm lemon water before you eat helps with digestion
6. Helps your liver with purification
7. Kills bacteria that cause bad breath
8. Keeps your skin healthy



"You can make more friends in two months
by becoming interested in other people
than you can in two years
by trying to get other people interested in you."

- Dale Carnegie





I want to extend a sincere word of thanks to all our dedicated and hard-working staff, for the last year. You have made me proud (90+% of the time 😊) with your care and compassion for our Residents.

Now we are in a new year, from 1st of April, so let's make this an even better year. I know that I am sometimes hard and tough on you, but we all know that the only way to maintain the highest standards of care, is with competency, consistency, and discipline. There is no substitute for that, and these attributes we must practice every day, day in and day out. Always remember, we are the eyes, ears, hands, and feet of our Residents, and it is our duty and responsibility to carefully look after our them with compassion and love.



Your good work doesn't go unnoticed, I look and see what you are doing, and those of you always following our service delivery standards will always have my support and protection.

May this new year be a blessing for all of you, as we together pursue the most sacred of duties, taking care of, and caring for others before ourselves.

(Submitted by: Chris Schutte)



Joan Paulse

To be celebrated
by your
colleagues is a
true reflection of
who you are
and what you
meant to
everyone you
came into
contact with.

Blessings on
your Retirement!





Oh, Lisa'tjie, not so little anymore!

Congratulations on your beautiful matric dance. Your sincere effort deserves all the success. Wishing you Goodluck with your exams and remember only good preparations bring fantastic outcomes!

Life itself is a test, in comparison I'm sure your exams will be easier, this is just one of the few obstacles in your race. The best way to motivate yourself is to stop stressing 😊. Take pride in how far you've come and have faith in how far you can go. I'm sure your parents are very proud of the young lady you are growing up to be.

(Miche Philander)



**Shauniqa Adams –
Steenberg High School's Prefect
MX 2024**

If I could bless my granddaughter with 3 things, it would be:
Confidence to always know her self-worth,
The strength to chase her dreams and
The ability to know how truly deeply loved she is.

Congratulations on your achievement thus far my angel.

I love you to the moon and back 😊

Kisses from your Grandma-Rhodene Koense



PS.- Clearly received years of modelling training from her grandmother...ons is oor 'n foto!





Tannie Linda De Wit het weer Oumagrootjie geword.
In foto is Tannie Linda se dogter, Karen, met Connor
Daniel.



John en Lida het Maart by die kinders in Fort Beaufort gaan kuier. April maand kuier hulle by die kinders in Somerset Wes...Nou dit is hoe 'n mens aftree geniet!

Uncle Joey & Aunty Ursula are super proud of their great niece Paige. Paige, who lives in Auckland, is 1 of 16 students chosen to undertake a business trip to the States and London, visiting global companies such as Google, to see first-hand how they manage their multi dollar empires. They



also paid a visit to the United Nations. Speakers from the various companies and organizations will talk to them about how the company was founded, their product and their operations. Paige does Business Studies as a subject at school. Students who have gone on a similar trip have either successfully opened their own businesses or received job offers from the companies they visited. Congrats Paige & keep pushing boundaries!



Ouma Chummy het oor 'n paar dae haar 90ste verjaarsdag gevier met kinders, kleinkinders, agterkleinkinders en vriende.



Wat is 'n Ma? (deur die oë van 'n kind)

Maas is baje mooi Hille klee hille gesigte in.

Maas lees vir mens stories.

Maas kan goet sien, as jy klaar gebat het sien hille dis nog vyl agter jou ore.

As jy stout is sien hille deer 'n mier en vra wat jy alweer doen.

Hille maak groente vir kos en ons kry lekker poeding as on salles opeet.

Maas moet baje slim wees, want ons jivrouens gee vir ons hyswerk dan doen ons maas dit.

Maas vat kinnners skool toe en soen hille voor ander kinnners en tanies.

Maas is altyt laat en sê kinnners moet hou maak.

As jy siek is pas Maas jou op.

Maas het baje gelt vir tamatiesous, pienatbater, seep en tannepasta, kofie en pap maar net biekie gelt vir swiets.

Maas sê altyt hille het nie gelt nie maar dan koop hille 'n trolie vol goeters.

Maas hou van winkels waar mens net 'n papierkie teken want dan hoef jy nie te petal nie.

Maas sê altyt hille is vet as hille ou kleere aantrek, nuwe kleere pas net reg en dan is hille maar.

Maas is baie virsigtig. Hille sê altyt pasop vir die karre en slyt al die dere.

Hille is bang vir krieke, en jaag die hond van die bet af.

Maas is baje vliks.

Hille praat lank op die foon, lees boek en kyk dys of de laaivs op tiewe en dan maak hille vinig kos voorlat Paas kom.

Maas gaan eendag hemil toe want hille bit baje en ken alis van Liewe Hiesis.

Ek is baje lief vir Maas

(Ingedien deur: Jan Lourens)

Sooooooooo
baie lief
vir Ma!





Celebrating Mother's and their child/children working at PlumKus. Thank you for your love and compassion shared with our Residents. May you in some small way experience the heart-felt wishes shared by your children on this Mother's Day.

To my Mom, Marshalene

So much of me is made from what I learnt from you. I may have outgrown your lap but I know I will never outgrow a place in your heart. It doesn't matter how old, big and strong I become; I will always be your little girl and you will always be the greatest mother. Thank you for all your love and support, I will always love you.

Ashlynnne



Happy Mother's Day to the best mom, Cathy



Thank you for being a blessing in my life. I want to take a moment to let you know how much you are appreciated. You are a true angel to me. I am more grateful to you than words can express. I thank you for your kindness and for being the wonderful, amazing person you are. I know I am blessed to have you in my life.

I know things have been tough in 2023, when you loss your son, my brother. Just the thought that he will not be here to wish you a Happy Mother's Day makes me sad. Know that he is looking at us from above ...Happy Mother's Day.

Donay



Growing up we don't think we realized just how much you did to keep our day-to-day lives running so smoothly. Now that we all grown up.

We are in awe of everything you do for us, and we admire you all the more. Thank you for making our childhood such a special one.



The loveliest masterpiece of the heart of God is the love of a mother.

Happy Mother's Day Mommy - We love you!

Miche & Lee-Shay

*My Other Mother, Rossilyn
Though I've never called you Mother,
In my heart I hope you know,
That you'll always be remembered
For the seeds of love you sow.*



*You'll forever be regarded
For your kind and gentle way,
For your words of love & guidance,
Things that only Mother's say.*

*And though I've never said it,
Still, I pray that you can see,
You have been my other Mother
And forever shall you be!
(Luzaan)*

First and foremost, I would like to say Happy Mother's Day to all mothers in earth and in heaven.

Being a mother is tough; you are literally the family anchor. Everything weighs on your shoulders, but there is nothing that can break you down. You are the hope and light of the family as you always have a solution to most problems.

To my mother, Anthea Le Croes, I just want to say thank you for being there for me when I need you, thank you for the wise words and tough love you always give me. I appreciate all the sacrifices you made for me, teaching me how to be independent. You are cautious, paranoid, and overprotective at the best of times. The older I become the more I see you in me; we are so alike – but yet so different.

Happy Mother's Day and to all the mothers, enjoy your appreciation day, love Akiela.



Dear Mom Rhodene,

On this Mother's Day, I want to express my heartfelt gratitude for the love, wisdom, and strength you've shared with our family throughout the years. Your presence in our lives brings joy and comfort beyond measure.



As we celebrate you today, I'm reminded of the timeless words from Proverbs 31:28: 'Her children arise and call her blessed; her husband also, and he praises her.' Your kindness, grace, and unwavering faith inspire us all.

Thank you for being the incredible woman and Mother, grandmother, and sister that you are. May this day be filled with love, laughter, and cherished memories. Happy Mother's Day!



With all our love,
Shandre, Sherlene & family

To the Best Mom, Rene Monique Abrahams



Thank you for your endless patience, wisdom and kindness. You are my rock, and I am forever grateful for the love you have not just for me but for my siblings. On this special day I want to express my heartfelt gratitude for the love, care and all the sacrifices you have made for all your children.

You are beautiful and soft around the edges, but you have the strength of steel. I wish to one day become at least half the person that you are.

Thank you for the unconditional love and support. I love you mommy more than you will ever know. Love Tiffany.



Her Warming Smile! (by Keri Delport)

It started with a stupid thing,

I can't remember what.

A simple thing she asked me to do,

But I got my knickers in a knot!

I shouted at her angrily,

Note meaning what I said.

Then I looked into her crying eyes

And sent myself to bed.

Now I'm the one who's so upset:

Sobbing in the dark.

Just lying down here on my bed,

Wondering why I left that mark!

Why did I have to shout like that?

Why did I have to scowl?

It was only a simple thing she asked,

But I complained in words so foul!

Suddenly my door creeks open

As she quietly comes in.

I stare at her, she stares at me

With tears running to my chin.

No words are spoken, but are still told,

As she shows me a smile so warm.

I know what I did's forgiven now

When I'm lovingly embraced by Mom.



We, the Plumrus group, would like to thank Madri and the Artscape Team sincerely for gifting us with tickets to attend the opera show on Saturday 20 April.



To say that we enjoyed the show would probably be an understatement as we experienced not only the professional production but also the efficiency and care we received from your staff and volunteers.

To some of us opera was a new experience of story -telling. The three productions, while different in character, were engaging, thrilling and entertaining. Of course, we all had our favourites, but found something for everyone in the three renditions. The seasoned opera goers among us particularly found the "short pocket versions" novel and innovative, but also a creative way to introduce the novice to the world of opera.

Thank you once again for an afternoon packed with good music, good stage performance and brilliant singing. Oh, a big thank you for providing us with safe transport to and from the event, as well.



Thank you to the Mimecast Team for spending meaningful time planting some herbs and plants in our Zone 2 courtyard, as well as pampering our Residents with hand massages and conversations.





they may
forget what
you said
But they will not
forget how
you made
them feel

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Would you like to assist our team with activities for your Residents, while adding more meaning to your own life?

Speak to Portia or Rezandt and we can include you in our team.

Can You Find the Words?

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

Celebration

Intelligence

Missionary

Emotional

Community

Mountains

Memories

Pilgrims

Leadership

Sacrament

Marriage

Purpose

Fellowship

Narrative

Pleasure

Service

Seniors

Pioneer

Interest

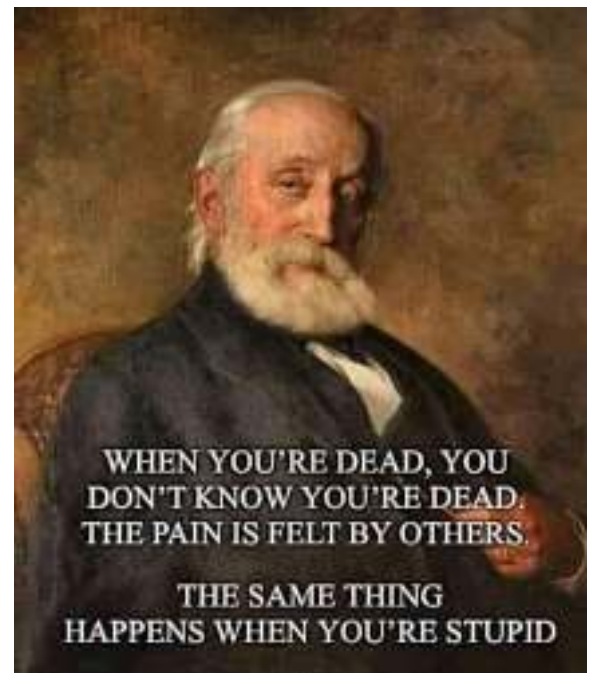
Bounty

Die man was vir 27 Jaar
in die tronk maar kannie eers
3 dae in my beurse bly nie



**Ek is Nogals
Geworry oor Eskom
julle**

**Lewe dai Man
nog wat so AAN en
AF SIT 🙄👍😂😂**



Jannie se ma vra vir hom om sy Pa te
bel en te vra hoe laat hy huis toe kom
van gholf af.

Jannie bel en sê agterna vir sy Ma:
"Daar's 'n vrou wat sê hy kannie nou
praat nie!"

Later kom Pappa by die huis en
Mamma gee hom 'n helse klap. Pappa
vra heel verbaas: "Wat de hel was dit
voor?"

Mamma sê vir Jannie: "Sê PRESIES vir
jou Pa wat die vrou gesê het toe jy
gebel het!"

Jannie: "THE SUBSCRIBER YOU HAVE
DIALED IS NOT AVAILABLE AT
PRESENT - PLEASE TRY AGAIN
LATER." 🙄🙄🙄



AFRIKAANS

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

BRANDERPLANKRY
SAMEWERKING
NAVORSING
HUISWERK
SKYFIES
SKRYF
TUIN

SPRINGMIELIES
SKAATSPLANK
KLASKAMER
ONTSPAN
FAMILIE
SKOOL
SKEP

TROETELDIERE
PANTOFFELS
VAKANSIE
MAANDAG
ONTDEK
KLUIS