

PlumRus NEWS NUUS

SEPTEMBER 2023



Making a life-giving difference
Maak 'n lewegewende verskil

Spiritual Care Program

Fridays @ 09:30	Sunday Mornings @ 09:30	Sunday Evenings @ 18:00
1 st One Hour for Jesus	3 rd Morning Service	3 rd Evening Service
8 th One Hour for Jesus	10 th Morning Service	10 th Evening Service
15 th One Hour for Jesus	17 th Morning Service	17 th Evening Service
22 nd One Hour for Jesus	24 th Morning Service	24 th Evening Service
29 th One Hour for Jesus		

THE SHEPHERD OF OUR SOULS...

One day, God's great salvation story will climax in a spectacular scene in heaven! A great multitude, too many to count, will stand in front of the Lamb and before the Throne. People from every nation will be there, from every tribe, race and language. Dressed in white robes and waving palm branches, joined by the Angels, Elders and Living Beings around the Throne, they'll declare with a mighty shout...

*"Salvation comes from our God upon the throne and from the Lamb!"
Praise and glory and wisdom and thanks and honour and power and strength
be to our God forever and ever. Amen!"
Revelation 7:10&12*



This multitude will serve the Lord, day and night. The One on the throne will pitch his tent over them – the glory of his presence will enfold them. There'll be no more hunger, no more thirst, no more scorching heat, the Lamb on the Throne will shepherd them, leading them to springs of living water. And God will wipe away every tear from their eyes.

What an awe-filled scene! The crowning worthiness all of heaven puts upon Christ, the Lamb upon the Throne - is due to Calvary. All his splendour and beauty are hidden in the scars he bears from wounds he received on the cross. Because of Christ's shed blood and broken body, God the Father's anger against our sin has been turned away, his divine justice satisfied, and a way of reconciliation has been opened between God and people like us. All this accomplished because of God's never-stopping, never-giving up, unbreakable, always and forever love. A love that made a plan to wash away our sins. He does not love us because he washed us; no, he washed us because he loved us!

But there is something more; the scar-bearing Lamb upon the Throne is also described as our 'shepherd'...

*"For the Lamb at the centre of the throne will be their shepherd;
he will lead them to springs of living water."
Revelation 7:17*

One day, while walking around the Temple area in Jerusalem, Jesus made this startling claim: "I am the good shepherd!" (John 10:11). Surely, many who heard him realised what he meant.

Hundreds of years earlier the prophet Isaiah spoke of a time when God himself would come into this world in awesome power. Like a shepherd he would care for his flock, gathering the lambs in his arms, carrying them close to his heart. And gently lead the nursing ewes to good pasture (Isaiah 40:10&11). In claiming to be the 'good shepherd, Jesus revealed himself as the embodiment of Isaiah's prophecy. Like the shepherd that king David sang of in Psalm 23, Jesus would lead his 'sheep' to green pastures and quiet waters, where he'd restore their souls. He'd help them do what honoured him the most and walk by their side even as they passed through the valley of the shadow of death, guarding and guiding them all the way. He'd even provide delicious food for them in the presence of their enemies. His goodness and loving kindness would follow them all the days of their lives.

One striking characteristic about Jesus and his sheep is that he knows his own sheep, and they know him. Jesus likened this to the way God the Father knows him and he knows the Father. As the one-of-a-kind Son of God, Jesus shares his Father's nature. He sees himself reflected in his Father's glory. To some extent Jesus recognises himself in his 'sheep'...his followers. As they become more and more like him, he sees himself reflected in them. This endears them to him. It's like a husband waiting for his wife at the airport as disembarking passengers' stream through 'Arrivals'. There she is! He recognises her features and clothing. He sees in her smile and joy a reflection of his own love and excitement. He delights in her. She's the only one he kisses and embraces. He knows her! And she knows him! It's hard to overemphasise the tremendous privilege of being known personally, intimately, and lovingly by the Son of God, the shepherd of our souls. It's a precious gift to his 'sheep'. And it contains the promise of a deep and loving relationship with him, and the certain hope of eternal life.



What a remarkable shepherd we have. His goodness and loving kindness will follow us all the days of our lives. And after this life's journey ends, we'll enjoy his company forever in his heavenly Father's house! Our shepherd on the throne is preparing a place for his 'sheep', and one day he'll return and take us to be with him...in his Father's house. Jesus is the only 'way' to the Father. He alone has revealed the true knowledge about God the Father. Throughout his earthly life, and especially in his sacrificial death on the cross and resurrection from the dead, Jesus embodied the truth about God the Father and his love for mankind. Through the incarnation Jesus took on human nature while remaining fully God. And through his resurrection and return to heaven, he stands first in the line of the humanity he restored. Because Jesus lives, we too will live eternally!

One day the good shepherd of our souls will come back to fetch his 'sheep' and take them home. He knows each one by name. When he calls, they'll recognise his voice, and they'll follow him. Will he know your name? Will you recognise his voice? Will you return with him to his Father's house?

If you're unsure, please think and pray about surrendering your life to Jesus. Like the shepherd he spoke of in Luke 15, he's looking for you. When he finds you, he'll put you across his shoulders and carry you home. There'll be joyful celebration in heaven...a great party! For you were once dead, and now you're alive! Once lost, now you are found!

God bless: Ps Dave Henderson

SONDAGSPIRAAL

Elke Sondag kom ek vroeg terug van my gesinsuitstappie sodat ek Woord en Lied kan bywoon. Dr Saayman se verklaring van die Woord is elkekeer so opbouend en aanmoedigend, al verstaan ek nie die volle rykheid van die Afrikaans nie.

Vanuit Psalm 20 het die metaforiese spiraal my aangegryp:

GEBED lei tot MOED (nie moet nie)
MOED lei tot SEKERHEID
SEKERHEID lei tot OORTUIGING
OORTUIGING lei tot meer GEBED

Hierdie spiraal was in werking selfs voordat die oorlog aan die gang gekom het en daarom het hulle oorwin.

STAY IN THE SPIRAL: PRAYER >COURAGE> SECURITY>CONVICTION>MORE PRAYER

Moenie bid dat die stryd tot einde moet kom nie, maar liever vir die Geesgegewe vermoë om in die Spiraal te skuil. (Ingedien deur: Verena Salzwedel)

***Join us every last Friday of the month for
One Hour for Jesus – Testimony & Worship
Service***





HAPPY BIRTHDAY TO OUR RESIDENTS

1st	<i>Maria Taljaard</i>	<i>R38</i>	<i>98</i>
1st	<i>Lida Herbst</i>	<i>F20</i>	<i>72</i>
3rd	<i>Belinda Pare</i>	<i>R68</i>	<i>86</i>
5th	<i>Henelia Knuppel</i>	<i>F112</i>	<i>79</i>
6th	<i>Joyce Wissing</i>	<i>A3</i>	<i>85</i>
6th	<i>Cynthia Ackermann</i>	<i>47B</i>	<i>87</i>
9th	<i>Renee Healy</i>	<i>N108</i>	<i>76</i>
10th	<i>Ursula Pillay</i>	<i>F24</i>	<i>75</i>
10th	<i>Joselyn Findlay</i>	<i>R64</i>	<i>80</i>
11th	<i>Irma Bester</i>	<i>R37D</i>	<i>81</i>
11th	<i>Tony Fish</i>	<i>R39</i>	<i>85</i>
13th	<i>Lorraine Whittle</i>	<i>F23</i>	<i>74</i>
14th	<i>Niel Bjorkman</i>	<i>N007</i>	<i>83</i>
14th	<i>Andrew Owen</i>	<i>R17</i>	<i>64</i>
16th	<i>Joey Pillay</i>	<i>F24</i>	<i>83</i>
17th	<i>Carina Holtzhausen</i>	<i>F019</i>	<i>68</i>
17th	<i>Selma Stuart</i>	<i>MV208</i>	<i>97</i>
20th	<i>Gerard Kock</i>	<i>N112</i>	<i>79</i>
20th	<i>Lionel Fillies</i>	<i>R45C</i>	<i>64</i>
23rd	<i>Hester Esterhuizen</i>	<i>F002</i>	<i>90</i>
24th	<i>Adin Harmer</i>	<i>F004</i>	<i>86</i>
27th	<i>Heather Binedell</i>	<i>F124</i>	<i>84</i>
27th	<i>Noel Mackenzie</i>	<i>H001</i>	<i>77</i>

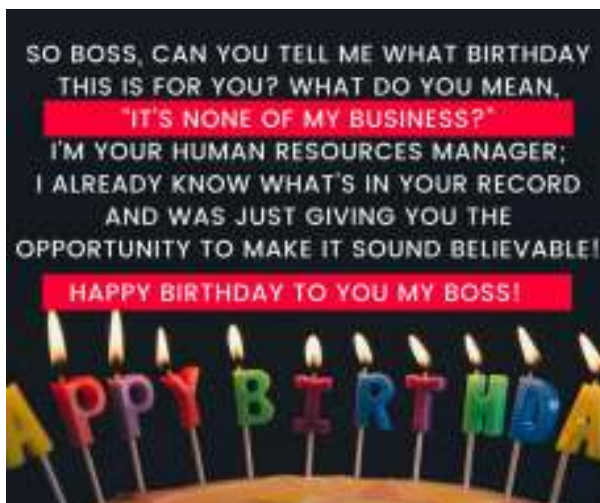


Psalm 139:13-14

For you formed my inward parts; you knitted me together in my mother's womb. I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well.

HAPPY BIRTHDAY TO OUR STAFF

1st	Alvina Classens	Health Care
3rd	Madelaine Scheepers	Catering
7th	Petronella Diedericks	Care Services
7th	Lucien Jacobs	Cleaning
9th	Shaunelle Benn	Laundry
15th	Jacky De Goede	Care Services
18th	Chris Schutte	Management
19th	Kim Hartzenberg	Health Care
20th	Paulinda Jacobus	Cleaning
20th	Belinda Benjamin	Health Care
23rd	Tiffany Daries	Care Services
25th	Zinathu Majiya	Care Services
26th	Kurt Arend	Transport



Happy Birthday to our Members

7 th Mrs Edna Elliot	8 th Mrs R Lee
10 th Mrs Piedt	12 th Mrs Sophia Speak
12 th Mrs L Regan	12 th Mrs Beverly Steyn
16 th Mrs MM Koopman	19 th Mrs K L Boonzaaier
19 th Mrs E Isaacs	23 rd Mrs D Paul
27 th Mrs M Van Zyl	27 th Mrs S Morta
27 th Mr. Peter Gordon	





Lift for PlumRus East/Hyser vir PlumRus Oos

There is a great need to install a lift for our Residents in PlumRus East. The East building is our oldest Residential area and will undergo a massive upgrade with the installation of a lift. The estimated cost of this project is between R700 000 and R1Million.

What we really need is a philanthropic donation of an estate or two to better put us within reach of this goal.

If you require an 18A certificate for tax purposes, please contact Cindy on cindy@plumrus.co.za with all the relevant details and she will happily oblige.

Payments can either be made at our Reception or directly via EFT into the following bank account:

Account: Plumstead Rusoord Board Account
ABSA - 450640409
Code – 632005
Reference - Donation Lift

Balance as at 31 July 2023 – R37 299



We enter into battle with the rest of the World, to defend our title as **Rugby World Champions**, on Sunday 10th September at 17:45 (local time).

Make sure you catch all our matches which will be shown on the big screen (besides Sundays during scheduled church services). Match fixtures will be placed on notice boards and included in morning WhatsApp messages.

Our Coffee Shop will be creating some interesting supporter's specials on our match days...make sure you place your orders and get a good lining to keep the spirit going.



Show your support of the Springboks, for the duration of the World, by joining the rest of South Africa in wearing your supporters green and gold attire.

#BokFriday

PROUD CHARITY GOLF DAY SPONSOR 🏌️

We're a proud sponsor of **PlumRus' Charity Golf Day** on 7 September 2023, a day bound to be filled with camaraderie, sportsmanship, and unforgettable moments on and off the course.

We extend our unwavering support to Plumrus, an organisation that holds a special place in our community – one that enriches the lives of the elderly.

Cost per 4 ball: R3000, golf carts are available on a first come, first served basis. For bookings and more information, email info@plumrus.co.za or call 021 761 2323.

[#Nashua](#) [#GolfDay](#)

[#CharityGolfDay](#) [#Sponsorship](#)



Twaalf Onwaarhede oor Afrikaans

Toespraak by die Kommissie vir die Bevordering en Beskerming van die Regte van Kulturele, Godsdienstige en Taalkundige gemeenskappe by die Afrikaanse Taal monument 31 Mei 2023.

Onwaarheid nommer 1: Baie min mense in Suid-Afrika praat Afrikaans en daarom is dit beter om na Engels oor te skakel.

Verkeerd! Afrikaans met 6.8 miljoen sprekers (14% van die bevolking) is die derde grootste taal in Suid-Afrika, naas Zoeloe 11.5 miljoen (23%) en Xhosa se 8.1 miljoen (16%) sprekers. Engels, 4.8 miljoen word deur slegs 9.6% van Suid Afrika se bevolking as moedertaal gebruik volgens die 2011 sensus. Navorsing wys dat slegs 50% van Suid-Afrikaners Engels redelik verstaan. In die wêreld is daar meer as 7000 tale. Afrikaans is onder die 120 grootste tale in die wêreld. **Volgende maand kyk ons na onwaarheid nommer 2.**

Wie en wat is die ATKM groep in PlumRus?

ATKM is in Afrikaans vir almal wat Afrikaans praat of verstaan. Ons hoofdoel is die herdenking van ons Afrikaanse taal en kultuur erfenis en om menswees in Afrikaans hier by PlumRus uit te leef. Ons het afgeskop op 2 Augustus 2023 met 'n oriëntering sessie waartydens almal teenwoordig ingekoop het. Ons eerste herdenking was 14 Augustus, met die viering van Die Genootskap van Regte Afrikaners wat gestig was op 14 Augustus 1875. Die vader, Arnoldus Pannevis, Nederlandse onderwyser, godsdienstige man en taalkundige. Uit hierdie byeenkoms het voortgevloei, die erkenning van Afrikaans as amptelike taal en die vertaling van die Bybel in Afrikaans (90 jaar gelede), die Patriot (eerste Afrikaans koerant), die Taal Monument in die Paarl, Afrikaanse skole en universiteite en groot reuse soos Sanlam, Volkscas en Santam. Op die 14de Augustus het ons geluister na musiek: Sarie Marais, Vêr in die ou Kalahari, Ou Ryperd en Blokkies Joubert. Ons het ook geluister na 3 herdenkings van die Genootskap. Dit was 'n lekker kuier- en ontspanne aand waar ons diep terug gekyk het in ons verlede. Ons volgende herdenking is Erfenis dag op 25 September wanneer ons gaan stilstaan by die rol van Afrikaans in ons menswees in 2023. Almal is welkom wat Afrikaans kan praat of verstaan.

(ATKM Fasiliteerder: George)

Erfenis Dag 25 September 2023

Erfenis dag word op 24 September elke jaar gevier. Op hierdie dag vier Suid- Afrikaners hul kultuur en hul erfenis in hulle eie taal en volgens hulle eiesoortige kultuur. Voor 1996 was dit as Shaka dag gevier. Wyle president Mandela het die dag ingestel vir alle Suid-Afrikaners om weer ons pragtige land, pragtige mense, diere en natuurskoon te waardeer en om ons te herinner aan ons kultuur en diversiteit as 'n reënboognasie. Ons ATKM groep sal die aand terug kyk na die rol van Afrikaanse taal en, die geestelike besitting van onthou, van 'n groep mense op elke lewensterrein en dit dui op die manier van optrede, oortuigings, waardes, tradisies, kleredrag, persoonlike versiering, onderlinge verhoudings en spesiale simbole en kodes. Weereens 'n lekker aand van musiek en kuier. Almal is welkom wat Afrikaans praat of verstaan.

(ATKM Fasiliteerder: George)



Remembering Ruth at the Writers' Club

Our last Writers' Club meeting on 15 August was rather sober as we reflected on the sudden passing of Ruth Davies, whose vision it was to start this group. The following are some of the lessons learnt from her life: 1) Cultivate a positive outlook. 2) If you have a vision, take it further. 3) Keep a file of your writing efforts - scraps of paper get scrapped! 4) You never know when you gotta go, so seize the day!

Ruth's preferred genre was poetry, which the rest of us find quite challenging. The following poem was found in her room:

I went to visit Plumrus
The other day
To decide if I wanted
To leave or to stay
I saw my friend Val
And she said to me
"Decide for yourself
But just come and see."

So, I looked around
And you know what I found?
Many, many treasures
For you and for me

RIP RUTH DAVIES

RUTH DAVIES

You came like a refreshing breeze
Full of fun and able to tease
Then, all of a sudden you left
And we, all of us are bereft
The Lord Bless You
And Keep You
In Peace and Joy
Amen

BY ADIN HARMER

REMEMBERING RUTH

I met a lovely lady
I must tell the truth!
She hadn't been here very long
And her name was Ruth

I noticed when we chatted
Her accent was quite strong
She had lived in England
When she was very young

She was always very friendly
And loved to joke and chaff
She'd tell a funny story
And really make us laugh

Whilst we enjoyed her company
God had other plans
To our dismay there came a day
When Ruth was in God's hands.

I am so glad I knew her
She brought a lot of love
But we know for sure that she's secure
In her heavenly Home above

BY JEANETTE VENNER

OH YES!

I'm sniffing at Spring.
So, too the
Bees, Blooms and Butterflies.
If cold still snaps
And rain still falls
I'll just adapt
To Spring's soft call
That Summer's coming.

(Submitted by: Verena Salzwedel)



UNDER PRESSURE

Relax we are told
Enjoy the best years of your life
To get there, cut out all strife
But, to be bold
I have been told not to rhyme
- like a poor chap in Grade 9
[Minus 2, that's Standard 7 for our Generation]
Alas, this week has been freaking snowy
My nose went rather glowy & others went blowy
Then came a tyre abomination
Pomp Jockie declares pap wiel is dead
Frothing & flapping I then lose my head
Bank card hides in places unknown
Caught 6 times searching in the rain
Sky rolls boulders then lightning's insane
In life it does the soul good to moan
Lost card made the searched flat so tidy
And, after being kicked the tyre can still ridy
Then Castle Lager Championships on big screen
Glass of red wine, a win against Wallabies - Life's not too mean

(Submitted by: June Stein)



A Picture Paints a Thousand Words!

SANParks early Spring flowers bloomed for us, flowing across the landscape, around bushes & koppies like a continuous roll of multi-coloured cloth, startling bright clashing colours that truly shone brilliantly with streams of orange, pink, purple, yellow daisies, all the blues, cerise vygies & jik white beauties. Flowers everywhere in artistic splotches of beauty, a shock of perfection to all us wonderers & hugely more than last year. Extraordinary, almost speechless in awe.



This jaunt was SO worth rising at sunrise for, plus being in a car queue of tourists for 45 minutes [with us giving lip to GPs cars pushing in]. Caylynn walked 1 km [?] up the tar road to get the tickets as only 1 gate was open, helpful Carer, Sheron, moved the bollard & we were in, fed & watered in 30ish heat with Plumrus snack packs[smarties for brekkie]!

Patient drivers, Hendrick & Kurt, stop-started for us to get the best views many times & helpers trundled Mrs. Douglas's wheelchair over the klippies for the pics tiptoeing through the daisies. Weirdly there were 100s & more 100s of wheeling seabirds above the flowers, a few Kelp gulls but many others unidentified. Spied crows, Witkruis arend, butcherbird waiting for the Grey Heron to catch something, Sacred Ibis at a pool, tiny Finch with nests strangely hanging on low bushes.



Back for lunch at Kraalbaai, we abandoned the Plumrus lads to literally "cook" in the heat at the open stone lapa above the Langebaan Preekstoel famous rock, while we sheltered under the Info roof shade where Caylynn was kept busy pampering us & carrying everything back again from the lapa where luckily only some saw Pat's little snake.



Strange plants we saw here -April Fools, Katte kruie, Muisbos, Spiderplant [green & black], Cape Sumac & 2 Francolins dust bathing plus the usual tourist wagtail for scraps. Some brave hearts like Rista and Pat, dared the steep but sturdy wood walkway to the Langebaan Lagoon beach where we had seen a Flamingo flock further along in the marshes at the bird hides. The water was as smooth as blue silk with several houseboats floating quietly, not a puff of wind, a magic picture.

SEPTEMBER 2023

MAAND PROGRAM / MONTHLY PROGRAM

Monday	Tuesday	Wednesday
Gym Trim in the Hall Tuesday's @ 09:30 Prayer Meeting Wednesday's in all lounges @ 11:45 5th September 2023 Friends Meeting in the Hall @ 15:00 7th September 2023 Morning Market in the Hall @ 09:30 11th September 2023 Garden Club Meeting in the Hall @ 15:45 12th September 2023 Writers Group in N203 @ 15:00 14th September 2023 Live Entertainment in the Hall @ 15:00 19th September 2023 Annual General Meeting in the Hall @ 15:00 20th September 2023 YouTube Social Evening in the Hall @ 18:00 25th September 2023 ATKM Byeenkoms in die Saal @ 18:00 29th September 2023 Bring & Braai @ 18:00		
4	5	6
07:30 Outing: West Coast National Park 08:30 Library / Biblioteek 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges	09:30 Shopping Meadowridge 09:30 Gym Trim in lounges 10:00 Tea Time: lounges 14:30 Bible Study in N102 15:00 Tea Time: lounges 15:00 Friends Meeting	08:30 Library / Biblioteek 10:00 Tea Time: lounges 10:30 The Good Doctor Series Season 2 Episode 11 11:45 Prayer Meeting in lounges 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges
11	12	13
07:30 Outing: West Coast National Park 08:30 Library / Biblioteek 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:45 Garden Club Meeting	09:00 Shopping Blue Route 09:30 Gym Trim in lounges 10:00 Tea Time: lounges 14:30 Bible Study in N102 15:00 Tea Time: lounges 15:00 Writer's Group in N203	08:30 Library / Biblioteek 10:00 Tea Time: lounges 10:30 The Good Doctor Series Season 2 Episode 13 11:45 Prayer Meeting in lounges 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges
18	19	20
08:30 Library / Biblioteek 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges	09:00 Shopping Constantia Village 09:30 Gym Trim in lounges 10:00 Tea Time: lounges 14:30 Bible Study in N102 15:00 AGM in the Hall	08:30 Library / Biblioteek 10:00 Tea Time: lounges 10:30 The Good Doctor Series Season 2 Episode 15 11:45 Prayer Meeting in lounges 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 15:00 Residents Talk in the Hall 18:00 YouTube Social Evening
25	26	27
08:30 Library / Biblioteek 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 18:00 ATKM Byeenkoms in die Saal PUBLIC HOLIDAY	09:00 Shopping Constantia Emporium 09:30 Gym Trim in lounges 10:00 Tea Time: lounges 14:30 Bible Study in N102 15:00 Tea Time: lounges	08:30 Library 10:00 Tea Time: lounges 10:30 The Good Doctor Series Season 2 Episode 17 11:45 Prayer Meeting in lounges 12:30 Fruit & Veg Lorry 15:00 Tea Time: lounges

Thursday	Friday	Saturday	Sunday
	1	2	3
	08:30 Library / Biblioteek 09:30 One Hour for Jesus Communion/Nagmaal 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 15:00 Tea Time: lounges 15:00 The Good Doctor Series Season 2 Episode 10	09:30 Church 10:00 Tea Time: lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges Big Sky River 18:00 Woord & Lied Dr. Chris Saayman
7	8	9	10
08:30 Library / Biblioteek 09:30 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	08:30 Library / Biblioteek 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 15:00 Tea Time: lounges 15:00 The Good Doctor Series Season 2 Episode 12	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges A Beautiful Life 18:00 Woord & Lied Dr. Chris Saayman
14	15	16	17
08:30 Library / Biblioteek 09:00 Shopping Constantia Emporium 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Live Entertainment in the Hall	08:30 Library / Biblioteek 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 15:00 Tea Time: lounges 15:00 The Good Doctor Series Season 2 Episode 14	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges Midnight Sun 18:00 Woord & Lied Dr. Chris Saayman
21	22	23	24
08:30 Library / Biblioteek 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	08:30 Library / Biblioteek 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 15:00 Tea Time: lounges 15:00 The Good Doctor Series Season 2 Episode 16	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Movie in Lounges Gifted Hands 18:00 Woord & Lied Dr. Chris Saayman HERITAGE DAY
28	29	30	
08:30 Library / Biblioteek 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 18:30 Lotto Draw in the Hall	08:30 Library / Biblioteek 09:30 One Hour for Jesus Praise & Testimonies 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 15:00 Tea Time: lounges 15:00 The Good Doctor Series Season 2 Episode 18	

After lekker boerie rolls & cool potato salad plus cold juice, we tootled further & saw zebra, ostriches, Esme's tortoise, but Bontebok & Red Hartebeest & small buck were hiding in the Postberg Section which is open in August & September. The flowers are also the very best here.

This year the islands were clearly seen like Tsaarsbank & Schaapen Island [where there are still the line of rabbits from those brought there in Jan van Riebeeck's time, 1600s], & a few smaller islands & Langebaan village across the water.



After gathering a missing smoker & a last minute 3-wheeler & exhausted from the day we set off, quiet on the return trip & some nodding until we hesitated at Buffelsfontein to see the 3 pale giraffes but chirped up to feel the left turn to Bayside Mall & an ice cream!

A beautiful display on a perfect day, thank you to calm, caring staff & Plumrus Hierarchy for a day well spent. **(Submitted by: June Stein)**

Ek en my maatjie - Vlooi

Daar is soveel redes hoekom hierdie hondjie 'n spesiale plekkie in my hart het. Te veel om op te noem.

Sy is elke dag gretig om my te sien. Sy is my motivering om elke dag te stap en sodoende kry ek my daaglike oefening. Wanneer ons lags on pad inwoners teekom is sy altyd stertswaaiend vir 'n aanraking en "hallo" sê.



Die vreugde wat sy bring is iets om te aanskou. Wanneer ons dan 'n geselsie aanknoop sal sy geduldig lê en wag en luister totdat ons klaar gepraat het. Hierdie skinderpraatjies sal sy nooit oorvertel nie!!

Vlooi is my vriend - die rede wat dit vir my moontlik gemaak het om op te staan en voort te gaan na my diebare man se afsterwe gedurende COVID tyd. Sy was my troos. Het baie van my tranes afgelek en so het sy hierdie hartseer en die leemte gevul.

Ek is net so lief vir haar as wat sy vir my is. Gee soveel hondjieliefies aan al die inwoners hier by PlumRus. Geliefd deur almal asook die personeel, Eric en Nolan is van haar gunsteling.

Ons ken mekaar ek en sy! Maniertjies het sy 'n wil van haar eie beslis.



Voor ons die pad vat sal sy gou aandui watter kant toe sy wil begin. Wanneer die son sak en in haar ogies skyn dui sy aan sy wil anderkant toe. Soms neem ons 'n ruskansie en loer ons in by inwoners in die sitkamers tot groot opwinding van almal. Vlooi groet elkeen afsonderlik. Baie drukkies en vryfies word dan uitgedeel. Dit maak my hart bly om haar met ander te deel. Ons stap die laaste entjie en sy wys my of sy nog by my wil kuier en of sy na haar eie woonplek toe wil teruggaan na haar eie mens ma en pa.

Sy's almal se maatjie, soos daar gesê word "A dog is a mans best friend." en dit is sy vir my - Vlooitjie

(Ingedien deur: Anna De Villiers)

Wit and wisdom on LOVE & MARRIAGE

- ❖ It's love that makes the world go round – Anonymous
- ❖ Love is like measles; we all have to go through it - Lord Byron
- ❖ When Eve saw her reflection in the pool, she accused Adam of infidelity - Ambrose Bierce
- ❖ It is a proverbial that from a hungry tiger and an affectionate woman, there is no escape - Ernest Brayman
- ❖ Women who love the same man is a kind of bitter freemasonry - Max Beerbohm
- ❖ Laugh and the world laughs with you, snore and you sleep alone - Anthony Burgess
- ❖ I never have a man enough to give him back my diamonds - Zsa Zsasabor
- ❖ 'Tis better to love and lost than never to have loved - Lord Tennyson
- ❖ Marriage is an attempt to change a night owl into a howling pigeon - Anonymous
- ❖ When you are tired with yourself, marry and be bored with someone else - David Bryce Jones
- ❖ Marriage is like a cage, one sees the birds outside desperate to get in, and those inside desperate to get outside - Michel DeMontaigne
- ❖ She was one of the early birds, and I was one of the worms - George Beauchamp
- ❖ An old man marrying a young girl is like buying a book for someone else to read - HW Thompson

Love and marriage go together like a horse and carriage

(Submitted by: Louise Edgcumbe)

DiSA's Journey Towards Access 4 All

My name is Alan Downey, I am a resident of PlumRus and have been for almost 6 years. I recently got the opportunity to do a residents talk about an organization called DiSA (Disability Info South Africa), that I run and a topic that is very close to my heart, namely Access for the ably challenged.



As a Quadriplegic of nearly 29 years, I've had the privilege of witnessing the power of access and the profound impact it has on individuals' lives. Access, once taken for granted by many, is a gateway to independence, information, and opportunities. It's a reality that many of us only truly appreciate when faced with its absence.

In 1994, a monumental shift occurred in South Africa's history, marking the end of a discriminatory era and the dawn of democracy. While this newfound freedom allowed many to experience a world of access previously denied to them, there remains pockets of society still grappling with barriers that limit their access to essential services, information, and the environment itself.

In the present day of 2023, a group of individuals, numbering over 1 billion worldwide, face challenges due to various impairments. These impairments, however, don't inherently disable them from participating fully in society; it's the barriers that exist within their surroundings that create limitations and hinder inclusivity.

I experienced the transformational impact of access when, at the age of 21, a diving accident left me paralyzed from the shoulders down. This life-altering event introduced me to the world of disability and the significance of access in every aspect of life. While physical barriers became my daily reality, I chose to focus on my abilities rather than limitations.

In 2015, this outlook led to the inception of DiSA, a platform aimed at providing free information and resources to empower individuals with disabilities. Over time, DiSA evolved into an organization that recognized the need for equality, not just information. True equality, we understood, hinges on easy access to information, as well as physical and digital environments.

By January 2022, DiSA transformed into a One-Stop Access Solution, striving to inform people of what is available to assist them and then identify and address the barriers faced by individuals with disabilities. Through our Information Desk, Yes to Access (YTA) platform, and Accessible Cities South Africa (AC-SA) initiative, we aimed to identify, tackle, and dismantled inequalities, discrimination, and obstacles hindering access.

Our efforts expanded beyond digital platforms. DiSA's News Network (DNN) served as a beacon of inspiration, education, and empowerment. Through videos, interviews, webinars, and cartoons, we celebrate access and encourage inclusivity to enable persons with disabilities to live their lives to the fullest.

Recognition followed our dedication. The redesigned DiSA website garnered attention for its innovative approach, acknowledging our contribution to enhancing the lives of persons with disabilities in South Africa. This recognition culminated in reaching the finals of the SAB Foundation innovation and disability competition in September 2022, where DiSA secured fourth place in the disability division among hundreds of entrants.



Behind this journey of transformation lies the unwavering support of numerous companies, and organizations that have supported us over the years and share our vision. Their collaboration and support of the SAB Foundation has enabled us to expand our services, improving access to information and breaking down barriers that exclude individuals from the world around them.

Access isn't an isolated concern; it's a universal challenge that touches us all. Today or tomorrow, lack of access could affect any one of us. So, I invite you to join us in our mission as Access Warriors, to Break down barriers for an inclusive tomorrow!

Contact us at 021 761 4831 or 084 504 9176, email info@disa.org.za, or visit our website www.disabilityinfosa.co.za to learn more about our services and contribute to building an inclusive society for all.



Before & after photos of changes made to sidewalk outside 3Arts Mall thanks to intervention by Alan

Thank you, Alan, for sharing what I am sure often seems like a lonesome fight with us here at PlumRus. Raising awareness is critical to empowering and bringing about change.



Ruth, to most of you, had words, words that she played with, massaged and crafted into the most beautiful and poignant rhymes and stories. Stories that delighted you, and sometimes made you cry. All the stories screamed out a talent most of us only dream of. She reached deep into the lives of those she came across, leaving a memory, an experience, and a desire to have more.

She did not discriminate between rich and poor, black and white or able and disabled, she met everybody at their level, and in doing so lifted up the disenfranchised and normalized the hifalutin.

Most important, however, she was a mother, our mother. My brother and I will miss her dearly.



Her last 12 months were lived at Plumrus. And while she didn't think at 74, she was old enough to be going, and therefore made it difficult for the staff, their grace and patience won her over and enabled a dignified existence. Ruth then went on and won them over.

It was at Plumrus where Terry and she became the best of friends, created a shared journey, finding connection, love, companionship, and at the same time both of them weaving the essence of their souls into their respective families. The synchronicity we observed brought such joy to Lee and me, and peace, as we didn't live around the corner but with Terry there and Checkers Sixty-Sixty bringing her wine and chocolate fetish on demand, she was content and at peace.

My mom left us far too quickly, and without warning. She was a strong woman right until the end. In an ironic sort of way, I am grateful it was quick and relatively painless, however, it made me realize how important this life is, and each of us need to live every day to its fullest.

Mom, you gave so much to so many people, we can't help but remember her, today, tomorrow, forever. We love you, and may you continue to delight the souls in heaven. A mother, a grandma, a great grandma, your friend, your loved one.



Charlotte was an interesting person, she always had to be busy, loves cooking, baking and knitting. When I walked into her flat, the first thing she would say is, would you like some tea, her Bible was always open on her bed, she loved the Lord. She also loved working in the garden, even if it was from the window in the passage giving instructions to Eric or Nolan, when she could not get there herself. We were very close friends and I miss her very much. The Lord always provided for her needs and protected her. May she rest in peace. Beryl Garwood

Reën

Plat kaal helder en geel
lê die vlaktes om my heen
donker wolke op die kim
die reën is aan die kom

Die eerste tekens van die reën
die vogtige reuk om my heen
stapeland swaar pak die wolke saam
om te bring die reën vanaand

Die eerste koue druppels plons
op die stowwerige vlakke grond
swaar donderend sak dit neer
op die dorstige grond omheen

So vinning soos dit kom
net so vinnig gaan dit om
slegs die reuk om ons heen
verdamp hy weer die reën

(Ingedien deur: John Herbst)





**Local is Lekker...en dit was omtrent lekker!
Lekker kos, lekker drankies, lekker dans en lekker gesels!
Ons maak weer so by ons volgende YouTube aand die
20ste September, kom kuier gerus saam!
Dankie aan ons DJ's CeeCee**



Fred Roelofse and his shadow entertained our Residents with classics from yesteryear.

The smile on the faces says they enjoyed the memories!





HAPPINESS IS



...working with
great people.





Thank you Grant, Mari-Louise, Tobin & Kai for also sharing your musical talents with our Residents when visiting from the States.



Mrs. Bousfield receives one-on-one care from PlumRus Care Services. She celebrated her 99th birthday in August.

September Maand: Afrikaanse Historiese Dagboek

Belangrike gebeure in die geskiedenis van ons Afrikaanse Taal, Kultuur en Menswees:

- 2 September 1882: Kimberley eerste dorp in Suidelike Halfrond met gloeilamp-straatverligting
- 3 September 1901 :31jarige Jan Smuts lei 'n kommando oor die Oranjerivier in 'n aanval op die Brits beheerde Kaapkolonie
- 4 September 2008: Laaste uitgawe van die onafhanklike weekblad vir die Weskustreek Swartland en Weskus Herald verskyn op Vredendal
- 5 September 1900: Danie Theron sneuwel op Elandsfontein
- 6 September 1966: Eerste minister Hendrik Verwoerd word in die Parlement deur Demetrio Tsafendas met 'n mes vermoor.
- 6 September 1989: Laaste algemene verkiesing in die ou Suid-Afrika. NP - 89 setels, KP - 39 setels en DP - 33 setels
- 8 September 1997:Marthinus van Schalkwyk word leier van die Nuwe Nasionale party
- 10 September 1983:John Vorster Eerste Minister 1966 tot 1978 oorlede
- 11 September 1950: Jan Smuts oorlede en in 2001 chaos in Amerika - Wêreldhandelsentrum in New York stort in duie
- 14 September 1989: FW de Klerk volg PW Botha op as Staatspresident.
- 15 September 1914: BOEREGENERAAL Koos de la Rey sterf nadat hy deur opslag koeël getref word.
- 16 September 1795: Britse vlag wapper vir die eerste keer op die Kasteel
- 17 September 1910: Uniewapen word goedgekeur
- 18 September 1837: Gerrit Maritz groet vir Piet Retief voor sy vertrek na die binneland
- 23 September 1983:Gerrie Coetzee word die wêreld se swaargewigbokskampioen
- 23 September 1828: Dingaan vermoor sy halfbroer Tsjaka en word opperhoof van Zoeloes
- 24 September 1995: Die eerste Erfenis Dag
- 26 September 1992: Presidents FW de Klerk en ANC LEIER Nelson Mandela bereik 'n ooreenkoms en 27 September kondig Mangosuthu Buthelezi aan dat sy party die grondwet samesprekings gaan boikot
- 29 September 1969: Tulbagh word verwoes in 'n aardbewing 9 mense sterf.
- 30 September 1885: Die Republiek van Goosen word afgeskaf en het ingelyf in Brits Betsjoeanaland en Die Voortrekkerbeweging word op 30 September 1931 gestig

ATKM Fasiliteerder: George

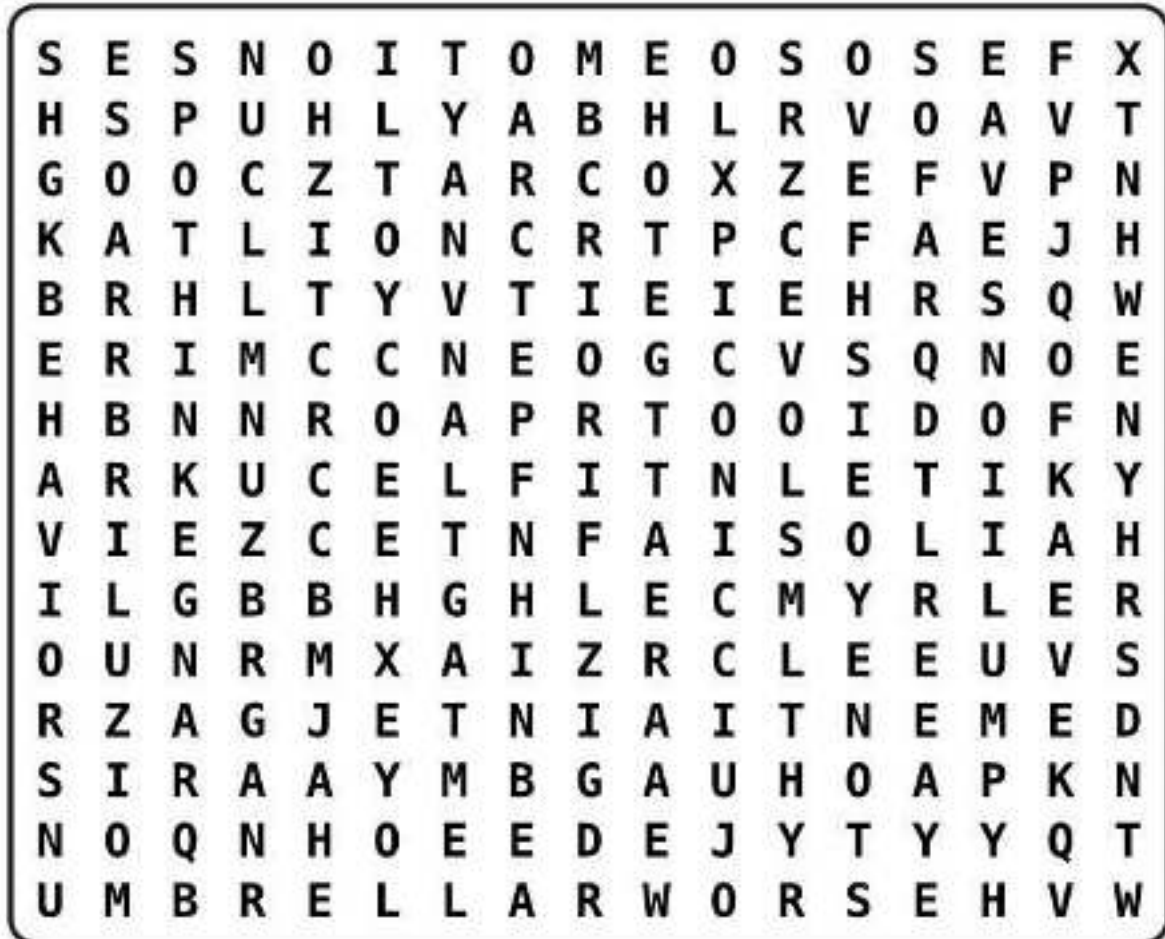




n Man is besig om
"darts" na 'n foto
van sy vrou te
gooi, maar kan nie
een keer raak gooi
nie. Uit die
kombuis roep sy
vrou: "Liefie wat
doen jy?" Hy
antwoord: "Ek mis
jou!" 🤪🤪



WHAT IS DEMENTIA?



- | | | | |
|-------------------------------------|-------------------------------------|---------------------------------------|-----------------------------------|
| ☐ ABILITY | ☐ CHANGE | ☐ LOSS | ☐ REASON |
| ☐ ACTIVITIES | ☐ CONTROL | ☐ NEUROLOGICAL | ☐ REMEMBER |
| ☐ AFFECT | ☐ DAILY LIFE | ☐ OVER TIME | ☐ TERM |
| ☐ AFFECTING | ☐ DEMENTIA | ☐ PEOPLE | ☐ THINK |
| ☐ BEHAVIORS | ☐ DESCRIBE | ☐ PERSONALITY | ☐ UMBRELLA |
| ☐ BRAIN | ☐ EMOTIONS | ☐ RANGE | ☐ WORSE |

'n Dierestorie uit Suid-Afrika

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

verloor	oorskiet	bykom	seker	weer	gedink
seer	antwoord	moeg	voel	vriende	diere
hartseer	opgedra	stukkies	kos	nikswerd	hoor
jammer	vandag	vra	jag	vang	altyd
vriendskap	aasvreters	nooit	woedend	voet	siek
lui	asseblief	maats	saam		