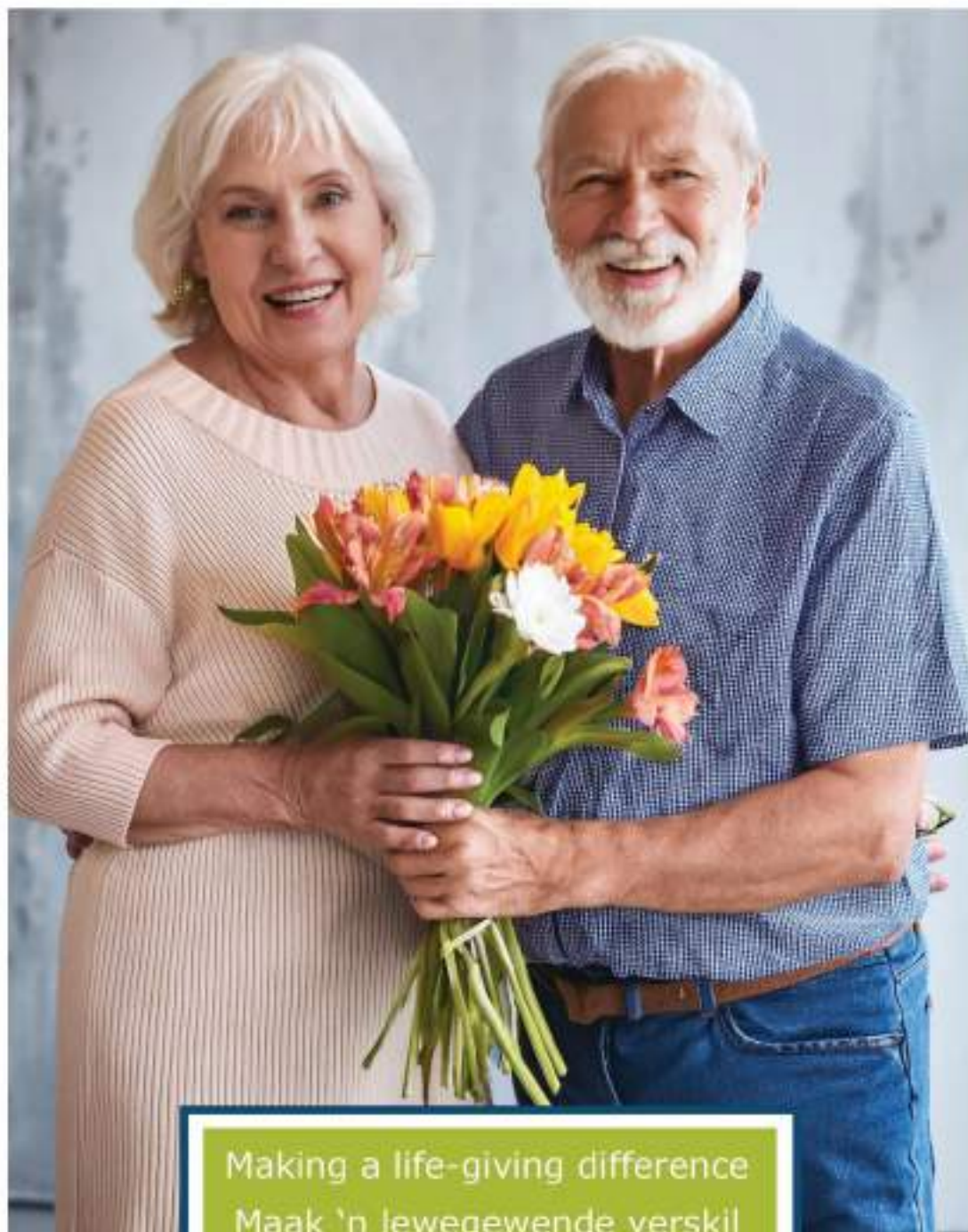


PlumRus NEWS NUUS

September Issue • Uitgawe



Making a life-giving difference
Maak 'n lewegewende verskil

Spiritual Care Program

Wednesdays at 09:30	Fridays at 09:30	Sunday Morning at 09:30	Sunday Eve at 17:45
3de Oggenddiens	5 th One Hour for Jesus	7 th Morning Service	
10de Oggenddiens	12 th One Hour for Jesus	14 th Morning Service	14de Aanddiens
17de Oggenddiens	19 th One Hour for Jesus	21 st Morning Service	
24ste Geen Diens	26 th One Hour for Jesus	28 th Morning Service	28ste Aanddiens

ARE YOU SURE YOU'RE SAVED?

Recently, I spent a little time with two close friends as they neared the end of their lives. Medical treatment had bought them more precious time with family and friends, but that too had now run out. They were sincere believers in the Lord Jesus Christ and faithful members of our church family. To my surprise, while we talked and prayed together, in different ways they tearfully shared deep concerns about their future. When their time came to leave this world, would the Lord accept them? Would He welcome them into heaven? Could they have loved Him more? Could they have served Him more wholeheartedly? Concerns like these, even among Christians when close to death are more common than we think. Doubts about the sincerity of our relationship with God trouble most of us from time to time. But this uncertainty often comes into sharper focus as the reality of dying draws near.



One of the reasons for this distress is our struggle to accept that our salvation is a gift from God. The forgiveness of our sins, peace with God and the promise of new life in this world and the next, really is an **incredibly extravagant gift!** We definitely don't deserve it and often feel there's something we must do to 'earn' it. But our salvation is all God's idea and His work. All we do is trust Him enough to let Him do it. The favour and kindness God showers on us truly is a **gift** from start to finish! Something we

simply have to receive and believe (John 1:10-13, Eph 2:8-9).

Another reason we doubt our relationship with the Lord is that we so easily agree with the accusing voices that swirl through our minds. We over-analyse every little thought or action, and eventually believe these lies are true. We even dismiss our good actions and words and second guess our motives. All of this magnifies our failures and camouflages God's kindness and mercy. An especially troublesome aspect of this inner turmoil can lead us into thinking we may have committed what Jesus called 'Blasphemy against the Holy Spirit' (Mark 3:22-30) - this type of sin Jesus said, will never be forgiven. But what exactly is this 'unforgivable sin?' It's a deep and terrible form of sin in which someone attributes the power of God to the work of Satan, as the Pharisees did when they accused Jesus of being demon possessed. Today it's understood to refer to someone who in spite of the conviction of the Holy Spirit remains defiant, refuses to repent and instead chooses to continue in their disobedience and unbelief. They're basically saying to the Lord..." Leave me alone, I don't want your forgiveness!" Sadly, such people will bear the eternal

consequences of their own sin, as there's no forgiveness for those who die in their rejection of Jesus.



Are you concerned you may have committed sin that will not be forgiven? Be encouraged - the mere fact that you feel guilty about something is evidence your conscience is still sensitive to the conviction of the Holy Spirit. Ask Him to help you examine your heart, and if something comes to mind, confess the sin and ask the Lord for His forgiveness. It's important to remember that every follower of Christ is a 'work in

progress'. Believing in Christ as Lord and Saviour means our sins are forgiven and our broken relationship with Him is restored. This marks the start of a life-long process in which our lives are shaped along the same lines as the life of Christ. This transformation into the likeness of Christ is only completed when we leave this world and enter the bright glory of His presence and finally become like Him. Until then we remain 'a work in progress' - we're not perfect and have many rough edges and shortcomings. This reality doesn't affect our overall relationship with the Lord. From time to time, we'll be tripped up by lingering sin, but if we admit it and ask for forgiveness, He'll be true to himself and forgive your sin, cleansing you from all wrongdoing (1 John 1:8-9).

Here's an Old Testament story that may help you deal with doubts you have about your salvation:

Many years ago, on that first Passover night in Egypt, thousands of Israelite families huddled in their homes. Earlier that afternoon, each family had slaughtered an unblemished lamb and smeared some of its blood on the top and sides of the door frame of their home. In God's final judgement, the 'Destroyer' would pass through Egypt that night and kill the first-born son in every home whose door frame had no blood on it (Exodus 12:21-30). Some families were calm - they'd done exactly what Moses had commanded. Others were fearful - they'd followed the instructions, but still they were anxious. Had they used enough blood? Had they put it in the right places?

Which of the Israelite families do you think lost their first-born son that night? The answer of course is - none of them! Death didn't pass over them because of the intensity or clarity of their faith, but because of the blood of the lamb was on the door frames of their homes! That's what spared their first-born sons. And it's not the intensity or clarity of your faith that saves you, you're saved because of the shed blood of Christ, the spotless Lamb of God!

*"... you know that it was not with perishable things
such as silver or gold that you were redeemed...
but with the precious blood of Christ, a lamb without blemish or defect."
1 Peter 1:18-19*

The shed blood of the Lamb is the ground of your assurance before God. It's not the intensity of your faith, but the object of your faith that matters. It's the precious blood of Christ that assures your salvation. Knowing and believing this wonderful truth enables you to overcome uncertainty about your future once your time in this world ends and eternity begins.

(Grace and peace to you in our Lord Jesus Christ - Ps Dave Henderson)

The Tale of the Two Brothers

Once upon a time, in a small village nestled between two great mountains, there lived two brothers named Rohan and Kaito. They were as different as night and day, despite being twins. Rohan was a hardworking and diligent farmer who spent his days tending to their family's land. He would rise with the sun, plant seeds, water crops, and harvest the fruits of his labour. He was content with his simple life and took pride in providing for his family. Kaito, on the other hand, was lazy and dreamed of getting rich quickly. He would often spend his days lounging in the shade, thinking of ways to strike it rich without putting in much effort. He would often mock Rohan's hard work, saying, "Why bother with farming? There's no fortune in it."



One day, a wise old man passed through the village. He saw Rohan working in the fields and was impressed by his dedication. The old man approached Rohan and said, "My young friend, your hard work and patience will be rewarded. I will give you a special seed that will bring you great prosperity, but you must nurture it with care and dedication. Rohan was thrilled and thanked the old man. He planted the seed, watered it, and cared for it every day. As the seasons passed, the seed grew into a magnificent tree that bore golden apples. Rohan's farm flourished, and he became known as the most successful farmer in the village.

Meanwhile, Kaito became increasingly jealous of Rohan's success. He thought to himself, "Why should Rohan get all the luck? I'll find a way to get rich quickly, just like I've always dreamed." Kaito began to look for shortcuts, searching for hidden treasures and get-rich-quick schemes. One day, Kaito stumbled upon a mysterious map that supposedly led to a hidden treasure. He became obsessed with finding the treasure and abandoned his farm, leaving it to wither and die. He spent months searching for the treasure, facing many challenges and dangers along the way. Finally, after many trials and tribulations, Kaito found the treasure – a chest filled with gold coins. But, to his surprise, the chest was booby-trapped, and the gold coins were worthless. Kaito realized too late that his laziness and greed had led him astray.

As Kaito returned to the village, he saw Rohan's farm thriving. He realized that his brother's hard work and dedication had paid off, and he felt ashamed of his own laziness. Rohan welcomed Kaito back and shared his wisdom: "Brother, hard work and patience are the keys to true success. I've learned that prosperity comes from nurturing and caring for what you have, not from seeking shortcuts." Kaito learned a valuable lesson and began to work hard on his own farm. With time and effort, his farm also flourished, and the brothers became successful farmers, known for their dedication and hard work.

Moral: Hard work, patience, and dedication are the keys to true success. Seeking shortcuts and get-rich-quick schemes can lead to failure and disappointment. Nurturing and caring for what you have is often the best path to prosperity.

(Submitted by: Yacoub)

Lente – Seisoen van Nuwe Lewe

Die lente is 'n tyd van vernuwing en herlewing. Ná die koue en donker dae van die winter, bring die lente 'n varsheid wat ons herinner aan die wonder van God se skepping. Die blomme begin blom, die bome kry nuwe blare, en die voëls sing weer hul vrolike liedjies. Dit is 'n tyd van hoop en 'n nuwe begin, en dit is 'n perfekte metafoor vir ons geestelike lewe.

In Johannes 15:2 lees ons: "As daar takkies is wat net groei, maar nie 'n enkele druiwetros dra nie, sny Hy dit af. Die takkies wat druiwetrossies maak, versorg Hy mooi. Hy snoei hulle en maak hulle skoon sodat daar baie plek vir die druiwetrossies is."

Hierdie vers herinner ons daaraan dat snoeiwerk noodsaaklik is vir groei. Net soos 'n tuinier die dooie takke van 'n plant afsny om nuwe groei aan te moedig, moet ons ook bereid wees om die dooie takke in ons lewens af te sny. Dit kan ou gewoontes, negatiewe gedagtes, of selfs verhoudings wees wat ons terughou. Deur hierdie dinge te verwyder, maak ons plek vir nuwe groei en seëninge in ons lewens.



Die lente is ook 'n tyd om ons geestelike klerekas op te ruim.

In Efesiërs 4:22-24 lees ons: "Los julle ou manier van lewe. Soos 'n mens vuil klere uittrek, moet julle julle ou geaardheid uittrek, want dit is vol sonde en wil net verkeerde dinge doen. Die einde van daardie pad loop op verwoesting uit. 23Julle moet 'n nuwe gesindheid kry en op 'n nuwe manier oor dinge dink. 24Hierdie nuwe lewenstyl moet julle deel van julle lewe maak soos 'n mens nuwe klere aantrek."



Ons nuwe lewe moet ons al meer soos God laat lyk: ons moet reg lewe soos God dit wil hê en ons heeltemal aan Hom toewy."
Net soos ons ons wintersklere wegpak en ons lente-uitrustings uithaal, moet ons ook die koue van die verlede agter ons laat en ons voorberei vir die nuwe seisoen wat voorlê. Dit beteken om ons harte en gedagtes te vernuwe en ons te klee in die deugde van Christus.

Die lente herinner ons ook aan die opstanding van Jesus Christus, die uiteindelijke simbool van nuwe lewe.

In 1 Petrus 1:3 staan daar: "God, die Vader van Jesus Christus, is darem groot en wonderlik. Hy self het ons sy kinders gemaak. 'n Mens staan verstom voor sy geweldige goedheid. God het ons beloof dat wat Syne is, ook ons s'n is."

Deur Jesus se opstanding het ons die hoop op 'n nuwe lewe, nie net in hierdie wêreld nie, maar ook in die hiernamaals. Hierdie hoop gee ons die krag om die uitdagings van die lewe te oorkom en met vreugde en verwagting na die toekoms te kyk.

Soos ons die lente ingaan, laat ons onthou om ons geestelike tuine te snoei en ons klerekas op te ruim. Laat ons die dooie takke afsny en plek maak vir nuwe groei. Laat ons die koue van die verlede agter ons laat en ons voorberei vir die nuwe seisoen wat voorlê. En laat ons altyd onthou dat, deur Jesus Christus, ons die hoop op 'n nuwe lewe het.



Mag hierdie lente 'n tyd van vernuwing en seëninge wees vir jou en jou geliefdes. Mag jy die vreugde en hoop van hierdie seisoen ervaar en mag jy groei in jou geloof en verhouding met God. Soos die blomme blom en die bome nuwe blare kry, mag jou lewe ook gevul wees met nuwe lewe en seëninge.

***Skrif aangehaal uit Die Boodskap Vertaling, stuk van Dr Leonie – Ingedien deur Cindy**

Matthew 28 vs 7 – **“Go quickly and tell His disciples that He has risen from the dead”**

Woman’s Month has once again given us an opportunity to share the message that Jesus is Alive! He is still faithful, still performs miracles, still saves sinners and still wants to renew us daily with His Holy Spirit.

A huge appreciation to all our speakers who shared the message of Faith, Hope and Life at our weekly One Hour for Jesus services during August.



Rev. Delmaine Petersen together with ladies from Emmanuel Anglican Church in Wynberg, and Rossilyn Matthew 9

Just like Jesus called Matthew, Rev. Delamaine shared her calling to fulltime ministry, saluting the woman who impacted her spiritual journey



Just Older Youth

Some of our Senior Centre field workers joined Ps. Desray Van Rensburg in a blessed service of dance and worship. Ps Desray ministered from Isaiah 43 verses 18 & 19. We were reminded that God is doing a new thing and that we shouldn't dwell on the past. "It's just the beginning!"



Dr. Tanya Jeniker shared her testimony of conversion from Islam to Christianity, including her healing of depression, and cancer. The renewing of body, mind and spirit which is allowing her to practise in the space of mental wellness.

Big thank-you to our staff who ministered in song at our services.





***Ps. Shelley Smuts, through the story of Hagar and Ishmael, reminded us that "God Sees Us".
(Genesis 16)***



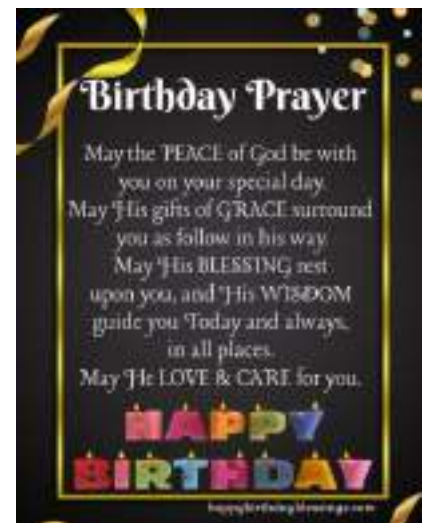
***We are women
Women of Faith
United in God's Love
Sisters in grace
Looking to Jesus
To lead us each day
We are women
Women of Faith***





Happy Birthday to our Residents

<i>Date</i>	<i>Name</i>	<i>Room/Flat</i>	<i>Age</i>
<i>1st</i>	<i>Maria Taljaard</i>	<i>R38</i>	<i>100</i>
<i>1st</i>	<i>Lida Herbst</i>	<i>F20</i>	<i>74</i>
<i>3rd</i>	<i>Belinda Pare</i>	<i>R68</i>	<i>88</i>
<i>3rd</i>	<i>Shirley Hewlett</i>	<i>F118</i>	<i>90</i>
<i>5th</i>	<i>Henelia Knuppel</i>	<i>F112</i>	<i>81</i>
<i>6th</i>	<i>Joyce Wissing</i>	<i>A3</i>	<i>87</i>
<i>6th</i>	<i>Cynthia Ackermann</i>	<i>47B</i>	<i>89</i>
<i>9th</i>	<i>Renee Healy</i>	<i>M108</i>	<i>78</i>
<i>10th</i>	<i>Ursula Pillay</i>	<i>F24</i>	<i>77</i>
<i>11th</i>	<i>Tony Fish</i>	<i>R39</i>	<i>87</i>
<i>13th</i>	<i>Lorraine Whittle</i>	<i>F23</i>	<i>76</i>
<i>13th</i>	<i>Patricia Grimmbacher</i>	<i>R24</i>	<i>87</i>
<i>14th</i>	<i>Niel Bjorkman</i>	<i>M007</i>	<i>85</i>
<i>14th</i>	<i>Andrew Owen</i>	<i>R17</i>	<i>66</i>
<i>14th</i>	<i>Lynn Nielsen</i>	<i>M105</i>	<i>84</i>
<i>14th</i>	<i>Colleen Clark</i>	<i>A6</i>	<i>86</i>
<i>16th</i>	<i>Joey Pillay</i>	<i>F24</i>	<i>85</i>
<i>17th</i>	<i>Selma Stuart</i>	<i>MU208</i>	<i>99</i>
<i>19th</i>	<i>Patricia Ford</i>	<i>7B</i>	<i>93</i>
<i>23rd</i>	<i>Hester Esterhuizen</i>	<i>F002</i>	<i>92</i>
<i>24th</i>	<i>Adin Harmer</i>	<i>F004</i>	<i>88</i>
<i>27th</i>	<i>Heather Binedell</i>	<i>R7A</i>	<i>86</i>
<i>27th</i>	<i>Noel Mackenzie</i>	<i>H005</i>	<i>79</i>
<i>28th</i>	<i>Paul Hirst</i>	<i>R16</i>	<i>83</i>



Gelukkige Verjaarsdag aan ons lede en kliente

<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 Staff

<i>3rd</i>	<i>Madelaine Basson</i>	<i>CCE</i>
<i>3rd</i>	<i>Crissando Isaacs</i>	<i>Health Care</i>
<i>7th</i>	<i>Petronella Diedericks</i>	<i>PCS</i>
<i>7th</i>	<i>Lucien Jacobs</i>	<i>CCE</i>
<i>7th</i>	<i>Gary Dennis</i>	<i>Riskman</i>
<i>15th</i>	<i>Jacky De Goede</i>	<i>PCS</i>
<i>16th</i>	<i>Mymoena September</i>	<i>Health Care</i>
<i>18th</i>	<i>Chris Schutte</i>	<i>Management</i>
<i>19th</i>	<i>Kim Hartzenberg</i>	<i>Health Care</i>
<i>20th</i>	<i>Paulina Jacobus</i>	<i>CCE</i>
<i>25th</i>	<i>Zinathu Majiya</i>	<i>PCS</i>
<i>26th</i>	<i>Kurt Arend</i>	<i>BMG</i>
<i>26th</i>	<i>Nigel Katasie</i>	<i>BMG</i>



Gelukkige verjaarsdag aan ons raadslid.

Ons waardeer jou strategiese bydrae tot PlumRus.

25ste Albertus Van Der Westhuyzen



KEEP WALKING!

Some of us walk around the Plumrus perimeter and gardens most afternoons. We meet at the West door of Plumrus North building at 4.30p.m in Winter and 6 p.m. in Summer. You are welcome to join us if you would like company whilst walking.

We started the group in response to this quote by Soren Kierkegaard:

"Above all, do not lose your desire to walk. Every day, I walk myself into a state of well-being and walk away from illness..."

The more one sits still, the closer one comes to feeling ill. Thus, if one keeps on walking, everything will be alright."



(Submitted by: Verena)

Putting a Spring in Your Step

As the weather warms up, there's no better time to embrace one of the most effective and accessible forms of exercise: walking. Here's why a daily stroll can be so beneficial for your health and well-being.

The Benefits of Gentle Walking

- **Boosts Circulation and Heart Health:** Regular walking helps to lower blood pressure, reduce the risk of heart disease, and improve circulation throughout your body.
- **Strengthens Bones and Muscles:** It is a weight-bearing exercise that helps to increase bone density, which is crucial for preventing osteoporosis. It also helps maintain muscle tone in your legs and core.
- **Improves Mood and Mental Clarity:** Walking outdoors in the fresh air and sunshine is a natural mood-booster. It releases endorphins, which reduce stress and can alleviate symptoms of anxiety and depression.
- **Enhances Balance and Coordination:** A consistent walking routine helps to improve your balance and coordination, reducing the risk of falls.

Getting Started

- **Start Slow:** A 10–15-minute walk is a great start.
- **Wear Comfortable Shoes:** Proper footwear is key to preventing injury.
- **Walk with a Friend:** It's a wonderful way to socialize while staying active.

Enjoy the beautiful spring scenery on your next walk!

SEPTEMBER / SEPTEMBER

MONTHLY PROGRAM / MAANDELIKSE PROGRAM 2025

Monday	Tuesday	Wednesday
1	2	3
08:30 Library / Biblioteek 10:00 Teatime: lounges 11:00 Activities in lounges 14:00 Bridge Monday 15:00 Teatime: lounges	09:00 Shopping Constantia Emporium 10:30 Gym Trim in the hall 10:30 Teatime: lounges 15:00 Teatime: lounges	08:30 Library / Biblioteek 09:30 Afrikaans diens in the hall 10:00 Teatime: lounges 10:30 Series in Lounges 11:45 Prayer Meeting in all lounges 12:30 Fruit & Veg Lorry 15:00 Afternoon Craft Session
8	9	10
07:30 Outing 08:30 Library / Biblioteek 10:00 Teatime: lounges 11:00 Activities in lounges 14:00 Bridge Monday 15:00 Teatime: lounges	09:00 Shopping Meadowridge 10:30 Gym Trim in the hall 10:30 Teatime: lounges 15:00 Teatime: lounges	08:30 Library / Biblioteek 09:30 Afrikaans diens in the hall 10:00 Teatime: lounges 10:30 Series in Lounges 11:45 Prayer Meeting in all lounges 12:30 Fruit & Veg Lorry
15	16	17
07:30 Outing 08:30 Library / Biblioteek 10:00 Teatime: lounges 11:00 Activities in lounges 14:00 Bridge Monday 15:00 Teatime: lounges 15:45 Garden Club Meeting	09:00 Shopping Blue Route 10:30 Gym Trim in the hall 10:30 Teatime: lounges 15:00 Teatime: lounges	08:30 Library / Biblioteek 09:30 Afrikaans diens in the hall 10:00 Teatime: lounges 10:30 Series in Lounges 11:45 Prayer Meeting in all lounges 12:30 Fruit & Veg Lorry 15:00 Teatime: lounges
22	23	24
07:30 Outing 08:30 Library / Biblioteek 10:00 Teatime: lounges 11:00 Activities in lounges 14:00 Bridge Monday 15:00 Teatime: lounges	09:00 Shopping Meadowridge 10:30 Gym Trim in the hall 10:00 Teatime: lounges 15:00 Teatime: lounges	08:30 Library / Biblioteek 10:00 Teatime: lounges 10:30 Series in Lounges 11:45 Prayer Meeting in all lounges 12:30 Fruit & Veg Lorry 15:00 Teatime: lounges Public Holiday Heritage Day
29	30	
08:30 Library / Biblioteek 10:00 Teatime: lounges 11:00 Activities in lounges 14:00 Bridge Monday 15:00 Teatime: lounges World Heart Day	09:00 Shopping Blue Route 10:30 Gym Trim in the hall 10:00 Teatime: lounges 15:00 Teatime: lounges	

Thursday	Friday	Saturday	Sunday
4	5	6	7
09:30 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 10:30 Pixie school visit 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	09:30 Church 10:00 Teatime in Lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Movie in Lounges 18:00 Choral evening in the hall
11	12	13	14
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	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
18	19	20	21
09:00 Shopping Constantia Emporium 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Bingo in the hall	08:30 Library / Biblioteek 09:30 Praise & Testimony with Crown Studio Create 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	09:30 Church 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Movie in Lounges World Alzheimer's Day
25	26	27	28
09:00 Shopping Constantia Village 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 18:00 Lotto draw 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 *No Bring & Braai*	10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Series in Lounges	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

Gym trim in the hall Tuesdays @ 10:30

Gym trim in the hall Thursdays on 11th & 25th September @ 09:30

One hour For Jesus service in the hall & HC lounges every Friday @ 09:30

Afrikaans kerk diens Woensdae in die saal @ 09:30

Wednesday prayer meeting in HC lounges @ 11:45

4th September Morning Market in the hall @ 09:30

15th September Garden club meeting in the hall @ 15:45

25th September Lotto draw in the hall @ 18:00

There will be No Bring & Braai on 26th September



We love having visitors! This is your loved one's home; as such we do not conform to "visiting hours". Please remember to announce your arrival at our reception desk. It is important, especially in the case of an emergency, that we know who is on the premises and how many people need assistance, for example, if there is a need for an evacuation. If you have a family access card, please be courteous enough to announce your arrival by calling reception from your loved one's flat/room.



The poster features a black background. On the left, a hand in a white golf glove holds a golf ball with a colorful logo. To the right, there is a logo for "PlumRus Charity Golf Day 2025" featuring a stylized golfer. Below the logo, the text "Join us for a day of great golf and giving back." is written in white. Further down, a paragraph describes the event as a chance to support a meaningful cause while enjoying a day out. A small line of text states that all proceeds go towards enriching the lives of PlumRus residents. A white box contains the date and location: "Friday 26 September 2025" and "Rondebosch Golf Club". At the bottom, there is information about 4Ball reservations, including the price and contact details. A golf ball on a tee is shown in the bottom right corner.

Join us for a day of great golf and giving back.

The PlumRus Charity Golf Day is more than just a swing — it's a chance to support a meaningful cause while enjoying a fantastic day out with colleagues, clients, or friends.

All proceeds go towards enriching the lives of our PlumRus residents.

Friday 26 September 2025
Rondebosch Golf Club

4Ball reservation R2900 (Dinner and Prize-giving included)
Golf carts available on a first come first serve basis

Reserve your 4ball – belinda@plumrus.co.za

Our annual Golf Day takes place on Friday 26th September at the Rondebosch Golf Club. We still have slots available for you to register a 4Ball. All funds generated from this event is used for the Residents and maintenance of our facility.

The success of the event is a combined effort of the broader PlumRus Community. We still need help with the securing of prizes and auction memorabilia.

Contact Belinda (belinda@plumrus.co.za) if you are, or know of someone/company, who is able to assist us.

Everyday Heroes: Honouring the Dementia Support Group

A Quiet Gathering with a Mighty Purpose

Since May 2018, on the third Saturday of every month at 2pm, a remarkable group has gathered in our Coffee Shop—not for ceremony, but for solace. Under the auspices of Dementia SA, and with the kind permission of Plumrus management, this dementia support group has become a lifeline for family caregivers across the greater Plumstead area and surrounds.

These are not professionals in uniform. They are sons, daughters, spouses, and siblings—ordinary people doing extraordinary work. They care for loved ones with dementia through long nights, difficult days, and moments that test the limits of love and endurance.

They arrive to learn and to share, they leave refreshed, inspired to continue. So little is known about the probably 100 recognized types of Dementia and yet each case is different, making advice difficult and treatment specialized.

Compassion Beyond Our Walls

Though Plumrus hosts the meetings, the group is not ours alone. It belongs to the wider community. It's a space where caregivers from all walks of life come together to share, weep, laugh, and learn. Some arrive burdened, others hopeful—but all leave reminded that they are not alone.

"In the darkest seasons, community becomes light."

The Coffee Shop as Sanctuary

During these gatherings, our Coffee Shop transforms; the clinking of cups becomes a rhythm of empathy, the chairs become circles of trust, and the air carries stories that are raw, real, and sacred.

Here, family, primary caregivers speak freely—about the heartbreak of watching a loved one forget their name, the exhaustion of daily routines, and the quiet victories of a smile, a song, or a moment of recognition. They exchange practical advice, spiritual encouragement, and emotional support. And in doing so, they preserve dignity—not just for those they care for, but for themselves.

A Salute to the Unseen

To every dementia caregiver who walks through those doors: we see you. You may not wear a badge, but you carry a burden few can understand. You may not be on payroll, but your work is priceless. You are the quiet heroes of our time, serving without applause, loving without condition, and enduring without recognition.

"Preserving dignity with loving care—day in and day out."

Faith in Action

Though we don't preach at these meetings, our Christian Compassion ethos is quietly present. It's in the listening ear, the shared prayer, the gentle touch. It's in the belief that every person—caregiver and cared-for alike—is made in the image of God, and worthy of love, dignity, and grace.

Looking Forward

As we continue to host this support group, let us recommit to being a place of refuge—not just for residents, but for the wider community. Let us open our doors, our hearts, and our hands. And let us honor the sacred work of caregiving, wherever it happens.

To Dementia SA: thank you for your leadership and presence. To our management team: thank you for making space for healing. And to our caregivers: thank you for showing us what love looks like when it's tested.

With deep respect,

Wilbur van Niekerk (Chairman of the Plumrus Board)

World Alzheimer's Day 21st September

"Ask about Dementia. Ask about Alzheimer's."

Myths about Dementia

It's genetic

Dementia=Forgetfulness

Dementia=Aging

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

Life ends when Dementia
begins

Dementia is always
preventable

All Dementia sufferers
are aggressive

Dementia is never fatal

To be aware that you are ignorant is a great step to knowledge.

Deep within that hollow stare,
of our presence they're unaware.
A life that is fading away,
in spite of things we try to convey.
Memories locked up in their mind,
and there they're kept all confined.
Good times spent long ago,
and all their love they did bestow.
For these moments will live forever,
and our pride in them will endeavour.
Seeing them lying there we know why,
Alzheimers is called the long good-bye.

The King Protea

As we celebrate Spring, let's appreciate our national flower, the King Protea.

- The Protea is named after the Greek god Proteus, who could change his form at will. The name was chosen because the Protea family has such a wide variety of shapes and colours.
- The King Protea has the largest flower head in the Protea family and is found in the fynbos region of South Africa.
- These ancient plants are incredibly resilient. They have evolved to survive wildfires, and some species even rely on fire for their seeds to germinate. This symbol of transformation and courage makes it a fitting national emblem.





Mr. Stanley Rossouw

Health Care

Zone 3

Room 30

Stanley joined PlumRus on the 25th August 2025.

Stanley was born in Cape Town and grew up in Harfield and Claremont. He has three daughters, Annalize, Deidre, Marissa and a son Gaillard.

Stanley is a bubbly social person and enjoys opera music and reading the newspaper.

Mrs. Virginia Mes

PlumRus East

Flat 116

Virginia joined PlumRus on the 29th of August 2025.

Virginia has three children, Stephen & Barbara living in Cape Town and Christopher who lives in the USA.

She is a friendly sociable lady who has a keen interest in bird watching and gardening.



**"Often when you think you're at the end of something,
You're at the beginning of something else."**

STOP NEGATIVE THOUGHTS

Negative thinking can contribute to problems such as social anxiety, depression, stress, and low self-esteem. The key to changing your negative thoughts is to understand how you think now (and the problems that result), then use strategies to change these thoughts or make them have less of an effect.

1. Practice mindfulness and self-awareness

Mindfulness has its roots in meditation. It is the practice of detaching yourself from your thoughts and emotions and viewing them as an outside observer. It can help you become more conscious of your thoughts and build greater self-awareness.

2. Identify your negative thoughts

Work on identifying and labelling cognitive distortions and negativity: If you tend to view yourself as a complete success or failure in every situation, then you are engaging in "black-and-white" thinking. Other negative thinking patterns include:

- **Jumping to conclusions:** One makes assumptions about what others are thinking or negative assumptions about how events will turn out.
- **Catastrophizing:** You always assume that the worst possible outcome will happen without considering more likely and realistic possibilities.
- **Overgeneralization:** One applies what happened in your experience to all future experiences. This can make negative experiences seem unavoidable and contribute to feelings of anxiety.
- **Labelling:** When people label themselves in a negative way, it affects how they feel about themselves in different contexts. Someone who labels themselves as "bad at communicating with others," will often feel negative about activities that involve that skill.
- **"Should" statements:** Thinking marked by "should" statements contribute to a negative perspective by only thinking in terms of what you "ought" to be doing. Such statements are often unrealistic and cause people to feel defeated and pessimistic about their ability to succeed.
- **Emotional reasoning:** You assume that something is true based on your emotional response to it – if you are feeling nervous, emotional reasoning would lead you to conclude that you must be in danger. This can escalate negative feelings and increase anxiety.
- **Personalisation and blame:** One takes things personally, even when they are not. It often leads people to blame themselves for things they have no control over.

Identify and label negative thoughts. Now that you have observed the thought, you can identify it as an unhelpful thought. Just observe it and label it. Accept the thought for what it is. Remind yourself that it's just a thought and not a fact.

Replace negative thoughts

We suggest examining evidence that either supports or contradicts the thought. Doing this can help you challenge negative thinking and explore alternatives that are more helpful and realistic.

Over time and with practice, positive and rational thoughts will come more naturally. Challenge your thoughts by taking you through these steps:

- Ask yourself if the thought is realistic, and, or true.

- Think of what happened in the past in similar situations and evaluate if your thoughts are on course with what took place.
- Actively challenge the thought and look for alternative explanations.
- Think of what you'd gain or lose by continuing to believe the thought.
- Recognize if your thought is a result of a cognitive distortion, such as catastrophizing.
- Consider what you'd tell a friend having the same thought.

If you find yourself thinking about thoughts like "I am a failure" or "I am going to fail," you shouldn't replace it with something like, "I know I am going to succeed." Rather replace it with something more neutral, "I don't know if I am going to be able to do it, but I am trying my best."

Avoid thought stopping

It is the opposite of mindfulness. It is the act of being on the lookout for negative thoughts and insisting that they be eliminated.

The problem with thought stopping is that the more you try to stop your negative thoughts, the more they will surface. Mindfulness gives less weight to your thoughts and reduces the impact they have on you.

Use a thought diary

Thought diaries can be used as part of any process to change negative thinking. It helps you identify negative thinking styles and gain a better understanding of how your thoughts (and not the situations you are in) cause your emotional reactions.

Conclusion

The process of changing negative thoughts isn't a quick, easy fix. With practice, it gets easier, and you can create new automatic thoughts that work for you.



Prepared by Johan Laten, *Reboot Your Resilience*

www.rebootyourresilience.co.za





My mother grew up in Southfield and was the youngest of 7 children. My grandfather cultivated fresh produce and my mom helped with the processing and experimented with recipes. This is where her love for cooking started. She enjoyed entertaining and was known for her special apple tart.

Cake decorating was a hobby that she carried out with precision and in addition to the most beautiful birthday and wedding cakes, she participated in shows and was a co-worker on two publications.

She had a giving heart and took interest in the vulnerable and needy. She helped as a volunteer for BADISA Wynberg, and taught me to show respect for others, no matter their circumstances.

As members of Plumstead Dutch Reformed church my parents were actively involved with the establishment of the church building and later Plumstead Rusoord. We never knew that one day she would be a resident too. Truia was part of PlumRus for 9 years and had the privilege to be involved with all the activities until her cognitive abilities declined. She became frail and more dependent and at that stage I asked her if she didn't want to move closer to Hermanus, where I live. Her answer: "Sussie, ek wil net hier bly, hulle is baie goed vir my."

The past four weeks I have experienced the dedication of incredible staff, giving 24 hour continues care with so much love and support. A Big Thank You to everyone involved.

We had the privilege of saying goodbye to a compassionate, kindhearted and humble mother, who loved the Lord and left a noble legacy behind. (Daughter: Elnette)

Mev Du Toit was 'n Godsdienstige dame wat op die Kerkraad gedien het. Sy was 'n stil dame en het altyd van resepte gepraat en hoe sy koek gebak het. Sy was trots op haar dogter, Elnette wat n Maatskaplike Werker is.

Sy het altyd 'n glimlag op haar gesig gehad en was dankbaar wat die versorgers vir haar gedoen het. Die personeel gaan baie na haar verlang met haar rustigheid. MHDSKIP



'n Nuwe Maand, 'n Nuwe Seisoen, 'n Nuwe Eeu...

Baie geluk aan Maria Taljaard wat haar 100ste verjaarsdag vandag, op die eerste dag van Lente, vier. So 'n spesiale verjaarsdag vra om gevier te word, met spesiale gaste, soos haar enigste seun-Jan en sy familie, en haar suster Beulah Korpel.

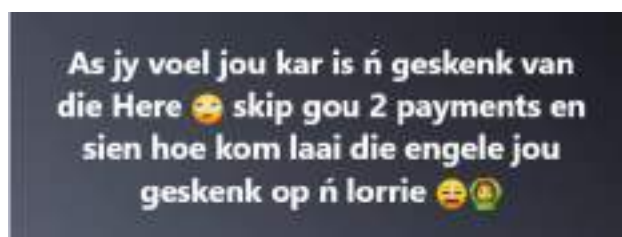


...saam met van haar versorgers

...saam met vriende



...saam met spesiale gaste; Eddie Andrews (Adjunkburgermeester van Kaapstad), Wilbur van Niekerk (Voorsitter van PlumRus Beheerraad), Joey Pillay (Voorsitter van Inwoners Kommittee) en Chris Schutte (Bestuurder)



■ Word Search – SPRING (25 words)

Find the following words (forwards, backwards, up, down, diagonal):

**BLOSSOM, BUDS, FLOWER, RAIN, RAINBOW, PUDDLE, BUTTERFLY,
BEE, HONEY, GARDEN, PLANT, SOIL, SOW, SEED, GROW, GREEN,
SUNSHINE, WARMTH, DAFFODIL, TULIP, LILY, CHIRP, NEST, EASTER,
PICNIC**

