



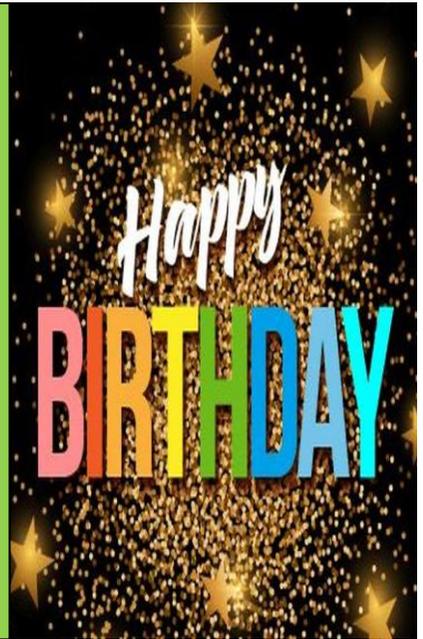
PlumRus News

JULY / JULIE

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Staff Birthdays for July

Lamees Lewin	1 st	Health Care
Noelwene Lekay	4 th	Health Care
Pauline Lawens	4 th	Senior Centre
Agnes Solomons	6 th	Risk Man
Natalie Poole	6 th	Health Care
Melanie Philander	8 th	Health Care
Letitia Asia	11 th	Cleaning
Monique Dreyer	11 th	Health Care
Louisa Kasper	12 th	Cleaning
Chantal Beyers	16 th	Health Care
Yolande Damon	16 th	Health Care
Renske Burg	22 nd	Senior Centre
Patricia Fortune	23 rd	Health Care
Renee Jacobs	24 th	Senior Centre
Vernolin Apollise	27 th	Health Care
Ayesha Benjamin	30 th	Health Care
Lauren Jones	31 st	Health Care



Resident Birthdays for July

Mnr BMW Elliot	1 st	N203
Mrs CQ Grobler	2 nd	F103
Mrs HJ Radel	2 nd	R40B
Mrs TC Doubell	5 th	F110
Ms EJ Punt	5 th	N011
Mrs YV De Kock	6 th	R22B
Mrs MAM Roberts	6 th	N112
Mrs MM Kotze	7 th	F014
Mrs SA Osborn	7 th	N101
Mrs G Boshoff	8 th	R069
Mrs PL Vorster	8 th	R47B
Mrs JC Archer	12 th	MV201
Mrs EM Odendaal	14 th	R033
Mrs DE Coetsee	17 th	R014
Mrs N Warner	17 th	A2
Mrs HA Kotze	18 th	R055
Mrs J Kendrick	19 th	N103
Mrs MA Magowan	19 th	MV102
Mrs MC Boshoff	20 th	F018
Mrs JB Ten Velden	29 th	N206
Mrs GI Organ	31 st	MV101

Geestelike Program – Spiritual Program July/ Julie 2018

Friday @ 09:30

6th Mr Neil Henry
13th Ms Moody
20th Pastor Clint
27th Bishop Joe Bell

Sunday @ 09:30

1st Methodist
8th Rev Gerald Francis
15th Rev Rob Hattingh
22nd Rev Percy Solomon
29th Mr Jack Jacobs

Sunday @ 18:00

1st Woord & Lied
8th Fred Roelofse
15th Dr Chris Saayman
22nd Woord & Lied
29th Dr Chris Saayman

Communion Services / Nagmaal Dienste

Methodist Communion: 16 July 2018
Catholic Mass: 16 July 2018
NG Kerk Nagmaal: Geen Nagmaal
Rusoord Communion: 22 July 2018



Residents General Meeting Monday 18 June 2018

It's time to give feedback. Our House Committee Chairman and Vice Chairman will give feedback of all the committee meetings. Our Department Heads will give feedback of their performances and Chris will speak about our financial performance up the end of March 2018 as well as our performance for April and May will be discussed.

The Next **Friends Meeting** will be held on Monday 2 July 2018 @ 15:00 in the Hall. All Residents are welcome to attend these meetings. It is a group that prays and visits our Residents.

Our Next Trip to Grand West will be on Monday 30 July 2018 at 18:00. This is not about gambling, there are many other things to do at Grand West, it's about a nice outing in the evening and Residents being able to enjoy themselves.

The next **Garden Club Meeting** will be held on Monday 9 July 2018 @ 16:00 in the foyer on the 1st Floor in PlumRus North.

'The further a society drifts from the truth, the more it will hate those that speak it.' - George Orwell

Dementia Support Group

The Next Dementia Support Group Meeting at Plumstead Rusoord will be held on Saturday 14 July at 14:30 in the Protea Coffee Shop.

Anyone is welcome to attend these meetings. It is organised in conjunction with Dementia Sa who also provide very insightful speakers. The Group is there to serve as a support structure for families in our community struggling with the disease, Dementia.

Stilte Tye / Quiet Times

When you leave the dining room after lunch please respect your fellow neighbours and do not shout or talk loudly as you walk the passages. Also staff you need to speak softly and tune down your voices. During July we will issue brochures at reception and risk management to facilitate our request for respect. We will also announce quiet times for better coordination and to encourage our residents, staff, friends and family to assist us. / Vriende wanneer u die eetkamer verlaat, praat sag en respekteer u vriende. Moet nie in die gange en portale kliphard praat nie – dit is stiltetyd. Personeel draai ook julle volumes af. Gedurende Julie maand gaan ons ook elke naweek Saterdag en Sondag afkondig dat stilte tyd begin sodat ons samwerking kan bevorder. Ontvangs/Risikobestuur sal brosjures uitdeel waarin alle besoekers versoek word om ons stiltetyd vanaf 13:00 tot 15:00 te eerbiedig uit respek vir ons ouer persone. Ons vra dat u ook familie en vriende so sal inlig.

Interactive Concert By the Forget Me Not's

On Thursday 12 July @ 15:00 in the Hall

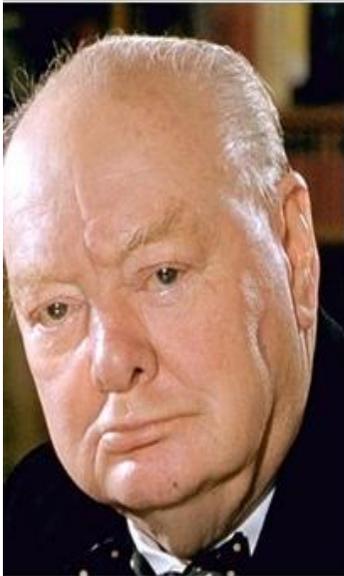
This is an interactive concert and we would like to encourage all Residents to attend this wonderful event which main goal is to stimulate the senses **and take you down memory lane.**

Pancakes & Tea Party

24 July 2018 @ 15:00 in the Hall

Come and enjoy some freshly baked pancakes and a cup of tea with some added music and good conversation.

Trust us you do not want to miss this



Diplomacy is the art of telling people to go to hell in such a way that they ask for directions.

— *Winston Churchill* —

AZ QUOTES

Irish Craic and Humour

An elderly Irishman bought a sports car to recapture his youth and drove at 120mph. Then he saw a police car behind him, blue lights flashing. "I'm too old for this nonsense," he thought so he pulled over.

The police officer said, "Sir, my shift ends in 10 minutes. If you can give me good a reason why you were speeding, I'll let you go."

The old man said, "Years ago my wife ran off with a policeman. I thought you were bringing her back."

"That'll do," said the policeman.

irishcraicandhumour.com

4 Ways to Learn Anything in 20 hours

What if you could learn anything in 20 hours, what would you learn?

Would it be to dance, new language or an instrument?

It takes 10 000 hours to achieve a mastery in a field but it only takes 20 hours to get good at something if you practice intellectually.

If you put 20 hours of focused deliberate practice into that thing, you will be astounded.

1. Deconstruct the skill

Break it down. If you want to learn a new skill, the first thing you need to do is break it down into small action steps.

2. Learn enough to self correct

Take action and get started. Start practicing the new skill you want to learn so that you can generate feedback and start correcting yourself.

3. Remove practice barriers

Get rid of whatever gets in the way of your ability and motivation to practice. Get rid of distractions.

4. Practice at least 20 hours

Keep making small improvements over 20 hours. Spend about 45mins a day for a month and focus.

It's not skill that holds you back. The biggest barrier is emotional. If you can get over the hump of feeling incompetent or silly you have already opened new doors. Keep learning!!

Galatians 4:16

'So have I become your enemy by telling you the truth?'

Proverbs 12:22

'Lying lips are an abomination to the LORD, but those who act faithfully are his delight.'

Jeremiah 13:25

'This is your lot, the portion I have measured out to you, declares the LORD, because you have forgotten me and trusted in lies.'

Zone 2 Floors Refurbished

During June we were very fortunate to be able to redo the floors in Pin Cushion Lounge. During the full day process we had to move our Dementia Residents to Sugarbush Lounge where the staff had a fashion show/ karaoke for the Residents. The Residents danced and sang and before we knew it the Residents were on their way back to Pin Cushion where brand new floors awaited.

Thank you to everyone who made this possible. As most are aware our Dementia Zone is our main project this year and we want to give our Residents the space to move around freely and this was just the start.



Daar is altyd 3 opsies:

1. Gee op

2. Gee in

3. Gee dit alles wat jy het





PlumRus

Community Service Centre

PlumRus Community Service Centre Re-Launched in 2018. If you or anyone you know require assistance or services at home or would like to make use of Day Care services at Rusoord please feel free to contact Rhodene Koense, Manager of the Community Service Centre for more information on 021 761 2323 or rhodene@plumrus.co.za

PlumRus Community Service Centre is also reaching out in the community with 3 days per week at various churches in Retreat, Lavender Hill and Steenberg. On these days clinic services, meals and activities are given. If you would like to volunteer your time or expertise please feel free to contact Rhodene Koense.

DS Henn Kleinseun Presteer

Op 26 Mei 2018 het Ds Henn se kleinseun, Usher Henn vir die WP span teen SWD Eagle en Boland rugby gespeel. Daar was WP keurders by die spelle wat hul dopgehou het om sodoende spellers vir Cravenweek uit te wys. Baie geluk met hierdie groot prestasie.

Onder omstandighede gaan dit vreeslik goed met my

Ons doen natuurlik alles in ons vermoë om die ouderdom te beveg, maar dis 'n verlore stryd. Nietemin wil ons graag dink dat ons dit nog kan hanteer, dat ons, die omstandighede in ag geneem, in 'n uitstekende kondisie is. 'n Onbekende digter het dit so gestel:

**There is nothing the matter with me,
I'm as healthy as I can be.
I have arthritis in both knees
And when I talk, I talk with a wheeze.
My pulse is weak, and my blood is thin
But I'm awfully well for the shape I'm in.**

**Arch supports I have for my feet,
Or I wouldn't be able to be on the street.
Sleep is denied me night after night,
But every morning I find I am all right.
My memory is failing, my head's in a spin
But I'm awfully well for the shape I'm in.**

**The moral is this as my tale unfold –
That for you and me who are growing old
It's better to say "I'm fine" with a grin,
Than to let folks know the shape we are in.**

Ek het nooit eintlik oefeninge gedoen nie. Ek was geneig om saam te stem met die buffergiggle wat sê: Elke keer as ek aan oefening dink, gaan ek lê tot die gedagte weggaan.

**Forget Me Not's
Interactive Concert at Rusoord
On Thursday 12 July 2018**

@ 15:00

We would like to invite all Residents to come and enjoy the afternoon with us

Those Poor Blondes

A brunette, a redhead and a blonde find themselves stranded on an island about 20 km from the nearest mainland.

"I'm going to try to swim to shore," the brunette announces. She swims out but after about 5 km she's exhausted. She pushes on but a few kilometres further she's too tired to carry on and drowns.

The redhead decides to make a go of it too and starts swimming towards the mainland. She's fitter than the brunette and manages to swim on but after 10 km she's done and drowns. Meanwhile the blonde thinks to herself, "I wonder if they made it! I think I'd better try to make it too"

So the blonde gets in the water and swims for about 15 km before running out of steam. By this stage she can see the mainland is within reach so she carries on, but about 19 km out she realizes she's not going to make it. So she swims back to the island.

A brunette, a redhead and a blonde escape from jail and are running down the road when they spot three potato bags. They each jump into one to try to hide from the police, but it's not long before two cops notice the suspicious looking bags.

"Let's take a look inside these bags" the first one says and kicks the one the brunette is hiding in. "Meow!" the brunette says. "No there's just a cat in there," the second cop says and kicks the bag hiding the redhead.

"Woof!" the redhead says. "no it's just a dog the cop says and kicks the blonde's bag.

"Po-ta-to!" she says.

New Residents:

May:

Ms Jeanette Ravenscroft

Mrs Margaret Murray

Mrs Shirley Ann Kemp

June:

Mrs Betty Bothe Room52, Zone 5

Mrs Dorothy Hamilton Room 39 , Zone 3



The Next **New Residents Tea** will be held on Tuesday 31 July 2018 to welcome all of our new Residents to their new home

1. AVOCADOS

A wife asks her husband, "Could you please go shopping for me and buy one carton of milk and if they have avocados, get 6. A short time later the husband comes back with 6 cartons of milk. The wife asks him, "Why did you buy 6 cartons of milk?" He replied, "They had avocados."

If you're a woman, I'm sure you're going back to read it again! Men will get it the first time.

2. WATER IN THE CARBURETOR

WIFE: "There is trouble with the car. It has water in the carburetor."

HUSBAND: "Water in the carburetor? That's ridiculous"

WIFE: "I tell you the car has water in the carburetor."

HUSBAND: "You don't even know what a carburetor is. I'll check it out. Where's the car?"

WIFE: "In the pool".

3. STATISTIC

THIS IS A FRIGHTENING STATISTIC , PROBABLY ONE OF THE MOST WORRISOME IN RECENT YEARS.

25% of the women in this country are on medication for mental illness.

That's scary. It means 75% are running around untreated.

4. HE MUST PAY

Husband and wife had a tiff. Wife called up her mom and said, "He fought with me again, I am coming to live with you."

Mom said, "No darling, he must pay for his mistake. I am coming to live with you.

5. TODAY'S SHORT READING FROM THE BIBLE

From Genesis: "And God promised men that good and obedient wives would be found in all corners of the earth."

Then he made the earth round and He laughed and laughed and laughed ...



Staff Training

We have upped our focus pertaining to staff training. Our first aid training kicked off with the first group and was a great success. All of our Health Care staff will be doing a refresher course over the next few months to ensure that all of our staff are equipped for any emergency thrown their way.



*Elke mens; ryk, arm,
gelukkig of ongelukkig
het 24 uur in n dag.
Wat ons daarmee maak,
hang van onself af!
- Lynette Beer*



*Seniors se
shortcuts*



*Die kinders het mos hul WhatsApp kodes – soos
BFF, WTF, LOL ens... So hier is kodes vir seniors:*

BDD – By Die Dokter

BVSB – By Vriend Se Begrafnis

BDR – Bring Die Rolstoel

KWS – Kry Weer Sooibrand

SG – Skryf Groter

MWG – Maag Werk Goed

IMGA – Is My Gehoortoestel Aangeskakel?

MGPBL – Moet Gaan Pasaangeër se Battery Laag

MGPBW – Moet Gaan Purgasie Begin Werk

WPEA – Wat Praat Ek Alles?

WWW? – Waar Was ek nou Weer?

Home Safety for the Elderly

As the desire for seniors to age in place increases, it is important to learn and understand the ways that can keep them safe and healthy at home. It may seem fundamental, especially if they have been living in their own home for many years. However, there are certain concerns that should be discussed and considered in order to maintain a safe home environment. Housekeeping is of the utmost importance. Maintaining a clean, clutter-free environment is an essential part of home care. Individuals feel better physically and mentally if they are being cared for in a clean setting. This also can prevent allergies due to dust and mold as well as infection from bacteria. The individual's bed linens should be changed at a minimum of once per week and kitchen and bathrooms should be cleaned on a regular schedule as well. For an older person, even a minor fall can cause serious injury. Keeping throw rugs out of the daily path is a must. Throw rugs can be slippery as well as have a lip or frayed edge that could cause a fall. Falls are the number one cause of injury in the senior population. If a fall should occur the injuries could include broken bones, head injury or even death. They may look attractive in the home but throw rugs are a fall hazard. Electrical wires connected to electronics in the home are another source of concern. Keep these cords bound together and tucked away so that they do not create a fall risk. Arrange the furniture so that the person has a clear, unobstructed path from one place to another and remove furniture that is not being used. Less is definitely more in this area. Another item to consider are the smoke alarms. Smoke alarms should be installed outside of each bedroom and the kitchen. Check the batteries frequently and replace them every six months whether they need it or not. In most communities the local fire department will be happy to come in and replace or install a smoke alarm for an elderly resident. Keeping a fire extinguisher in the kitchen is a wise decision. Educate your loved one on how to use and maintain it. In the bathroom, place a non-slip rubber mat or adhesive strips on the floor of the bathtub or shower. Handrails should be installed around the bathing area as well as grab bars on the walls around the toilet. You may also consider removing the lock on the bathroom door to prevent a loved one from accidentally locking the door. A preventative measure that could definitely have a

positive effect on an aging loved one is the personal emergency response system. Personal emergency response systems provide an easy way for an older person to call for help in an emergency. When the system is activated, the signal goes to a monitoring center where a specific set of actions is set in motion. If the situation is serious the emergency medical services, the fire department or police will be dispatched to the individual's home. Ask your primary care physician about these systems, as it could be a great benefit to your loved one. At the end of the day seniors want to remain independent for as long as possible. Keeping these precautions in mind will significantly increase safety in the home environment and ensure a happy, healthy individual.

Entertainment in Health Care

During June we were very fortunate to have Mr Fred Roelofse at Rusoord for an afternoon of musical memories in Health Care. The Residents sang along, danced and clapped their hands. Thank you to Mr Fred Roelofse for taking the time to come and make the day special for our Residents.



A passenger is sitting in an aircraft belonging to the newest Proudly South African Airline - strictly BEE. He is approached by the locally trained stewardess and the conversation goes like this: Thank you for flying Cloud Nine Taxi Association Airways. What would you like to drink? Do you have dry white wine? Sorry sir, we only have wet white wine. What would you like to drink? Can you give me a Grand Cru? Sorry sir, but the ground crew they don't fly. What would you like to drink? Do you have Bols? No sir, but the Captain has. What would you like to drink? Please give me a Captain Morgan. Sorry sir, the captain is Tshabalala, but he is flying the plane right now. What would you like to drink? Oh, just give me coffee please.

Top 10 Must Haves For Senior Safety

Each Year 1 of 3 Adults Over 65 Will Fall

Secure
your scatter
rugs so they
aren't a trip hazard

1



2

Handrails on
both sides
of the stairwell



Install
handrails in the
restroom

3



Make sure
entryways,
stairs &
pathways
are properly
lit

4



5

Grabbers help
reach items
more than an
arms length away



6



Install or inspect smoke
alarms to assure proper
functioning



7

Medical Alert Systems
allow easy
call for help
in an emergency

Properly label
& store medications.
Setup medication reminders

8



9

Schedule frequent
family or rehab box
letter or check-in

10

Don't forget to get
non-skid bathroom
mats to prevent slips



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