



November 2021

Making a life-giving difference

Spiritual Care Program for November 2021

Fridays @ 09:30	Sundays @ 09:30	Sundays @ 18:00
5 th One Hour for Jesus	7 th Morning Service	7 th Evening Service
12 th One Hour for Jesus	14 th Morning Service	14 th Evening Service
19 th One Hour for Jesus	21 st Morning Service	21 st Evening Service
26 th One Hour for Jesus	28 th Morning Service	28 th Evening Service

A Most Precious Gift

It was an ordinary working day for 30 year old Rob Maresca. He enjoyed construction work and looked forward to the day ahead. After climbing a long extension ladder, Rob got busy. About mid-morning as he stretched out to tighten something, the ladder snapped, then buckled violently, flinging Rob into mid-air. Seconds later, his flailing body hit the ground with a sickening thud. Sadly, in spite of the finest medical treatment, he never regained consciousness. Within a few days his critically injured body began to shut down. Death loomed. Rob's heartbroken parents struggled to come to grips with their crushing loss. But in the midst of their pain, they thought about others, and suggested Rob's undamaged organs be made available to those in need of a transplant life-line.

That's how 57 year old Elizabeth Kepley, a single mom with two adult sons, came to receive her "new" heart. Years earlier, her heart had been irreparably damaged by a long bout of chemotherapy. Her condition was inoperable and medication no longer helped. A transplanted heart was her only hope. Surgery at Westchester Medical Center in Northern New Jersey went well. Elizabeth's post-op recovery was remarkable. A few months later she walked into a room at the Medical Center, to meet Rob's parents – Bob and Marla Maresca. Their concern for people like her had made the transplant possible. She was deeply grateful. "I'm the recipient of your son's heart," she said, "It's the greatest gift I've ever received! Thank you for giving me a chance to live."

This heart warming story reminds us of another time and another gift. The most precious gift of all!

Our sin-dead lives have with God and everyone tells us how our common us in this mess. And none sin's chaos. First it was an uncrossable abyss that from God. Unknowingly, One who would get us out God's rescuing gift in the While one man's sin eternal separation from which came through Jesus breathtaking recovery of we need to do is grasp



broken our relationship else. The Apostle Paul ancestor Adam landed of us is exempt from sin, then came death - eternally separates us Adam pointed ahead to of it - the 'Last Adam', person of His Son. 'sentenced' us all to God, the gift of God Christ, made a eternal life possible. All with both hands the

extravagant life-gift offered to us in Christ. For Elizabeth Kepley, the gift of a 'new' heart was her only hope. For us God's rescuing gift, available through Jesus Christ, is our only hope. In him our sin and guilt are dealt with and our relationship with God is restored. Like Elizabeth, we've been given a chance to live. To really live...a life that's more and better than we've ever dreamed of. A life Jesus described as abundant life, or life to the full!

During their time together, Elizabeth offered Bob and Marla a stethoscope and asked if they'd like to listen to their son's heart beating in her chest. "It's just like holding him!" Bob whispered. Tears flowed...it was a deeply moving experience. In one sense, their son Rob lived on in Elizabeth.

God's Word tells us Christ died that we may live. He died for our sins and rose again to make us right with God. Because of God's grace we get included in Christ's sin-conquering death and life giving resurrection. That's why Paul could say...

*I no longer live, but Christ lives in me. The life I now live I live by believing
in God's Son, who loved me and took the punishment for my sins.
Galatians 2:20*

What an amazing thought....Christ living in us! This reality is made possible through the extravagant grace of God, a gift too wonderful for words!

Have you received this indescribable gift of God? If not, reach out in faith and receive Jesus Christ as your Lord and Saviour. In him the deepest longings of your heart will be satisfied. You'll find refuge under the shadow of his wings, and feast on the abundance of his house. You'll drink from the river of his delights, and in his light you'll see light.

"If you believe in him you will never be disappointed."
Romans 10:11

Submitted by: Ps Dave Henderson



Vrydag 15 Oktober 2021 - One Hour for Jesus.

Ds. Willem Badenhorst - opsomming van sy preek met toepassing wysiging vir PlumRus.

Ons grootste vraag is wat maak ons by PlumRus? Wat maak ek by PlumRus? Is ek hier vir aftrede, is ek hier omdat my kinders/familie my hier geplaas het, maar die werklikheid is dat God my hier geplaas het en dat God 'n doel en 'n plan met my lewe het. God wil hê dat ons saam met mekaar nie tyd sal mors nie.

Ons horlosie gaan voort om te tik, ons is besig met ons laaste kleed repetisie. Die gemiddelde inwoner het 25550 dae op aarde, waar trek ek en jy? Wat ons weet ons kan niks aan gister doen nie maar ons kan baie doen aan more. God wil nie dat ons tyd mors nie. Efesiërs 5:15-17 *"wees baie versigtig hoe julle lewe, nie soos onverstandige mense nie maar soos verstandiges. Maak die beste gebruik van elke geleentheid; want ons lewe in 'n goddelose tyd. Moet daarom nie onverstandig optree nie maar probeer te wete kom wat die Here wil dat julle moet doen"*.

Wat is God se plan met my en jou by PlumRus? Moet nie God se doel vir jou by PlumRus mis nie. Efesiër 2:10 *"God het ons gemaak wat ons nou is. In Christus Jesus het Hy ons geskep om ons lewe te wy aan die goeie dade waarvoor Hy ons bestem het"*.

- Kom ons behoort en is deel van PlumRus se Geestelike program,
- Kom ons groei in Sy Woord
- Kom ons doen wat Hy op ons pad lê.

PlumRus het ook ons geestelike program vir 2022 aangepas om beter geestelike versorging as span te kan lewer, saam en vir mekaar:

- Woensdae oggende 11:45 – PlumRus biduur
- Vrydae 9:30 - Ons tweetalige lofprysing en aanbidding: Een uur vir Jesus
- Sondae oggende 9:30 – ons Engelse Diens
- Sondae aande 18:00 – ons Afrikaanse diens
- Een keer per maand nagmaal
- Verskeie klein groep bidure en Bybelstudies

Ons fokus dus nie op denominasie of kerkgebruike nie maar net op die Woord: God Drie Enig en Jesus die enigste Saligmaker.



We Gather to Scatter

Summary - Louie Giglio's teaching watched at our One Hour for Jesus. Louie speaks about the purpose of the church which we equate to PlumRus.

Why we are at PlumRus and what is the purpose of each one of us at PlumRus?

What lasting impression will each one of us leave behind, and more importantly what will PlumRus be remembered for? PlumRus is not the brick & mortar, but rather the actions of the people, the "living stones", which will define us.



We Gather. We Scatter.

PlumRus is our home, built by God, filled with people, PlumRus is you. Our spiritual program is critical to our identity. We want to ensure that we are taking "God's business" seriously, especially in the midnight hour of our lives. Our program structure is to be enforced under the banner; **We Gather to Worship, We Scatter to Serve!**

Why do we gather?

- Exalt God – Not about what you can get out of the gathering but rather what can you bring to the gathering
- Edify One Another – God wants to build you up. Spirit to strengthen you
- Equip You – So that you can be the church in your sphere of work

Why do we scatter?

- Wherever you are going is reshaped by where you have been
- Hope is spread regardless of circumstances
- Giving God our best in our work every hour, not just for a hour
- Chance encounters are God appointments
- Pray about everything
- Create Heaven on Earth
- Seek peace while remaining planted in truth.
- Living like you are an Actor in God's story not an extra in somebody else's drama

Time is precious. We can no longer continue "playing church". As PlumRus looks to develop a more focus and inclusive Spiritual focus, free of denominational labels, we pray for wisdom and that God will lead the process as we trust the Holy Spirit to bring the correct people alongside us to seek His will and plan for each one of us. Christ came into the World so that each one of us can be saved and inherit the Kingdom of God. We ask that you to continue pray.

HEAVEN'S GROCERY STORE

I was walking down life's highway a long time ago.
One day, I saw a sign that read "Heaven's Grocery Store",
As I got a little closer, the door came open wide,
And when I came to myself, I was standing inside.
I saw a host of ANGELS. They were standing everywhere.
One handed me a basket and said; "My child shop with care".
Everything a Christian needed was in the Grocery Store,
And all you couldn't carry, you could come back the next day for more.
First, I got some PATIENCE. LOVE was in the same row,
Further down was UNDERSTANDING, you need that everywhere you go.
I got a box or two of WISDOM, a bag or two of FAITH.
I couldn't miss the HOLY GHOST for it was all over the place.
I stopped to get some STRENGTH and COURAGE to help me run this
race.
By then my basket was getting full, but I remembered some GRACE.
I didn't forget SALVATION for SALVATION is free.
So I tried to get enough of that to save both you and me.
Then I started up to the counter to pay my grocery bill,
For I thought I had everything to do my MASTER'S will.
As I went up the aisle I saw PRAYER and I just had to put that in.
For I know when I stepped outside, I would run right into sin.
PEACE and JOY were plentiful, they were on the last shelf.
SONG and PRAISES were hanging near so I just helped myself.
Then I said to the Angel, "Now, how much do I owe?"
He just smiled and said "Just take them everywhere you go".
Again, I said, "How much do I really owe?"
He smiled again and said:
"MY CHILD, JESUS PAID YOUR BILL A LONG, LONG TIME AGO!"



Eendag baie lank gelede is my oupa oorlede....maar dit was maar reg so,'want hy was baie oud!'

Jare daarna is my pa oorlede.... Maar op 'n manier was dit ookmaar reg so, 'want hy was oud'

"Nóû, het ons al vriende verloor en ons is verstom...

'hulle is dan nog so jonk!'

Stadig maar seker begin die werklikheid soos yskoue water in jou murg intrek.

My oupa was 'twee en sestig.' My pa was 'nege en sestig.'

Ja, dis waarnatoe 'ons' op pad is...Sommige van ons is al selfs daar 'verby!'

Saans sit ek rustig en luister na die krieke en kyk na die sterre, somsneem 'n vreemde emosie van my besit.

Ek wil 'huil' oor die jare wat so gou verby gespoed het...maar ek wil dan weer 'jubel' oor die tye wat nog kom.

My Vriende...Tel elke dag vir julle vars manna op.
Drink 'elke dag' die water uit die rots wat 'Hy vir jou gee...en 'LEEF DANKBAAR!'... Elke sekonde en elke liewe dag! Voluit en Aanhoudend!

Hul 'kortstonig' oor die hartseer in jou lewe. Doen dan 'opgewonde' die dinge wat die Here nog wil he jy moet doen. Treur oor hulle wat weg is...Onthou maar net hulle is nie meer hier nie...'doen maar moeite, 'met hulle wat 'nog hier is.'

Hou op geld na te jaag

Hou op versamel...

Hou op om sleg te praat oor ander..

Hou op om ander te oordeel...



Hou op om jaloers te wees...

Vergewe en vergeet alles wat sleg is...

Lag so veel as moontlik...

Leer om dankie te se as iemand jou komplimenteer...

Lewe voluit...

'Gaan en dien' die Here voluit en 'geniet' jou laaste paar jare saam met jou geliefdes!

Sê as jy iets mooi sien of belee fen as jy goed voel oor iets...

As jy vir jouself hou, is dit soos 'n geskenk wat jy toe draai en nie weggee nie...

Mens kan nie iets deel wat jy nie besit nie...

Moenie huiwer om die mooi te deel nie...

Gee komplimente...

Vra hoe it gaan...

Bid vir ander...want jy is

Mos 'n Konings Kind...

Wat ons saai, sal one sekerlik maai...

Onthou! Die digter sê:

'Wat ek is, is net genade! Wat ek het, is net geleen!'

'Leef tot Eer van die HERE ewig gereed om Hom te ontmoet.. Vandag of more...want wanneer dit jou en my tyd is...weet net onse Heer alleen!'

Mooi en reguit Loop...

Met 'n goeie gees want die lewe het nie 'n waarborg nie....Geleen





Craig Freeman – New Cook

Craig will join our Catering team on the 1st of November 2021

Ietsie oor myself.....

Wel ek het groot geword in Lotus Rivier, middel kind, gematrikuleer by Lotus Hoër. Daarna het ek Finansiële bestuur gaan swot by Northlink College by Bellville en toe ook Parow toe getrek. Na dit het ek by Absa Bank gewerk en ander plekke, maar my hart was altyd by kook. Paar jaar later toe kry ek die geleentheid om 'n chef kursies te doen en na dit het ek die Professionele Kok kursies as vakleerling vir n jaar gedoen. My passie lê diep in die kos bedryf en ek geniet graag die natuur en is n groot musiek liefhebber. Ek is deur baie struikelblokke in my lewe maar ek hett altyd positief gebly.

Hier is so voorsmakie van wat Craig kan doen.....



Craig will be reporting to Cindy, and will be part of the Zebra team.

Welcome Craig, if you need any "testers" I am happy to offer my services....at no charge!





God's richest blessings on your Birthday!

1st	Venetia Helm	N010	91
6th	Maria De Klerk	R12	91
8 th	Joyce Foster	N201	86
8th	Rebecca Meyer	R37C	90
8th	Margaret Raven	F120	99
10 th	Cristiana Janse Van Rensburg	R15	87
13 th	Aletetia Madden	R18B	88
13 th	Joan Smith	R42	86
14 th	Gwyneth Collins	F118	88
15th	William Basson	R45	92
16 th	Herbet Godden	R68	87
20th	Frances Talbot	R25A	90
29 th	Isabella Schreuder	R17	85
30th	Grechen Smith	R59	91



We wish all our members a very Happy Birthday!

2nd Mrs M Thomas

7th Mrs MM Markus

10th Mrs ME Scott

14th Mrs E Samuels

20th Mrs L Robertson

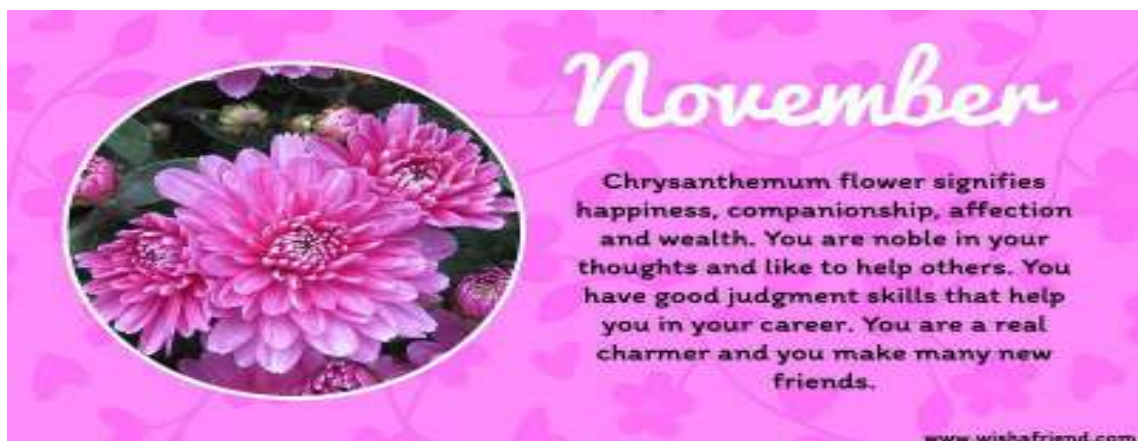
25th Mr G A Adams

29th Mrs R Robinson

HAPPY BIRTHDAY TO OUR STAFF



2nd	Shirley	Africa	Health Care
2nd	Aloise	Castle	Health Care
03rd	Portia	Sam	CSC
8th	Jazreel	Manuel	CCL
10th	Amanda	Meyer	CCL
14th	Gail	Jackson	CSC
17th	Natalie	October	CSC
18th	Eric	Barnard	Maintenance
22nd	Jemone	Williams	CCL
27th	Clayton	Felix	Risk Man
28th	Lindsay	George	Health Care
28th	Natasha	Vlotman	Health Care
30th	Denzil	Jehoma	CCL
30th	Nolene	Wheeler	CSC



Did You Know?



The Wendy house at the back of the Pincushion extension has been converted into a training and small meeting venue. It is important to continually invest in the up-skilling of our staff at all levels. The venue is equipped with the necessary resources to make the learning experience an enjoyable one.



Photos capturing our staff receiving training from Dementia SA facilitator about Dementia the illness and how to care for someone suffering with Dementia



25 November 2021 - our Residents Year End Function

Surprise on surprise and the key to this party is clean windows. Study the notice board / Daar is altyd iets lekker wat wag in November maand vir al ons inwoners en dit is nie om die vensters te was nie maar die vensters was gee ons toegang tot n lekker Inwoners jaareindfunksie. Hou die kennisgewingborde dop – vir die aksie.





We are indeed blessed to be living in the most beautiful city in the world, Cape Town! Synonymous with Cape Town is one of the 7 Wonders of Nature – Table Mountain.

The main feature of Table Mountain is the level plateau approximately three kilometres from side to side, edged by impressive cliffs. The plateau, flanked by Devil's Peak to the east and by Lion's Head to the west, forms a dramatic backdrop to Cape Town. This broad sweep of mountainous heights, together with Signal Hill, forms the natural amphitheatre of the City Bowl and Table Bay harbour. The highest point on Table Mountain is towards the eastern end of the plateau and is marked by Maclear's Beacon, a stone cairn built in 1865 by Sir Thomas Maclear for trigonometrical survey. It is 1,086 metres (3,563 ft) above sea level, and about 19 metres (62 ft) higher than the cable station at the western end of the plateau.

The flat top of the mountain is often covered by orographic clouds, formed when a southeasterly wind is directed up the mountain's slopes into colder air, where the moisture condenses to form the so-called "table cloth" of cloud.

Plan a visit during your birthday month, and on presentation of your SA ID document you can travel on the cableway free of charge.

SA Senior citizens, 60 yrs and older, can travel on the cableway 7 days a week at a cost of R100 a return.

During the summer season you can travel on the cableway to experience some of the most beautiful sunsets on the continent, at half price.



Still so much to do



Nuwe jaar kalender vir 2022 / Year Planning 2022

Hou die posbusse dop – tans in wording / Keep your eyes on your postbox – it's going to "fly" in very soon.



December 2021 – Our Staff Year End Function (3 groups into 2 days)

In December 2021, time and date unknown - we say thank you to our staff – keep your eyes on the notice boards. Ons bederf ons 3 spanne: Zebras, Kwaggas en Olifante by 2 geleenthede om dankie te sê vir 2021. Hou die kennisgewingborde dop – dit is lekkerder as kos!



PlumRus Carols by candle light 22 December 2021

Come and enjoy our own You Tube Carols by Candle Light evening – something special including the singing of carols.



31st December Bring & Braai as well as Watermelon Festival

Let's continue the PlumRus tradition enjoying great companionship accompanied by delicious food!

NB. November Bring & Braai cancelled.



We've had a challenging financial year to date with many unforeseen big ticket expenses, largely related to maintenance issues that needed to be dealt with, as well as battling the 3rd wave of the Covid pandemic.

Navigating the finances since the advent of the Covid pandemic has been tricky to say the least and we don't expect it to be any different for the foreseeable future. Balancing our finances is a balancing act and a consistent exercise in strategic thinking and discipline.

We will begin our budgeting process soon which usually goes through around six to seven drafts before being submitted to our Board for approval. We expect that this process will indicate an annual levy adjustment for the 2023 financial year which will signal a return to the more common annual levy adjustments of previous years, before the advent of Covid.

**ACCOUNTANTS
NEVER RETIRE**

...

**THEY SIMPLY
RECALCULATE**



There is definitely some truth in the saying that you first eat with your eyes. Presentation of our food is so important. Well done to our Catering team under Cindy's leadership for creating some "eye-catching" dishes over the last few weeks.

Geluk help soms, Werk help altyd!

Lekker spitsvondig!

Bandwagon - Jollielorrie

By word of mouth - Liplangs

Conversation - Tongklap

Downlights - Platonogies

Helmet - Kopdop

Instant messaging - Kitsklets

Kreepy Krauly – Blaarslurp

Cubby hole - Vroetelkisse

Covid 19 se nadraai (as julle dit wil vertaal is julle welkom wees net versigtig ek speel met woorde), het nie net chaos veroorsaak nie maar ook verdeeldheid gebring, mense finansiëel uitgeroei, werkloosheid vererger en ons geestelike denk-patrone gekniehalter. Dit wat ons nou beleef is baie erger as wat ons verwag het. Wat verder gaan gebeur is net 'n raaisel en net bespiegeling. Niemand weet regtig nie. Wat ons by PlumRus weet is dat ons moet versigtig wees en verantwoordelik en ons beperkinge van die virus, maar volgens regulasies verpligtend omdat ons nie graag wetende persoon / inwoner wil aansteek sanitize (in en uit so ver ons kan social distance vir ons Inwoners en ons sal dit ook respekteer. Die wat graag hulle self wil beskerm, wat versigtig wil wees, wat verantwoordelik wil wees kan voortgaan om hulle maskers ook in hulle "Huis" dra.



moet lewe binne die lewens in oorfloed. Masker is nog en dit sal so bly vir ons personeel of nie wetende enige ouer nie. Ons sal voortgaan met kamers/woonstelle) en ons sal handhaaf. PlumRus is n "Huis"

Boikot - Pat Van Wyk

In die laat 19 eeu in Ierland moes Kaptein Charles Boycott sorg dat kleinboere wat grond by die eienaars gehuur het, nie uitgebui word nie. Hy was besonder ongenadig teenoor hulle en het selfs hulle besittings gekonfiskeer as hulle nie die uitermate hoë huur kon betaal as gevolg van aartappel-misoeste nie. Die gemeenskap het besluit dat Boycott in die winkels, op die markte en selfs in die kerk heeltemaal geïsoleer moes word. Niemand het met hom onderhandel nie, sy personeel het hom verlaat, sy vee is verdryf en hy is oral bespot.

Hy kla toe in die koerant en skielik is sy naam en skandes voorbladnuus! En daar word 'n nuwe naam vir ostrasisme geskep - boycott! Die nuwe werkwoord versprei oornag deur Europe en word in baie tale opgeneem. Ook in Afrikaans - boikot



The War Reporter

Monthly Edition: An Englishman's View- 4 November 1899

When our reporter reached the battlefield soon after the fight, he again met the British war correspondent, George Steevens. The latter seemed rather dejected and obviously has much more respect for our burghers now than he had after the British victory at Elands-laagte a week ago, Steevens was especially impressed by the fact that the burghers went out of their way to assist with the treatment of the British wounded, that they gave their helpless enemies water out of their own bottles, and that even though they experienced a shortage of modern rifles themselves, they gave captured Lee- Metford rifles to the British medical orderlies to use as splints to set the broken limbs of wounded soldiers. Steevens was equally surprised that the

Boers did not take the British wounded prisoner of war. Neither did they celebrate their victory with excessive joy, but sat in groups under the thorn trees singing hymns of praise to the Almighty.

Thus the battle, which stifled the British attempt to defeat the Republican forces in Natal, came to an end early on the afternoon of Mournful Monday. What the British are going to do now, we do not know. We will force them to surrender Ladysmith by firing on them with our Long Tom guns, this is certain. Our men are full of self-confidence, all expecting that, as in 1881, the British political leaders in London will realize that their soldiers cannot win a war here and will negotiate for peace.



1980-1989

OP DIE RAND VAN DIE AFGROND

18 April 1980

Zimbabwe raak onafhanklik, met **Robert Mugabe** as president.

Mei 1980

Die regering verbied **Pink Floyd** se liedjie "Another Brick in the Wall" omdat dit glo skoolboikotte kan aanmoedig.

20 Januarie 1981

Ronald Reagan word ingehuldig as president van die VSA.

25 Januarie 1981

Die **Laingburg-vloed** eis meer as 150 lewens en saai verwoesting van die Karoo tot aan die suidkus.

18 Februarie 1982

Die fregat *SAS President Kruger* sink nadat dit tydens 'n vlootvaartuig bots. Sestien bemanningslede sterf.

Maart 1982

Die **Konserwatiewe Party (KP)** word gestig deur 23 LP's wat uit die Nasionale Party wegbreek.

2 April 1982

Die Falkland-oorlog tussen Brittanje en Argentinië breek uit.

Januarie 1983

Wetenskaplikes van die Pasteurinstituut isoleer die **virus** wat vigs veroorsaak.

20 Augustus 1983

Die **United Democratic Front (UDF)** word in Mitchells Plain gestig uit protes teen die voorgenome Driekamerparlement.

11 Augustus 1984

By die Olimpiese Spele in Los Angeles pootjie **Zola Budd** (Brittanje) en **Mary Decker** (VSA) mekaar in die 3000 m. Nie een voltooi die wedloop nie.



16 Oktober 1984

Aartsbiskop **Desmond Tutu** ontvang die Nobelprys vir Vrede.

11 Maart 1985

Mikhail Gorbatsjof (54) word leier van die Sowjet-Unie.

17 Maart 1985

42 kinders sterf toe die bus waarin hulle gery het, in die Westdene dam in Johannesburg beland.

15 Augustus 1985

P.W. Botha se "Rubicon" toespraak in Durban: geen van die verwagte hervormings word aangekondig nie.

Februarie 1986

Van Zyl Slabbert bedank as leier van die opposisie omdat die parlement "irrelevant" geword het in die Suid-Afrikaanse politiek.

12 Junie 1986

P.W. Botha kondig 'n noodtoestand af weens politieke protes.

Oktober 1986

Die betaalkanaal **M-Net** se uitsendings begin. Koste: R29 per maand, met gratis "oop tyd" tussen 17:00 en 19:00.

11 Junie 1987

Margaret Thatcher word vir 'n derde termyn as Britse eerste minister verkies.

Augustus 1987

Suid-Afrikaanse en **Kubaanse** magte raak slaags in die beslissende Slag van Cuito Cuanavale in die suide van Angola.

28 November 1987

159 passasiers en bemanningslede sterf toe die Helderberg, 'n S.A.L. Boeing 747 Combi, in die see stort.

18 Maart 1988

Die Hugenote-toneel deur die Dutoitskloofberge open en verkort die roete tussen die Paarl en Worcester met 11km.



4 November 1988

Die eerste uitgawe van **Vrye Weekblad** verskyn onder redakteurskap van Max Du Preez.

15 Augustus 1989

P.W. Botha bedank as staatspresident na 'n intense binnegeveg. **F.W. de Klerk** volg hom op.

November Maand Program / Monthly Program

Monday	Tuesday	Wednesday
1	2	3
10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music / DVD in lounges 15:00 Tea Time: lounges 15:00 Friends Meeting	09:00 Outing: Little Stream 09:30 Action Entertainment in the Hall 10:30 Action Entertainment in Sugarbush 14:00 Shopping Checkers Main Road 14:30 Bible Study in N102 15:00 Tea Time: lounges	08:30 Library 10:00 Tea Time: lounges 10:30 Activities in lounges Heartland Series E 5 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 15:00 Croquet 15:00 Residents Talk in the Hall
8	9	10
10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music / DVD in lounges 15:00 Tea Time: lounges 16:00 Garden Club Meeting	09:00 Outing: Little Stream 09:30 Action Entertainment in the Hall 10:30 Action Entertainment in Sugarbush 14:00 Shopping Meadowridge 14:30 Bible Study in N102 15:00 Tea Time: lounges	08:30 Library 10:00 Tea Time: lounges 10:30 Activities in lounges Heartland Series E 7 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 15:00 Croquet
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22	23	24
10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music / DVD in lounges 15:00 Tea Time: lounges	09:00 Outing: Little Stream 09:30 Action Entertainment in the Hall 10:30 Action Entertainment in Sugarbush 14:00 Shopping Constantia Village 14:30 Bible Study in N102 15:00 Tea Time: lounges	08:30 Library 10:00 Tea Time: lounges 10:30 Activities in lounges Heartland Series E 11 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 15:00 Croquet
29	30	
10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music / DVD in lounges 15:00 Tea Time: lounges	09:00 Outing: Little Stream 09:30 Action Entertainment in the Hall 10:30 Action Entertainment in Sugarbush 14:00 Shopping Meadowridge 14:30 Bible Study in N102 15:00 Tea Time: lounges 18:00 YouTube Social Evening In the Hall	

Thursday 4	Friday 5	Saturday 6	Sunday 7
08:30 Library 09:00 Morning Market 10:00 Tea Time: lounges 11:00 Activities in lounges 14:00 Shopping Constantia Village 15:00 Tea Time: lounges 15:00 Bingo in the Hall	09:30 One Hour for Jesus 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Prayer Meeting in N106	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 E 6	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges The Starling 18:00 Woord & Lied
11	12	13	14
08:30 Library 09:00 Shopping PnP Plumstead 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Bingo in the Hall 15:00 Bybelstudie in John Killian	09:30 One Hour for Jesus 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges	10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music/DVD in lounges 15:00 Tea Time: lounges 15:00 Activities in lounges Heartland Series E 8	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges Little Women 18:00 Woord & Lied
18	19	20	21
08:30 Library 09:00 Shopping Blue Route 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Bingo in the Hall	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 N106	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 E 10	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges Yesterday 18:00 Woord & Lied
25	26	27	28
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 Bybelstudie in John Killian 18:30 Lotto Draw in the Hall	09:30 One Hour for Jesus 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges	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 E 12	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges The Lake House 18:00 Woord & Lied

Gym Trim EVERY Tuesday in the Hall @ 09h30
Midday Prayer in All Decentralized Lounges EVERY Wednesday @ 11h45
Heartland Series in All Decentralized Lounges EVERY Wednesday @ 10h30
Fruit & Veg Lorry EVERY Wednesday @ 12h30
Heartland Series in All Decentralized Lounges EVERY Saturday @ 15h00
01 November 2021 Friends Meeting in the Hall @ 15h00
03 November 2021 Residents Talk in the Hall @ 15h00
04 November 2021 Morning Market @ 09h00
08 November 2021 Garden Club Meeting in the Hall @ 16h00
25 November 2021 Lotto Draw in the Hall @ 18h30
30 November 2021 YouTube Social Evening in the Hall @ 18h00

9 November 1989

Die **Berlynse-muur** val, die kommunistiese Oosblok begin verbreek.



Nagedagtes Ter Ere van Ds. Bobbie Liebenberg



Ds. F N B (Bobbie) Liebenberg en sy gesin word in Januarie 1979 as die eerste pastorie gesin in die 22or gestigde gemeente van NG Kerk – Plumstead verwelkom. Hulle het vir 21 jaar hierdie gemeente met liefde, toewyding en ywer gedien. Gedurende hierdie tyd is twee baie groot ondernemings aangegaan en deurgevoer, naamlik die bou van Plumstead Rusoord vir bejaardes (wat binne die grense van die gemeente val) asook die oprigting van die huidige kerkgebou.

Ds. Liebenberg ontvang emeritaat op ¼/96 maar dien nog in die gemeente tot sy aftrede op 20/2/00. Hulle verhuis na die Strand en hy is op 13/02/04 op 68 jarige ouderdom oorlede. In 'n huldeblyk tydens sy begrafnis het Dr. Pieter Bingle, leraar van die Gereformeerde Kerk van Kaapstad o.a. gesê: Sy 22ort is min! Hy was amper soos speserye wat smaak aan die lewe gee. Hy was BTW (Besondere Toegewyde Waarde)

<https://ngkerkplumstead.weebly.com/geskiedenis-van-ons-kerk.html>

Die gemeente Plumstead Ned Gereformeerde Kerk, is deur die jare deur verskillende predikante bedien. Elkeen het 'n eie nalatenskap nagelaat. Ds. B. Liebenberg het egter 'n baie sigbare en tasbare erfenis nagelaat. Ds. Liebenberg was bekend as 'n vriendelike man, liefdevol teenoor sy huismense en hulpvaardig teenoor andere. Die gemeente het hom geken as 'n passievolle geestelike leier en ander het hom gesien as 'n man wat deur 'n lewensideaal gedryf was.

Die politieke leiers van die Suidelike Skiereiland het weinig gedoen vir die lot van die groot groeiende aantal bejaardes, veral die Afrikaanssprekendes. Daarom het die gemeente van Plumstead gevolglik besluit om iets omtrent die nood te doen. Die oprigting van 'n gebou om bejaardes te huisves was 'n reuse taak vir 'n gemeente soos Plumstead kerk. Die gemeente was Klein in terme van getalle en finansies. Die beplanning, oprigting en finansiering van die voorgenome gebou sou groot eise stel aan die gemeente, kerkraad en veral die groot rolspelers soos die Weskaap se Sinode, Die Ring van Vishoek en die NG Kerk Goeie Hoop Maatskappy. Daarby was die samewerking van al die Rings gemeentes nodig. Plumstead gemeente, onder leiding van Ds. Bobbie Liebenberg het egter die uitdaging aanvaar en begin werk in die geloof, dat die Here sal voorsien.

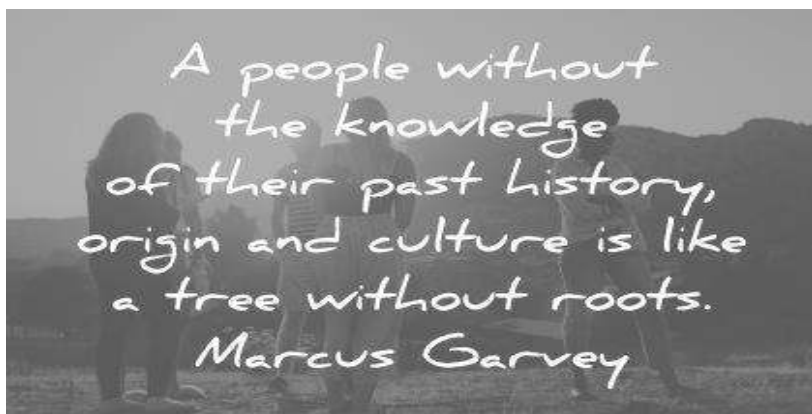
'n Stuk grond is gekoop op Plumstead se rekening. Die behoefte bepaling is gedoen; die voorbereidingswerk vir die oprigting is begin, met al die rolspelers in tou. Uiteindelik na baie maande was die oue tehuis Rusoord, 'n staande werklikheid. 'n Gebou as die monument van Ds. Bobbie Liebenberg en Plumstead se diens van barmhartigheid.

Ds. Bobbie Liebenberg is intussen oorlede en die gemeente van Plumstead krimp verder. Maar die dankbaarheid heers steeds in vele gemeentede wat die vrug van Ds. Liebenberg en Plumstead gemeente se arbeid pluk.

Een mens op die regte plek, op die regte tyd, met die heilige grond van 'n geloofsinspirasie – en- visie, maak 'n reuse verskil in lewensomstandighede van baie ander.

Uit die pen van Ds. J J Henn

Die kortste pad tussen twee mense is 'n glimlag!





In 1918, at the eleventh hour of the eleventh day of the eleventh month, the guns fell silent to end the First World War (1914-1918), the largest global man-made catastrophe known until that time. The 'war to end all wars' cost the lives of a total of 8 634 300 soldiers. Twenty years later, the Second World War (1939-1945) saw the loss of 24 517 000 combatants' lives. In addition to these statistics, millions of civilians died during both conflicts.

As a comparatively young country which permitted only a small segment of its population to bear arms, South Africa nevertheless made significant contributions to the Allied causes in both world wars and in the Korean War (1950-3). In the First World War, 245 419 South Africans of all races volunteered for military service; during the Second World War, 342 692 South African men and women of every race came forward; and in the Korean War, 826 men saw service with No 2 Squadron, South African Air Force while ten officers of the South African Armoured Corps served with the British Army. Will we remember them?

After the end of the Second World War in 1945, the observance of Remembrance Day has also embraced silent remembrance of all those who have died in conflict since the First World War. As South Africans unite as one nation, we should use 11 November to remember the 12 452 South African casualties suffered in the First World War, the 38 208 casualties suffered in the Second World War, and the 34 pilots killed in the Korean War. Many war graves to South Africans lie far from home, in Namibia, in France and Belgium, in Tanzania, Ethiopia, the Middle East, Italy, Korea and elsewhere. Closer to home, we should remember the many South Africans who died in the conflicts on our borders and in the Liberation Struggle of the 1960s, 1970s and 1980s. As yet, there are no reliable figures for these casualties, but what is important is that they all contributed to building our country as we know it today.



A veteran shows off his medals at the 2014 Remembrance Sunday Commemorations in Johannesburg

The observance of 11 November is not about celebrating any victory, nor about boasting about our achievements in conflict. It is about showing respect for those who were willing to serve their country and, if need be, to make the ultimate sacrifice so that we who are here now can have the life that we know. As the soldier's prayer states,

And when you go home tell them of us and say

For your tomorrow we gave our today

Our gift was great, but you must now give a greater gift

We died. Now you must nobly live

To complete the plan

And make man brother unto man.

In conclusion, I quote the Remembrance Prayer:

They shall not grow old

As we that are left grow old

Age shall not weary them

Nor the years condemn them

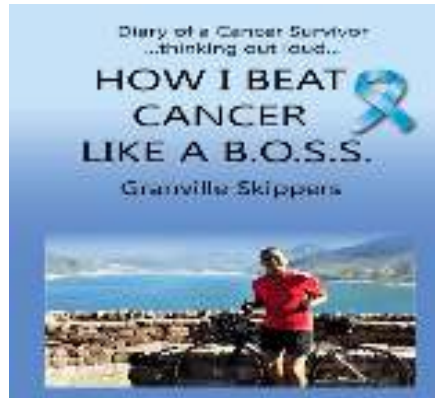
At the going down of the sun

And in the morning

WE SHALL REMEMBER THEM



www.theheritageportal.co.za/article/why-we-should-observe-remembrance-day-south-africa



23rd October 2016

...thinking out loud: "Today's one of those days..."

A reminder to my enemy:

'Dear cancer: I remind you that you have not and will not destroy nor defeat me! The first mistake you made was to think that I was going to take this lying down! You see, when I get knocked down, God lifts me up but I must WANT to get up so get up I did. What you didn't bargain for was that I was going to keep on fighting you at EVERY turn. As you've discovered, I'm no pushover - I WON'T be beaten! I knew that the only way to defeat you was to educate myself on what you did to me and how I had to beat YOU!

When I received my first hormone treatment injections, I knew we were keeping you from spreading until my kidneys were in good shape to start radiation treatment.

When I started radiation treatment, I looked forward to lying motionless on the bed for all 38 treatments because I knew the linear accelerator shot high energy x-rays at the tumour to fry your cells to destruction.

When I was wheeled into surgery eight times for a cystoscopy to treat irradiation cystitis, I trusted God to bring me back home each time, and He did.

Each time I get into the HBO tank, peace comes upon me and all I know is that the air that I breathe is to love ME.

When you made me slightly incontinent, I started using nappies for that and I wear them like Big Girl panties!

Even though you may have inconvenienced my lifestyle here and there, in so doing you have made me conscious of improving my lifestyle.

Thank you for helping me to appreciate my health and hopefully I'm doing enough to teach others that health is wealth and that family comes first. Oh - don't mistake my thanks for a change of heart - I'M GOING TO KEEP ON FIGHTING YOU EVEN IF IT COSTS ME MY LIFE!!!

Yours sincerely,

A 1 year, 2 month, 14 day old prostate cancer survivor.'



I am now a 6 year old Cancer Survivor by the Grace of Jehovah-Rapha, God our Healer. Photo: Granville enjoying a meal with his mom, Dinah.

Get your copy of Granville's Diary at your local PnA Store

Managing Stress



Everybody, regardless of age, gender, race or social status, experiences stress. Stress is the body's natural reaction to a stressor (any pressure, demand, change or major life event) that disturbs our physical or mental equilibrium.

Educating ourselves on the causes and effects of stress will empower us to take charge of our self-care and maintain a good quality of life. Some of the common stressors that older people experience are: Changes of lifestyle and financial status after retirement, caring for a sick spouse, death of relatives or close friends, deterioration of physical abilities and chronic illness and worries about not being able to live independently.



Some common physical signs and symptoms of stress are:

Insomnia or excessive sleeping, nightmares, loss of appetite or over-eating, heart palpitations, frequent urination, tiredness, increased blood pressure, digestive problems (constipation or diarrhoea, cramps), muscle tension and pain (including headaches and back-ache).

Some emotional and psychological symptoms of stress are:

Anxiety, fear, frustration, depression, restlessness, poor concentration, forgetfulness, irritability, impatience and feeling low in confidence.

Ways to Reduce Stress

- "Meditation is an essential means to achieving mindfulness and reducing stress," Our brains adapt and rewire during meditation and strengthens our attention. Meditation helps us "stay in the moment", not stuck in the past, or fearing for the future. You may choose to be mindful through deep controlled breathing or to meditate on scripture and prayer.



- Preventive Healthcare-have regular check-ups Having regular check-ups with doctors and dentists can diagnose and treat health problems before they develop into something more serious. Check-ups keep an eye on chronic medical and dental conditions, such as high blood pressure, diabetes and chronic pain, so that it can be treated quickly.



- Exercise increases lung capacity, bone density and longevity. It can help to lower blood pressure and relieve tension, as well as promote better sleep. Exercise also promotes brain health. It helps the brain to produce new brain cells, which aids concentration and memory. The brain is where most of our stress originates, so looking after your brain is of utmost importance.

- A Sense of Community avoid becoming socially isolated. Schedule frequent get-togethers and invite family and friends over to visit. Going out for dinner once in a while will give you something to look forward to. Communicating with family and friends is especially important if you have lost a spouse or have experienced other traumatic life events. A sense of community and warm relationships are critical to our physical and mental health from infancy to old age.



- Eat Nutritional foods and avoid too much sugar
- Talk to Someone share your difficulties and feelings in facing stress, with someone you can confide in (e.g., relatives and friends). This helps to ventilate emotions and to learn different ways to cope with stress. You will be surprised how many people feel the same way you do. If feelings of hopelessness and sadness persist, consider seeing a professional, who can help you manage distressing thoughts and learn to appreciate your strengths.



- Journaling writing down thoughts, feelings and what you can be grateful for, can help to maintain a sense of wellbeing. Journaling is a powerful tool to keep our minds sharp and our emotions in check. Letter-writing is a powerful way to keep in touch with family and friends.

- Giving Back volunteering and giving back to the community can increase feelings of happiness and give you a positive outlook on life. Aging adults who participate in community activities are thought to feel less depressed and anxious. Engaging in volunteer work is a means to help those who are less fortunate. It also helps to boost self-confidence and broaden one's outlook in life.
- Learn something new take up a new hobby. Learn to play chess, fabric-painting or a sport. Learning something new is good brain exercise, lifts the mood and gives a sense of achievement.



There are many ways to combat stress.

If you need help exploring the many options, speak to your healthcare practitioner.

Submitted by: Ursula Van Wyk (Practicing Occupational Therapist)

International Stress Awareness week is from 1 – 5 November 2021.

If you are, or if you know of someone, suffering from stress, contact one of the below organisations for assistance. Stress is a killer, don't turn a blind eye to it!

South African Depression & Anxiety Group - SADAG

(0800) 12 13 14 SADAG is Africa's largest mental health support and advocacy group

Lifeline South Africa

(0861) 322 322 24-hour crisis intervention service. "Emotional First Aid station".

Adcock Ingram Depression and Anxiety Helpline

(0800) 70 80 90 Adcock Ingram is a leading South African pharmaceutical manufacturer sponsoring a support line to provide immediate help for people suffering from anxiety and other mental health issues.

Cape Mental Health Centre - Phone: 021 447 9040

<https://www.judsonsmartliving.org/blog/5-ways-older-adults-can-reduce-stress/>

https://www.elderly.gov.hk/english/healthy_ageing/mental_health/stress.html



Welcome Home

—WHERE YOU BELONG—



Beulah & Willem Korpel

Mountain View 204

Beulah was born in Springs while Willem was born in Rotterdam, Holland. Beulah enjoys reading books and making doll clothes. Willem will do almost anything for a good piece of chocolate cake.

Patricia Goldman F122 East

Having relocated from Bloemfontein, Pat is already in love with Cape Town and us fabulous Capetonians....wondering what took her so long to make the move. Pat was born in Northern Rhodesia, and enjoyed seaside holidays as a child in Natal and the Victoria Falls.

When she is not walking along the beach you can find her in the garden or busy knitting. Welcome home Pat.



Robert John Walsh

PlumRus North N105

Rob was born in Hillbrow, Johannesburg. He has relocated to Cape Town to be close to his son, Gary and his family. His other remaining 2 children live in Australia.

Rob enjoyed a lustrous career as an educator.

Rob is passionate about sport including, cricket, soccer, rugby, hockey and table tennis.



Maud Hopley
West, Zone 5, Room 70

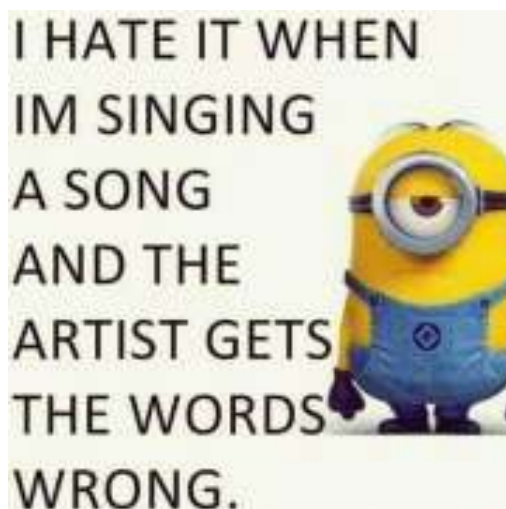
Maud was born and raised in Cape Town. She is widowed and has two sons Howard and Julian.

Maud is fond of reading, Knitting and doing word search puzzles.

She excited to join the PlumRus family and looks forward to new friends and activities

You Tube Social Evening 30 November 2021: Helene Fischer,

is a German singer, dancer, entertainer, television presenter and actress. Born in 1984, but since her debut in 2005 she won numerous awards. She has had the bestselling album of the year in Germany; 2013, 2014, 2015, 2017 and 2018. She was the world highest paid women in music in 2018. Helene will be coming to PlumRus on the bigscreen via You Tube 30 November 2021. Singing duets with: Josh Groban, Andrea Bocelli, Tom Jones, singing many more English songs like: Power of love, You raise me up, Time to say goodbye and my heart will go on. Do not miss this young talented lady – sy is 'n ongelooflike kunstenaar, aantreklik met 'n besondere verhoog persoonlikheid. Wie wil nou n aand saam met jou vriende mis, glasie sap/wyn in die hand, n lekker snack en mooi musiek.



THANK YOU

It's Time To Say Thank you

16 November 2021 – our Board Members year end function. R100 per person donation applicable due to a decision made in 2010 that we as Board Members will never ever party or say thank you with resident's money. A Big thank you to all the Board Members, 8 Residents and 8 Community Members, for your good governance – well done. / Ons jaareindfunksie vir Beheerraadslede vind plaas op 16 November. Beheerraadslede betaal vir die funksie omdat ons nie Inwoners geld daarvoor wil gebruik nie. Groot dankie vir goeie koördinerings en bestuur van ons dienste – ons waardeer julle opreg.



Thank you once again to Lindt (Laekah), for continuing to be our sweet connection. When you receive a call out of the blue asking if you would like a donation unknowing of an event being planned in a few days time, then you start believing that your partners are on the "same page" as you. We were able to share the sweetness with our Residents at our Breast Cancer Awareness program, as well as spoiling ALL our staff with their own stash of chocolates. DANKE SCHÖN!





Mrs Marie Basson chose to celebrate her milestone birthday with her husband and friends in Sugarbush. Everyone enjoyed the special celebratory snacks provided.

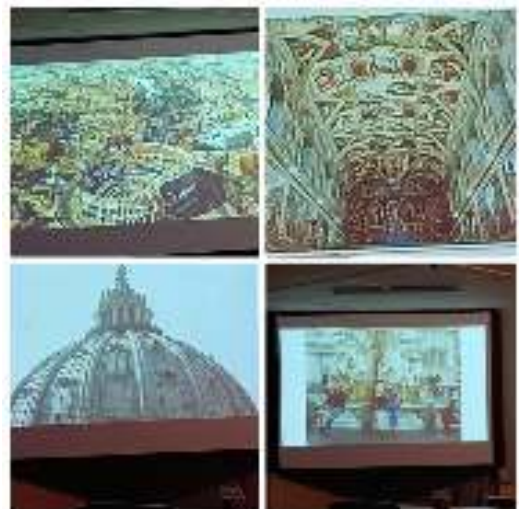


Mrs Wier on the other hand spent her 90th birthday weekend being spoilt by her family. They enjoyed a family dinner at La Grott,o Uitsig and walks in Kirstenbosch.

She had a "late" celebration with her friends in Stokoei a few days after her birthday. I guess at 90 you have permission to celebrate over a few days. Photos: with her daughter, Laura, and her grandson James.



The Resident's Talk in October on "Walking in Italy" was most interesting.



On Wednesday, the 3rd of November at 3 pm in the Hall, we will be having another talk. This time it is on a South African subject. The speaker will be someone who has given us a couple of talks in the past. His name is Mpendulo & he is a horticulturist from Kirstenbosch. He is busy at the moment on research on a very endangered tree. The tree is called *Brackenridgea zanguebarica*, which is also known as the yellow peeling plane.

It is a critically endangered tree occurring in a very small population in South Africa & is facing serious threats, due to its massive use for traditional medicine. It is believed to have magical properties. Since its discovery, no one has ever managed to propagate this tree. Kirstenbosch is partnering with different collaborators in the hope of cracking the code. Please come along & listen to Mpendulo. It will be a very interesting & informative talk.



Our gardens are looking immaculate! Thank you to Eric and Nolan, the members of the Garden Club and all other Residents we work together tirelessly to ensure that our home always looks beautiful.



Thank you to the local team of CANSA for partnering with us in raising awareness about Breast Cancer.

Thank you also to Karen Witbooi Abrahams from Cape Radiology for speaking to us about Mammograms & Imaging.

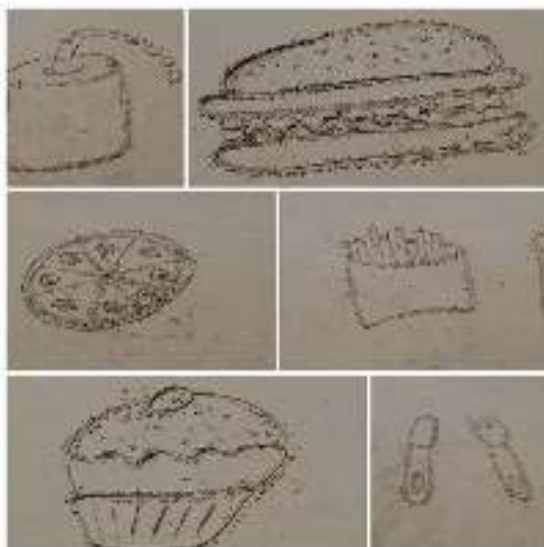




Dit was lekker by die See



During the month of October our Residents had the opportunity of enjoying weekly trips to Fish Hoek Beach.



Images in the sand by an unknown artist



"This year's AGM was the most enjoyable event & must rank as being the happiest & most fun occasion of the year.

Grateful thanks & sincere appreciation must go to you & your amazing committed staff.

The décor was incredible, the entertainment exceptional, the refreshments outstanding and the send off with curry & condiments – so very kind."

Gaynor Dickson



"Thank you for the magic, wonderful Cowboy afternoon spent in the Rusoord Hall, & how much effort, time & thought went into producing this event. Is it not possible to have the magic singers back for another theme – 'A Rock & Roll'"

Selma Stuart

*"Ek wil net **groot dankie sê** vir gister se vertoning met Monique en James – die skou was tops! Die omgee and werk deur die personeel om ballonne op te hang en al die dekorasies en moeite gedoen het om ons te spoil, was asemrowend! Die happies was lekker en die gees was aansteeklik! Om die manne in hul cowboy uitrusting te sien het ons baie vermaak and gedurende die pouse was daar 'n oomblik toe George op die drumpel gestaan het, silhoeetteer in die sonlig van buite, het Renee en ek uitgebars van die lag want dit het NET so 'High Noon' gelyk! Kort net saloon doors en bak arms! Haha*

Nadat ek vir my dogter vertel het van die Country Vertoning , het sy ogemerk per e-pos :

'AAAAh your email just brought me so much joy ! It just sounded like a really special day amidst all this chaos ! [die wereld daar buite] I love how they take care of everyone there.'"

Vivien Spires

"The cherry on the top was the packed supper. I could not believe my eyes when I opened the packet and realized what time it must have taken and the thought that went into preparing for the portions to be packed for all the residents."

Elisabeth G



Don't make me mad and then tell me to calm down. That's like shooting someone and then wondering why they're bleeding.



I've reached an age where my train of thought often leaves the station without me.

