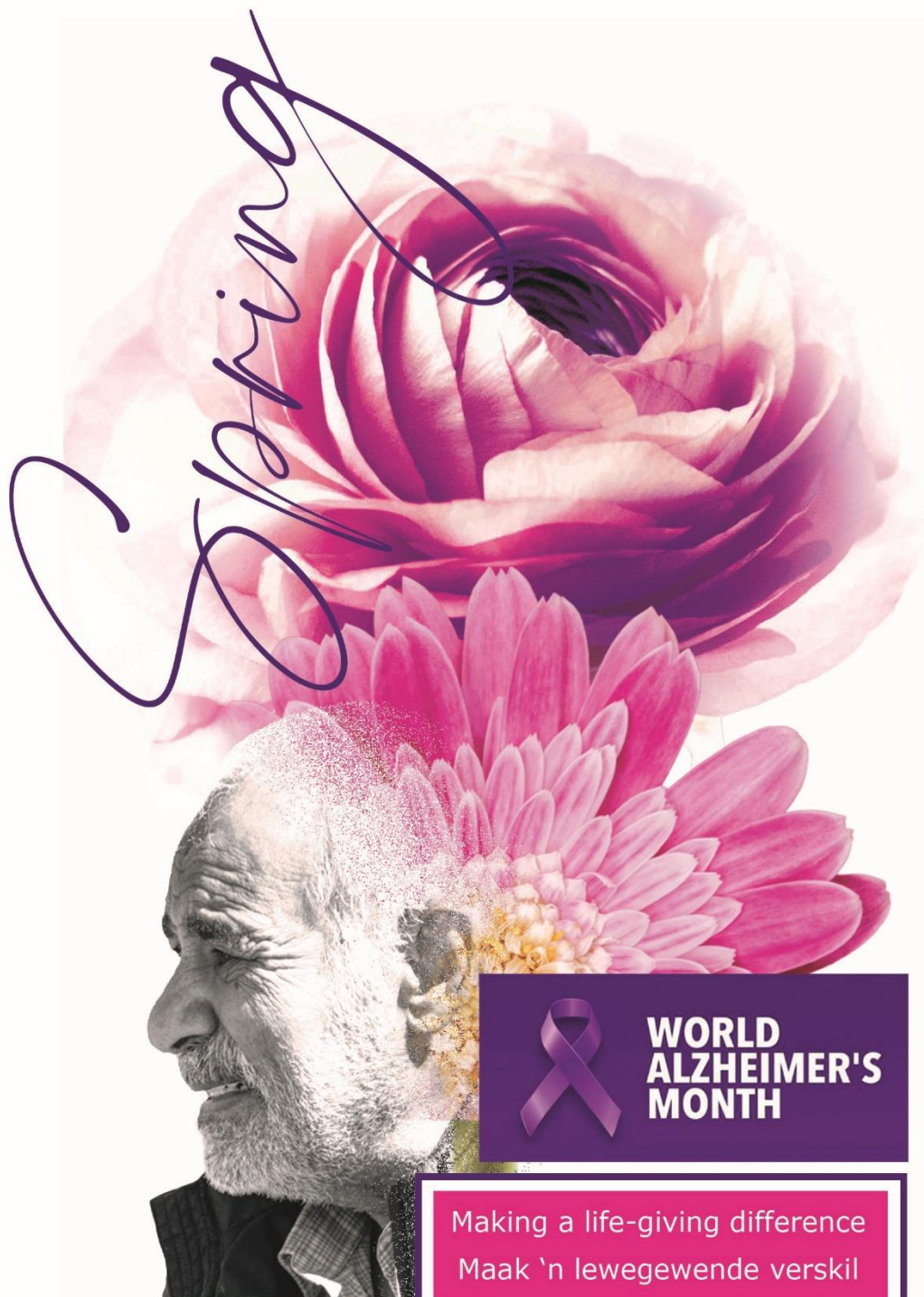


PlumRus NEWS NUUS

September Issue • Uitgawe



**WORLD
ALZHEIMER'S
MONTH**

Making a life-giving difference
Maak 'n lewegewende verskil

Spiritual Care Program September

Wednesdays at 09:30	Fridays at 09:30	Sunday Morning at 09:30	Sunday Eve at 17:45
2de Oggenddiens	4 th One Hour for Jesus	6 th Morning Service	6de Aanddiens
9de Oggenddiens	11 th One Hour for Jesus	13 th Morning Service	
16de Oggenddiens	18 th One Hour for Jesus	20 th Morning Service	20ste Aanddiens
23ste Oggenddiens	25 th One Hour for Jesus	27 th Morning Service	
30ste Oggenddiens			

WHY SOME OLDER PEOPLE OFTEN CRY

Uncle John lived on a wine farm in the beautiful Devon Valley near Stellenbosch. The farm belonged to a wealthy family from Jersey, the largest of the Channel Islands between England and France. Every November as the autumn colours faded and temperatures dropped, the family would pack their bags and head for sunny South Africa where they'd enjoy the long, hot and dry days of summer in the Cape. Sadly, Uncle John lost the love of his life a few years into their marriage. Deeply grieved, he never re-married, and devoted his time to raising Diane their only child. As the years went by, Diane married a nephew of the farm owner and went to live in Jersey. Outwardly Uncle John put on a brave face, but inwardly he was a broken and a lonely man.

My family lived in Paarl at the time, not far from Devon Valley and we'd often visit Uncle John. Our children loved exploring the vineyards and outbuildings where tractors and bits and pieces of farm machinery were stored. Uncle John enjoyed our visits enormously. Having family in his home and preparing a special treat for lunch was something he loved. Over the years John's culinary skills improved considerably, and his roast chicken and crispy potatoes followed by ice cream were always a hit with our family.

Our visits to Devon Valley were enjoyable times. But there was always an undercurrent of sadness that surfaced from time to time. When talk about family related matters cropped up especially about his far away daughter and grandchildren, Uncle John's eyes would tear up. When time came for us to leave and return to Paarl, this would happen again. As the years passed, he cried more and more easily.



Older people often cry for various reasons. For some, ageing and life experience brings with it greater empathy and appreciation of those around them. Watching children playing sweetly, or hearing about an act of great kindness, or witnessing the needless suffering of others often leads to tears. For some physical and emotional challenges become more difficult to cope with.

Our threshold for stress and grief lowers and we become more sensitive to loss, conflict, disappointment, and pain. We find it more difficult to deal with setbacks than

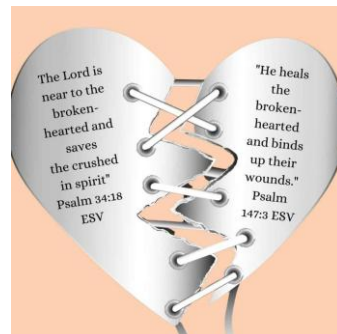


we used to. Minor strokes and the early stages of dementia can affect areas in our brains that regulate our emotions, causing us to cry more easily. Memory loss, and a struggle to communicate can lead to frustration, anxiety and sadness which may result in tears. Then there are times when we cry and don't know why.

But whatever the cause of our tears and whether we're young or old, it's important to know the *'Lord sees them'* (2 Kings 20:5). There's absolutely no need to be embarrassed about our tears. No need for a quick sniff and a wipe with our sleeve, telling ourselves 'To get over it'. God doesn't expect us to behave like this. Our tears are important to him. His Fatherly compassion compels him to draw near the broken hearted, and to bind up their wounds (Ps 147:3). Jesus who said, *'Blessed are those who weep now'* (Luke 6:21), will not reproach you for the tears shed as you journey through the circumstances of your life.

We see this repeatedly in the scriptures. When Hannah, provoked to tears over her barrenness, wept outside the Temple of the Lord, He noticed her (1 Sam 1:10), and gave her the desire of her heart. Like Hannah, there are times when our inner voices of criticism and condemnation provoke us to tears. God notices them and draws near binding up our broken heart. David, the sweet psalmist of Israel was a highly emotional man who openly wept on several occasions. When he and his men found their encampment at Ziklag destroyed and their wives and children captured, they all wept loudly till they had no more strength to weep (1 Samuel 30:4). He wept when he had to say goodbye to his friend Jonathan. He wept over the loss of his son Absalom...and on many more occasions.

Tears of regret and shame flowed down Peter's cheeks as he wept bitterly after betraying Jesus in the courtyard of Caiaphas the High Priest. In the home of Simon the Pharisee, a woman who'd lived a sinful life knelt behind Jesus through whom she'd received forgiveness. Her warm tears of repentance and gratitude fell on His feet as she wiped them with her hair. Paul the apostle wept too. He reminds the church in Ephesus how his trials, persecution and concern for their wellbeing often lead to tears (Acts 20:31). Then there's Jesus. He wept because people rejected His offer of peace with God (Luke 19:41). Out of compassion and empathy He wept with Martha and Mary in their grief at the death of their brother Lazarus (John 11:35).



Someone once said, "tears are the silent language of the heart". We're often at a loss for words when overcome by grief and sorrow. Regret and shame can leave us tongue-tied. It's at times like these that our tears communicate what our mouths can't express. The Lord not only 'sees' and understands the silent 'language' of our tears, according to David, He gathers them up and puts them in His bottle (Psalm 56:8). Isn't this amazing! The Lord may not have an actual bottle where our tears are kept, but He keeps track of all our sorrows. He's a tender-hearted Father to us, and weeps with us in our distress. Your tears are important to the Lord – He sees them and comforts your broken heart. Scripture reminds us that the 'nights of crying our eyes out will give way to days of laughter.' (Ps 30:5). The day is coming when the Lord somehow, and in some way will stoop down to each of His children and dry their tears forever. *"He will wipe away all tears from their eyes, and there shall be no more death, nor sorrow, nor crying, nor pain. All of that has gone forever."* (Rev 21:4). *'Amen. Come Lord Jesus!'*

(Ps Dave Henderson)

The Love of God

Have you ever heard someone say something like this? "I love chocolate!". All the person really means is that they really, really, like and enjoy the taste of chocolate. They are using the word love in a rather tame way, to put it mildly. But if I say, "God loves you", I am conveying a huge truth with deep implications. The way we use a word, in its context, can convey a great deal.

But how can we know that the God who created the universe, who is eternal and glorious and awesome, loves us who are sinful and guilty in His sight? Read on.

There are four Greek words for love. Storgee means family love – the love between father and mother, parents and children. Eros refers to sexual love and desire. Hence the English word "erotic" which has come to mean something that evokes strong sexual desires. Neither of these words occur in the New Testament, though they do occur in the Old Testament.

There are two types of love referred to in the New Testament. The first is the verb *phileo* which could best be described as "friend-love". The Greek word for a friend is *philos*. This word is often combined with another noun to create a compound word such as *philadelphia* – love for brothers. There are 15 such compounds in the New Testament. It is the word generally used for a wide variety of different human loves and attachments.

But the supreme and greatest form of love is the love that only God has. It is *agape* love. It is the loves with which God loves us supremely. The verb occurs 143 times and the noun 116 times in the New Testament. The apostle John is especially fond of this word – he uses either the noun or the verb over 90 times in his writings. No wonder he is sometimes called the apostle of love.

Agape is a self-sacrificing love. And we see this love most clearly of all in the Lord Jesus Christ Who laid down His life for us. John MacArthur says, "the death of Christ was the purest act of love ever carried out."

- ❖ John 15:13 Greater *agape* has no man than this that he *lays down his life* for his friends.
- ❖ Romans 5:8 But God demonstrates his *agape* for us that while we were still sinners Christ *died for us*.
- ❖ Galatians 2:20 The Son of God loved me and *gave Himself for me*.
- ❖ Ephesians 2:3-5 we were by nature children of wrath, like the rest of mankind. But God, being rich in mercy, because of the great *agape* with which he loved us, even when we were dead in our trespasses, made us alive together with Christ.



- ❖ Ephesians 5:2 Christ loved us and *gave Himself up for us*
- ❖ 1 John 4:9-10 In this the agape of God was made manifest among us, that God sent his only Son into the world, so that we might live through him.
- ❖ 1 John 3:16 By this we know agape - that *He laid down His life for us*

The death of Christ on the cross is the greatest demonstration of love there has ever been or will ever be. And God always loves us with the intensity of the love shown at Calvary, where Jesus died. It is a wonderful thing to know that you are loved by God in this way, totally and unconditionally.

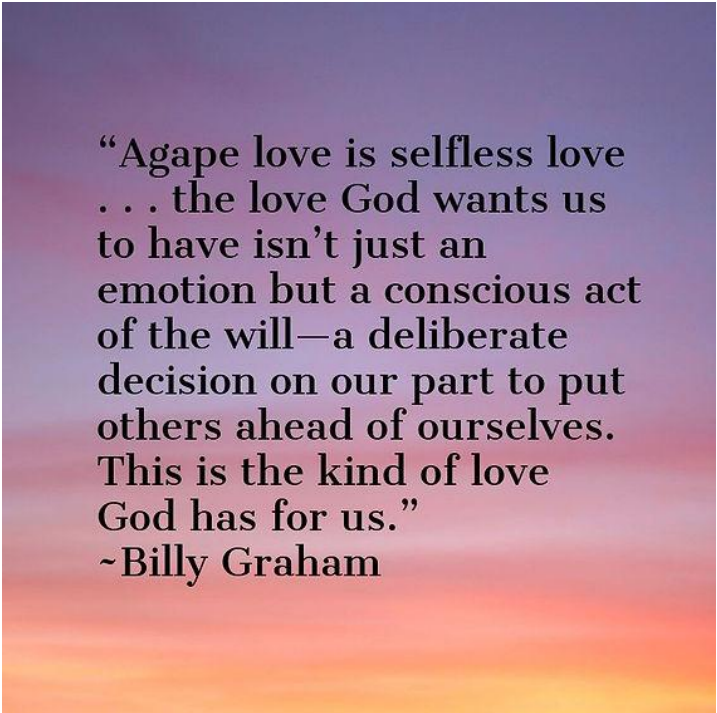
To think that the Son of God loved me so much that he took all of my sin and all of God's wrath onto Himself and was separated from His Father, crying "My God, My God, why have You forsaken me?", should evoke in us a sense of awe and amazement.

To quote two songs:

**"I stand amazed in the presence of Jesus the Nazarene;
and wonder how He could love me, a sinner, condemned, unclean".**

**" Amazing love, O what sacrifice, the Son of God given for me,
My debt He pays and my death He dies, that I might live"**

Let us often thank God for His agape for us and stand amazed that Jesus loved us so much that laid down His life for us. **(Submitted by: Michelle Naude)**



**"Agape love is selfless love
. . . the love God wants us
to have isn't just an
emotion but a conscious act
of the will—a deliberate
decision on our part to put
others ahead of ourselves.
This is the kind of love
God has for us."
~Billy Graham**

DIAMONDS OF FAITH – SHINING WITH GRACE THROUGH EVERY SEASON

Our Women's Month **One Hour for Jesus** services were truly a celebration of faith, testimony and God's faithfulness!

We were blessed by Cindy & Jackie, who shared their inspiring ministry among children; Dr Tanya Jeniker, who courageously shared her journey from Islam to Christianity; Andrea, who told of Faith's remarkable journey from premature baby to World Powerlifting Champion; and Elizabeth, whose testimony reminded us of God's faithfulness even when faced with negative doctors' reports.

Our wonderful PlumRus staff added their own sparkle through beautiful song and dance, bringing a different energy but sharing the same purpose — to glorify God.

Different stories. Different seasons. Different gifts.

One faithful God. One purpose. One hour for Jesus.

We shine not because life is perfect, but because His grace carries us through every season.



Faith's Journey for God's Glory is a mother's (Andrea) account of promises made to God in time of survival pleas; and God's faithfulness, in not only giving Faith life, but transforming a premature life into a World Champ...but only God!



Cindy, at the age of 30, is the author of 3 books.

"Dream big, beyond your circumstances" was her message especially to our staff.





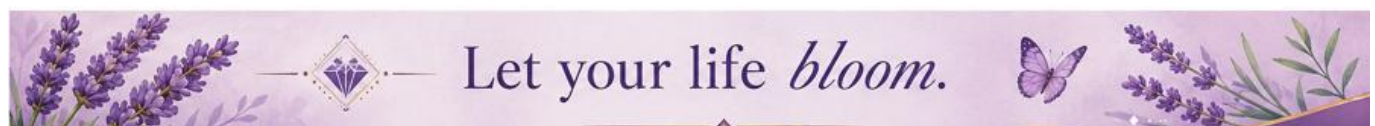
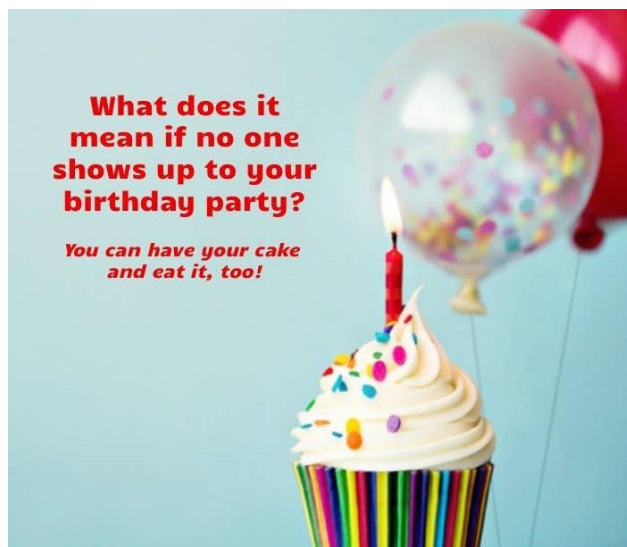
Happy Birthday to our Residents

<i>Date</i>	<i>Name</i>	<i>Room/Flat</i>	<i>Age</i>
1st	Lida Herbst	F20	75
2nd	Lynne Wray	MU104	82
3rd	Belinda Pare	R68	89
3rd	Shirley Hewlett	F118	91
4th	Delene Wardman	R30	85
5th	Marie Knuppel	F112	82
5th	Patricia De Villiers	R36	88
6th	Joyce Wissing	A3	88
6th	Cynthia Ackermann	47B	90
9th	Renee Healy	N108	79
10th	Ursula Pillay	F24	78
11th	Tony Fish	R39	88
13th	Lorraine Whittle	F23	77
13th	Patricia Grimbacher	R24	88
14th	Niel Bjorkman	N007	86
14th	Andrew Owen	R17	67
14th	Lynn Nielsen	N105	85
14th	Colleen Clark	A6	87
16th	Joey Pillay	F24	86
16th	Dawn Brown	R46C	82
17th	Selma Stuart	MU208	100
20th	Margaret Overmeyer	F002	79
23rd	Hester Esterhuizen	F002	93
24th	Adin Harmer	R45B	89
27th	Noel Mackenzie	H005	80
28th	Paul Hirst	R16	84



Happy Birthday to our Staff

<i>Date</i>	<i>Name</i>	<i>Department</i>
3rd	Madelaine Basson	CCL
3rd	Crissando Isaacs	Health Care
6th	Samone' Spisto	Health Care
7th	Petronella Diedericks	PCS
7th	Lucien Jacobs	CCL
7th	Gary Dennis	Riskman
13th	Nasreen Jacobs	Health Care
15th	Jacqueline De Goede	PCS
16th	Mymona September	Health Care
18th	Chris Schutte	Management
19th	Kim Hartzenberg	Health Care
20th	Paulina Jacobus	CCL
22nd	Esther Petersen	Health Care
22nd	Carmelita Franke	PCS
26th	Kurt Arend	BMG
26th	Nigel Katasie	BMG
27th	Alutha Tshambu	PCS



Gelukkige verjaarsdag aan ons raadslid.

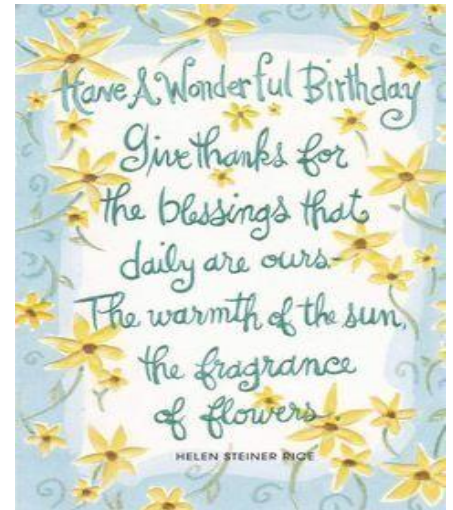
Ons waardeer U strategiese bydrae tot PlumRus.

Date	Name
25 th	Ds Albertus van der Westhuyzen

Mag die Here vir jou goed wees en vir jou sorg. Mag die Here vir jou raaksien en vir jou sy liefde gee. Mag die Here vir jou goedgesind wees en vir jou voorspoed gee. Numeri 6 vers 24-26

Birthday Blessings to our Members/Clients

Date	Name
7 th	Edna Elliot
11 th	Clara Matthews
11 th	Sophia Speak
13 th	Anwaar Roomaney
16 th	Mavis Koopman
25 th	Frances Smith
27 th	Peter Gordon
28 th	John Loseby



We love celebrating milestones with our colleagues



Happy Wedding Day, Michaela (HC Carer) and Andile!

Michaela, the entire PlumRus sends you and Andile the heartiest congratulations on tying the knot! We are so excited to celebrate this milestone with you.

They say teamwork makes the dream work, and we know that you and Andile are going to make the absolute best team.

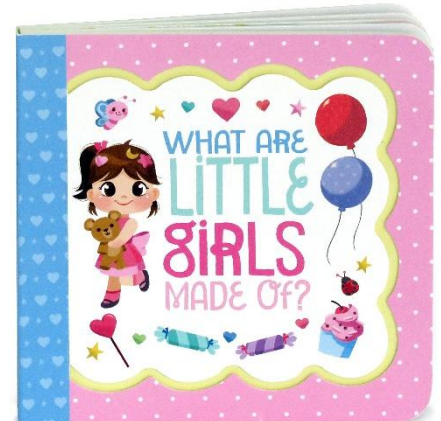
Cheers to the newlyweds! 🥂💍

Welcome to the PlumRus Family...

Emily-Rose Hartzenberg born on the 18th of August 2026, to Kim Hartzenberg.



"A whole 2 weeks old today and you have already changed my whole world. From your first cry to your sleepy cuddles, on my chest, you remind me that miracles are real. I can't wait to watch you grow into the amazing woman you will become."



Huge congratulations on the arrival of your sweet little girl! We are absolutely thrilled for you and your family.

Wishing you endless cuddles, restful moments (whenever possible!), and all the joy that comes with this beautiful new chapter.

Hallo Lente!

Lente is die **liefdevolle herinnering** dat verandering pragtig kan wees.
Dis 'n nuwe begin, 'n vars kans en die vooruitsig op iets besonder.

Mag hierdie **Lente** vir jou bring:

- ♥ Sonne wat jou hart warm maak
- ♥ Blomme wat jou oë laat glimlag
- ♥ Reën wat nuwe lewe gee aan jou drome
- ♥ Vriende en familie wat jou omring
- ♥ Rustige oomblikke vir jou siel
- ♥ Gesondheid, hoop en baie vreugde

Laat los wat jou nie meer dien nie en maak plek vir alles wat jou laat **groeï**, laat **lag** en laat **lewe**.

Geniet Lente
met 'n oop hart en 'n dankbare siel.

Mag hierdie seisoen jou herinner:
 jy is sterk, jy is genoeg, en daar is altyd mooi dinge wat voorle.

Lente is 'n bietjie sonlig, 'n bietjie reën en 'n hele klompie hoop.



Did You Know?



On Friday 25th September we would like to treat ALL our residents to a Heritage Day menu for lunch, instead of the weekly fish and chips.

For this reason, we are rescheduling our monthly Residents and Family braai from Friday 25th September to Friday 2nd October.



Lekker, ons braai twee keer in Oktober!

Access Control & Visitor Management Policy

Resident & Family communication circulated on 21st August has reference, and is summarized as follows:

Key Points:

1. **Mandatory Sign-In for All Non-Residents:**

- Any person who is not a resident (including family, visitors, service providers, and coffee shop customers from CMC) must sign in at Reception upon entering the premises. There are no exceptions to this rule.

2. **Controlled Access Procedures:**

- **Visitors & Family:**
 - Must announce themselves via intercom at the gate.
 - Risk management must verify the reason for their visit before granting access.
 - Must sign in at Reception upon arrival and sign out when leaving.
- **Service Providers (Deliveries):**
 - Enter via the 3-Arts side gate and announce arrival via intercom.
 - After delivery, they typically exit through the same gate.
- **Service Providers (On-site Work):**
 - Announce arrival via side gate intercom.
 - Must sign in at Reception upon arrival and sign out when leaving.
- **Coffee Shop Visitors (from CMC):**
 - Announce visit via CMC gate intercom.

- If not collecting takeaway, must sign in at Reception upon arrival and sign out when leaving.

3. **Record Keeping:**

- Detailed records are maintained for all non-residents entering and leaving, with special attention to visitors and family.

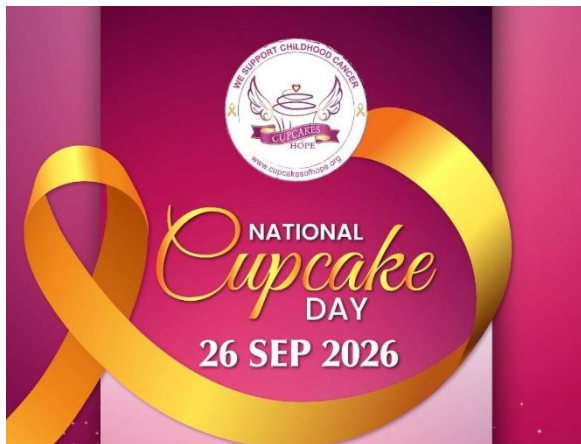
4. **Purpose of Access Control:**

- Ensures safety in emergencies by knowing who is/was on the premises.
- Facilitates investigations in case of any incidents.
- Fulfils management and regulatory requirements.

5. **Authority:**

- The policy is mandated by management, who also reserves the right of admission.

We kindly request that visitors, including families, respect staff implementing these policies.



Every year around 1000 children in South Africa are diagnosed with cancer and they need your support as they face this difficult battle. Cupcakes for HOPE provides financial assistance to an average of 230 patients each month, covering medical and day-to-day expenses, nutritional food, and transport money.

The Cupcake Angels are a group of volunteers who make a difference through their love for baking cupcakes.

One of our residents, Di Greyvenstein (Flat 127), is a Cupcake Angel. If you would like to support this worthy cause, please have a chat with Di and she will tell you how to go about supporting their initiative. Also look out for the advert on our noticeboards and on our big screen. You can make a double impact, by ordering the cupcakes you support the cause, and by gifting someone the cupcake you bring a smile to their lips.



It is the sweetest way to save a life!



Remembering the Heart: Navigating the Alzheimer's Journey Together

Caring for a loved one with Alzheimer's disease is a journey of profound transition, one that rewires the way we communicate, connect, and express love. As we mark **World Alzheimer's Day on 21 September**, it is a beautiful opportunity to honor the dedicated families, friends, and caregivers within our retirement community who navigate this path every day with grace and resilience.



In our community, you are never walking this path alone. True caregiving requires a village, and leaning on professional support, specialized memory care teams, and fellow residents is a sign of strength, not weakness. This World Alzheimer's Day, let us celebrate the quiet victories, the moments of pure connection, and the enduring power of love that defines the caregiving journey.

This year's international theme is:

"The Earlier You Know, The More You Can Do: A Dementia Diagnosis Matters."

But what does that really mean?

For many people, the thought of a dementia diagnosis can be frightening. It is understandable to think, *"I don't want to know."* Yet knowing what is happening can actually bring something very valuable – **choice**.

A diagnosis can provide answers when memory, thinking or behaviour begins to change. It can help healthcare professionals determine what may be causing those changes and ensure that the right support is considered.

Most importantly, an earlier diagnosis gives people and their families **more time**.

- More time to understand what is happening.
- More time to ask questions and seek support.
- More time to make plans and express personal wishes.
- More time to put practical support in place.
- And more time to focus on the things that bring joy, meaning and connection.

A diagnosis is **not the end of a person's story**. People living with dementia can continue to enjoy friendships, hobbies, music, family, faith, laughter and many of the things that make life meaningful.

At PlumRus, we believe that person-centered care starts with seeing the **person before the diagnosis**. Every individual has a history, personality, preferences, relationships and stories that make them unique.

This World Alzheimer's Month let's replace fear with understanding, silence with conversation and stigma with compassion.

And if you or someone you love is experiencing persistent changes in memory or thinking, don't simply dismiss them as "part of getting older". Talking to a healthcare professional is a positive first step – because the earlier you know, the more you can do.

Let's talk about dementia. Let's understand it. Let's support one another.

SEPTEMBER / SEPTEMBER 2026

MONTHLY PROGRAM / MAAND PROGRAM

Monday	Tuesday	Wednesday
	1	2
	09:00 Shopping Constantia Village 09:30 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 12:30 Fruit & Veg Lorry 15:00 Table Tennis in PlumRus North 15:00 Teatime: lounges 15:00 Bingo
7	8	9
08:30 Library / Biblioteek 10:00 Teatime: lounges 11:00 Activities in lounges 14:00 Bridge in PlumRus North 15:00 Teatime: lounges	09:00 Shopping Blue Route 10:00 Gym trim in the hall 10:30 Teatime: lounges 15:00 Teatime: lounges	08:30 Library / Biblioteek 09:30 Afrikaans diens 10:00 Teatime: lounges 10:30 Series in lounges 11:45 Prayer Meeting in lounges 12:30 Fruit & Veg Lorry 15:00 Table Tennis in PlumRus North 15:00 Teatime: lounges
14	15	16
07:45 Outing 08:30 Library / Biblioteek 10:00 Teatime: lounges 11:00 Activities in lounges 14:00 Bridge in PlumRus North 15:00 Teatime: lounges 15:30 Garden club meeting in the hall	09:00 Shopping Meadowridge 09:30 Gym trim 10:00 Teatime: lounges 15:00 Teatime: lounges	08:30 Library / Biblioteek 09:30 Afrikaans diens 10:00 Teatime: lounges 10:30 Series in lounges 11:45 Prayer Meeting in lounges 12:30 Fruit & Veg Lorry 15:00 Table Tennis in PlumRus North 15:00 Teatime: lounges 15:00 NSRI Talk in the hall by Gerrie Niemand
21	22	23
07:45 Outing 08:30 Library / Biblioteek 10:00 Teatime: lounges 10:00 Wynberg Boys visit 11:00 Activities in lounges 14:00 Bridge in PlumRus North 15:00 Teatime: lounges World Alzheimer's Day	09:00 Shopping Constantia Emporium 09:30 Gym trim 10:00 Teatime: lounges 15:00 Teatime: lounges	08:30 Library / Biblioteek 09:30 Afrikaans diens 10:00 Teatime: lounges 10:30 Series in lounges 11:45 Prayer Meeting in lounges 12:30 Fruit & Veg Lorry 15:00 Table Tennis in PlumRus North 15:00 Teatime: lounges 15:00 Bingo
28	29	30
07:45 Outing 08:30 Library / Biblioteek 10:00 Teatime: lounges 11:00 Activities in lounges 14:00 Bridge in PlumRus North 15:00 Teatime: lounges	09:00 Shopping Blue Route 09:30 Gym trim 10:00 Teatime: lounges 15:00 Teatime: lounges 15:00 AGM & Live entertainment by Ezra Lingeveltdt	08:30 Library / Biblioteek 09:30 Afrikaans diens 10:00 Teatime: lounges 10:30 Series in lounges 11:45 Prayer Meeting in lounges 12:30 Fruit & Veg Lorry 15:00 Table Tennis in PlumRus North 15:00 Teatime: lounges 15:00 Bingo

Thursday 3	Friday 4	Saturday 5	Sunday 6
09:30 Morning market 10:00 Teatime: lounges 11:00 Activities in lounges 14:00 Shopping to Meadowridge	08:30 Library / Biblioteek 09:30 One Hour for Jesus Communion service 10:30 Pixie Schools Spring performance in the hall 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Table Tennis in PlumRus North 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 18:00 Woord & Lied Dr. Chris Saayman
10	11	12	13
09:00 Shopping Constantia Emporium 09:30 Gym trim 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Bingo	08:30 Library / Biblioteek 09:30 One Hour for Jesus 10:00 Teatime: lounges 11:00 Activities in lounges 14:30 Eco-bricks filling in Plumrus North 15:00 Table Tennis in PlumRus North 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
17	18	19	20
09:00 Shopping Constantia Village 09:00 BP Clinic in Clinic Room 10:00 Dancing Dogs in the hall 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges 15:00 Bingo	08:30 Library / Biblioteek 09:30 One Hour for Jesus 10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Table Tennis in PlumRus North 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 18:00 Woord & Lied Dr. Chris Saayman
24	25	26	27
10:00 Teatime: lounges 11:00 Activities in lounges 15:00 Teatime: lounges Heritage Day	08:30 Library / Biblioteek 09:30 One Hour for Jesus Praise & Testimony service 10:00 Teatime: lounges 11:00 Activities in lounges 14:30 Eco-bricks filling in PlumRus North 15:00 Table Tennis in PlumRus North 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

4th Sept Pixie Schools spring performance in the hall @ 10:30
10th Thursday Gym trim in the hall @ 09:30
Sept Garden club meeting in the hall @ 15:30
16th Sept NSRI talk by Gerrie Niemand in the hall @ 15:00
17th Sept BP Clinic in Clinic Room @ 09:00
17th Sept Dancing Dogs performance in the hall @ 10:00
21st Sept - World Alzheimers Day & Wynberg Boys visit @ 10:00
29th Sept Live entertainment in the hall by Ezra Lingeveltdt



Mr. Robert Pote

Health Care Zone 3

Room 29

Robert joined PlumRus as a permanent resident on 20 August 2026, following a one-month stay in our PCS Respite Facility.

He was born and raised in Port Elizabeth, where he attended Parsons Hill Primary School and Lawson Brown High School.

Robert is married to Diane, and together they have two children, Craig and Katherine, who both live in Cape Town.

Before his retirement, Robert worked as the Company Treasurer and Accountant for Eli Lilly Pharmaceuticals. He thoroughly enjoys reading and spending time with a good book.

Mrs. Charlene van Druten

Health Care Zone 1

Room 7A

Charlene grew up in Mossel bay and attended Laerskool Langebaanweg and Huguenot High School.

She has four children, Suzanne, James, David and Mark (lives in America).

Mrs. Van Druten is quiet but does not shy away from engaging with people. She enjoys history, family history and loves animals and nature.



Mr. Frank Hall

East

Flat 004

Frank was born and raised in Johannesburg. He attended Park Town Boys High School. He has two sons Justin and Robyn living in the UK.

Frank joins PlumRus from his independent flat in Milnerton. He has a great sense of humor and is very sociable. He enjoys light jokes, history and war books, thriller movies and rock'n'roll music.





Mrs. Heila Haasbroek

Lodge

A4

Heila was born and raised in South Africa, she joins PlumRus from her home in Kommetjie.

She attended Heidelbergse Onderwyskollege and UNISA and was an art and biology teacher and a business lecturer. After she retired, she worked as a board member for a care home in Vanderbijlpark.

Mrs. Haasbroek has one son Dirk, living in Kommetjie with his wife Salomé. She enjoys sewing, art and reading.

Mr. Frederick Johannes

Mountain View

205

Fred was born and raised in Lansdowne. He attended Spangenberg Moravian Primary School and Oaklands High School and completed his tertiary education at the University of Western Cape.

He is a retired pharmacist and has two sons Gary and Wayne. Fred now enjoys woodwork, gardening and picture framing.



Mr. Adrian & Mrs. Colleen Batty

East

Flat 109

Adrian and Colleen joined PlumRus on the 17th of August 2026.

The Batty's have been married for 46 years. They have a blended family consisting of 5 kids, Colleen, Shawn (New Zealand), Weldon, Ronelle and Alison.

Adrian is a retired accountant, but now enjoys watching rugby, cricket and reading. Colleen on the other hand is a retired company representative and now enjoys sewing, cooking, gardening and reading.



When Spring Comes

When winter's chill begins to fade,
And golden sunlight warms the shade,
The earth awakens, fresh and new,
With drops of morning silver dew.

The flowers bloom in colours bright,
Turning every garden into light.
The birds return with songs so sweet,
As gentle breezes dance and meet.

The trees put on their leafy green,
The loveliest sight that can be seen.
And everywhere, both near and far,
Spring whispers softly, "Here you are."

A season filled with hope and cheer,
A brand-new beginning drawing near.
So let us welcome spring with grace,
And let its beauty fill our space.

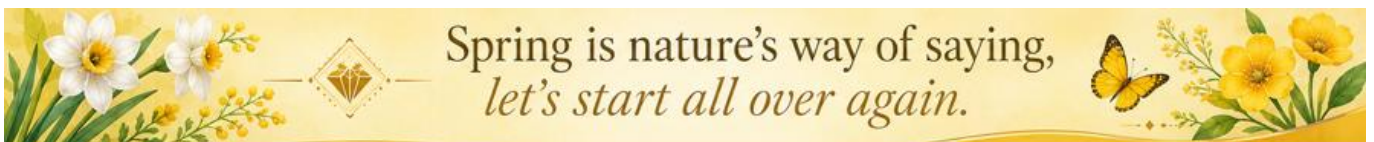
For after every winter's rain,
The sun will always shine again.
And with each blossom, bright and true,
Spring brings a little hope anew. 🌸

(Submitted by: PlumRus Care Services)



Heerlike Lente

"Dis heerlike lente, die winter's verby..."
Dankie, Here. Vir 'n nuwe seisoen, nuwe lewe, nuwe hoop!
Ek juig saam met die natuur, oor U! Amen



"What we have once enjoyed, we
can never lose. All that we love
deeply becomes part of us."

— Helen Keller —

Pauline Wucherpfennig

Sunrise: 27/12/1936

Sunset: 31/07/2026

Writing a tribute for Mrs Pauline Wucherpfennig is a profound honour, because she was truly a beautiful soul. Over the five months we spent together, she became so much more to me than someone I cared for. Our bond grew into something deeply personal—a sacred space filled with warmth, laughter, and genuine affection. While she was incredibly kind-hearted and sweet, she was also a woman of immense strength and determination. She was witty, fiercely independent, and never hesitated to speak her mind. In fact, she wasn't afraid to scold me exactly like a daughter! She proudly told her children that I was her adopted child, a closeness that meant the world to me. She trusted me with her personal stories, and in return, I was privileged to know the beautiful soul behind the sharp wit. Mrs Wucherpfennig went out of her way to make everyone feel special. She was a petite lady, but she possessed a giant heart, always offering a kind and considerate word to those around her. Above all, she loved her children with all her heart, keeping them forever in her thoughts and prayers.



Our daily routines were anchored in simple joys. She preferred the peace of our small circle over large crowds, making our quiet moments together feel even more special. Every single day, I would sing to her. One of her absolute favourites was *"It Is Well with My Soul."* She would have me sing it repeatedly. Even when I didn't know all the words, she would simply smile and say, *"Sing it again, please."* Thinking of her favourite expressions brings both a smile to my face and tears to my eyes. She left indelible footprints on my heart. I will always fondly remember how she loved to wake up reciting her own sweet versions of the traditional poem:

- *"Monday's child works hard for a living and is kind-hearted."*
- *"Tuesday's child is an angel, loving and kind, and a helping hand."*
- *"Friday's child is cheeky, loving, and kind."*
- *"Sunday's child is sweet and loving, full of grace and gay."*

She was a lady who knew exactly what she wanted. She adored her plants, appreciated her little luxuries, and completely cherished the colour pink. I will always smile remembering her favourite pink-and-white striped jersey. She wanted to wear it every single day, and if I hesitated to put it on her two days in a row, I certainly heard about it! We shared wonderful, creative moments together, like our attempt to crochet and knit a

scarf—a project that beautifully turned into a team effort with everyone lending a hand. And, of course, we can never forget her legendary sweet tooth! I will always cherish our quiet walks outside, wheeling her into the bright sunshine she loved so much. Rest in peace, Pauline Wucherpennig. It is, truly, well with your soul. (Submitted by Carmen Janjie & Sherika Erasmus – PCS)



PlumRus Team: Thank you so much for the years of exceptional care you gave our mother, Pauline, during her time with you.

She was well looked after, right up until the end, and we are deeply grateful to you all for the kindness and compassion you showed her.

We wanted to share this photo of Mom with her two grandsons, Sean and Stephen — a happy memory we know she would have loved you to see.

(With heartfelt thanks, Rob and Jenny)

Mrs. R. Francis

Sunset: 04/08/1926 — Sunrise: 11/06/1932

It was truly an honour and a privilege to have cared for Mrs. Francis during her time at PlumRus.

Mrs. Francis brought so much warmth and light to our daily lives. I will deeply miss our conversations, her beautiful warm smile, and her gentle spirit. She touched the hearts of those around her and truly became a cherished part of the PlumRus family.

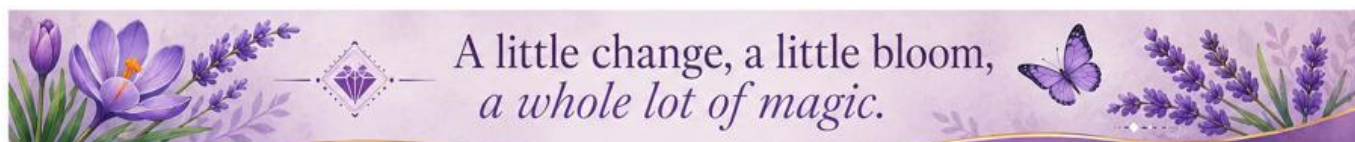


Although we say goodbye with heavy hearts, we are grateful for the precious memories and special moments we were privileged to share with her.

May her gentle soul rest in eternal peace. She will always be remembered with love and fondness. (Submitted with love by the Zone 5 Carers)

"Blessed are those who mourn, for they will be comforted."

(Matthew 5:4)



Mr James Cameron

Sunrise: 29/07/1951

Sunset: 20/08/2026

It is with great sadness that we bid farewell to the Mr James Cameron.

It was an honour and a privilege to have cared for Mr Cameron. He was a joyful, loving, and caring gentleman who touched the hearts of everyone around him. He always had a kind word to share and was someone who stood up for and cared deeply about the carers who looked after him.

Although we say goodbye with heavy hearts, we also find comfort and happiness as we remember all the wonderful moments and memories we shared with him. His warmth, kindness, and beautiful spirit will remain in our hearts and will never be forgotten.

May your beautiful soul rest in eternal peace, Mr Cameron. You will always be remembered with love. Rest in peace, Mr Cameron. *(Submitted with love by the Zone 5 Carers)*



Thank you so much for giving me the opportunity to attend this! All nine of us in the quantum, staring out of the windows at a busy Cape Town and deposited in the foyer of this grand hotel with sweeping chandeliers and high ceilings and attentive hotel staff into the conference room - 15 tables of ten guests

each!

I took our two library copies of Chaeli's books and got a photo with her and the books. She couldn't sign them at the function, but her mother Zelda Morcroft has promised to drop the signed copies at reception next week.

The breakfast was so dainty and varied - we were spoilt for choice man o man! We watched videos of the foundation's work and short interviews of those who had benefited from their work. Just shows you - instead of subsiding into "ah well that's it" view, this courageous woman with her strong supportive family and friends launched into this (now 22yrs) benefit work which has affected 9,000 lives. Yes, 9,000 she said.



After the event we took the scenic elevator down - Chris, a scenic elevator would be lovely in the East building? Would Badisa consider it? Also, the sweeping chandeliers - could we have one in reception? No? oh well...I tried. Thank you again so much for considering me as part of the group that went. What an experience! **XXX Vivien Spiers**

Thanks to the Chaeli Campaign for inviting PlumRus as their special guests 2 years in a row!

Vergeet om te vergeet

Hoe ouer sy word, sê Karin Brynard, hoe meer vergeet sy om te onthou.

My ousus bel om te vertel van iets wat sy oor die radio gehoor het.

"Ja?" sê ek opgeruimd en soek 'n diep stoel. Want hier kom 'n lekker kuier.

"Raait," begin sy. "Um ... ja ... dis ... Verdomp, daar's dit skielik weg," sê sy ontsteld.

"Kan jy dit nou oorvertel! Dit was iets wat ek self nie geweet het nie. Maar ek het geweet dit sal jou interesseer."

"Koning Charles is 'n fopdosser? Cyril-innie-mirrel het 'n ruggraat?"

"Nee, man! Nou gaan ek glad nie onthou nie!"

"Ag wat," sê ek, "jy bel dus net om te sê daar was iets wat jy nie geweet het nie. Toe weet jy dit. En nou weet jy dit nie meer nie. *Full circle*. En nou weet ek ook dat daar iets is wat jy nie meer weet nie. En ek ook nie. Makie-sakie, of hoe?"

Ons lag, maar met 'n gevoel van naderende onheil. En sê vir mekaar ons raak oud.

Ons spandeer al hoe meer tyd aan soek: na brille en boeke en halwe bekers tee.

En ons verloor goed. Bankkaarte, karsleutels, sambrele.

En woorde. Veral woorde.

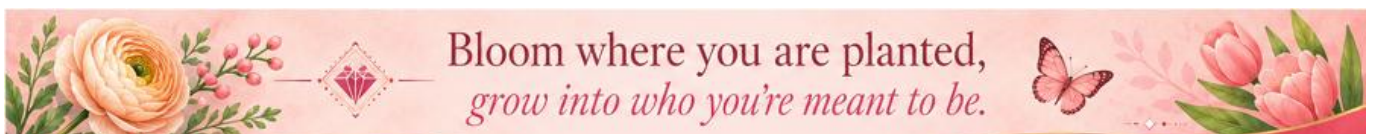
Vir oudword is daar nie pille nie, sê ons en ons weeklaag en lamenteer. Oor 'n woord wat nie eens meer ons kleintongetjies bereik nie, wat nog te sê die tippie van die tong. Asof sy asem opgeraak het, iewers in die gange tussen brein en mond, en hy gaan sit het. Dalk is hy nooit uit die wegspringblokke nie, het hy in 'n mistasting tussen die sinapse iewers op die grond beland.

Ons gesprekke raak al hoe meer soos laas winter se trui. Motgevreet, slonsig en uitgerafel. Al die bekwame woorde, soos "libretto" en "diskrepansie", selfs die nederige "drumpel" en die fraaie "fatsoen", is stil-stil besig om te verkas. Staan in blinkgepoetste skoentjies, koffertjie in die hand, en groet *adieu-adieu*.

Gelukkig ken ek en my ousus mekaar 'n leeftyd lank, kan ons mekaar se gate vul. Die een se "vet ou sanger, hy's al dood" is die ander een se Pavarotti. En "daai geelbruinerige soort karre, man, jy weet mos," raak 'n Peugeot, want ons al twee onthou ou oom Kareltjie Visser se vaal 1969-model. Sy het al wors se naam vergeet, met "langvleis" vorendag gekom. En ek begryp. Ook as 'n sin hom halfpad hulpeloos oorgee aan 'n "dit en dat en watookal. En so-verder en so-vort."

Woorde soos "dingeses" en "watsenaam" kom sit gereeld by ons in die geselskap. Soos arm familie, bedeesd in vaalgewaste kleertjies. Met min te biede buiten ewige trou staan hulle in vir die silwer skimme van volleeerde woorde. Want dié verraaiers kies hul tyd, soos in die skoolkomiteevergadering, wanneer "kurrikulum" die pad vat. Vlug soos Aspoester wanneer die klok slaan, met "leerplan" en "sillabus" kort agterna. En jy sit daar, stotterend, met 'n mond vol "watsenaam". Die hele punt wat jy wou maak, raak vaal en pap soos tjips in 'n mikrogolfoond.

Ag wat, sê my ousus, wetenskaplikes beweer dat vergeet eintlik goed is vir ons. Ons breine is vol rommel en vergeet is 'n besem. Onnodige kennis, soos dat krokodille nie hul tonge kan uitsteek nie en die name van al die Kardashians, moet gereeld uitgevee word.



Namate ons ouer word, vee die besems al dieper. Op 'n dag is jy die nuwe naam vir Warmbad kwyd. Dan weer die Afrikaans vir hashtag. Of die Engels vir "lies".

Die naam van 'n geliefde blom verdwyn om die hoek. Viooltjie, dalk. Gelukkig onthou die neus nog — 'n ganse kindertyd, met Mamma voor haar spieëlkas en 'n tikkie Blue Violet agter elke oor. Of die reuk van reën op warm teer in die Karoodorpie waar ons op 'n kol gewoon het en waarvan ek die naam vergeet.

En die Maanligsonate op soel somersaande in die Kalahari.

As ek eendag Beethoven se naam vergeet, gaan die liefkosende klank van sy klavier my steeds terugroep Kalahari toe. Want dis hier dat vergeet en onthou en herinnering mekaar ontmoet.

Intussen kan 'n mens glo terugbaklei met breinspeletjies, sudoku en blokraaisels of klavierspel. Ek en my ousus speel maar ons eie speletjies: die name van al vier die Beatles, die aantal mage van 'n koei en al nege die provinsies ... of is dit nou elf?

Verder lag ons. Vir mekaar en vir onself. En as ons vergeet, sommer vir dit en dat en watookal.

En so-aan. En dingeses.

(Karin Brynard-Tuis blokraai)

A glimpse of the month that was...



Spring has Sprung art session was enjoyed by residents who attended. Admire their creative work in the Health Care corridor.

Monthly art sessions are open to ALL residents...Come and join the fun!

Kenneth Fox enjoyed his 90th birthday with his wife, daughter and PlumRus friends.





Amy Valentine was more than happy to share her birthday festivities with her friends in Zone 2.

90 years for God's goodness and grace!

93...Anna du Toit is genoeg rede om heel maand te vier.

Ons is dankbaar vir goeie gesondheid en om Tannie se glimlag elke day te kan sien!



Ollie enjoyed every minute of entertaining our Residents with a few of his favourite piano pieces.

He is looking forward to coming back as he thinks our Residents were really an appreciative audience.





A Musical Collaboration to Remember!!!

What a wonderful afternoon of music! Our residents were captivated by the beautiful rhythms, voices and musical talents shared by The Parker Family, (all the way from the USA), and The Amy Foundation. Music has a wonderful way of bringing generations and communities together - and this collaboration certainly touched hearts, brought smiles to faces and left our residents wanting more!

Our annual trips to the West Coast National Park to view the flowers was a "blooming" success. Sometimes the journey is more interesting than the destination, with social chatter, great views-including Gerry the giraffe, everyone had much fun. As usual the Catering team were on point with the snack packs and lunchtime eats. Thanks to Kurt & Sammy for ensuring that everyone was safe at all times.



Our garden is starting to bloom at just the right time.





Meet the PlumRus Candy Man! 🍬

Why leave the comfort of your room when the treats can come to you? Our official **Candy Man** is on the move, roaming through PlumRus with a tray full of sweet temptation — delivering your favourite treats right to your door! 🍫🍬

No shoes. No walking. No fuss.
Just pick up the phone (Ext 1035) and let the Candy Man come to you!

The heart of PlumRus, precious family time. Our Coffee Shop is well stocked to make your time together even more memorable. Remember to reserve a table for your Sunday lunch.



Good Yarn, Good Company, Great Conversations!

Come cast on your thoughts as we chat, share ideas and knit together about taking our knitting group forward.

When: Tuesday 8 & 22 September
Time: 15:00

Where: Foyer of the Coffee Shop

PLUMRUS HAS LANDED! ✈️💚💛

Our staff are proudly showing their **Springbok spirit**, because apparently it wasn't enough for the Boks to fly high... the planes had to fly LOW! ✈️😬

PlumRus is officially flying the flag — and the gees is HIGH! 🇿🇦



Future driving test...



I hate it when people try to act all intelligent and talk about Mozart when they have never even seen one of his paintings .



<https://www.facebook.com/groups/afrikaansegrappig/>

Wat noem mense as 'n jong meisie die eerste keer verlief raak?
Kalwerliefde. En as 'n ou vrou verlief raak?
Malkoeisiekte



MANNETJIES OF WYFIES?

Die boervrou kom in die kombuis en kry haar man met 'n vlieëplak in die hand.

"Wat doen jy?" vra sy.

"Jag vlieë," sê hy.

"O, al enigiets doodgeslaan?" vra sy. "Jip, drie mannetjies en twee wyfies," antwoord hy.

"Hoe kan jy hulle uitmekaar ken?" vra sy verbaas. "Maklik," antwoord hy. "Drie was op 'n bierblikkie en twee op die sel-foon!" **LBW**



Skakerings van rooi

Appel	Karmosyn	Purper
Baksteen	Karmyn	Robyn
Bessie	Kersie	Roos
Bloed	Konfyt	Sangria
Brandweerwa	Koraal	Skarlaken
Ferrari	Magenta	Tamatie
Framboos	Maroen	Vermiljoen
Fuchsia	Merlot	Vlam
Granaat	Osbloed	Wyn

Ek het stede, maar geen huise nie. Ek het berge, maar geen bome nie. Ek het water, maar geen visse nie. Wat is ek?

Antwoord: dnakartal