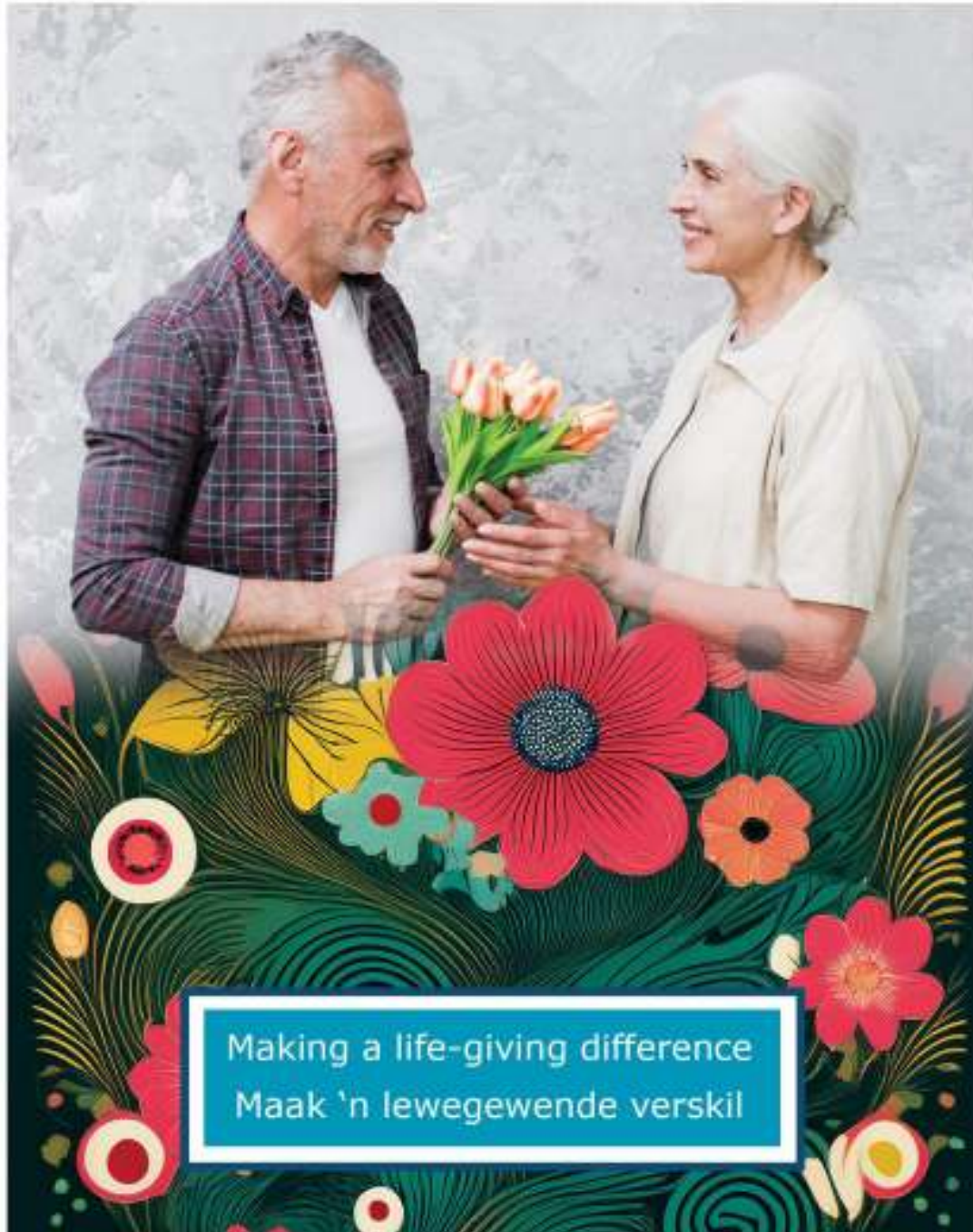


PlumRus NEWS NUUS

September 2024



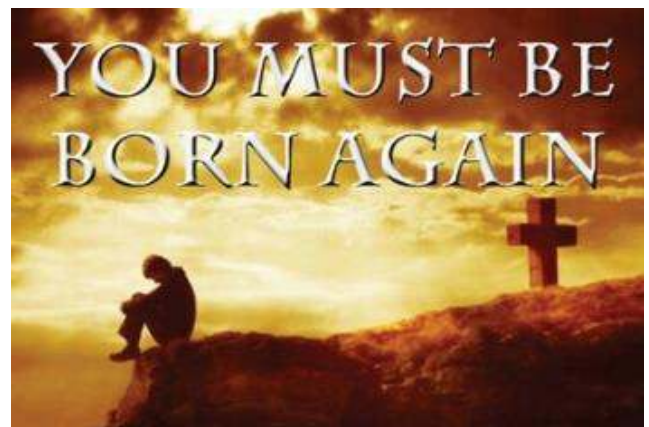
Spiritual Care Program

Wednesdays at 09:30	Fridays at 09:30	Sunday Morning at 09:30	Sunday Evening at 17:45
		1 st Morning Service (English)	1ste Geen Diens
4 ^{de} Geen Oggenddiens (Afrikaans)	6 th One Hour for Jesus	8 th Morning Service (English)	8ste Aanddiens
11 ^{de} Oggenddiens (Afrikaans)	13 th One Hour for Jesus	15 th Morning Service (English)	15de Geen Diens
18 ^{de} Oggenddiens (Afrikaans)	20 th One Hour for Jesus	22 nd Morning Service (English)	22ste Aanddiens
25 ^{ste} Oggenddiens (Afrikaans)	27 th One Hour for Jesus	29 th Morning Service (English)	29ste Geen Diens

READER, HAVE YOU BEEN BORN AGAIN...?

This question is inscribed on a tombstone in the graveyard of St Mary's Church in Everton, a small town not far from Cambridge in the UK. Pastor John Berridge, who died in 1793, is buried there. The question is followed by a short summary of his spiritual journey, describing how he eventually "Fled to Jesus alone for refuge, and was born again."

Jesus used the term 'born again' in conversation with a Jewish religious leader call Nicodemus who came to see Jesus late one night (*John 3:1-16*). Nicodemus greeted him warmly... "*Rabbi, we all know you're a teacher straight from God...*". Without any prompting, Jesus began speaking about God's kingdom, and how only those who were 'born again' were able to see and enter this kingdom. Nicodemus was a little surprised by all this talk of being 'born again'. After all, he was an old man and how was he supposed to pull off something like that? This surprise and scepticism is still common today, so let's consider who needs to be 'born again', and what it actually means?



Today, when people use the term 'born again', they usually have a particular type of person in mind. Someone who's a little too emotional, or has a badly messed up life, or is a proud and self-righteous person. Nicodemus wasn't like any of these...he was an emotionally stable, responsible, accomplished person. Despite his religious pedigree, he humbly approached Jesus and respectfully addressed him as 'Rabbi'. Yet, as Jesus explained, no matter how 'together' Nicodemus' life was, he still needs to be born again! In fact, no matter how messed up and broken our lives are, or how emotionally stable and well-adjusted we may be, we all need to be born again...it's for all of us!

Jesus linked the 'new birth' to the kingdom of God. Nicodemus was familiar with the idea of the kingdom of God and thought of it as something in the future. At the end

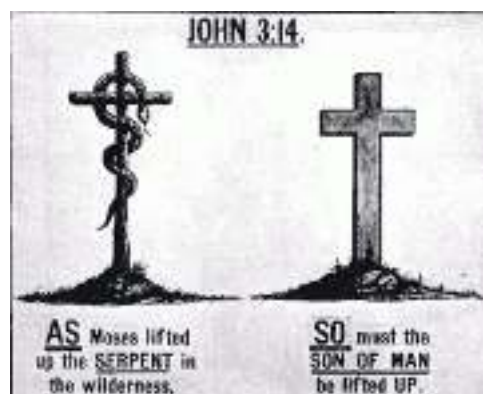
of time, the long-awaited Messiah would arrive and establish God's perfect rule over creation, and all would be well. Nicodemus wasn't too far off the mark! At the start of his public ministry Jesus had openly declared that 'the kingdom of God was near, and people should repent and believe His message of freedom from sin and peace with God. When speaking to Nicodemus that night, Jesus basically said... "I am the Messiah! God's kingdom has arrived. The future has invaded the present! And those who are 'born again' through the life-giving power of the Spirit, can now, right now, enter God's kingdom."

Those who are 'born again' and enter God's kingdom begin to experience deep inner changes. The way they think about themselves and the world around them begins to align more and more with the ways of God. They develop new spiritual insights and greater appreciation for God and others. The distinctions between right and wrong become clearer as a desire to please God takes root in their hearts. We could say the loves of their heart are being re-oriented in a godly way.

Being 'born again' also brings with it a new identity. Jesus explained that new life comes into us like a baby being born. Babies are born into families and families give us identity. Those who believe in Jesus, are given the right to become children of God. They're born into the family of God and into a new identity, one that's rooted in God's love and the fact that He is now their Father. This new heavenly identity becomes their true source of value.

As the conversation continued, Nicodemus got more befuddled than ever... "What do you mean by this? How's it going to happen?" To help clarify things, Jesus referred to something God told Moses to do when the Israelites ran into big trouble while in the wilderness (*Num 21:4-9*). They'd foolishly rebelled against God and refused to stop sinning. So, God sent a plague of poisonous snakes among them, and many died. In desperation they cried out for mercy. God told Moses to make a bronze serpent – an image of the thing that was killing them. He was to put it on a pole and lift it high above the people. The bitten and dying simply had to look at the image - that's all they had to do...just look at it. Once they turned and looked, they were healed! When it comes to being 'born again', there's something we must do, and something only God can do. All we need to do is repent and believe...to turn from our sinful ways and put our trust in Jesus. When we 'look' to Him who bore the penalty of our sin when He died on Calvary, the Spirit begins to do what only God can do ...impart new life - God's life into us. And we're 'born again'!

We don't know whether Nicodemus was actually 'born again' as a result of his encounter with Jesus. But what we do know is that his life changed significantly - a good indication that something profound was going on in his heart. Later in John's gospel we find him defending Jesus, insisting on a fair trial before the religious leaders, rather than the 'kangaroo court' other leaders wanted (*John 7:50-51*). After the death of Jesus, Nicodemus helped Joseph of Arimathea embalm Jesus' body before His burial (*John 19:38-42*). All this was done openly...something had happened to Nicodemus! This kind of change is often a good indication of the inner stirrings of new spiritual life. There's a growing love for Jesus, and a desire to honour and please



him, as well as the awakening of a new identity. These are positive signs of having been 'born again'!

So dear reader, have **you** been 'born again'? If you have, rejoice in the priceless blessing of eternal life you've received in Jesus! If not, all you need to do is to 'look' to Jesus...to repent and believe in Him. Turn from your self-centred sinful ways and put your trust in Jesus as your Saviour and Lord.



This is the most important decision of your life!

(Submitted by: Ps. Dave Henderson)

Potato Chips

A little boy wanted to meet God. He knew it was a long trip to where God lived, so he packed his little suitcase with a bag of potato chips and a six-pack of root beer and started his journey.

When he had gone about three blocks, he met an old man. He was sitting in the park, just staring at some pigeons. The boy sat down next to him and opened his suitcase. He was about to take a drink from his root beer when he noticed that the old man looked hungry, so he offered him some chips. He gratefully accepted it and smiled at him.

His smile was so pretty that the boy wanted to see it again, so he offered him a root beer. Again, he smiled at him. The boy was delighted! They sat there all afternoon eating and smiling, but they never said a word.

As twilight approached, the boy realized how tired he was and he got up to leave; but before he had gone more than a few steps, he turned around, ran back to the old man, and gave him a hug. He gave him his biggest smile ever...

When the boy opened the door to his own house a short time later, his mother was surprised by the look of joy on his face. She asked him, "What did you do today that made you so happy?"

He replied, "I had lunch with God." But before his mother could respond, he added, "You know what? He's got the most beautiful smile I've ever seen!"

Meanwhile, the old man, also radiant with joy, returned to his home. His son was stunned by the look of peace on his face and he asked, "dad, what did you do today that made you so happy?"

He replied: "I ate potato chips in the park with God." However, before his son responded, he added, "You know, he's much younger than I expected."

Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around. People come into our lives for a reason, a season, or a lifetime! Embrace all equally!

Have lunch with God.....bring chips.

(Author Unknown)

JESUS SE KOSBARE LIEFDE

Met 'n stem vol liefde, so sag en so teer, Fluister Jesus Christus.

My kind lê jou hoof op My skoot neer...

Vergeet van jou probleme en al jou smart

Vergeet van satan wat jou uitlok en tart

Vergeet van die las wat swaar op jou rus

Vergeet van jou sonde, dis reeds uitgewis

Maak net jou oë toe en luister na My Stem

Jy is Myne, lank voor tyd het Ek jou geken

Jy is tot alles instaat deur My Krag wat Ek jou gee,

Ek sal jou paaie gelyk maak, as jy My ken in jou weë

Ek is jou Rots, jou Verlosser, by My kan jy skuil

Ek wil jou teen My vashou, jou troos as jy huil

Ek wil vir jou gee meer as wat jy My vra

Ek wil langs jou wandel en jou laste dra

Ek wil hê jy moet weet Ek het ook vir jou die prys betaal...

Moenie opgee nie, maak nie saak hoeveel maal jy faal

Ek vra nie wees perfek nie, Ek vra net dat jy probeer

Wanneer jy val, moenie bly lê nie, staan op, probeer weer

My Genade is vir jou genoeg!

(Ingedien deur: Jan Lourens)



Happy Birthday to our Residents

Date	Name	Location	Age
1st	Maria Taljaard	R38	99
1st	Lida Herbst	F20	73
3rd	Belinda Pare	R68	87
3rd	Shirley Hewlett	F118	89
5th	Henelia Knuppel	F112	80
6th	Joyce Wissing	A3	86
6th	Cynthia Ackermann	47B	88
9th	Renee Healy	N108	77
10th	Ursula Pillay	F24	76
10th	Joselyn Findlay	R64	81
11th	Tony Fish	R39	86
13th	Lorraine Whittle	F23	75
13th	Patricia Grimbacher	R24	86
14th	Niel Bjorkman	N007	84
14th	Andrew Owen	R17	65
14th	Lynn Nielsen	N105	83
16th	Joey Pillay	F24	84
17th	Selma Stuart	MU208	98
23rd	Hester Esterhuizen	F002	91
24th	Adin Harmer	F004	87
27th	Heather Binedell	F124	85
27th	Noel Mackenzie	H001	78
28th	Paul Hirst	R16	82



I can live for two months on one good compliment.

(Mark Twain)

Happy Birthday to our Staff

<i>Date</i>	<i>Name</i>	<i>Department</i>
<i>1st</i>	<i>Alvina Classens</i>	<i>Health Care</i>
<i>3rd</i>	<i>Madelaine Basson</i>	<i>CCL</i>
<i>3rd</i>	<i>Crissando Isaacs</i>	<i>Health Care</i>
<i>7th</i>	<i>Petronella Diedericks</i>	<i>PlumRus Care Services</i>
<i>7th</i>	<i>Lucien Jacobs</i>	<i>CCL</i>
<i>7th</i>	<i>Gary Dennis</i>	<i>Riskman</i>
<i>9th</i>	<i>Shaunelle Benn</i>	<i>CCL</i>
<i>15th</i>	<i>Jacky De Goede</i>	<i>PlumRus Care Services</i>
<i>18th</i>	<i>Chris Schutte</i>	<i>General Manager</i>
<i>19th</i>	<i>Kim Hartzenberg</i>	<i>Health Care</i>
<i>20th</i>	<i>Paulina Jacobus</i>	<i>CCL</i>
<i>20th</i>	<i>Belinda Benjamin</i>	<i>Health Care</i>
<i>25th</i>	<i>Zinathu Majiya</i>	<i>PlumRus Care Services</i>
<i>26th</i>	<i>Kurt Arend</i>	<i>Transport</i>



Happy birthday to our members & Clients

<i>7th</i>	<i>Edna Elliot</i>
<i>11th</i>	<i>Sophia Speak</i>
<i>13th</i>	<i>Anwaar Roomaney</i>
<i>16th</i>	<i>Mavis Koopman</i>
<i>25th</i>	<i>Frances Smith</i>
<i>27th</i>	<i>Peter Gordon</i>
<i>27th</i>	<i>Magrieta Van Zyl</i>
<i>28th</i>	<i>John Loseby</i>



Happy Birthday to our Board member.

We appreciate your strategic contribution to PlumRus.

<i>25th</i>	<i>Dr. Allie van der Westhuyzen</i>
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No one can make you feel inferior without your consent.

(Eleanor Roosevelt)



FIRE & EVACUATION PRESENTATION

***Mervyn and Clayton held a
Fire & Evacuation
presentation for all our
Residents on the 22nd August
in the hall.***

***The Health & Safety Fire
Team members were
introduced to our Residents.***

- ***Residents were reminded to use their bellme or contact ext.1000/1001 to report an emergency.***
- ***Remember EVACUATION will always be our last resort.***
- ***Residents should familiarize themselves with their nearest exit door.***
- ***Encourage ALL visitors including family members to sign-in at reception when visiting you, this will assist us when taking rollcall in the case of an evacuation.***
- ***The most important thing when evacuating is to remain calm and exit the building as quickly as possible.***
- ***Staff will help residents who need assistance.***
- ***Residents must gather at their nearest assembly point where marshals will give further instructions.***

Community Living=Mindful Living



Our Independent Residents are reminded that they can enjoy their meals by either Dining-In or as a Take-away.

If you choose the take-away option, please ensure that your clean marked containers are delivered and collected from the kitchen by

08:00 for breakfast, 12:00 for lunch and 17:00 for supper.

Take-aways CANNOT be delivered to your rooms/flats.

Exceptions can be made on authorization from the Health Care management when a resident is ill or physically constrained.

Please do not ask the staff for favours which are contrary to this policy, as this will result in the staff member being disciplined for contravening our standards and processes.



Time to act on dementia, Time to act on Alzheimer's'



Myths about Dementia

It's genetic

Dementia=Forgetfulness

Dementia=Aging

My loved one has
Alzheimers; they don't
have Dementia yet

Life ends when Dementia
begins

Dementia is always
preventable

All Dementia sufferers
are aggressive

Dementia is never fatal

20 things NOT to say or do to a person with dementia

1. Don't say, 'but don't look or sound like you have dementia'
2. Don't tell us we are wrong
3. Don't argue with us or correct trivial things
4. Don't say 'remember when...'
5. Don't call us 'sufferers' or 'victims'
6. Don't refer to us as suffering, sufferers, demented, dementing illness, vacant dement, demented sufferer, an empty shell, fading away, disappearing, or that it is the longest goodbye, the saddest goodbye, stealing us away (we are always still here), afflicted
7. Don't say you are 'living with dementia' unless you are diagnosed with dementia
8. Don't remind us of the death of a loved one or pet
9. Don't blame the person for the changes in behaviour or personality
10. We have a form or type of dementia, not an 'affliction'
11. Don't call me honey, love or anything other than my preferred name
12. Don't refer to us as 'aggressives', 'wanderers', 'poor feeders', 'wretches', 'attention-seekers', 'non-communicators' or as 'obstructive' – we are still human beings
13. Don't assume because we can't tell you, your words or actions don't hurt our feelings
14. Don't assume I can't answer for myself
15. Don't talk about me to someone else, in front of me
16. Don't assume we can't communicate even if I we can't speak
17. Don't say, 'but I've just told you that' or 'you've asked me that already'
18. Don't think we can't feel pain, or have emotions
19. Don't assume we don't understand just because we are silent
20. Don't assume anything; it makes an ass out of u and me



Mrs. Patricia Hemmant East – Flat 105

Patricia started off as a PlumRus Care Service client in 2022 and has made the decision to make PlumRus her permanent home.

Patricia has 3 sons Michael (Cape Town), Russell (Australia) and Clinton (UK).

She enjoys living in a community setting where she has lots of companionship.



Mr. James Cameron Health Care – Zone 5 – Room 74

James joins PlumRus from his independent flat in Plumstead where he lived by himself. He has one son, Paul, who resides in the southern suburbs.

James had a career in finance and enjoys playing Backgammon and going for walks.

Mrs. Barbara Meissenheimer North – N109

Barbara joins PlumRus from her home in Belthorne Estate. She has 4 children Howard (UK), Julia & Judith (twins, living in the United States) and Rosalind (also in the United States).

Barbara is sociable and loves having company. She also enjoys walks, music and watching sport, especially tennis.



SEPTEMBER / SEPTEMBER 2024

MAAND PROGRAM / MONTHLY PROGRAM

Monday	Tuesday	Wednesday
2	3	4
08:30 Library / Biblioteek 10:00 Teatime: lounges 15:00 Teatime: lounges	09:00 Shopping Constantia Emporium 10:30 Teatime: lounges 15:00 Teatime: lounges	08:30 Library / Biblioteek 10:00 Teatime: lounges 10:30 Series in Lounges Sweet Magnolias 11:45 Prayer Meeting in all lounges 12:30 Fruit & Veg Lorry 15:00 Teatime: lounges 15:00 Activity in lounges
9	10	11
08:30 Library / Biblioteek 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges	09:00 Shopping Meadowridge 09:30 Gym Trim in the hall 10:30 Teatime: lounges 15:00 Teatime: lounges	09:30 Afrikaans diens in the hall 10:00 Teatime: lounges 10:30 Series in Lounges Sweet Magnolias 11:45 Prayer Meeting in all lounges 12:30 Fruit & Veg Lorry 15:00 Teatime: lounges 15:00 Activity in lounges
16	17	18
08:30 Library / Biblioteek 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:45 Garden Club Meeting	09:00 Shopping Constantia Emporium 10:00 Teatime: lounges 09:30 Gym Trim in the hall 15:00 Teatime: lounges	08:30 Library / Biblioteek 09:30 Afrikaans diens in the hall 10:00 Teatime: lounges 10:30 Series in Lounges Sweet Magnolias 11:45 Prayer Meeting in lounges 12:30 Fruit & Veg Lorry 15:00 Teatime: lounges 15:00 Activity in lounges 15:00 Residents Talk in the Hall
23	24	25
08:30 Library / Biblioteek 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges	09:30 Teatime: lounges 15:00 Teatime: lounges Public Holiday Heritage Day	08:30 Library / Biblioteek 09:30 Afrikaans diens in the hall 10:00 Teatime: lounges 10:30 Series in Lounges Sweet Magnolias 11:45 Prayer Meeting in lounges 12:30 Fruit & Veg Lorry 15:00 Teatime: lounges 18:00 You tube social evening
30		
08:30 Library / Biblioteek 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges		

Thursday 5	Friday 6	Saturday 7	Sunday 8
09:00 Morning Market 10:00 Teatime: lounges 11:00 Activities in lounges 14:00 Shopping Blue Route 15:00 Bingo in the hall	08:30 Library / Biblioteek 09:30 Holy Communion 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges	10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Series in Lounges Sweet Magnolias	09:30 Church 10:00 Teatime in Lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Movie in Lounges Dr. Chris Saayman 18:00 Woord & Lied
12	13	14	15
09:00 Shopping Constantia Village 09:30 Gym trim in the hall 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Bingo in the hall	08:30 Library / Biblioteek 09:30 One Hour for Jesus 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges	10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Series in Lounges Sweet Magnolias	09:30 Church 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Movie in Lounges
19	20	21	22
09:00 Shopping Meadowridge 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Bingo in the hall 15:00 Activity in lounges	08:30 Library / Biblioteek 09:30 One Hour for Jesus 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges	10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Series in Lounges Sweet Magnolias	09:30 Church 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Movie in Lounges Dr. Chris Saayman 18:00 Woord & Lied
26	27	28	29
09:00 Shopping Blue route 09:30 Gym trim in the hall 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Bingo in the Hall 15:00 Activity in lounges 18:00 Lotto Draw in the hall	08:30 Library / Biblioteek 09:30 Praise & Worship 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 18:00 Bring & Braai	10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Series in Lounges Sweet Magnolias	09:30 Church 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Movie in Lounges

Gym trim in the hall Tuesdays's @ 09:30
 Afrikaans kerk diens Wednesday's in the hall @ 09:30
 Wednesday prayer meeting in HC lounges @ 11:45
 5th September Morning Market in the hall @ 09:30
 16th September Garden club in the hall @ 15:45
 18th September Residents Talk in the hall @ 15:00
 24th September Public Holiday Heritage Day
 25th September You tube evening in the hall @ 18:00
 26th September Lotto draw in the hall @ 18:00
 27th September Bring & Braai in the hall @ 18:00



SPRING IS IN THE AIR?

You may well endorse the question mark, but by the time you read this, it may well be true! The Writers' Club shared their thoughts as follows:

Endure this winter, for Spring is not far behind



August has been a time of sleeting rain, gales, and leaden skies... If I had a dollar for every time someone in the passage said "*Cold, isn't it!*" --- Haha we are such creatures craving comfort, especially in our Autumn years! But endure, smile and adjust your beanies fellow residents! Just a little more winter, then Spring will come.

The trees outside Citadel apartment block are already sporting dusty brown extremities. Protective pods around tender green shoots growing inside... Soon they will be released to reach towards the increasing sun as slowly, so slowly, the earth's axis tilts back from midwinter. For every intermittent glorious Cape winter day when there's no wind, no rain, - it's so hopeful, warm and promising. Courage!

(Submitted by: Vivien Spires)

A SPRING FLOW CHART

(by Verena Salzwedel)

WINTER	>	SPRING
Snowy weather	>	S nowdrops
Poor sunshine	>	P romising sunrises
Rain...rain...rain	>	R ainbow
Icy air	>	I rises
Never-ending Winter	>	N ew blooms
Grey, stark branches	>	G reen shoots



SPRING FEVER

Spring Equinox on Sunday 22nd September 2024 - while writing this in mid-August any thought of joyful Spring weather was not on the horizon after 18 plus inches of rain and biting cold, but equal [nearly] day and night will be on that date this year. There have been wild goose chases across night skies with great cacophony, scoldings, hoarse whispers and thumping roof landings by courting Egyptian Geese and a bobbing clutch of striped, cottonwool light goslings are already paddling against the violent Diepriver current from Day 1 but guarded by both parents.



Guinea Fowls were geared up for a fight attacking the male competition with threatening arched backs, losers ran off in front of cars shrieking. Females gathered in confusion later to haphazardly lose count of their chicks when hatched in early Spring.



Red Flanders poppies are always a comforting sign of Nature pushing for Spring and so few bees around searching for a few Dandelions or Lavender, but the gorgeous white Arum Lilies are a sure sign of a Western Province Spring promise- plus the rain happy snails slurping their leaves!

The little oak tree went crazy on the rare August sunny day and burst forth in full Spring wear within hours it seems, such a beautiful sight all from one wee acorn with lots of promise! Water that rushed down the mountains forced its way down drains we never knew existed, seemingly rushing down to Rondevlei Hippo lagoon with the excess flooding seawards between Muizenberg and Strandfontein beaches.

Spring Equinox was celebrated in South Africa more than 75,000 years ago judging by the man-made Stone/Adams Calendar, a Heritage Site in Mpumalanga where multitudes of stone monoliths are aligned to North, South, East West, so the sunrise falls on definite points to designate Equinoxes and Solstices indicating times for crop planting and harvesting.

Early San and Khoi people also observed Spring or Vernal Equinox which is integrated into modern times with our Flower Festivals such as Darling Expo. So, off we go to plant corn, soybeans and sunflowers- this year the flower seeds were rather bogged down, but the days are getting longer and brighter!

(Submitted by: June Stein)

SPRING BEAUTY



I have always been very fond of Spring, with its profusion of blossoms and other flowers.

When I was a child, we lived in Bloemfontein, and we had a large peach tree in the garden. In Spring, it was a delight to see and smell the blossoms on this tree, but the "Piece de resistance" was the peach tree in front of my parents' bedroom window. The blossoms on that tree were a sight to behold as they were so large and profuse and a pale pink - a joy to see.

Our house was sold, and we moved to Cape Town, but we spent a holiday in Bloemfontein and saw our old house. We were horrified to see that the peach tree that had had such glorious blossoms in Spring was no more, as it had been cut down. Naturally, we were very sad to see that, but, to this day, I remember that tree and what it looked like in Spring.

(Submitted by: Jeanette Venner)

SPRING HAIKUS

At our last meeting, to get the creative juices flowing, we wrote Haikus. A Haiku is a short poem which originated in Japan. It should be about 17 syllables long and incorporate some seasonal aspect. It can be one long line or three short ones. (Information sourced from Wikipedia)

MY HAIKU by Verena Salzwedel

Shoots are rising, fragrance flowering: Spring is in the air!

HAIKU by Jeanette Venner

Perfumed rain falling on Spring blossoms
Tiny frogs jostle for space
On water lilies



Sun warming the world
Birds chirping in the sun light
Earth comes back to life

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

© 2011 by the author





A few of our Residents felt very adventurous one beautiful Winter's Day and ventured on a train ride from Plumstead to Fish Hoek.

For one excited Resident it was her 1st train ride, EVER!

They enjoyed the clean, and safe feel of the train ride, and for R8 it was so worth it!

(Photos supplied by: Marie Knuppel)

Join us for our next Morning Market on Thursday 5th September from 09:30 to 11:00!

Our vendors will be well stocked with home-made treats, creative stationery, jewelry, decorative crafts.

A cuppa is enjoyed more when shared with friends, so invite them around.

(Photos supplied by: Marie Knuppel)





With the warmer weather close-by, remember to diarize our next Resident's Bring & Braai on Friday 27th September.

This is fast becoming a highlight of the month for residents, families and friends.

Thanks to everyone, residents and staff, who continue to contribute to making this such a special event.

(Photos supplied by: Marie Knuppel)

One Moment in Time

Do you recall, when leaving a spectacular and uplifting show, carrying the feeling home with you and saying "oh that was just WONDERFUL"? Most folks would pay R2,000 for a very good seat at the ArtsCape to have that experience, and it was delivered to us on the big screen with excellent achievement by our own Plumrus ladies Belinda and Portia tonight.

About thirty songs by celebrated divas like Celine Dion, Whitney Houston, Judy Garland, Shirley Bassey, Mariah Carey and Kylie Minogue to name a few, plus intervals of ice skating ballet with heart stopping moves and movie clips of Marilyn Monroe and Madonna dripping diamonds, carried us from one performance to another in very different eras from the 50's to Dana Winner's evocative 'One Moment in Time' which had our Prince Charming Malcolm McKnight moved to tears, (and all of us actually!). It was a celebration of the strength and passion of women running through the whole program and of course it is August, still Women's Month!

Got to thank Belinda and Portia for putting together a splendid compilation which must have taken ages of sensitive selection. Well done ladies! and for coming out in 'snow on Table Mountain' temperatures to make sure we got to see this. We hope to see a re-run of this compilation again. It was a roaring success.

Note to Chris: Thank you for being concerned about the possible effect of this program on us, maybe wanting to fall on our swords - Haha no sir! We are all humming the melodies in our heads as we wrap ourselves against the cold tonight! We all want to LIVE - to hear this all again!

(Review by: Vivien Spires)



DIAMONDS & DIVAS

Frigid after snow on Table Mountain we soon mellowed out after a glass and a half in the hall for the YouTube evening, Diamonds & Divas, to celebrate Sisterhood for Women's Month. Music across all genres, with some Crazy hairdos eg. Patsy Cline's beehive/bandeau, but velvet voice, savage haired Tina Turner, poppie Patricia Lewis flicking the first advertised hair extensions in SA to great effect! Gorgeous goldilocks young Mariah Carey, the wild halo of famous Aretha Franklin and Judy Garland whose "Man who Got Away" [many, many years ago]. Cher just Shoop Shooped her shapely way through her life, and ours, with youthful vitality and chameleon changes.



Ook Saam Sing met eerste Baroque Afrikaans singer, Karen Zoid en gejol met geliefde Juanita Du Plessis en bietjie "sexist" Lieze Stassen se Bokkie wat iewers moet lê?

All kinds of women showed up, so, bewitched by Diva Beyonce's costume changes, her dancing entourage prancing amongst supposed Lion King cats and cub in the desert sands, I nearly forgot her singing Spirit! Ook Amor Vittone se "Glo Altyd Aan More" vol selfies op die mooi strand.



Powerful Divas, again Madonna with the emotional Don't Cry for Me Argentina from Evita the musical; Jennifer Rush whose Power Of Love was the ice skaters choice [while we were eating our most edible snacks, thanks Charlene & staff]. Celine Dion, years of strong songs, I'm Alive, the best Anthem ever.

And the leaping off balconies songs - as Chris called them we hear - the songs of the heart for the remembering of younger days and special times; Etta James' Misty Blue....." just the mention of your name turns a flicker to a flame"; Diana Ross with her soulful "Can't Get You Off My Mind" and magic seascapes video; Evergreen, the song Barbara Streisand crooned to an enchanted Chris Christofferson!

Maybe the most heartfelt song of the night was One Moment in Time by Dana Winner - give the best of me she sang, feel eternity, when I thought I could be more than I thought I could be, then I will feel Eternity. Then I will be free. Yet Whitney Houston ended our musical journey of Bittersweet Memories with I'll Always Love You. So beautiful.

"So goodbye", ... "I wish you love", ... [Before we take the leap, these words were for Kevin Costner]. Thank you, DJ Portia & Co., for a warmly received evening.

(Review: June Stein / Photos: Marie Knuppel)



The week of the 23 to 29 September 2024 marks International Week of Deaf People. The theme for 2024 is: **“Sign up for Sign Language Rights”**

In 2023 South Africa signed a bill making Sign Language the country’s 12th official language.



On the 10th August 2024 Mia le Roux became the first deaf woman to be crowned Miss South Africa. In her acceptance speech, she said she hoped her victory would help those who felt excluded from society to achieve their “wildest dreams”.

Our PlumRus Family was well represented at this groundbreaking event. Rene, youngest daughter of Linda De Wit, and a professional make-up artist to many stars, had the joy of being part of the pageant ensuring that entrants looked radiant and beautiful. Rene’s response to Mia’s crowning; “Everyone’s uniqueness should be celebrated. Inclusivity is not optional, it’s necessary”.



Well done South Africa – continue being the change!



Cedar’s Resha Davidson, middle, forms a bridge across Ayesha Alie, left, and Lucia Johnson during the execution of their routine in the Level 5, 14 and older section, at the weekend’s Western Cape acrobatic gymnastics championships, in Stellenbosch. Picture: Fuzad Esack

We continue to follow Resha Davidson, daughter of Wesley, our Building & Maintenance Manager, who is developing into quite a successful gymnast. A passion that was born out of lockdown, Resha regularly competes against gymnasts in older age categories and comes away with distinguished accolades.

Resha, continue to dream big, the Olympics beckons!

Making a big life change is pretty scary. But know what's even scarier?
Regret.

— Zig Ziglar —

Thank you! Baie dankie...

From the kitchen to health care, landing at the Protea Coffee Shop, and back to the kitchen. My journey at PlumRus was one adventurous bus ride. The experience that each department played in my career development means a great deal to me.

Thank you to all our Residents, Staff and Visitors from near and far. Having the best mentors who led by an example made me what I am today. (Your first impression is your best one.) A wise person told me, "moenie 'n graatlose jelly vis wees nie".

I've spent many of my Christmas', Easters at PlumRus not because it is my job. Seeing all the joy, happiness, laughter and smiling faces gave me so much joy. Going home to my family telling them about the adventures of my day. Pushing the Residents from one place to the next or acting out the three little pigs in zone 5. I had the biggest opportunity to love and care for our Residents.

Tina Hope, for the last month or two the only name that came out of my mouth was yours. Thank you for teaching me the right way to do things, keeping to the standards even though at times Tina was known to be loud. With you a wrong was wrong. Irene taught me about time management to ensure that I met every deadline. Rezandt, you gave me an opportunity in health care. If I could turn back time, I would want to learn more from you ladies.



To my special person Craig, thank you for your friendship, smoke breaks and time. To your lovely friendly team keep on doing a great job, the show must go on... with you as the captain. Waarmee is jy besig!

They say you can't pick your family; well, I did and gained a lot during my seven years at PlumRus. My colleagues in Health Care, Laundry, Facility Carers and Domestic Carers you made me feel worthy and NEEDED at all times. I was very blessed to have been part of those Residents who have passed on. Their memories will live on with me, our special moments story telling time most of all making a sale on the trolley with all the goods that was my job too. Thank you PlumRus.

We wish Noelwene all the best as she embarks on her new adventure. She is taking her talent and passion to new heights. Noelwene will be registering to commence her hospitality studies in 2025. For now, she will be getting her home-bakes business off the ground which will fund her studies. We wish her every success on this new journey and pray Jeremiah 29 vs 11 over her life.

👤: "Babes ek het die geld
gestuur

👤: "Ek't dan R1000 gevra j
stuur net R100

👤: "Die network is stadig die
ander 0 kom môre

As jou vrou te
moeg is om te
kook, lig jou bas
en kook self, jy
is in n HUWELIK
nie n
RESTAURANT
nie.

My ouma steek
mos die biltong weg

😞...

Nou bere ek haar
tande😞😞...

Niemand eet
vandag nie!!😞

😞😞😞😞



**IT'S SPRING!!
COMPETITION
TIME!!!**

WRITE A POEM, ARTICLE,
PARAGRAPH, OR STORY ENTITLED

IT IS SPRING AFTERALL

HAND IT IN TO THE PLUMRUS LIBRARY
BY FRIDAY 20 SEPTEMBER

ADD YOUR NAME I

THE WINNER'S PRIZE IS
CHEESECAKE AND CAPPUCINO AT THE
COFFEE SHOP

FORMERLY

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

AFORE
 ALREADY
 BEFORE
 DAYS OF YORE
 EARLIER
 ERSTWHILE
 FOREGOING
 FORMER TIMES

GOOD OLD DAYS
 HERETOFORE
 HITHERTO
 IN THE PAST
 LONG AGO
 OF LATE
 OF OLD
 OLDEN DAYS

ONCE
 ONE-TIME
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 SOME TIME AGO
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 UNTIL NOW
 USED TO BE
 WAY BACK WHEN