



PlumRus

n e w s



SEPTEMBER



HAPPY BIRTHDAY TO OUR RESIDENTS

1st	Norman Ely	N211	78	English
3rd	Belinda Pare	F005	83	English
4th	Maria Farelo	R3	91	English
5th	Henelia Knuppel	F112	76	Afrikaans
8th	David Merrington	R24	64	English
9th	Renee Healy	MN108	73	English
10th	Joselyn Findlay	R64	77	English
10th	Ursula Pillay	F024	72	English
15th	Maria Du Plessis	F020	93	Afrikaans
16th	Joseph Pillay	F024	80	English
17th	Selma Stuart	MV208	94	English
20th	Gerard Kock	N112	76	Afrikaans
23rd	Hester Esterhuizen	F002	87	Afrikaans

Psalms 91 vs 11; Hy sal Sy engele opdrag gee om jou te beskerm waar jy ook al gaan.

HAPPY BIRTHDAY TO OUR MEMBERS



HAPPY BIRTHDAY TO OUR STAFF



26	Merle	Barghus	CSC
23	Clint	Cupido	Maintenance
14	Igshaan	Davids	Kitchen
7	Gary	Dennis	Risk Man
7	Petronella	Diedericks	CSC
23	Shauneen	Johnston	Coffee Shop
15	Jacqui	Murphy	CSC
25	Irene	Raman	Cleaning
18	Chris	Schutte	Finansies
15	Nawaal	Segers	CSC
21	Essie	van Zyl	Health Care



Aster

**SEPTEMBER
BIRTH FLOWER**

Wisdom
Faith
Valour

Sapphire, the birthstone of September, is most desired in its pure, rich blue **color** but is present in almost every **color** including pink, yellow and green. In the Middle Ages the gem was believed to protect those close to you from harm and also represented loyalty and trust.

Sapphire is the most precious and valuable blue gemstone. It is a very desirable gemstone due to its excellent color, hardness, durability, and luster. In the gem trade, **Sapphire** without any color prefix refers to the blue variety of the mineral Corundum.

In an engagement ring, a **sapphire** means faithfulness and sincerity, too.



(Sapphire fit for Royalty)

Spiritual Care Program for September 2020

Fridays @ 09:30	Sundays @ 09:30	Sundays @ 18:00
4 th One Hour for Jesus	6 th Morning Service	6 th Evening Service
11 th One Hour for Jesus	13 th Morning Service	13 th Evening Service
18 th One Hour for Jesus	20 th Morning Service	20 th Evening Service
25 th One Hour for Jesus	27 th Morning Service	27 th Evening Service

In Transition

Most of us don't like too much change in our lives. We prefer the familiar to the unfamiliar, what we're used to rather than something we've not experienced before. That's why we often do our best to control every aspect of our lives only to discover it's like trying to peg down a tent in gale force winds. It can't be done. Life is a journey filled with gains and losses, joys and sorrows, successes and failures. Experiences like these help us understand that change is an inevitable and necessary part of life.

Events like these trigger a process of transition in our lives as we let go of what's familiar and take hold of a new reality that's taking shape. Transitions are an important part of everyone's life. Some transitions happen without warning and can be overwhelming, as in the case of accidents, divorce, illness, job loss, or bereavement. Other transitions are set in motion by positive experiences such as going off to university, starting a new job, getting married, or the birth of a child. In later life, coming to terms with our 'empty nest' and the need to move into a smaller home, and later into a seniors' residential home like PlumRus are important transitions many of us will make. How we prepare for, and then respond to times of transition has lasting consequences.

"THE KEY TO CHANGE
IS TO LET GO OF FEAR."



In the West African country of Ghana, people often put up obituary posters or have murals painted on walls as a tribute to their deceased loved ones. Headlines such as *Gone too Soon*, *What a Shock!*, and *Painful Exit!*, draw attention to the deceased and announce details of the upcoming funeral service. One of these headlines...*In Transition*, is really interesting. It points to something beyond the grave. The life we live on earth is not all there is. The most important transition all of us will make one day is from this life to the next. Death is a transition into eternity. We'll all spend more time on the other side of death – in eternity – than we will here. Some may even make it to 100+ years, but eternity is forever! The Word of God tells us we've been created for eternity....we've been made to last forever!

"God has set eternity in the human heart..."
Ecclesiastes 3:11

There's an inborn instinct in each of us that longs for eternity. God himself put this longing there because he created us in his own image and he is eternal! Although God's image in us is spoilt because of our sin, it's nevertheless still there. That's why part of us knows we're made for eternity and longs for it. One day our hearts will stop beating. This will be the end of our time on earth, but it won't be the end of us. Our bodies are simply a temporary residence for our spirits. Sooner or later they'll wear out or be damaged by disease, and the time will come for us to leave this earthly life and make our transition into eternity. Life on earth has many

options, but eternity offers only two – heaven or hell. We can either spend eternity with God, or be separated from Him forever.

What determines your eternal destiny? It's your relationship with God. Your relationship with Him while on earth will determine your relationship with Him in eternity. If while on earth you come to love and trust in Jesus Christ, receiving the forgiveness He freely offers, and allow Him to be in control of your life, then you'll be invited to spend eternity with Him in Heaven. If on the other hand, you reject His love and forgiveness, you'll spend eternity separated from God.



When we live in the light of eternity, our priorities begin to change. Our relationships with others become more important, and a deeper relationship with God becomes more enthralling. For those of us who choose to believe God sets us right with Himself by taking care of our sin through the sacrifice of Jesus, death holds no fear. Yes, it's the end of our life on earth, but it will also be our birthday into eternal life.

Measured against eternity, our time on earth is just the 'blink of an eye', but its consequences last forever!

(Submitted by Ps Dave Henderson)

'Do You Love Jesus?'

A man was assigned a middle seat on an aeroplane. Tired and wanting to sleep, he was irritated when a young girl next to him with Down Syndrome asked, 'Mister, do you brush your teeth?' 'Yes,' he replied. 'That's good. People who don't lose their teeth

A little later she asked, 'Mister, do you smoke?' 'No he answered.' 'That's good. People who do die,'

After a long silence, she turned to him again, "Mister, do you love Jesus?' 'Yes I do.' he responded.

'That's good.'" She added. 'People who do go to Heaven'

Though deeply touched, he settled back hoping there would be no more questions.

Just then the girl said, 'Mister, ask the man next to you if he brushes his teeth.'



Well you can guess what followed. When she came to the question about Jesus, the second man became thoughtful. 'I'm afraid I don't understand.' He said. For the next hour the two men talked about eternal issues.

(You are where you are for a reason. Use the season to sow Kingdom seeds!)

(Submitted by Roy Binedell)

Wat beplan ons Bestuursplan, waarmee is hulle besig en hoe raak dit ons Inwoners:

Natuurlik is dit heerlike lente – hou die tuin en ons kennisgewingborde dop want ons weet nie wat kan en gaan “uitpop” nie.

September is ook tradisioneel die maand van Algemene Jaar Vergadering (AGM) van Badisa en PlumRus maar hierdie jaar het Covid 19 dit gestop – ons kry wel op 11 September 2020 'n vlugtige oorsig. Dit sal wees in die saal net na die One Hour for Jesus om 10:30. Moet nie hierdie One Hour for Jesus mis loop nie.

Ons Erfenis dag / Heritage day 24 September 2020 is 'n vakansie dag – ook ons amptelike nasionale braai dag – hierdie jaar is dit potte, lekker, baie potte en ons eet soveel soos ons kan. Helfte van ons bestuursplan werk sodat hulle kan af wees 31 Desember 2020. Die personeel wat dus af is die 31ste Desember werk die 24 ste September 2020, die res is af.



Ons is ernstig besig met die opleiding van ons personeel. Eerste aan die beurt is “Grooming & Appearance” tot einde Oktober. Lees in ons Oktober PlumRus News watter opleiding word beplan vir Oktober.

Ons gaan voort met Pin Cushion se verlening danksy die hulp van Beheerraadslid: Fred Roelofse. Net so gaan ons voort om die heining in gereedheid te kry vir die elektriese heining wat Desember in aanvang neem en wat Maart 2020 voltooi sal wees.

Daar is ook heelwat waterdigting wat gedoen moet word na die storms wat gepaard gegaan het met ongekende hoë spoed winde en reën. Al ons geboue het deurgeloopt met die grootste skade die plafon in Bobbie Liebenberg en die westelike skag van PlumRus North. Ook het die waterdigting op die balkon van Zone 5 op die eerste vloer begin ingee wat meebring dat die area ontruim is vir herstel werk. Elke jaar gedurende winter veroorsaak die rek en krimp beweging in PlumRus North met teëls wat pop. Die vervanging daarvan met mat teëls is reeds in proses. Einde 2023 sal die gange vir die gerief van ons Inwoners (nie die skagte nie) voorsien wees van mat teëls.

Vullishope en tydelike bergings areas vir vullis word altyd afgeskeep en is normaalweg n seeroog vir die Inwoners en personeel. Ons is dus ook besig met die afronding van hierdie area om dit meer aanneemlik vir ons oë te maak.

September 2020 sal ook gekenmerk word met ons Predikante wat terugkeer na PlumRus om dienste te vervat op Woensdae en Sondae. Ons sal ook weer gassprekers in kry vir One Hour for Jesus. Net so sal ons kunstenaars terugkeer na PlumRus op ons versoek.

Veranderinge aan ons werkende Bestuurspan:

- Cindy na Logistieke, Aankope, Bate en Inventaris bestuur, Rekenaars en Eerste lyn tegniese instandhouding van gebou en inwoners bestuurstelsels – in haar span is Tylo en Kurt
- Belinda na Menslike Hulpbron en Kommunikasie bestuur intern sowel as ekstern - in haar span is Nahwaal nuut aangestel in Lauren se plek.
- Damon (te same met Rezandt) na Health Care as assistent van Suster Muriel met verpleeg toerusting en uitrusting asook toerusting en uitrusting beheer van Inwoners vir maksimale versorging.
- Mervyn na Risiko Bestuur in die plek van Damon met span Lucille, Agnes, Hendrik, Clayton, Gary en Josh
- Rhodene – steeds Dienssentrums en Versorging van Inwoners in woonstelle asook ons geestelike program met Tanya en Lenore en al die CSC Versorgers in haar span.
- Chris – steeds Finansies met Belinda, Cindy en Juanita in sy span



Who is new in the team?

We are excited to welcome **Joan Klein** to the Health Care team. Joan is a Staff



Nurse and reports directly to Sr. Muriel Mapling, our Nursing Manager.

Joan was born, and still lives, in Ocean View. For as long as she remembers she has always had a great love for the older person, and credits her grandmother, who raised her, for this.

Her first choice for a career was to become a police officer, but her mother very quickly spoke her out of this. In hindsight I am glad that I listened to my mother, because as a nurse I feel that I have the best job in the world.

Joan's nursing career started 23 years ago at a retirement home in Fish Hoek.

When Joan is not at work caring for our residents, she and her two children enjoy baking bread and cooking food for the senior in her community. She also enjoys reading, hiking and going to the beach. **Welcome to the PlumRus Family, Joan!**

Protect Your Heart

South Africa has one of the highest incidences of Cardio Vascular Disease in the world, but we can reduce these numbers by lifestyle changes.

The Heart and Stroke Foundation estimate that about 130 people have heart attacks daily. Most heart conditions develop over a number of years, an accumulation of the everyday decisions we make and habits we develop relating to diet, exercise and dealing with stress

We need to start tackling it today, whatever our age.

In your sixties your risk for heart disease is constantly rising along with your blood pressure and other numbers eg. cholesterol, so monitor this regularly.

To stay on track, aim for these numbers:

1. Blood pressure 140/90 mmHg
2. Total Cholesterol level 5 mmol
3. Blood sugar-A fasting level must be below 5.6 mmol, as this rules out Diabetes.
4. Body mass index {BMI} 18.4_24.9
5. Waistline-Aim for below 80cm for woman, 94cm for men.



Belly fat or visceral fat is the worst kind, as it is packed around the vital organs, such as the liver and pancreas.

Don't ignore snoring. Sleep apnea can contribute to high blood pressure.

Beware of continuous stress as it may lead to Major Depressive Disorder and Coronary Heart Disease.

Early Signs of a Heart attack

- Pressure pain on chest intermittent or persistent
- Upper body discomfort, where pain can spread to left side jaw, neck, shoulders, back, left arm and stomach
- Sudden weakness or numbness at one side
- Shortness of breath, difficulty breathing with or without chest pains
- Cold sweat, nausea, vomiting and sometimes also followed with a bowel action
- Women may experience palpitations, dizziness fatigue and swollen feet.



If any of the above occurs, get medical help immediately. (Submission: Sr. Muriel Mapling)



Heart Awareness Month: September 2020

"Use heart" to beat cardiovascular disease and fight COVID-19

The Heart and Stroke Foundation South Africa (HSFSA) is embracing the World Heart Federation's theme "Use heart to beat... cardiovascular disease", extending the theme to "use heart...for you, your loved ones and all those who live in South Africa."

Facts about cardiovascular disease

According to the World Health Organization (WHO) cardio-vascular disease (CVD) which includes heart disease and strokes, is the leading cause of death globally, claiming nearly 17, 9 million lives every year. In South Africa, heart disease and strokes have the second highest mortality rate, after TB, HIV and AIDS. In fact, in South Africa (SA) one (1) in every five (5) deaths are caused by CVD. Annually, in SA 82 000 lives are lost.

The key risk factors that drive the high mortality and morbidity for CVD include modifiable and non-modifiable factors. Non-modifiable factors include genetic make-up and predisposition for hypertension, increased cholesterol levels and other comorbid conditions, while modifiable factors include behavioural risk factors such as lack of physical activity, poor nutrition, tobacco smoking and increased alcohol consumption. In SA, the high rate of increased blood pressure or hypertension is very disturbing as hypertension is known to be a "silent killer". Less than 50% of South African adults living with hypertension, a key driver for CVD, are unaware of their condition. The prevalence of hypertension is estimated to be around 45% among adults. Similarly, South Africans are known to have a high cumulative risk score for CVD onset due to the fact that there is a high prevalence of obesity, tobacco smoking, and physical inactivity.

Given the burden of CVD in SA, Professor Pamela Naidoo, CEO of the HSFSA states that: "by abiding by and adopting healthy behaviours and knowing your risk profile you will be able to prevent, to a large extent the risk of CVD onset". She continues to remind us that 80% of CVD is preventable through the adoption of healthy individual action".

The HSFSA urges all South Africans to have a Health Risk Assessment (which includes checking their blood pressure, blood glucose, cholesterol levels, iron levels

and weight). The HSFSA will be conducting selected HRAs in community and workplace settings. In addition, our long-standing partner, Dis-Chem Pharmacies will be doing free HRAs during HAM and Stroke Week at all Dis-Chem stores with in-house pharmacies. Prof Naidoo expresses her gratitude to Dis-Chem Pharmacies for continuing to partner with the HSFSA to raise awareness of CVD and to mobilize communities to know their risk factors and encouraging community members to seek access to health care especially if medical treatment is required.

What does the HSFSA have planned for Heart Awareness Month?

During Heart Awareness Month (HAM) the HSFSA will be focusing on four core themes, dedicating a week to each theme. In week 1 the focus is on Heart disease, COVID-19 and co-morbidities, in week 2 the focus is Nutrition, heart health and building immunity, in week 3 the focus is on Tobacco smoking, alcohol consumption and CVD, and in week 4 the focus is on Health Care Practitioners and Allied Health Workers. HAM culminates on World Heart Day (WHD) on 29th September 2020 where we urge all South Africans to use their hearts to... make healthier choices and prevent heart disease.

Use Heart To Beat...

During Heart Awareness Month, the HSFSA will focus on behavioural factors which have a major impact on one's risk for developing heart disease. The HSFSA, together with key partners from African Heart Network, Campaign For Tobacco-Free

Kids and SA Heart will be involved in webinars aligned with the World Heart Federation mission and vision to bring to South Africa's attention that we can work together to reduce the burden of heart disease. We will light up iconic landmarks on World Heart Day (WHD) as we drive the global goal of reducing premature deaths from CVD by 25% by the year 2025.

For updates on our Heart Awareness Month webinars, please visit our social media platforms and website for regular updates www.heartfoundation.co.za or call 021-422 1586.

(Submission: The Heart & Stroke Foundation SA)



Guavas are tropical trees originating in Central America. Their fruits are oval in shape with light green or yellow skin and contain edible seeds. What's more, guava leaves are used as an herbal tea and the leaf extract as a supplement. Guava fruits are amazingly rich in antioxidants, vitamin C, potassium, and fiber. Although it does not always have an appealing smell, it is very healthy.

Hearty Labels

Take the Nutritional Information on your packaging to Heart.



APPROVED AS PART OF
THE HEART AND STROKE
FOUNDATION EATING PLAN

The best choices for your heart are whole-wheat or brown bread and flour rather than white bread or flour. Have at least 3 vegetables and 2 fruit a day. Eat more pulses and less red meat, lean protein, by removing the skin of chicken and visible animal fat. Avoid takeaways, fries, high salt ingredients like stock cubes and powder soups. And avoid sugary cold drinks and juices.

Sometimes we do all of the above and still have health issues. We look for natural whole food claims on packaging, lite, sugar-free and vitamin enriched. But how do we know if marketers are not “pulling the wool over our eyes” - **Simple read the packaging.**

Internationally, it is law for producers to disclose nutritional information on the packaging. This is important for you, the consumer, so that you can make informed decisions. However, if you are at risk of heart disease, have been diagnosed with heart disease or would like to protect your heart, it is critical that you empower yourself and read the packaging to prevent or manage your heart health.

1. Ingredients

The starting point is the paragraph under the heading **ingredients**, this by law has to be in order starting with the ingredient which has the highest volume in recipe. However, in a coffee sachet the list starts with sugar and after several other ingredients (glucose syrup, skimmed milk powder, hydrogenated vegetable fat, oil and wheat, etc.), there it is distilled coffee powder (7%). This is not the product you would buy if you are looking after your heart. Incidentally, it is at this point you would also look out for words like gluten, nuts, dairy or any other allergy type ingredient that you need to avoid, they should be written in bold or have a separate heading, **allergens**, listed and fully disclosed.

2. Nutritional Information

Let's move on to the interesting table that follows. Heading usually is **Typical Nutritional Information**. The thing to remember is that all this information is important, do not glance over any of it. Sometimes it is cleverly presented for you to do a bit of Math or boggle your brain, knowing full well that we are lazy shoppers, so we will ignore the information completely. Do not do that, you owe it to your health to be vigilant and informed. Another trick is the print it is usually really small, take your spectacles with you always, read and be informed before you pay.



Per 100g vs per 100 serving

It is important to understand the difference between per 100g and per serving information. If one sachet is 24g and the information per 100g comes first ignore that column and go to the per sachet column. If you take two sachets per serving you will have to double the information. If you drink 5 sachets in a day then you will check the per 100g column. So learn to use information that is relevant to your consumption. Also use the 100g column to compare similar options with each other and different brands of the same products.

Deciphering the table

Typical Nutritional Information	Per 100g	Per Serving (1 sachet = 24g)	*Recommended daily allowance (RDA)
Energy(kj)	1736	417	
	415cal	100cal	If you weigh about 70kg you will need 2100cal per day
Protein (g)	9.3	2.2	55
Glycaemic Carbohydrates (g)	76	18	225-325
Of which total sugar (g)	54.2	13	
Total Fat (g)	9.1	2.2	44-77
Of which Saturated Fat (g)	8.1	1.9	Bad Fat
Transfat(g)	<0.1	<0.1	Bad Fat
Monounsaturated Fat(g)	0.9	0.2	Good Fat
Polyunsaturated fat (g)	0.2	0.0	Good Fat
Dietary Fibre (g)	3.2	0.8	25-30
Total Sodium (mg)	574	138	1 teaspoon or 2300

Note the above table is a sachet of coffee, but 5 cups with one sachet at a time will give you 20% of your calorie intake, while offering no vitamins and negligible nutritional value.

Why not grab another package of your favourite must have food item and check the nutritional information table. Avoid or eat less of foods that list the following at top of ingredients list, fat, shortening, transfat, salt, sodium, MSG, nitrates or nitrites, sugar, sucrose, fructose, corn syrup or cane sugar. Look for food endorsed by Heart Foundation, CANSA, Diabetes South Africa or Weigh Less logos on them.

The first Wealth, is Health!



Finally, if you are tech savvy and have a smart phone download the FoodSwitchSouthAfrica App. You will be able to scan the barcode and get easy to understand nutritional information, the item will be health star rated so you will be able to see at a glance how healthy it is, the nutritional information has a traffic light labeling mode and you are able to compare up to 10 similar products.

Remember – you are what you eat!

(Submitted: Lynne Jacobs)



**Just once I'd like to
read a medication
label that says:
Warning, may cause
permanent weight
loss, increased energy
and wrinkle removal.**



Myths About Alzheimer's Disease

- **Memory loss is a natural part of aging.**

Reality: As people age, it's normal to have occasional memory problems, such as forgetting the name of a person you've recently met. However, Alzheimer's is more than occasional memory loss. It's a disease that causes brain cells to malfunction and ultimately die. When this happens, an individual may forget the name of a long time friend or what roads to take to return to a home they've lived in for decades.

- **Alzheimer's disease is not fatal.**

Reality: Alzheimer's disease has no survivors. It destroys brain cells and causes memory changes, erratic behaviours and loss of body functions. It slowly and painfully takes away a person's identity, ability to connect with others, think, eat, talk, walk and find his or her way home.

- **Only older people can get Alzheimer's**

Reality: Alzheimer's can strike people in their 30s, 40s and even 50s. This is called younger-onset Alzheimer's. We estimate that around 2.2 million people are living with dementia in South Africa but this number is likely to be inaccurate as many people do not have access to a proper diagnosis and we do not have access to accurate stats.

- **Drinking out of aluminium cans or cooking in aluminium pots and pans can lead to Alzheimer's disease.**

Reality: During the 1960s and 1970s, aluminium emerged as a possible suspect in Alzheimer's. This suspicion led to concern about exposure to aluminium through everyday sources such as pots and pans, beverage cans, antacids and antiperspirants.

- **Aspartame causes memory loss.**

Reality: This artificial sweetener, marketed under such brand names as Nutrasweet and Equal, was approved by the U.S. Food and Drug Administration (FDA) for use in all foods and beverages in 1996. Since approval, concerns about aspartame's health effects have been raised. According to the FDA, as of May 2006, the agency had not been presented with any scientific evidence that would lead to change its conclusions on the safety of aspartame for most people.

- **Silver dental fillings increase risk of Alzheimer's disease**

Reality: According to the best available scientific evidence, there is no relationship between silver dental fillings and Alzheimer's. The concern that there could be a link arose because "silver" fillings are made of an amalgam mixture that typically contains about 50 percent mercury, 35 percent silver and 15 percent tin. Mercury is a heavy metal that, in certain forms, is known to be toxic to the brain and other organs.

- **There are treatments available to stop the progression of Alzheimer's disease**

Reality: At this time, there is no treatment to cure, delay or stop the progression of Alzheimer's disease. FDA-approved drugs temporarily slow worsening of symptoms for about 6 to 12 months, on average, for about half of the individuals who take them.

- **Exercise, diet, and mental activities prevent Alzheimer's disease.**

Reality: Although many stories in the popular press have advanced the idea that a healthy lifestyle can help prevent Alzheimer's, the scientific evidence is unclear. Studies have, indeed, found that eating a healthy diet, engaging in aerobic exercise on a regular basis, staying socially active, and keeping your

mind engaged with games and puzzles are linked to lower odds of getting Alzheimer's.

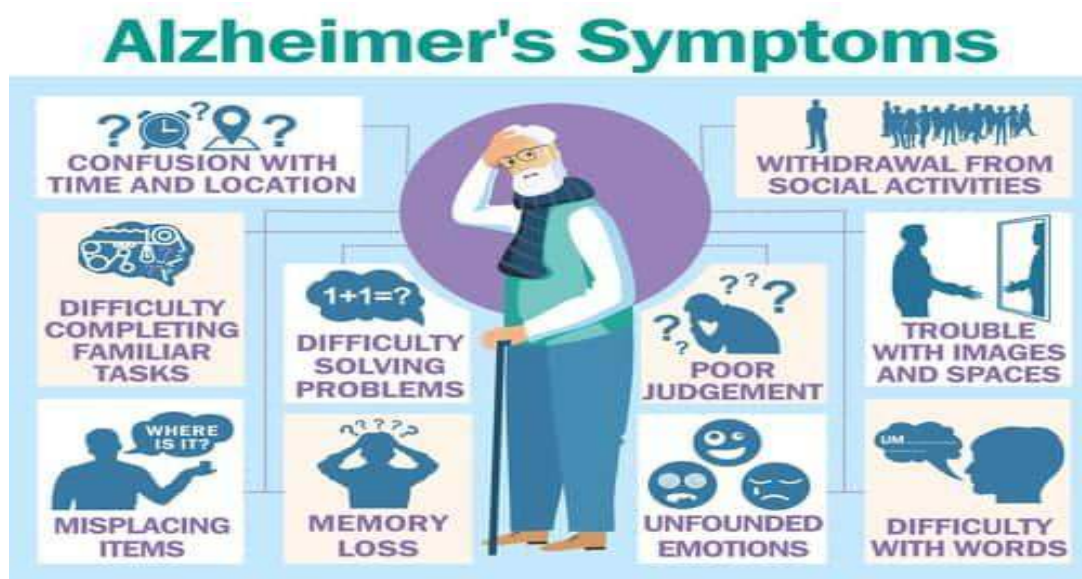
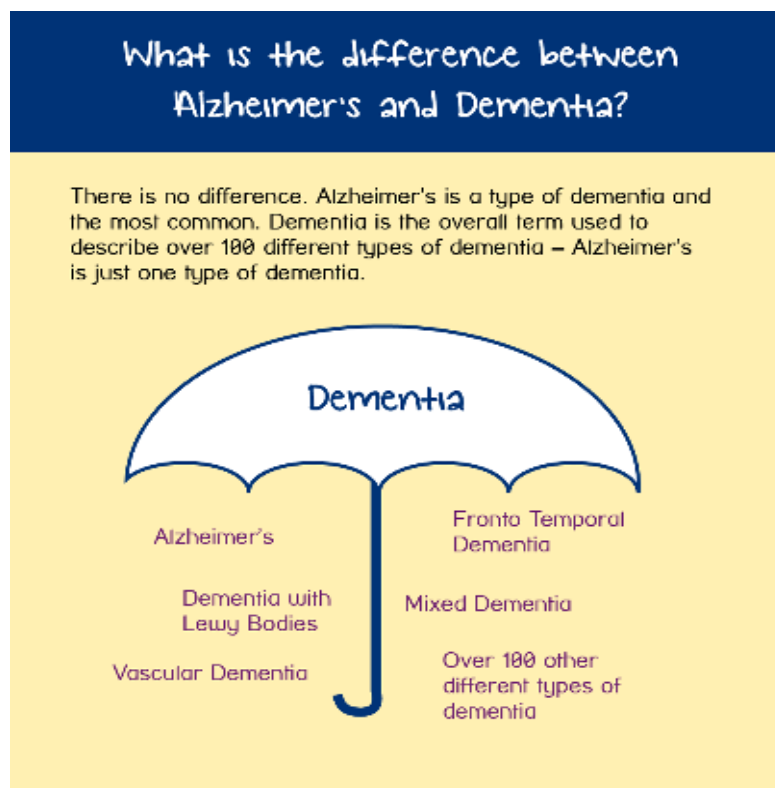
- **Alzheimer's is all about genetics.**

Reality: There are gene mutations that are linked to Alzheimer's. But there's more to Alzheimer's disease than having a rogue gene.

Meanwhile, keep this in mind: There is not one Alzheimer's gene that seals your fate, and the biggest risk factor for Alzheimer's, by far, is aging.

- **Dementia is the same as Alzheimer's disease.**

Dementia is an umbrella term used to describe a loss of memory caused by changes in the brain. Alzheimer's is the most common form of dementia, but it's not the only one. Everyone with Alzheimer's disease has dementia but not everyone with dementia has Alzheimer's disease. There are more than 80 different causes of dementia, including strokes, Parkinson's disease, Lewy body dementia, and Pick's disease.



September 2020

Maand Program / Monthly Program

Monday	Tuesday	Wednesday
	1	2
	09:30 Shopping 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	08:30 Library 09:45 NG Kerk diens 10:00 Tea Time: lounges 11:00 Activities in lounges 11:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 15:00 Croquet
7	8	9
07:30 English Prayer Meeting in the Hall 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	09:30 Shopping 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	08:30 Library 09:45 NG Kerk diens 10:00 Tea Time: lounges 11:00 Activities in lounges 11:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 15:00 Croquet
14	15	16
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	09:30 Shopping 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	08:30 Library 09:45 NG Kerk diens 10:00 Tea Time: lounges 11:00 Activities in lounges 11:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 15:00 Croquet 18:00 YouTube Social evening
21	22	23
07:30 English Prayer Meeting in the Hall 07:30 Afrikaans Bid Groep in die Koffie Winkel 09:00 Manne Bid Groep -Staff 10:00 Tea Time: lounges 10:00 Catholic Church in John Killian 10:30 Methodist Communion 11:00 Activities in lounges 14:30 Music / DVD in lounges 15:00 Tea Time: lounges	09:30 Shopping 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	08:30 Library 09:45 NG Kerk diens 10:00 Tea Time: lounges 11:00 Activities in lounges 11:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 15:00 Croquet
28	29	30
07:30 English Prayer Meeting in the Hall 07:30 Afrikaans Bid Groep in die Koffie Winkel 09:00 Manne Bid Groep -Staff 10:00 Tea Time: lounges 10:00 Catholic Church in John Killian 10:30 Methodist Communion 11:00 Activities in lounges 14:30 Music / DVD in lounges 15:00 Tea Time: lounges	09:30 Shopping 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	08:30 Library 09:45 NG Kerk diens 10:00 Tea Time: lounges 11:00 Activities in lounges 11:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 15:00 Croquet

Thursday 3	Friday 4	Saturday 5	Sunday 6
08:30 Library 09:30 Shopping 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Afrikaanse Bybelstudie in John Killian 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	10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music/DVD in lounges 15:00 Tea Time: lounges	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music / DVD in lounges 18:00 Woord & Lied
10	11	12	13
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10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges Public Holiday Heritage Braai day Erfenis dag	09:30 One Hour for Jesus 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 18:00 Bring & Braai	10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music/DVD in lounges 15:00 Tea Time: lounges	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music / DVD in lounges 18:00 Woord & Lied

Shopping EVERY Tuesday & Thursday
Fruit & Veg Lorry Wednesday @11H30
07 September 2020 Friends Meeting in the Hall @ 15H00
11 September 2020 AGM in the Hall @ 10H30
14 September 2020 Garden Club Meeting in the Hall @ 16h00
24 September 2020 Public Holiday – Heritage Day
25 September 2020 Bring & Braai

Walking the Unknown Path

And with those words, our lives changed forever. It was July 2015 and this was the second Neurologist Chris had seen. We were desperately trying to find a solution to the strange sensations Chris was experiencing in his left foot as well as his erratic loss of balance on different occasions.

"Chris", the doctor said after studying the MRI scan with a very quizzical expression on his face, "your brain seems to be atrophying at a much faster rate than it should for a man of your age." My heart plummeted. "Please can you draw the face of a clock for me?" I watched with bated breath. Chris drew the clock with all the numbers clustered on the right hand side and nothing on the left. This was a man who, for 15 years had been designing websites and writing intricate computer code, was numerically gifted, liked building things with his hands and was totally solutions based in his approach to any problem. He loved the outdoors and he loved our dogs. He was never sick, had never been in hospital. We did not even have a GP. We never needed one. He was 62.



The doctor then asked Chris to copy a picture of a three dimensional box. After a few attempts, he sheepishly confessed that he could not do it. At that point, I had to come face to face with the enormity of what he was up against. It explained why he was frustrated trying to change a pillow slip or hang washing on the line. He was losing the ability to understand dimensions. When he put a cup on the table, it would teeter on the edge.

From that point, Chris's spatial judgment and his balance deteriorated weekly. He fell in the pool when cleaning it. He lost his balance when he was carrying a heavy box and his left leg collapsed. Three months later, he agreed to stop driving after some near misses with parked vehicles. He no longer wanted to walk the dogs as he struggled to lift his foot to step up the kerb.

The doctor scratched his head, said he did not know what was wrong with Chris and told him to come back when he got worse. My own research led me in the direction of Parkinson's disease. There were many incidents that made this seem a reasonable prognosis but the Neurologist was still mystified and would not commit to a diagnosis.

Chris's leg got worse, would collapse when he was stressed, to the point he almost dragged it along. He changed to a voice based computer programme as his fingers began to struggle on the keyboard. He admitted that it was taking him longer to remember how to write computer code and he began to experience problems with his signature. We still had no diagnosis and I was beginning to feel the weight of a full time job, as well as instructing at the gym, maintaining the garden and the pool, taking care of the dogs, being responsible for the finances and trying to support Chris's business.



(Chris & Marilyn on their wedding day)



(Attending a wedding reception)

In 2016, Chris insisted on seeing Dr Melvil, a Neurosurgeon with years of success with Deep Brain Stimulation surgery. Dr Melvil tested Chris and told him that he definitely did not have Parkinson's disease but that he did not know what Chris had. We were nowhere. In 2017 we went to doctor no. 4, a renowned Neurologist, who did a thorough analysis of Chris's condition. He said he was 85% sure that Chris had Parkinson's but that if he didn't, he could have one of the four cousins, which were rare and very bad versions of the disease. He bluntly told Chris to do all the things he has always wanted to do...soon, as eventually he would not be able to do any of them. Chris was devastated. He was 64.

From there it was downhill, as he began to walk with a stick, and then a walker. His balance deteriorated significantly. His left arm and hand became very stiff and his eyes began to take on a vacant stare every now and then. He worked with a Physiotherapist but it was clear his movements were becoming more difficult. I then had to make the tough decision to bring in carers to assist me as I needed to work and he could not stay on his own anymore. I thought it would be short term but 3 ½ years later they are a permanent part of our lives. I had to learn to cook.

In 2018, he received the devastating diagnosis of Corticobasal Degeneration, a rare, incurable brain condition, one of the four evil cousins of Parkinson's. Chris is now bedridden, unable to move his body in any way, does not speak and his eyes are closed most of the time. His Neurologist has told me that he is in the end stages of the disease.

This journey has been the hardest thing I have ever done. Every day I mourn his loss as he gently slips further away from me. Chris is my love, he is my life, I dread losing him but all along this journey, the Lord has placed people in my path who have held me up, given me support and showed me love and kindness. I have had to become more patient, more forgiving and more generous of spirit. I do not know what the future holds but I refuse to give up on God's promise that His plans are to prosper us and not to harm us, and that He



has plans to give us a hope and a future. Either way, we will be together one day, whole, healthy and with an eternity of joy to look forward to....together.

Marilyn Gates Garner, thank you for sharing your very personal story of living in love. We pray that God will continue to give you the strength to care for Chris, and as you share your many tests with others, those very tests will become the testimony of God's Grace and unfailing love for both you and Chris.

Marilyn attends the Alzheimer's Support group at Brenthurst Residence in Plumstead.

Feeling overwhelmed caring for a loved one and needing support? Contact a support group closest to you.

Alzheimer's SA – Support Groups in Southern Suburbs

Kelvin Grove, Newlands 1st Wednesday @ 10.30 Terry or Nicolette 021 851 6886
supportct@livewell.care

Fish Hoek - Nerina Gardens 1st Friday @ 10.00 Bridget Jenkins 021 782 6106
hjen@iafrica.com

Pinelands - Helen Keller Society 1st Wednesday @ 18.00 Phone Helen Keller Home 021 531 5311 joedenise822@gmail.com

Plumstead – Brenthurst Residence 1st Wednesday @15.00 Lizann Painter 021 762 3935
matronlpainter@brenthurstresidence.co.za

Vincent Pallotti Hospital 2nd Thursday Contact for info 021 200 5924

Vredehoek – Nazareth House phone for info Marieka du Toit 021 202 1459
marieka@nazhousesa.com

Sunflowers 🌻 turn according to the position of the sun. In other words, they "chase the light." You might already know this, but there is another fact that you probably do not know!

Have you ever wondered what happens on cloudy and rainy days when the sun is completely covered by clouds? ☹️

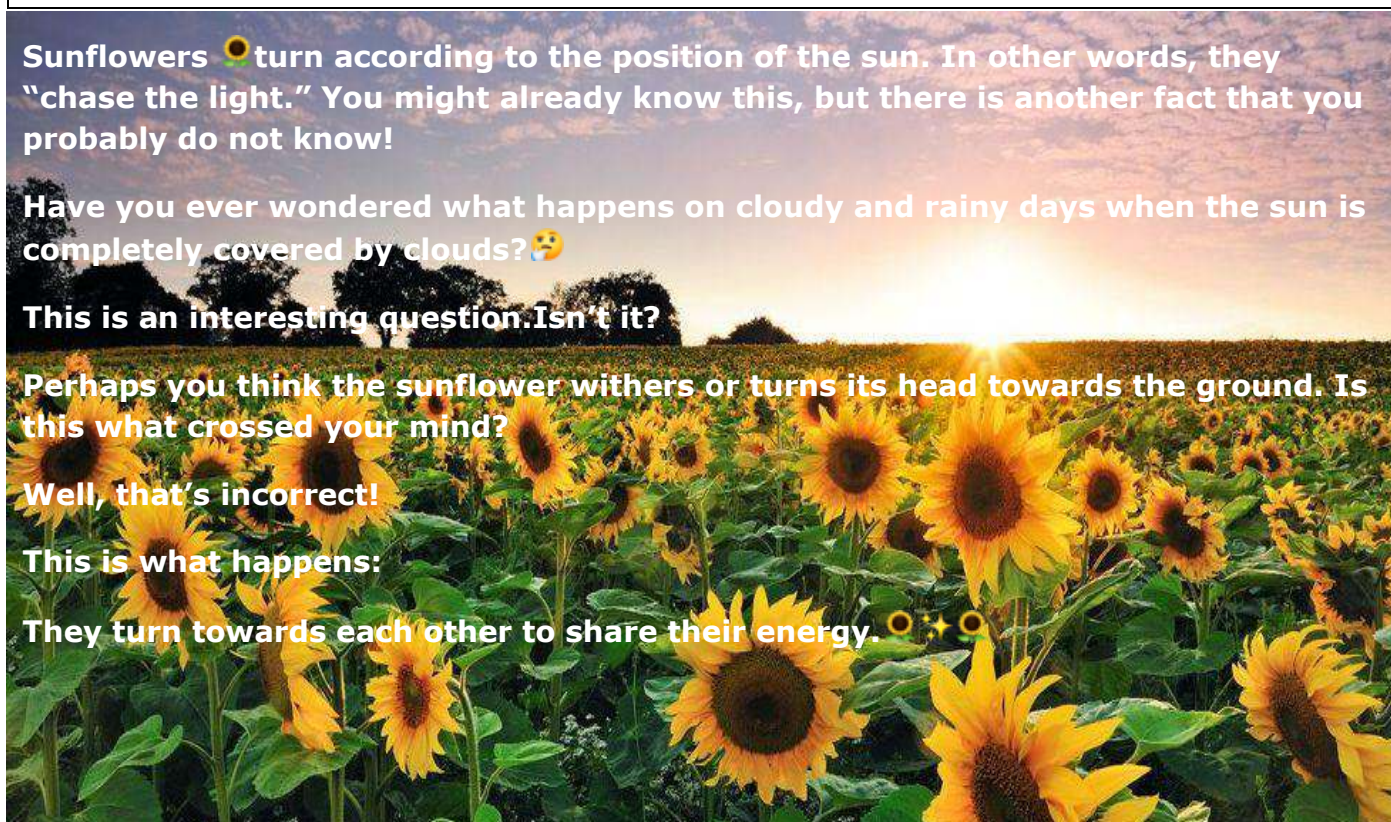
This is an interesting question. Isn't it?

Perhaps you think the sunflower withers or turns its head towards the ground. Is this what crossed your mind?

Well, that's incorrect!

This is what happens:

They turn towards each other to share their energy. 🌻 ✨ 🌻



Nature's perfection is amazing. Now let's apply this reflection to our lives. Many people may become low-spirited, and the most vulnerable ones, sometimes, become depressed.

How about following the example of the beautiful sunflowers • i.e. "Supporting and empowering each other". Nature has so much to teach us.

Wishing everyone a "Sun flower" ☀ trait of turning towards each other on their cloudy and gloomy days.

Spread goodness...it will come back to you...

Volksliedjies - Dis Heerlike Lente

Dis heerlike lente, die winter's verby
Weer nodig die velde vir jou en vir my

Holadrioha, holadrio
Holadrioha, holadrio

Daar's dou op die blomme, die dagbreker
fluit
Ons beur deur die klowe die opdraandes uit
Holadrioha, holadrio
Holadrioha, holadrio

Van hier waar die varkblom en vleiriete
groeï
Tot daar waar die aalwyn en kanniedood
bloeï
Holadrioha, holadrio
Holadrioha, holadrio

Al hoër en hoër na bowe te voet,
Om hoog op die kruine die rooidag te groet
Holadrioha, holadrio
Holadrioha, holadrio

Daar's krag vir die spiere op vaderlands-
grond
Die vroe-vroeë môre het goud in die mond
Holadrioha, holadrio
Holadrioha, holadrio



Powers of Attorney – What to be aware of

It often happens that a person needs someone to act on their behalf while they are temporarily unable to act themselves, be it for tasks such as signing a document, attending to banking or even concluding certain agreements.

That person (the principal) can give Power of Attorney (POA) to an agent to act on their behalf. It regularly happens that elderly parents give their children such power of attorney to attend to affairs on their behalf as they become older and less active in the day to day running of their own affairs. There are, however, certain important pitfalls that should not be ignored – This article seeks to highlight the intricacies in layman's terms.

The most basic and minimum requirement for a legally valid Power of Attorney is that the principal who grants the power of attorney authorizing another person (the agent) to act on his/her behalf, should at least be **competent to act themselves**. In the legal sense, and especially when referring to the decision-making capability of a person, capacity refers to someone's **mental ability to make rational decisions** and to understand the consequences of their actions.

As soon as the principal becomes incapable of acting on their own behalf, the power of attorney automatically lapses, which naturally could be a major concern for families with parents with a deteriorating mental capacity, ultimately leading to the inability to look after their own affairs – more about this aspect later in this article.

There are two types of powers of attorney being, the general power of attorney and then the special power of attorney.

The **general power of attorney** allows the agent to transact – to open a bank account and manage immovable property for example, however, it is limited: it does not allow the agent to make a will or initiate divorce proceedings, among other things, on behalf of the principal.

The **special power of attorney** relates to a specific transaction, such as the purchase or sale of a car or a home and falls away when the action is completed.

Both types of power of attorney can be withdrawn whenever the principal wants by informing the agent in writing that the power of attorneys is withdrawn.

There is no prescribed document, form or procedure to formalize a power of attorney, but it would be wise to have a document drawn up professionally, because the wording has to be quite specific, be it for a general- or special power of attorney. Although, there is no prescribed document, commercial banks for instance generally, will not accept a power of attorney unless it is on their own stationery.

There is nothing in the South African law that states that a power of attorney has to be witnessed but common and prudent practice would direct that the document is witnessed by two competent witnesses who are 14 years of age or older, or to have it witnessed by a commissioner of oaths.

Anyone can be appointed as an agent, as long as he or she is competent and is not a minor.

A power of attorney is certainly convenient if you have an **elderly parent** or you are an elderly person who is able to handle his or her financial affairs but simply wishes to slow down and hand over responsibility to an adult child. If you are properly authorized to execute a power of attorney, you can transact on behalf of that person and you will be protected from liability.

Frequently, care-givers (or children of an elderly parent) are incorrectly under the impression that the power granted by a person in their care will be effective until that person dies, even in cases where the person has severely diminished capacity and is therefore incompetent in the eyes of the law. This is an unsatisfactory position, as caregivers or children acting in good faith are putting themselves at risk of performing unauthorized acts for which they could be held personally liable.

It constitutes fraudulent conduct to exercise a power of attorney that has lapsed, and you could be held liable for any of the consequences. These consequences may include being sued by the family or a third party.

Mental competence to sign documents

If someone cannot fully understand or interpret the nature and all the consequences of his or her actions, they are considered to be without capacity.

It is therefore imperative that someone be legally appointed to assist the person who has become incapable.

There are two legal procedures to do this. You can apply for the appointment of a curator or an administrator. Read more about these procedures in a follow-up article.



Article written by Danie Rossouw
A practicing attorney at Attorneys West &
Rossouw
Board member of PlumRus and, son of a
PlumRus resident

A Heritage to Celebrate

Heritage is something that is handed down from the past, as a tradition passed down from preceding generations, a national **heritage** of honor, pride, and courage, something that comes or belongs to one by reason of birth; the **heritage** of the righteous.

September month is heritage month and it allows us to reminisce about the past, tradition, courage, sad things but also things of joy. Heritage month should be a month when we say farewell to un-remembering and a glorious opportunity to remember.

Over the past number of years heritage month in South Africa and heritage day on the 24 September has become a day when people recede back into their separate traditions and the stark divisions of society becomes a reality as if the advent of democracy and accompanying equality never existed.

This short reflection on heritage would like to remind us that we have a wonderful heritage that has been handed down for all of us to remember. This heritage introduces pride in the new South Africa. This is a national heritage and this heritage must not be under-estimated.

We are the pioneers of the new South Africa and this we must not forget. We had the courage to step into the unknown and navigate our future as a society based on equality and not on division. We were proud of the constitution that defined our new identities and we celebrated together aware that the road ahead would not be an easy one.

But there is another aspect of these beautiful memories that we hold onto, we broke the discord of division and we united around our newly formed identity as South Africans. There were some beautiful years that followed, years in which we could feel the changes that became the foundations of the new society. That is the heritage.

It is that heritage of newness that we want to hold onto.

It is that heritage of recognizing each other as equals that we want to respect

It is that heritage pride and honour and collective courage that we want to celebrate

And when you ask – what do we do with the present reality of a state that is slipping away, my response is, don't let us let give up, let us hold on. Don't let the negativity influence the present but let us draw strength from our heritage, let us believe that the fathers and mothers of our nation did not make a mistake when they decided to change the course of the history of our country.

I believe that in being positive we also set a new reality not driven by negativity but informed by reality. The reality while definitely not the best, in fact many argue that our present reality is bad and requires fundamental transformation, it's precisely here that we need to engage this reality with the positive energy it requires.

Heritage month calls us to renew our vows and rise up to the occasion to become part of the movement of fundamental transformation.

What can I do you may ask? Positive thoughts, as we celebrate our common heritage are indeed a first and important step. Sharing this positivity is a possible second step but most importantly it is remembering the new heritage of our collective past that takes us to the action level – to encourage others, to speak truth to power, to embrace decency and respect and to demonstrate in our lives and conduct the amazing presence of God.

I pray that this heritage month and heritage day will indeed offer you, the community of PlumRus an opportunity to celebrate.

(Submitted by: Derrick Marco)



Let us not allow the sun to set on all we are meant to be!

The international flora conservation community, and the members of the PlumRus Garden Club, is mourning the loss of botanist, horticulturist and plant restoration specialist Anthony Hitchcock – widely acclaimed as one of the true fynbos fynmense.

The 60-year-old Hitchcock, who was the Nursery, Living Collections and Threatened Species Manager at Kirstenbosch National Botanical Garden before taking early retirement in 2019, died on Tuesday 7 July of Covid-19 complications that he contracted while in isolation in a Cape Town hospital receiving chemotherapy and a bone marrow transplant.



Close Kirstenbosch colleagues Adam Harrower and Cherise Viljoen remember Hitchcock as “an active botanical horticulturist, prolific plant gatherer, compulsive seed collector, accomplished gardener, and unstinting mentor to so many”.

“His legacy lies not only in these wonderful things that many remember him for thankfully, but also in his life’s work as an internationally respected world expert

and leader in the field of restoration and conservation of South Africa's severely threatened fynbos."

(Photo: Daily Maverick)

The members of the PlumRus Garden Club, although not meeting formally, have been keeping very busy in our gardens during lockdown. The gardens are looking gorgeous and with all the recent rains, we are looking forward to lots of colour and scent along our pathways during the coming Summer months. With the generous financial donation from the House Committee the gardeners have planted some amazing Protea species and we are waiting patiently to see them come into full bloom.



We are very fortunate at PlumRus to have so many residents who have a gift and love to work with flowers. Mrs. Marie Boshoff has been keeping her section of the garden going over the last while and has produced some quality blooms.



Thank you for sharing your love of God's creation with all of us at PlumRus.

Our Heritage - Over a Cuppa!

The Protea Coffee Shop is a great place to meet people with very interesting stories. My first meeting was with the Coffee Shop Lady herself, Noelwene.

Noelwene shared her interesting story with me over a cup of **Rooibos cappuccino and an amazing slice of pumpkin spice cake**. Born in Swellendam and raised with a sister and a brother, she learnt her cooking and baking skills from her grandmother. At the age of 19 she decided to come to Cape Town with the intention of finding work on a cruise liner. Her aunt would not allow her to work on a ship. Cape Town promised her a life of Health and Wealth, because whenever she saw "die mense van die Kaap was hulle almal vet en gesond."

Having her dream crushed opened new opportunities and she registered at Cape College to study Early Childhood Development. She worked in ECD for 5 years. Hard work has never been a problem for Noelwene. She met her, husband, Melvin, through her daughter's nanny (a story for another time).

Now happily married with 3 children, Noelwene credits her 12 years of being a "Kaapenaar" to God's Grace. She shared a few scary situations she found herself in, but through God's Grace she walked away unscathed every time.

She encourages other young people to seek God's approval before tackling a new challenge or opportunity. Make sure it is in His will and plan for your life.

(Noelwene pictured with her husband Melvin, children Nola, Nick, Mia and her Father-in-law)



Pop over to our Coffee Shop and enjoy their amazing gourmet steak burger. One of our coffee shop regulars, Tannie Marie Knuppel, describes the steak burger as follows; "Tender, juicy steak strips served with crispy bacon, sautéed onions and farm fresh egg. All rounded off with golden, crispy fries-just the way you like it. Spoil yourself with this treat. You know you deserve it!

This burger performs miracles.....Tannie Marie praat nou baie mooi Engels!



My tweede tee geleentheid was geniet saam met Tannie Lily Van der Linde oor 'n lekker koppie tee en vars gebakte scones (net beskikbaar elke tweede Sondag).



Ons was 'n familie van 5, my Pa, my Ma, sussie, broer en ek. Die familie se huisie was in Voortrekker Straat, Benoni in die Transvaal. Die huisie was baie klein met 1 slaapkamer, kombuisie en badkamer. My broer het 'n bedjie in die kombuis gehad en my sussie en ek het saam met my ouers in die slaapkamer geslaap.

Die huisie het agter 'n koeldrank fabriek gestaan waar my Pa elke dag die oggend om 4uur die groot oonde moes stook sodat die drankies gemaak kon word. Ons het soveel koeldrank vernuut gekry dat ons dit nie eers meer wou drink nie.

Die inkomste was maar min en my Mammie het vir van die bestuurders van die fabriek, se klere gewas en stryk, en ook baie keer vir hulle soet koekies gebak. Hulle het natuurlik hulle eie meel, botter, suiker voorsien. Ek onthou so goed, een dag het my Ma nie al die botter ingemeng nie want dit sou te veel gewees het en glo dit of nie, die persoon was so kwaad hy het sommer die hele baksel op die grand uit gegooi.

Dit was soms moeilike dae maar die hand van die Vader het ons elke dag kos op die tafel besorg.

Die hoogtepunt van ons jong lewe was op 'n Vrydag middag wanneer my Pa "Pay" gekry het dan het ons ook elk 'n sikspens gekry.....

Tannie het oor die jare deur ons land gerys, as die Dominee se vrou, en vind haar nou vir amper 9 jaar in die Kaap....Welkom huistoe Tannie!



Drop in at the Coffee Shop and make new friends, learn from each other and we will provide you with the best homemade treats.

Time to Celebrate

We were once again blessed during August month to celebrate the 90th birthdays of two of our residents. Mrs. Rees and Mrs. Pauw, we pray that God will continue to bless you both with good health and the love of family and friends.

Mrs. Rees chose a very low key celebration of her milestone birthday, as two of her daughters who were to travel from the UK to Cape Town for the celebration, had to reschedule their plans due to Covid-19. No doubt they will be here soon after international flights resume, and have promised a party to remember for a very long time.



Mrs. Leonie Pauw celebrated her 90th birthday with her daughters and their families in Langebaan. She was looking forward to the family time after the isolation of lockdown. She credits her blessings of long life to having an amazing husband who has taken great care of her. At 97 and 90 years respectively they are both well and still very in love with each other.



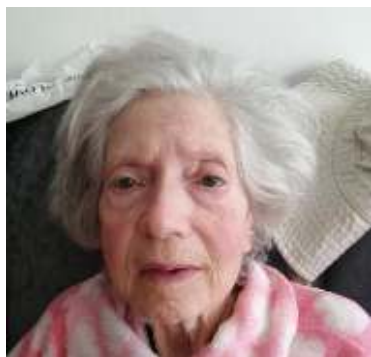
Sandy Remmington, daughter of Mrs. Bousfield, a client of CSC, gives God all the praise and glory for his faithfulness in sparing her mom for 96 years. She wishes to thank the carers of PlumRus for their love and care shown to her mom.

Happy Birthday Joan..... God bless you!



Meet our newest PlumRus friends who moved in during Lockdown, have you said Hi yet?

Zone 1:



Mrs Emily Eadie, Room 8. Emily enjoys watching movies, chatting and meeting new people.

Frans enjoys reading his Bible and chatting to his children via email.

Mr Frans Klopper, Room 7.



Zone 3:

- Mrs Anna Du Toit, Room 35. A retired Senior Staff Nurse, she enjoys fresh cups of tea and meeting new people.



- Mrs Genevieve Hanger, room 38B. Genevieve enjoys watching movies and her favourite snack is sweets.

Zone 5:

- Ms Ivy Sass, room 49. She enjoys reading a new book everyday and face timing her daughter in New Zealand.



PlumRus East:

- Mrs Gwyneth Collins Flat 118. She is an avid gardener and enjoys catching up with old friends.

PlumRus North:

- Mr Terence Pope, N109. Terry is a gentleman who enjoys meeting and talking to people. He enjoys making new friends and watching sport on DSTV.



PlumRus Mountain View:

- Mev Patricia Van Wyk, MV108. Pat geniet dit om nou nader aan kinders te wees, maar sy is veral; dankbaar om in dieselfde plek as har suster, Mev Pauw te kan woon.

Welcome Home to our new Residents!

The song is ended, but the melody lingers on!

During this terrible time of a pandemic that the world is going through, here at PlumRus we had to say goodbye to a few very special residents.....none as a result of Covid-19, through God's Grace.

Mrs Valerie Hindmarch

Mnr Petrus De Villiers

Mr Redvers Haines

Mr Spencer Patterson

Mrs Judy Bokhurst

Mr Ken Prentice

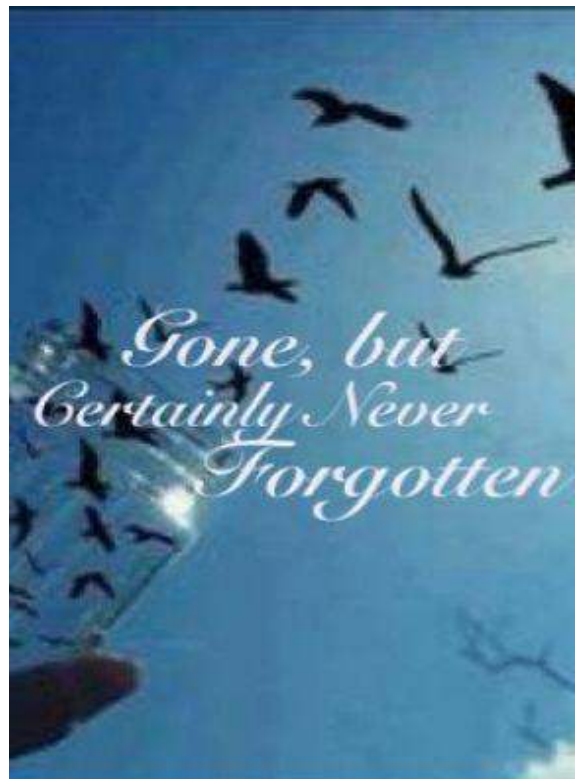
Ms Ivy Prentice

Ms Margaret Houison

Mrs Hendrina Jansen

Mr Duncan Fincham

Mr Raymond Guy



Psalms 91

S	S	E	P	P	C	N	A	N	S	W	E	R	C
L	S	A	I	R	H	G	I	H	T	S	O	M	T
W	O	S	P	O	G	A	N	G	E	L	E	S	R
I	M	R	E	T	F	W	O	D	A	H	S	L	A
N	R	E	S	E	S	S	F	A	S	T	R	L	M
G	F	H	T	C	W	C	W	L	T	R	R	E	P
S	O	T	I	T	T	W	A	M	D	U	M	W	L
C	R	A	L	I	E	P	S	I	U	S	A	D	E
A	T	E	E	O	R	R	H	G	S	T	E	R	W
F	R	F	N	N	C	E	E	H	A	R	A	O	M
R	E	L	C	R	E	F	L	T	E	S	R	N	W
A	S	M	E	R	S	U	T	Y	O	R	O	T	E
I	S	L	O	L	L	G	E	E	A	D	S	L	R
D	W	R	I	L	A	E	R	R	P	L	A	C	E

PROTECTION
 TRAMPLE
 REFUGE
 SHELTER
 FORTRESS
 WINGS
 SHADOW
 SECRET
 FEATHERS
 TRUST
 ARROW
 ANGEL
 ANSWER
 AFRAID
 PESTILENCE
 PLACE
 ALMIGHTY
 DWELLS
 MOST HIGH

Lessons from COVID-19

Life is short.
 Death is sure.
 Jobs are temporary.
 Health is wealth.
 Tomorrow is not
 promised. Eternity
 is at hand and
 only God can
 save.

