



n e w s



MAKING A LIFE GIVING DIFFERENCE

Spiritual Care Program for November 2020

Fridays @ 09:30	Sundays @ 09:30	Sundays @ 18:00
6 th One Hour for Jesus	8 th Morning Service	8 th Evening Service
13 th One Hour for Jesus	15 th Morning Service	15 th Evening Service
20 th One Hour for Jesus	22 nd Morning Service	22 nd Evening Service
27 th One Hour for Jesus	29 th Morning Service	29 th Evening Service

DON'T LET THIS HAPPEN TO YOU...

Aneta clutched the table and shouted. "That's impossible! It's not true!"

The past months had been a blur of draining activity. Dates, dress designs, venues and guest lists. Aneta was exhausted. But at last, things had started to come together. And now this!

"Home Affairs told me you're already married!" the Pastor had said.

"But I've never been married!"

"I have to check on the marital status of the couple involved, before conducting their wedding ceremony, and according to their records, you got married a few years ago!"



Identity theft is a big problem. Our names, ID number and banking details can be stolen. Using our details, fraudsters are able to empty our bank accounts or run up huge amounts of credit. They can even marry us off to someone willing to pay for citizenship in South Africa. All this causes unimaginable problems.

As serious as this is, there's another type of ID theft which is far more harmful. This happens when Christians allow the Devil to 'steal' the truth of who they really are in Christ. Our identity in Christ is infinitely more than simply 'reaching our full potential', or 'living our best lives'. Who we really are as followers of Jesus, is centred in the restoration of the image of God in us. That's why the Apostle John said this about those who received Christ and believed He was who He claimed to be...

*'He made them to be their true selves,
their child-of-God selves.'*

John 1:12 (MSG)

Human beings were originally made in the image of God and able to reflect His nature. Sadly sin distorted God's image and dulled the reflection of His nature in us. But God, in His love made a way to restore His image and reflection through the death and resurrection of Christ.



Our basic human 'identity' is shaped by the context in which we live. Like a deck of cards, it's multi-layered. What we inherit from our parents, the type of family we grow up in, our culture, our successes and failures and the values we adopt, are all aspects of our human nature. Some are more significant than others, but together these 'layers' form the core of our human ID. This unique core embodies the sort of person we are, irrespective of the different roles and responsibilities we have.

When someone repents or changes the way they live and comes to faith in Christ, they're 'born again' by the Spirit of God. They become a 'new creation'. Jesus Christ comes to live inside them, and His life begins to percolate through every aspect of their being, changing them to be more like Himself. It's through Christ's transforming presence and power, that God's image is slowly restored and we become our 'true' selves'...our 'child-of-God' selves. In this way the life of Christ is expressed through our unique person. This restoration of the image of God within us is a process that begins in this life and is completed in the next.



New Testament pages are filled with awe-inspiring truths about who we really are in Christ... our true identity! We're 'chosen' by God, His special possession! We're highly favoured in Christ! Adopted into His family, and joint heirs together with Jesus of an inheritance that can never perish, spoil or fade! These are some of the timeless truths relating to our 'child-of-God' selves. The top card in the deck that embodies our true identity in Jesus.

Don't let the Devil steal this from you!



To our residents.....

1st*	Venetia Helm	N010	90
6th*	Maria De Klerk	R12	90
6th	Louise Edgcumbe	F102	81
6th	Mavis Tobias	R37A	84
8th	Joyce Foster	N201	85
8th	Rebecca Meyer	R37C	89
8th*	Margaret Raven	F120	98
10th	Christina Janse Van Rensburg	R15	86
12th	Anna Arnold	R19A	98
13th	Aletitia Madden	R18B	87
13th	Joan Smith	R29	85
14th	Gwyneth Collins	F118	87
15th*	William Basson	R45C	91
15th	Alan Hodges	R67	82
16th	Herbert Godden	R68	86
20th	Frances Talbot	R25A	89
25th	Carol De Jongh	R57A	73
29th	Isabella Schreuder	R17	84



november

BIRTH FLOWER

loyalty

honesty

love

deep passion

get well wishes



CHRYSANTHEMUM



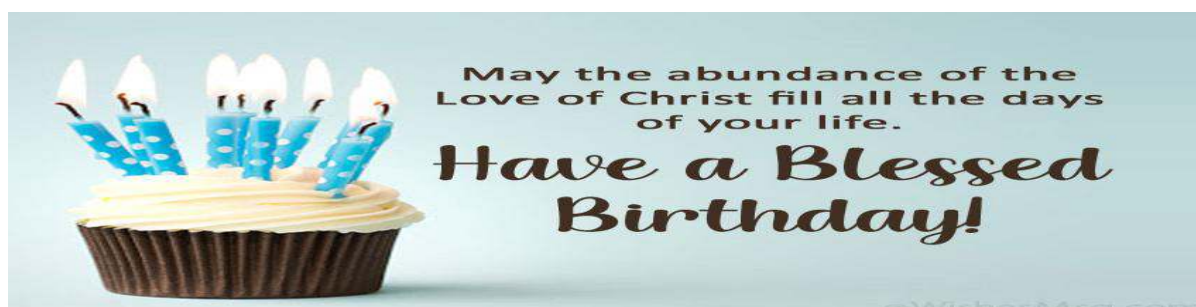
To our staff.....

1 st	Sharon Amsterdam	Health Care
2 nd	Shirley Africa	Health Care
2 nd	Aloise Castle	Health Care
3 rd	Portia Sam	Health Care
8 th	Jazreel Manuel	Facility Carer
8 th	Muriel Mapling	Health Care
14 th	Gail Jackson	CSC
18 th	Eric Barnard	Gardening Services
22 nd	Jemone Williams	Catering Services
24 th	Petronella Melouw	Health Care
27 th	Clayton Felix	Risk Management
28 th	Lindsay George	Health Care Admin
28 th	Natasha Vlotman	Health Care
30 th	Denzil Jehoma	Facility Carer
30 th	Nolene Wheeler	CSC



Happy Birthday to our members

2 nd Mrs Thomas	7 th Mrs Markus	10 th Mrs Scott	14 th Mrs Samuels
15 th Mr Van Gee	20 th Mrs. Robertson	25 th Mr Adams	29 th Mrs Robinson



Het Jy Geweet?

Topaz, 'n halfedelsteen wat die vriendskap simboliseer, word in baie kleure aangetref, maar dit is die oranje-geel weergawe wat die tradisionele geboortesteen vir November is. Citrine, wat eintlik 'n kwartskristal is wat van geel tot oranje van kleur wissel, word as 'n ander geboortedatum van November beskou. Dit word dikwels vergis vir die oranje-geel topaas, wat die duurder van die twee klippe is.



Pretdae in November

- Nasionale mans maak aandete: die eerste Donderdag in November (sommige van ons dink dit moet elke Donderdag, die hele jaar wees, maar wat weet ons)
- Nasionale Sandwich Day: 3 November, wat ook die Nasionale Huisvrou-dag is (ons ontdek hier 'n tema ...)
- Wêreld Diabetes Dag: 14 November
- Internasionale Verdraagsdag: 16 November

Onlangse historiese gebeure

- Parker Brothers het die wêreld op 5 November 1935 aan die Monopoly-spel bekendgestel.
- Op 18 November 1963 het Bell Telephone Company die drukknopfoon aan die publiek bekendgestel.
- John F. Kennedy is op 22 November 1963 vermoor.
- Die apartheidstelsel in Suid-Afrika eindig op 1 November 1995 met die eerste all-rasse-regering verkiesings.

Disability info South Africa NPC (DiSA) - Disability Rights Awareness

South Africa commemorates National Disability Rights Awareness Month annually between the 3rd of November and 3rd of December. This year Casual Day will also be celebrated on the 3rd of December 2020.

Disability Info South Africa NPC (DiSA), offers a "Free One - Stop Information Service" that was developed for Persons with Disabilities and their families in South Africa, whom are looking for information that can help them to be better equipped to face the challenges of their circumstances and any related barriers presented by society. Over the last 6 years DiSA has become the "Go-To Information Portal" for all things pertaining to Persons with Disabilities in South Africa. "Unlock The Shackles Of Your Disability Using The Key Of Knowledge" embodies our belief that knowledge is power and that, with the correct information at our fingertips we can break all barriers to equal rights and access to essential needs and can unite and strive for a better Accessible South Africa free of discrimination and barriers.



In 2020 and going forward DiSA has not only been focusing on supplying a free information service to create awareness about what and who is available to assist persons with disabilities, but we have also been working on platforms and partnerships to make a change to the inaccessible built environments and people's perceptions that shackle

persons with disabilities and prevent them from taking part equally in society.

It is essential that we not only create "Disability Rights Awareness" but also put stepping-stones in place to make a permanent change, not just for one month a year, but for the rest of time. With the development of our current and new websites and Apps, as well as the support services and social media platforms that we provide, we aim to Inform, Identify, Address and Empower persons with disabilities, so as to remove the inequalities, discrimination and barriers that many persons with disabilities still face on a daily bases.

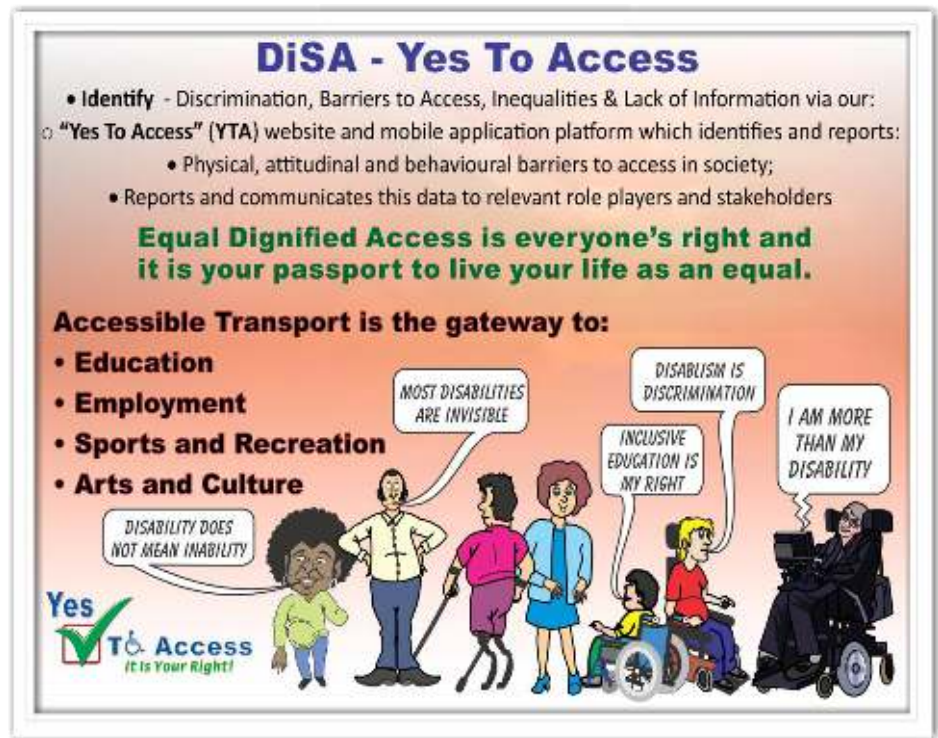
Easy access to the correct information is the 1st stepping-stone to creating equal rights, which DiSA is currently providing, the next step, is to create affordable and accessible transport and access to buildings, schools, essential services and

all aspects of society, including inclusive education, which we in South Africa still do not currently have, despite a constitution that states:

"Everyone is equal before the law and has the right to equal protection and benefit of the law. Equality includes the full and equal enjoyment of all rights and freedoms. To promote the achievement of equality, legislative and other measures designed to protect or advance persons or categories of persons, disadvantaged by unfair discrimination may be taken."

Only once this constitution is truly enforced, can persons with disabilities hope to stake our claim as an equal part of society. DiSA strongly supports a paradigm shift to a "New Normal", whereby persons with disabilities and the elderly, unify to demand a better future for all. DiSA is in the process of launching various

new initiatives with the assistance of the relevant role players and stakeholders to identify, coordinate, inform and address the need for "Access for All".



Please join and support us as we kick-start a positive, passionate and driven outreach to Persons with Disabilities and Older Persons, across South Africa, who are in dire need for change. The Time Is Now! Together with its Friends, Partners and Allies in the Disability Sector, DiSA is saying "Yes To Access!" Let us "Break the Shackles of our Disability", go and claim our right to be part of an equal society and help us to enable change to create an inclusive, accessible and resilient South Africa. - NOT leaving anyone behind ever again.

Casual Day is South Africa's leading fundraising & awareness campaign to benefit and create awareness for persons with disabilities. It is the flagship project of the National Council of and for Persons with Disabilities (NCPD) and was launched in 1995. Every year South Africans are encouraged to go to work or school dressed differently and to wear the official Casual Day sticker to show their support for persons with disabilities. This year

Disability info South Africa (DiSA) was approached by NCPD to support their Casual Day Campaign by selling stickers, with some of the proceeds going to assist the free information service that DiSA provides and some of the new projects that we are working on.



The date for Casual Day 2020 has changed!
Get your stickers & merchandise for

Thurs 3 December
International Day of Persons with Disabilities

**ORDER YOUR CASUAL DAY
STICKERS FROM US!**

© Disney

**STICKERS
R20**

Casual Day
with Persons with Disabilities
SIDE BY SIDE
for Equality
A project of the NCPD - 2020

Disney MICKEY AND FRIENDS Stay True

Side by Side for Equality in support of Persons with Disabilities!

Please click on the links below to support our [“Back-a-Buddy Fund Raising Campaign”](#) or our [“Casual Day Campaign”](#) , or visit www.disabilityinfosa.co.za to view our free information service or contact Alan Downey for assistance on: 084 504 9176, 021 761 4831 or email him on: info@disabilityinfosa.co.za.

PlumRus is a proud supporter of DiSA through our annual membership.

Alan Downey, the founder of DiSA, is a resident at PlumRus, and we are encouraged by the work he does for people with disabilities and the older person. We will continue our support with a follow up article in our December edition of the PlumRus News.



Sonde met die bure

(C.J.Langenhoven)

Elke maal, tot nou nog as ek weer by hom kom, elke maal is die ou see maar weer nut vir my, so grilling en buierig is hy. As jy hom nou sien is sy gesig 'n grote glimlag tussen die diamante soos 'n groene golwende grasvlakte op 'n mooiweerooggend in die vroeë lente met doudruppeltjies wat glinster tussen die blomme. En dan weer lyk hy so somber en weemoedig, die ou see, asof sy ouderdom hom neerdruk en hy is moeg, moeg, moeg vir die ou wêreld. En sy kleur is 'n sieklike asvaal, nes 'n ou hoed of 'n maer volstruiswyfie s'n; en rimpels loop oor oor sy gesig soheentoe en hiernatoe en dwars en oorkruis deurmekaar, en voor jy hulle kan naspoor om die patron uit te maak is hulle weg en daar is ander, nog ouer; en sy stem is 'n klaaglied van eindelose wanhoop. En dan weer is hy in 'n moorddadige kwaai bui en hy skop en stamp en vloek en skel en slaan met sy golwe daarop dat dit dreun soos donderslae.



Gister was hy 'n spelende, laggende suigeling, vandag is hy 'n wispelturige nooientjie wat wil hê, en nie wil hê nie, en uitsoek en laat staan en maar weer uitsoek; môre sal hy 'n afgeleefde ou man wees met sy toekoms agter sy rug; en oormôre 'n woeste, dronke derduiwel.

En met al sy nuke en buie is dit hy wat die ewige en onveranderlike is. Berge spoel af die vlaktes in en vlakke velde word opgehys; die aanskyn wat vir ons die vaste aarde lyk verander gedurig-want dis altyd hier aan't bou en daar aan't afbreek, ongemerk maar onverbidlik. Maar die ou see bly wat hy was deur die geologiese periods heen.



So ontsaglik en so geheimsinnig-nooit is sy stem stil nie. Nou babble hy en dan sing hy en dan raas hy en dan fluister hy. En ons mensies luister en luister om sy taal te leer en nog nooit is sy geheim aan ons geopenbaar nie.



There might be a perception that in 2020 men have broken free from their own shackles of remaining silent on their health issues. Clearly this is not the case!

Movember was created as a movement to raise awareness around men's health. Globally, men die on average 6 years younger than woman, and for reasons which are largely preventable. This means that earlier detection leads to earlier treatment, which can lead to longer, happier and healthier lives.

Unfortunately, our cultures around the world tell men that they should be tough, brave, and strong.

They are encouraged to "man up" to earn respect. One of the side effects of this is that men often believe going to the doctor is as a sign of weakness. Some other myths;



- **Men don't want to change** – the doctor may advise they lose weight, stop smoking, cut down on alcohol
- **Everything's probably fine** – men may not have any symptoms, so they don't want to "waste" their time or money
- **They can play through it** – athletes do it all the time, so many men believe they can just deal with the pain
- **Men just don't get emotional** – men don't show or express emotions
- **Men can recover on their own** – men don't need treatment or help, they should just man-up and get on with life
- **Men with mental issues are violent** – mental issues don't equate to violence
- **Some disorders don't affect men** – men suffering from eating disorders find little or no empathy from society

The Movember movement raises awareness around the following health issues in men;

- **Prostate Cancer** – it is the second most common cancer in men globally. The difference between early detection and late detection can be life or death. When you've 50 you need to have a conversation with your doctor about PSA testing. If there is a family history of prostate cancer do it at 45.
- **Testicular Cancer** – is the most common kind of cancer in younger men
- **Mental Health & Suicide Prevention** – give support & get support

Five things every man should know, and do;

- **Spend time with people who make you feel good.** Men function well surrounded by friends. Stay connected and support each other.
- **Talk, more.** You don't have to have the solutions to all the problems, but just being available and giving of your time can be life saving.
- **Know the numbers.** At age 50 talk to your doctor about prostate cancer. Know your numbers, know your risk, talk to your doctor.
- **Know thy nuts.** Get to know what's normal for your testicles. Speak to your doctor if they don't feel right.
- **Move more.** Add more activity to your day



Which Step Have You Reached Today?

Welcome to the Team

"I'm Shenice Weitz, born in East London, in the Eastern Cape and moved to Cape Town in 2018.

It's always been a dream of mine to become a nurse since I was in primary school, as I cared for my granny who was a known diabetic. I never gave up on caring for others as this became a passion for me as time went on. I started my nursing course in 2015 and completed it in 2018. I then decided to move to Cape Town to start a life on my own and pursue my career as a nurse."

"I am the youngest and only nurse in my entire family, so I have always wanted to not only make my parents proud but my family members as well. As the youngest, and only girl at home, my passion has always been to do right unto others, and always put others first.

Being new to the Mother City, I am still finding my way around, taking in as much of its beauty as possible. My soul is refreshed when I am close the sea. I not only sing in the shower, but in fact attend voice training/coaching.

Plumrus is a new and exciting challenge for me and I look forward to a bright and bold career started here, hoping that I can bring a positive change to a new adventure."



Sr. Shenice has been appointed as the Assistant Health Care Manager (Sr. Muriel's 2IB). We are excited to have her on board and we trust that this new adventure she speaks of will be mutually beneficial.

November 2020

Maand Program / Monthly Program

Monday	Tuesday	Wednesday
30 09:00 Manne Bid Groep -Staff 10:00 Tea Time: lounges 10:00 Catholic Church in John Killian 11:00 Activities in lounges 14:30 Music / DVD in lounges 15:00 Tea Time: lounges		
2 09:00 Manne Bid Groep -Staff 10:00 Tea Time: lounges 10:00 Catholic Church in John Killian 11:00 Activities in lounges 14:30 Music / DVD in lounges 15:00 Tea Time: lounges 15:00 Friends Meeting	3 09:30 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	4 08:30 Library 09:45 NG Kerk diens 10:00 Tea Time: lounges 11:00 Activities in lounges Heartland Series 11:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 15:00 Croquet
9 10:00 Tea Time: lounges 10:00 Catholic Church in John Killian 11:00 Activities in lounges 14:30 Music / DVD in lounges 15:00 Tea Time: lounges 16:00 Garden Club Meeting	10 09:30 Shopping Constantia Village 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	11 08:30 Library 09:45 NG Kerk diens 10:00 Tea Time: lounges 11:00 Activities in lounges Heartland Series 11:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 15:00 Croquet
16 09:00 Manne Bid Groep -Staff 10:00 Tea Time: lounges 10:00 Catholic Church in John Killian 10:30 Methodist Church 11:00 Activities in lounges 14:30 Music / DVD in lounges 15:00 Tea Time: lounges 16:00 Garden Club Meeting	17 09:30 Shopping Meadowridge 09:30 Action Entertainment in the Hall 10:00 Tea Time: lounges 10:30 Action Entertainment in Sugarbush 11:00 Bible Study in N102 15:00 Tea Time: lounges	18 08:30 Library 09:45 NG Kerk diens 10:00 Tea Time: lounges 11:00 Activities in lounges Heartland Series 11:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 15:00 Croquet 18:00 YouTube Social Evening in the Hall
23 09:00 Manne Bid Groep -Staff 10:00 Tea Time: lounges 10:00 Catholic Church in John Killian 11:00 Activities in lounges 14:30 Music / DVD in lounges 15:00 Tea Time: lounges 15:00 Talk about Succelents in the hall	24 09:30 Shopping Constantia Village 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 15:00 Live Entertainment in the hall	25 08:30 Library 09:45 NG Kerk diens 10:00 Tea Time: lounges 11:00 Activities in lounges Heartland Series 11:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 15:00 Croquet

Thursday	Friday	Saturday	Sunday
Midday Prayer in All Decentralized lounges, Daily @ 12h00 Shopping EVERY Tuesday & Thursday @ 09h30 Fruit & Veg Lorry Wednesdays @ 11h30 Heartland Series in all decentralized lounges, Wednesdays at 11h00 Heartland Series in all decentralized lounges, Saturdays @ 15h00 02 November 2020 Friends Meeting in the Hall @ 15h00 05 November 2020 Mini Market in the Hall @ 09h30 09 November 2020 Garden Club Meeting in the Hall @ 16h00 13 November 2020 Bring & Braai @ 18h00 18 November 2020 Youtube Evening in the Hall @ 18h30 23 November 2020 Talk about Succulents in the Hall @ 15h00 24 November 2020 Live Entertainment in the Hall @ 15h00 27 November 2020 Bring & Braai @ 18h00			1 09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges The Healer 18:00 Woord & Lied
5 08:30 Library 09:00 Morning Market 09:30 Shopping Constantia Village 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Bingo in the Hall 18:30 Lotto Draw in the hall	6 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	7 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	8 09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges Eat Pray Love 18:00 Woord & Lied
12 08:30 Library 09:30 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	13 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	14 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	15 09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges Free Willy 18:00 Woord & Lied
19 08:30 Library 09:30 Shopping Constantia Village 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Bingo in the Hall	20 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	21 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	22 09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges Live Twice Love Once 18:00 Woord & Lied
26 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	27 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	28 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	29 09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges Hope Springs 18:00 Woord & Lied

The Symptoms Men Should Not Ignore

(Sr. Muriel Mapling)

- **Frequent Urination:**

More frequent visits to the toilet does increase as we age, but the frequency can also point to Diabetes.

In men it can indicate problems with the Prostate gland, especially when accompanied by a decreased urine flow.

Family history also plays a part, for example, if a father, brother or uncle has been diagnosed with Prostate cancer, an annual test should be done from the age of 40 or 45 years.

PSA blood test looks for a protein found only in the Prostate.

- **The Chainsaw effect:**

Having a "boep" can be to blame for snoring.

Extra tummy weight compresses the lungs and airways, causing shallow breathing and vibrations of the small tongue (uvula) at the back of the throat.

The effort of obstructive breathing makes you stop breathing every few seconds, and is called sleep apnea, which can lead to heart problems.

If you are not sleeping properly, it will leave you tired all day.

Try sleeping on your side and loose the "boep"

- **Feeling the burn:**

Acid reflux or heartburn is caused by a backflow of the stomach juices, into the oesophagus , carrying extra weight around your waist does not improve the situation.

The fats put pressure on the valve, so it does not function properly, so when you lose belly weight, the heartburn will stop.

- **Erectile Dysfunction:**

About 70% of Erectile Dysfunction (ED) is vascular and linked to heart problems, making it imperative to see your Doctor for a cardiovascular check up.

Some cases of ED is hormonal, due to a lack of Testosterone, in which the “beer boep” plays a role.

Intra abdominal fat is not like other fat, it accumulates as a sheet around the organs inside the body, circulating Testosterone then binds with the fat cells.

It is not that the man is not producing enough Testosterone, but that it becomes trapped in the fat.

So, for a long, healthy and happy life, I would tell men to look after their general health, eat a balanced diet, and stay away from sugar.



Above all, stop smoking and excessive drinking.



To strengthen the abdominal muscles, do yoga based exercise and visit the gym regularly.





Grow and Groom a Mo to Unite and Overcome Lockdown Isolation
Help Change the Face of Men's Health this Movember

29 October 2020 – The hairiest month of the year is here! Now more than ever Mo Bros and Mo Sisters need to join Movember – the global movement that's Changing the Face of Men's Health – and Grow, Host or MOVE to help raise funds and awareness for men's health issues such as depression, suicide prevention as well as prostate and testicular cancer.

"The COVID-19 pandemic has turned our world upside down and continues to devastate people's lives. Job losses, financial instability, emotional strain and health struggles are taking their toll on all men," says Garron Gsell, chief executive and founder of the Men's Foundation, which manages the Movember campaign in South Africa under license from the Global Movember Foundation.

Gsell adds that the pandemic has emphasized issues such as loneliness, depression, isolation and prostate and testicular cancer, which is why Movember 2020 is more relevant than ever.

A month-long campaign that starts 'growing' from this Sunday, the 1st of November, Movember looks at mental health through a male lens, focusing on prevention, early intervention and health promotion, working towards men taking action to be mentally well, while being supported by those around them. The campaign sees men across the globe change their appearance by growing a moustache for 30 days to help raise awareness on these issues.

"The pandemic has urgently brought into focus the need to have open conversations and empower men to address their physical and mental health issues. Traditionally men have adopted a 'head

in the sand' approach to deal with it, but we can't afford this any longer," says Gsell.

Currently, men in South Africa have a life expectancy that is seven years' shorter than that of women. The Men's Foundation aims to reduce the

number of men dying prematurely by 25% by 2030. Furthermore, prostate cancer rates will double in the next 15 years. Testicular cancer rates have already doubled in the last 50 years, while three quarters of suicides are men. Poor mental health leads to half a million men taking their own life every year. That's one every minute.

What the Men's Foundation is doing in 2020 to make a difference?

The Men's Foundation has developed several mental health support programs, which they aim to fund through this Movember campaign as well as corporate contributions. This includes 'Conquer the Curve'®, which is a podcast and webinar series featuring renowned counselling psychologist Dr Hanan Bushkin, Founder of the Anxiety and Trauma Clinic, and a specialist in the treatment of anxiety disorders and trauma related conditions.

As an advocate for Men's Health and as a member of the Cancer Alliance, the Men's Foundation has also been acknowledged for its contribution in developing first ever Policy and Guidelines for treating prostate cancer to be published next year by the Department of Health.

Funds raised by the Men's Foundation support awareness, education and survivorship and research programmes developed in South Africa through local Movember efforts. Survivorship programmes invested into include a Patient Navigation Programme, Cancer Cohort Programme, an on-line patient support centre, the extension of its global prostate registry IronMan to South Africa and more recently Project Peacock. Project Peacock provides the option of Low Dose Rate (LDR) brachytherapy to prostate cancer patients.

To find out more about how you can become involved in the Movember movement, or just simply to reach out for support, please use the following social media channels;

#tag: #MovemberRSA
Facebook: <https://www.facebook.com/MovemberSouthAfrica>
Twitter: @MovemberRSA

Media contacts: Crystal van der Merwe
084 685 2450
cystal@movembersa.com
Garron Gsell
082 580 4581
E-mail: garron@movember.com

(The above is an excerpt from the official media release issued by the Movember Foundation for their 2020 campaign.)

I Am Going Nowhere Until Then

My mother, Anna Arnold in Zone 2, was born in Heilbron on 12 November 1922 and will be 98 years old on 12 November. Ma raised four daughters, Linda, Hester, Amanda and Renee. Linda and her husband, Jannie, will join the PlumRus family in Flat N5 in the future, Hester lives in Kleinmond and visits us when she can, Amanda lives in Brisbane Australia where she enjoys her family nearby and visits us every two years. I, Renee, live in PlumRus North.

Anna Arnold was an accomplished dressmaker and made beautiful wedding gowns, suits and dresses. She then entered the business world as a secretary to directors of Caltex in Pinelands where she lived with her husband Donald Arnold. They then retired and bought a banana farm in Southbroom Kwazulu Natal. Anna was a Bowling Champion at the Margate Bowling Club. They were also keen line fishermen and enjoyed taking part in the sardine run scooping up as many fish as they could.



They then moved to the Cape and settled in Franskraal near Hermanus. Renee invited them to join her and Mick at their Onrus holiday house and to catch crayfish off the new harbour wall at Hermanus. Ma was then in her 80's but nothing could stop her catching her quota of 4 crayfish per day. Mick liked to eat the crayfish but did not like to catch it! Mick sold the Onrus house so that we could buy our flat at Plumrus North where he enjoyed every moment until his passing on 8 October 2015.

Donald Arnold passed away on 28 January 2015 and we packed up Ma's house and she was blessed to secure a flat at PlumRus, until she had an unfortunate fall and needed extra care which was given to her by the wonderful staff in Zone 2. Anna is of a sunny and friendly disposition and is very happy with her accommodation. Renee and Linda, being local, take Ma out into the garden to sit in the sun, for treats at the coffee shop and showing old videos of Ma's hey days in Renee's flat. With Covid-19 I could not see Ma in her Zone 2 but maybe soon.

Anna said, when I told her she is going to reach 100 years old, **"I am going nowhere until then!"**



Help At Home From A Carer

Having a carer come to visit you in your home can make a huge difference to your life, especially if you have difficulty walking or getting around. It can help you stay living independently in your own home.

This type of care is known as home base care, domiciliary care or sometimes home help.

Home base care is very flexible. You might need a carer for only 6 hours a day, or eventually for 24 hours.



It can be temporary – for example for a few weeks while you recover from an illness or operation, or it can be long term.

When should I consider help at home?

You might want to consider care at home if:

- you're finding it difficult to cope with daily routines, such as washing, dressing and getting out and about
- you don't want to move into a Home

How can Home Base Care help?

A carer can visit you at home to help you with all kinds of tasks or activities, including:

- getting out of bed in the morning
- washing and dressing
- brushing your hair
- using the toilet
- preparing meals and drinks
- remembering to take your medicines
- assist with your shopping
- getting out, for example taking you on walks
- getting settled in the evening and ready for bed
- Light housekeeping



Where to get help

Our team of suitably skilled carers, provide home base care services to our residents at PlumRus as well as clients in the surrounding southern suburbs. For more information, and to have services tailor made to your specifications, why not give Rhodene a call on 021-761 2323 or email her at rhodene@plumrus.co.za

Blessed and Highly Favoured

Mrs. Banfield celebrated her 90th birthday with a family lunch. We pray God's continued blessings on your life.



Mrs. Naomi Warner enjoys all things bright and beautiful!



Garden Club

The gardens are all looking good at the moment. JJ's supervision is paying dividends and we are seeing the positive effects. Marie Knuppel's contribution of the birds under the trees at the front entrance, the pram on the lawn in the courtyard and a new penny farthing bicycle have been much admired and very much appreciated, thank you Marie.

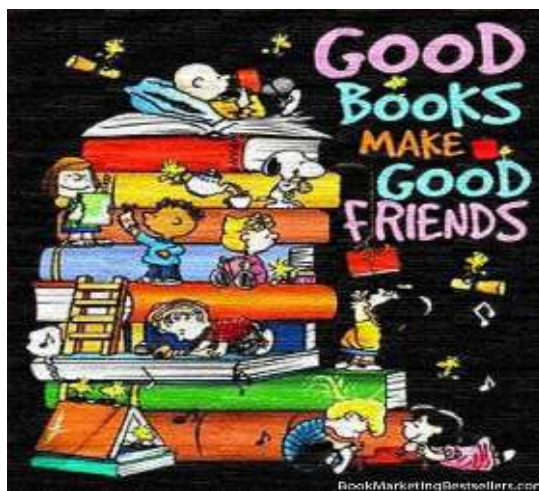
We are at long last going to start our monthly talks. The first one will be on Monday 23rd November. It will be given by Paul Green. You may remember he came last year and gave us a fascinating talk on succulents. Succulents are very popular these days and he is an expert and has a wonderful garden. Do not miss this opportunity to hear and see all about these very rewarding plants.

Our next Garden Club meeting takes place on Monday 9th November.



Our residents enjoying the gardens and great company.





Having recently finished reading Lucinda Riley's The Seven Sister books- each one a brilliant page turner, each one seemingly better than the previous one, I felt doomed never to find anything of interest to read again.

How blessed we are to have not only an amazing library, but equally important, caring and committed librarians. When I told Vivienne of my dilemma she set time aside, questioning what types of books I'd read and enjoyed. Had I ever read Nora Roberts, a "superstar" according to the New York Times? No, I'd never even heard of her. WOW, there were more than a dozen of her novels. She must be good!

To my absolute delight there were three books unbelievably about "Three Sisters Island Trilogy", then "The Dream Trilogy", the third, "Holding the Dream", which I am busy reading at present. Nora Roberts is a truly gifted teller of tales with an ability to compel her characters to jump into life, out of the pages and events you've just been reading.

Many thanks to our amazing librarians and our unbelievable library!

(Gaynor Dickson)

We wish upon a star!

We have been gifted with 3 crates of long playing records (LP's) for use by our residents. If you, or if you know of someone, who could assist us in establishing a music library, we would love to hear from you. We would need a vinyl turntable and sets of earphones. This will further enhance our stimulation activity offering to our residents. Contact Belinda on X1027.



YouTube Social Evening



Residents were spoilt with great music from International Choirs, tasty treats, and good company.





The winner of our reader's competition "The Way We Were" in our October PlumRus News, is none other than Mrs. Sannie Meyer. Enjoy your prize of a full breakfast for two people at our coffee shop.



Welcome Home to Our New Residents



Mrs. Anthea Sangster – MV 105



Mrs. Cecilia Potgieter – East F114



Mrs. Jennifer Cooper – The Lodge



Mrs. Veronica Hopwood – North 005

Mrs. Loes Van Kerpel Zone 5, Room 56





Our thoughts and prayers go out to the family and friends of the following residents who passed on

Mrs Margaret Murray

Mrs June Pedersen

Mr George De Bruyns

Mrs Genevieve Hanger

Mrs Beatrice De Villiers

Mrs June Swanepoel

We especially remember our staff member EN Heimie Jaftha who passed away suddenly on the 22nd September.

